

# atEase

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



## **TURKEY TROT FUN RUN**

Bring your family and the dog! Run for a chance to win great prizes!

## **THANKSGIVING BRUNCH**

Let us do the cooking! Celebrate Thanksgiving at the Liberty Club!

## **CHRISTMAS MARKETS**

Get a jump start on your Christmas shopping at markets across the UK!



2  
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1  
5

# ARTS & CRAFTS GALLERY

DIGITAL ART



PHOTOGRAPHY



CRAFTS



**Got Art? Enter.**

**October 1 - November 30**

The gallery has 3 categories; craft, photography & digital art. Each category has 3 age groups

Adult • Ages 13-17 • Ages 6-12

- Limit of three entries per person, per category.
- Submit entries with completed and signed application to the Arts & Crafts Center.



[www.airforcegallery.com](http://www.airforcegallery.com)







# NOVEMBER 2014

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The Afterburn  
 Great Little Pizza Place  
 The Grill at Breckland Pines  
 Knight's Table  
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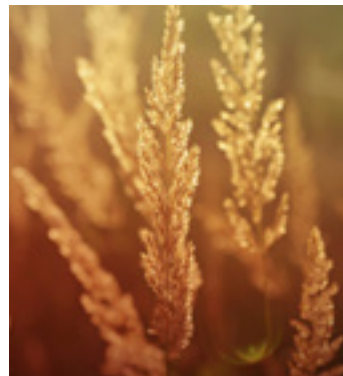
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# DEPARTMENTS

## COMMAND

48 FW Commander: Col Robert Novotny  
48 MSG Commander: Col Marc Vandevener  
48 FSS Commander: Lt Col Ryan Richardson  
48 FSS Deputy: Eddie Adelman

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Commercial Sponsorship Coordinator: Julie Cloy


## DESIGN & PRINT

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Visual Information Specialist: Kyla Strenge

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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.

Web: [www.lakenheathfss.com](http://www.lakenheathfss.com)  
DSN: 226-1719  
Commercial: 01638-521719  
US International: 011-44-1638-521719  
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48th Force Support Squadron-RAF Lakenheath



## 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](mailto:48fss.fsk@us.af.mil)



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# DINING & ENTERTAINMENT

## 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

### Native American Heritage Meals

Monday, November 10  
Navajo tacos, pueblo pork, spinach-rice casserole, baked black beans, corn casserole and sweet potatoes stuffed with cranberries.

Monday, November 17  
Three sisters enchiladas, red chili stew, potato surprise, tamaya blue gourmet cornbread, calabacitas and rice pudding.

### DINNER

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

## THE GREAT LITTLE PIZZA PLACE

226-2181 • Bldg 670

### SPECIALS

#### Pizza of the Month

This month enjoy the piping hot "Marinara" with marinara sauce, sliced green & red peppers and spicy Italian sausage topped with bubbly mozzarella cheese!  
SM: \$8.50, MD: \$12.50, LG: \$16.50

#### Pizza Meal Deal

Monday-Friday • 11am-2pm  
Get two jumbo slices of pizza with a drink! Members: \$4.50, Non-members: \$5.50.

Delivery is available to on-base locations, including the Liberty Village & Lords Walk housing areas! Delivery fee applicable. See page 29 for more details.



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## LIBERTY CLUB

226-1611 • Bldg 648

### EVENTS

#### Football Frenzy

Sundays • September-February  
Come out on Sundays for the games and great food!  
Enter to win weekly and monthly prizes including tickets to NFL games at Wembley Stadium, FREE lunch buffet, FSS gift cards and more!

#### First Fridays

Friday, November 7 • 10pm-2am  
Start your weekend right! DJ Adam Baum will be spinning all your favorite tunes.

#### Country Nights

Saturdays, November 8 & 29 • 10pm-2am  
If you feel like a little bit of country excitement, head to the ballroom and enjoy music from DJ Farva.

#### Member's Breakfast

Tuesday, November 18 • 6:30-8am  
Club members enjoy a FREE breakfast! Be entered to win 2 months FREE dues.

#### Latin Night

Saturday, November 22 • 9pm-2am  
Learn the hottest Latin steps from 9-10pm then the DJ will be spinning the latest tracks to spice up the night!

### Thanksgiving Brunch

Thursday, November 27 • 10:30am-1:30pm  
Members \$22; Non-members \$27  
Leave the cooking to us! Join us for juicy turkey, mouthwatering ham, stuffing, yams, sweet potato soup, delectable desserts and a wide range of breakfast options including waffles, omelets, pastries and much more! Reservations are required for parties of 10 or more and are recommended for all others. Ask us about our special children's prices!

### CLUB MEMBERSHIP PAYS!

#### Crazy Cash Giveaway! (Members Only)

Every Friday & Saturday • Midnight  
We have already given away more than \$23,000! Just be there and be a member and you could win big!

### EAGLES' LANDING

226-2535 • Bldg 958

#### First Fridays

Friday, November 7 • 5-10pm • Eagles' Pub  
Officers, start your weekend right with entertainment, karaoke, a progressive drawing and trivia!

### WEEKLY ENTERTAINMENT (ADULTS ONLY)

**Texas Hold 'Em:**  
Tuesdays, 7pm

**Quiz Night:**  
Wednesdays, 7:30pm

**Wing Night:**  
Thursdays, 9pm

**Progressive  
Members Drawing:**  
Fridays, 9pm

**Urban Night:**  
Fridays, 10:30pm

**Crazy Karaoke:**  
Saturdays, 9pm







## KNIGHT'S TABLE

226-3214 • Bldg 934

### Specialty Meals

November 5 • Creole  
 November 6 • Mongolian BBQ  
 November 12 • Southern  
 November 19 • Hispanic  
 November 20 • Carvery  
 November 26 • Italian  
 11am-1pm

### Sandwich Bar

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

### Specialty Bar

November 4 • Pasta Bar  
 November 11 • Taco Bar  
 November 18 • Wing Bar  
 November 25 • Potato Bar  
 11am-1pm

### Airmen Appreciation Meal

Thurs, Nov 13 • 5-6:30pm  
 A special meal to show our #1 customers how much we appreciate their patronage!

### Thanksgiving Meal

Thurs, Nov 27 • 11am-5:30pm  
 Join us for a savory Thanksgiving meal! \*Open to all ID card holders. A la carte pricing for non-meal card holders.

## LIBERTY LANES' GRILL 48

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.

## 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

07706 645 825 • Bldg 904

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





# Thanksgiving Meal

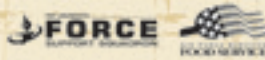
Thurs, November 27 • 11am-5:30pm  
Open to All • A la Carte Pricing for Non-meal Card Holders

On the Menu:

Roast beef, roast turkey, baked ham, shrimp cocktail, cranberry sauce, sweet potatoes, mashed potatoes, cornbread dressing, rice pilaf, green beans with mushrooms, steamed corn, peas, glazed carrots, pumpkin pie, pecan pie & devil's food cake

\*Menu is subject to change.

KNIGHT'S TABLE  
Bldg 934 | 226-3632  
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### FULLY LICENSED AGENCY

MILDENHALL: 3, Holmsey Green, Beck Row, IP28 8AJ

LAKENHEATH: Unit 3, Station Road, Lakenheath, IP27 9AD

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# SPORTS & FITNESS

## BRECKLAND PINES GOLF COURSE

226-2223 • Bldg 1320

### SPECIALS

**AGF Holders:** Bring a guest and get a FREE cart rental! **Non-AGF Holders:** Bring your receipt for a FREE combo upgrade at the Grill!

### Special Orders

It's not too late to special order holiday gifts. Stop by the Pro Shop to place your order today!

### Holiday Parties

Don't forget to book your Thanksgiving or Christmas party here at the Grill! Catering options available for 20-40 people. Call 226-3551 for more information.

### EVENTS

#### **NEW! 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!

#### **Glow Golf**

Saturday, November 1 • 6pm

AGF \$50; Non-AGF \$60

Come out and brave the dark in this 4 person scramble! Hot dinner and drinks will be provided before the start. Spaces are limited so sign up early.

### ANNUAL GREEN FEE (AGF) RENEWAL

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

### INDIVIDUAL LESSONS

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

### POT O' GOLD CHALLENGE

Make your ace pay off! A 50¢ buy-in for each round of golf gives you the chance to win the unlimited accumulating pot. First ace wins the pot! Buy in before your round.

## FITNESS & SPORTS CENTER

226-3607 • Bldg 904



### SERVICES & INDIVIDUAL LESSONS

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

Massage & Holistic Therapy: starting at \$45

Tennis Lessons: \$35/30 min, \$50/hr,  
shared sessions available for a discount

### EVENTS

#### **Remembrance Day Soccer Match**

Saturday, November 8 • Fitness Center Soccer Pitch

Opening ceremony: 2pm • Game starts: 3pm

The Lakenheath/Mildenhall Liberty FC will play a friendly match against the Liverpool FC (Military) in remembrance of those lost in WWI & WWII. Admission is FREE! Concessions will be available for purchase.

#### **Turkey Trot 5K**

Saturday, November 22 • 10am

Start and finish at the Fitness Center. Dogs on a leash welcome. Arrive early to sign up.

#### **Healthy Holidays**

November 27-December 31

Seasonal Incentive Program

Stay fit through the holiday season! Complete workouts and get a stamp. Fill your card and be entered to win a prize! Stamp cards are available at the Fitness Center front desk.





## LIBERTY LANES BOWLING CENTER

226-2108 • Bldg 657

### EVENTS

#### Veteran's Day Special

Tuesday, November 11 • 11am-8pm  
Celebrate Veteran's Day with \$1.50 bowling & \$1.50 shoe rental!

#### King of the Hill Tournament

Sunday, November 23 • 11am  
Sign-ups start at 10am with the tournament beginning at 11am. Six games with a stepladder final. \$30 entry fee.

#### Birthday Bowling

Tuesday, November 25  
If your birthday is in November come bowl for FREE during opening hours. DoD ID card required. Rental shoes included.



### BIRTHDAY PARTIES!

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

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

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

### ONGOING EVENTS

#### Monday Madness

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

#### 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!

#### Cosmic Bowling

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

#### 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.



# YOUTH

## YOUTH CENTER

226-3180/5452 • Bldg 250

### EVENTS

#### Teen Halloween Lock In

Saturday, November 1 • 9pm -

Sunday, November 2 • 7am

Members \$20; Non-members \$25

Enjoy a fun-filled all night experience of Halloween activities! Get into the spooky spirit and wear your Halloween costume. Have some fun and enjoy dodgeball, a scary movie and FREE food! Sign up by Wednesday, October 29.

#### Kid's Night Out

Friday, November 7 • 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, November 5.

#### Give Parents a Break

Saturday, November 15 • Noon-5pm

Parents can enjoy an afternoon out while your kids, ages 5 (in school) - 12, play safely at the Youth Center. Must have a referral certificate and completed AF 1181. Sign up by Wednesday, November 12.

#### Family Dinner

Thursday, November 20 • 5-6pm

Enjoy a Thanksgiving style meal prepared with love by the Youth Center and served to the program families at the Fitness Center.

### ONGOING EVENTS

#### Keystone Club

Thursdays • 6-7pm • 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.

#### Torch Club

Fridays • 4-5pm • 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!

### 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.







## YOUTH SPORTS

226-3180 • Bldg 250

### EVENTS

#### Youth Basketball Registration

Youth Basketball registration is now-November 14. You must bring a copy of a current sports physical in order to register your child. The season runs December 8-March 2. Please contact the Youth Sports Director at 226-3180 for more information.

#### Basketball Coaches Needed!

Make a difference in the life of a child and volunteer to be a coach! Background checks and coaches training are required. The National Alliance for Youth Sports (NAYS) Coach's certification will be held at the Youth Center on November 18, FREE! The season runs December 8-March 2. Please contact the Youth Sports Director at 226-3180 for more information.

## CDC EAST

226-3285 • Bldg 659

### EVENTS

#### Parent's Night Out

Friday, November 7 • 6:30-10:30pm • \$20  
Parents can have a great night out while their children are entertained at the CDC! Must provide proof of current vaccinations. Please sign up by Wednesday, November 5. Open to ages 6 weeks - 5 years.

## CDC WEST

226-5812 • Bldg 439

#### Give Parents a Break

Saturday, November 15 • Noon-5pm  
Parents can enjoy an afternoon 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, November 12.



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Thursday, 4 December 2014

Friday, 12 December 2014

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Lynford Hall Hotel, Mundford IP26 5HW

*For more details contact our events team...*

Call: 01842 878351 E-mail: [rose@lynfordhallhotel.co.uk](mailto:rose@lynfordhallhotel.co.uk)

[www.lynfordhallhotel.co.uk](http://www.lynfordhallhotel.co.uk)



# 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 1/2 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

- Maleficent*: November 4
- Hercules*: November 4
- Planes: Fire & Rescue*: November 4
- How to Train Your Dragon 2*:  
November 11
- Tammy*: November 11
- 22 Jump Street*: November 18

### EVENTS

#### Black Friday Blowout Deals

Friday, November 28 • 10am-10pm  
Select PS3 and Xbox 360 games up to 75% OFF! Guitar starter bundles from the Music Shop start at \$59. We've got great stocking stuffers, movie gift baskets and various discounts on movies & music. Our Music Shop vendor will be on site for custom orders.

### 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, November 4 • Noon-1pm • FREE  
Bring your knitting and your lunch and chat with our resident yarn expert. She'll answer all your knitting questions and help resolve any knitting problem.

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

Tuesday, November 4 • 4:30-5:30pm • FREE  
Reading to our four-legged friends is back! These doggies would love to have a "story time" with you. Come and join us on the first Tuesday of every month.

#### Thanksgiving Craft

Wednesday, November 19 • 4-5pm • FREE  
Join us for a fun-filled afternoon of Thanksgiving themed crafts!

### ONGOING OFFERS

#### Computer/Notebook Checkout

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

#### Graphic Novel Collection

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

#### Role Playing Game Books

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

#### Universal Class

This FREE program offers continuing education courses! See librarian for listings & availability.





# PAGE COMMUNITY ACTIVITIES CENTER

226-1627 • Bldg 900

## EVENTS

### Speed Skating

Saturday, November 15 • 7-9pm  
\$3/person, open to advanced skaters aged 18+.

### Holiday Family Skate

Friday, November 21 • 10am-1pm  
Spend the day skating with your family! \$3/person.  
The snack bar will be open for light snacks.

### Deluxe Santa Suit Rental

November-December • \$30/day  
Book early so you're not disappointed! Pick up at 5pm, return by 4pm, 7 days a week. Open to ages 18+. \*Late charges apply for late returns.

### Co-ed Holiday Bingo

Wednesday, December 3  
Doors open at 5pm at Eagles' Landing; games start at 6pm • Co-eds 18+ Only  
Pre-purchase books Nov 15-Dec 2 at the Page CAC: 2 for \$25, additional books \$10 each; or Dec 3: 2 for \$30, additional books \$15 each. Prizes include an iPad, ITT trips, cash prizes & more!

### Holiday Tree Lighting & Fair

Friday, December 5 • MDG Roundabout  
Fair: 4-6:30pm; Tree Lighting: 5pm  
Stop by to purchase your holiday gifts at the annual Tree Lighting Fair. We will have a special visit from Santa, crafts, carols, hot chocolate & candy canes! Concessions will be available for purchase as well.

## ONGOING EVENTS

### Birthday Skate

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

### Gamers' Club

Saturday, November 8 • 1:30-3:30pm  
Calling all gamers! Are you looking for someone to battle, trade Pokémon® cards or watch Minecraft® parodies with? Join us every 2nd Saturday of the month! Contact the A&FRC at 226-3847 for more information.

### 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.

### Skating Punch Card

Get six punches and your seventh session is FREE!

### Open Skate

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

## PARTIES!

### Skate Parties

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.

## LADIES' NIGHT HOLIDAY DESIGNER BAG BINGO

Friday, November 7 • Doors open at 4:30pm at Eagles' Landing; games start at 6pm • Ladies 18+ Only  
Pre-purchase books Oct 27-Nov 6 at the Page CAC: 2 for \$25, additional books \$10 each; or Nov 7: 2 for \$30, additional books \$15 each. Prizes include bags by COACH, Michael Kors, Dooney & Burke! \$1,000 cash prize + bonus door prizes awarded for pre-purchased cards. \*Minimum purchase of 2 books. No refunds.





## WARD COMMUNITY ACTIVITIES CENTER

226-7023 • Bldg 94 at RAF Feltwell



### EVENTS

#### Family Bingo

Friday, November 21 • 5:30-7pm

Bingo fun for the whole family! Grand prize is tickets to Chessington World of Adventures! Children under 10 must be supervised.

#### RUGBY'S TOO CAFÉ & EATERY

Visit today and enjoy your favorite food & beverages, including perfectly-brewed Starbucks® coffee! See directory on page 29 for hours of operation.



## AUTO HOBBY COMPLEX

226-2454/2383 • Bldg 1108

## TIRE & LUBE CENTER

226-2278/2279 • Bldg 1030



### SPECIALS

**November 1-15:** 25% OFF Sealey Tools

**November 1-30:** FREE 7 point winterization check – no appointment necessary, just stop by the Auto Hobby Shop!

### EVENTS

#### All Nighter

Saturday, November 15 • 8am -  
Sunday, November 16 • 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.

#### 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 check. 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!

#### SVA/MOT

Call 01638 534 185 to make your next appointment!

### 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 new state of the art 3D wheel alignment system. Stop by or call today to make an appointment!

### SERVICES

Pop in for a complete price menu.

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



## ARTS & CRAFTS CENTER

226-2194 • Bldg 906

### SPECIALS • 20% OFF

November 1-9: Fabric

November 10-19:

Cake Decorating Supplies

November 20-30:

Crayola & Reeves Products

### CLASSES

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

### 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 Monday - Saturday for more details and prices.

### 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!

### USAF ARTS & CRAFTS GALLERY SHOWCASE

October 1-November 30

Got art? Enter the Arts & Crafts Gallery Showcase to be seen by all! The gallery has 3 categories; craft, photography, and digital art. Each category has 3 age groups; Adult, ages 13-17, & ages 6-12.

- Limit of three entries per person, per category.
- Submit entries with completed and signed application to the Arts & Crafts Center.



## WOOD CRAFTS CENTER

226-3367 • Bldg 1104

### SPECIALS

10% OFF • Plywood

10% OFF • Wood Screws

\$10 OFF • Shop Use Card

\*Unlimited shop use card during normal hours for 1 month only. Specials apply to in stock items only.

### CUSTOM HOLIDAY CRATES

Only \$25 + Materials!

Got something large and/or precious to mail back home in time for the holidays? Now's the time to get a custom crate made at the Wood Crafts Center! During November get \$5 off your custom crate order!



# Festive forest fun

**High  
Lodge**  
Thetford Forest

Wrap up warm and  
explore the forest

- Christmas lunches
- Festive events
- Walking and cycling trails
- BikeArt, bike shop & hire



Give  
the gift of  
adventure



A new  
bike for  
Christmas



Festive  
food & drink

**Go  
Ape!**  
LIVE LIFE  
ADVENTUROUSLY

T: 0845 094 9741  
[www.goape.co.uk](http://www.goape.co.uk)

**BikeArt**

T: 01842 810090  
[www.bikeartthetford.co.uk](http://www.bikeartthetford.co.uk)

**High  
Lodge  
the  
Cafe**

T: 01842 813949  
[www.highlodge-catering.co.uk](http://www.highlodge-catering.co.uk)

**Directions:** High Lodge is situated in Thetford Forest on the B1107. Sat Nav: IP27 0AF.  
Open every day. Discovery Pass available. All cars and minibuses must pay a site  
entry fee. Additional charges for Go Ape & bike hire. For more info call **01842 815434**.

Paid advertisement. Federal endorsement of advertiser not intended.

[forestry.gov.uk/highlodge](http://forestry.gov.uk/highlodge)



# Balmforth

Estate Agents, Valuers & Letting Agents  
E-mail: [mildenhall@balmforth.co.uk](mailto: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](http://www.balmforth.co.uk) (up to date listings)

[www.balmforthusaf.co.uk](http://www.balmforthusaf.co.uk) (area guide and information)



Mildenhall High Street, IP28 7EQ

**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](http://www.silverbirchkennels.co.uk)

Oak Lane, Littleport, Ely, Cambridgeshire CB6 1RS

**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, Fairburn, Downham Market, Norfolk (UK)

The Lakenheath Players Theater Group Presents

## Alices in Wonderland

An adaptation by Chorpensing

at the RAF Lakenheath Pineview Theater

DEC 5 & 6 • 7PM | DEC 7 • 4PM

Doors open 30 min prior to each show. Open to all DoD ID card holders and their guests. Contact Janelle Donovan at 07789 16 4659 with any questions.

Ages 6 & Older: \$5 • Ages 5 & Under: FREE • Cash only • Rated PG

Produced by special arrangement with the Dramatic Publishing Company of Woodstock, IL



## OUTDOOR RECREATION

226-2146 • Bldg 1109



### WADDESDON CHRISTMAS AND TEA

Saturday, December 6 • Departs 10:30am • Ladies Ages 12+  
Exertion Level 1-2 • \$85/person

Get into the holiday spirit by visiting the magnificent, historic Waddesdon Manor, home of Baron Ferdinand de Rothschild and stroll through its beautiful garden adorned with lights. Take advantage of the Christmas Fair and enjoy afternoon tea. Trip includes transportation, manor & gardens admission and tea. Sign up by November 20.



### HAVE YOU “LIKED” RAF LAKENHEATH OUTDOOR RECREATION ON FACEBOOK? FREE MYSTERY HOLIDAY SPECIAL

Saturday, December 13 • Ages: 18+ • Exertion level 1-2 • FREE

This trip is specially designed for those of you who follow our Facebook page. Like our page to learn more! This customer appreciation trip will be announced sometime in November or early December. Spaces will be limited, so watch our page for details. Sign-ups will be limited to 1 per person.



## OUTDOOR ADVENTURES

Check out the NEW 52° North or visit our website for a complete listing of all of ODR's Fall/Winter trips and adventures.

## 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

We have stocking stuffers and affordable gift exchanges in fishing and camping from just \$1.45!

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

### Key Cutting

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

### Pedaler Bike Shop

Start thinking about Christmas! We have a large selection of bikes, skateboards & scooters in stock.

We offer bikes for all ages as well as a large selection of parts & accessories. Need repairs or help selecting a new bike? Our certified bike technicians are here for you.

### Storage Units

Looking for a place to store your extra stuff? We have 8'x8'x10' secure storage units available to rent for just \$50/month!

## STONEHENGE WINTER SOLSTICE

Exact date to be determined by English Heritage in early December; will be either Sunday, December 21 or Monday, December 22; Departs 3am • Ages: 18+ • Exertion Level 2-3 • \$50/person  
Party with Druids and other revelers celebrating the dawn of a new year on the shortest day of winter. Arrive before daybreak at Stonehenge to celebrate the new season at sunrise while walking amidst the stones at Stonehenge. Walk, transportation and entry included. Sign up by December 15.



**PEDALER**  
BIKE SHOP  
AT OUTDOOR RECREATION



## INFORMATION, TICKETS & TRAVEL

226-2979 • Bldg 977 Rm G20 & BX

### ATHENS FOR THANKSGIVING

November 26-30

£375/adult, £258/child, flights included

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



### DISNEY ON ICE: 100 YEARS OF MAGIC

Friday, December 26

Departs 9am • £48, Inclusive



### MAGICAL CHRISTMAS AT CADBURY WORLD & BIRMINGHAM SEA LIFE AQUARIUM

Sunday, December 7

Departs 7am/5pm

Adult £41, Child £38,

Infant £10, Inclusive

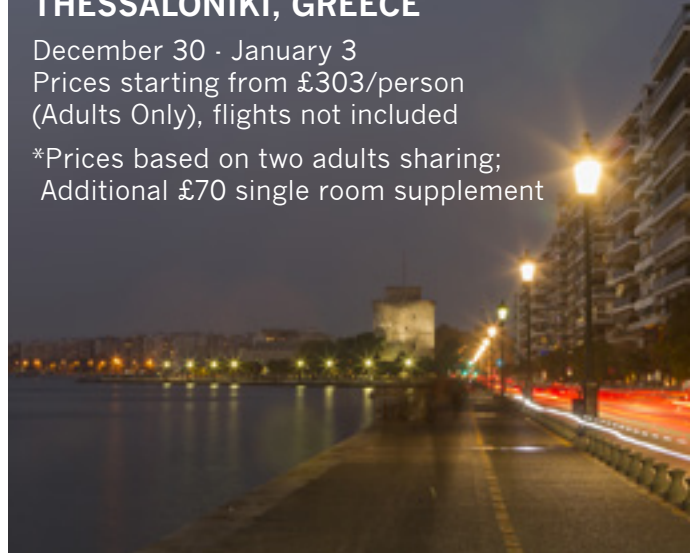


### NEW YEAR'S EVE IN THESSALONIKI, GREECE

December 30 - January 3

Prices starting from £303/person  
(Adults Only), flights not included

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



### THE NUTCRACKER

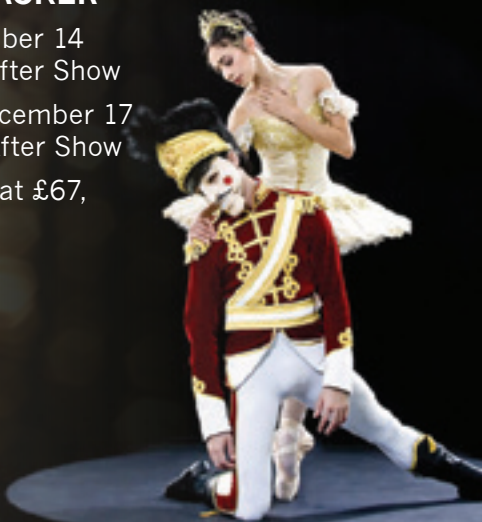
Sunday, December 14

Departs 9am/After Show

Wednesday, December 17

Departs 3pm/After Show

Prices starting at £67,  
Inclusive



### 4-DAY BREAK AT THE CARNIVAL OF VENICE

February 13-16

(Valentine's Day Weekend)

Prices starting from £640/adult,  
including flights

\*Prices are based on two adults  
sharing; Additional £90 single  
room supplement





## WESTFIELD STRATFORD CITY MALL – SHOPPING

Tuesday, November 11  
(Veteran's Day)  
Departs 9am/6pm  
Adult £18, Child £16, Infant £10  
Transportation Only

## WINTER WONDERLAND

Saturdays:  
November 15, 22 & 29  
December 13 & 20  
January 3

Friday: December 26

Departs 8am/7pm  
Adult £21, Child £19, Infant £10  
Transportation Only

Sundays:

November 30

December 7

Departs 8am/5pm

Adult £19, Child £17, Infant £10  
Transportation Only

## BIRMINGHAM'S FRANKFURT CHRISTMAS MARKET

Saturday, November 22  
Departs 7am/5pm  
Adult £18, Child £17, Infant £10  
Transportation Only

## BATH CHRISTMAS MARKET

Friday, November 28  
Departs 7am/7pm  
Adult £30, Child £28, Infant £10  
Transportation Only

## YORK'S ST. NICHOLAS CHRISTMAS FAYRE

Saturday, November 29  
Departs 7am/7pm  
Adult £30, Child £28, Infant £10  
Transportation Only

## CHRISTMAS AT LEEDS CASTLE & GERMAN CHRISTMAS MARKET

Saturday, December 6  
Departs 8am/5pm  
Adult £35, Child £33, Infant £10  
Inclusive

## LINCOLN VICTORIAN & GERMAN-STYLE CHRISTMAS MARKET

Saturday, December 6  
Departs 7am/7:30pm  
Adult £24, Child £22, Infant £10  
Transportation Only

## DICKENSIAN CHRISTMAS FESTIVAL

Sunday, December 7  
Departs 8am/5pm  
Adult £21, Child £19, Infant £10  
Transportation only



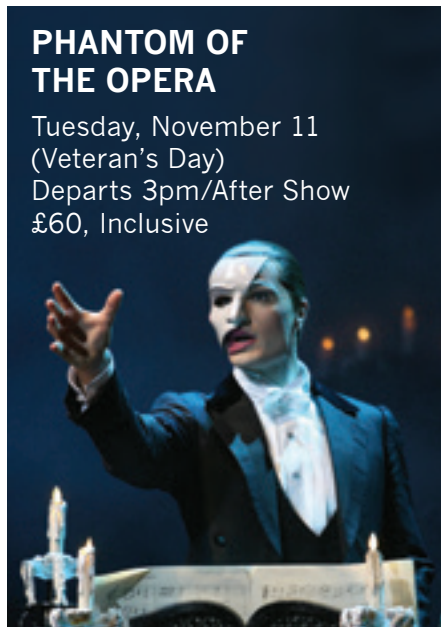
## WICKED

Tuesday, November 11  
(Veteran's Day)  
Departs 3pm/After Show  
£56, Inclusive



## PHANTOM OF THE OPERA

Tuesday, November 11  
(Veteran's Day)  
Departs 3pm/After Show  
£60, Inclusive



## THE BOOK OF MORMON & PLANET HOLLYWOOD THANKSGIVING MEAL

Thursday, November 27  
Departs 2pm/After Show  
£82, Inclusive (Adults Only)





# RAF MILDENHALL EVENTS

# Turkey Bowl

9 - 13 November  
11:00 am - 1:00 pm

RAF Mildenhall Bowling Center  
Receive a ticket to enter for a chance to win a Turkey with every Bowling Center visit & game purchase.  
*Turkeys will be awarded 10 - 14 November to the drawn winner!*  
Bowlers do not need to be present at drawing. Call: 01638 54 2348



# Thanksgiving in Switzerland

Departs 26 November  
Includes 2 nights half board & 2 nights B&B and visit to Lucerne  
Adults £425, Children £365

Call: 01638 54 2630



# Santalaland

## Train Trip

Sunday, 7 December  
Departs at 12:00 pm  
Take a trip on the Poppy Line train to Santaland and visit Santa in his enchanted grotto. £40 per person, £30 per infant (1 year & under) Price includes all transportation, light refreshments and gifts from Santa for children 14 years old & younger.  
Call: 01638 54 2630








**WALKING WITH  
WOLVES**

Saturday, 29 November

Meet the Wolves up front and personal, touch them and feed them. Take great pictures that will last a lifetime. Trip includes transportation, entry fees and guide Tony Highway from Wolf Watch UK.

\$95 per person. Call: 01638 54 4283



**Make & Take**  
*Thanksgiving Turkey Puppet*

**24 - 26 November**  
11:00 am - 6:00 pm

Celebrate Thanksgiving by creating your own turkey "hand" puppet at the library's "Make & Take" table or take the pieces home to construct there.

Call 01638 54 2352 for more information.



## RAF Mildenhall, 100th Force Support Squadron Directory

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

**Arts & Crafts Complex**  
☎ 404 ☎ 238 2644

**Auto Hobby Complex**  
☎ 240 ☎ 238 2480

**Bob Hope Community Center**  
☎ 404 ☎ 238 2579

**The Daily Grind Coffee Shop**  
located inside the BHCC  
☎ 404 ☎ 238 7178

**Bowling Center**  
☎ 160 ☎ 238 2348

**Child Development Center**  
☎ 288 ☎ 238 2042

**Civilian Personnel  
Customer Service**  
☎ 435 ☎ 238 2111

**Education Center**  
☎ 440 ☎ 238 2350

**Hardstand Fitness Center**  
☎ 849 ☎ 238 3735

**North Side Fitness Center**  
☎ 463 ☎ 238 2349

**Human Resources Office**  
☎ 448 ☎ 238 2111

**Information, Tickets & Travel**  
(located inside the BHCC)  
☎ 404 ☎ 238 2630/1004

**Library**  
☎ 425 ☎ 238 2352

**Lodging (Gateway Inn)**  
☎ 459  
☎ Reception: 238 6001  
☎ Reservations: 238 3093/2965

**Outdoor Recreation & Supply**  
☎ 162 ☎ 238 4283/7151

**Youth Center (School Age Program)**  
☎ 293 ☎ 238 5437 (KIDS)

### THE GALAXY CLUB

**American Roadhouse**  
☎ 437 ☎ 2680

**New York Pizza & Deli**  
☎ 437 ☎ 2795

**Cashier Cage**  
☎ 437 ☎ 2683

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](http://www.100fss.com)





# CLASSES & DIRECTORY

## AIRMAN & FAMILY READINESS CENTER

### 5-Day Transitioning GPS Workshop

Nov 3-7 & 17-21 • 8am-4pm

### Pre-Separation Counseling

Tues, Nov 4, 18 & 25

8:30-11:30am

### Resume 101

Wed, Nov 5 • 9-11am

### Heart Link

Fri, Nov 7 • 8:30am-2:30pm

### Manage Your Move

Fri, Nov 7 • 10am-1pm

### Understanding Credit & Credit Reports

Wed, Nov 12 • 1-2pm

### Holiday Spending

Thurs, Nov 13 • 9-10am

### Planning for Retirement

Tues, Nov 18 • 11am-noon

### Career Technical Training Track Workshop

Nov 24-25 • 8am-4pm

## ARTS & CRAFTS

### Basic Camera

Wed, Nov 5 • 5-6:30pm

3 week class • Bring your own camera • \$27.50 Inclusive

### Mold Pouring

Tues, Nov 4 or 18

Wed, Nov 5 or 19

10am-Noon • \$25 Inclusive

## INSTRUCTORS WANTED

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

## CLASS INFORMATION

Want to know more? Visit our website [www.lakenheathfss.com](http://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.

### Body Blast

Mon & Wed • 5-5:45pm

### Group Indoor Cycle

Mon, Wed, Fri • 5-5:45am

Wed • 11-11:45am

Mon-Thurs • 5-5:45pm

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

Mon, Wed, Fri • 6-6:30am,

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

### Latin/Urban Aerobics

Mon & Wed • 7:15-8:15pm

Tues • 6-7pm

### Martial Arts Kickboxing • 18+

Thurs • 7-8pm

### Power Yoga

Mon & Wed • 6-7pm

### Yoga

Tues & Thurs • 11am-Noon

## LIBRARY

### Mango Languages

Online program to learn languages. Visit [www.usafelibraries.org](http://www.usafelibraries.org), click on the information databases tab, click on access via USAFE library card, enter your library card no. & then click on Mango Languages.

### Transparent Language Online

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

### Universal Class

Online continuing education service. Sign up at the Library.

## PAGE CAC

### Guitar Classes

Wed, Thurs & Sat • 3:15-6:15pm

\$70/month • 30min/week

### Jiu Jitsu

Thurs • \$35/month

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

Ages 4-8 & 9-14

## WARD CAC (RAF FELTWELL)

### Ballet

Classical Beginners

Tues • 4:45-5:30pm

Ages 5+ • \$9/class

### Guitar Lessons

Mon & Tues • 3:15-6pm

\$70/month/student

One-on-one lesson, 30min/week

### Jiu Jitsu

Mon • \$35/month

Ages 4-8 • 3:30-4:15pm

Ages 9-14 • 4:15-5pm

### Piano Lessons

Wed • 3:15-6pm

Thurs • 3-5:30pm

\$70/month/student

One-on-one lesson, 30min/week

Ages 7+

### Pre-School Ballet

Tues • 4-4:45pm

Ages 3-5 • \$8.40/class

## YOUTH CENTER

### Ballet & Tap

Mon • Times vary • Ages 3+

Starts at \$25/month

### Gymnastics

Days & times vary

Age 2+ • Starts at \$40/month

### Karate

Thurs • 4:45-6:15pm & 6:15-7:45

Fri • 4:45-6:15pm

Ages 6+ • \$45/month

### Open Wall Climb

Wed • 6-7pm

Ages 7-17 • \$5/session

Wed • 7-8pm

Ages 18+ • \$7/session

### Piano Lessons

Mon-Fri • Times vary

Ages 8+ • 30mins/week

\$70/month

### Tae Kwon Do

Tues • 6-7pm


Ages 8+ • \$35/month

### Wall Climbing Class

Thurs • 6-7pm & 7-8pm

Ages 7+ • \$20/month (4 classes)



**AIRMAN & FAMILY READINESS CENTER**   
Bldg 950 • x3847  
Mon-Wed: 7:30am-4:30pm  
Thurs: 7:30am-2:30pm  
Fri: 7:30am-4:30pm

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

**AUTO HOBBY COMPLEX**  
Bldg 1108 • x2454  
**MOT/SVA: 01638 534185**  
Mon-Fri: 8am-8pm  
Sat: 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-4pm

**The Grill at Breckland Pines**  
Bldg 1320 • x3551  
Open Daily: 7am-1:30pm


**CHILD DEVELOPMENT CENTERS (CDC)**  
**CDC East**  
Bldg 659 • x3285  
Mon-Fri: 6:30am-6pm

**CDC West**  
Bldg 439 • x5812  
Mon-Fri: 6:30am-6pm

**CIVILIAN PERSONNEL CUSTOMER SERVICE (RAF Mildenhall)**  
Bldg 435 • 238-2111  
Mon-Fri: 8am-5pm

**EAGLES' LANDING**   
Bldg 958 • x2535/x2489  
**Catering**  
Mon-Fri: 9am-4pm  
**Pub x2326**  
Fri: 5-10pm

 : FREE WI-FI

**COMMUNITY ACTIVITIES CENTERS (CAC)**   
**Page CAC**  
Bldg 900 • x1627  
Mon-Thurs: 8:30am-7pm  
Fri: 8:30am-9pm  
Sat: Noon-9pm  
Sun: Noon-6pm  
**Skating Rink**  
Mon-Fri: Noon-2pm  
Wed: 9-11am  
Fri: 6-9pm  
Sat: Noon-7pm  
Sun: Noon-5pm

**Ward CAC (RAF Feltwell)**  
Bldg 94 • x7023  
Mon-Fri: 11am-7pm

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

**ELECTRIC AVENUE**   
Bldg 670 • x2067  
Mon-Sat: 10am-10pm  
Sun: Noon-6pm

**FAMILY CHILD CARE**  
Bldg 957 • x2170  
Mon-Fri: 7:30am-4:30pm

**FITNESS & SPORTS CENTER**   
Bldg 904 • x3607  
Mon-Thurs: 4:30am-11:30pm  
Fri: 4:30am-9pm  
Sat: 8am-8pm  
Sun: Noon-8pm

**Afterburn Juice Bar**  
07706 645825  
Mon-Fri: 6:30am-7pm  
Sat: 10am-3pm

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

**HARD COPIES PRINT SHOP (MARKETING)**  
Bldg 949 Rm 211 • x1709

**INFORMATION, TICKETS & TRAVEL (ITT)**  
Bldg 977 Rm G20 • x2979  
Mon-Fri: 11am-4pm  
BX Main Store Mall  
Mon-Fri: 10am-5pm  
Sat: 10am-1pm

**KNIGHT'S TABLE MILITARY DINING FACILITY**   
Bldg 934 • x3214  
**Mon-Fri**  
Breakfast: 6-8am  
Lunch: 11am-1pm  
Dinner: 4-6:30pm  
**Sat-Sun**  
Brunch: 7am-12:30pm  
Dinner: 3:30-5:30pm

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

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

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


**Rugby's: A Modern Bistro**  
Bldg 648 • x1603  
*Monday - Friday*  
Breakfast: 6:30-10:30am  
Lunch/Dinner: 11am-9pm  
*Saturday*  
Breakfast: 8-10:30am  
Lunch/Dinner: 11am-9pm  
*Sunday*  
Lunch/Dinner: Noon-9pm

**Rugby's Too (RAF Feltwell)**  
Bldg 94  
Mon-Fri: 7am-1pm

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

**Grill 48**  
Mon: 7:30am-7:30pm  
Tues-Wed: 7:30am-9:30pm  
Thurs: 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

**LIBERTY LIBRARY**   
Bldg 907 • x3713  
Mon-Sat: 10am-6pm  
Fax & Copy Service  
Mon-Sat: 10am-5pm

**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  
Wed: 11am-5pm  
Thurs: 11-8pm  
Fri-Sun: 11am-5pm

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

**Open Recreation**  
Mon-Fri: 3-7pm

**School Age Program (SAP)**  
Mon-Fri: 6:30am-6pm

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





# MONTH OF THE *Military Family* NOVEMBER 2014

**Heart Link**  
**Fri, Nov 7**  
**8:30am - 3pm**



**Key Spouse**  
**Orientation Training**  
**Fri, Nov 14**  
**8:30am - 3pm**

Key spouses impact mission readiness by ensuring families have the information & resources to meet their needs.



**Children's Drawing**  
**Contest: My Military**  
**Family • Ages 5-18**  
**4 prizes to be awarded**



**4-Lenses for Couples:**  
**Hues & Happiness**  
**Mon, Nov 17 • 5-7pm**

Couples will learn how their individual lenses can enhance their level of self awareness & perception in interpersonal relationships.



**Deployed Family**  
**Member Dinner**  
**Wed, Nov 19**  
**5 - 7pm**

**For more information**  
**Contact the Airman**  
**& Family Readiness Center**  
**Comm • 01638523847**

**\$150 Essay Contest:**  
What Makes a Military Family? Due: Fri, Nov 21  
The beauty is in the variety of ways this question can be interpreted. Submit your 500 word entries to A&FRC 48fss.fsfr.1@us.af.mil or A&FRC Bldg 950.

