

atEase

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



FIGHT NIGHT

Witness the fight of the year live on the big screen at the Liberty Club!

AMERICA'S KIDS RUN

Enjoy fun for the whole family at this Youth fitness event!

MAY FITNESS MONTH

Get in shape for summer with special fitness classes & more!

MEMORIAL 5/10K WALK/RUN



SAT, MAY 16 • 10AM START

**WEAR YOUR
FAVORITE
SUPER HERO
COSTUME!**
*COSTUME NOT REQUIRED

**PRIZES FOR TOP FINISHERS & BEST
COSTUME! DOGS ARE WELCOME BUT
MUST REMAIN ON A LEASH. STARTS
& FINISHES AT THE FITNESS CENTER.**

SIGN UP AT THE FRONT DESK ON THE DAY OF THE EVENT



**PRESENTED BY THE 48 FSS FITNESS CENTER
WITH THE SUPPORT OF TEAM RWB.**

FITNESS & SPORTS CENTER
Bldg 904 • 226-3607
www.lakenheathfss.com

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RAF Lakenheath Fitness & Sports Center

 **FORCE**
SUPPORT SQUADRON

 **Fitness
& Sports**

MAY 2015

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

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ADVERTISE WITH US!

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

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

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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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ADULTS ONLY TOURS

JACK THE RIPPER, LONDON ICE BAR & PLANET HOLLYWOOD

SATURDAY, MAY 16

Adult £48* • Contact ITT for departure times & details.

Includes: Transportation, walking tour & admission

*Meal at Planet Hollywood not included in listed price



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INFORMATION, TICKETS & TRAVEL

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ATHLETE OF THE YEAR



Maj Douglas Grabowski, Flight Commander of the RAF Mildenhall Dental Clinic, is from Crystal Lake, Illinois and enjoys baseball, golf, soccer, traveling, & spending time with his family. He has served 7 years in the USAF, 2 of those years here at RAF Lakenheath.

Why is serving in the Air Force important to you?

I am lucky to serve the people that are willing to sacrifice their lives for our country. I enjoy helping my patients, whether it is by getting them out of pain or making their smiles better.

What accomplishment during your Air Force career are you most proud of?

Three things come to mind. I am most recently proud that I have been given the opportunity to lead a small dental clinic. I want to continue to grow as a leader in my career field and hopefully make a career out of the Air Force. Secondly, in 2012, I was the lead medical trainer and assistant coach for the USAF Soccer team. We ended up going 4-0 and won the gold medal by beating the Marines, Navy and Army. Finally, I am most proud to be a father. Last year Stella was born. She came on the eve of 2013 British Baseball Playoffs. I gladly missed the games then, but I am grateful that I got a second chance to play this past year. The wait to become champions of the British Baseball Federation was well worth it!

What are your personal and/or professional goals?

Professionally, I would like to continue to learn dentistry and serve our Airmen. I love working for the Air Force; it is a truly rewarding job. It never gets old hearing my patients' stories of commitment and job related adventures. In the next few years I would like to go back to school, specialize in an area of dentistry, and continue to play competitive sports for as long as I can.

What is your favorite part of your job? I enjoy third molar extraction surgeries while my patients are comfortably sedated. I get a kick out of patients waking up shocked that we are already done when they didn't think we had even started yet. I also enjoy emergency call. I get a sense of satisfaction when I can help people when they really need it, even if it is 2am.



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DINING & ENTERTAINMENT

LIBERTY CLUB

226-1611 • Bldg 648

CINCO DE MAYO

Friday, May 1 • 9pm-2am

Members FREE; Non-members \$5

Come celebrate this year's Cinco De Mayo with DJ Adam Baum, DJ Grizzly and drink specials at the Liberty Club.



EVENTS

Squadron Quiz Tournament

Wednesdays, Now–May 13 • 7:30pm

Test your knowledge of current events, pop culture & more! Represent your squadron with a team of 2 or 4! Accumulate the most points throughout and win! 1st place: \$150 FSS Gift Card, 2nd place: \$75 FSS Gift Card & 3rd place: \$50 FSS Gift Card.

First Fridays: Social Hour

Friday, May 1 • 5-7pm • FREE

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

First Fridays: After Dark

Friday, May 1 • 10pm-2am

Members FREE; Non-members \$5

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

Mayweather vs Pacquiao Fight

Saturday, May 2 • Midnight

Members FREE; Non-members \$5

Come out to see the fight of the year! We're showing Floyd Mayweather vs Manny Pacquiao live from the MGM Grand Hotel's Garden Arena. The fight begins at 3am. Drink specials throughout the night, pizza served at midnight, and breakfast served at 3am. The fight will be showing on 7 screens including the 2 big screens.

Member's Breakfast

Tuesday, May 12 • 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!

Renegade Twelve

Saturday, May 16 • 10pm-Midnight

Members FREE; Non-Members \$5

Stop by for live entertainment at the Liberty Club!

Country Night

Saturday, May 30 • 10pm-2am

Members FREE; Non-members \$5

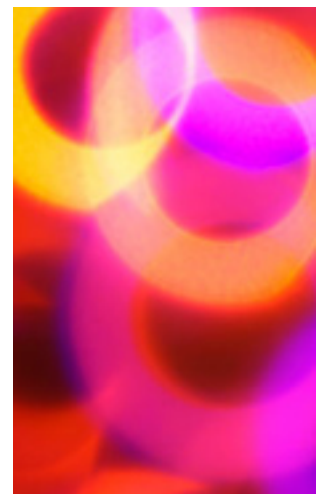
If you feel like a little bit of country excitement, head to the ballroom and enjoy music from DJ Farva.

CLUB MEMBERSHIP PAYS!

Crazy Cash Giveaway! (Members Only)

Every Friday & Saturday • Midnight

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





MOTHER'S DAY BRUNCH

Sunday, May 10 • 10:30am-1:30pm

Members \$22; Non-members \$27;

Tiered child prices for children 5-12; Children under 4 FREE.

Treat mom to a special meal this Mother's Day! Enjoy a deluxe carving station, specialty salad bar, waffles and omelets made to order, a variety of entrées and sides, dessert display, and much more. One lucky mom will receive a FREE spa day courtesy of ITT! Reservations are highly recommended.



LIBERTY CLUB AFTER DARK (18+ ONLY)

Texas Hold 'Em: Tuesdays, 7pm

Quiz Night: Wednesdays, 7:30pm

Crazy Karaoke: Thursdays, 9pm

Wing Night: Thursdays, 9pm

Progressive Members Drawing: Fridays, 9pm

R&B and Hip Hop Night: Fridays, 9pm

Billboard Top 100: Saturdays, 9pm



EAGLES' LANDING

226-2326 • Bldg 958

EVENTS

First Fridays

Friday, May 1

5-10pm • Eagles' Pub

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

Fini Fridays

Friday, May 29

5-10pm • Eagles' Pub

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

LATE NIGHTER GLOW PARTY

Friday, May 22 • 9pm-3am

Members FREE; Non-members \$5

Grab your glow in the dark gear and head over to our special late nighter blackout party! Throughout the night we'll have drink specials, games, prizes and much more!



KNIGHT'S TABLE

226-3214 • Bldg 934

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

Specialty Meals

May 6 • Italian
May 7 • Mongolian BBQ
May 13 • Asian
May 20 • Hispanic
May 21 • Carvery
May 27 • Southern
11am-1pm

Sandwich Bar

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

Specialty Bar

May 5 • Taco Bar
May 12 • Pasta Bar
May 19 • Wing Bar
May 26 • Potato Bar
11am-1pm

PINKERTON'S STEAK HOUSE

226-1611 • Bldg 648

LUNCH BUFFET

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

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

DINNER

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

2-4-1 Prime Rib Night

Members Only Special
Tuesdays • \$21.95





RUGBIE'S: A MODERN BISTRO

226-1611 • Bldg 648

SPECIALS

Waffle Wednesdays

Wednesdays • 6:30-10:30am

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

Sunday Roast

Sundays • Noon-3pm

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

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

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

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07706 645 825 • Bldg 904

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THE GRILL AT BRECKLAND PINES

226-3551 • Bldg 1320

SPECIALS

Taco Tuesdays • 11am-1:30pm

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

Filipino Fridays • 11am-1:30pm

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

LIBERTY LANES' GRILL 48

226-2108 • Bldg 657

SPECIALS

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

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

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

THE GREAT LITTLE PIZZA PLACE

226-2181 • Bldg 670

SPECIALS

Pizza of the Month

Come out and enjoy a piping hot, fresh out of the oven pizza! This month enjoy the "Three Little Pigs" with ham, bacon & sausage topped with mozzarella & cheddar 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 33 for more details.

Pizza Meal Deal

Monday-Friday • 11am-2pm

Get two jumbo slices of pizza with a drink!

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

Thursday Family Entertainment Feast or ½ Feast

See page 16 for more information.

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!

Hip Hop da Step

Saturday, May 2 • 10-11am

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

Commander's Trophy: 8 Hour Squadron Run

Friday, May 8 • 8:30am-4:30pm

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

May Memorial 5/10K Walk/Run

Saturday, May 16 • 10am

Wear your favorite Super Hero costume and compete in the Memorial 5/10K. Prizes awarded for top finishers and best costume! Dogs are welcome but must remain on a leash. Starts and finishes at the Fitness Center. Sign up at the front desk on the day of the event. **Costume not mandatory.*

Heath Natural Bodybuilding & Figure Show

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

Handicapped Tournament

Sunday, May 3 • 11:30am-7pm
Registration starts at 10am.
\$50 entry Fee. 9 game handicapped tournament.

Cosmic Bowling with DJ Ant

Fridays: May 8 & 22
Saturdays: May 2 & 16
8:30pm-Midnight • \$10/person
Bowl the night away while listening to chart-topping music. Rental shoes included.

King of the Hill Tournament

Sunday, May 17 • 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 26 • 11am-10pm
If your birthday is in May come bowl for FREE during opening hours. DoD ID card required. Rental shoes included.

ONGOING EVENTS

Beat the Clock

Thursdays • 11am-8pm
Pay less by bowling earlier!
\$1.25/game: 11am-2pm
\$1.50/game: 2-4pm
\$1.75/game: 4-6pm
\$2/game: 6-8pm

Cosmic Bowling

Fridays & Saturdays
8:30pm-Midnight
\$10/person, shoes included.

BIRTHDAY PARTIES!

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

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

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

BRECKLAND PINES GOLF COURSE

226-2223 • Bldg 1320

EVENTS

AGF Renewal

Now – March 31, 2016
It's that time again, time to renew your Annual Green Fee. Good News - we've still got 2009 pricing! Just \$35 a month for E1-E4 and \$47 a month for all others. AGF holders enjoy unlimited golf and discounted entry to all of our events. Stop by for yours today!

Lynx Demo Evening

Wednesday, May 13 • 3pm-6pm
Come out and enjoy golf, grilling and music. We will provide custom fittings and competitions with Lynx reps. Get great discounts on any purchases this evening only!

Superintendent's Revenge

Saturday, May 16 • 8am tee time
\$30 AGF holders; \$40 all others
Do you know the superintendent? He gets to see all the places you play from... well he wants to help you out and set up the course for your game.

SPECIALS: 10% OFF

- All utility clubs
- All hybrids & wedges

*Specials apply to in stock items only

ONGOING OFFERS

Individual Lessons

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

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!



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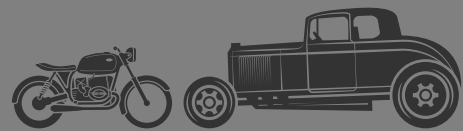
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FOR ALL THE LATEST INFORMATION ABOUT FSS EVENTS & ACTIVITIES!



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YOUTH



YOUTH CENTER

226-3180/5437 • Bldg 250

EVENTS

Give Parents a Break

Saturday, May 2 • 6pm-11pm

Parents, 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, April 29.

Kid's Night Out

Friday, May 8 • 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, May 6.

School Age Care Parent Activity

Thursday, May 14 • 4:30-5:30pm

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

America's Kids Run

Friday, May 22 • 1-3pm

Join us at the track for a FREE and fun family fitness event! The Youth Center will be hosting the annual America's Kids Run event. If you are interested in participating, please stop by the Youth Center by Thursday, May 21 to register and pick up your FREE t-shirt. If not a member of SAC or Open Rec, parents must be present at all times during the event.

ONGOING EVENTS

Torch Club

Wednesdays • 4pm • 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 • 11:15am • 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 BASEBALL REGISTRATION

April 20 - May 22

Members \$35; Non-Members \$40

T-Ball: Ages 5-6 | Coach Pitch: Ages 7-8

Minors: Ages 9-10 | Majors: Ages 11-13

Registration forms are available at the Youth Center. A current sports physical, in hand, is mandatory when registering your child(ren). The season runs June 9 - August 15.



YOUTH SPORTS

226-3180/5452 • Bldg 250

EVENTS

Youth Baseball Coaches Wanted

Make a difference in the life of a child! Volunteer to be a youth baseball coach. Volunteer forms are available for pick up at the Youth Center. Background checks and coaches training are required. National Alliance for Youth Sports (NAYS) coaches certification will be held for FREE at the Youth Center on May 26. The season will run from June 9 - August 15.

CDC EAST

226-3285 • Bldg 659

EVENTS

Parent's Night Out

Friday, May 8 • 6:30-10:30pm

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

CDC WEST

226-5812 • Bldg 439

Give Parents a Break

Saturday, May 2 • 6pm-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, April 29.

FAMILY CHILD CARE

226-2170 • Bldg 957

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

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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

- Selma*: May 5
- Love, Rosie*: May 5
- Fifty Shades of Grey*: May 8
- American Sniper*: May 19
- Cymbeline*: May 19
- Seventh Son*: May 26

EVENTS

Open Mic Jam Night

Wednesday, May 20 • 7pm
Bring your friends and join us every third Wednesday of the month for a night of musical networking! Our Music Sports Vendor along with other experienced musicians will be on site. Backline equipment will be available but please feel free to bring your own equipment.

SERVICES

Music Shop

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

Sales & Rentals

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

Passport & Visa Photos

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

Disc Cleaning

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

Special Orders

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

Video Drop Box

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





LIBERTY LIBRARY

226-3713 • Bldg 907



EVENTS

Knit & Knosh!

Tuesday, May 5 • Noon-1pm

Bring your lunch and those unfinished knitting projects. Our resident yarn expert will answer all your knitting questions and help resolve your knitting problems. Please sign up by Tuesday, April 28 to join us for this great class.

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

Tuesday, May 5 • 4:30-5:30pm • FREE

Come in and read for a while to a wonderful four-legged listener. It will lower your blood pressure! Join us on the first Tuesday of every month.

AF Philosophical Society

Friday, May 15 • 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.

Spinning and Fiber Crafts

Tuesday, May 19 • 10:30-11:30am • 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.

Musicians Needed

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

ONGOING OFFERS

Computer/Notebook Checkout

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

Graphic Novel Collection

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

Role Playing Game Books

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

Universal Class

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



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AIRMAN & FAMILY READINESS CENTER

226-3847 • Bldg 950

CLASSES

Manage Your Move

Friday, May 1 • 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.

Port Call

Fridays, May 1 & 15 • 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.

Resume 101

Wednesday, May 6 • 9-11am

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

Federal Employment Part 1: Navigating the Federal Application Process

Thursday, May 14 • 9-11am

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

Credit Scores and Reports

Thursday, May 14 • 10-11am

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

RUFit: Balance Your Thinking

Tuesday, May 19 • 5-6:30pm

RUFit is a campaign to promote & enhance comprehensive airman fitness. The 12 modules are designed to enhance awareness, improve skills needed to take positive action and foster an acceptance of self & others. Call the A&FRC to sign up.

Planning for Retirement

Thursday, May 21 • 11am-12pm

Learn about how to determine how much you may need to retire and how much to take responsibility to ensure you have an adequately funded retirement. Topics will include a variety of investments including the Thrift Savings Plan.

Federal Employment Part 2: Writing a Federal Resume

Thursday, May 28 • 9-11am

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



EVENTS

Deployed Family Event

Wednesday, May 20

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.

Heart Link

Friday, May 29 • 8:30am-2pm

This event is designed to welcome our new Air Force spouses to the AF community and provide an introduction into the Air Force culture. Prepare for a fun filled day of interactive games, networking and information sharing.



PAGE COMMUNITY CENTER

226-1627 • Bldg 900

EVENTS

Gamers Club

Saturday, May 9 • 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.

COED Bingo

Friday, May 15 • Doors open at Liberty Club Ballroom at 4:30pm • Games start at 6pm
Pre-purchase books May 1-14 at the Page CAC \$25/2 books. Books purchased on May 15 \$30/2 books. Prizes include a couples spa package, Beats by Dre headphones, a GRAND PRIZE of a designer men's & women's watch and much 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.*

Parent and Me Skate

Sunday, May 17 • 10am-12pm
Skate session for under 5's only. Kids \$3; parents FREE. You can even bring your stroller!

Welcome to Lakenheath

Thursday, May 21 • 9-11am
Are you new to RAF Lakenheath and want to make friends? Join us for a FREE get together and morning skate. Coffee and pastries available on a first come first served basis. **PCS orders are required for proof of arrival of May 1-21, 2015*

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.

SINGLE AIRMAN PROGRAM

226-1627 • Bldg 900

SA: Pool Tournament

Saturday, May 16 • 9am • 18+
Come and show off your pool skills. Sign up at the Page CAC. \$5 entry fee and the winner will receive an FSS gift card.

SA: Ping Pong Tournament

Thursday, May 21 • 5:30pm • 18+
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.



LIBERTY SPOUSES DINING-IN: BINGO DISCOUNT

Dining-In: Friday, May 8 • 6pm • Eagles' Landing
Liberty Spouses Dining-In attendees will receive a \$15 discount for the May COED Bingo. That means books are only \$10! Get your Liberty Spouses Dining-In tickets by May 1. COED Bingo books on sale May 1-14. That is two events for the price of one Bingo! Sponsored by First Command Financial Services.



**No federal endorsement of sponsor intended.*





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 May?
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

Mother's Day Craft Night

Thursday, May 7 • 5-6:30pm
Nothing says "I love you" like a homemade gift. Children of all ages can come decorate a Mother's Day gift she'll treasure forever! All children under the age of 10 must be accompanied by an adult.

Princess Party

Saturday, May 16 • 11am-1pm
Your castle awaits! Wear your favorite dress and be a princess for the day! \$20 per princess includes a gem manicure, goody bag, cake and juice. Open to ages 10 and under. Sign up by Thursday, May 14. A parent or guardian must stay with their princess.



RUGBY'S TOO CAFÉ & EATERY

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

AUTO HOBBY COMPLEX | TIRE & LUBE CENTER

226-2454/2383 • Bldg 1108

226-2278/2279 • Bldg 1030



SPECIALS: MAY 1-15

- FREE visual belt, hose and windshield wiper check with the purchase of an oil change
**Timing belt not included*
- 25% OFF Sealey tools to celebrate the release of the new catalog

MOTORCYCLE SERVICES

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

NEED YOUR WHEELS ALIGNED?

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

OIL - YOUR CAR'S LIFE BLOOD

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

SERVICES

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

EVENTS

All Nighter

Saturday, May 16 • 10am -
Sunday, May 17 • 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.

4th of July Car & Bike Show

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

SVA/MOT

Call 01638 534 185 to make your next appointment!

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

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



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SATURDAY: 4-8PM

www.GREENBOXSUSHI.co.uk



ARTS & CRAFTS CENTER

226-2194 • Bldg 906

CLASSES

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

Van Gogh & Merlot

Tuesday, May 21 • 6-8pm • \$35
Join us for an evening of painting and a cash bar at the Liberty Club Ballroom. All art materials are included. You will be able to take home your very own 16x20 painting. Sign up at the Arts and Crafts Center.

SPECIALS: 20% OFF

- May 1-31: Selected frames
- May 1-9: Crayola & Reeves art products
- May 10-19: Cross stitch hoops, patterns & kits
- May 20-31: Fine arts paint

*Specials apply to in-stock items only.

RETAIL

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

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, t-shirts, hats and more!

NAME TAPES

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



CERAMIC POPPY CLASS

Wednesdays, May 13 & 20 • 1-4pm • \$12

Did you miss out on the Tower of London poppies? Now is your chance to make four replica poppies. Come back later to glaze them after they've been fired. Stop in to reserve your space today as limited spaces are available.

WOOD CRAFTS CENTER

226-3367 • Bldg 1104

SPECIALS

10% OFF • Plywood | 20% OFF • Woodscrews

*Specials apply to in-stock items only.

MONTHLY SHOP USE CARD

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

CLASSES

Rustic Slanted Lid Box

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

Elegant Entryway Bench

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

CRATING SERVICE

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

OUTDOOR RECREATION

226-2146 • Bldg 1109

PEDALER BIKE SHOP NEW STOCK!

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

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

SERVICES

Airport Shuttle

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

Costume Sales

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

DVD & VHS Conversions

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

Equipment Rental

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

Garden Tools & Plots

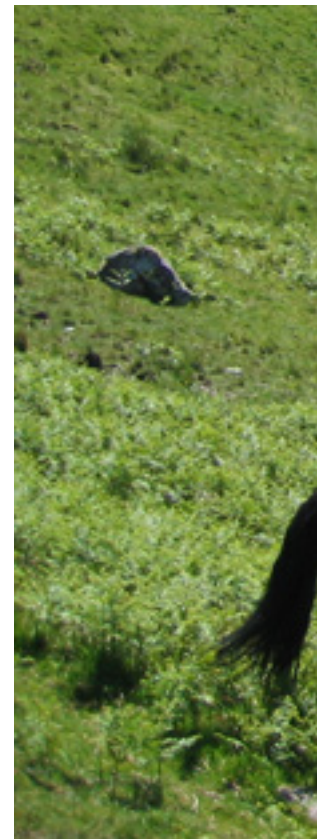
From lawn mowers to hand tools, we have what you need to turn your yard into a proper English garden. Love to garden but don't have a yard? Rent a garden plot for just \$20 a year!

Key Cutting

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

Storage Units

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



CAMPING GEAR AT ODR EQUIPMENT RENTAL

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

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





HORSE TREKKING IN WALES

July 11-12 • Ages: 10+
 Exertion Level 3-4
 AD/Dep \$175; All others \$350
 Visit the famous town of Hay on Wye before climbing the mountain to your weekend retreat. Relax on this popular trip with two half-day horse experiences set in the amazing scenery of the Welsh Black Mountains. Homemade breakfast and dinner are provided. Includes: transportation, bunkhouse-style shared accommodations, two half-day experiences, helmet, weatherproof clothing/riding gear available upon request. Sign up by June 30.



OUTDOOR ADVENTURES

Day Out with Thomas

Saturday, June 13
 Ages 2½+ • Exertion Level 1-2
 Adult \$50 • Child \$35
 \$150 per family of 4
 Your all day ticket includes riding on Thomas and on the other trains. Meet Sir Topham Hatt, enjoy FREE face painting, games, side shows and more. Includes: admissions, activities and transportation. Sign up by June 2.

REC-ON ADVENTURES

Extreeme Outdoors

Saturday, July 25 • Ages: 18+
 AD/Dep \$20; All others \$95
 Tackle that fear of heights on this day out at Extreeme Adventure. Swing, climb and zip 20-40' above the ground. Among the many adrenaline pumping activities, try the 3-G swing and 1000' zip line, plus an 80' plummet from the top of the trees. Includes: transportation, instruction, equipment & weather-proof clothing upon request. Sign up by July 13.



INFORMATION, TICKETS & TRAVEL

226-2979 • Bldg 977 Rm G20 & BX

CASTLES & STATELY HOMES

Bolsover Castle & Hardwick Hall

Saturday, May 2 • Adult £44, Child £34, Infant £10, Inclusive

Hampton Court Palace

Sunday, May 3 • Adult £31, Child £22, Infant £10, Inclusive

Windsor Castle

Saturday, May 9 • Adult £36, Child £32, Infant £10, Inclusive

City of Canterbury & Leeds Castle

Sunday, May 10 • Adult £36, Child £31, Infant £10, Inclusive

Dover Castle & City of Canterbury

Sunday, May 17 • Adult £38, Child £30, Infant £10, Inclusive

Castle Howard & City of York

Saturday, May 23 • Adult £41, Child £33, Infant £10, Inclusive

Hedingham Castle Jousting with the Knights of Royal England

Sunday, May 24 • Adult £24, Child £18, Infant £10, Inclusive

Warwick Castle

Saturday, May 30 • Adults £29, Child £24, Infants £10, Inclusive

NEW! CITY OF YORK AND LINCOLN 2 DAY TOUR

May 16-17 • Adult £139, Child (2-11) £99

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

Explore history and architectural splendor in these beautiful cities! Includes: Luxury coach, 1 night B&B accommodation, admission to the Jorvik Viking Center and an experienced tour guide



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

May 22-25 & July 3-6 • Adult £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 and an experienced tour manager

**Tour not recommended for young children.*



AMSTERDAM & DELFT 3 DAY TOUR

May 23-25 • Adult £249, Child (2-11) £209

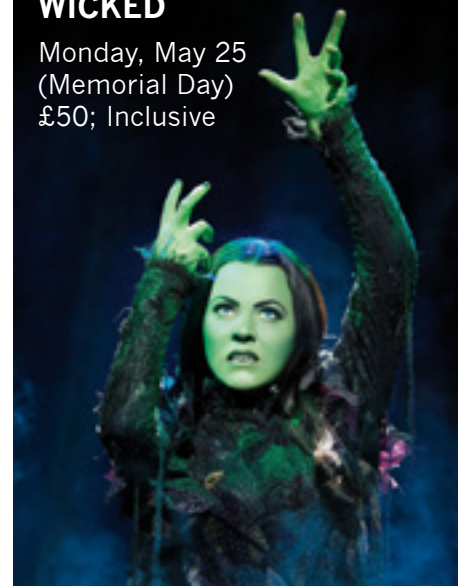
*Prices based on two adults sharing; Additional £70 single room supplement

Includes: Luxury coach, ferry crossings, 2 nights B&B accommodation, guided tour of a Diamond Center, a visit to a Delft Pottery and an experienced tour guide



WICKED

Monday, May 25
(Memorial Day)
£50; Inclusive



GOODWOOD FESTIVAL OF SPEED

Saturday, June 27

Adult £80, Youth ages 13-21 £52,
Child ages 2-12 £20, Infant £10

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

Includes: Luxury coach transportation & admission to the event



WIMBLEDON

July 11-12 • Adult £180

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

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



BRITISH OPEN GOLF CHAMPIONSHIP

July 17-19 • Adult £388

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

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

**Any bookings made after May 1 will be £408. All tickets are non-refundable/non-exchangeable. Join our layaway program and sign up today, only £70 deposit per person!*



RAF MILDENHALL EVENTS



SNOWDONIA

HIKING WEEKEND 23 - 25 May

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

Rec On: \$200, Non Rec On: \$375

Call: 01638 544283



Team Mildenhall Sports & Family Day Thursday, 11 June

Family Fun Events

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

MCM LONDON COMIC CON



23 & 24 May

Saturday Ticket: £40

Saturday & Sunday Ticket: £85

Price includes ticket & transportation

Call: 01638 542630



RAF MILDENHALL

100TH FORCE SUPPORT SQUADRON

DIRECTORY

Airman & Family Readiness Center
☎ 460 ☎ 3406

Arts & Crafts
☎ 404 ☎ 2644/4101

Auto Hobby Complex
☎ 240 ☎ 2480/1480

Bob Hope Community Center
☎ 404 ☎ 2579

Bowling Center
☎ 160 ☎ 2348

Child Development Center
☎ 288 ☎ 2042

Civilian Personnel
☎ 435 ☎ 2111

The Daily Grind Coffee Shop
(located inside the BHCC)
☎ 404 ☎ 7178

Education Center
☎ 427 ☎ 2350

Hardstand Fitness Center
☎ 849 ☎ 3735

Gateway Dining Facility
☎ 436 ☎ 2689

The Galaxy Club

American Roadhouse
☎ 437 ☎ 2680

New York Pizza & Deli
☎ 437 ☎ 2680

Cashier Cage
☎ 437 ☎ 2683

Tudor Bar at Middleton Hall
☎ 464 ☎ 4860

Human Resources Office
☎ 460 ☎ 2111

Information, Tickets & Travel
☎ 162 ☎ 2630/1004

Library
☎ 425 ☎ 2352

Lodging (Gateway Inn)
☎ 459 ☎ 6001

Outdoor Recreation
☎ 162 ☎ 4283/7151

Youth Center
☎ 293 ☎ KIDS (5437)

Teen Program
☎ 220 ☎ 3046

Calling from a civilian line: 01638 54 XXXX
Calling from DSN: 238 XXXX

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

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




WEDNESDAYS

Every Week

RAF Mildenhall Bowling Center
11:00 am - 9:00 pm

• \$1 Bowling • \$1 Shoe Rental

Call: 01638 542348



Roman Murder Mystery Dinner

Thursday, 21 May

RAF Mildenhall Library

5:00 pm - 7:00 pm

The RAFM Library is hosting a Murder Mystery Dinner in honor of Sir Arthur Conan Doyle's birthday.

Help us figure out who is the murderer but be careful - it may be you!
Sign-up is required.

Free buffet

Call: 01638 542352



CLASSES & DIRECTORY

AIRMAN & FAMILY READINESS CENTER

Reintegration Briefing

Mon, Wed & Fri • 9:30-10:30am

Pre-Deployment Briefing

Weds • 10-11am

5-Day Transitioning

GPS Workshop

May 4-8 & 18-22 • 8am-4pm

Sponsor Training

Mon, May 4 • 2-3:30pm

Pre-Separation Counseling

Tues, May 5 & 19 • 8:30-11:30am

ARTS & CRAFTS

Crochet Beginners

Begins Tues, May 5 • 10am-Noon

4 weeks • \$40 + supplies

Begins Thurs, May 7 • 6-8pm

4 weeks • \$40 + supplies

Mold Pouring

May 5, 6, 19 & 20 • 10am-Noon

1 day • \$25 Inclusive

Basic Camera

Begins Tues, May 5 • 5-6:30pm

3 weeks • \$30 Inclusive

Bring your own camera

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.

Group Indoor Cycle

Mon, Wed, Fri • 5-5:45am

Tues & Thurs • 11-11:45am

Mon-Thurs • 5-5:45pm

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

Mon & Wed • 6-6:30am,

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

Fri • 6-6:30am

Latin/Urban Aerobics

Mon & Wed • 7:15-8:15pm

Tues • 6-7pm

Power Stretch

Mon • Noon-1pm • \$4/class

Power Yoga

Mon & Wed • 6-7pm • \$4/class

LIBRARY

Transparent Language Online

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

Universal Class

Online continuing education service. Sign up at the Library.

PAGE CAC

Guitar Classes

Wed & Thurs • 3:15-6:15pm

\$70/month • 30min/week

Ju Jitsu

Thurs • \$35/month

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

Ages 4-8 & 9-14

WARD CAC (RAF FELTWELL)

Ballet

Classical Beginners

Tues • 4:45-5:30pm

Ages 5+ • \$9/class

Guitar Lessons

Mon & Tues • 3:15-6pm

\$70/month/student

One-on-one lesson, 30min/week

Ju Jitsu

Mon • \$35/month

Ages 4-8 • 3:30-4:15pm

Ages 9-14 • 4:15-5pm

Pre-School Ballet

Tues • 4-4:45pm

Ages 3-5 • \$8.40/class

YOUTH CENTER

Ballet & Tap

Mon • Times vary • Ages 3+

Starts at \$25/month

Gymnastics

Days & times vary

Age 2+ • Starts at \$40/month

Karate

Thurs • 4:45-6:15pm & 6:15-7:45

Fri • 4:45-6:15pm

Ages 6+ • \$45/month

Open Wall Climb

Wed • 6-7pm

Ages 7-17 • \$5/session

Wed • 7-8pm

Ages 18+ • \$7/session

Piano Lessons

Mon-Fri • Times vary

Ages 8+ • 30mins/week

\$70/month

Tae Kwon Do

Tues • 6-7pm

Ages 8+ • \$35/month

Wall Climbing Class

Thurs • 6-7pm & 7-8pm

Ages 7+ • \$20/month (4 classes)

**AIRMAN & FAMILY
READINESS CENTER** 

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

ARTS & CRAFTS 

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

AUTO HOBBY COMPLEX 

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

Auto Parts Store

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

Auto Tire & Lube Center

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

**BRECKLAND PINES
GOLF COURSE** 

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

The Grill at Breckland Pines

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

**CHILD DEVELOPMENT
CENTERS (CDC)**

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

CDC West

Bldg 439 • x5812
Mon-Fri: 6:30am-6pm

**CIVILIAN PERSONNEL
CUSTOMER SERVICE**

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


EAGLES' LANDING 

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

Pub x2326

Fri: 5-10pm

 : **FREE WI-FI**

**COMMUNITY ACTIVITIES
CENTERS (CAC)** 

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

Skating Rink

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

Ward CAC (RAF Feltwell)

Bldg 94 • x7023
Mon-Fri: 11am-7pm

EDUCATION SERVICES 

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

ELECTRIC AVENUE 

Bldg 670 • x2067
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: 10am-7pm
Wed-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
Sun-Mon: Closed
Tues-Wed: 11am-5pm
Thurs: 11-8pm
Fri-Sat: 11am-5pm

YOUTH CENTER 

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

Open Recreation

Mon-Fri: 3-7pm

School Age Program (SAP)

Mon-Fri: 6:30am-6pm

Teen Programs

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



Mother's

Day

Brunch

Sunday, May 10 • 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/LibertyClub

RAF LAKENHEATH
FORCE
SUPPORT SQUADRON

Members
First

AIR FORCE SERVICES
CLUBS