

atEase

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



FITNESS FOR FALL

Work off all those football party wings and burgers to be entered to win prizes!

CAPTAIN AMERICA

Electric Avenue is counting down to the release of *Captain America: The Winter Soldier!*

DESIGNER BAG BINGO

Ladies, don't miss your chance to walk away with some great prizes!



SEP-FEB AT THE LIBERTY CLUB

WIN BIG!*

Weekly Drawing: FREE Lunch Buffet
Monthly Drawing: \$50 FSS Gift Card
Major Prizes: Lions vs. Falcons Tickets
Cowboys vs. Jaguars Tickets

COME OUT ON SUNDAYS FOR THE GAMES & GREAT FOOD!

*Must be a Club Member. See Liberty Club for more details and eligibility requirements.

LIBERTY CLUB | Bldg 648 | 226-1611
www.lakenheathfss.com/libertyclub

Air Lakenheath
FORCE
SUPPORT SQUADRON

Members
First


AIR FORCE SERVICES
CLUBS

SEPTEMBER 2014

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Knight's Table
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DEPARTMENTS

COMMAND

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

BUSINESS

Lead Marketing Assistant: Tobi Applin
Commercial Sponsorship Coordinator: Julie Cloy


DESIGN & PRINT

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

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

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

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

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48th Force Support Squadron-RAF Lakenheath



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atEase magazine
52° North travel guide
Qubica screens
Lakenheathfss.com

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



The new 52° North is coming soon!

Pick up your fall/winter 2014-15 travel guide at the Mini Travel Fair Friday, October 3!

SPONSORSHIP

Expose your business to over 11,000 potential customers at RAF Lakenheath by sponsoring an event or advertising on any of our media outlets such as the atEase magazine, 52° North travel guide, Qubica screens, or on our website!

SPONSORSHIP OPPORTUNITIES

Event sponsorship gives you face time with and access to the RAF Lakenheath community. Build goodwill and brand recognition at our events!

ADVERTISING OPPORTUNITIES

Place your ad in our monthly publication. Over 3,000 atEase magazines are printed each month and are available for free at roughly 20 strategic locations around base.

CONTACT

48th Force Support Squadron Marketing & Publicity
Commercial: 01638-521709
DSN: 226-1709
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DINING & ENTERTAINMENT



GREAT LITTLE PIZZA PLACE AT LIBERTY PLAZA

226-2181 • Bldg 670

SPECIALS

Pizza Meal Deal

Monday-Friday • 11am-2pm

Get two jumbo slices of pizza with a drink!

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

Thursday Family Entertainment Feast

Just \$35 • 3-8pm • See pg. 16 for more information

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



PINKERTON'S STEAK HOUSE

Lunch Buffet

Monday-Friday

11am-1:30pm

Members \$8.75,

Non-members \$10.75

Monday: All-American

Tuesday: Tex-Mex

Wednesday: Italian

Thursday: Southern

Friday: Bistro

Dinner

Tuesday-Thursday: 5-8pm

Friday-Saturday: 5-9pm

Members Only Special

Tuesdays • \$21.95

2-4-1 Prime Rib Night





WEEKLY ENTERTAINMENT (ADULTS ONLY)

Texas Hold 'Em:
Tuesdays, 7pm

Quiz Night:
Wednesdays, 7:30pm

Wing Night:
Thursdays, 9pm

Progressive Members Drawing:
Fridays, 9pm

Urban Night:
Fridays, 10:30pm

Crazy Karaoke:
Saturdays, 9pm

Crazy Cash Giveaway (Members Only):
Friday & Saturday, Midnight



LIBERTY CLUB

226-1611 • Bldg 648

EVENTS

Football Frenzy

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

Texas Hold 'Em Tournament

Tuesdays, September 2-October 14 • 7pm
Members \$5; Non-members \$15
Show off your skills in our 6 week tournament. The top 3 players will advance to the final table on October 14. Prizes awarded for 1st, 2nd and 3rd place. FREE pizza for all players each night.

Member's Breakfast

Tuesday, September 9 • 6:30-8am
FREE member's only breakfast. Enter to win 2 FREE months of club dues!

Country Nights

Saturdays, September 13 & 27
10pm-2am • Members FREE; Non-members \$5
If you feel like a little bit of country excitement, head to the ballroom and enjoy music from DJ Farva.

Autumn Brunch

Sunday, September 21
10am-1:30pm
Members \$22; Non-members \$27; Children under 4 FREE
Come and enjoy a delicious spread of breakfast and lunch favorites. Advanced reservations are recommended.

Late Nighter

Thursday, September 25
9pm-2am • Members FREE; Non-members \$5
Come and join us for our \$6.25 wing special and entertainment to start your weekend right!

OKTOBERFEST

Saturday, October 4 • 4-8pm
Join us for German food, music and a great atmosphere in the Biergarten tent! FREE entry; food and beverages extra. Purchase a stein and it's yours to keep! Adults only.



Federal endorsement of sponsor not intended.





KNIGHT'S TABLE

226-3214 • Bldg 934

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

Specialty Meals

September 3 • Southern
 September 4 • Mongolian
 September 10 • Italian
 September 17 • Creole
 September 24 • Hispanic
 11am-1pm

Sandwich Bar

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

Specialty Bar

September 2 • Taco Day
 September 9 • Pasta Day
 September 16 • Wing Day
 September 23 • Potato Bar
 September 30 • Taco Day
 11am-1pm

THE GRILL AT BRECKLAND PINES GOLF COURSE

226-3551 • Bldg 1320

Specials

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

THE AFTERBURN AT THE FITNESS CENTER

226-3607 • Bldg 904

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



LIBERTY LANES' GRILL 48

226-2108 • Bldg 657

Specials

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

Lunch-n-Bowl* • Monday-Friday • 11am-1pm
 Buy a combo meal and bowl for FREE!
 Must be in military uniform.

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

LAKENHEATH

HOLIDAY Bazaar

HANGAR 7
FRI, OCT 17: 4-8PM
SAT, OCT 18: 10AM-6PM
SUN, OCT 19: 11AM-4PM

The 43rd Annual Bazaar is all of your holiday shopping under one roof! We have an array of unique, handcrafted gifts, local treasures, artisan cheeses and baked goods, antique furniture and more! Also, enjoy good food, carnival rides, bouncy houses and fun galore!

Presented by the 48th Force Support Squadron with the support of the OCSC & ECSC.

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SPORTS & FITNESS

FITNESS & SPORTS CENTER

226-3607 • Bldg 904

SERVICES & INDIVIDUAL LESSONS

Personal Trainer: \$45/hr
Massage Therapy:
from \$35/30 min

ZOMBIES WANTED!

Do you have what it takes to be a zombie in this year's Zombie Run? Sign up: Thursday, September 25
Run: Friday, October 31 • 4:30pm

BRECKLAND PINES GOLF COURSE

226-2223 • Bldg 1320

SPECIALS

20% OFF all BPGC Gear
25% OFF all Squadron Golf Events

FLAGS

Saturday, September 20 • 8am
AGF \$20; Non-AGF \$30
Come out for the season closer! "Flags" is a simple twist on the traditional 18 holes. Add 72 to your handicap and that's how many shots you get. Furthest round the course wins! FREE coffee and range balls provided before tee time and lunch is provided after. Sign up early to avoid missing out!

INDIVIDUAL LESSONS

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

POT O' GOLD CHALLENGE

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

FITNESS FOR FALL

September 1-30
Seasonal Incentive Program
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

Fridays • Starts October 3
11:30am-12:30pm
\$45/6 week course





LIBERTY LANES BOWLING CENTER

226-2108 • Bldg 657

ONGOING EVENTS

Monday Madness

Mondays • 4-8pm

Bowl as much as you want for just \$5! \$2 shoe rental.

Roll the Price

Tuesdays • 11am-4pm

Roll the dice to get your price! Prices range from 50¢ to \$1.75.

Wicked Wednesdays

Wednesdays • 11am-4pm

2-4-1 games! \$2 shoe rental.

Beat the Clock

Thursdays • 11am-8pm

Pay less by bowling earlier!

\$1.25/game: 11am-1pm

\$1.50/game: 1-3pm

\$1.75/game: 3-5pm

\$2/game: 5-8pm

Friday Family Fun

Fridays • 5-7pm or 6-8pm

\$40/family of 4 includes 2 hours of bowling, combo meals and shoes!

Cosmic Bowling

Fridays & Saturdays

8:30pm-Midnight

\$10/person, shoes included.

Penny Pincher Bowling

Save money with a pre-paid game card! Purchase in bundles of 10, 20 or 30 games. Visit or call for price list.

BIRTHDAY PARTIES!

Saturdays

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

Sundays

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

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

EVENTS

Labor Day Special

Monday, September 1 (Labor Day)

Wear a white shirt and bowl for just \$1.50 per game!

King of the Hill Tournament

Sunday, September 21 • 11am

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

Birthday Bowling

Tuesday, September 23

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

Family Day

Sunday, September 28 • 11am-8pm

Enjoy a meal with your kids! Get a kids meal ½ price with the purchase of an adult meal.

SINGLE AIRMEN GAME DAY

Monday, September 8 • 8am, 1pm & 5pm sessions • FREE

A team building event! Bowl 3 scratch games in teams of 4, the team with highest score wins! All participants are entered to win a pair of tickets to the Dolphins vs Raiders game in London on September 28th. Bonus entries awarded for wearing your favorite NFL team jersey or t-shirt; or your whole team wearing the same team jersey or t-shirt. Advanced registration is recommended.



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For more info call **01842 815434**.

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forestry.gov.uk/highlodge

YOUTH

YOUTH CENTER

226-3180/5452 • Bldg 250

EVENTS

Give Parents a Break

Saturday, September 13
Noon-5pm

Parents, enjoy an afternoon out while your kids, ages 5-12, play safely at the Youth Center. Must have a referral certificate and completed AF 1181. Sign up by Wednesday, September 10.

Open Rec Open House

Thursday, September 18
4:30-5:30pm • FREE

Join us with your Open Rec child to meet the staff and see what we have to offer! Bring the whole family.

Kid's Night Out

Friday, September 19
6:30-10:30pm • Members \$15;
Non-members \$20

Come and join us for an evening of fun! Games, art activities and dinner provided. Open to ages 6-12. Sign up by Wednesday, September 17.

School Age Program (SAP) Open House

Thursday, September 25
4:30-5:30pm • FREE

Join us with your School Aged child to participate in an interactive activity, get to know the staff and their classrooms! Bring the whole family.

PROGRAMS

Boys & Girls Club of America

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





YOUTH SPORTS

226-3180 • Bldg 250

EVENTS

Youth Basketball Registration

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

Basketball Coaches Needed!

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

CDC EAST

226-3285 • Bldg 659

CDC WEST

226-5812 • Bldg 439

EVENTS

Parent's Night Out - CDC East

Friday, September 19

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, September 17. Open to ages 6 weeks - 5 years.

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Large TLFs (3 bedrooms & more)	\$70.00
Distinguished VQs	\$69.00
Large Distinguished VQs	\$75.00



*The FY15 lodging rates are effective October 1, 2014. The new rates apply Air Force-wide and are within per diem levels for all locations.



FREE Wi-fi

Please see the directory on page 33 for Wi-fi locations

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area guide and information

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

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



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LIFE & LEISURE



ELECTRIC AVENUE

226-2067 • Bldg 670

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 Monday-Saturday 11am-8pm & Sunday 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.

EVENTS

Captain America: The Winter Soldier Release Viewing Parties

Monday, September 8
Movie viewing at 9:30pm;
available for purchase at 12:01am.
FREE popcorn and drinks!

Tuesday, September 9
Movie viewing at 8:30am.
FREE donuts and juice!

Enter to win a copy of *Captain America: Winter Soldier* on Blu-ray or DVD!

ONGOING OFFERS

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

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

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

Captain America: The Winter Soldier: September 9
The Fault in Our Stars:
September 16
Godzilla: September 16
Mr. Peabody & Sherman:
September 23
Neighbors: September 23
Chef: September 30



LIBERTY LIBRARY

226-3713 • Bldg 907



EVENTS

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

Tuesday, September 2

4:30-5:30pm • FREE

Reading to our four-legged friends is back! These doggies would love to have a “story time” with you. Come and join us on the first Tuesday of every month.

Through the Keyhole: Writing Workshop

Wednesday, September 10

5:15-7:15pm • FREE

Join us for a fun and creative workshop to hone your writing skills. Exercises include poetry and character writing. Adults only. Sign up to reserve your place.

Teen Story Slam!

Tuesday, September 16

5-6:30pm • FREE

What did you do this summer? Can you tell your story in only 3-4 minutes? Come by and try!

Hispanic Heritage Craft

Wednesday, September 17

4-5pm • FREE

Celebrate Hispanic Heritage Month by making your own traditional craft “Ojo de Dios” (Eye of God).

ONGOING OFFERS

Computer/Notebook Checkout

Need internet while you’re on the go? Check out a Toshiba Notebook from the Library for FREE!

Checkout is limited to USAFE Library account holders.

Graphic Novel Collection

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

Universal Class

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

PAGE COMMUNITY ACTIVITIES CENTER

226-1627 • Bldg 900

EVENTS

Brownies & Scouts Skate Special

Saturday, September 27
9am-Noon

Enjoy games, prizes, music and more! \$5 entry, show your Brownies or Scout badge and get in for just \$2! Skate rental is included.

Family Breakfast Skate Special

Saturday, October 4
9am-Noon • \$30 for 2 adults & 2 kids or \$8/person

Join us for breakfast, skating, games, prizes and more! Breakfast includes juice, fruit, breakfast burritos and hashbrowns. Spaces are limited so sign up by October 1.

ONGOING EVENTS

Lunch Skate

Monday-Friday • Noon-2pm
Fight that food coma and get your adrenaline pumping out on the rink! \$3/person on skates.

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!

Open Skate

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

Birthday Skate

Is your birthday in September? Skate for FREE during our open skate sessions!

PARTIES!

Skate Parties

Saturdays • Noon-3pm or 4-7pm

Indoor Bouncy Castle Parties

Saturdays & Sundays • 10am-1pm

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

LADIES' DESIGNER BAG BINGO

Friday, September 5 • 6pm • Eagle's Landing
Doors open at 4:30pm; games start at 6pm.

Books can be pre-purchased now through September 4 at the Page CAC 2 for \$25, additional books \$10 each; or at the event 2 for \$30, additional books \$15 each. Prizes include bags by COACH, Michael Kors, Dooney & Burke plus a chance at \$500 cash! *Minimum purchase of 2 books. No refunds.



INCREDIBLE KIDS DAY! PRINCESS & PIRATE PARTY

Saturday, September 13
10am-Noon

Join us for games, skating, crafts, prizes and even a treasure hunt! \$10; includes pizza and drinks. Spaces are limited so sign up September 1-10.



WARD COMMUNITY ACTIVITIES CENTER

226-7023 • Bldg 94 at RAF Feltwell



EVENTS

Family Bingo

Thursday, September 11 • 5:30-7pm
\$10 for 10 games. Bingo fun for the whole family!
Prizes for all ages. Children under 10 must be supervised by an adult.

Princess Party

Saturday, September 20 • 11am-1pm
Your castle awaits! Wear your favorite dress and be a princess for the day! \$20 per princess includes a gem manicure, goody bag, cake and juice. Open to ages 10 and under, a parent or guardian must stay with their princess. Sign up by Thursday, September 18.

RUGBY'S TOO CAFÉ & EATERY

See index on pg. 33 for hours of operation. Visit today and enjoy your favorite food and beverages, including perfectly-brewed Starbucks® coffee!

Spoil Yourself.



New Auto Loans

AS LOW AS

0.99
% APR*

24 MONTHS

AS LOW AS

1.54
% APR*

60 MONTHS



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Apply online at www.kfcu.org | 0-800-585-765

*Annual percentage rate. Membership and credit eligibility required. Actual rates vary based on credit history and term. For new vehicle loans only. Example: Monthly payments are approximately \$42.10 per \$1,000 borrowed at 0.99% APR for a 24-month term and \$17.33 per \$1,000 borrowed at 1.54% APR for a 60-month term. 60-month rate includes .25% discount for auto payment from KFCU checking (not available on 24-month rate). Limited time offer. Special rate is not available on existing KFCU loans and cannot be combined with any other offer.

Winterbrooke 
BOARDING KENNELS

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Situated just 2 miles from RAF Feltwell, 6 miles
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Individual Exercise Areas

Countryside Walks

Single Dog £9.00

2 Dogs 1 kennel £16.00

3 Dogs 1 kennel £20.00

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www.wellbeing-warehouse.com

Lynford Hall Hotel



• Dining • Weddings • Conferences • Special Events

Try our delicious Sunday Carvery
from £10 per person

Blues Bros Tribute Night

Friday, 29 August 2014
5 piece band & hot buffet
£22.50 per head

Christmas Party Nights

Thursday, 4 December 2014
Friday, 12 December 2014
Traditional US Christmas dinner,
novelties & disco. £29.95 per head

Lynford Hall Hotel, Mundford IP26 5HW
For more details contact our events team...

Call: 01842 878351 E-mail: rose@lynfordhallhotel.co.uk

www.lynfordhallhotel.co.uk

Family Child Care Start Your Own BUSINESS

FORCE



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Information

Call 226-2170, email
kimberly.kerr.2@us.af.mil
or stop in Bldg. 957
1st floor: weekdays,
7:30am - 4:30pm.



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CRAZY
WRAP
THING!



Tonya Kuranda • Dulce Garcia
Email: RAFL.ITWORKS@yahoo.co.uk or Text: 07547 950078

SAVE UP TO 35% OFF ENTRY TO THE UK'S TOP THEME PARKS



TO PURCHASE DISCOUNTED
TICKETS, PLEASE CALL
IN TO ITT ON BASE!



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AUTO HOBBY COMPLEX | TIRE & LUBE CENTER

226-2454/2383 • Bldg 1108

226-2278/2279 • Bldg 1030

EVENTS

All Nighter

Saturday, September 20 • 8am -
Sunday, September 21 • 4pm
32 hours of fix-it fun with FREE
pizza at 10pm. Time to get those
repairs done with no rush. Parts
store open throughout the night.
First come, first served.

SERVICES

Pop in for a complete price menu.

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

OIL - YOUR CAR'S LIFE BLOOD

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

NEED YOUR WHEELS ALIGNED?

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

SVA/MOT

Call 01638 534185 to make your
next appointment!

MOTORCYCLE SERVICES

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



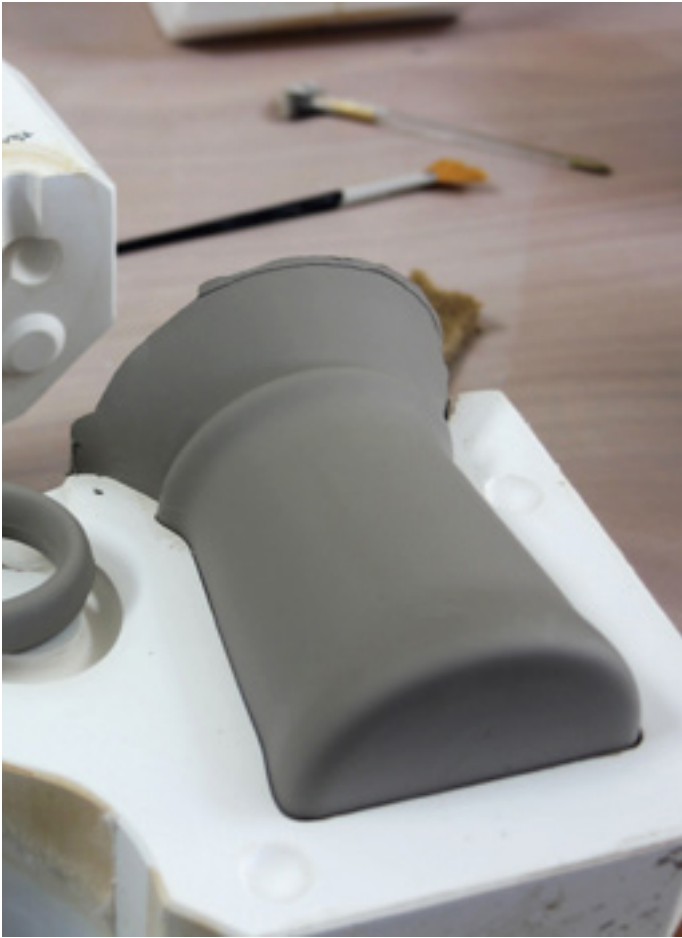
SPECIALS

September 1-15
25% OFF Car Cleaning Supplies
FREE winterization check with the purchase of an oil change



ARTS & CRAFTS CENTER

226-2194 • Bldg 906



KIDS' CRAFT DAY

Saturday, October 25
10-11:30am, Noon-1:30pm or 2-3:30pm
Come out for Halloween themed crafts! Open to ages 12 and under. Sign ups begin October 1.

SPECIALS

Inventory Clearance - see store for details
Signed Ronald Wong AF prints only \$10!

RETAIL

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

CERAMIC BIRTHDAY PARTIES

Kids can choose a ceramic piece to decorate with glaze and fire in our kiln! \$12/child. Please book in advance.

NAME TAPES

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



WOOD CRAFTS CENTER

226-3367 • Bldg 1104

SPECIALS

September 1-30
10% OFF • In Stock Hardwood
10% OFF • Shop Use Card*

*Unlimited use during regular hours for a 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.

INVENTORY CLOSURE

The Arts & Crafts Center, Auto Hobby Complex, Tire & Lube Center, and Wood Crafts Center will be CLOSED September 28-30 for annual inventory. We apologize for any inconvenience this may cause.

OUTDOOR RECREATION

226-2146 • Bldg 1109



GUYS DAY OUT: WHITEWATER RAFTING

Saturday, September 13 • Departs 9am
\$25 AD/Dependent; \$140 All Others
Includes transportation and whitewater rafting session. Adults only. Limited spaces available so sign up early!



PAINTBALL

Saturday, November 1 • Departs 8am
Ages 18+ • \$50/person
Who is the better shot; will it be RAFL, RAFM or RAFA?!? Lunch, transportation and gear included. Only 12 spots so sign up early! Sign up by October 24.



KING ARTHUR CHALLENGE: CORNWALL

November 8-11 • Departs at 6am • Ages 6+ • Adult \$350; Child (under 15) \$295
Explore the kingdom and the ancient society associated with the legendary King Arthur. Can you climb to the top of Camelot, Tintagel Castle, Uffington White Horse and Glastonbury Tor, take the sword from Arthur's Stone and stand with those that believe in the real Round Table? Will you be able to accept the challenge? Transportation, 2 nights B&B shared/mixed accommodations and listed admissions included. Weatherproof clothing available on request. Sign up by October 29.



DAY OUT WITH THOMAS THE TANK ENGINE

Saturday, October 4 • Departs 9am • Ages 2+
 \$150/family of 4 • Adult \$50; Child \$35

See Thomas and his friends in action. Take a ride on Thomas and on the other trains. Enjoy FREE games, side shows and a picnic on the lawn or dine in the buffet car. Admissions, activities & transportation included. Sign up by September 15.

SPECIALS

Pedaler Bike Shop

10% OFF all Helmet
 10% OFF all Lights

Skateboards • From \$21.95
 Scooters • From \$24.95

Start thinking about Christmas!
 We have a large selection of bikes in stock.

Equipment Rental

Carpet Shampoos • \$10/day
 Moving Trailer • From \$25/day

SERVICES

Airport Shuttle

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

Costume Sales

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

DVD & VHS Conversions

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

Equipment Rental

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

Key Cutting

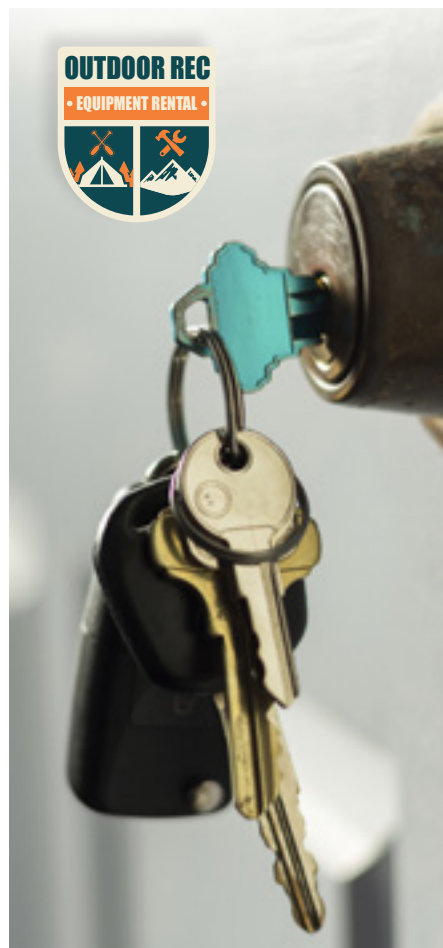
Need spare keys for your house or car? Stop by ODR and get yours today!

Pedaler Bike Shop

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

Storage Units

Looking for a place to store your extra stuff? We have 8'x8'x10' secure storage units available for rent!



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

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Kennels & Cattery

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

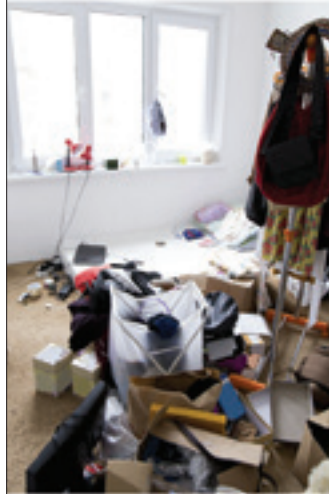
- 🐾 One to one care for all pets
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32 HIGH STREET, IP27 9JS

MONDAY-FRIDAY: 10AM-2PM & 4-8PM
SATURDAY: 4-8PM
www.GREENBOXSUSHI.co.uk

Carpets need cleaning?

We clean carpets, upholstery, patios and garbage bins.

Garbage Bin: \$10

One Room: \$80

Three Piece Suite: \$120

House of Carpets (On Base): \$140

House of Carpets (Off Base): \$170

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

SCF

Carpets Cleaning Service

Telephone: 01760•722775

Mobile: 07747•428804

NFL GAMES AT WEMBLEY ARENA



Sunday, September 28

Tailgate Party Starts 12:30pm at Liberty Lanes



VS.



Sunday, October 26

Tailgate Party Starts 8am at Liberty Lanes



Sunday, November 9

Tailgate Party Starts 12:30pm at Liberty Lanes

Premium Seats ~~£171~~ **SOLD OUT!** • End Zone Seats £136

Interested in going to all 3 NFL Games?

Premium Seats ~~£453~~ **SOLD OUT!** • End Zone Seats £348

Ticket, transportation and Liberty Lanes tailgate party included for each game.

*Tickets are non-refundable and non-exchangeable.

TRANSPORTATION ONLY available for £26/game.

*Ticket not included. See ITT for departure times & details.

INFORMATION, TICKETS & TRAVEL

226-2979 • Bldg 977 Rm G20 & BX

BUCKINGHAM PALACE

Saturdays, September 13 & 20
Departs 8am/7pm
Adult £40; Child £30; Inclusive

Sundays, September 14 & 21
Departs 8am/5pm
Adult £38; Child £28;
Inclusive

*Not recommended for
children under 5



WEEKEND IN PARIS

September 12-14 or 26-28
Adult £209; Child £149
Prices based on double
occupancy. Visit Sacre Coeur,
Palace de Terte then enjoy a
short morning tour of Paris
highlights! Luxury coach, 2
nights B&B accommodations
and return ferry crossing
included. Optional tours
are available.



DISCOUNTED + VAT FREE TICKETS

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

Alton Towers

Adults £32, Child (ages 4-11) £25

Big Bus Tour

Adults £23, Child (ages 5-15) £11

Chessington World of Adventures & Zoo

Adult/Child £20

Cineworld

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

Legoland

Adults £28, Child (ages 3-12) £24

London Aquarium

Adults £16, Child (ages 3-15) £11

London Dungeon

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

London Eye

Adults £18, Child (ages 4-15) £10

Madame Tussaud's & Scream

Adults £22, Child (ages 4-15) £18

Tower of London

Adults £20, Child (ages 5-15) £9.50,
Over 60 £17. Family (up to 2 adults &
6 children) £50

Thorpe Park

Adults £24, Child (over .9m -
age 11) £20

Warwick Castle

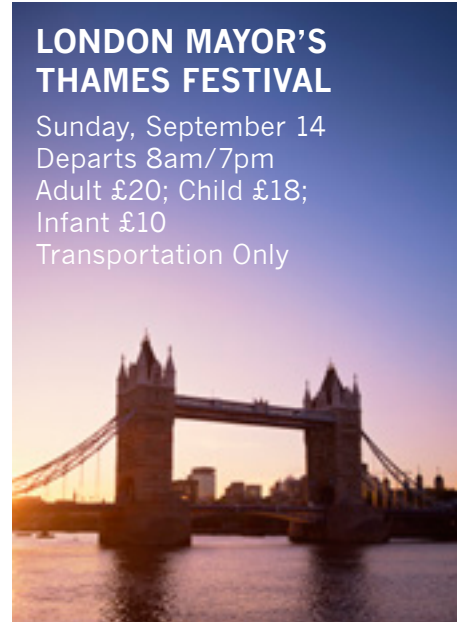
Adults £12, Child (ages 4-11) £8

* Tickets for European attractions
are also available. Please see our
travel agents.



LONDON MAYOR'S THAMES FESTIVAL

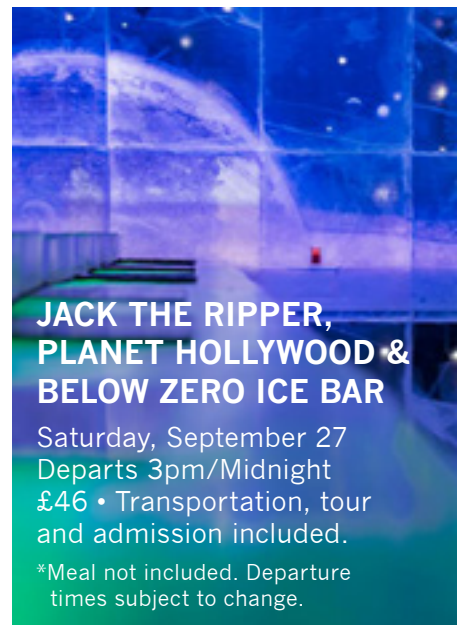
Sunday, September 14
Departs 8am/7pm
Adult £20; Child £18;
Infant £10
Transportation Only



JACK THE RIPPER, PLANET HOLLYWOOD & BELOW ZERO ICE BAR

Saturday, September 27
Departs 3pm/Midnight
£46 • Transportation, tour
and admission included.

*Meal not included. Departure
times subject to change.



EDINBURGH: EXTENDED DAY TOUR

Saturday, September 20
£89 • Join us for a self-paced tour of Edinburgh. Includes luxury coach and experienced tour leader.

*Not recommended for children.



TASTE OF WALES: SNOWDONIA & LLUANDUDNO

September 20-21 • Adult £129; Child £99
Prices based on double occupancy. SunFun luxury coach, 1 night B&B, admission to Conway Castle, visit to Snowdonia National Park, tour of Welsh slate mine, and an experienced tour leader included.



OKTOBERFEST IN MUNICH, GERMANY

September 26-29 • £369; based on double occupancy. Enjoy 4 days in Munich, Germany! Includes SunFun luxury coach, channel crossing, 2 nights bed & breakfast accommodations, 2 full days at the infamous Oktoberfest and an experienced tour leader.



ENJOY THE BLARNEY IN DUBLIN

October 11-13 • £219; based on 2 adults sharing a room. Includes luxury coach, channel crossing, 2 nights bed & breakfast accommodations, and an experienced tour leader.

WICKED & DINNER AT RUBEN'S HOTEL

Monday, October 13 (Columbus Day)
Departs 2pm/After Show • £62, Inclusive
Includes a traditional carvery in the Old Master's Restaurant at the 4-star Ruben's Hotel.



RAF MILDENHALL EVENTS

NAVY ENTERTAINMENT & ARMED FORCES ENTERTAINMENT PRESENT



PLAIN WHITE T'S

plainwhitet.com



SHOUL'D'VE GONE TO BED

Friday, 12 September
Doors open at 6:30 pm
Show starts at 7:30 pm
RAF Mildenhall Northside Fitness Center






United States Air Force



tops in blue

Celebrating 60 YEARS of Tradition

2014 World Tour

AN AIR FORCE ENTERTAINMENT PRODUCTION

Wednesday, 1 October
Show starts at 6:00 pm
RAF Mildenhall North Side Fitness Center




topsinblue.com



RAF MILDENHALL

OUTDOOR REC RETAIL STORE




The RAFM Outdoor Recreation Center has a brand new retail store. We sell "Keela" technical clothing, "Dueter" backpacks, load carrying systems, "Kuhl" clothing and apparel. As any outdoorsman will appreciate our main focus will be on quality equipment that you can rely on in the mountains. It is very easy in the UK to experience four seasons in one day especially at the latitude and at the elevation of most of our national parks! With that in mind and with a career working in the outdoors to draw upon we supply the items that we would want to find in an outdoor store.

Call: **01638 544283**



Pets Enriching Troops

Tuesday, 9 September
4:30 pm - 5:30 pm at the RAFM Library

(P.E.T.) will bring both a therapy dog and cat to the library. The therapy pets will continue visits every second Tuesday of the month. Pets are available for children to read to or to just enjoy spending time with. P.E.T. programs are dedicated to using therapy pets to help Air Force members and their families with the various challenges of military life.

Call 01638 544155 for more information.




BOYS & GIRLS CLUBS Day for Kids

Saturday, 6 September

11:00 am - 3:00 pm at the RAF Mildenhall Youth Center

Come celebrate the Day for Kids with us at the Mildenhall Youth Center. Swing by and enjoy some fun on the bouncy castles, pedal go cart races, scooters, booth games and lots of other crazy activities. This is a free event for the whole family.

We are expecting a very large attendance so please make sure to park on base and walk over to the Youth Center.

<http://www.bgca.org/newsevents/Pages/DayforKids.aspx>



RAF Mildenhall, 100th Force Support Squadron Directory

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

Arts & Crafts Complex
☎ 404 ☎ 238 2644

Auto Hobby Complex
☎ 240 ☎ 238 2480

Bob Hope Community Center
☎ 404 ☎ 238 2579

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

Bowling Center
☎ 160 ☎ 238 2348

Child Development Center
☎ 288 ☎ 238 2042

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

Education Center
☎ 440 ☎ 238 2350

Hardstand Fitness Center
☎ 849 ☎ 238 3735

North Side Fitness Center
☎ 463 ☎ 238 2349

Human Resources Office
☎ 448 ☎ 238 2111

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

Library
☎ 425 ☎ 238 2352

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

Outdoor Recreation & Supply
☎ 162 ☎ 238 4283/7151

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

THE GALAXY CLUB

American Roadhouse
☎ 437 ☎ 2680

New York Pizza & Deli
☎ 437 ☎ 2795

Cashier Cage
☎ 437 ☎ 2683

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

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



CLASSES & DIRECTORY

ARTS & CRAFTS

Mold Pouring

Tuesday, September 2
10am-Noon • \$20 Inclusive

Wheel Thrown Pottery (Beginner)

Tuesday, September 2
6:30-8:30pm • 4 week class
\$75 Inclusive

Mold Pouring

Wednesday, September 3
10am-Noon • \$20 Inclusive

Wheel Thrown Pottery (Beginner)

Thursday, September 4
6:30-8:30pm • 4 week class
\$75 Inclusive

Wheel Thrown Pottery (Beginner)

Friday, September 5
9:30-11:30am • 4 week class
\$75 Inclusive

Wheel Thrown Pottery (Intermediate)

Friday, September 5
12:30-2:30pm • 4 week class
\$75 Inclusive

Wheel Thrown Pottery (Beginner)

Monday, September 8 • 1-3pm
4 week class • \$75 Inclusive

Mold Pouring

Tuesday, September 16
10am-Noon • \$20 Inclusive

Mold Pouring

Wednesday, September 17
10am-Noon • \$20 Inclusive

Mold Pouring

Tuesday, October 7
10am-Noon • \$20 Inclusive

Mold Pouring

Wednesday, October 8
10am-Noon • \$20 Inclusive

INSTRUCTORS WANTED

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

CLASS INFORMATION

Want to know more? Please contact the facility that is hosting the class with any questions.

FITNESS & SPORTS CENTER

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

48 FX Functional Fitness • 16+

Tues & Thurs • 11am-Noon
Wed • 5:30-6:30pm
\$7.50/class
Contact front desk for pre-req information

Fitness Kickboxing

Tues • 5-6pm

Group Indoor Cycle

Mon & Wed • 11-11:45am
Mon, Wed, Fri • 5-5:45am
Mon-Thurs • 5-5:45pm

Latin/Urban Aerobics

Mon & Wed • 7:15-8:15pm
Thurs • 5-6pm

Martial Arts Kickboxing • 18+

Thur • 6:30-7:30pm

Total Body Conditioning

Mon & Wed • 5-6pm

Yoga/Pilates

Mon & Wed • 6-7pm

LIBRARY

Mango Languages

Online program to learn languages. Visit www.usafelibraries.org, click on the information databases tab, click on access via USAFE library card, enter your library card number and then click on Mango Languages.

Transparent Language Online

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

Universal Class

Online continuing education service. Sign up at the Library.

PAGE CAC

Guitar Classes

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

Jiu Jitsu

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

WARD CAC (RAF FELTWELL)

Ballet

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

Guitar Lessons

Mon & Tues • 3:15-6pm
\$70/month/student
One-on-one lesson, 30min/week

Jiu Jitsu

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

Piano Lessons

Wed • 3:15-6pm
Thurs • 3-5:30pm
\$70/month/student
One-on-one lesson, 30min/week
Ages 7+

Pre-School Ballet

Tues • 4-4:45pm
Ages 3-5 • \$8.40/class

YOUTH CENTER

Ballet & Tap

Mon • Times vary • Ages 3+
Starts at \$25/month

Gymnastics

Days & times vary
Age 2+ • Starts at \$40/month

Karate

Thurs • 4:45-6:15pm & 6:15-7:45
Fri • 4:45-6:15pm
Ages 6+ • \$45/month

Open Wall Climb

Wed • 6-7:30pm
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

Wall Climbing Class

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

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

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

AUTO HOBBY COMPLEX
Bldg 1108 • x2454
MOT/SVA: 01638 534185
Mon-Fri: 8am-8pm
Sat: 8am-6pm
Sun: 10am-4pm
Last DIY sign-in is 30 min before closing.

Auto Parts Store
Bldg 1102 • x5918
Sun: 10am-4pm
Mon-Fri: 9am-7pm
Sat: 9am-5pm

Auto Tire & Lube Center
Bldg 1030 • x2279/2278
Mon-Fri: 7:30am-5:30pm


BRECKLAND PINES GOLF COURSE 
Bldg 1320 • x2223
Golf Shop
Open Daily: 7am-7pm


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

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

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

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

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

COMMUNITY ACTIVITIES CENTERS (CAC) 
Page CAC
Bldg 900 • x1627
Mon-Thurs: 8:30am-7pm
Fri: 8:30am-9pm
Sat: Noon-9pm
Sun: Noon-6pm
Skating Rink
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: 8:30am-4pm
Thurs: 9am-4pm
Fri: 8am-3:30pm

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

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

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


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

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

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

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

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

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

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

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


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

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

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

Grill 48
Mon: 7:30am-7:30pm
Tues-Wed: 7:30am-9:30pm
Thurs: 7:30am-10:30pm
Fri-Sat: 7:30am-11:30pm
Sun: 11am-7:30pm

Pro Shop
By Appointment Only

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


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

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

MILITARY PERSONNEL SECTION
Bldg 977 • x5131
Career Development: x3939
Force Management: x5138
Walk-In


Mon-Wed: 7:30am-1:30pm
Thurs: 9:30am-1:30pm
Fri: 7:30am-1:30pm
Appointments Only
Mon: 1:30-4:30pm
Tues: 6:30-7:30am
Wed-Fri: 1:30-4:30pm

NAF HUMAN RESOURCES OFFICE
Bldg 977 Rm G45 • x4417
Mon-Wed: 7:30am-4:30pm
Thurs: 9:30am-4:30pm
Fri: 7:30am-4:30pm

OUTDOOR RECREATION 
Bldg 1109 • x2146
Mon-Fri: 10am-5:30pm
Sat: 10am-2pm

VAT RELIEF PROGRAM OFFICE
Bldg 957, Rm 201 • x3166
Mon-Fri: 9am-4pm

WOOD CRAFT CENTER 
Bldg 1104 • x3367
Wed: 11am-5pm
Thurs: 11-8pm*
Fri-Sun: 11am-5pm
*Trial hours

YOUTH CENTER 
Bldg 250 • x3180
Mon-Fri: 7:30am-5:30pm
Open Recreation
Mon-Fri: 3-7pm

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

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

