

atEase

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



FAMILY BINGO

Bring the family out for an evening of fun & a chance at great prizes!

WAFFLE WEDNESDAYS

Start your morning with a huge selection of delicious waffles!

AIRCOM BASKETBALL

Watch six NATO countries compete for the Championship!

Air Force Club Membership Could Earn You A Scholarship

Submit your essay online March 2 - May 1 for
a chance to win a \$1,000 or \$500 scholarship

Open to Air Force Club Members
and their eligible dependents

For more information, rules and instructions, visit:

MyAirForceLife.com/Clubs



Membership has its rewards

LIBERTY CLUB
Bldg 648 | 226-1611
www.lakenheathfss.com



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First



MARCH 2015

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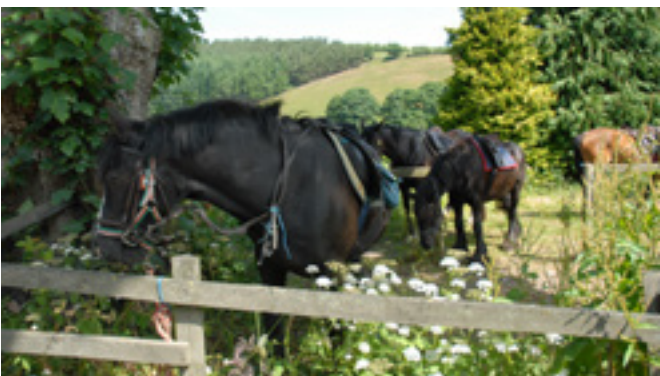
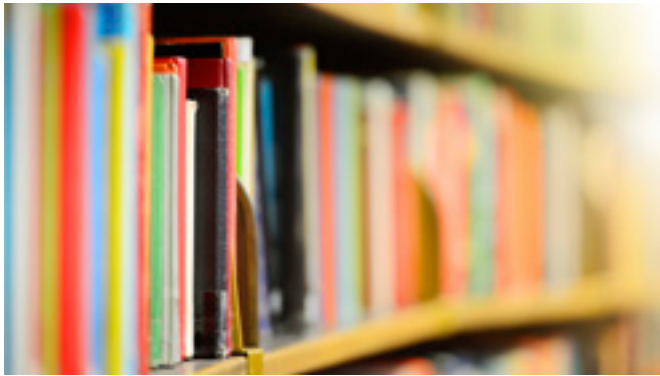
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Information in this magazine is current at the time of publication. All facility programs, event hours, prices, and dates are subject to change without notice. Contact each facility for the most up-to-date information.

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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!

SPONSORSHIP

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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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Youth of the Year 2014



Established in 1947, Youth of the Year is the BGCA's (Boys & Girls Club of America) premier recognition program for Teen Club members. These deserving young people are recognized for service to their Club and community, academic performance and contributions to their family. Youth of the Year honorees are shining examples and living proof that great futures start at Boys & Girls Clubs.

AND THE WINNER IS...

The Youth of the Year for 2014 is Nicole Moore, age 17. She is from Albuquerque, New Mexico and her hobbies include playing sports, watching movies, and hanging out with friends. Her Key

activities include being Keystone President, a former JROTC Flight Commander, and getting CPR (Cardiopulmonary Resuscitation) and BCLS (Basic Cardiac Life Support) certified. The following are excerpts from her winning essays. She will go on to compete at MAJCOM and regional levels for scholarships and other prizes.

MY CLUB EXPERIENCE

"I have been in a club environment since I was a little girl. I would attend after school care at the YMCA or Youth Center and now I'm a junior in high school participating in and leading our Keystone Club. It is important to me to help better my community for the teens on our military base.

"I have been part of the Lakenheath Prodigy Keystone program for almost four years now and it has really played a huge part in my life. Along with my two years of JROTC experience, it has helped me grow into the mature and responsible young adult I am now.

"Each day is what you make it. I have learned to express myself no matter who I'm around or where I go and that it doesn't matter how you dress or what you look like, strong character is more important than superficial characteristics and true relationships between people of character will always be long lasting."

MY VISION FOR AMERICA'S YOUTH

"If I become the National Youth of the Year, my main focus will be the importance of having after school programs that promote teen involvement in the community to help relieve the stress of school and provide a place to keep teens out of trouble.

"As the ambassador of the National Youth of the Year, my goal will be to talk to my peers and inspire them. I want to encourage them to be different and show the fun you can have by being a young adult with conviction."

MY PERSONAL BRAND

"When I'm at school I sometimes wonder if people ever think about what defines them or about their personal brand as it relates to their goals in life. It is something I've considered quite a bit and I came to realize that without a doubt, my personal brand is perseverance.

"People often ask me what would be three words or adjectives that I would use to describe myself and it would have to be approachable, honest, and responsible."

MILITARY YOUTH EXPERIENCE

"As a military child, it is harder on you because you have to make new friends every four to five years. I thought about it all the time after my parents told me I was moving to England but then I realized that not a lot of kids could say they lived in England unless they were a military dependent.

"I can't complain about living in England. Now that I've been here for almost four years, I've seen many amazing things and just as many challenges. Living overseas and visiting other countries can be very difficult because many don't speak any English.

"Living overseas has definitely taught me to toughen up my skin and not worry about what others thought of me.

"So many of us have our stories about the challenge of living overseas, but there are so many benefits I could make a huge list. My family and I have been to several other countries such as Germany, the Netherlands, and France to name a few."

DINING & ENTERTAINMENT

LIBERTY CLUB

226-1611 • Bldg 648

CLUB MEMBERSHIP PAYS!

Crazy Cash Giveaway! (Members Only)

Every Friday & Saturday • Midnight

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

EVENTS

First Fridays: Social Hour

Friday, March 6 • 5-7pm • 18+

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

First Fridays

Friday, March 6 • 10pm-2am

Members FREE; Non-members \$5

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

Latin Night

Saturday, March 7 • 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!

Member's Breakfast

Tuesday, March 10 • 6:30-8am

Members join us for a FREE breakfast as a little "Thank You" for being a valued club member. Enter to win 2 months FREE club dues! Not a member? Stop by and join today!

Country Nights

Saturdays, March 14 & 28 • 10pm-2am

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

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

Urban Night: Fridays, 10:30pm

Billboard Top 100: Saturdays, 9pm

EAGLES' LANDING

226-2535 • Bldg 958

EVENTS

First Fridays

Friday, March 6 • 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 pick your brain to be the ultimate trivia master.

Fin Friday

Friday, March 27 • 5-10pm • Eagles' Pub

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

ST. PATRICK'S DAY CELEBRATION

Friday, March 13 • 9pm-1am

Members FREE; Non-members \$5

Celebrate St. Patrick's Day at the Liberty Club.

DJ Grizzly will be spinning the latest tracks.

Don't forget to wear green to get in FREE!



LATE NIGHTER: TOGA PARTY

Thursday, April 2 • 9pm-3am

Members FREE; Non-members \$5

Spring into Spring with a Toga party! Dress your toga best and get in FREE plus have a chance at winning some great prizes!





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

THE GREAT LITTLE PIZZA PLACE

226-2181 • Bldg 670

SPECIALS

Pizza of the Month

Come out and enjoy a fresh out of the oven pizza! This month enjoy the "Southwest BBQ" with BBQ sauce, grilled chicken breast, bacon, onions and green peppers topped with 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 29 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 1/2 Feast

See page 16 for more information.

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. Finish off your delicious meal with our fruit cobbler.

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



TASTE OF LAKENHEATH

SAT. APR 18 • EAGLES' LANDING • 5-10PM

LIVE ENTERTAINMENT, HORS D'VOEUVRES, WINE, BEER & COCKTAIL TASTING
BUSINESS CASUAL ATTIRE • 18+ ONLY • RETAIL STORE WILL BE OPEN TO PURCHASE TASTED ITEMS

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KNIGHT'S TABLE

226-3214 • Bldg 934

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

Specialty Meals

March 4 • Italian
March 5 • Mongolian BBQ
March 11 • Asian
March 18 • Hispanic
March 19 • Carvery
March 25 • Southern
11am-1pm

Sandwich Bar

Monday-Friday
11am-1pm & 4-6:30pm

Specialty Bar

March 3 • Pasta Bar
March 10 • Taco Bar
March 17 • Wing Bar
March 24 • Potato Bar
March 31 • Taco Bar
11am-1pm

Birthday Bash

Wednesday, April 1 • 5pm
Are you an Airman on a meal card with a birthday in January-March? Come out and enjoy a delicious birthday meal!



THE AFTERBURN JUICE BAR

07706 645 825 • Bldg 904

Satisfy your hunger with something guilt-free! Grab a made-to-order panini, fresh salad, delicious omelet or smoothie!

THE GRILL AT BRECKLAND PINES

226-3551 • Bldg 1320

Specials

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.

SPORTS & FITNESS

FITNESS & SPORTS CENTER

226-3607 • Bldg 904

EVENTS

Seasonal Incentive Program: Muscular Strength

March 1-31

Take the muscular strength challenge! Bench press and leg press against various levels of your own body weight. Awards given for different levels.

*Fitness Center staff must administer lifts for award levels.

Pre/Post Natal Yoga

Fridays • 11:30am-12:30pm

6 week course begins Friday, March 6.

AIRCOM Basketball Championship

March 24-26

Show your support for a friendly sporting competition between NATO nations. Participating countries are: Belgian Air Force, German Air Force, Polish Air Force, Royal Air Force, Royal Netherlands Air Force and the United States Air Force. FREE admission for all ID card holders. Game schedules will be posted at the Fitness Center.

Spring Tennis Camp

March 30-April 3 & April 6-10

Camps available for ages 6-11, ages 12-17, and ages 18 and over. Contact the Fitness Center for times, pricing or to sign up.

Ultra Eagles Challenge

Friday, April 24 • 9:30 Start

Soar to the top and compete with the best! Challenge yourself with this test of endurance including, biking, rowing, lifting, running and more. For a complete listing of all ten events or to register please contact the Fitness Center.

Heath Natural Bodybuilding & Figure Championship

Saturday, May 30 • Prejudging 11am-2pm;

Main Event 6pm • Lakenheath High School

Competition in 7 men's categories and 9 women's categories. NABBA & NPC rules will apply.

Contestant registration fee \$50/£35 in advance; \$65/£50 the week of the event. Registration closes Thursday, May 28 at 5pm. For a complete listing of categories or to register please contact the Fitness Center.

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: March 7 & 21
Fridays: March 13 & 27
8:30pm-Midnight • \$10/person
Bowl the night away while listening to chart-topping music. Rental shoes included.

King of the Hill Tournament

Sunday, March 15 • 11am
Sign-ups start at 10am with the tournament beginning at 11am. Six games with a stepladder final. \$30 entry fee.

St. Patrick's Day Bowling

Tuesday, March 17 • 11am-10pm
Celebrate St. Patrick's Day with us and bowl for just \$1.50 a game with \$1.50 shoe rental.

Birthday Bowling

Tuesday, March 31 • 11am-10pm
If your birthday is in March come bowl for FREE during opening hours. DoD ID card required. Rental shoes included.

ONGOING EVENTS

Monday Madness

Mondays • 4-8pm
Bowl as much as you want for just \$5! \$2 shoe rental.

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/6-8pm

Sundays
1:30-3:30pm/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

Hole in One Challenge

Saturday, March 14 • 8am-2pm
Have you ever had a hole in one? Well here's your chance to try! Just 25¢ per ball with no limit. First ace wins the pot!

SPECIALS

Wear Green for Green Fees

March 13-17: Wear green this weekend and get an 18-hole green fee for FREE!

Pro Shop Sale

15% OFF all in-stock golf bags

ONGOING OFFERS

Annual Green Fee (AGF) Renewal

Don't forget to renew your AGF membership at the course this month to start saving! As an AGF member, you'll enjoy discounted green fees for a period of 12 months. See the pro shop for details or to sign up.

Big 15 Golf

E1-E4 \$20; All other ranks \$25
Experience the next generation of golf! Forget 3 putts, burning the edges & the dress code! Welcome the chip-ins, pars & birdies. Forward tees + HUGE 15" cups = bigger fun!

Individual Lessons

Does your game need some improving? Sign up for lessons from our instructor & professional golfer Lawrence Dodd! \$40/30min, \$70/hr

Pot o' Gold Challenge

Make your ace pay off! A 50¢ buy-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.





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YOUTH

YOUTH CENTER

226-3180/5452 • Bldg 250

EVENTS

Dr. Seuss Birthday Party

Monday, March 2 • 4-5pm

Help us celebrate Dr. Seuss' Birthday with stories, crafts and a special sweet treat. Open to SAP and Youth Center members only.

Give Parents a Break

Saturday, March 7 • 6-11pm

Parents can enjoy an evening 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, March 4.

Kid's Night Out

Friday, March 13 • 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, March 11.

SAP Parent Activity

Thursday, March 19 • 4:30-5:30pm

Come and join your school age child in a FREE, fun filled interactive art activity. Fun for the whole family!

ONGOING EVENTS

Torch Club

Wednesdays • 6pm • Ages 11-13

The Torch Club focuses on developing character and leadership skills, building positive traits and personal skills, while promoting tolerance, diversity and inclusion. You can make a difference!

Keystone Club

Thursdays • 4pm • Ages 14-18

Keystone Club is a Boys and Girls Club of America program to help teens develop character, leadership skills, explore careers and provide service to the Club & the local community.





YOUTH SPORTS

226-3180 • Bldg 250

EVENTS

Outdoor Soccer

Coaches Certification

Tuesday, March 3 • FREE

Are you an outdoor soccer volunteer coach? Be sure to come to the National Alliance for Youth Sports (NAYS) Coach's Certification class.

CDC EAST

226-3285 • Bldg 659

EVENTS

Parent's Night Out

Friday, March 13

6:30-10:30pm • \$20

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, March 11. Open to ages 6 weeks - 5 years.

CDC WEST

226-5812 • Bldg 439

Give Parents a Break

Saturday, March 7 • 6-11pm

Parents can enjoy an evening out while your kids, ages 6 weeks - 5 years (not in school), play safely at the CDC. Must have a referral certificate and completed AF 1181. Sign up by Wednesday, March 4.

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Christmas Party Nights

Thursday, 4 December 2014

Friday, 12 December 2014
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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 pizzas*
- Your choice of 1 candy
- 1 box of nachos
- 2 liter bottle of soda
- 1 bucket of popcorn
- 2 movie rentals

Thursday Family Entertainment ½ Feast Just \$25 • 3-8PM

- 2-MD 1-topping pizzas*
- 1 bucket of popcorn
OR 1 box of nachos
- 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

The Hunger Games: Mockingjay – Part 1: March 6

Night at the Museum: Secret of the Tomb: March 10

Penguins of Madagascar: March 17

Exodus: Gods and Kings: March 17

Annie: March 17

Into the Woods: March 24

EVENTS

The Hunger Games: Mockingjay – Part 1 Viewing

Thursday, March 5 • 10am-10pm
Stop by and watch *Hunger Games: Mockingjay Part 1*! We'll be showing it ALL DAY to celebrate its retail release at 12:01am.

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!

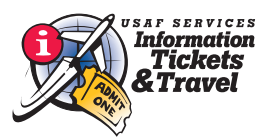
Special Orders

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

Knit & Knosh!

Tuesday, March 3 • Noon-1pm • FREE

Bring your lunch and those unfinished knitting projects. Our resident yarn expert will answer all your knitting questions and help resolve your knitting problems.

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

Tuesday, March 3 • 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.

Spinning and Fiber Crafts

Tuesday, March 17 • 10:30 • FREE

Come and learn traditional hand crafts! If you love spinning, knitting, or crocheting this is the program for you! Keep a look out for the upcoming field trips to be scheduled.

AF Philosophical Society

Friday, March 20 • 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.

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! See librarian for listings & availability.



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Life is a journey... let ITT take you there!

TRAVEL
Fair



Sat, March 7
Eagles' Landing • 10am-3pm

Sponsored by:



No federal endorsement of sponsors intended.



AIRMAN & FAMILY READINESS CENTER

226-3847 • Bldg 950

CLASSES

Sponsor Training

Monday, March 2 • 2-3:30pm

Learn the responsibilities of being a sponsor. Educate yourself on things you can do to make the transition easier for incoming personnel and their families. This training provides you with resources so you can quickly locate information and point your newcomer in the right direction.

Resume 101

Wednesday, March 4 • 9-11am

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

Manage Your Move

Friday, March 6 • 10am-1pm

One-stop shop for all your PCS questions. Hear from the experts from A&FRC, EFMP, Vet Clinic, TriCare, Finance, Pass & ID, Vehicle Shipment, TMO and the PAX terminal.

Federal Employment Part 1: Navigating the Federal Application Process

Thursday, March 12 • 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!

RUFit: 12 Modules in 12 Months

Tuesday, March 17 • 5-6:30pm

RUFit is a campaign to promote and enhance comprehensive Airman fitness. The A&FRC is offering a 12 month series covering each of the RUFit modules. Each session is designed to enhance awareness and improve skills needed to take positive action. Come take part in this engaging, enlightening, and interactive experience!

Protecting Your Identity

Thursday, March 19 • 10-11am

Become proactive in protecting your personal identity. We will cover 7 simple steps to decrease the likelihood of experiencing identity theft.

Smooth Move

Friday, March 20 • Noon-1pm

Take some of the stress out of your next PCS! Learn about travel pay & entitlements, transferring healthcare, shipping personal property, vehicles and pets. Receive instructions on the proper processes in order to receive full benefits.

Federal Employment Part 2: Writing a Federal Resume

Thursday, March 26 • 9-11am

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



EVENTS

Deployed Family Dinner

Wednesday, March 18

5-7pm • Base Chapel

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. Call A&FRC to sign up.



PAGE COMMUNITY CENTER

226-1627 • Bldg 900

EVENTS

Advance Skate Night

Saturday, March 7 • 7-9pm • \$3 • Ages 18+
Come out and show off your speed and skills!

International Women's Day

Sunday, March 8 • 11am-1pm
Ladies skate FREE in celebration of Women's Day!
All others \$3.

Family Bingo

Friday, March 13 • Doors open at Eagles' Landing at 5pm • Games start at 5:30pm
Pre-purchase books March 1-12 at the Page CAC \$10/2 books. Books purchased on March 13 \$15/2 books. Prizes include London Eye tickets, Cineworld tickets, toys, games and more! Sandwiches, chips and soda/water will be available for purchase.

*Minimum purchase of 2 books per person. No refunds. **Food purchased at the Liberty Club, Great Little Pizza Place, or the Liberty Lanes Bowling Center welcome. No other outside food may be brought into the facility.

Gamers' Club

Saturday, March 14 • 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.

SA: Ping Pong Tournament

Thursday, March 19 • 5:30pm • 18+
Single airman, are you a killer ping pong player? Sign up at the Page CAC to show off your skills. \$5 entry fee and the winner will receive an FSS gift card.

SA: Jamie Oliver's Recipease Cooking Class

Saturday, March 28
Are you a single airman looking to learn some new cooking skills? Then join us for a trip to Jamie Oliver's Recipease Cooking School for a class on cooking the perfect steak! \$20 per person. Contact the Page CAC for departure times and to sign up by Thursday, March 19.

Parent & Toddler Easter Party

Thursday, April 2 • 10-11am
Come out for a morning of skating, music, crafts and more! \$5 per toddler, parents skate FREE (with paying toddler). Sign up at the Page CAC by Wednesday, April 1.

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.

ST. PATRICK'S DAY SKATE

Tuesday, March 17 • Noon-2pm
Come out to play games and win prizes! Wear green & skate for FREE! All others \$3.





ST. PATRICK'S DAY CRAFT AT THE WARD COMMUNITY CENTER

Thursday, March 12 • 5-6:30pm
Wear green and celebrate St. Patrick's Day
with crafts and cookie decorating!

*Children under 10 must be supervised

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 March?
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

WARD COMMUNITY CENTER

226-7023 • Bldg 94 at RAF Feltwell

EVENTS

Spring Craft Night

Thursday, March 26 • 5-6:30pm
Come create a fun craft to bring a
little spring into your house!

*Children under 10 must be supervised.

RUGBY'S TOO CAFÉ & EATERY

Visit today and enjoy your favorite
food & beverages, including
perfectly-brewed Starbucks®
coffee! See directory on page
33 for hours of operation.

AUTO HOBBY COMPLEX | TIRE & LUBE CENTER

226-2454/2383 • Bldg 1108

226-2278/2279 • Bldg 1030



SPECIALS: MARCH 1-15

- Get 4 tires balanced for the price of 3 with the purchase of a tire rotation.
- 10% OFF our full range of motorcycle helmets

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
 - POV Sales

SVA/MOT

Call 01638 534 185 to make your next appointment!

EVENTS

All Nighter

Saturday, March 14 • 10am -
Sunday, March 15 • 4pm
32 hours of fix-it fun with FREE pizza at 10pm. Time to get those repairs done with no rush. Parts store open throughout the night. First come, first served.

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!



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Please see our website for full listings,
area guide and information

www.balmforth.co.uk (up to date listings)

www.balmforthusaf.co.uk (area guide and information)



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01638 522 146 or visit www.lakenheatftss.com/odr.

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2015 travel guide at either ITT
location or Outdoor Recreation!

ARTS & CRAFTS CENTER

226-2194 • Bldg 906

KIDS' CRAFT DAY

Saturday, April 11 • Sign-ups begin March 11

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

- National Craft Month! New product lines in store!
- March 1-9: 20% OFF Floral Stems
- March 10-19: 20% OFF Select Frames

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!

CERAMIC BIRTHDAY PARTIES

Kids can choose a ceramic piece to decorate with glaze and fire in our kiln! \$12/child. Please book in advance.



CLASSES

Discover a new hobby or sharpen your existing skills! Learn to crochet, throw pottery or how to use your camera. See page 32 for a listing of all the classes available this month.



WOOD CRAFTS CENTER

226-3367 • Bldg 1104

SPECIALS

10% OFF • Pine

20% OFF • Woodscrews

*Specials apply to in-stock items only.

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

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!

Key Cutting

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

Pedaler Bike Shop

We 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.

Storage Units

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





OUTDOOR ADVENTURES

In Search of Mr. Darcy:

Jane Austen Tour

March 21-22 • Ages: 6+
Exertion Level 2-3 • \$295/person
Discover where Jane Austen lived, died and developed her novels: Chawton, Winchester, Steveton, and Bath. Also, visit film locations associated with her novels, Harry Potter, the Warhorse and Cranford. Finally, visit Bath for a tour of the Austen Centre after a lunch tea with Mr. Darcy. Transportation, listed admissions and 1 night B&B mixed/shared accommodations included. A pre-trip brief is required. Sign up by March 3.

Beach Fishing

Saturday, March 28 • Ages: 10+
Exertion Level 2-3 • \$35/person
Times to follow based on tides, weather and location. Test your skills at beach fishing. See if you can catch cod and flat fish on the tides. Bait, transportation and equipment included. Sign up by March 10.



REC-ON ADVENTURES

Me Under the Sea? Intro to Scuba

Saturday, April 11 • Ages: 18+
Exertion Level 3-4
AD/Dep \$25; All others \$85
This intro to scuba session includes book and pool practicals leading to a PADI certification. Sign up by March 28.

Zorb n' Board

Sunday, April 12 • Ages: 11+
Exertion Level 3-4
AD/Dep \$25; All others \$115
Care to roll down a 200 meter hill in a giant plastic ball? You could even try your hand at mountain boarding! Includes transportation and BBQ lunch. Sign up by April 3.

Horse Trekking in Wales

April 18-19 • Ages: 10+
Exertion Level 3-4
AD/Dep \$175; All others \$350
Join us for a 2 ½ day horse trekking experience. Transportation, gear, home cooked dinner & breakfast and 1 night B&B mixed/shared accommodations included. Sign up by April 7.

INFORMATION, TICKETS & TRAVEL

226-2979 • Bldg 977 Rm G20 & BX

LIVERPOOL 2 DAY TOUR

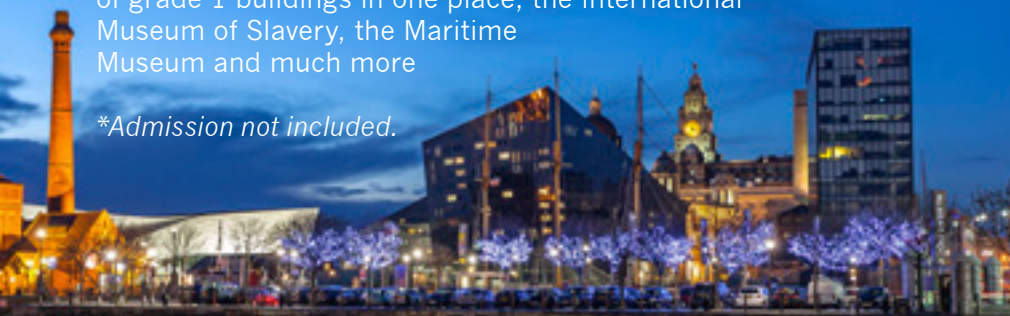
March 14-15 • Adult £139, Child £99

*Prices based on two adults sharing; Additional £40 single room supplement

Includes: Luxury coach, 1 night B&B accommodation, Mersey Ferry Cruise, Magical Mystery Tour & an experienced tour guide

Optional Extras: A visit to Albert Dock, home of the largest collection of grade 1 buildings in one place, the International Museum of Slavery, the Maritime Museum and much more

**Admission not included.*



NEW! BLACKPOOL EXTENDED DAY TOUR

Saturday, April 4

Adult £69; Child £30

Includes: Luxury coach & experienced tour guide



ST. PATRICK'S DAY IN DUBLIN 3 & 4 DAY TOURS

4 Day Tour: March 15-18 • £369

*Prices based on two adults sharing; Additional £150 single room supplement

3 Day Tour: March 16-18 • £269

*Prices based on two adults sharing; Additional £100 single room supplement

Each trip includes: Luxury Coach, Ferry crossing, B&B accommodation and experienced tour leader



LION KING

Wednesday, April 8

£75, Inclusive

Contact ITT for departure time and details.



NEW! ISLE OF WIGHT & PORTSMOUTH 2 DAY TOUR

March 21-22 • Sign up by March 6 • Adult £139; Child £99

*Prices based on two adults sharing; Additional £40 single room supplement

Includes: Luxury coach, 1 night B&B accommodation, ferry crossing and experienced tour guide

**Admissions to museums or monuments are not included.*



QPR VS CHELSEA

Saturday, April 11

£84; Inclusive

Contact ITT for departure times and details.



SPRING BREAK IN THESSALONIKI, GREECE

April 6-10 • Adult £485, includes flights

*Prices based on two adults sharing. Child prices available, inquire within. Additional £128 single room supplement

Includes: Air fare, airport transfers once in Greece, four night stay in a 5-star hotel, continental breakfast, excursion to Halkidiki Beach, Pella Archaeological Site, Vergina Museum & Thessaloníki City tour all with an experienced tour manager



NEW! CARDIFF & CITY OF BATH 2 DAY TOUR

April 18-19 • Sign up by April 1
Adult £149; Child £99

*Prices based on two adults sharing; Additional £40 single room supplement

Includes: Luxury coach, 1 night B&B accommodation, admission to Cardiff Castle, guided tour of Bath & experienced tour guide



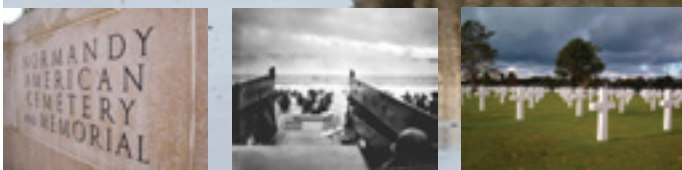
NORMANDY D-DAY LANDINGS: 71ST COMMEMORATIVE YEAR 4 DAY TOUR

May 22-25 • Sign up by April 22 • £336

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

Includes: Admission to selected museums and monuments, three nights in a 3-star hotel, continental breakfast, luxury coach, channel crossing & tour manager

**Tour not recommended for young children. Join our lay-away program and sign up today with a deposit of just £60/person.*



AMUSEMENT PARKS

Amusement Parks are now open! Call ITT & save by purchasing your VAT free tickets with us!

LEGOLAND • Adult £28; Child £24

Thorpe Park • Adult £24; Child £22

Chessington World of Adventures & Zoo
Adult £23; Child £23

Alton Towers • Adult £34; Child £29



RAF MILDENHALL EVENTS

Bluewater Mall Shopping Day

Wednesday, 11 March

Let the RAF Mildenhall ODR team take the strain on this weekday shopping trip to the UK's largest mall. ODR will provide transportation to and from Bluewater with all the space you could want to bring back your purchases. There is much more than just shops at Bluewater, the site encompasses plenty to keep the youngsters occupied.

\$25 per person. Plan your day at www.Bluewater.co.uk

Children under 16 ride free!

Call: 01638 54 4283

Norfolk & Suffolk Walks Series

Saturday, 14 March

Wednesday, 18 March

Join the RAF Mildenhall ODR team as we explore some of the best walks in the local area. Each month we will select at least one walk and provide your transportation to and from the site and a staff guide to make sure you don't get lost! Meet at Outdoor Rec with your hiking boots and a packed lunch. Sign up in advance. Dogs are welcome - please let us know if you plan to bring your dog.

\$25 per person.

Spend \$25 in our retail store and get on this trip for FREE!

Call: 01638 54 4283

Usher Concert

Tuesday, 24 March

£90 per person

Includes ticket & transportation

Call RAF Mildenhall Information

Tickets & Travel at 01638 54 2630

THE DEPARTMENT OF DEFENSE'S ARMED FORCES ENTERTAINMENT PRESENTS

SLANT



Sunday, 15 March
RAF Mildenhall
7:30 pm at the Galaxy Club

With Fahim Zaman on vocals and lead guitar, Munir Haque on rhythm guitar, Josh Chastain on bass, and James Arce on drums, Slant has been bringing forth pure, positive music since they have formed.

Call Slant Hard Rock, Power Rock, Progressive, or Alternative, Slant gives us a taste of all their perspectives on the world through "music." Slant recorded their debut album "A Thin Line," in 2005, featuring the emotionally powerful and original singles "Broken Wings" and "Trust." Slant's dedication and drive to make creative and insightful music for their fans has landed them recognition worldwide.

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For more information call: 238 2579



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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>



SNOWDONIA HIKING WEEKEND

20 - 22 March

Rec On: \$200, Non Rec On: \$375
Join the 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, 2 breakfasts & qualified mountain guides.

Call: 01638 54 4283



Sign up & receive a voucher for \$100 to spend in our retail store!



RAF MILDENHALL BOWLING CENTER

DOLLAR DAYS

EVERY
WEDNESDAY

11AM - 9PM

\$1 BOWLING

\$1 SHOE RENTAL

\$1



Call: 01638 54 2348

CLASSES & DIRECTORY

AIRMAN & FAMILY READINESS CENTER

Reintegration Briefing

Mon, Wed & Fri • 9:30-10:30am

Pre-Separation Counseling

Tues, Mar 3 & 17 • 8:30-11:30am

Pre-Deployment Briefing

Wed • 10-11am

5-Day Transitioning

GPS Workshop

Mar 9-13 & 16-20 • 8am-4pm

ARTS & CRAFTS

Wheel Thrown Pottery (Beginner)

Begins Mon, Mar 2 • 10am-Noon

4 weeks • \$75 Inclusive

Begins Mon, Mar 2 • 4-6pm

4 weeks • \$75 Inclusive

Begins Wed, Mar 4 • 6:30-8:30pm

4 weeks • \$75 Inclusive

Crochet Beginners

Begins Tue, Mar 3 • 10am-Noon

4 weeks • \$40 + supplies

Begins Thurs, Mar 5 • 10am-Noon

4 weeks • \$40 + supplies

Mold Pouring

Mar 3, 4, 17 & 18 • 10am-Noon

1 day • \$25 Inclusive

Basic Camera

Begins Wed, Mar 4 • 5-6:30pm

3 weeks • \$30 Inclusive

Bring your own camera

Wheel Thrown Pottery (Intermediate)

Begins Thurs, Mar 5

6:30-8:30pm

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 • 11am-Noon

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 • 11:30am-12:30pm

\$4/class

Power Yoga

Mon & Wed • 6-7pm • \$4/class

Street Dance Lessons

Fri • 5-6pm • \$5/class

LIBRARY

Mango Languages

Online program to learn languages.

Visit www.usafelibraries.org, click

on the information databases tab,

click on access via USAFE library

card, enter your library card no.

& then click on Mango Languages.

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 & Sat • 3:15-6:15pm

\$70/month • 30min/week

Jiu 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

Jiu Jitsu

Mon • \$35/month

Ages 4-8 • 3:30-4:15pm

Ages 9-14 • 4:15-5pm

Piano Lessons

Wed • 3:15-6pm

Thurs • 3-5:30pm

\$70/month/student

One-on-one lesson, 30min/week

Ages 7+

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-5pm

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 • x2535/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
Sun-Thurs: 10am-9pm
Fri-Sat: 10am-10pm

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 (MARKETING)
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


Rugbie'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-Mon: Closed
Tues-Sat: 10am-6pm

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
Tues: Closed
Wed: 11am-5pm
Thurs: 11-8pm
Fri-Sun: 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



EASTER

BRUNCH

SUNDAY, APRIL 5

🥚 10:30AM-1:30PM 🥚

Carving station, waffles, entrees, salad bar, fresh veg, omelettes & more! : Members: \$22
: Nonmembers: \$27
: Under 4: Free
: Reservations Encouraged

LIBERTY CLUB
Bldg 648 | 226-1611
www.lakenheathfss.com



Members
First

