

# atEase

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



## ZOMBIE RUN

Come out to the RAFL track and burn off that Halloween candy!

## TEXAS HOLD 'EM

Do you know when to hold 'em and when to fold 'em?

## HALLOWEEN EVENTS

FSS has costumes, crafts, candy and more this Halloween!



THE DEPARTMENT OF DEFENSE'S ARMED FORCES ENTERTAINMENT PRESENTS

# WORLD CLASS COMEDY



Date, Time, and Location subject to change.  
See ArmedForcesEntertainment.com

# 18+



**ARMED  
FORCES  
ENTERTAINMENT**

PLEASE BE AWARE:  
TIMES HAVE  
CHANGED!

*Comedians: Johnny Cardinale, Jill Bryan, Rachael O'Brien, Nic Novicki and Mark Serritella*

# SAT, OCTOBER 10

# LIBERTY CLUB • FREE

DOORS OPEN 8:30PM • SHOW STARTS 9PM

A R M E D F O R C E S E N T E R T A I N M E N T . C O M

PAGE COMMUNITY ACTIVITIES CENTER  
Bldg 900 | 226-1627  
[www.lakenheathfss.com/PageCAC](http://www.lakenheathfss.com/PageCAC)





# OCTOBER 2015



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## DEPARTMENTS

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48 MSG Commander: Col Michael Zrostlik  
48 FSS Commander: Maj Sean Brazel  
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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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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](mailto:48fss.fsk@us.af.mil) or visit [lakenheathfss.com](http://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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# NFL GAMES AT WEMBLEY ARENA

Find us on Facebook Lakenheath ITT

Sunday, October 4 

Sunday, October 25 

Sunday, November 1 

**TICKETS STARTING AT JUST £115 (END ZONE) & £150 (PREMIUM)**  
Season tickets are also available. Please see ITT for further details

**TRANSPORTATION ONLY AVAILABLE FOR £26\*/GAME**  
\*Ticket not included. See ITT for departure times & details.  
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## LIBERTY LANES' GRILL 48

226-2108 • Bldg 657

We have a selection of hot and cold sandwiches, burgers, finger foods, side items, value meals and kid's meals available for lunch & dinner.

### 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

### 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!







## **NEW! RUGBIE'S 2.5**

Bldg 958

Located in Eagles' Landing, Ruggies 2.5 has your morning needs covered serving perfectly-brewed Starbucks® coffee, tea and pastries!

## **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**

October 1 • Mongolian BBQ  
October 7 • Italian  
October 14 • Asian  
October 21 • Hispanic  
October 28 • Southern  
11am-1pm

### **Sandwich Bar**

Monday-Friday  
11am-1pm

### **Specialty Bar**

October 6 • Taco Bar  
October 13 • Pasta Bar  
October 20 • Wing Bar  
October 27 • Potato Bar  
11am-1pm

### **Airmen Appreciation Meal**

Thursday, October 22 • 4:30-7:30pm  
A special meal to show our #1 customers how much we appreciate their patronage!

## **HOT PIT: FLIGHTLINE DINING**

226-3184 • Bldg 1224

We offer breakfast and lunch Monday-Friday from 6:30am-1pm. Our food is made fresh everyday, ensuring availability of a good hot meal on the flightline. There are so many options, from coffee & a muffin to the HOT PIT Bacon Cheese Burger with wedges and an organic fruit juice. Stop in any time, we'll have music playing and the WiFi is FREE!

## **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**

Little pig, little pig, let me in! Come out and enjoy a piping hot, fresh out of the oven pizza. This month enjoy the "Three Little Pigs" with pepperoni, bacon and sausage topped with mozzarella and cheddar cheese. Sm: \$9.95 Md: \$12.95 Lg: \$16.95

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



## 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, October 2 • 5-7pm • FREE  
Wind down after work and enjoy drink specials, lounge music and a great atmosphere. The Liberty Club is the place to be on First Friday!

#### First Friday: After Dark

Friday, October 2 • 10pm-2am  
Members FREE; Non-members \$5  
DJ Adam Baum, our house DJ, will be spinning your favorite tunes!

#### Latin Night

Saturday, October 3 • 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 Nights

Saturdays, October 10 & 24  
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.

### 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 3 for more information.  
Join today & be entered to win 6 months FREE dues!

### OKTOBERFEST

Saturday, October 3 • 4-8pm  
Join us for German food, music and a great atmosphere in the Biergarten tent! FREE entry; food and beverages extra.  
Adults only.



### SPOOKY HALLOWEEN FAMILY NIGHT

Wednesday, October 28 • 5-7pm  
Member Adult \$9.95; Member Child FREE  
Non-member Adult \$14.95; Non-member Child \$3.95  
Come out for a fun-filled spooky family night and enjoy a buffet and entertainment by James D. Club members will be entered to win 4 tickets to Disneyland Paris! Not already a club member? Ask a member of staff how to join today!





## MONSTER BASH

Saturday, October 31 • 9pm-2am  
Members FREE; Non-Members \$10  
Have a scary good time at this spooktacular event! Wear your best costume and get in FREE! Prizes awarded for scariest, most original and best couple or group costumes.



## 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

## TEXAS HOLD 'EM TOURNAMENT

Tuesdays, October 6 - November 10 • 7pm  
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 a FSS Gift Card - 1st place \$200, 2nd place \$120, 3rd place \$50.



## LATE NIGHTER: THE WALKING DEAD

Friday, October 9 • 10pm-2am  
Members FREE; Non-members \$5  
Dress up in your best *The Walking Dead* attire and get in for FREE! Prizes awarded for best Daryl impersonation, best Rick impersonation, best Michonne look-a-like, best zombie, and most creative.



## EAGLES' LANDING

226-2326 • Bldg 958

### EVENTS

#### Facility Closure

Now - October 16  
The Jolly Olde Eagle Pub will be closed for renovation. During this time, operations will be moved into the restaurant. Thank you for your continued patronage.

#### First Friday

Friday, October 2  
5-10pm • Jolly Olde Eagle Pub  
Every First Friday we're cranking up the tunes and belting out the notes with karaoke! Cross your fingers in hopes of winning FREE money and scratch your brain to be the ultimate trivia master.

#### Fini Friday

Friday, October 30  
5-10pm • Jolly Olde Eagle Pub  
Join us for karaoke, a progressive drawing, trivia, foosball, darts and crud!



# SPORTS & FITNESS

## LIBERTY LANES BOWLING CENTER

226-2108 • Bldg 657

### EVENTS

#### Cosmic Bowling with DJ Ant

Saturdays: October 3 & 17 | Fridays: October 9 & 23  
8:30pm-Midnight • \$10/person  
Bowl the night away while listening to chart-topping music. Rental shoes included.

#### Handicap Tournament

Sunday, October 4 • 11:30am-7pm  
Registration starts at 10am. \$50 entry fee.  
Nine-game handicapped tournament.

#### King of the Hill Tournament

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

#### Birthday Bowling

Tuesday, October 27 • 11am-10pm  
If your birthday is in October come bowl for FREE during opening hours. DoD ID card required. Rental shoes included.

#### 80s Cosmic Bowling Party

Saturday, October 31 • 9pm-Midnight • \$10  
Wear your best 80s costume and enjoy cosmic bowling. *\*Open to all, but costumes and music are adult themed.*

### ONGOING EVENTS

#### 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.

#### Bowler Appreciation Day

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

#### Quarter Mania

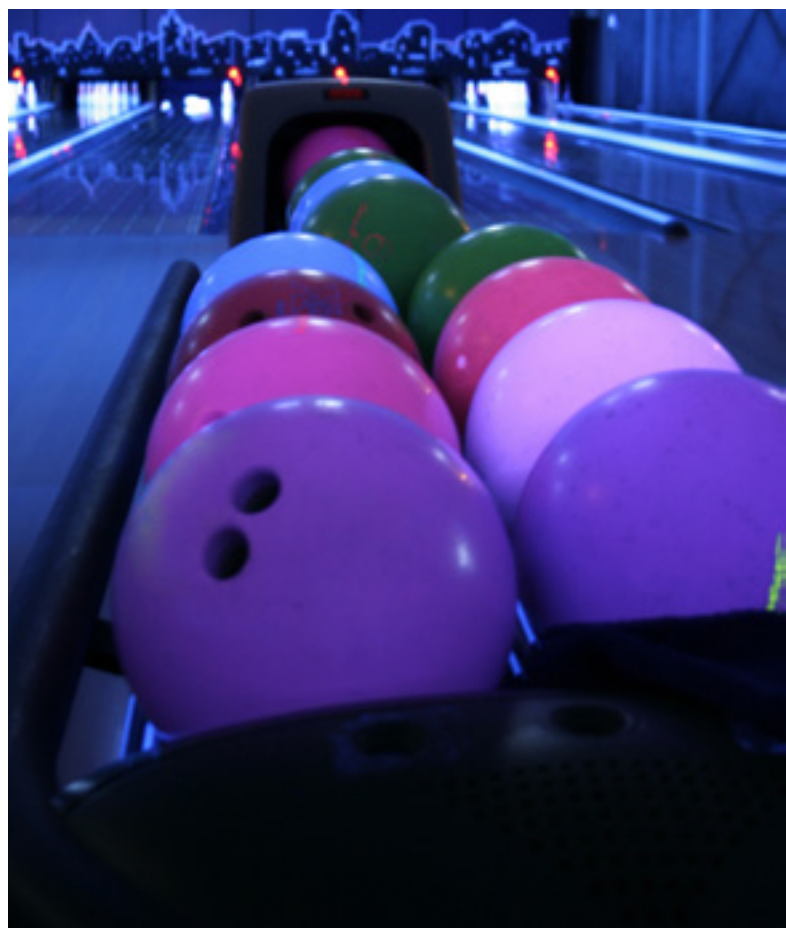
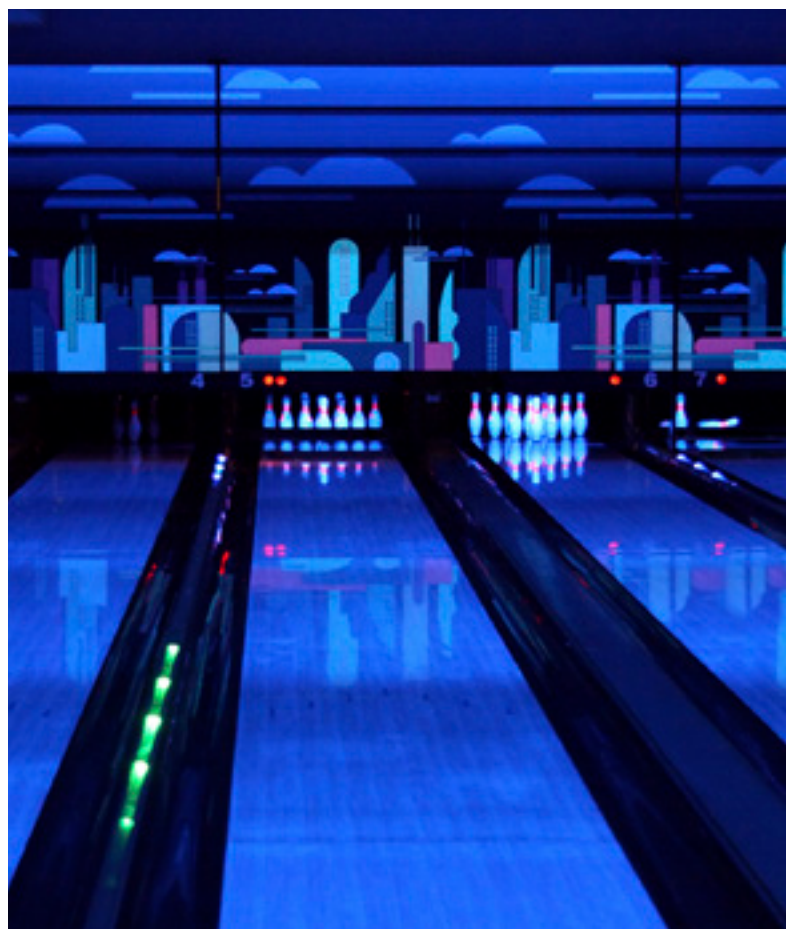
Thursdays • 11am-10pm  
Enjoy open bowling for just \$6 + 25¢/game and 25¢ shoe rental!

### 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.







## FITNESS & SPORTS CENTER

226-3607 • Bldg 904

### EVENTS

#### Boot Camp

October 5-29

Monday-Thursday • 6:30-7:30pm

\$220/4 weeks or \$60/week

Individual assessments (highly recommended) are only conducted on the first day of Boot Camp. *\*No class on Monday, October 12 (Columbus Day) – make up class will be held Friday, October 16.*

#### Pre/Post Natal Yoga

Thursdays • 11:30am-12:30pm

Begins Thursday, October 8

\$40/6 week course

#### Zombies Wanted!

Zombies, make-up & special effects artists and road marshal volunteers needed for the annual Zombie Run on Friday, October 30. Sign up with the Fitness Center no later than noon on Thursday, October 15.

#### Zombie Run

Friday, October 30 • 4:30pm

You can choose to run the shorter family and child friendly course or the longer teen and adult course. Both courses start & finish at the RAFL Track. Sign up day of event. Dogs are welcome but must remain on a leash.

## 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 • \$940/4hrs for up to 20 people

## BRECKLAND PINES GOLF COURSE

226-2223 • Bldg 1320

### EVENTS

#### Hole in One Challenge

Saturday, October 17 • 8am-2pm

Have you ever made a hole in one? Could you have if you had just one more try? Just 25¢ per ball with no limit. First ace wins the pot!

#### Glow Golf

Friday, October 30

6pm Shotgun Start

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.

### SPECIALS

10% OFF • Clubs, Shoes & Bags

\*Specials apply to in stock items only

#### Holiday Parties

It's not too late to book your Thanksgiving or Christmas party here at the Grill! Catering options are available for 20-40 people. Call 266-3551 to make your reservation today!

### 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



Photo by: Carly Moon Images





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Website:  
www.beatricecarter.co.uk

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Contact the NAF Human Resources Office at 226-4417 or 01638 52 4417 for more information!





## YOUTH CENTER

226-3180/5437 • Bldg 250

### EVENTS

#### Kid's Night Out

Friday, October 16 • 6:30-10:30pm  
Members \$15; Non-members \$20  
Come and join us for an evening of fun! Games, art activities and dinner will be provided. Open to ages 5 (in school)-12. Sign up by Wednesday, October 14.

#### Give Parents a Break

Saturday, October 10 • Noon-5pm  
Parents can enjoy an afternoon 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 Wednesday, October 7.

#### School Age Care Parent Activity

Friday, October 23 • 4:30-5:30pm  
Is your child enrolled in the School Age Care program? Then join us for a fun-filled family activity! Bring your whole family to get in on the fun!

#### Family Festival

Friday, October 30  
6:30-8:30pm • \$5/child wristband  
Come out in your costume and enjoy an early evening festival! Wristbands include bouncy castles, face painting, mummy wrap, tattooing and much more! Snack bar will be open for purchase of light snacks. *\*All children under age 9 must be supervised.*

### ONGOING EVENTS

#### Torch Club

Wednesdays • 4pm • Ages 11-13  
The Torch Club focuses on developing character and leadership skills, building positive traits and personal skills, while promoting tolerance, diversity and inclusion. You can make a difference!

#### Keystone Club

Thursdays • 11:15am • Ages 14-18  
Keystone Club is a Boys and Girls Club of America program to help teens develop character, leadership skills, explore careers and provide service to the Club & the local community.

## YOUTH SPORTS

226-3180/5452 • Bldg 250

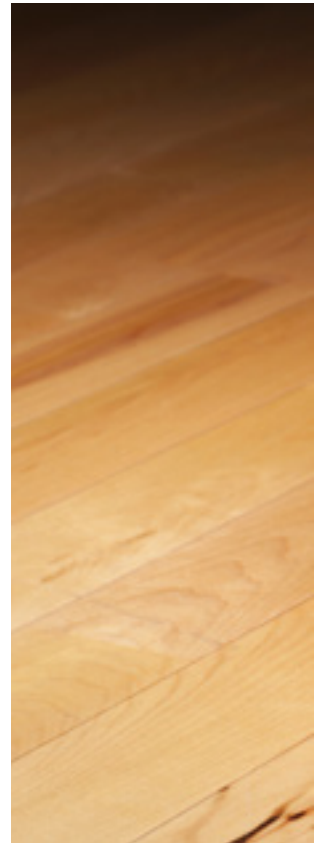
### EVENTS

#### Youth Basketball Registration

Members \$60; Non-members \$70  
Youth Basketball registration is October 12-November 13. 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.







## CDC EAST

226-3285 • Bldg 659

### EVENTS

#### Parent's Night Out

Friday, October 16 • 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, October 14. Open to ages 6 weeks to 5 years (not in school).

#### Parent Workshop: Toilet Training for Toddlers Made Easy

Wednesday, October 28 • 4:30-5:45pm  
Join us to find out how to make toilet training less challenging and more fun! Get information on when to start the process, surviving the struggles, and how to attack overnight training. Additional resources will be available for attendees. Space is limited so contact CDC East by Wednesday, October 21 to sign up! *\*We ask that children not attend this workshop. Ask us about the hourly care program.*

## CDC WEST

226-5812 • Bldg 439

### EVENTS

#### Give Parents a Break

Saturday, October 10 • Noon-5pm  
Parents can enjoy an afternoon 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 Wednesday, October 7.

## FAMILY CHILD CARE

226-2170 • Bldg 957

### EVENTS

#### New FCC Provider Orientation

October 26-30 • 9am-4pm  
Registration by Friday, October 16 is required. Call the Family Child Care office to reserve your space and for information on pre-class requirements.

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.





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# HALLOWEEN EVENTS

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## BEST HALLOWEEN HOME & PET COSTUME

SUBMIT OCT 18-25 • PAGE CAC • SEE PAGE 20

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## HALLOWEEN BEG. SKATE

SUN, OCT 25 • PAGE CAC • SEE PAGE 20

---

## SPOOKY HALLOWEEN FAMILY NIGHT

WED, OCT 28 • LIBERTY CLUB • SEE PAGE 6

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## HALLOWEEN FAMILY BINGO

FRI, OCT 16 • PAGE CAC • SEE PAGE 20

---

## FAMILY FESTIVAL

FRI, OCT 30 • YOUTH CENTER • SEE PAGE 12

---

## HALLOWEEN CRAFT NIGHT

THUR, OCT 29 • WARD CAC • SEE PAGE 21

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## ZOMBIE RUN

FRI, OCT 30 • FITNESS CENTER • SEE PAGE 9

---

## HALLOWEEN HUT

SAT, OCT 31 • PAGE CAC • SEE PAGE 20

---

## 80s COSMIC BOWLING PARTY

FRI, OCT 31 • LIBERTY LANES • SEE PAGE 8

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## MONSTER BASH

SAT, OCT 31 • LIBERTY CLUB • SEE PAGE 7

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# LIFE & LEISURE



## ELECTRIC AVENUE

226-2067 • Bldg 670

### EVENTS

#### Open Mic Jam Night

Wednesday, October 21 • 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.

### 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 ½ 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.

### 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

### 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.

### NEW RELEASES

*Marvel's The Avengers: Age of Ultron*: October 2

*Tomorrowland*: October 13

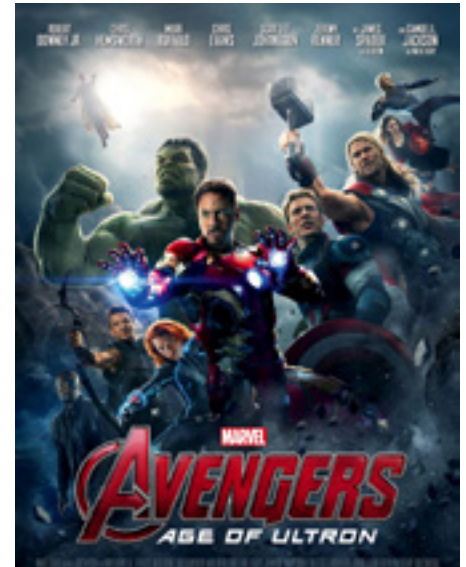
*Jurassic World*: October 13

*San Andreas*: October 13

*Assassins Creed Syndicate for PS4*: October 23

*The Gift*: October 27

\*New releases vary by location

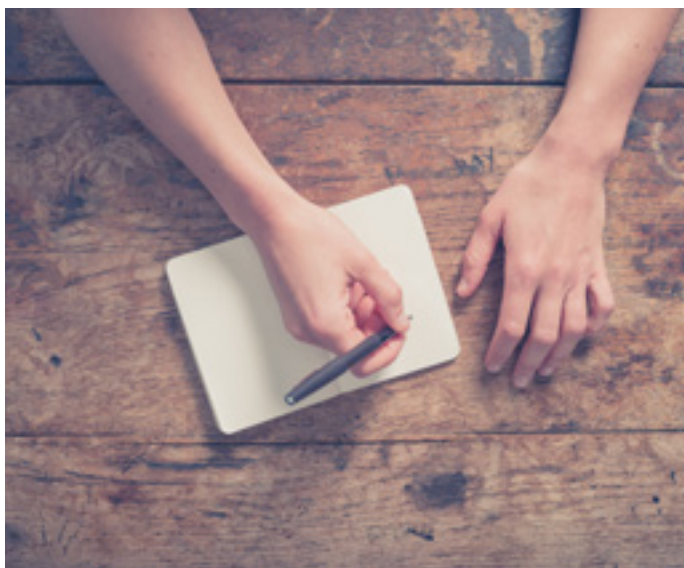






## LIBERTY LIBRARY

226-3713 • Bldg 907



### EVENTS

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

Tuesday, October 6 • 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, October 7 • 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.

#### The View from Here: Writing Workshop

Wednesday, October 14 • 5:15-7:15pm • 18+  
Join us for this fun and FREE writing workshop, exploring viewpoints in fiction and sound effects within poetry. Structured exercises will be provided to encourage you to start writing. Sign up early to reserve your spot.

#### AF Philosophical Society

Friday, October 16 • 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.

#### Remembrance Day Beaded Poppy Craft

Wednesday, October 21 • 5:15-7:15pm  
Join us for a FREE craft just for adults! Spaces are limited so contact the library to sign up today and reserve your space.

#### Super Hero Academy

Wednesday, October 28 • 4-5:30pm  
Do you have what it takes to be a super hero? Be prepared to be tested! See if your stealth skills are super as you cross our laser guarded vault, gear up and find out if you are a true marksman at our indoor range, and test your genius to see if you can crack our secret code. Wear your best Super Hero costume or create your own at the Super Hero Creation Station.





**52° North**  
The new 52° North is now available!

Pick up your Fall/Winter 2015-16 travel guide at either ITT location or Outdoor Recreation.



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Bldg. 900  
RAF Lakenheath

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# AIRMAN & FAMILY READINESS CENTER

226-3847 • Bldg 950

## CLASSES

### Building Your Financial Foundation

Thursday, October 1 • 10-11:30am

Gain a general overview of personal financial management including spend plans, goal setting, emergency savings, debt management, investing and much more.

### Manage Your Move

Fridays, October 2 & 23 • 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.

### Resume 101

Wednesday, October 7 • 9-11am

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

### Federal Employment Part 1: Navigating the Federal Application Process

Thursday, October 8 • 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!

### Bundles for Babies

Friday, October 9 • 9am-12:30

Expectant parents can learn about all things baby in this FREE workshop. Receive a bundle of baby items valued at over \$75 at the end of the class! Call A&FRC to reserve your spot today.

### Investing in Your Future: Thrift Savings Plan

Thursday, October 15 • 10-11am

Learn the importance of saving for retirement with the Thrift Savings Plan (TSP). We will cover an overview of TSP, how to enroll and various investment options.

### Interview Insight

Tuesday, October 20 • 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.

### Federal Employment Part 2: Writing a Federal Resume

Thursday, October 22 • 9-11am

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



## EVENTS

### Deployed Family Event

Wednesday, October 21

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 A&FRC to confirm location & sign up.





## PAGE COMMUNITY CENTER

226-1627 • Bldg 900

### EVENTS

#### **\$1 Morning Skate**

Sunday, October 4 • 10am-Noon

Join us for a morning of music, games & skating for only \$1! Snacks and cold beverages will be available for purchase from the snack bar.

#### **Gamers Club**

Saturday, October 10 • 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.

#### **AFE: World Class Comedy Tour**

Saturday, October 10 • Doors open at Liberty Club

at 8:30pm\*; Show starts at 9pm\* • 18+ only

\*Times have changed!

#### **Halloween Family Bingo**

Friday, October 16

Doors open at Page CAC Performing Arts Room at 4:30pm • Games start at 5pm

Pre-purchase books October 1-15 at the Page CAC \$10/2 books. Books purchased on October 16 \$15/2 books. Prizes include Tower of London tickets, Cineworld tickets, toys, games and more! Come dressed in your spooky costume and get a special treat! *\*Minimum purchase of 2 books. No refunds.*

#### **Halloween Parent and Me Beginners Skate**

Sunday, October 25 • 10am-Noon

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

#### **Halloween Hut & Costume Contest**

Saturday, October 31 • Lakenheath Elementary School Costume Contest • 5pm | Halloween Hut • 6pm

Join us for a haunted walk, hot chocolate, candy, a kids spooky drawing competition, a costume contest and more. All ghosts and ghouls are invited to show off your costumes for a chance to win a prize! Registration begins at 5pm; prizes awarded for most adorable, scariest, most creative family and most spooktacular. Costume winners also get to go through the Halloween Hut first!

## SINGLE AIRMAN PROGRAM

226-1627 • Bldg 900

#### **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 October?

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

### Family Bingo

Friday, October 9 • 5:30-8pm

Bingo fun for the whole family! Grand prize is tickets to a great day out! 10 games for \$10. *\*All children under age 10 must be supervised.*

### Halloween Craft Night

Thursday, October 29 • 5-6:30pm • \$5

Join us for some spooky fun including cookie decorating, pumpkin carving and Halloween crafts! 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!

## BEST DECORATED HALLOWEEN HOME & BEST DRESSED PET ONLINE CONTEST

October 18-25

We want your photos! Post photos of your creatively decorated home or best dressed pet on the "Lakenheath Community Centers" Facebook page. Get the most likes by October 28 and win a prize! Winners will be announced on the Facebook page on October 29.

 Find us on  
**Facebook**  
Lakenheath Community Centers





## AUTO HOBBY COMPLEX

226-2454/2383 • Bldg 1108

## TIRE & LUBE CENTER

226-2278/2279 • Bldg 1030



### SPECIALS: OCTOBER 1-31

25% OFF: ACCEL Oil Products  
& Motorcycle Helmets



### EVENTS

#### Midnight Motor Madness

Saturday, October 17

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.

### 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!

### 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!

### 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!



# Midnight MOTOR MADNESS

**SATURDAY,  
OCTOBER 17  
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.

**AUTO HOBBY COMPLEX**  
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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

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**01842 829735**

## MICHAEL JACKSON TRIBUTE NIGHT - HALLOWEEN

Saturday 31 October • 7pm - Midnight • Ticket £29.95/person  
3-Course Dinner • Disco & Live Performance • Prize for the Best Costume

Delina Miranda is the #1 tribute artist in his native Portugal, winner of the Portuguese television show *The One and Only*. Delina provides amazing live vocals and dancing skills and has been performing across Europe for over 14 years. Tickets can be purchased by contacting Louise via email: [events@lynfordhallhotel.co.uk](mailto:events@lynfordhallhotel.co.uk) or telephone: 01842 878351.



## Christmas AT LYNFORD HALL

Christmas at Lynford Hall is a magical time, book now for your Christmas party. Christmas Day lunch, Boxing Day carvery or our New Year's Eve gala dinner.

LYNFORD HALL HOTEL  
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Norfolk, IP26 5HP  
01842 878351  
[events@lynfordhallhotel.co.uk](mailto:events@lynfordhallhotel.co.uk)





## ARTS & CRAFTS CENTER

226-2194 • Bldg 906

### 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

Wednesdays, October 14 & 21  
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.

### SPECIALS: 20% OFF

October 10-19: Model Paints

October 20-31: 12"x12" Scrapbook Paper & Embellishments

\*Specials apply to in-stock items only.

### KIDS CRAFT DAY

Saturday, October 17

Session 1 • 10-11:30am

Session 2 • Noon-1:30pm

Session 3 • 2-3:30pm

Open to ages 12 and under.

Limited spaces available. Sign ups begin Monday, September 14.

### CUSTOMIZE

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

#### NEW! Personalize Your Boots

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

#### NEW! 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!



## WOOD CRAFTS CENTER

226-3367 • Bldg 1104

### SPECIALS

10% OFF • Pine | 10% OFF • Wood Glue  
20% OFF • Woodscrews

\*Specials apply to in-stock items only.

### MONTHLY SHOP USE CARD

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

### CRATING SERVICE

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



## OUTDOOR RECREATION

226-2146 • Bldg 1109

### SERVICES

#### Airport Shuttle

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

#### Costume Sales

Outdoor Recreation has everything you need to look amazing this Halloween. Stop by and check out our wide variety of adult and child costumes and accessories.

#### 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

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

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

### 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!





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castles for parties!



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T: 01638522146**





## INFORMATION, TICKETS & TRAVEL

226-2979 • Bldg 977 Rm G20 & BX

### HAMPTON COURT PALACE

Sunday, October 4  
Adult £31, Child £25,  
Infant £10; Inclusive



### DUBLIN 3 DAY TOUR

October 10-12 • Adult £219\*, Child £189  
\*Prices based on two adults sharing; Additional £70 single room supplement  
Includes: Coach transportation, ferry crossing and 2 nights  
B&B accommodation



### CITY OF YORK: GUIDED WALKING TOUR

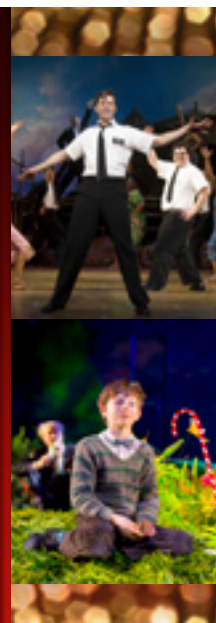
Saturday, October 17  
Adult £36, Child £34, Infant £10  
Includes: Coach transportation and guided tour  
of the city



### THEATER TRIPS: MONDAY, OCTOBER 12 (COLUMBUS DAY)

Book of Mormon  
£60 (Adults Only); Inclusive

Charlie & the Chocolate Factory  
£55; Inclusive



### GOTHIC PARIS 3 DAY TOUR

October 16-18 • Adult £264\*  
\*Prices based on two adults sharing; Additional £70 single room supplement  
Includes: Coach transportation, ferry crossing, 2 nights in a 3-star  
hotel with continental breakfast, Paris sightseeing tour, entrance to  
the catacombs and the Bell Tower of Notre Dame



### HOWL'O'WEEN AT CHESSINGTON WORLD OF ADVENTURES

Saturday, October 24  
Adult £40, Child £38,  
Infant £10; Inclusive





## NFL ON REGENT STREET & LONDON DYO

Saturday, October 24 • Adult £21, Child £19; Transportation Only  
The NFL on Regent Street will return the day before the Jacksonville Jaguars host the Buffalo Bills at Wembley Stadium. Enjoy interactive games, historical displays, performances by musical acts and NFL cheerleaders. Star players and the head coaches from both teams take time out of their preparations for a stage appearance.

*\*Get your NFL tickets from RAFL ITT and get this tour for the discounted price of £15!*

## ALTON TOWERS SCAREFEST

Saturday, October 24  
Adult £54, Child £52; Inclusive

*\*Not recommended for younger children due to the scary nature of the trip*



## THE HAUNTED CASTLE WARWICK

Sunday, October 25  
Adult £29, Child £25, Infant £10; Inclusive



## THORPE PARK FRIGHT NIGHTS

Saturday, October 31 (Halloween)  
Adult £42, Child £38; Inclusive

*\*Not recommended for anyone under the age of 13, Fright Nights attractions may be too intense for young children*



## LEGOLAND BRICK OR TREAT

Saturday, October 31 (Halloween)  
Adult £45, Child £42, Infant £10; Inclusive



## NFL GAMES AT WEMBLEY ARENA

Sunday, October 4 | Sunday, October 25 | Sunday, November 1  
Tickets starting at just £115 (End Zone) & £150 (Premium)  
Season tickets are also available. Please see ITT for further details.

*\*All sales/tickets are non-refundable/non-exchangeable.*





# RAF MILDENHALL EVENTS

SINGLE  AIRMAN

## INDOOR SKYDIVING



**Saturday, 10 October**

**Bodyflight - Bedford**

Departs RAF Mildenhall Outdoor Recreation at 3:30 pm / Returns 9:00 pm  
Indoor skydiving is an exciting and fun activity for everyone. Wind speeds of up to 180 mph support your whole body in mid air, allowing you to really fly!

**SAI: \$40 - LowCal Bistro Dinner included / Call: 01638 54 4283** 



The RAF Mildenhall Library hosts

## SPARKY

*the Fire Prevention Dog & his Fire Fighter Friends*

Wednesday, 7 October  
RAF Mildenhall Library at 11:00 am

Sparky the Fire Prevention Dog and his fire fighter friends from the Mildenhall Fire Department join us for a special story time.

For more information call: 01638 54 2352



# RAF MILDENHALL

## 100TH FORCE SUPPORT SQUADRON

### DIRECTORY

#### Airman & Family Readiness Center

☎ 460 ☎ 3406

#### Arts & Crafts

☎ 404 ☎ 2644/4101

#### Auto Hobby Complex

☎ 240 ☎ 2480/1480

#### Bob Hope Community Center

☎ 404 ☎ 2579

#### Bowling Center

☎ 160 ☎ 2348

#### Child Development Center

☎ 288 ☎ 2042

#### Civillian Personnel

☎ 435 ☎ 2111

#### The Daily Grind Coffee Shop

(located inside the BHCC)

☎ 404 ☎ 7178

#### Education Center

☎ 427 ☎ 2350

#### Hardstand Fitness Center

☎ 849 ☎ 3735

#### Gateway Dining Facility

☎ 436 ☎ 2689

#### The Galaxy Club

#### American Roadhouse

☎ 437 ☎ 2680

#### New York Pizza & Deli

☎ 437 ☎ 2680

#### Cashier Cage

☎ 437 ☎ 2683

#### Tudor Bar at Middleton Hall

☎ 464 ☎ 4860

#### Human Resources Office

☎ 460 ☎ 2111

#### Information, Tickets & Travel

☎ 162 ☎ 2630/1004

#### Library

☎ 425 ☎ 2352

#### Lodging (Gateway Inn)

☎ 459 ☎ 6001

#### Outdoor Recreation

☎ 162 ☎ 4283/7151

#### Youth Center

☎ 293 ☎ KIDS (5437)

#### Teen Program

☎ 220 ☎ 3046

Calling from a civillian line: 01638 54 XXXX

Calling from DSN: 238 XXXX

For more RAF Mildenhall information  
please visit [www.100fss.com](http://www.100fss.com)

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



# 9 Pin No Tap

Every Friday in October  
11:00 am - 9:00 pm

RAF MILDENHALL BOWLING CENTER

Bowling lanes will be set for 9 Pin No Tap.  
So if a bowler bowls a...

225+ game: win 1 free game!

275+ game: win 2 free games!

A perfect 300 game: win 3 free games!

Children 12 & under

175+ game: wins 1 free game!

200+ game: wins 2 free games!

250+ game: wins 3 free games!

Call: 01638 54 2348



# Over 30's 3v3 Basketball Tournament

Thursday, 15 October

3:00 pm

RAF Mildenhall North Side Fitness Center

Registration is open until the  
start of the tournament.

Call: 01638 54 3735





# CLASSES & DIRECTORY

## AIRMAN & FAMILY READINESS CENTER

**Reintegration Briefing**  
Mon, Wed & Fri • 9:30-10:30am

**5-Day Transitioning  
GPS Workshop**  
Sep 28- Oct 2 & Oct 26-30  
8am-4:30pm

**Bury Walking Tour**  
Fri, Oct 9 & 23 • 9am-2:15pm

**Pre-Separation Counseling**  
Tues, Oct 6 & 20 • 8:30-11:30am

**Volunteer Orientation**  
Tues, Oct 20 • 10-11am

## ARTS & CRAFTS

**Wheel Thrown Pottery (Beg)**  
Begins Mon, Oct 5  
10am-Noon or 6-8pm  
Begins Wed, Oct 7 • 6-8pm  
4 weeks • \$75 Inclusive

**NEW! Crochet: Sock Making (Int)**  
Begins Mon, Oct 5 • 6-8pm  
4 weeks • \$40 + supplies

**NEW! Painting 101**  
Begins Mon, Oct 5 • 10am-Noon  
4 weeks • \$40 + supplies

**Basic Sewing**  
Begins Tues, Oct 6 • 6-8:30pm  
4 weeks • \$50 + supplies

**Mold Pouring**  
Wed, Oct 21 • 10am-Noon  
1 day • \$25 Inclusive

**NEW! Sewing Assistance (Int)**  
Thurs, Oct 8, 15, 22 & 29 • 6-8pm  
1 day • \$12 + supplies

**Wheel Thrown Pottery (Int)**  
Begins Thurs, Oct 8 • 6-8pm  
4 weeks • \$75 Inclusive

**Van Gogh & Merlot**  
Sun, Oct 8 or 22 • 6-8pm  
1 day • \$35 Inclusive • Liberty Club

## FITNESS & SPORTS CENTER

Classes are free of charge unless otherwise noted. All classes are suitable for all fitness levels.

**Combat-Self Defense**  
Fri • 4:30-5:30pm  
\$8.50/Class or \$32/Month

**Group Indoor Cycle**  
Mon, Wed, Fri • 5-5:45am  
Tues & Thurs • 11-11:45am  
Mon-Thurs • 5-5:45pm

**H.I.I.T. (High Intensity  
Interval Training)**  
Mon & Wed • 6-6:30am,  
9:30-10am & 10:05-10:35am  
Fri • 6-6:30am

**Latin/Urban Aerobics**  
Mon & Wed • 7:15-8:15pm  
Tues • 6:30-7:30pm

**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 FELTWELL)

**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

**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

**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-5pm

**The Grill at Breckland Pines**

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

**CHILD DEVELOPMENT CENTERS (CDC)**

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

**CDC West**

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

**CIVILIAN PERSONNEL CUSTOMER SERVICE (RAF Mildenhall)**

Bldg 435 • 238-2111  
Mon-Fri: 8am-5pm

**EAGLES' LANDING** 

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


**Jolly Olde Eagle Pub** x2326

Fri: 5-10pm

**Rugbie's 2.5 Coffee Shop**

Mon-Fri: 7-11am

 : 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-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

**Rugbie's: A Modern Bistro**

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

**Rugby's Too (RAF Feltwell)**

Bldg 94  
Mon-Fri: 7am-1pm

**LIBERTY LANES BOWLING CENTER** 

Bldg 657 • x2108  
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: 10am-2pm

**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-Thurs: 3-8pm  
Fri: 3-9pm

**Youth Sports x5452**



LAKENHEATH

# HOLIDAY

# Bazaar

**HANGAR 7**

**FRI, OCT 16: 4-8PM**

**SAT, OCT 17: 10AM-6PM**

**SUN, OCT 18: 11AM-4PM**

Presented by the 48th Force Support Squadron. Event coordination through Liberty Bazaar and its OCSC & ECSC membership.

- Your holiday shopping under one roof
- 90+ vendors & many new items
- Concessions, children's activities and much more
- Payments accepted in USD and Charge Card (Charge Cards accepted by participating vendors only)



 VISIT US ONLINE AT  
**RAFLBAZAAR.COM**

 Find us on  
**Facebook**

