

atEase

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



\$1,000 BINGO PRIZE!

Don't miss this month's Designer Bag Bingo with a huge grand prize!

THANKSGIVING MEAL

We can do the cooking! Join us at the Liberty Club or Knight's Table.

HEALTHY HOLIDAYS

Stay fit this holiday season and you could win a prize!



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- › A college degree
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- › A sincere desire to make meaningful differences in the lives of others

If this sounds like a career you would like to learn more about, contact:

Emma L. Blaker
Financial Advisor, Principal and District Advisor
1A Gregory Road, Mildenhall Suffolk IP28 7DF, United Kingdom
01638 459448 · eblaker@firstcommand.com



www.wehireleaders.com



NOVEMBER 2015

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DEPARTMENTS

COMMAND

48 FW Commander: Col Robert Novotny
48 MSG Commander: Col Michael Zrostlik
48 FSS Commander: Maj Sean Brazel
48 FSS Acting Deputy: Christine Frazier
48 FSS Chief Enlisted Manager:
CMSgt Michael Crawley
48 FSS First Sergeant: MSgt Ricardo Osorio II

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

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RAF Lakenheath 48th Force Support Squadron



Reach 11,000 active duty and civilian members of the RAF Lakenheath community by advertising in our magazine, travel guide, Qubica screens or on our website!

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

SPONSORSHIP

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 2,500 atEase magazines are printed each month and are available for free at roughly 20 strategic locations around base.

CONTACT

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Commanders, Chiefs, and First Sergeants across the Liberty Wing have been given 48 FSS wooden tokens that read "You've Been Caught!" to present to FSS team members that have provided those leaders outstanding customer service. In September wing leaders presented the following FSS team members with recognition tokens.

SEPTEMBER'S TOKEN RECIPIENTS

Name	Office
Lindsey Cosker	A&FRC
Andy Wybrew	Auto Hobby Complex
John Roeder	Auto Hobby Complex
Angela Blackford	Breckland Pines
Pippa Cable	Education Center
Joe Ann McLeer	Family Child Care
TSgt Steven Narick	Knight's Table
Ben Ford	Liberty Club
James Alexander	Liberty Club
Stephanie Sanders	Lodging
Keith Koehler	Manpower
MSgt Patrick Brown	Manpower
SSgt Daniel Neal	Manpower
TSgt Corey Williams	Manpower
A1C Dillon Treichler	MPS: Career Development
A1C JeanJules Elle	MPS: Customer Support

YOU'VE BEEN
Caught!



48TH FORCE SUPPORT SQUADRON HOLIDAY HOURS

Facility:	November 26: Thanksgiving Day	November 27: Family Day	Facility:	November 26: Thanksgiving Day	November 27: Family Day
A&FRC	CLOSED	CLOSED	Liberty Club Bar	CLOSED	4pm-Close
Art & Crafts	CLOSED	10am-4pm	Liberty Club Cashier's Cage	CLOSED	10:30am-5pm
Auto Hobby Complex	CLOSED	10am-4pm	Liberty Lanes	CLOSED	11am-Midnight
Breckland Pines	CLOSED	7am-4pm	• Grill 48	CLOSED	11am-10pm
• The Grill	CLOSED	7am-1:30pm	Liberty Library	CLOSED	CLOSED
CDC East	CLOSED	Contact CDCs for opening hours.	Outdoor Rec	CLOSED	10am-4pm
CDC West	CLOSED		Page CAC	CLOSED	CLOSED
Eagles' Landing	CLOSED	CLOSED	Pinkerton's Lunch	11am-1:30pm	CLOSED
Electric Avenue	CLOSED	10am-10pm	Pinkerton's Dinner	CLOSED	CLOSED
Family Child Care	CLOSED	CLOSED	Rugby's	CLOSED	Noon-9pm
Fitness Center	CLOSED	8am-4pm	Rugby's Too	CLOSED	CLOSED
Great Little Pizza Place	CLOSED	Noon-9pm	Tire & Lube Center	CLOSED	CLOSED
HOT PIT	CLOSED	CLOSED	Ward CAC	CLOSED	CLOSED
ITT	CLOSED	CLOSED	Wood Craft Center	CLOSED	10am-4pm
Knight's Table	6-8am + 11am-5:30pm	6-8:15am + 11am- 3pm + 4:30-6:30pm	Youth Center	CLOSED	CLOSED
			• School Age Care	CLOSED	Contact SAC for opening hours.



LIBERTY LANES' GRILL 48

226-2108 • Bldg 657

LUNCH & BOWL

Tuesdays • 11am-2pm

Spend a minimum of \$7 in the snack bar and receive 2 free games with rental shoes. Free games must be bowled before 2pm.

THE GRILL AT BRECKLAND PINES

226-3551 • Bldg 1320

CLOSURE

Due to staff shortages, The Grill will be CLOSED on Mondays until further notice. Don't worry! We are still open the rest of the week.

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!





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

SPECIALS

2-4-1 Prime Rib Night
Members Only Special
Tuesdays • \$21.95

KNIGHT'S TABLE

226-3214 • Bldg 934

Specialty Meals

November 4 • Italian
November 5 • Mongolian BBQ
November 18 • Asian
11am-1pm

Sandwich Bar

Monday-Friday
11am-1pm

Specialty Bar

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

Thanksgiving Holiday Hours

Thursday, November 26
Continental Breakfast • 6-8am
Thanksgiving Meal • 11am-5:30pm
Midnight Meal • CLOSED

Thanksgiving Meal

Thursday, November 26
11am-5:30pm • Join us for a savory Thanksgiving meal!
*Open to all ID card holders.

HOT PIT: FLIGHTLINE DINING

226-3184 • Bldg 1224

We offer breakfast & lunch Monday-Friday from 6:30am-1pm. Our food is made fresh everyday, ensuring availability of a good meal on the flightline.

RUGBIE'S: A MODERN BISTRO

226-1603 • 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.

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 roasts come with your choice of sides, Yorkshire Pudding & gravy and a delicious dessert.

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 "Marinara" with marinara sauce, green & red peppers and spicy Italian sausage topped with mozzarella cheese.
Sm: \$9.95 Md: \$12.95 Lg: \$16.95

*Delivery is available to on-base locations, including the Liberty Village & Lords Walk housing areas! Delivery fee applicable. See page 33 for delivery hours.

Pizza Meal Deal

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

THE AFTERBURN JUICE BAR

07706 645 825 • Bldg 904

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



TEXAS HOLD 'EM TOURNAMENT

Tuesdays • 7pm • Now - November 10

Members \$5; Non-members \$15

Do you know when to hold 'em and when to fold 'em? FREE pizza for all players. See if you have what it takes and win an FSS Gift Card — 1st place \$200, 2nd place \$120, 3rd place \$50.



MEMBERS' BREAKFAST

Tuesday, November 10 • 6:30-8am

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

LATE NIGHTER: THANKSGIVING FOOTBALL

Thursday, November 26 • 10pm-2am

Members FREE; Non-members \$5

Load up on your favorite football themed snacks and drink specials in preparation for the big Thanksgiving Day game — Bears vs. Packers!

LIBERTY CLUB AFTER DARK (18+ ONLY)

Texas Hold 'Em: Tuesdays, 7pm

Quiz Night: Wednesdays, 7:30pm

Variety Throwback Thursdays: Thursdays, 9pm

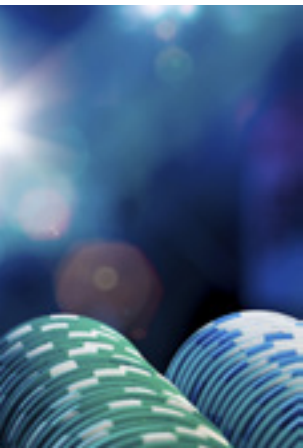
Wing Night: Thursdays, 9pm

Progressive Members Drawing: Fridays, 9pm

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

Crazy Karaoke: Saturdays, 9pm

Billboard Top 100: Saturdays, 9pm



LIBERTY CLUB

226-1611 • Bldg 648

EVENTS

Football Frenzy

Sundays • Now - January

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 Friday: Social Hour

Friday, November 6 • 5-7pm • FREE

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

First Friday: After Dark

Friday, November 6 • 10pm-2am

Members FREE; Non-members \$5

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

Latin Night

Saturday, November 7 • 9pm-2am

Members FREE; Non-members \$5

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

Country Night

Saturday, November 14 • 10pm-2am

Members FREE; Non-members \$5

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

Thanksgiving Lunch

Thursday, November 26

Seating Times 11am & 12:30pm

Members \$22; Non-Members \$27; Child (5-11) \$7.95

Leave the cooking to us and enjoy a bountiful spread! Indulge in juicy turkey, mouthwatering ham, stuffing, yams, sweet potato soup, delectable desserts and much more. Reservations are required for parties of 10 or more and are highly recommended for all. Stop by the Cashier's Cage or give us a call to make your reservation today!

CLUB MEMBERSHIP PAYS!

Crazy Cash Giveaway! (Members Only)

Every Friday & Saturday • Midnight

We have already given away more than \$42,000! Just be there & be a member and you could win big!

Club Membership Drive

Now - November 18

See page 30 for more information. Join today & get 6 months FREE dues and a \$10 FSS gift card!

EAGLES' LANDING

226-2326 • Bldg 958

EVENTS

First Friday & Jolly Olde Eagle Grand Re-Opening

Friday, November 6

5-10pm • Jolly Olde Eagle Pub
Join us for a special First Friday and the Ribbon Cutting Ceremony of the newly renovated Jolly Olde Eagle Pub. Enjoy a traditional carvery, drink specials and karaoke! Cross your fingers in hopes of winning FREE money and scratch your brain to be the ultimate trivia master.

Fin Friday

Friday, November 20

5-10pm • Jolly Olde Eagle Pub
Join us for karaoke, a progressive drawing, trivia, foosball, darts and crud!

SPORTS & FITNESS



FITNESS & SPORTS CENTER

226-3607 • Bldg 904

EVENTS

Boot Camp

November 2-19 & November 30-December 17
Monday-Thursday • 6:30-7:30pm • \$60/week
Individual assessments (highly recommended) are only conducted on the first day of Boot Camp.

Heath Classic RAW Powerlifting Competition

Saturday, November 7 • Weigh-Ins & warm-up 8-10am; Competition starts at 10am
Do you have what it takes to compete in a powerlifting competition? Compete in squat, bench, deadlift and total categories in open male, open female, male master's (40+) or female master's (40+) groups. Limited to the first 30 contestants; register with the Fitness Center by 5pm on Wednesday, November 4.

Bodybuilding & Figure Clinic

Saturday, November 14
10am-2pm • Fitness Center Conference Room
Are you competing or thinking of competing in bodybuilding, physique or bikini competitions? You may have some rockin' delts or amazing abs but if you don't know how to present yourself it may not matter. Bob Dawson, 2015 Mr. Universe Over 60, will be conducting a clinic providing valuable tips on nutrition, training, posing, prep, recovery, long terms results and more!

Turkey Trot

Saturday, November 21 • 10am
The 5k run starts and finishes at the Fitness Center. Dogs on a leash are welcome. Arrive early to sign up.

Healthy Holidays: Seasonal Incentive Program

November 27-January 5
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.

Pre/Post Natal Yoga Holiday Special

Thursdays, December 3, 10 & 17 • 11:30am-12:30pm
Are you pregnant or a new mom? Don't miss these FREE classes as a holiday gift to you!

SERVICES & INDIVIDUAL LESSONS

Personal Trainer: \$35/30min, \$50/hr
Massage & Holistic Therapy: starting at \$39
Tennis Lessons: \$35/30 min, \$50/hr, shared sessions available for a discount.
Combat-Self Defense: \$55/30min, \$75/hr for 1-4 people • \$900/4hrs for up to 20 people

LIBERTY LANES BOWLING CENTER

226-2108 • Bldg 657

EVENTS

Handicap Tournament

Sunday, November 1 • 11:30am
Registration starts at 10am. \$50 entry fee.
Nine-game handicapped tournament.

Cosmic Bowling with DJ Ant

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

King of the Hill Tournament

Sunday, November 15 • 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 24
If your birthday is in November come bowl for FREE during opening hours. DoD ID card required. Rental shoes included.

ONGOING EVENTS

Monday Madness

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

Bowler Appreciation Day

Wednesdays • 11am-5pm
Come out for \$2 games and \$2 shoe rental.

Quarter Mania

Thursdays • 11am-8pm
Enjoy open bowling for just \$6 + 25¢/game and 25¢ shoe rental!

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.

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

SPECIALS

AGF Holders: Bring out a guest and get a FREE cart rental and hot drink! **Non-AGF Holders:** Bring your green fee receipt for a FREE combo upgrade at the Grill or HOTPIT!

Special Orders

There's still plenty of time to special order your holiday gifts. See Pro Shop staff for more info.

ONGOING OFFERS

Individual Lessons

Could your golf game use some work? Sign up for lessons from our instructor & professional golfer Lawrence Dodd!
\$40/30min, \$70/hr

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.

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.



Photo by: Carly Moon Images



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SATURDAY: NOON-8PM

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Thursday, November 26 Thanksgiving Meal

Come enjoy your Thanksgiving Holiday at the Knight's Table

Open to All

Hours of Operation

- Continental Breakfast • 6-8am
- Thanksgiving Lunch & Dinner • 11am-5:30pm
- Midnight Meal • Closed



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5K FUN RUN & WALK

TURKEY TROT

SATURDAY NOVEMBER 21 • 10AM

RAF LAKENHEATH FITNESS & SPORTS CENTER

Start and finish at the Fitness Center.

Dogs are welcome, but must remain on a leash.

Arrive early to sign-up the day of the event.



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



YOUTH



YOUTH CENTER

226-3180/5437 • Bldg 250

EVENTS

Kid's Night Out

Friday, November 6 • 6:30-10:30pm
Members \$15; Non-members \$20
Come and join us for an evening of fun! Games, art activities and light snack will be provided. Open to ages 5 (in school)-12. Sign up by Wednesday, November 4.

Give Parents a Break

Saturday, November 14 • 6-11pm
Parents can enjoy an evening out while their kids, ages 5-12, play safely at the Youth Center. Must have a referral certificate and completed AF 1181. Sign up by Tuesday, November 10.

ONGOING EVENTS

Torch Club

Wednesdays • 4:15-5pm • Ages 11-13
Interested in helping out your local community? Looking for ways to give back and say thank you? Joining Torch Club will enable you to do these things and have fun too! We are always looking for new members. Stop by the Youth Center for more information.

Keystone Club

Thursdays • 11:10-11:40am • Ages 14-18
Keystone Club has great opportunities for teens! Build your leadership and citizenship skills while representing RAF Lakenheath at international conferences, local events and more.

NEW! Toastmasters

Thursdays • 4-5pm
Are you nervous speaking in large groups? Do you want to enhance your "Youth of the Year" package? Or do you just want to meet new people? If you answered yes then the Toastmasters Club is for you!

YOUTH SPORTS

226-3180/5452 • Bldg 250

EVENTS

Youth Basketball Registration

Members \$60; Non-members \$70
Youth Basketball registration is Now-November 6. Registration forms are available at the Youth Center. You must bring a copy of a current sports physical in order to register your child. The season runs December 7-February 27.

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 Tuesday, November 17, FREE! The season runs December 7-February 27.

Boys Basketball Challenge

Friday, November 20
7:30-10:30pm • Ages 11-15
Members \$5; Non-members \$8
Grab your friends and head to the Youth Center for this boys only basketball challenge! We'll have 3 on 3, skill challenges, shoot-outs and more. Food will be provided. Sign up by Wednesday, November 18.

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 on a full-time, part-time, hourly, evening, weekend, swing shift and extended basis.





CDC WEST

226-5812 • Bldg 439

EVENTS

Give Parents a Break

Saturday, November 14 • 6-11pm
Parents can enjoy an evening out while your kids, ages 6 weeks to 5 years (not in school), play safely at the CDC. Must have a referral certificate and completed AF 1181. Sign up by Tuesday, November 10.

CDC EAST

226-3285 • Bldg 659

EVENTS

Parent's Night Out

Friday, November 6
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 4. Open to ages 6 weeks to 5 years (not in school).



Thanksgiving LUNCH

THURSDAY, NOVEMBER 26
TWO SEATING TIMES: 11AM & 12:30PM
MEMBERS \$22; NON-MEMBERS \$27; KIDS \$7.95

RESERVATIONS ARE REQUIRED FOR PARTIES OF 10 PEOPLE OR MORE AND ARE RECOMMENDED FOR ALL OTHERS. CASHIER'S CAGE OPEN MON-SAT, 10:30AM-5PM.

LIBERTY CLUB | BLDG 648 | 226-1611



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Red Lodge, Suffolk IP28 8XQ

LIFE & LEISURE



ELECTRIC AVENUE

226-2067 • Bldg 670

EVENTS

Open Mic Jam Night

Wednesday, November 18 • 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.

Black Friday Blowout Deals

Friday, November 27 • 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 if you would like to place a custom order.

ONGOING OFFERS

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

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

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

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

*Call ahead pizza orders welcome, delivery not available.

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.

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!

DAILY SPECIALS

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

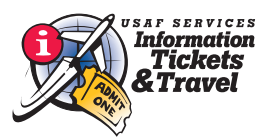
Monday: \$2 Rental
Tuesday: New Releases
Wednesday: 3 for \$3
Thursday: 2-4-1
Friday & Saturday:
Three-Night Rental
Sunday: Dollar Day

NEW RELEASES

Inside Out: November 3
Terminator Genysis: November 10
Mr. Holmes: November 10
Selma: November 17
The Hobbit: The Battle of Five Armies: November 17
Ricki and the Flash: November 24

*New releases vary by location





LIBERTY LIBRARY

226-3713 • Bldg 907



EVENTS

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

Tuesday, November 3 • 4:30-5:30pm • FREE
Come in and read for a while to a wonderful four legged listener. It will lower your blood pressure! Join us on the first Tuesday of every month.

Spinning and Fiber Crafts

Wednesday, November 4 • 10:30-11:30am
Come and learn traditional hand crafts. If you love spinning, knitting, or crocheting this is the program for you! Join us every first Wednesday of the month.

Hunger Games Trivia Contest

Wednesday, November 18 • 5-6pm • 16+
Do you consider yourself to be a "Hunger Games" expert? Test your knowledge in our trivia contest with questions from the books & movies. The winner will receive a \$25 Barnes & Noble Gift Card! We'll also have a discussion about the upcoming movie release.

AF Philosophical Society

Friday, November 20 • 3:30-6pm
Come learn, discuss, and opine on the various philosophies of history and our current world. Join us the third Friday of every month.

Thanksgiving Craft

Wednesday, November 25 • 4-5pm
Join us for this fun and FREE Thanksgiving craft!

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

Don't forget about our 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.

“They really took the time to understand my financial needs and saved me over \$200 a month! Financing is fast, easy, worry free, and they have the best interest rates around.”

– R. Rader

- ▶ Monthly savings with exceptional low rates
- ▶ Fast and easy approval process
- ▶ Limited time offer - \$200 deposit¹ when you close your loan.

Switch your car loan to us and pocket \$200!¹

Make your move! Apply on line at kfcu.org, visit a branch at RAF Alconbury, Lakenheath or Mildenhall, or call 0-800-585-765 to get started.



KEESLER FEDERAL CREDIT UNION

Important to YOU. Important to US.

Membership and credit eligibility required. ¹ Offer expires November 30, 2015. Minimum \$10,000 loan to qualify for \$200. Deposit will be made upon close of loan.

NAF HIRING *Fair*

A WEEKLONG EVENT WITH CLASSES LEADING UP TO THE HIRING FAIR.

CLASSES INCLUDE INFORMATION ON HOW TO AVOID COMMON MISTAKES & HELPFUL TIPS

NAF JOBS 101 CLASS @ THE A&FRC | NOV 2 • 9-10:30AM • NOV 3 • 5-6:30PM • NOV 4 • 1-2:30PM

NAF HIRING FAIR @ THE PAGE COMMUNITY CENTER | NOV 5 • 10AM-2PM

APPLY ONLINE AT NAFJOBS.ORG TODAY!

NAF HUMAN RESOURCES OFFICE

Bldg 977 | 01638-52-4417

www.lakenheathfss.com/NAFHR



RAF Lakenheath
Human Resources Office



AIRMAN & FAMILY READINESS CENTER

226-3847 • Bldg 950

CLASSES

NAF Jobs 101

Monday, November 2 • 9-10:30am | Tuesday, November 3 • 5-6:30pm
Wednesday, November 4 • 1-2:30pm

Get prepped for the NAF Hiring Fair on Thursday, November 5 at the Page Community Center. A&FRC staff will provide resume building instruction and the NAF Human Resources Office will be teaching how to use their website and common mistakes made when applying for NAF positions.

Resume 101

Wednesday, November 4 • 9-11am

Let us show you how to best showcase your skills! Topics include formatting, writing effective accomplishments, cover letters and common mistakes.

Improving Your Credit Score

Thursday, November 5 • 10-11:30am

Learn who needs to build 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; and your rights and responsibilities.

Manage Your Move

Fridays, November 6 & 13 • 10am-1pm

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

Federal Employment Part 1: Navigating the Federal Application Process

Thursday, November 12 • 9-11am

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

Interview Insight

Tuesday, November 17 • 1-3pm

This workshop is open to all service members, spouses and family members who are interested in developing skills and confidence necessary for successful job interviews. Topics will include interview preparation, attire, follow-up procedures, legal issues and discussion.

Basic Investing

Thursday, November 19 • 10-11:30am

This workshop is for those who are brand new to investing. It will give you a solid overview of the most important topics – the basics. Most mistakes that investors make are due to a misunderstanding of these basic concepts. If you are not sure about the importance of a budget, risk-reward relationship, Thrift Savings plan vs IRA's and the pros and cons of each, then this workshop is for you.

Heart Link

Friday, November 20 • 8:30am-2pm

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



EVENTS

Deployed Family Event

Wednesday, November 18
5-7pm • RAFL 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 the A&FRC to sign up.



PAGE COMMUNITY CENTER

226-1627 • Bldg 900

EVENTS

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.*

\$1 Skate

November 6 & 10 • Noon-2pm | November 15 • 10am-Noon

Come out for a \$1 skate session. Snacks and beverages will be available for purchase at the Snack Bar.

Kids Movie Morning

Wednesday, November 11 (Veterans Day) • 11am-1pm

Come and watch *Inside Out* on our super-size inflatable screen. FREE popcorn & lemonade available. Kids under 12 must be chaperoned.

Gamers Club

Saturday, November 14 • 1:30-3:30pm • FREE

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

Parent and Me Beginners Skate

Sunday, November 29 • 10am-Noon

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

Community Quest 2015

Saturday, November 21 • 9am • Ages 16+

Get into Lakenheath's version of the amazing race! Over \$800 in prizes and the winning team will walk away with \$500 in cash. Sign up in teams of 4. Spaces are limited to the first 8 teams to sign up by Monday, November 16.

Holiday Centerpiece Workshop

Tuesday, November 24 • 6-7:30pm • \$50 per person • Ages 16+

Create a beautiful centerpiece taught by professional florist, Lily Pot Lane, to take home for the holidays. Beverages & hor d'oeuvres will be served. Space is limited so sign up by Thursday, November 19.

SINGLE AIRMAN PROGRAM

226-1627 • Bldg 900

Meet & Mingle

Wednesday, November 4 • 5-8pm

Come out for this great mixer and meet other airmen! We'll have games, raffles and more. Food & beverages will be available for purchase at the Snack Bar. Sign up by Monday, November 2.

Adopt an Airmen for the Holidays

Are you a single airman looking for some place to spend the upcoming holidays? Or a family interested in hosting an airman for the holidays? Stop by the Page CAC for more information or to sign up for the Adopt an Airmen program.





PARTIES!

Skate Parties

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

Indoor Bouncy Castle Parties

Saturdays • 11am-2pm or 3-6pm | Sundays • 1-4pm

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

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 November?

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

Thanksgiving Craft Night

Wednesday, November 25 • 5-6:30pm • FREE

Celebrate the Thanksgiving holiday with a handmade craft! You bring the fun and we'll bring the rest. Limited supplies available on a first come, first served basis. **All children under age 10 must be supervised.*

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!

DESIGNER BAG BINGO

Friday, November 20 • Eagles' Landing
Doors open at 5pm; Games start at 6pm
Pre-purchase books November 1-19 at the Page
CAC: \$25/2 books, or November 20: \$30/2
books. Prizes include bags by Coach and
Michael Kors & \$1,000 cash grand prize!
**Minimum purchase of 2 books. No refunds.
**Food purchased at Liberty Club, Great Little
Pizza Place, or the Liberty Lanes Bowling Center
welcome. No other outside food may be brought
into the facility.*



AUTO HOBBY COMPLEX | TIRE & LUBE CENTER

226-2454/2383 • Bldg 1108

226-2278/2279 • Bldg 1030



SPECIALS

November 1-30

25% OFF All Tools

Get a FREE winterization check with purchase of oil change!

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

SVA/MOT

Call 01638 534 185 to make your next appointment!

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!

EVENTS

Midnight Motor Madness

Saturday, November 14 • 10am - Midnight

Time to get those repairs done with no rush. Parts store open throughout the night. FREE pizza at 9pm. First come, first served.

WE CAN HELP!

Bring your car to the Auto Hobby Shop (AHS) or Tire & Lube Center (TLC) where our mechanics can complete the majority of your vehicle repairs & maintenance. The TLC offers 30-minute appointments while the AHS provides a morning drop-off service. Both locations offer modern, well-equipped waiting areas so you can relax and enjoy a cup of coffee while your repair or maintenance work is being carried out. The TLC provides wheel alignments, air-con servicing, tire sales & installation, oil changes, brake inspections & repairs, and exhaust repairs. The AHS can complete your MOT inspections, light-conversions, and major mechanical repairs, along with many other services. If it has anything to do with a vehicle, we can help!

Have vehicle-related questions? Stop by either the AHS or the TLC and talk to our professional staff.

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!

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!

MOT Testing



Available at the AHC Mon & Wed 8am-7pm
Tue, Thur & Fri 8am-5pm | Sun 10am-3pm

Call 01638.534.185 for an appointment today!

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Bldg 1108 • 226-2454
www.lakenheathfss.com/AutoHobby



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Details Online

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- **Set Dinner** from £11/person

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

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

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• RESTAURANT & BAR •

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or stop in Bldg. 957
1st floor: weekdays,
7am - 4pm.

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

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Free Transportation from Billeting to Viewings
Wide Variety of Properties from New Builds to Traditional, Single and Dual Voltage
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LAKENHEATH: Unit 3, Station Road, Lakenheath, IP27 9AD

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team

Tel: 01638 711171 • Open 7 days a week!

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- Housing office compliant lease
- Comprehensive lease signing procedure
- Best local selection of USAF spec properties
- Most properties within five miles of base
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Beck Row - Sycamore Park Development, IP28 8DH

Offices Located In Mildenhall & Beck Row

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

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

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



Mildenhall High Street, IP28 7EQ

Winterbrooke

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Single Dog £9.50
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01842 829735



Christmas

AT LYNFORD HALL

Join us throughout December for one of our
fun filled Christmas Party Nights, from £29.95
per person, where you can eat, drink and enjoy
dancing into the chilly hours. All our Party
Nights include a traditional three-course meal,
followed by coffee and disco and of course
party novelties.

Christmas Lunches available throughout
December in the Wellingtonia bar. On
Christmas Day enjoy a glass of mulled wine
followed by a 5-course banquet fit for a king!

Relax on Boxing Day and enjoy our
sumptuous Carvery lunch, then settle for a
coffee and perhaps a liqueur in front of the
roaring fire in the Wellingtonia bar.

New Year's Eve promises to be yet another
spectacular event, with a Champagne
reception, followed by a scrumptious five-
course meal and disco entertainment on to
big pipes and fireworks at midnight to
welcome 2010!

Call today to book your celebration on 01842 878351!

LYNFORD HALL HOTEL
Mundford, Nr Thetford
Norfolk, IP26 5HP
01842 878351
events@lynfordhallhotel.co.uk



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

*Specials apply to in-stock items only.

CLASSES

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

Green Man

November 3 & 4 • 11am-2pm • \$25

Tap into your artistic side in this advanced class and create a clay Green Man: a sculpture of a face surrounded by leaves, flowers or other vegetation. Come back at a later scheduled time after firing for decoration.

NEW! Van Gogh for Kiddos

Saturday, November 14 • \$10

Ages 5-8 • 10-11am | Ages 9-12 • Noon-1pm

Ages 13+ • 2-3pm

Kids can come out and learn to paint step by step and take home their 8"x10" painted masterpiece on canvas! **Parents must remain with their children.*

Christmas Plate

November 17 & 18 • 1-4pm • \$15

Get into the holiday spirit with plate painting! Choose from Christmas tree, snowman, trio of trees & more.

CUSTOMIZE

Need something embroidered or engraved? We have an array of items to choose from for a unique memento.

Personalize Your Boots

\$10/boot • Contact the embroidery shop at x2827 for more information.

T-Shirt Printing

Printing \$5-10/garment • T-Shirt purchase from \$7
Contact the print shop for more information.

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!

NAME TAPES

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



WOOD CRAFTS CENTER

226-3367 • Bldg 1104

CLOSURE

Now-November 10

The Wood Crafts Center will be closed to DIY use as we are having our machines serviced. However, we will be open to take custom orders Tuesday-Friday from 11am-5pm.

SPECIALS

10% OFF • Plywood | 10% OFF • Woodscrews
20% OFF • All Classes

*Specials apply to in-stock items only.

CRATING SERVICE

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

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.

OUTDOOR RECREATION

226-2146 • Bldg 1109

SERVICES

Airport Shuttle

- Advanced Booking Only
- Heathrow or Gatwick from \$245 one way
- Services to all UK airports
- We can transport pets too!
- Call ODR for more information

Holidays at Outdoor Recreation

Outdoor Recreation has Santa suits for sale! Make a child smile by dressing as jolly old St. Nick.

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

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.

Key Cutting

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

PEDALER BIKE SHOP

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.

EQUIPMENT RENTAL

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

Bouncy Castles

Equipment Rental has a wide variety of themed bouncy castles for parties of all kinds! We also have a wide range of outdoor games and courses to keep everyone at your next celebration entertained and on their toes!

Storage Units

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



Does anything beat
a bike or scooter
for the holidays?
Do your shopping
early & lay-a-way
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PEDALER
BIKE SHOP
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Need a ride to the airport? We'll get you there.
We can transport your pets too!



Other transportation services include:

Tourist Attractions • Train Stations • Ports • Bus Stations • Private Hire

For more information & to book please call 226-2146

Outdoor Recreation
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SUPPLIES**



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FORCE



INFORMATION, TICKETS & TRAVEL

226-2979 • Bldg 977 Rm G20 & BX

AROUND BRITAIN

City of Bath –

Guided Walking Tour

Saturday, November 7
Adult £37, Child £35,
Infant £10; Inclusive

Dover Castle

Sunday, November 15
Adult £37, Child £30,
Infant £10; Inclusive

Stonehenge & City of Salisbury

Sunday, November 22
Adult £35, Child £28,
Infant £10; Inclusive

Stratford-Upon-Avon & Kenilworth Castle

Sunday, November 29
Adult £28, Child £25,
Infant £10; Inclusive

City of Canterbury & Leeds Castle

Sunday, December 6
Adult £37, Child £33,
Infant £10; Inclusive



Saturday, December 26 • £50 • Inclusive

DISNEYLAND PARIS 3 & 4 DAY TOURS

3-Day: November 13 & December 11 • Adult £275, Child £199

4-Day: November 26 • Adult £345, Child £239

Includes: Coach transportation, ferry crossings, B&B accommodation, Hopper Ticket for Disneyland Paris & more



JACK THE RIPPER TOUR & ICEBAR LONDON

Saturday, November 14
Adult £48 *Excludes food
and drinks



LORD MAYOR'S SHOW – PARADE & FIREWORKS

Saturday, November 14
Adult £21, Child £19,
Infant £10; Transportation Only



SHREK'S ADVENTURE & LONDON DYO

Saturday, November 21
Adult £35, Child £30,
Infant £10; Inclusive



WICKED LIVE THEATER + THANKSGIVING DINNER

Thursday, November 26
£64; Includes: Coach
transportation, 3-course
meal at Planet Hollywood
and theater ticket



HOLIDAY SHOPPING

Westfield Stratford City Mall

Friday, November 27
Adult £19, Child £17,
Infant £10; Transportation Only

Birmingham's Frankfurt Christmas Market

Saturday, November 28
Adult £25, Child £23,
Infant £10; Transportation Only

Lincoln Christmas Market

Saturday, December 5
Adult £24, Child £22,
Infant £10; Transportation Only

Bath Christmas Market

Saturday, December 12
Adult £31, Child £29,
Infant £10; Transportation Only



HOGWARTS IN THE SNOW

Friday, November 27 &
Wednesday, December 23
Adult £48, Child £41,
Infant £10; Inclusive



THANKSGIVING 5 DAY BREAK: SWITZERLAND

Wednesday, November 25 • Adult £425, Child £365
Includes: Coach transportation, ferry crossings, 2 nights
half-board accommodation, 2 nights B&B accommodation
and a visit to Lucerne.



LIBERTY LODGE



Celebrate the Holidays & leave the housing to us!



For reservations or for inquiries call DSN: 226-6700 or T: 01638-526777

Prices starting at
\$60/night (Single)
\$63/night (Family)

NOVEMBER - DECEMBER



ADOPT AN AIRMAN FOR THE HOLIDAYS

CONNECTING

**SINGLE & FAMILIES FOR
AIRMEN & THE HOLIDAYS**

Host an Airmen at your Holiday Meal · Make a Difference

NOVEMBER · SIGN-UP BY NOV. 20

DECEMBER · SIGN-UP BY DEC. 18

PAGE COMMUNITY CENTER
Bldg 900 • 226-1627
www.lakenheathfss.com



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...Where Tradition Lives

RECEIVE A \$15-25 BEST BUY® E-GIFT CARD

When you apply for the Air Force Club Membership credit card between 09/18/15 and 11/18/15. A valid email address required. Amounts randomly chosen.

PLUS BE ELIGIBLE TO WIN ONE OF 6 PRIZES

1 - \$1,000 Best Buy® E-Gift Card ★ 5 - \$500 Best Buy® E-Gift Card
See current rules and regulations for details at MyAirForceLife.com

ENJOY THESE BENEFITS WHEN APPROVED FOR THE AIR FORCE CLUB MEMBERSHIP CREDIT CARD

- | | |
|---|--|
| <ul style="list-style-type: none"> • Access to all AF Clubs worldwide • Special member events and promotions • Free entry to Club Fantasy events with over 125k in prizes • 10% off Catering food purchases | <ul style="list-style-type: none"> • Complimentary room use for authorized personal functions • Annual Scholarship Program • Member-only contents • Club dues waived when deployed |
|---|--|

CARD MEMBER BENEFITS

- | | |
|--|---|
| <ul style="list-style-type: none"> • 2% Unlimited Cash Back Rewards** for on-base purchases | <ul style="list-style-type: none"> • 1% Unlimited Cash Back Rewards** for off-base purchases |
|--|---|

VISIT MYAIRFORCELIFE.COM OR LEARN MORE AT YOUR NEAREST CLUB

Join today and get 6 months FREE dues & a \$10 FSS gift card!

Benefits subject to credit approval. The gift card application, must be finalized 11/18/15, and 12/18/15 to apply. Restrictions and limitations apply. Air Force Club credit cards are issued by Chase Bank (F.S.B.). Offer subject to change. See ChaseMilitary.com/AFCLM for pricing and reward details. The promotion is not redeemable, sponsored, or awarded by Service, AFSC, the 2015 AF logo, and the tag line are trademarks of Best Buy and its affiliated companies. © 2015 Best Buy. All rights reserved.

LIBERTY CLUB
Bldg 648 • 226-1611
www.lakenheathfss.com/LibertyClub



Carpets
need
cleaning?

We clean carpets, upholstery,
patios and garbage bins.

House of Carpets (On Base): \$140

House of Carpets (Off Base): \$170

One Room: \$80

Three Piece Suite: \$120

Garbage Bin: \$10

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

SCF

Carpet Cleaning Service

Telephone: 01760•722775

Mobile: 07747•428804

Holiday Airman

**COOKIE
DRIVE**

PRESENTED BY THE 48TH FORCE SUPPORT SQUADRON WITH THE SUPPORT OF THE OCSC & ECSC

Needed: Bakers & Cookies Dough!

**Help support our dorm residents and spread
some holiday cheer by donating homemade
holiday cookies!**

Drop cookies off:

EAGLES' LANDING

Dec 7-8: 7am-2pm

Dec 9: 7am-Noon

PAGE CAC

Dec 7-8: 2-6pm



PAGE COMMUNITY CENTER
Bldg 900 | 226-1627
www.lakenheathfss.com/PageCAC



**CHECK OUT THE
FORCE SUPPORT
WEBSITE**

FOR ALL THE LATEST INFORMATION ABOUT FSS EVENTS & ACTIVITIES!

WWW.LAKENHEATHFSS.COM

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



Know On The Go!

Download the MyAirForceLife App for FREE!



**WE WANT YOU
TO PLAY
ROLLER
DERBY**

**NO EXPERIENCE NECESSARY!
PLAY A TEAM SPORT, GET
FIT, HAVE FUN!**

Where:

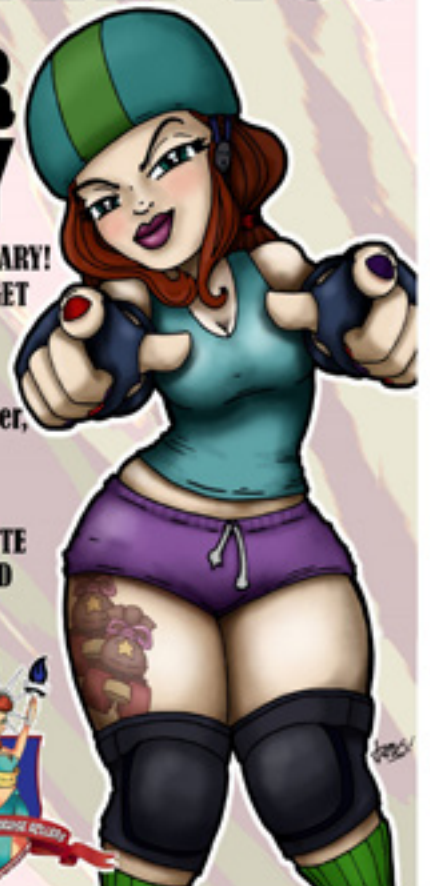
**Page Community Center,
Bldg. 900
RAF Lakenheath**

**CHECK OUT OUR WEBSITE
FOR CURRENT DAYS AND
TIMES**

RWBRollers@gmail.com

[www.facebook.com/
RWBRollers](http://www.facebook.com/RWBRollers)

www.rwbrollers.com
[@rwb_rollers](https://twitter.com/rwb_rollers)



CLASSES & DIRECTORY

AIRMAN & FAMILY READINESS CENTER

Reintegration Briefing

Mon, Wed & Fri • 9:30-10:30am

Pre-Separation Counseling

Tues, Nov 3 & 17 • 8:30-11:30am

Bury Walking Tour

Fri, Nov 6 & 20 • 9am-2:15pm

5-Day Transitioning

GPS Workshop

Nov 16-20 • 8am-4:30pm

Volunteer Orientation

Tues, Nov 17 • 10-11am

ARTS & CRAFTS

Crochet Beginners

Begins Tues, Nov 3 • 10am-Noon
4 weeks • \$40 + supplies

Basic Sewing

Begins Tues, Nov 3 • 6-8:30pm
4 weeks • \$50 + supplies

Sewing Assistance: Intermediate

Thurs, Nov 5, 12 & 19 • 6-8pm
1 day • \$12 + supplies

Van Gogh and Merlot

Thurs, Nov 5 & 19 • 6-8pm
\$35 • Liberty Club

Painting 101

Begins Mon, Nov 2
10am-Noon or 6-8pm
4 weeks • \$40 + supplies

INSTRUCTORS WANTED

Many of our facilities are looking for instructors. Please contact the facility you are interested in supporting for more info.

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.

Family Combat-Self Defense

Fri • 4:30-5:30pm • Ages 7+
\$8.50/Class or \$32/Month
Ask about family pricing.

Group Indoor Cycle

Mon, Wed, Fri • 5-5:45am
Tues & Thurs • 11-11:45am
Mon-Wed • 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 • 7:15-8:15pm
Tues • 6:30-7:30pm

Power Stretch

Fri • Noon-1pm

Street Dance

Thurs • 7-8pm • 18+ • \$4/class

Yoga

Wed • 6-7pm

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.

WARD CAC (RAF FELTWEEL)

Ballet: Classical Beginners

Tues • 4:45-5:30pm
Ages 5+ • \$9/class

Guitar Lessons

Mon & Tues • 3:15-6pm
\$70/month • 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

Hula Lessons

Thurs • 3:30-4:15pm
Ages 5-17 • \$12/month

PAGE CAC

Guitar Classes

Wed & Thurs • 3:15-6:15pm
\$70/month • 30min/week

Ju Jitsu

Thurs • \$35/month
Ages 4-8 • 3:45-4:30pm
Ages 9-14 • 4:30-5:15pm

YOUTH CENTER

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

Kickboxing

Wed • 4:30-5:30pm
Ages 12-18 • \$40/month

Mommy & Me Yoga

Wed • 2:15-3pm
Ages 3-5 • \$40/month

Open Wall Climb

Wed • 6-7:30pm
Ages 7-17 • \$5/session
Wed • 7:30-9pm
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

Teen Yoga


Wed • 5:30-6:30pm
Ages 13-18 • \$40/month

Wall Climbing Class


Thurs • 6-7pm & 7-8pm
Ages 7-18 • \$20/month (4 classes)

Youth Yoga & Pilates

Wed • 3:30-4:30pm
Ages 8-12 • \$40/month

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

AUTO HOBBY COMPLEX 
Bldg 1108 • x2454
MOT/SVA: 01638 534185
Mon-Fri: 7:30am-7:30pm
Sat: 10am-6pm
Sun: 10am-4pm
Last DIY sign-in is 60 min before closing.

Auto Parts Store
Bldg 1102 • x5918
Mon-Fri: 9am-7pm
Sat: 10am-6pm
Sun: 10am-4pm


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
Mon: Closed
Tues-Sun: 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
Jolly Olde Eagle Pub x2326
Fri: 5-10pm

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

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

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

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

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


FITNESS & SPORTS CENTER 
Bldg 904 • x3607
Mon-Thurs: 5am-9pm
Fri: 5am-6pm
Sat-Sun: 8am-4pm
Ask about 24hr access!

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


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

HARD COPIES PRINT SHOP
Bldg 949, 2nd Floor • x1719
Mon-Fri: 8am-4:30pm

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

HOT PIT: FLIGHTLINE DINING 
Bldg 1224 • x3184
Mon-Fri: 6:30am-1pm

KNIGHT'S TABLE MILITARY DINING FACILITY 
Bldg 934 • x3214
Mon-Fri
Breakfast: 6-8:15am
Lunch: 11am-1pm
Dinner: 4:30-7pm
Sat-Sun
Breakfast: 6-8:15am
Lunch: 11am-1pm
Dinner: 4:30-6:30pm
Sun-Thurs
Midnight Meal: 11pm-1am

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: 4pm-2am
Sat: Noon-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
Sun-Mon: 11am-8pm
Tues-Wed: 11am-10pm
Thurs: 11am-11pm
Fri: 11am-Midnight
Sat: 9am-Midnight

Grill 48
Sun-Mon: 11am-5pm
Tues-Thurs: 11am-9pm
Fri: 11am-10pm
Sat: 9am-10pm

Pro Shop: By Appointment Only


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

LIBERTY LIBRARY 
Bldg 907 • x3713
Sun: Closed
Mon-Sat: 10am-6pm

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


MILITARY PERSONNEL SECTION (MPS) 
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-Fri: 1:30-4pm

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 & Sun: Closed

VAT RELIEF PROGRAM OFFICE
Bldg 957, Ground Floor • x3166
Mon-Fri: 9am-4pm

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

YOUTH CENTER 
Bldg 250 • x5437/3180
Front Desk Mon-Fri: 7:30am-6pm

Open Recreation & Teen Open Rec
Mon-Fri: 2:30-7pm | 7-8pm (13+)

School Age Care (SAC) x5373
Mon-Fri: 6:30am-6pm

Teen Programs x1184
Mon-Fri: 2:30-7pm | 7-8pm

Youth Sports x5452

 : FREE WI-FI

Annual Holiday

*Tree
Lighting*

Thursday, December 3 • 4:30pm

Location: MDG Roundabout • FREE to All

Bundle up and join us for a spectacular evening as we light the tree for the first time this season. Enjoy a special visit from Santa, a sing-along with the Youth Center, plus FREE hot chocolate, candy canes & cookies.

Contact the Page Community Center at 01638.521.627 or visit www.lakenheathfss.com for more information.