

atEase

JUNE 2015 | 48TH FORCE SUPPORT SQUADRON | RAF LAKENHEATH, UK



FATHER'S DAY BRUNCH

Celebrate Dad with a variety of delicious breakfast & lunch items!

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CONTACT

4JULYFELTWELLCARSHOW@GMAIL.COM

FOR MORE INFO OR TO REGISTER YOUR CAR/BIKE

JUNE 2015

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Information in this magazine is current at the time of publication. All facility programs, event hours, prices, and dates are subject to change without notice. Contact each facility for the most up-to-date information.

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48th Force Support Squadron-RAF Lakenheath

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Reach 10,000 active duty and civilian members of the RAF Lakenheath community by advertising in our magazine, travel guide, Qubica screens or on our website!

Call 01638 521709, email 48fss.fsk@us.af.mil or visit lakenheathfss.com for more information!

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Expose your business to over 11,000 potential customers at RAF Lakenheath by sponsoring an event or advertising on any of our media outlets such as the atEase magazine, 52° North travel guide, Qubica screens or on our website!

SPONSORSHIP OPPORTUNITIES

Event sponsorship gives you face time with and access to the RAF Lakenheath community. Build goodwill and brand recognition at our events!

ADVERTISING OPPORTUNITIES

Place your ad in our monthly publication. Over 3,000 atEase magazines are printed each month and are available for free at roughly 20 strategic locations around base.

CONTACT

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CHECK OUT THE FORCE SUPPORT WEBSITE!

FOR ALL THE LATEST INFORMATION ABOUT FSS EVENTS & ACTIVITIES!



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FAMILY • DINING • RECREATION & TRAVEL • ENTERTAINMENT • EDUCATION • JOBS • MORE



KEY SPOUSE OF THE YEAR

RAFL COMMUNITY SPOTLIGHT

FELICIA RECKER, 48 OSS KEY SPOUSE

Time at Lakenheath: 2 years

Hometown: Everson, WA

Hobbies: I find cooking to be very relaxing for me, but I love running, swimming, and traveling, too.

Why is serving in/for the Air Force important to you? It is important to me because I consider those around me as part of my family. This is especially true being overseas and away from "real" family. I enjoy taking care of my AF family.

What accomplishment during your career/position are you most proud of? I'm most proud of taking care of our squadron spouses when it is needed most.

What are your personal and/or professional goals? My bucket list includes going on a mission trip and owning and running a retreat center in the future.

What is your favorite part of your job? Meeting new families and interacting with them during squadron events.



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DINING & ENTERTAINMENT

FATHER'S DAY BRUNCH

Sunday, June 21 • 10:30am-1:30pm

Members \$22; Non-members \$27

Tiered prices for kids 5-12; Kids under 4 FREE

Treat dad to a special meal this Father's Day!

Enjoy a deluxe carving station, specialty salad bar, waffles & omelets made to order, a variety of entrées and sides, dessert display and much more. One lucky dad will win a FREE round of golf, bowling or tickets to Goodwood Festival of Speed! Reservations are highly recommended.

LIBERTY CLUB

226-1611 • Bldg 648

EVENTS

First Friday: Social Hour

Friday, June 5 • 5-7pm • FREE

Wind down after work and enjoy drink specials, lounge music and a great atmosphere. The Liberty Club is the place to be on First Friday!

First Friday: After Dark

Friday, June 5 • 10pm-2am

Members FREE; Non-members \$5

DJ Adam Baum, our house DJ, will be spinning your favorite tunes!

Latin Night

Saturday, June 6 • 9pm-2am

Members FREE; Non-members \$5

Learn the hottest dance steps from 9-10pm, then our DJ will spin the hottest tracks to spice up the night!

Country Nights

Saturdays, June 13 & 27 • 10pm-2am

Members FREE; Non-members \$5

If you feel like a little bit of country excitement, head to the ballroom and enjoy music from DJ Farva.

Beach Party

Saturday, June 27 • 18+

Outdoors 5-9pm • Indoors 9pm-2am

Members FREE; Non-members \$5

Join us for the annual beach party at the Liberty Club! We'll have drink specials, games, activities, giveaways and more!

CLUB MEMBERSHIP PAYS!

Crazy Cash Giveaway! (Members Only)

Every Friday & Saturday • Midnight

We have already given away more than \$29,000! Just be there & be a member and you could win big!

EAGLES' LANDING

226-2326 • Bldg 958

EVENTS

First Friday

Friday, June 5 • 5-10pm • Eagles' Pub

Every First Friday we're cranking up the tunes and belting out the notes with karaoke! Cross your fingers in hopes of winning FREE money and scratch your brain to be the ultimate trivia master.

Fin Friday

Friday, June 26 • 5-10pm • Eagles' Pub

Join us for karaoke, a progressive drawing, trivia, foosball, darts and crud!





LATE NIGHTER: TOGA PARTY PART 2

Thursday, June 11 • 9pm-2am
Members FREE; Non-members \$5
Let's party like it's 1999 BC! Dress your toga best and get in FREE plus have a chance at winning some great prizes. DJ Grizzly will be spinning all the latest tracks and enjoy our \$6.25 wing special available 9-11pm.



PRE 4TH OF JULY BASH

Thursday, July 2 • 9pm-3am
Members FREE; Non-members \$5
The biggest party in US history wouldn't be complete without a pre-birthday bash. DJ Adam Baum will be spinning all the latest tunes. Wear red, white & blue and get in FREE!



LIBERTY CLUB AFTER DARK (18+ ONLY)

Texas Hold 'Em: Tuesdays, 7pm
Quiz Night: Wednesdays, 7:30pm
Crazy Karaoke: Thursdays, 9pm
Wing Night: Thursdays, 9pm
Progressive Members Drawing: Fridays, 9pm
R&B and Hip Hop Night: Fridays, 9pm
Billboard Top 100: Saturdays, 9pm



KNIGHT'S TABLE

226-3214 • Bldg 934

Airmen can enjoy a variety of special meals throughout the month!

Specialty Meals

June 3 • Italian
June 4 • Mongolian BBQ
June 10 • Asian
June 17 • Hispanic
June 24 • Southern
June 25 • Carvery
11am-1pm

Sandwich Bar

Monday-Friday
11am-1pm

Specialty Bar

June 2 • Pasta Bar
June 9 • Taco Bar
June 16 • Wing Bar
June 23 • Potato Bar
June 30 • Pasta Bar
11am-1pm

Birthday Bash

Thursday, June 18 • 5pm
Are you an Airman on a meal card with a birthday in April-June?
Come out and enjoy a delicious birthday meal!



The Grill at Breckland Pines: Boom Boom Chicken Sandwich with French Fries

PINKERTON'S STEAK HOUSE

226-1611 • Bldg 648

LUNCH BUFFET

Monday-Friday • 11am-1:30pm
Members \$8.75,
Non-members \$10.75

Monday: All-American
Tuesday: Tex-Mex
Wednesday: Italian
Thursday: Southern
Friday: Bistro

DINNER

Tuesday-Thursday: 5-8pm
Friday-Saturday: 5-9pm

2-4-1 Prime Rib Night

Members Only Special
Tuesdays • \$21.95





RUGBIE'S: A MODERN BISTRO

226-1611 • Bldg 648

SPECIALS

Waffle Wednesdays

Wednesdays • 6:30-10:30am

Start your Wednesdays with our delicious waffles! We have a variety of options to choose from with prices starting at just \$2.25. Make your breakfast a meal and add bacon or sausage plus a tall fresh brewed coffee for an additional \$2.75.

Sunday Roast

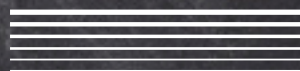
Sundays • Noon-3pm

Adult \$9.50; Child \$7.50; Vegetarian \$6.50

Join us for a four-roast carvery! Choose which meats you would like or a mixture of all four! All meats come with your choice of sides, Yorkshire Pudding and gravy. All roasts come with a delicious dessert.

Can't make it for the carvery? Join us at 3pm and enjoy our open faced sandwiches topped with our slow roasted meats. Sandwiches come with your choice of side for just \$8.50.

rugbie's
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07706 645 825 • Bldg 904

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THE GRILL AT BRECKLAND PINES

226-3551 • Bldg 1320

SPECIALS

Taco Tuesdays • 11am-1:30pm

Enjoy a taco salad in a crispy tortilla shell or a beef and bean burrito with tortilla chips & nacho cheese!

Filipino Fridays • 11am-1:30pm

Enjoy classic dishes such as chicken adobo, spicy beef and lumpia!

LIBERTY LANES' GRILL 48

226-2108 • Bldg 657

SPECIALS

Lunch-n-Bowl* • Monday-Friday • 11am-1pm

Buy a combo meal and bowl for FREE! Must be in military uniform.

*Please make a reservation for groups of 5 or more.

THE GREAT LITTLE PIZZA PLACE

226-2181 • Bldg 670

SPECIALS

Pizza of the Month

Come out and enjoy a piping hot, fresh out of the oven pizza! This month, enjoy the "Buffalo Chicken," topped with chicken, spring onions & homemade buffalo sauce and mozzarella cheese!

Sm: \$9.95 Md: \$12.95 Lg: \$16.95

*Delivery is available to on-base locations, including the Liberty Village & Lords Walk housing areas! Delivery fee applicable. See page 37 for more details.

Pizza Meal Deal

Monday-Friday • 11am-2pm

Get two jumbo slices of pizza with a drink!

Members: \$4.50, Non-members: \$5.50.

Thursday Family Entertainment Feast or ½ Feast

See page 18 for more information.

SPORTS & FITNESS

FITNESS & SPORTS CENTER

226-3607 • Bldg 904

EVENTS

Road Runner Challenge

Friday, June 19 • 3pm

Are you the fastest runner on base? Compete in this mile & a half run to prove your speed! Categories: men ages 16-30, women ages 16-30, men ages 30+, women ages 30+. Please sign up by 10am Friday, June 19 at the Fitness Center front desk.

Summer Tennis Camps

June 22-26, July 20-24

\$120/week

Ages 5-8: 10-11:30am

Ages 9-12: Noon-1:30pm

Ages 13-17 Beginners: 1:30-3pm

Ages 13-17 Advanced: 3:30-5pm

Ages 18+: 5:30-7pm

July 6-10, August 3-7, August 10-14

\$120/week

Ages 5-8: Noon-1:30am

Ages 9-12: 2-3:30pm

Ages 13-17 Beginners: 3:30-5pm

Ages 13-17 Advanced: 5-6:30pm

Please sign at the Fitness Center front desk by the Friday prior to the beginning of the camp.

AFAA Certifications

September 18-20

The Aerobics & Fitness Association of America (AFAA) will be hosting workshops for you to get your certifications for personal trainer, group resistance training, group exercise, or indoor cycling. Register by August 18.

SERVICES & INDIVIDUAL LESSONS

Personal Trainer: \$35/30min, \$50/hr, \$80/90min

Massage & Holistic Therapy: starting at \$39

Tennis Lessons: \$35/30 min, \$50/hr,

shared sessions available for a discount





LIBERTY LANES BOWLING CENTER

226-2108 • Bldg 657

EVENTS

Cosmic Bowling with DJ Ant

Saturdays: June 6 & 20

Fridays: June 12 & 26

8:30pm-Midnight • \$10/person

Bowl the night away while listening to chart-topping music. Rental shoes included.

Handicapped Tournament

Sunday, June 7 • 11:30am-7pm

Registration starts at 10am.

\$50 entry Fee. 9 game

handicapped tournament.

King of the Hill Tournament

Sunday, June 21 • 11am

Sign-ups start at 10am with the

tournament beginning at 11am.

Six games with a stepladder

final. \$30 entry fee.

Birthday Bowling

Tuesday, June 30 • 11am-10pm

If your birthday is in June come

bowl for FREE during opening

hours. DoD ID card required.

Rental shoes included.

ONGOING EVENTS

Friday Family Fun

Fridays • 5-7pm or 6-8pm

\$40/family of 4 includes 2

hours of bowling, combo

meals and shoes!

Penny Pincher Bowling

Save money with a pre-paid

game card! Purchase in

bundles of 10, 20 or 30 games.

Visit or call for price list.

BIRTHDAY PARTIES!

Saturdays: 1-3pm, 3:30-5:30pm,
or 6-8pm

Sundays: 1:30-3:30pm or 4-6pm

Stop by, give us a call or visit our website for more information about our available birthday party package options.

BRECKLAND PINES GOLF COURSE

226-2223 • Bldg 1320

EVENTS

AGF Renewal

Now – March 31, 2016

It's that time again, time to

renew your Annual Green Fee.

Good News - we've still got 2009

pricing! Just \$35 a month for E1-

E4 and \$47 a month for all others.

AGF holders enjoy unlimited golf

and discounted entry to all of our

events. Stop by for yours today!

U.S. Open Pick-a-Pro

Sunday, June 21 • 8am Tee Time

AGF \$30; Non-AGF \$40

Enjoy a classic event pairing you

with one of the world's greatest

players! The winner will continue

on with the new tradition here at

Breckland Pines. Lunch provided

after play. Limited spaces

available so sign up today!

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ONGOING OFFERS

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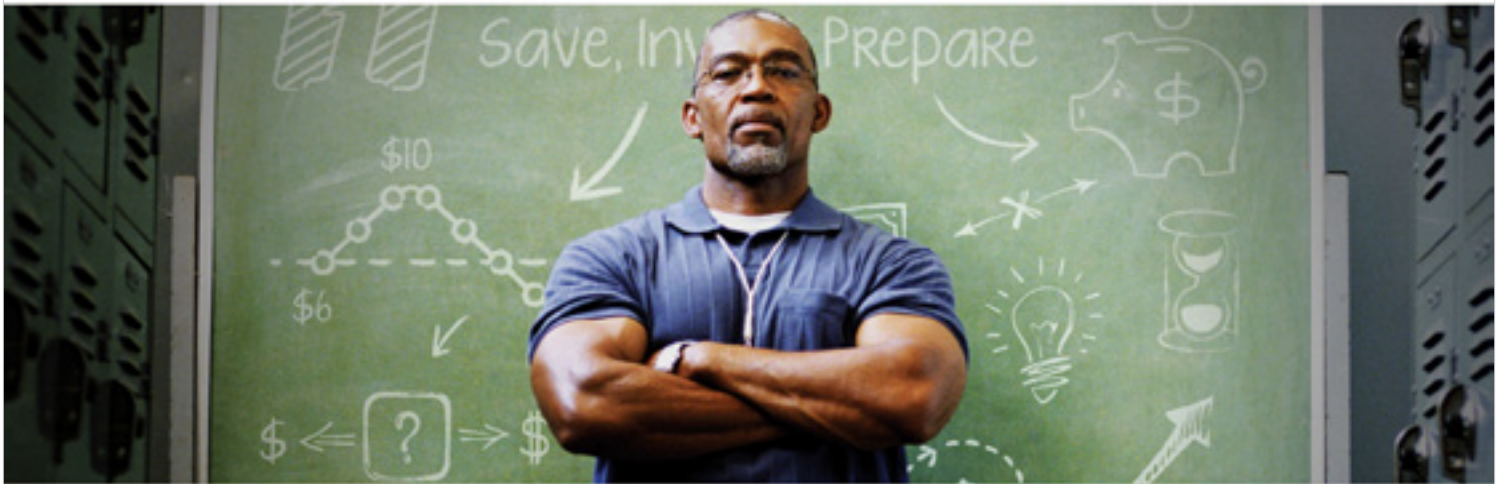
in for each round of golf gives you

the chance to win the unlimited

accumulating pot. First ace wins

the pot! Buy in before your round.





Lori Kane
Financial Advisor
07771 537160



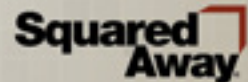
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Financial Advisor
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At First Command, our focus is on helping servicemembers and their families get their personal and professional lives squared away. So whether you need a financial coach to assist you in the pursuit of your goals or want to explore the possibility of a second career as a financial coach who helps others pursue theirs, we want to talk to you.

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YOUTH CENTER

226-3180/5437 • Bldg 250

EVENTS

End of School Pre-teen Dance

Friday, June 5 • 7-10pm

Members \$7; Non-members \$10

Celebrate the end of school by dancing the night away to music by our guest DJ, and enjoying a variety of delicious snacks. Open to ages 9-13. Sign up by Monday, June 1.

Give Parents a Break

Saturday, June 6 • Noon-5pm

Parents can enjoy a day out while your kids, ages 5-12, play safely at the Youth Center. Must have a referral certificate and completed AF 1181. Sign up by Wednesday, June 3.

Ceramics Paint a Plate

Wednesday, June 17 • 1-3pm

Members \$20; Non-members \$25

Design and paint your own 12" bisque plate with under glazes and food-safe over glazes. Held at the Arts & Crafts Center. Open to ages 6-14. Sign up at the Youth Center by Monday, June 15.

Kid's Night Out

Friday, June 19 • 6:30-10:30pm

Members \$15; Non-members \$20

Come and join us for an evening of fun! Games, art activities and dinner provided. Open to ages 6-12. Sign up by Wednesday, June 17.

Pre-teen Paintball

Tuesday, June 30 • 11:15am-3:30pm

Members \$40; Non-members \$45

Come and join us for combat paintball in Thetford. Snacks will be available for purchase or bring a sack lunch. Includes transportation, equipment (safety & weapons) plus 300 paintballs. Open to ages 9-12. Spaces are limited so sign up by Monday, June 22.

Missoula Performing Arts Camp

July 7-11 • 8-10am & 10:30am-12:30pm • FREE

Join us for a fun-filled week of theater! Open casting for grades 1-12. Camp requires no more than 4 hours a day, depending on rehearsal schedule. This is sure to be an exciting week with a final performance the last day of camp. Open to ages 6-18. Sign up by Wednesday, July 1.



LONDON SEA LIFE AQUARIUM

Thursday, June 25 • 7:45am-5:30pm

Members \$55; Non-members \$60

Enjoy a day of exploring encounters with incredible creatures living in our seas, oceans and in some cases our streams, rivers and lakes. Talks and feeding demonstrations unravel many mysteries of the deep. Open to ages 9-12. Sign up by Friday, June 12. Limited spaces available.



PRE-TEEN ALTON TOWERS TRIP

Thursday, July 2 • 7am-10:30pm
Members \$55; Non-members \$60
Join us for a fun filled day at Alton Towers!
Includes ticket, transportation, and fun! Bring
£s for lunch and any extras. Open to ages 9-12,
must be 1.4m tall to ride most rides. Sign up by
Monday, June 15.



YOUTH SPORTS

226-3180/5452 • Bldg 250

EVENTS

Basketball Camp

June 29 – July 2
Members \$20; Non-members \$25
Ages 7-10: 11am-12:30pm | Ages 11-14: 2-3:30pm
Come out and learn the fundamentals of basketball,
or improve your skills! Sign up by Friday, June 26.

Sideline Sports Non-Traditional Sport Camp

July 13-17 • FREE
Ages 9-12: 9am-Noon | Ages 13-18: 1-4pm
Enhance your child's knowledge of non-traditional
sports with this high energy, action packed week!
They will learn games such as ultimate frisbee,
badminton, and lacrosse. Open to ages 9-18. Sign
up by Friday, June 26. Limited spaces available.

TEEN PROGRAMS

226-3180/5437 • Bldg 250

EVENTS

Teens Only Open-Rec

Saturday, June 13 • Noon-3pm
Open to Youth Center Teen Programs members
ages 13-18.

Teen London Shopping & London Dungeon Trip

Friday, June 26 • 7:30am-9pm • \$40
Experience a journey through 1,000 years of
London's murky history. You'll get up close and
personal with sinister characters including Jack
the Ripper and the infamous barber of Fleet Street,
Sweeny Todd at the London Dungeon. After the
Dungeon tour, enjoy a day of shopping on Regent
Street and Westfield Stratford City. Bring £ for lunch
and any extras. Open to ages 13-18. Limited spaces
available so sign up by Monday, June 22.

Teen Paintball

Wednesday, July 8 • 11:15am-3:30pm
Members \$40; Non-members \$45
Come and join us for combat paintball in Thetford.
Snacks will be available for purchase or bring a sack
lunch. Includes transportation, equipment (safety &
weapons) plus 300 paintballs. Open to ages 13-18.
Spaces are limited so sign up by Monday, June 29.

CDC EAST

226-3285 • Bldg 659

EVENTS

Parent's Night Out

Friday, June 19 • 6:30-10:30pm

Parents can have a great night out while their children are entertained at the CDC! Must provide proof of current vaccinations. Please sign up by Wednesday, June 17. Open to ages 6 weeks to 5 years.

CDC WEST

226-5812 • Bldg 439

Give Parents a Break

Saturday, June 6 • Noon-5pm

Parents can enjoy an afternoon out while your kids, ages 6 weeks to 5 years (not in school), play safely at the CDC. Must have a referral certificate and completed AF 1181. Sign up by Wednesday, June 3.

FAMILY CHILD CARE

226-2170 • Bldg 957

Your Family Child Care (FCC) program provides experienced, licensed and inspected care of children in government housing. Our FCC providers offer developmentally appropriate care for children ranging in age from 6 weeks to 12 years in full-time, part-time, hourly, evening, weekend, swing shift and extended basis.



Family Child Care New Provider ORIENTATION

Available to Spouses of Active Duty Members Living on Base

July 13-17
9am-4pm

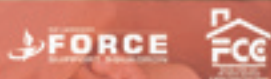
*Pick up an application and turn in to FCC no later than July 10.

For More Information

Call 226-2170, email joe.mcleer@us.af.mil or stop in Bldg. 957 1st floor: weekdays, 7am-4pm



Family Child Care
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The Rental Team



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LIFE & LEISURE



ELECTRIC AVENUE

226-2067 • Bldg 670

ONGOING OFFERS

Thursday Family Entertainment Feast Just \$35 • 3-8PM

- 2-LG 1-topping GLPP pizzas*
- Your choice of 1 candy
- 2 liter bottle of soda
- 1 bucket of popcorn
- 2 movie rentals

Thursday Family Entertainment 1/2 Feast Just \$25 • 3-8PM

- 2-MD 1-topping GLPP pizzas*
- 1 bucket of popcorn
- 2 liter bottle of soda
- 2 movie rentals

*Call ahead pizza orders welcome, delivery not available.

DAILY SPECIALS

Don't forget to pick up a punch card to start saving towards your next purchase!

- Monday: \$2 Rental
- Tuesday: New Releases
- Wednesday: 3 for \$3
- Thursday: 2-4-1
- Friday & Saturday: Three-Night Rental
- Sunday: Dollar Day

NEW RELEASES

Focus: June 2

Jupiter Ascending: June 2

Kingsman: The Secret Service: June 9

Serena: June 9

The Duff: June 16

Run All Night: June 16

*New releases vary by location

EVENTS

Open Mic Jam Night

Wednesday, June 17 • 7pm
Bring your friends and join us every third Wednesday of the month for a night of musical networking! Our Music Sports Vendor along with other experienced musicians will be on site. Backline equipment will be available but please feel free to bring your own equipment.

SERVICES

Music Shop

We have a wide selection of instruments, music supplies, instructional books and much more! Our vendor is on site every Wednesday for any special assistance you may need.

Sales & Rentals

Rent or purchase your favorite movies, tv series or video games! We also have a wide selection of t-shirts, bags, candy, popcorn, and other goodies available for purchase. We even have a variety of mobile phones!

Passport & Visa Photos

We can provide your passport and visa photos for only \$8 each! Available Mon-Sat 11am-8pm and Sun 1-4pm.

Disc Cleaning

Is your favorite movie, game or CD scratched and skipping? Bring it in and we'll clean it up for you for only \$2!

Special Orders

Can't find what you're looking for? We'll happily order it for you at no extra charge!

Video Drop Box

A video drop box is available in the parking lot during closed hours. Remember, dropping your movies off after 10pm may result in late fees.





LIBERTY LIBRARY

226-3713 • Bldg 907



EVENTS

Read to a P.E.T. (Pets Enriching Troops)

Tuesday, June 2 • 4:30-5:30pm • FREE
Come in and read for a while to a wonderful four-legged listener. It will lower your blood pressure! Join us on the first Tuesday of every month.

AF Philosophical Society

Friday, June 19 • 3:30-6pm
Come and learn, discuss, and opine on the various philosophies of history and our current world. Join us the third Friday of every month.

Summer Reading Program 2015

“Read to the Rhythm”

Tuesdays, June 23 & 30 • 3:30-4:30pm
It’s that time of the year again, the Summer Reading Program is back! Get in the groove by reading to the rhythm. Open to all ages. Stop by the Library to register today.

Musicians Needed

The Liberty Library is in search of talented musicians for an evening of entertainment for this year’s Summer Reading Program “Read to the Rhythm” in July or August. Please contact us for more information or to offer your services.

ONGOING OFFERS

Computer/Notebook Checkout

Need internet while you’re on the go? Check out a Toshiba Notebook from the Library for FREE! Checkout is limited to USAFE Library account holders.

Graphic Novel Collection

Check out the new collection of graphic novels available for checkout!

Role Playing Game Books

Stop by and browse through our assortment of role playing game books like *Dungeons & Dragons*, *Pathfinder*, and *Savage Worlds* available for checkout!

Universal Class

This FREE program offers continuing education courses! Visit the library and apply online.

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AIRMAN & FAMILY READINESS CENTER

226-3847 • Bldg 950

CLASSES

Sponsor Training

Monday, June 1 • 2-3:30pm

Learn the responsibilities of being a sponsor, things you can do to make the transition easier for incoming personnel & their families. Become familiar with resources to assist you in quickly locating information that inbound personnel may request.

Resume 101

Wednesday, June 3 • 9-11am

Learn the do's and don'ts of writing a resume including: how to make your resume stand out, how to target your resume for a specific position, how to leverage military and military spouse experience, personal branding, networking and cover letters.

Basic Budgeting

Thursday, June 4 • 3-4pm

Understand the steps to set up a spending plan. Identify spending levels, track spending and find ways to save. Set short and long term financial goals, audit progress, revise your goals and use financial tools to help reach your goals.

Manage Your Move

Fridays, June 5 & 19 • 10am-1pm

Provides information on travel and pay entitlements, shipping personal property, transferring healthcare, shipping pets, housing, vehicle shipping, and instructions on the proper processes and procedures for a military member to follow in order to receive their full benefits. Highly encouraged for those shipping pets and/or vehicle.

Bundles for Babies

Friday, June 5 • 9am-12:30pm

Expectant parents can learn about all things baby in this FREE workshop. Receive a bundle of baby items valued at over \$75 at the end of the class! Call A&FRC to reserve your spot today.

Federal Employment Part 1: Navigating the Federal Application Process

Thursday, June 11 • 9-11am

Navigating the federal application process can seem complicated & frustrating to first-time and seasoned employees alike. If you are struggling with the process of applying, receiving application status updates or aren't sure where to start, this class will help!

Credit Scores and Reports

Thursday, June 11 • 10-11am

Learn who needs to build good credit and why; the significance of your credit report and score; how to establish credit if you don't have any; how to rebuild a good credit history; tips for using credit wisely; pitfalls that cost you plenty; your rights and responsibilities. Attending this workshop will give you access to your FREE credit report & score!

Federal Employment Part 2: Writing a Federal Resume

Thursday, June 25 • 9-11am

Writing a federal resume is a different process than writing a resume for the private sector. Let us save you time and frustration by attending our informative class. Topics covered include how federal resumes are analyzed, formatting, length, KSA's, common pitfalls & much more!



EVENTS

Deployed Family Event

Wednesday, June 17

5-7pm • Defender Park

Come out and enjoy a great dinner with other deployed family members and learn a little about what's going on and what services are available. There will be games and activities for the children. The base chapel will be an alternate location in case of inclement weather. Call A&FRC to confirm location & sign up.



PAGE COMMUNITY CENTER

226-1627 • Bldg 900

EVENTS

Parent and Toddler Morning Fun Club

Thursday, June 4 • 10-11am

Come out for crafts, music, skating and more! \$5 per toddler, parents skate for FREE with paying child. You can even bring your stroller. Sign up by Wednesday, June 3.

End of School Summer Bash

Wednesday, June 10 • 3-5pm

Join us for an afternoon of music & skating for only \$1! FREE food for students only. Collect your food voucher June 1-9. Food vouchers available on a first come, first served basis.

Kids Morning Movie

Friday, June 12 • 11am-1pm

Come and watch *Paddington Bear* (Rated G) on our super-size inflatable screen. FREE popcorn & lemonade available. Kids under the age of 12 must be chaperoned.

Gamers Club

Saturday, June 13 • 1:30-3:30pm • FREE

Calling all gamers! Are you looking for someone to battle? Join us every 2nd Saturday of the month! Contact the A&FRC at 226-3847 for more info.

“Cook It Up” Recipe Contest

June 13 – July 11 • Judging Saturday, July 18 at Noon

Submit your favorite family recipes to the “Lakenheath Community Centers” Facebook page June 13 – July 11. The top 5 recipes with the most “likes” will bring in their recipe for tasting & judging. Winner will receive a prize.

Parent and Me Beginners Skate

Sunday, June 14 • 10am-Noon

New skate session for under 5's only. Kids \$3, parents skate FREE with a paying child. You can even bring your stroller!

Dog Show

Saturday, June 20 • Check-in at 10:30am; Judging at 11am

Enter your family's pampered pooch! A fun day for the whole family. Enter 1 or all 5 categories; prizes awarded for each. Sign up by Wednesday, June 17. **All dogs must remain on a leash.*

Summer Flea Market & Crafts Stalls

Saturday, June 20 • 10am-1pm

PCSing or just have stuff to sell? \$8 for a 6ft table, \$5 if you bring your own table. Sign up by Wednesday, June 17. **No refunds.*

Welcome to Lakenheath

Thursday, June 25 • 9-11am

Are you new to RAF Lakenheath and want to make new friends? Join us for a FREE get together and morning skate. Coffee and pastries available on a first come first served basis. **PCS orders are required for proof of arrival of May 21-June, 25, 2015.*



FAMILY BINGO: FATHER'S DAY SPECIAL

Friday, June 19 • Doors open at Eagles' Landing at 5pm • Games start at 5:30pm
Pre-purchase books June 1-18 at the Page CAC \$10/2 books, additional books \$10 each or June 19 \$15/2 books. Prizes include: Chessington World of Adventures tickets, Cine-World tickets, toys, games, gift vouchers and much more! Dads will be entered to win a FREE door prize!

**Minimum purchase of 2 books. No refunds.*

***Food purchased at Liberty Club, Great Little Pizza Place, or the Liberty Lanes Bowling Center welcome. No other outside food may be brought into the facility.*

ONGOING EVENTS

Parent & Me Skate Date

Wednesdays • 9-11am
\$3/person on skates. Parents with children age 5 and under are welcome. You can even bring your stroller!

Lunch Skate

Monday-Friday • Noon-2pm
Fight that food coma and get your adrenaline pumping out on the rink! \$3/person on skates.

Birthday Skate

Is your birthday in June?
Skate for FREE during open skate!

Skating Punch Card

Get six punches and your seventh session is FREE!

Open Skate

\$5 admission
Fridays • 6-9pm
Saturdays • Noon-7pm
Sundays • Noon-5pm

PARTIES!

Skate Parties

Fridays • 6-9pm
Saturdays • Noon-3pm or 4-7pm
Sundays • 2-5pm

Indoor Bouncy Castle Parties

Saturdays & Sundays • 10am-1pm

Stop by, give us a call or visit our website for more information about our party package options.



FATHER'S DAY SKATE

Sunday, June 21 • Noon-2pm
Dads skate FREE; everyone else \$3. We'll have games, prizes, music and more! Food & beverages will be available for purchase at the Snack Bar.

SINGLE AIRMAN PROGRAM

226-1627 • Bldg 900

SA: Ping Pong Tournament

Thursday, June 18 • 5:30pm • 18+
Are you a killer ping pong player? Sign up at the Page CAC by Wednesday, June 17 to show off your skills. \$5 entry fee & the winner will receive an FSS gift card.

SA: Pool Tournament

Saturday, June 20 • 6-9pm • 18+
Come and show off your pool skills. There will be FREE pizza for all participants. Sign up at the Page CAC by Friday, June 19. \$5 entry fee & the winner will receive an FSS gift card.

WARD COMMUNITY CENTER

226-7023 • Bldg 94 at RAF Feltwell

EVENTS

Father's Day Craft Night

Thursday, June 18 • 5-6:30pm
Nothing says "I love you" like a homemade gift. Children of all ages can come decorate a Father's Day gift he'll treasure forever! Children under the age of 10 must be accompanied by an adult.

Superhero Party

Saturday, June 27 • 11am-1pm
Up, up, and away! Come dressed as your favorite superhero! Watch a movie and have fun with crafts. \$20 per superhero includes a face painting, goody bag, cake and juice. Sign up by Thursday, June 25. Open to ages 10 and under; a parent or guardian must stay with their superhero.

RUGBY'S TOO CAFÉ & EATERY

Located in RAF Feltwell's Ward Community Center, Rugby's Too has everything from breakfast favorites to hot pizza by the slice & beverages, including perfectly-brewed Starbucks® coffee!



GOODWOOD FESTIVAL OF SPEED



SATURDAY, JUNE 27

**ADULT £80, YOUTH AGES 13-21 £52,
CHILD AGES 2-12 £20, INFANT £10**

Luxury coach transportation & admission to the event included.

This trip promises to be packed with action and excitement as the planet's most glamorous racing machines & famous drivers gather together in the beautiful surroundings of Goodwood Park. Contact ITT at 226-2979 to book.

AUTO HOBBY COMPLEX | TIRE & LUBE CENTER

226-2454/2383 • Bldg 1108

226-2278/2279 • Bldg 1030



SPECIALS: JUNE 1-15

- Get 4 tires balanced for the price of 3 with the purchase of a tire rotation
- 25% Off vehicle cleaning supplies

MOTORCYCLE SERVICES

The Tire & Lube Center now offers motorcycle servicing, tires, riding equipment/clothing and accessories. All helmets meet European and USAF requirements for riding in the UK and Europe. We can also special order motorcycle parts & accessories with most items arriving in just two days!

NEED YOUR WHEELS ALIGNED?

The Tire & Lube Center has a state of the art 3D wheel alignment system. Stop by or call today to make an appointment!

OIL - YOUR CAR'S LIFE BLOOD

Has your car been making a racket? Does it sound like it has a sore throat? Don't ignore the signs! You might be due for an oil change. The folks at TLC are here to help, whether you just need the supplies or you need our professionals to do the work for you. Call to make an appointment or stop by!

SERVICES

- Pop in for a complete price menu.
- Oil Changes
 - Tire Shop
 - Parts Store with Special Ordering
 - Automated Car Wash
 - Pressure Car Wash
 - Towing & Recovery
 - Light Conversion
 - POV Sales

EVENTS

4th of July Car & Bike Show

Saturday, July 4
10am-5pm • RAF Feltwell
We will be awarding prizes for: best car paint, best modified car, best interior, best original car, best 4x4, ugliest car, best original bike, best modified bike, best rat bike and best bike paint. Contact 4julyfeltwellcarshow@gmail.com for more information or to register your car or bike.

SVA/MOT

Call 01638 534 185 to make your next appointment!



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ARTS & CRAFTS CENTER

226-2194 • Bldg 906

CLASSES

Discover a new hobby or sharpen your existing skills! Learn to crochet, throw pottery or how to use your camera. See page 36 for a listing of all the classes available this month.

Van Gogh & Merlot

Thursday, June 18 • 6-8pm • \$35
Join us for an evening of painting and a cash bar at the Liberty Club Ballroom. All art materials are included. You will be able to take home your very own 16x20 painting. Sign up at the Arts & Crafts Center.

KIDS' CRAFT DAY

Saturday, July 11
Sign-ups begin June 15
Session 1 • 10-11:30am
Session 2 • Noon-1:30pm
Session 3 • 2-3:30pm
Bring your kids aged 12 and under for an afternoon of FREE crafts! Limited spaces available.

SPECIALS: 20% OFF

June 1-9: Kids Crafts Kits

June 10-19: Cake Decorating Supplies

June 20-31: Paint Brushes

*Specials apply to in-stock items only.

RETAIL

Our "Crafts Galore" shop has everything you need for your crafts! Materials for scrapbooking, model making, knitting, sewing, painting, drawing, cake decorating and children's crafts can all be found in our award-winning shop!

CUSTOMIZE

Need something embroidered or engraved? We have an array of items to choose from for a unique memento including cricket bats, t-shirts, hats and more!

NAME TAPES

We make US Air Force name tapes with or without velcro for both Multicam and ABUs. Stop by the lobby counter for more details and prices.



WOOD CRAFTS CENTER

226-3367 • Bldg 1104

SPECIALS

10% Off • MDF | 20% Off • Woodscrews

*Specials apply to in-stock items only.

MONTHLY SHOP USE CARD

\$50 • Unlimited shop use during normal hours of operation for one month.

CLASSES

Rustic Slanted Lid Box

\$130 • Contact the Wood Crafts Center for available class dates • Create your very own slanted lid box at this 2 day course; 4 hours per day. Minimum of 2 people; Maximum of 4 people.

Elegant Entryway Bench

\$160 • Contact the Wood Crafts Center for available class dates • Craft an elegant entryway bench at this 2 day course; 5 hours per day. Minimum of 2 people; Maximum of 4 people.

CRATING SERVICE

Only \$25 + Materials! We create custom sized crates for your gifts and special items to be ready for mailing to the states.

OUTDOOR RECREATION

226-2146 • Bldg 1109

PEDALER BIKE SHOP

Come and check out our NEW stock of Osprey skate boards in a variety of designs!

We also offer Bikes for all ages from Coyote, Viking, Python & ProBikes as well as a large selection of parts & accessories. Need repairs or help selecting a new bike? Our certified bike technicians are here for you.

SERVICES

Airport Shuttle

- Advanced Booking Only
- Services to all UK airports
- We can transport pets too!
- Call ODR for more information

Costume Sales

Stop by Equipment Rental to see how you can theme your next party! We have a wide variety of adult and child costumes. They go great with bouncy castles for parties of all kinds!

DVD & VHS Conversions

Convert your DVDs from US to PAL or vice versa. Or convert your VHS tapes to DVD. Now only \$10 for up to 4 hours.

Equipment Rental

Rent a variety of equipment including tools, vacuums, camping gear, generators, bouncy castles, party games and more!

Garden Tools & Plots

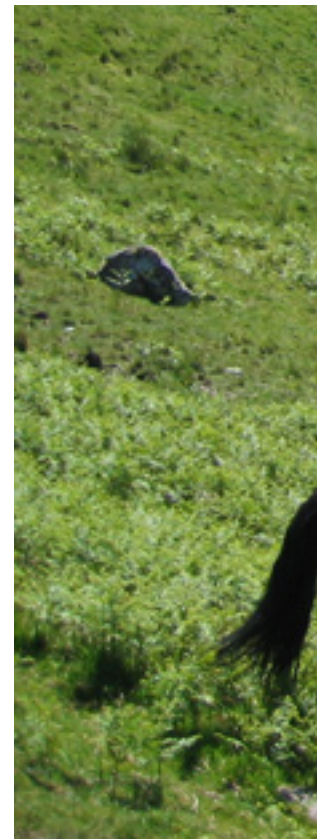
From lawn mowers to hand tools, we have what you need to turn your yard into a proper English garden. Love to garden but don't have a yard? Rent a garden plot for just \$20 a year!

Key Cutting

Need spare keys for your house or car? Stop by ODR and get yours today!

Storage Units

We have 8'x8'x10' secure storage units available to rent for just \$50/month!



CAMPING GEAR AT ODR EQUIPMENT RENTAL

Whether you're backyard camping or roughing it in the wild, stop by ODR to gear up for your trip! You can rent items if it's a one-time adventure or start collecting those must-have camping items. We have adult & child tents, 3-season sleeping bags, pocket lights, LED flashlights, lanterns, walking poles, briefcase BBQ's and more. All items are priced to fit your budget and are available to help you make the most of your camping experience!

Have a boy or girl scout? Check out the mess kits, carabineers, lighted tent pegs, camping chainsaws and more to get your scout on their way.





HORSE TREKKING IN WALES

September 19-20 • Ages: 10+
Exertion Level 3-4 • \$350/person
Visit the famous town of Hay on Wye before climbing the mountain to your weekend retreat. Relax on this popular trip with two half-day horse experiences set in the amazing scenery of the Welsh Black Mountains. Homemade breakfast and dinner are provided. Includes: transportation, bunkhouse-style shared accommodations, two half-day experiences, helmet, weatherproof clothing/riding gear available upon request. Sign up by September 9.



OUTDOOR ADVENTURES

North Sea Fishing

Sunday, August 23 • Ages 10+
Exertion Level 3-4 • \$130/person
Soak up some sun while trying to catch some of the many varieties of fish in the North Sea. Includes: transportation, bait, fishing tackle, boat and guide. Fish cleaning available on request. Sign up by August 14.

INFORMATION, TICKETS & TRAVEL

226-2979 • Bldg 977 Rm G20 & BX

BARCLAYCARD PRESENTS: BRITISH SUMMER TIME HYDE PARK

Tuesday, June 23 • £55 • Adults Only

Includes: Coach transportation & admission

Jim Jefferies, internationally acclaimed comedian, writer and actor from HBO's "I Swear To God" will headline, accompanied by two of Canada's finest exports Katherine Ryan, Glenn Wool & Young English Award winner Jamali Maddix.



LION KING

Wednesday, June 17
Adult £64; Inclusive



BLACKPOOL EXTENDED DAY TOUR

Saturday, June 20
Adult £69; Child £30

Includes: Luxury coach
travel & experienced
tour leader



DUBLIN 3 DAY TOUR

Friday, June 26 • Adult £229; Child £199

*Prices based on two adults sharing; Additional £70 single room supplement

Includes: Luxury coach, ferry crossing and 2 nights B&B



NORMANDY D-DAY LANDINGS: 71ST COMMEMORATIVE YEAR 4 DAY TOUR

July 3-6 • Adult £336

*Prices based on two adults
sharing; Additional £105 single
room supplement



WIRELESS LONDON OUTDOOR MUSIC FESTIVAL

July 3-5 • Adult £98/day

Includes: Coach transportation & admission
Ages 15-17 must be accompanied by an adult.

Performances by: Drake, A\$AP Rocky, Major Lazer,
Avicii, Kendrick Lamar, Mary J. Blige, David Guetta,
Nicki Manaj, Jessie J, Clean Bandit, Stromae and
many more

WIMBLEDON

July 11-12 • Adult £180

*Prices based on two adults sharing;
Additional £30 single room supplement

Includes: Coach travel to London for a full
day, one night bed and continental breakfast
in a 3 star hotel, a full day at Wimbledon with
a reserved seat on the No. 1 court and an
experienced tour manager



BRITISH OPEN GOLF CHAMPIONSHIP

July 17-19 • Adult £408

*Prices based on two adults sharing;
Additional £120 single room supplement

Includes: Luxury coach, daily transfer between
the hotel and St. Andrews, 2 nights B&B
accommodations, tickets to the Championship
Days on Saturday & Sunday and an experienced
tour manager

**All tickets are non-refundable/non-exchangeable.
Join our layaway program and sign up today, only £70
deposit per person!*



RAF MILDENHALL EVENTS



SNOWDONIA

HIKING WEEKEND

17 - 19 July

Join the RAFM Outdoor Rec team staying at "Plas-y-Brenin" the National Mountain Centre in the heart of the Snowdonia National park. Spend the weekend hiking the mountains of Wales. We plan to scale Mt Snowdon the highest mountain in Wales and to visit "Aber Falls" the backdrop setting for many feature films. Cost includes transport, accommodation, X2 breakfast & qualified mountain guides.

Rec On: \$200, Non Rec On: \$375
Call: 01638 544283




Team Mildenhall Sports & Family Day

Thursday, 11 June

8:00 am - 5:00 pm

Family Fun Events

2:00 pm - 5:00 pm
RAF Mildenhall Washington Square

- FREE BBQ • Food Booths • Human Foosball
- Giant Slide • Bouncy Castles
- Military Static Displays & Demonstrations
- Music and much, much more!

Proudly sponsored by:



MUNCH BOWL

Every Monday Night

RAF Mildenhall Bowling Center

3 games + shoe rental and a meal
for only \$12

Call: 01638 542348



RAF MILDENHALL

100TH FORCE SUPPORT SQUADRON

DIRECTORY

Airman & Family Readiness Center

☎ 460 ☎ 3406

Arts & Crafts

☎ 404 ☎ 2644/4101

Auto Hobby Complex

☎ 240 ☎ 2480/1480

Bob Hope Community Center

☎ 404 ☎ 2579

Bowling Center

☎ 160 ☎ 2348

Child Development Center

☎ 288 ☎ 2042

Civilian Personnel

☎ 435 ☎ 2111

The Daily Grind Coffee Shop

(located inside the BHCC)

☎ 404 ☎ 7178

Education Center

☎ 427 ☎ 2350

Hardstand Fitness Center

☎ 849 ☎ 3735

Gateway Dining Facility

☎ 436 ☎ 2689

The Galaxy Club

American Roadhouse

☎ 437 ☎ 2680

New York Pizza & Deli

☎ 437 ☎ 2680

Cashier Cage

☎ 437 ☎ 2683

Tudor Bar at Middleton Hall

☎ 464 ☎ 4860

Human Resources Office

☎ 460 ☎ 2111

Information, Tickets & Travel

☎ 162 ☎ 2630/1004

Library

☎ 425 ☎ 2352

Lodging (Gateway Inn)

☎ 459 ☎ 6001

Outdoor Recreation

☎ 162 ☎ 4283/7151

Youth Center

☎ 293 ☎ KIDS (5437)

Teen Program

☎ 220 ☎ 3046

Calling from a civilian line: 01638 54 XXXX

Calling from DSN: 238 XXXX

For more RAF Mildenhall information
please visit www.100fss.com

 Find us on facebook... <http://www.facebook.com/100fss>



CONCERT TRIPS

Ariana Grande

Tuesday, 9 June

£65 per person

John Legend

Friday, 26 June

£70 per person

One Direction

Saturday, 10 October

£90 per person

Prices include ticket & transportation.

Call Mildenhall

Information, Tickets & Travel: 238 - 2630



CLASSES & DIRECTORY

AIRMAN & FAMILY READINESS CENTER

Reintegration Briefing

Mon, Wed & Fri • 9:30-10:30am

Pre-Deployment Briefing

Weds • 10-11am

5-Day Transitioning

GPS Workshop

June 15-19, 22-26 • 8am-4pm

Pre-Separation Counseling

Tues, June 2 & 16 • 8:30-11:30am

ARTS & CRAFTS

Crochet Beginners

Begins Tues, June 2 • 10am-Noon

4 weeks • \$40 + supplies

Begins Thur, June 4 • 6-8pm

4 weeks • \$40 + supplies

Mold Pouring

Tues, June 2 & 16

Wed June 3 & 17

10am-Noon • 1 day • \$25 Inclusive

Basic Camera

Begins Tue, June 2 • 5-6:30pm

3 weeks • \$30 Inclusive

Bring your own camera

Wheel Thrown Pottery (Beg)

Begins June 1

10am-Noon or 6-8pm

Begins June 2 or 3 • 6-8pm

4 weeks • \$75 Inclusive

Wheel Thrown Pottery (Int)

Begins June 4 • 6-8pm

4 weeks • \$75 Inclusive

INSTRUCTORS WANTED

Many of our facilities are looking for instructors. Please contact the facility if you are interested.

CLASS INFORMATION

Want to know more? Visit our website www.lakenheathfss.com for class descriptions or contact the facility that is hosting the class with any questions.

FITNESS & SPORTS CENTER

Classes are free of charge unless otherwise noted. All classes are suitable for all fitness levels.

48 FX Functional Fitness • 16+

Tues & Thurs • 9:30-10:30am

Wed • 6-7pm

\$8/class • Contact front desk

for pre-req information.

Group Indoor Cycle

Mon, Wed, Fri • 5-5:45am

Tues & Thurs • 11-11:45am

Mon-Thurs • 5-5:45pm

H.I.I.T. (High Intensity Interval Training)

Mon & Wed • 6-6:30am,

9:30-10am & 10:05-10:35am

Fri • 6-6:30am

Latin/Urban Aerobics

Mon & Wed • 7:15-8:15pm

Tues • 6-7pm

Power Stretch

Mon • Noon-1pm • \$4/class

LIBRARY

Transparent Language Online

Online program for learning languages. Visit the base library to register.

Universal Class

Online continuing education service. Sign up at the Library.

PAGE CAC

Guitar Classes

Wed & Thurs • 3:15-6:15pm

\$70/month • 30min/week

Ju Jitsu

Thurs • \$35/month

3:30-4:15pm & 4:15-5pm

Ages 4-8 & 9-14

WARD CAC (RAF FELTWELL)

Ballet

Classical Beginners

Tues • 4:45-5:30pm

Ages 5+ • \$9/class

Guitar Lessons

Mon & Tues • 3:15-6pm

\$70/month/student

One-on-one lesson, 30min/week

Ju Jitsu

Mon • \$35/month

Ages 4-8 • 3:30-4:15pm

Ages 9-14 • 4:15-5pm

Pre-School Ballet

Tues • 4-4:45pm

Ages 3-5 • \$8.40/class

YOUTH CENTER

Ballet & Tap

Mon • Times vary • Ages 3+

Starts at \$25/month

Gymnastics

Days & times vary

Age 2+ • Starts at \$40/month

Karate

Thurs • 4:45-6:15pm & 6:15-7:45

Fri • 4:45-6:15pm

Ages 6+ • \$45/month

Open Wall Climb

Wed • 6-7pm

Ages 7-17 • \$5/session

Wed • 7-8pm

Ages 18+ • \$7/session

Piano Lessons

Mon-Fri • Times vary

Ages 8+ • 30mins/week

\$70/month

Tae Kwon Do

Tues • 6-7pm

Ages 8+ • \$35/month

Wall Climbing Class

Thurs • 6-7pm & 7-8pm

Ages 7+ • \$20/month (4 classes)

**AIRMAN & FAMILY
READINESS CENTER** 

Bldg 950 • x3847
Mon-Wed: 7:30am-4:30pm
Thurs: 7:30am-2:30pm
Fri: 7:30am-4:30pm

ARTS & CRAFTS 

Bldg 906 • x2194
Mon-Fri: 9am-5:30pm
Sat-Sun: 10am-4pm
Classes: Mon-Thu: 6-9pm

AUTO HOBBY COMPLEX 

Bldg 1108 • x2454
MOT/SVA: 01638 534185
Mon-Fri: 8am-8pm
Sat: 10am-7pm
Sun: 10am-4pm
Last DIY sign-in is 30 min
before closing.

Auto Parts Store

Bldg 1102 • x5918
Sun: 10am-4pm
Mon-Fri: 9am-7pm
Sat: 10am-7pm

Auto Tire & Lube Center

Bldg 1030 • x2279/2278
Mon-Fri: 7:30am-5:30pm

**BRECKLAND PINES
GOLF COURSE** 

Bldg 1320 • x2223
Golf Shop
Open Daily: 7am-8pm

The Grill at Breckland Pines

Bldg 1320 • x3551
Open Daily: 7am-1:30pm

**CHILD DEVELOPMENT
CENTERS (CDC)**

CDC East
Bldg 659 • x3285
Mon-Fri: 6:30am-6pm

CDC West

Bldg 439 • x5812
Mon-Fri: 6:30am-6pm

**CIVILIAN PERSONNEL
CUSTOMER SERVICE**

(RAF Mildenhall)
Bldg 435 • 238-2111
Mon-Fri: 8am-5pm

EAGLES' LANDING 

Bldg 958 • x2489
Catering
Mon-Fri: 9am-4pm

Pub x2326

Fri: 5-10pm

 : **FREE WI-FI**

**COMMUNITY ACTIVITIES
CENTERS (CAC)** 

Page CAC
Bldg 900 • x1627
Mon-Thurs: 8:30am-7pm
Fri: 8:30am-9pm
Sat: Noon-9pm
Sun: Noon-6pm

Skating Rink

Mon-Fri: Noon-2pm
Wed: 9-11am
Fri: 6-9pm
Sat: Noon-7pm
Sun: Noon-5pm

Ward CAC (RAF Feltwell)

Bldg 94 • x7023
Mon-Fri: 11am-7pm

EDUCATION SERVICES 

Bldg 948 • x3851
Mon-Wed: 8am-4:15pm
Thurs: 9am-4:15pm
Fri: 8am-3:45pm

ELECTRIC AVENUE 

Bldg 670 • x2067
Mon-Thurs: 10am-9pm
Fri-Sat: 10am-10pm
Sun: Noon-6pm

FAMILY CHILD CARE

Bldg 957 • x2170
Mon-Fri: 7:30am-4:30pm

FITNESS & SPORTS CENTER 

Bldg 904 • x3607
Mon-Thurs: 4:30am-11:30pm
Fri: 4:30am-9pm
Sat: 8am-8pm
Sun: Noon-8pm

Afterburn Juice Bar

07706 645825
Mon-Fri: 6:30am-7pm
Sat: 10am-3pm

GREAT LITTLE PIZZA PLACE 

Bldg 670 • x2181 or x2497
Mon-Thurs: 11am-9pm
Fri-Sat: 11am-11pm
Sun: Noon-9pm
Delivery
Mon-Thurs: 4-8pm
Fri-Sat: 4-9:30pm
Sun: 4-8pm

HARD COPIES PRINT SHOP

Bldg 949, 2nd Floor • x1719

**INFORMATION, TICKETS
& TRAVEL (ITT)**

Bldg 977 Rm G20 • x2979
Mon-Fri: 11am-4pm
BX Main Store Mall
Mon-Fri: 10am-5pm
Sat: 10am-1pm

**KNIGHT'S TABLE
MILITARY DINING FACILITY** 

Bldg 934 • x3214
Mon-Fri
Breakfast: 6-8am
Lunch: 11am-1pm
Dinner: 4-6:30pm
Sat-Sun
Brunch: 7am-12:30pm
Dinner: 3:30-5:30pm

LIBERTY CLUB 

Bldg 648 • x1611
Cashier's Window
Mon-Sat: 10:30am-5pm
Sun: Closed

Casino Lounge

Sun-Wed: 4-11pm
Thurs: 4pm-1am
Fri-Sat: 4pm-2am

Pinkerton's

Bldg 648 • x1611
Lunch
Mon-Fri: 11am-1:30pm
Dinner
Tues-Thurs: 5-8pm
Fri-Sat: 5-9pm

Rugby's: A Modern Bistro

Bldg 648 • x1603
Monday - Friday
Breakfast: 6:30-10:30am
Lunch/Dinner: 11am-9pm
Saturday
Breakfast: 8-10:30am
Lunch/Dinner: 11am-9pm
Sunday
Lunch/Dinner: Noon-9pm

Rugby's Too (RAF Feltwell)

Bldg 94
Mon-Fri: 7am-1pm

**LIBERTY LANES
BOWLING CENTER** 

Bldg 657 • x2108
Mon: 11am-8pm
Tues: 11am-10pm
Wed: 11am-10pm
Thurs: 11am-11pm
Fri: 11am-Midnight
Sat: 8:30am-Midnight
Sun: 11am-8pm

Grill 48

Mon: 11am-7pm
Tues-Wed: 11am-9:30pm
Thurs-Sat: 11am-10pm
Sun: 11am-7pm

Pro Shop: By Appointment Only

LIBERTY LODGE 

Bldg 984 • x6700
Front Desk 24 Hours a Day
Check-In: 2pm / Check Out: 11am

LIBERTY LIBRARY 

Bldg 907 • x3713
Sun: Closed
Mon-Sat: 10am-6pm
Fax & copy services available

MANPOWER SECTION

Bldg 977 • x1174
Mon-Wed: 7:30am-4:30pm
Thurs: 9:30am-4:30pm
Fri: 7:30am-4:30pm

MILITARY PERSONNEL SECTION

Bldg 977 • x5131
Career Development: x3939
Force Management: x5138

Walk-In

Mon-Wed: 7:30am-1:30pm
Thurs: 9:30am-1:30pm
Fri: 7:30am-1:30pm

Appointments Only

Mon: 1:30-4:30pm
Tues: 6:30-7:30am
Wed-Fri: 1:30-4:30pm

NAF HUMAN

RESOURCES OFFICE
Bldg 977 Rm G45 • x4417
Mon-Wed: 7:30am-4:30pm
Thurs: 9:30am-4:30pm
Fri: 7:30am-4:30pm

OUTDOOR RECREATION 

Bldg 1109 • x2146
Mon-Fri: 10am-5:30pm
Sat: 10am-2pm

VAT RELIEF PROGRAM OFFICE

Bldg 957, Rm 201 • x3166
Mon-Fri: 9am-4pm

WOOD CRAFT CENTER 

Bldg 1104 • x3367
Sun-Mon: Closed
Tues-Wed: 11am-5pm
Thurs: 11-8pm
Fri-Sat: 11am-5pm

YOUTH CENTER 

Bldg 250 • x3180
Mon-Fri: 7:30am-5:30pm

Open Recreation

Mon-Fri: 3-7pm

School Age Program (SAP)

Mon-Fri: 6:30am-6pm

Teen Programs

Bldg 250 • x5452
Mon-Thurs: 3-8pm
Fri: 3-9pm

RAF LAKENHEATH & MILDENHALL PRESENT

4TH OF JULY CELEBRATION

FESTIVITIES WILL BE HELD AT RAF FELTWELL

PREVIEW PARTY
JULY 3
3-8PM
OPEN TO ID CARD HOLDERS ONLY

JULY 4
CELEBRATION
SATURDAY
12PM-12AM
OPEN TO THE GENERAL PUBLIC



- RED ARROWS
- FIREWORKS
- THE RAF FALCONS
- CAR & BIKE SHOW
- PRIZE DRAWINGS
- CARNIVAL RIDES
- AERIAL ACROBATICS
- THE FIGHTER COLLECTION
- THE OLD FLYING MACHINE CO.
- LIVE MUSIC ENTERTAINMENT

*CARNIVAL, CONCESSIONS & SERVICES ARE E/\$ ONLY NO CASH POINT AVAILABLE.



Federal endorsement of sponsors not intended.