

atEase

MAY 2014 | 48TH FORCE SUPPORT SQUADRON | RAF LAKENHEATH, UK



MAY FITNESS MONTH

Get in shape for summer with special fitness events!

YOUTH BASEBALL

Sign up your child for this year's baseball season!

MOTHER'S DAY BRUNCH

Celebrate Mom with a variety of delicious breakfast & lunch items.

*If your youngster can drive, chip or putt...
There's a spot for them
on our PGA JLG team!*



*Sign up your youngsters
in the pro shop today!*



PGA Junior League Golf (PGA JLG) is designed to bring a "Little League" atmosphere to the game of golf. With teams of boys and girls, age 13 and under, PGA JLG provides a structured league environment for young golfers to compete and have fun! This is a great way to get, and keep, kids involved in the game!

PGA JLG Participants Receive

- Team Jerseys, golf balls and PGA JLG bag tags
- 5-6 regular season competitions plus practices and/or clinics
- Opportunity for advancement to post-season via League All-Star teams
- Access to customized website home page for our PGA JLG team featuring schedules, standings and stats

Program Structure

- Fun team scramble format for players of every skill level
- All participants get to play in every competition

Visit www.pgajrleaguegolf.com for more information
and the latest on PGA Junior League Golf!



4 DINING & ENTERTAINMENT

Liberty Club
Eagles' Landing
Knight's Table

8 SPORTS & FITNESS

Fitness & Sports Center
Breckland Pines Golf Course
Liberty Lanes Bowling Center

12 LIFE & LEISURE

Arts & Crafts Center
Auto Hobby Complex
Community Centers
Electric Avenue
Information, Tickets & Travel
Library
Outdoor Recreation
Wood Craft Center

24 YOUTH

Child Development Centers
Family Child Care
Youth Center
Teen Programs
Youth Sports

26 INFORMATION

RAF Mildenhall Events
Class Schedules
Directory

DEPARTMENTS

COMMAND

48 FW Commander: Col Kyle Robinson
48 MSG Commander: Col Marc Vandever
48 FSS Commander: Lt Col Ryan Richardson
48 FSS Deputy: Eddie Adelman

BUSINESS

Lead Marketing Assistant: Andrea Crocker
Special Events & Functions Coordinator/
Commercial Sponsorship: Tobi Applin


DESIGN & PRINT

Visual Information Specialist: Alicia Meiers
Visual Information Specialist: Kyla Strenge
Visual Information Specialist: Lisa Wood

The atEase magazine is prepared by the 48th Force Support Squadron Marketing & Publicity Department and is an unofficial publication of the RAF Lakenheath community. Contents are not necessarily the official views of, nor endorsed by, the US Government, the Department of Defense, the U.S. European Command, or the 48th Fighter Wing. No Federal endorsement of advertisers or sponsors is intended.

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.

Web: www.48forcesupport.com
DSN: 226-1719
Commercial: 01638-521719
US International: 011-44-1638-521719
Mail: 48 FSS/FSK, Unit 5187, APO, AE, 09461-5187

 Subscribe to our weekly e-newsletter, the 48th FLASH! E-mail 48fss.fsk@us.af.mil to be added to our distribution list.

 Find us on Facebook
48th Force Support Squadron-RAF Lakenheath



HARD COPIES

48th Force Support Print Shop

- Brochures & Programs
- Booklets & Binding
- Copies & Flyers
- Event Tickets
- Certificates

And much more!

For a price list, please visit
www.48forcesupport.com.

All artwork must be complete and ready to print.
To submit an order, please email hardcopiesprintshop@gmail.com
with your completed artwork attached as a .jpg or .pdf
and a brief description of the order.

SPONSORSHIP

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

48th Force Support Squadron Marketing & Publicity
Commercial: 01638-521709
DSN: 226-1709
Email: 48fss.fsk@us.af.mil

SPECIAL RATES
for US military personnel!

DO YOU HAVE A SECOND POV TO SHIP STATESIDE?

Get first class service with our vehicle shipping specialists!

We'll arrange it all from collection in the UK all the way to delivery at your final destination!

Contact us for a quote!
Tel: +44 (0) 117 938 1919
UK Freephone: 0800 783 9351
Email: will@carshipuk.co.uk
Web: www.carshipuk.co.uk

Trans Global
LOGISTICS UK LIMITED

Filipiniana Restaurant

Restaurant | Take-Away | Catering Service
Established for 13 years

Opening Hours

Lunch	Dinner
Mon - Fri 11am-2pm	Mon - Fri 5-9pm
Sat - Closed	Sat - 5-9pm
Sun - Closed	Sun - Closed

25 High Street, Lakenheath, Suffolk UK
T | 01842.862660
Email | filipiniana_uk@yahoo.com
www.FilipinianaRestaurant.co.uk

Cut out this coupon & bring it with you for 10% off your order (Max order value £50)

Maidwell Antiques

Large range of antique furniture, clocks, copper, silver, brass and much more.

Not just antiques, it's an experience!

Affordable Prices | Payment Plans Available

01366 385058 or 07712 105408
Ring for open times any day of the week.

The Old Rectory, Ely Road
Framham, Downham Market
SUFFOLK

Need to find your new home?

For all of your **rental needs** providing a **friendly service with a personal touch.**

- Properties in Red Lodge, Lakenheath, Mildenhall and much more.
- Out of hours tenant emergency service.
- Small town service, we get to know you.
- Local experts in both US requirements and UK housing law.
- No fees (application, renewal nor checkout).
- Free collection from billeting for viewings.

Visit www.lodge-lettings.co.uk
Call us at **01638 551551** or email enquiries@lodge-lettings.co.uk

Lodge Lettings
6 Bellflower Crescent
Red Lodge, Suffolk IP28 8XQ

DINING & ENTERTAINMENT

LIBERTY CLUB

226-1611 • Bldg 648

PINKERTON'S STEAKHOUSE

Enjoy a taste of home with our American-style cuisine!

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 Specials

2-4-1 Prime Rib Night

(Members only)

Tuesdays • 5-8pm

Members \$21.95



URBAN NIGHT



MOTHER'S DAY BRUNCH

Sunday, May 11 • 10:30am-1pm

Members \$22; Non-members \$27; Children under 4 FREE

Treat Mom to a special meal this Mother'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 Mom will win a free spa day thanks to ITT!

Reservations recommended. Sponsored by Military Autosource.



Federal endorsement of sponsor not intended.

LIVE BAND: HEATHEN

Saturday, May 3 • 9pm-1am
Members FREE; Non-members \$5
Come out for live rock music by the local band, Heathen. Adults only.



ENTERTAINMENT (ADULTS ONLY)

Wednesdays, 7:30pm: Quiz Night
Thursdays, 9pm: Bone, Chug & Harmony
Fridays, 10:30pm: Urban Night
Saturdays, 9pm: Crazy Karaoke
Fridays & Saturdays, 12am:
Crazy Cash Giveaway! (Members only)

Country Night

Saturday, May 10 • 10pm-2am
Members FREE; Non-members \$5
If you feel like a bit of country excitement, head to the ballroom and enjoy music from DJ Farva.

Late Nighter

Friday, May 23 • 9pm-3am
Members FREE; Non-members \$5
Kick off Memorial Day Weekend with Urban Night at the Liberty Club.

Wing Eating Contest

Thursday, May 29 • 10pm
Now every last Thursday of the month! Put down some wings for your chance at a prize!

Country Night with the Bull

Saturday, May 31 • 10pm-2am
Members FREE; Non-members \$5
Try for longest time on the bull!

HOT DOG EATING CONTEST

Friday, May 23 • 9:30pm
Members FREE; Non-members \$5
FREE entry for those participating in the competition. Participants must sign waiver and release form. Prizes for 1st, 2nd & 3rd place!
Adults only.



KNIGHT'S TABLE

226-3214 • Bldg 934

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

Sandwich Bar

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

Specialty Bar

May 6- Tacos
May 13- Pasta
May 20- Wings
May 27- Potatoes
11am-1pm

Specialty Meals

May 7- Southern
May 8- Mongolian
May 14- Italian
May 21- Creole
May 28- Hispanic
11am-1pm

rugbie's
A MODERN BISTRO



PROUDLY BREWING
Starbucks® Coffee & Teas





**GRILL 48
AT LIBERTY LANES**

226-2108 • Bldg 657

Specials

Breakfast-n-Bowl*
Fridays • 8:30-11am
Spend \$5 or more on breakfast
and get free unlimited bowling!

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.

Satisfy your mid-day breakfast
craving every Monday-Friday
from 7:30am!



**THE GRILL
AT BRECKLAND PINES
GOLF COURSE**

226-3551 • Bldg 1320

Specials

Filipino Fridays • 11am-1:30pm
Enjoy classic dishes such
as chicken adobo, spicy
beef, and lumpia!

**THE AFTERBURN
AT THE FITNESS CENTER**

226-3607 • Bldg 904

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

**GREAT LITTLE PIZZA PLACE
AT LIBERTY PLAZA**

226-2181 • Bldg 670

Specials

Pizza Meal Deal
Monday-Friday • 11am-2pm
Get two jumbo slices of pizza with soda or water!
Members: \$4.50, Nonmembers \$5.50.

Delivery is available to on-base locations, including the Liberty
Village and Lords Walk housing areas! Delivery fee applicable.

Winterbrooke

BOARDING KENNELS

Mill Lane Hockwold Thetford Norfolk IP26 4LR

Situated just 2 miles from RAF Feltwell, 6 miles
RAF Lakenheath, 9 miles RAF Mildenhall.

Open 7am To 7pm 7 Days a Week
Fully licensed, Veterinary Approved
Spacious Heated Accommodation

Individual Exercise Areas
Countryside Walks

Single Dog £9.00
2 Dogs 1 kennel £16.00
3 Dogs 1 kennel £20.00

Doggie day care Available
Grooming Parlour

Flights and fit to fly examinations Booked
For PCSing Pets

Collection & Delivery Service

For information and bookings call us on
01842 829735



Bingo with a \$1000 GRAND PRIZE!

Traditional High Tea 

Champagne & Hors D'oeuvres • DJ • Cash Bar • Photo Booth
\$25 per person • Open to all US Military ID card holders

Saturday, May 3 • Hangar 7 • 3:30pm



Page Community Activities Center
Bldg 900 • 226-1627
www.48forcesupport.com



**10%
OFF
FOOD**

with this ad

Ts&Cs Apply
Details Online

Enjoy socializing and a great meal!

- **Set Lunch** from £6.60/person
- **Set Dinner** from £11/person

Serving Chinese, Japanese, Thai
at the old Plough Pub Inn

Join us at the Wok n Rock Restaurant & Bar
Lakenheath Village (map, menus and more online)
Visit WoknRock.co.uk • Call 01842 860 088

WoknRock
• RESTAURANT & BAR •



SPORTS & FITNESS

FITNESS & SPORTS CENTER

226-3607 • Bldg 904

EVENTS

May Fitness Month

Complete as many May fitness events as you can for a chance to win a prize! Pick up your entry card at the front counter and start getting stamps for your workouts! Sponsored by Edelweiss Lodge and Resort.

Commander's Trophy: 8 Hour Squadron Run

Friday, May 9 • 7am-3pm

Sign up through your sports rep for a time to run. Each squadron must have someone on the track at all times.

Hip Hop da Step

Saturday, May 10 • 9:30-10:30am

Add some Hip Hop/R&B flavor to your fitness routine with this fun, FREE class!

Memorial 5/10K Walk/Run

Saturday, May 17 • 10am

Starts and finishes at the Fitness Center. Choose to complete either the 5K or 10K. Dogs are welcome, but must remain on a leash. Sign up the day of the event. Entry is FREE.

Pre/Post Natal Yoga

Fridays starting May 30 • 11:30am-12:30pm

\$45/6-week course

SERVICES & INDIVIDUAL LESSONS

Personal Trainer • \$45/hr

Massage Therapy • from \$35/30 min

6-week Boot Camp • \$300

Tennis Lessons • \$25/30min, \$45/hr, shared sessions available for discount

1-on-1 Martial Arts Lessons • \$45/hr



Federal endorsement of sponsor not intended.

BRECKLAND PINES GOLF COURSE

226-2223 • Bldg 1320

EVENTS

Nike Demo Day

Saturday, May 24 • 1-5pm

Stop by and try out our new Nike products!

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.

INDIVIDUAL LESSONS

Does your game need some improving? Take a lesson from our new instructor and professional golfer - Lawrence Dodd! \$40/30min, \$70/hr

ANNUAL GOLF FEES 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!



LIBERTY LANES BOWLING CENTER

226-2108 • Bldg 657

SPECIAL EVENTS

Cosmic Bowling with DJ Entertainment

Saturday, May 3 & 17
8:30pm-midnight
Bowl the night away while listening to chart-topping music.
\$10/person, shoes included.

Cinco de Mayo Monday Madness

Monday, May 5 • 4-8pm
Celebrate Cinco de Mayo with \$5 unlimited cosmic bowling!

King of the Hill

Sunday, May 18 • 11am
Sign-ups start at 10am with the tournament beginning at 11am.
Six games with a stepladder final.
\$30 entry fee.

Birthday Bowling

Tuesday, May 27
If your birthday is in May come bowl for FREE during opening hours. DoD ID card required.
Rental shoes included.

ONGOING EVENTS

Roll the Price

Tuesdays • 11am-4pm
Roll the dice to get your price!
Prices range from 50¢ to \$1.75.

Wicked Wednesdays

Wednesdays • 11am-4pm
2-4-1 games! \$2 shoe rental.

Beat the Clock

Thursdays • 11am-8pm
Pay less by bowling earlier!
\$1.25/game: 11am-1pm
\$1.50/game: 1-3pm
\$1.75/game: 3-5pm
\$2/game: 5-8pm

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.

CELEBRATE!

Birthday Party Packages

Saturdays
1-3pm/3:30-5:30pm/6-8pm

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

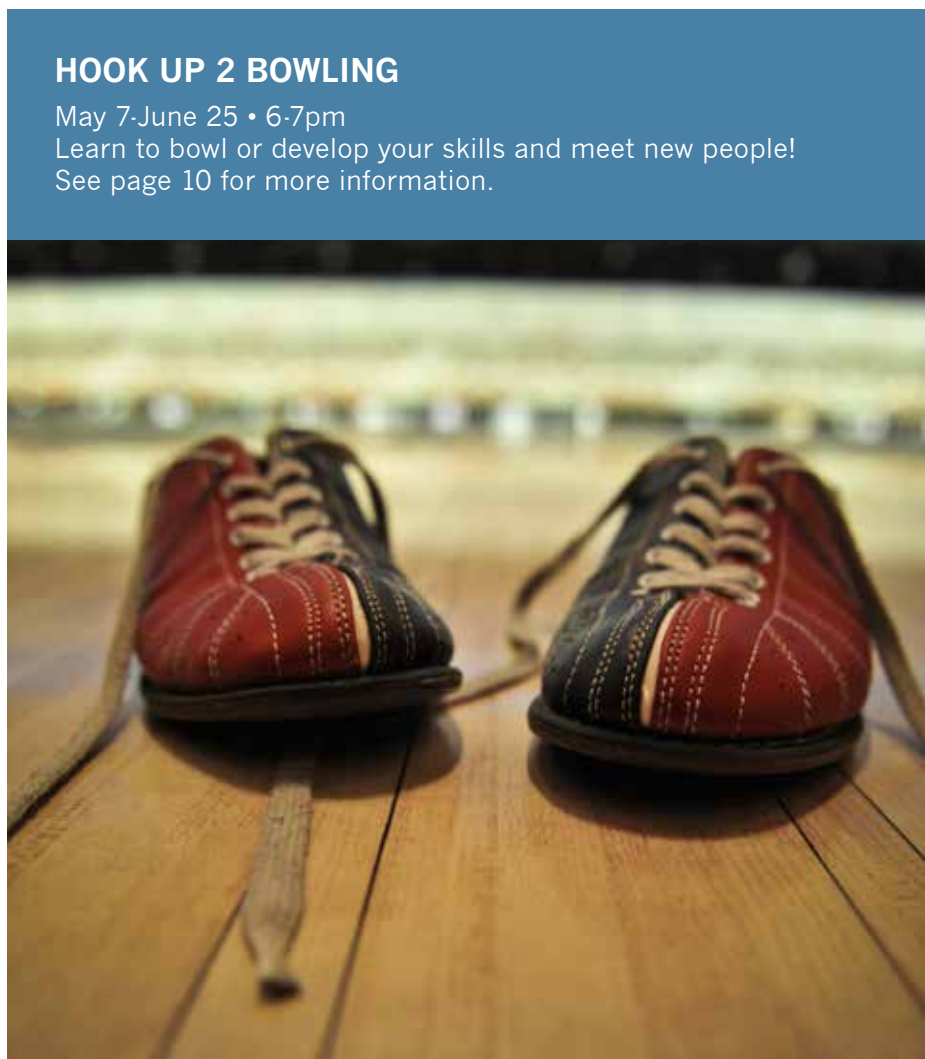
Strike Eagle Package: \$10 per child 2 hours of party time complete with table decorations! Each child will receive 1 can of soda, a goodie bag, coupons for their next visit and shoe rental.

Perfect Game Package: \$15 per child 2 hours of party time with table decorations and optional cosmic bowling! Each child will receive 1 can of soda, 2 sliders, french fries, a goodie bag, coupons for their next visit and shoe rental.

HOOK UP 2 BOWLING

May 7-June 25 • 6-7pm

Learn to bowl or develop your skills and meet new people!
See page 10 for more information.



Balmforth

Estate Agents, Valuers & Letting Agents
E-mail: mildenhall@balmforth.co.uk

team

Tel: 01638 711171 • Open 7 days a week!

-- WHERE OUR HOUSES ARE YOUR HOMES --

- Free on base pick up and drop off for showings
- No USAF fees for showing, applications, renewals & check-outs
- Housing office compliant lease
- Comprehensive lease signing procedure
- Best local selection of USAF spec properties
- Most properties within five miles of base
- Range of pet-friendly properties



Beck Row - Sycamore Park Development, IP28 8DH

Offices Located In Mildenhall & Beck Row

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)



Mildenhall High Street, IP28 7EQ

Burn up to
800 Cals!

HOT YOGA

FEEL THE HEAT - TAKE THE CHALLENGE
The Hottest Studio in central Newmarket



Military discount available

WELLBEING WAREHOUSE,
147 ALL SAINTS ROAD, NEWMARKET, CB8 8HH
TO BOOK 01638-660065
www.wellbeing-warehouse.com

Hook Up 2 BowlingSM
USAF SERVICES

LET THE GOOD TIMES BOWL

A FUN WAY TO SPEND YOUR SPARE TIME!

JOIN
NOW

Learn the game
Develop skills
Meet new people

Graduates receive
a bowling ball,
bag and towel

\$119 for Adults,
\$99 for kids
17 and under

MAY 7- JUNE 25 • 6-7PM

Contact Liberty Lanes Bowling Center for more information or to register.



LIBERTY LANES BOWLING CENTER
Bldg 657 • 226-2108
www.48forcesupport.com



GREEN BOX SUSHI 3

LAKENHEATH VILLAGE
EAT IN OR TAKE AWAY
01842 862 688
32 HIGH STREET, IP27 9JS

www.GREENBOXSUSHI.co.uk



ESCAPE to the Alton Towers Resort

SAVE UP TO 44% at ITT!

Call into the ITT Office on base to purchase your discounted tickets to the UK's number one Amusement Park.



OUTDOOR RECREATION

Airport Shuttle

Need a ride to the airport? We'll get you there.
We can transport your pets, too!

For more information, call 226-2146



Put a little *step* in your spring.

Travel worry-free with a Keesler Federal Chip & Sign VISA® Credit Card.

Enjoy double the security and Visa Platinum Rewards Points redeemable for gifts and travel! Accepted anywhere you see the Visa logo on or off Base.

FIRST 6 MONTHS PURCHASES 0%^{APR}	AFTER FIRST 6 MONTHS CHIP & SIGN VISA 9.9%^{APR} <small>NON-VARIABLE RATE</small>
--	---

Actual rates vary based on credit history.



KEESLER FEDERAL CREDIT UNION

APPLY ONLINE at kfcu.org | 0-800-585-765

*0% promotion available on purchases for first 6 months on new credit card accounts only; not available on Share Secured Credit Cards or balances transferred with KFCU convenience checks. Non-promotional rates are 9.9%-16.9% based on credit. After 6 months, promotional rate for purchases changes to the rates listed above. Transaction fees per transaction: cash advance \$2.50; balance transfer \$2.50; ISA fee on international transactions 1%. Membership and credit eligibility required.

LIFE & LEISURE

ELECTRIC AVENUE

226-2067 • Bldg 607

DAILY SPECIALS

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

Monday: \$2 Rental
Wednesday: Wingman Day
Thursday: 2-4-1
Friday: Three-Day Rental
Sunday: Dollar Day

ONGOING OFFERS

Video Drop Box

You wanted it, so we got it! A video drop box is now available in the parking lot during closed hours. Remember, dropping your movies off after 10pm may result in late fees.

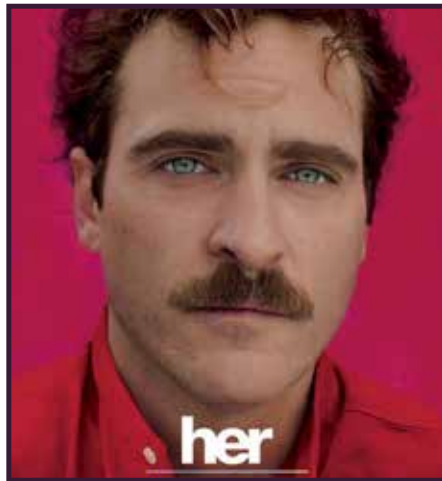
Sales & Rentals

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 mobile phones!

COMING SOON: DVD/BLU RAY



The Veronica Mars Movie
May 6



Her
May 13



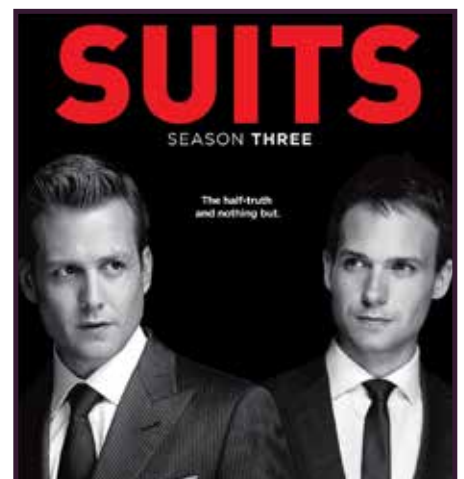
I, Frankenstein
May 13



The Monuments Men
May 20



Warehouse 13: Season 5
May 20



Suits: Season 3
May 27

LIBRARY

226-3713 • Bldg 907

SPECIAL EVENTS

Mother's Day Craft

Wednesday, May 7 • 4-5pm

Join us for an afternoon of making flowers for your mother's special day! FREE and open to all ages.

Teen Chess Club

Tuesday, May 13 • 5-6:30pm

Teen Twaiku Competition

May 18-24

Check out the Library on Twitter (@raflib) to find out the details of this twaiku competition! The theme will be Summer Days. FREE and open to ages 12-18.

Memorial Day Craft

Wednesday, May 21 • 4-5pm

Children of all ages can make a FREE patriotic craft in honor of Memorial Day!

Book Lover's Club

Tuesday, May 27

10:30-11:30am & 6-7pm

Join us for an insightful discussion about the books we've chosen to read. Stop by to see this month's choice. The club will not meet in June, July, or August.

ONGOING OFFERS

Graphic Novel Collection

Check out the new collection of graphic novels available for checkout! New editions to our massive assortment include the Walking Dead, Deathnote, Naruto, the Goon and more!

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 USAF Library account holders.

Universal Class

This FREE program offers continuing education courses! See a librarian for course listing and availability.

EDUCATION SERVICES

226-3851 • Bldg 948

EVENTS

CCAF Academic Recognition Ceremony

Thursday, May 22 • 2pm • Strike Eagle Complex Auditorium

Come honor all RAF Lakenheath graduates who have completed a postsecondary education degree during the 2013-2014 academic year. The installation has an astonishing 266 graduates receiving degrees from our four on-base schools and other state-side institutions. Colleagues, friends, and family members are encouraged to join as we celebrate this important achievement!



PAGE COMMUNITY ACTIVITIES CENTER

226-1627 • Bldg 900

NEW! JIU JITSU CLASSES

Thursdays

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

Ages 4-8 & 9-14 • \$35/month

Your first 2 classes are FREE!

ONGOING EVENTS

Open Skate • \$5 admission

Fridays • 5-9pm

Saturdays • 12-7pm

Sundays • 2-5pm

Lunch Skate

Monday-Friday • 12-2pm

Fight that food coma and get your adrenaline pumping out on the rink! \$3/person on skates.

Parent & Me Skate

Wednesdays • 9-11am

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

Skating Card

Pick up a punch card! Get six punches and your seventh session is FREE!

Birthday Skate

Is your birthday in May? Skate for FREE during our open skate sessions! Snacks and beverages are available for purchase.

Indoor Bouncy Castle Parties!

Saturdays & Sundays • 10am-1pm

Appropriate for ages 7 and under. \$80 fee includes an indoor bouncy castle, private Amazone play area, 12 balloons and 12 drinks.

\$50 deposit required at time of booking.

Skate Parties!

Saturdays • 12-3pm or 4-7pm

Choose from two party packages:

Package A \$175:

Includes 12 balloons, 12 drinks, pizza, admission and skate rental for 12 people.

Package B \$225:

Includes 24 balloons, 24 drinks, pizza, admission and skate rental for 24 people.

\$50 deposit required at time of booking.



CLASSES

Choose from a variety of classes!
See index on pg. 28 for class schedule.





WARD COMMUNITY ACTIVITIES CENTER

226-7023 • Bldg 94 at RAF Feltwell

SPECIAL EVENTS

Mother's Day Craft

Thursday, May 8 • 5-6:30pm

Nothing says "I love you" like a homemade gift. Children of all ages can come decorate a Mother's Day gift that she'll treasure forever! FREE.

Those under 10 years old must be accompanied by an adult.

Family Bingo

Friday, May 23 • 5:30-7pm

Bring the family for a night of fun and a chance to win prizes! \$10 for 10 games.

RUGBY'S TOO CAFÉ & EATERY

See index on pg. 29 for hours of operation. Visit today and enjoy your favorite food and beverage, including perfectly-brewed Starbucks® coffee!

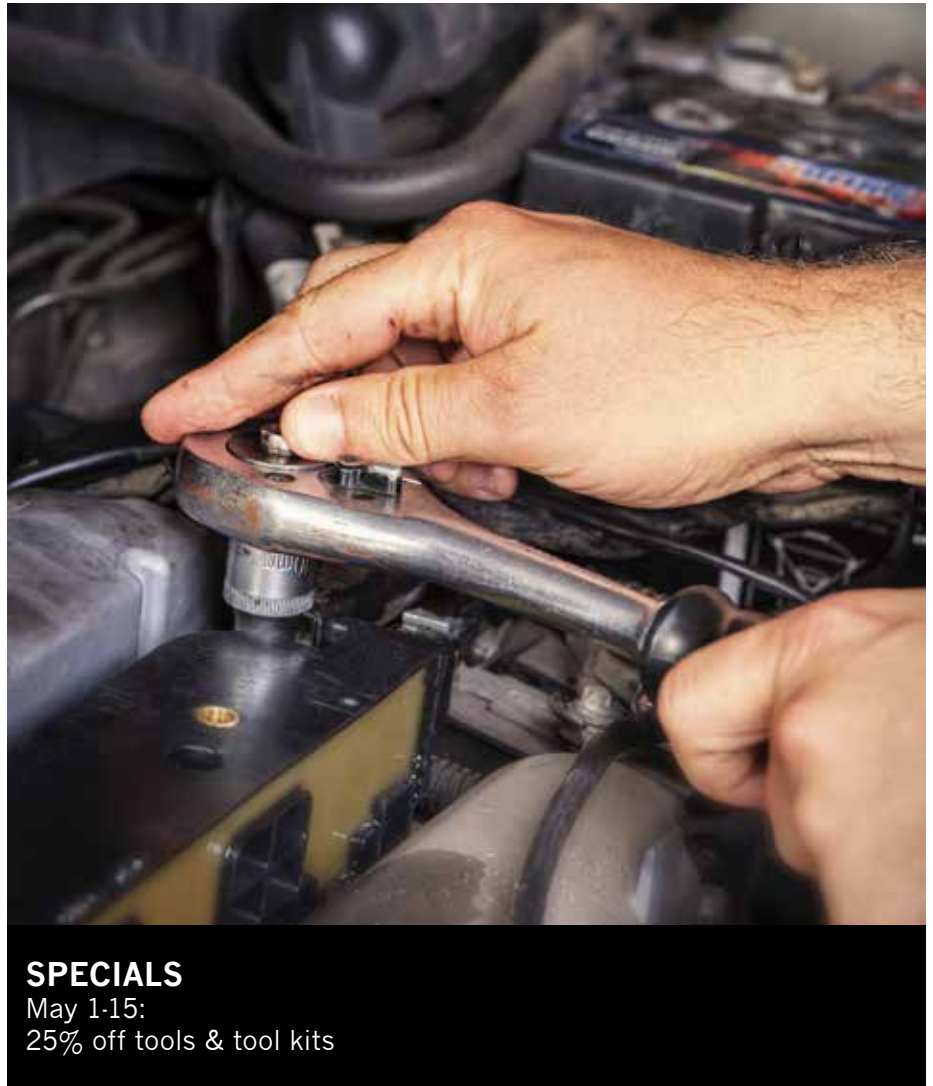


AUTO HOBBY COMPLEX

226-2454/2383 • Bldg 1108

TIRE & LUBE CENTER

226-2278/2279 • Bldg 1030



SPECIALS

May 1-15:
25% off tools & tool kits

EVENTS

All Nighter

Saturday, May 17 • 8am -
Sunday, May 18 • 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.

Cruze Nites

Friday, May 30 • 5:30-10pm
Tire & Lube Center
Come to this informal gathering
for motor sports enthusiasts and
enjoy good food, music, cars
and bikes! See page 19 for
more details.

NEW 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
everything motorcycle with most
products arriving in just two days!

SERVICES

Pop in for a complete price menu.

- Oil Changes
- Tire Shop
- SVA/MOT
- Parts Store with Special Ordering
- Automated Car Wash
- Pressure Car Wash
- Towing & Recovery
- POV Sales

ARTS & CRAFTS CENTER

226-2194 • Bldg 906

SPECIALS: 20% OFF

May 1-9: Crayola & Reeves Products

May 10-19: Cross Stitch Hoops, Patterns & Kits

May 20-31: Fine Arts Paint

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.

CUSTOMIZE

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

CLASSES

Discover a new hobby or sharpen your existing skills! See index on pg. 28 for class schedule.



WOOD CRAFTS CENTER

226-3367 • Bldg 1104

SPECIALS

May 1-31

- 10% off plywood (in stock)
- 20% off screws (in stock)
- \$10 off Shop Use Card*

*Unlimited use during regular hours for a month.

2014: A New You!

It Works wraps and products are here!

Why should you try it?

- Be ready for PT measurements
- Kick start a diet/workout plan
- Very safe and easy to use
- Loyal Customers get 40% OFF!
- You deserve to look and feel great!



BEFORE



AFTER ONE WRAP

Spring Special

1 wrap for \$30 or 2 for \$50!

What will your after look like?



It Works![®]
INDEPENDENT DISTRIBUTOR

Contact Your Lakenheath Team:

Tonya Kuranda • Juli Getzlaf • Dulce Garcia

Email: RAFL.ITWORKS@yahoo.co.uk

or Text: 07547 950078

15% DISCOUNT FOR USAF PERSONNEL FOR ALL KENNELS & CATTERY BOOKINGS

SILVER BIRCH



Kennels & Cattery

The quietest and most caring Kennels and Cattery, just a short drive from Base.

- One to one care for all pets
- Dogs let out to play 5 times a day
- Spacious heated accommodation
- Collection and delivery service
- 24hr onsite attendance and CCTV
- Grooming Parlour
- Watch videos of Silver Birch Kennels on YouTube & Facebook
- Flights booked for PCSing Pets

Telephone 01353 863297
www.silverbirchkennels.co.uk

Oak Lane, Littleport, Ely, Cambridgeshire CB6 1RS

Carpets need cleaning?

We clean carpets, upholstery, patios and garbage bins.

Garbage Bin: \$10

One Room: \$80

Three Piece Suite: \$120

House of Carpets (On Base): \$140

House of Carpets (Off Base): \$170

All operatives carry base pass. No hidden charges. Appointments to suit you. Prices in dollars (cheque or cash). 2-4 hours to dry.

SCF

Carpet Cleaning Service

Telephone: 01760•722775

Mobile: 07747•428804

EST. 1910
SCUDAMORE'S
PUNTING

THE CAMBRIDGE PASTIME
PUNTING TOURS

www.scudamores.com 01223 359750 enquiries@scudamores.com

CRUZE NITES

MAY 30
5:30-10PM

FOOD - MUSIC - CARS - BIKES
FREE EVENT TO ID CARD HOLDERS
& LEGALLY SPONSORED BASE GUESTS
AT TIRE & LUBE CENTER

AN INFORMAL GATHERING FOR MOTORSPORT ENTHUSIASTS
01223 359750 THE TIRE & LUBE CENTER 1000 THE 122 2224-2227 www.tireandlube.com
LONDON

baseLETS
LETTINGS & MANAGEMENT

www.baselets.co.uk Call Us on **01842 862 700**

PROPERTY RENTALS
Two Offices Conveniently Located; One by RAF Mildenhall & One Near to RAF Lakenheath

Best Quality Homes that Comply with USAFE & UK Health & Safety Requirements

Free Complimentary Service & Support to All Tenants Carrying Orders
Free Transportation from Billeting to Viewings
Wide Variety of Properties from New Builds to Traditional, Single and Dual Voltage
Majority of Homes are Pet Friendly
48 CES Approved Tenancy Agreements with Military Break Clauses
Over 68 years of Combined USAF Experience

FULLY LICENSED AGENCY

MILDENHALL: 3, Holmsey Green, Beck Row, IP28 8AJ
LAKENHEATH: Unit 3, Station Road, Lakenheath, IP27 9AD

baseLETS – LEADING THE WAY FOR YOU

Scan Me with your smart phone!

OUTDOOR RECREATION

226-2146 • Bldg 1109

IRISH FLING

June 13-15 • Departs 5am

\$395/person* • Ages 14+

Cross a rope bridge suspended 80 feet above the Northern Ireland Cliffs, fling yourself into chilly waters from the top of a waterfall, and visit Game of Thrones sights! You'll also get to see Giant's Causeway. Sign up by June 3.

*Must be AD/Dep or Reservist to receive RecOn pricing.

REC★ON
FEED YOUR RUSH



Equipment Rental

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



- Bikes for all ages from Coyote, Viking, Python & ProBikes
- Parts & accessories
- Certified bike technicians



ZOMBIE BATTLE – GREENWICH

Sunday, July 27 • Departs 3pm/Midnight
 \$85/person • Ages 18+

Join the quest to stay alive in this abandoned underground WWII bunker filled with zombies. Learn your defense devices and plan to survive the missions during this four-hour test of adrenaline. Trip includes transportation, admissions, and equipment. Sign up by July 10.



Music Shop

At Outdoor Recreation

Kids' guitars from \$42.95
 Full size guitars from \$79.95
 Ukuleles from \$39
 Harmonicas from \$10

SERVICES

- Airport Shuttle Service
- Costume Shop
- DVD & VHS Conversions
- Equipment Rental
- Garden Plots
- Key Cutting
- Music Shop
- Pedaler Bike Shop
- Storage Units

SPECIALS

Equipment Rental

Power Tools • \$4/day
 Bungee Run • \$45/day
 Motorcycle Trailer • \$30/day

Music Store

10% off guitar stands (in stock)
 10% off keyboards (in stock)

Pedaler Bike Shop

10% off all locks
 Adult helmets only \$17.95

INFORMATION, TICKETS & TRAVEL

226-2979 • Bldg 977 Rm G20 & BX

DISCOUNTED + VAT FREE TICKETS

Save money and time by purchasing your attraction and theater tickets through us!

Big Bus Tour

Adults £23, Child (ages 5-15) £11

Cambridge Guided Walking Tours

1½ hour tour: Adults £12, Child £5

2 hour tour: Adults £15, Child £7.50

Cineworld

Adults £6.50, Child (ages 14 & under) £5,
Medium Popcorn & Soda Combo Voucher £5.50

Center Parcs

Spa Break (day package) £55

Hampton Court Palace

Adults £16, Child (ages 5-15) £8, Students (ages 16-17)
& Over 60 £13, Family (up to 2 adults & 6 children) £40

Kensington Palace

Adults £14, Child (ages 15 & younger) FREE,
Students (ages 16-17) & Over 60 £11

London Aquarium

Adults £16, Child (ages 3-15) £11

London Dungeon

Adults £18, Child (ages 15 & under) £13, Over 60 £16

London Eye

Adults £18, Child (ages 4-15) £10

Tower of London

Adults £20, Child (ages 5-15) £9.50, Over 60 £17.

Family (up to 2 adults & 6 children) £50

Warwick Castle

Adults £12, Child (ages 4-11) £8



NORMANDY D-DAY LANDINGS

May 23-26 • £318/person
July 4-7 • £325/person

HIGHLIGHTS OF HOLLAND, AMSTERDAM & DELFT

May 24-26

Adult £249; Child £209



FAMILY DAYS OUT

Blenheim Palace & Jousting

Sunday, May 4
Departs 7am/5pm
Adult £34, Child £28,
Infant £10, Inclusive

British Museum Viking Exhibition

Sunday, May 18
Departs 8am/5pm
Adult £29, Child £16,
Infant £10, Inclusive

Woburn Abbey & Drive-thru Safari Park

Sunday, May 18
Departs 8am/5pm
Adult £40, Child £31,
Infant £10, Inclusive

Thorpe Park

Saturday, May 24
Departs 8am/6pm
Adult £39, Child £35,
Infant £10, Inclusive

STONEHENGE INNER CIRCLE ACCESS & WINDSOR

Saturday, May 17
Departs 2:30am/10:30am
£48, Inclusive

Sunday, May 18
Departs 4am/2pm
£48, Inclusive



GEMS OF IRELAND

May 22-26

Adult £429; Child £365

Visit beautiful Ireland on this 5-day tour! Trip includes SunFun luxury coach, ferry crossing, bed & breakfast accommodations, 4 dinners, visit to Waterford, Cork, Cobh, and an English market, all with an experienced tour leader.



CAMBRIDGE BEER FESTIVAL

Saturday, May 24
Departs 10am/8pm • 18+
£12, Transportation Only



BOOK OF MORMON

Monday, May 26
(Memorial Day)
Departs 3pm/After Show
Adults Only • £60



WIMBLEDON CHAMPIONSHIPS

July 5-6
£164/person
Contact ITT for more info.



BRITISH OPEN GOLF TOUR

July 18-20
£325/person
Contact ITT for more info.

YOUTH

YOUTH CENTER

226-3180/5452 • Bldg 250

EVENTS

Kid's Night Out

Friday, May 9 • 6:30-10:30pm
Members \$15; Non-members \$20
Join your friends for games, art activities, and dinner! Please sign up by May 7. Open to ages 6-12.

School Age Program

Parent Activity

Thursday, May 15 • 4:30-5:30pm
Join your School Age child in a FREE fun-filled activity. Bring the whole family!

PROGRAMS

Boys & Girls Club of America

Every day is something new and exciting! Boys and girls are welcome to join any of our clubs sponsored by the Boys and Girls Club of America.



TEEN PROGRAMS

226-3180/5452 • Bldg 250

EVENTS

Teen Career Night: Interview for Success

Friday, May 30 • 7-9pm
Calling all teens! Prepare for your future with speakers from Toastmasters and other organizations who will help get you ready for college interviews and employment. Limited space available so please call to sign up!





YOUTH SPORTS

226-3180 • Bldg 250

YOUTH BASEBALL REGISTRATION

Now-May 23

Season: Jun 9-Aug 15

Sign up your child for this year's baseball season!

Registration forms available at the Youth Center.

Leagues:

Ages 5-6: T-Ball

Ages 7-8: Coach Pitch

Ages 9-10: Minors

Ages 11-13: Majors

VOLUNTEERS NEEDED

Youth baseball coaches needed! Make a difference in the lives of our local youth by volunteering your time and talents! FREE coach's certification class will be held May 27. Season runs June 9 - August 15. Contact the Youth Sports Director at 226-3180 for more info!

CDC EAST

226-3285 • Bldg 659

EVENTS

Parent's Night Out - CDC East

Friday, May 9 • 6:30-10:30pm
For \$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 May 7. Open to ages 6 weeks-5 years old.

Give Parent's a Break - CDC West

Saturday, May 17 • 12-5pm
Parents can enjoy an afternoon to themselves while their children play safely at the Youth Center. Please sign up by May 14. Must have a referral certificate and completed AF 1181.

CDC WEST

226-5812 • Bldg 439

HOURLY CARE

Let us care for your child when you need a helping hand for just \$4/hour (2 hour minimum). This program is based on space available. Please call in advance to secure a slot.

FAMILY CHILD CARE

If you want a career that can follow you, visit the CDCs to inquire about becoming an FCC provider! Work from the comfort of your own home in this fulfilling job. To apply, visit the CDCs or visit www.nafjobs.org.



RAF MILDENHALL EVENTS



THIRD DAY *CONCERT*

Wednesday, 23 May
 RAF Mildenhall Northside Fitness Center
 Starts at 7:00 pm



An Entertainment feature presented by the Armed Forces (2000) and USO in cooperation with your local Morale, Welfare and Recreation Office. The Department of Defense does not endorse any company, sponsor or their products or services. Designate 11381 through the CTC



Is your ride ready?

— RAF MILDENHALL —
CAR & BIKE SHOW 2014
 — SATURDAY, 16 AUGUST —

Sea Kayaking in the Scottish Highlands
 9 - 12 May **Adults: \$110**




Explore the landscapes from Sea Kayak! This area on the Kyle of Lochalsh adjacent to the Isles of Skye offers stunning mountains and manmade features such as Eilean Donan Castle & Talisker Whisky distillery and also a possibility of spotting Basking Sharks, dolphins, otters, stags and Golden Eagles. Cost includes transport, accommodation, food, equipment & tuition.



Call RAF Mildenhall Outdoor Recreation: 238 - 4283

Open Canoe Float



Saturday, 17 May
Join the Outdoor Rec team for a day on the Little Ouse River. We shall take a leisurely journey from Thetford to Brandon taking in the spring scenery as we go. All transport, equipment and instruction provided. Call 238 - 4283

\$25

Brugge

Extended Day Trip

Saturday, 17 May
Adults: £79, Children: £30

Call RAF Mildenhall Information, Tickets & Travel: 238 - 2630



MCM LONDON

COMIC CON



24 & 25 May
Saturday Ticket: £50
Saturday & Sunday Ticket: £75
Price includes ticket & transportation

Call: 238 - 2630



RAF Mildenhall, 100th Force Support Squadron Directory

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

- | | | | |
|--|--|---|---|
| <p>Arts & Crafts Complex
☎ 404 ☎ 238 2644</p> | <p>Bowling Center
☎ 160 ☎ 238 2348</p> | <p>Hardstand Fitness Center
☎ 849 ☎ 238 3735</p> | <p>Library
☎ 425 ☎ 238 2352</p> |
| <p>Auto Hobby Complex
☎ 240 ☎ 238 2480</p> | <p>Child Development Center
☎ 288 ☎ 238 2042</p> | <p>North Side Fitness Center
☎ 463 ☎ 238 2349</p> | <p>Lodging (Gateway Inn)
☎ 459
☎ Reception: 238 6001
☎ Reservations: 238 3093/2965</p> |
| <p>Bob Hope Community Center
☎ 404 ☎ 238 2579</p> | <p>Civilian Personnel Customer Service
☎ 435 ☎ 238 2111</p> | <p>Human Resources Office
☎ 448 ☎ 238 2111</p> | <p>Outdoor Recreation & Supply
☎ 162 ☎ 238 4283/7151</p> |
| <p>The Daily Grind Coffee Shop
located inside the BHCC
☎ 404 ☎ 238 7178</p> | <p>Education Center
☎ 440 ☎ 238 2350</p> | <p>Information, Tickets & Travel
(located inside the BHCC)
☎ 404 ☎ 238 2630/1004</p> | <p>Youth Center (School Age Program)
☎ 293 ☎ 238 5437 (KIDS)</p> |

THE GALAXY CLUB

<p>American Roadhouse ☎ 437 ☎ 2680</p>	<p>New York Pizza & Deli ☎ 437 ☎ 2795</p>	<p>Cashier Cage ☎ 437 ☎ 2683</p>
---	--	---

When calling from a civilian line: 01638-54-XXXX. When calling from DSN: 238-XXXX

For more events at RAF Mildenhall please visit... www.100fss.com



CLASSES & DIRECTORY

AIRMAN & FAMILY READINESS CENTER

Heartlink

Fri, May 9 • 8:30am-2:30pm

Smooth Move

Mon, May 12 • 1:20-3:30pm

Resume 101

Wed, May 14 • 9am-11am

Pet Scoop

Fri, May 16 • 1-2pm

ARTS & CRAFTS

Beginners Crochet (4 weeks)

Thurs, May 1 • 5:30-7:30pm

Wed, May 7 • 11am-1pm

\$88 + Supplies

Mold Pouring (1 day)

Tues, May 6 & 20 • 10am-12pm

Wed, May 7 & 21 • 10am-12pm

\$20 Inclusive

Intermediate Crochet (4 weeks)

Wed, May 7 • 5:30-7:30pm

\$88 + Supplies

INSTRUCTORS WANTED

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

CLASS INFORMATION

Want to know more? Please 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 & Thur • 11am-12pm

Wed • 5:30-6:30pm

\$7.50/class

Contact front desk for pre-req information

Brazilian Jiu Jitsu • 16+

Tues & Thur • 8-9:30pm

Thur • 6:30-7:45pm (beginners)

First class FREE • \$12.50/class or monthly pass - see staff for details

Fitness Kickboxing

Tues • 5:30-6:30pm

Group Indoor Cycle

Mon & Wed • 11-11:45am

Mon, Wed, Fri • 5-5:45am

Mon-Thur • 5-5:45pm

Latin/Urban Aerobics

Mon • 7:15-8:15pm

Thur • 5-6pm

Martial Arts • 16+

Tues • 6:30-7:45pm (beginners)

Sun • 5-7pm

First class FREE • \$12.50/class or monthly pass - see staff for details

Martial Arts Kickboxing • 18+

Fri • 7:15-8:15pm

Total Body Conditioning

Mon & Wed • 5-6pm

Yoga/Pilates

Mon & Wed • 6-7pm

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 number and 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, Thur & Sat • 3:15-6:15pm

\$70/month • 30min/week

WARD CAC (RAF FELTWELL)

Ballet

Classical Beginners

Tues • 4:45-5:30pm

Ages 5+ • \$9/class

Guitar Lessons

Mon & Tue • 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

Thur • 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

Beginner Gymnastics

Wed • 10-11am

Age 4 only • \$45/month

Guitar Lessons

Wed • Times vary

Ages 8-18 • \$70/month

Karate

Thur • 4:45-7:45pm

Fri • 4:45-6:15pm

Ages 6+ • \$45/month

Piano Lessons

Mon-Tues, Thur-Fri • Times vary

Ages 8-18 • \$70/month

Tae Kwon Do

Tues • 6-7:30pm

Ages 6+ • \$35/month

Wall Climbing Class

Wed • 6-7pm & 7-8pm

Ages 7-18 • \$20/month (4 classes)

Thur • 6-7:30pm

Ages 7+ • \$5/session

AIRMAN & FAMILY READINESS CENTER

Bldg 950 • x3847
Mon-Wed: 7:30am-4:30pm
Thu: 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: 8am-6pm
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: 9am-5pm

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 • x2535/x2489

Catering

Mon-Fri: 9am-4pm

Pub x2326

Fri: 5-10pm

COMMUNITY ACTIVITIES CENTERS (CAC)

Page CAC

Bldg 900 • x1627
Mon-Thu: 8:30am-7pm
Fri: 8:30am-10pm
Sat: Noon-9pm
Sun: Noon-6pm
Skating Rink
Fri: 6-9pm
Sat: Noon-7pm
Sun: 2-5pm

Ward CAC (RAF Feltwell)

Bldg 94 • x7023
Mon-Fri: 11am-7pm

EDUCATION SERVICES

Bldg 948 • x3851
Mon-Wed: 8:30am-4pm
Thu: 9am-4pm
Fri: 8am-3:30pm

ELECTRIC AVENUE

Bldg 670 • x2067
Mon-Sat: 10am-10pm
Sun: Noon-8pm

FAMILY CHILD CARE

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

FITNESS & SPORTS CENTER

Bldg 904 • x3607
Mon-Thu: 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-Thu: 11am-9pm
Fri-Sat: 11am-11pm
Sun: Noon-9pm

Delivery

Mon-Thu: 4-8pm
Fri-Sat: 4-9:30pm
Sun: Closed

HARD COPIES PRINT SHOP (MARKETING)

Bldg 949 Rm 211 • x1709

INFORMATION, TICKETS & TRAVEL (ITT)

Bldg 977 Rm G20 • x2979
Mon-Fri: 10am-5pm
BX Main Store Mall • x2979
Mon-Fri: 10am-6pm
Sat: 10am-2pm

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
Thu: 4pm-1am
Fri-Sat: 4pm-2am

Pinkerton's

Bldg 648 • x1611

Lunch

Mon-Fri: 11am-1:30pm

Dinner

Tue-Thu: 5-8pm

Fri-Sat: 5-9pm

Rugbie's: A Modern Bistro

Bldg 648 • x1603

Mon-Fri

Breakfast: 6:30-10:30am
Lunch/Dinner: 11am-9pm
Sat

Breakfast: 8-10:30am

Lunch/Dinner: 11am-9pm

Sun

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

Tue: 11am-10pm

Wed: 11am-10pm

Thu: 11am-11pm

Fri: 8am-Midnight

Sat: 8:30am-Midnight

Sun: 11am-8pm

Grill 48

Mon: 7:30am-7:30pm

Tue-Wed: 7:30am-9:30pm

Thur: 7:30am-10:30pm

Fri-Sat: 7:30am-11:30pm

Sun: 11am-7:30pm

Pro Shop

By Appointment Only

LIBERTY LODGE

Bldg 984 • x6700

Front Desk 24 Hours a Day

Check-In: 2pm / Check Out: 11am

LIBRARY

Bldg 907 • x3713

Mon, Fri, Sat: 10am-6pm

Tues, Wed, Thurs: 10am-7pm

Fax & Copy Service

Mon-Sat: 10am-5pm

MANPOWER SECTION

Bldg 977 • x1174

Mon-Wed: 7:30am-4:30pm

Thu: 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

Thu: 9:30am-1:30pm

Fri: 7:30am-1:30pm

Appointments Only

Mon: 1:30-4:30pm

Tue: 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

Thu: 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 • 314-226-3367

Wed: 11am-5pm

Thu: 11-8pm*

Fri-Sun: 11am-5pm

*Trial hours

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-Thu: 3-8pm

Fri: 3-9pm

SUMMER KICKOFF

BBO BASH



FRIDAY, MAY 23

1-4 PM • LIBERTY PLAZA



- **FREE food and drinks**
- **Bouncy Castles**
- **DJ Entertainment**
- **Bring along your favorite chair or picnic blanket**

Contact MSgt Darin Smith at 226.2402 or 01638.522.402 for more info.