

atEase

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



CLUB FOOTBALL FRENZY

Come out on Sundays for the games and great food!

JURASSIC ENCOUNTERS

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Terms:
Voucher must be redeemed by 31st December 2015. Subject to availability. Excludes already discounted offers. One voucher per person. Applies to first-time customers only.

VOUCHER CODE: ATEASE01-SK

Please contact SK to book your treatment.

FOR OFFICE USE ONLY:

Name: Date:

Treatment(s):

SEPTEMBER 2015

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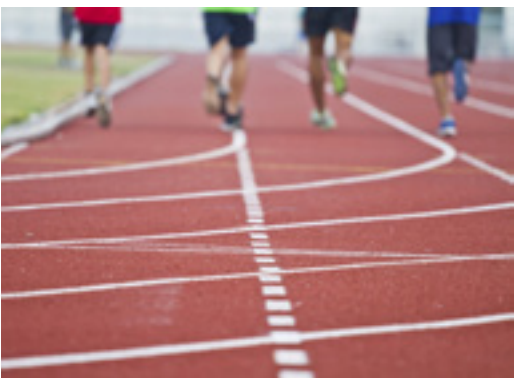
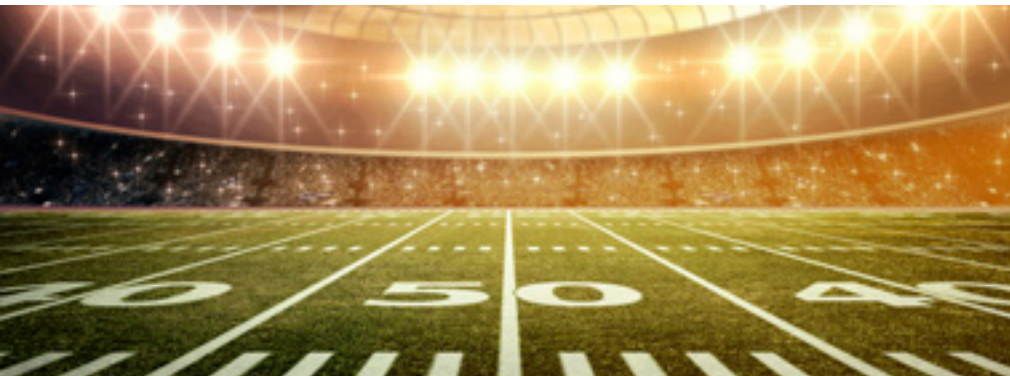
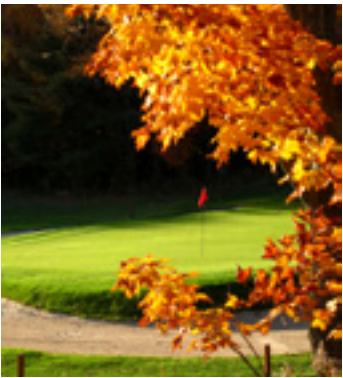
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DEPARTMENTS

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48 MSG Commander: Col Michael Zrostlik
48 FSS Commander: Maj Sean Brazel
48 FSS Deputy: Eddie Adelman
48 FSS Chief Enlisted Manager:
CMSgt Michael Crawley
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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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RAF Lakenheath 48th Force Support Squadron



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

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

SPONSORSHIP

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

SPONSORSHIP OPPORTUNITIES

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

ADVERTISING OPPORTUNITIES

Place your ad in our monthly publication. Over 2,500 atEase magazines are printed each month and are available for free at roughly 20 strategic locations around base.

CONTACT

48th Force Support Squadron Marketing & Publicity
Commercial: 01638-521709
DSN: 226-1709
Email: 48fss.fsk@us.af.mil

2nd annual mini travel fair

Friday, September 11
BX Main Store Mall
10am-1pm • FREE

- Visiting Simon's BBQ and Bun-D food vendors
- Stop by and enter to win great prizes and trips like a 4-day Prague getaway for two, London theater tickets, NFL tickets, 16GB iPod, Fitbit Charge, Exchange gift cards & more!



Federal endorsement of sponsors not intended.



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.

The 44th 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! You can also enjoy good food, children's activities and fun galore!



LIBERTY BAZAAR

VISIT US ONLINE AT
RAFLBAZAAR.COM

Find us on
Facebook



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DINING

rugbie's
A MODERN BISTRO



LIBERTY LANES' GRILL 48

226-2108 • Bldg 657

We are now serving breakfast! Enjoy our best selling "El Diablo" breakfast burrito, hot cakes, omelets & more starting at 7:30am Monday-Friday!

We also 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 in September • 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!





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

Noodle Bar

Monday, September 14 & 28
11am-1:30pm • Members \$8.75;
Non-members \$10.75

KNIGHT'S TABLE

226-3214 • Bldg 934

Specialty Meals

September 2 • Italian
September 3 • Mongolian BBQ
September 9 • Asian
September 16 • Hispanic
September 24 • Carvery
September 30 • Southern
11am-1pm

Sandwich Bar

Monday-Friday
11am-1pm

Specialty Bar

September 1 • Taco Bar
September 8 • Pasta Bar
September 15 • Wing Bar
September 22 • Potato Bar
September 29 • Wing Bar
11am-1pm

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!

NEW! 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

Come out and enjoy a piping hot, fresh out of the oven pizza! This month enjoy the "Chicken Parmesan" with chicken breast, diced tomatoes, & spring onions topped with mozzarella and parmesan 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 37 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.

Thursday Family Entertainment Feast or ½ Feast

See page 18 for more information.

ENTERTAINMENT



LIBERTY CLUB

226-1611 • Bldg 648

EVENTS

First Friday: Social Hour

Friday, September 4 • 5-7pm
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! Entry is FREE!

First Friday: After Dark

Friday, September 4 • 10pm-2am
Members FREE; Non-members \$5
DJ Adam Baum, our house DJ, will be spinning your favorite tunes!

Latin Night

Saturday, September 5 • 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!

Member's Breakfast

Tuesday, September 8 • 6:30-8am
Members, join us for a FREE breakfast as a little "Thank You" for being a valued club member. Enter to win 2 months FREE club dues! Not a member? Stop by and join today!

CLUB MEMBERSHIP PAYS!

Crazy Cash Giveaway! (Members Only)

Every Friday & Saturday • Midnight
We have already given away more than \$30,000! Just be there & be a member and you could win big!

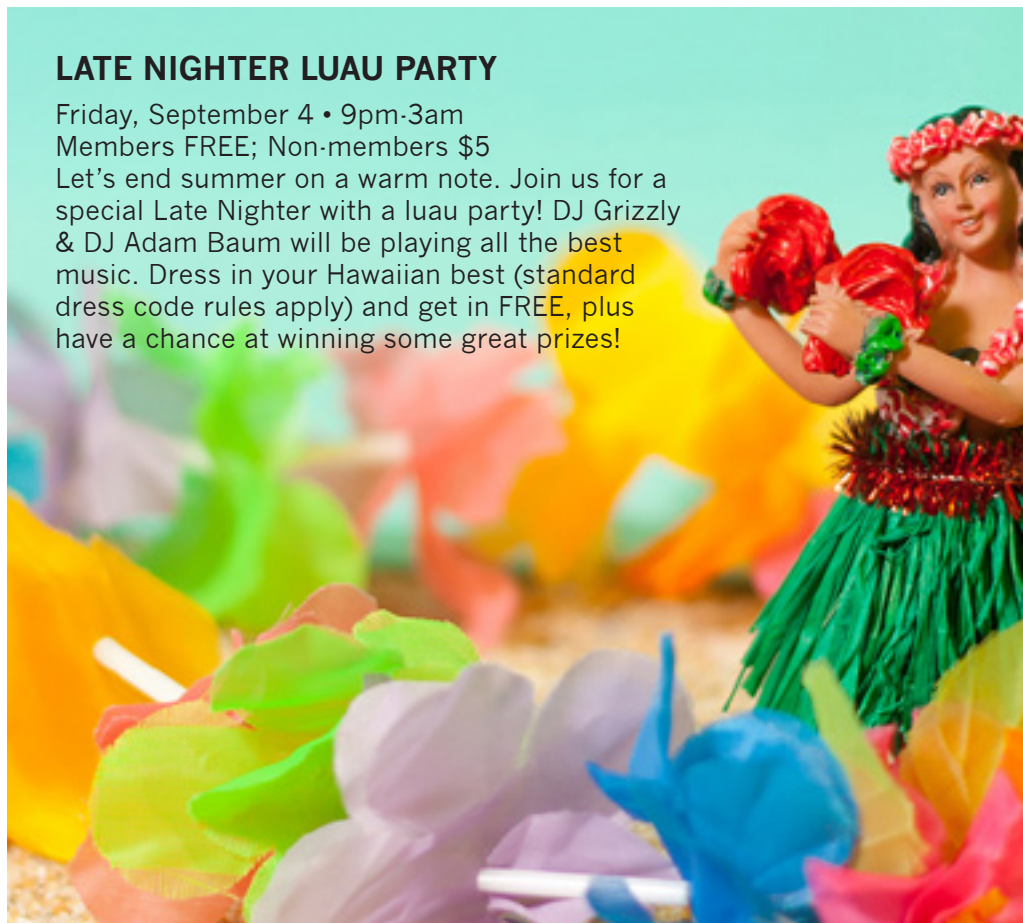


FOOTBALL FRENZY

Sundays • September-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!

LATE NIGHTER LUAU PARTY

Friday, September 4 • 9pm-3am
Members FREE; Non-members \$5
Let's end summer on a warm note. Join us for a special Late Nighter with a luau party! DJ Grizzly & DJ Adam Baum will be playing all the best music. Dress in your Hawaiian best (standard dress code rules apply) and get in FREE, plus have a chance at winning some great prizes!





COUNTRY NIGHTS

Saturday, September 12 & 26 • 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.



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



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.



EAGLES' LANDING

226-2326 • Bldg 958

EVENTS

Facility Closure

September 7 - October 16
The Jolly Olde Eagle Pub will be closed for refurbishment. During this renovation, operations will be moved into the restaurant. Thank you for your continued patronage.

First Friday

Friday, September 4
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, September 25
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: September 5 & 19

Fridays: September 11 & 25

8:30pm-Midnight • \$10/person

Bowl the night away while listening to chart-topping music. Rental shoes included.

Handicap Tournament

Sunday, September 6 • 11:30am-7pm

Registration starts at 10am. \$50 entry fee.

Nine game handicapped tournament.

King of the Hill Tournament

Sunday, September 20 • 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 29 • 11am-10pm

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

ONGOING EVENTS

Lunch & Bowl

Tuesdays in September • 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 in September • 11am-8pm

Come out for \$2 games and \$2 shoe rental.

Quarter Mania

Thursdays in September • 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

NEW! Fitness Center Hours

Effective September 1, 2015
Sign-up at the front desk during opening hours for 24hr access to the cardio-selector room & overflow court (you will need your CAC or ID with you).
See page 37 for new hours of operation or contact the front desk for more information.

Boot Camp

September 1-25
Tuesday-Friday • 6:30-7:30pm
\$220/4 weeks or \$60/week
Individual assessments (highly recommended) are only conducted on the first day of Boot Camp.

9/11 Memorial Event

Friday, September 11 • FREE
Join FSS and Team RWB for a satellite event of the Old Glory Relay. This Moving Tribute will begin at 6:30am at the RAFL track. For 9 hours & 11 minutes members of the Tri-base area will carry an American flag around the track honoring veterans and those who lost their lives on 9/11. You can also participate in a 5K beginning at 7am at the track – let's see how many flags we can get flying.

SERVICES & INDIVIDUAL LESSONS

Personal Trainer: \$35/30min, \$50/hr, \$80/90min
Massage & Holistic Therapy: starting at \$39
Tennis Lessons: \$35/30 min, \$50/hr, shared sessions available for a discount.
Combat-Self Defense: \$57/30min, \$76/hr for 1-4 people • \$940/4hrs for up to 20 people

BRECKLAND PINES GOLF COURSE

226-2223 • Bldg 1320

EVENTS

Club Championship

September 4-6 • 8am Tee Time
AGF Members \$110; Non-AGF \$140
Don't miss the greatest event at Breckland Pines! Enjoy 36 holes of golf over 2 days. Prizes awarded for various accomplishments such as the longest drive and closest to the pin. Sign up early to avoid missing out.

R4R - Golf Match

Saturday, September 26 • 9am
Who will be champion RAF Lakenheath or RAF Mildenhall?
This is the match to prove which base has the best team. 18 holes of individual match play. Please call the Breckland Pines Golf Course to sign up.

PRO SHOP CLEARANCE

Get 20%-50% off selected items!
See the Pro Shop for details.
*Specials apply to in stock items only

ONGOING OFFERS

Annual Green Fee (AGF) Renewal

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

Individual Lessons

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

Big 15 Golf

E1-E4 \$20; All other ranks \$25
Experience the next generation of golf! Forget 3 putts, burning the edges & the dress code! Welcome the chip-ins, pars & birdies. Forward tees + HUGE 15" cups = bigger fun!



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Child (0.9m - 1.1yrs) **£23.00**
Infant (Under 0.9m) **FREE**

MURDER MYSTERY DINNER

Friday 18 September 2015 • 9pm

Join us for this highly engaging and interactive experience! Murder is not a laughing matter, but the evening will be full of fun, banter, and humorous plots with twists and turns along the way! £29.50 per person includes a 3-course dinner and the performance.



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THE 2015 BRECKLAND PINES



SEPTEMBER 4, 5 & 6

SIGN UP EARLY & DON'T MISS OUT!

\$110 AFG • \$140 NON-AFG

5:30PM FRIDAY • 8AM TEE TIME SAT/SUN

OPEN TO ALL GOLFERS • PRIZES FOR GROSS & NET WINNERS

FRIDAY EVENING ICE BREAKER WITH PUTTING COMPETITION & GRILLED DINNER

SATURDAY & SUNDAY PLAY A TOTAL OF 36 HOLES STROKE PLAY

BRECKLAND PINES GOLF COURSE

Bldg 1320 • 226-2223

www.lakenheathfss.com/brecklandpines



YOUTH



YOUTH CENTER

226-3180/5437 • Bldg 250

EVENTS

Kid's Night Out

Friday, September 18 • 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 6-12. Sign up by Wednesday, September 16.

Give Parents a Break

Saturday, September 19 • 6-11pm
Parents can enjoy an evening out while their kids, ages 5-12, play safely at the Youth Center. Must have a referral certificate and completed AF 1181. Sign up by Wednesday, September 16.

Smart Girls Mini Lock-In

Friday, September 25 • 7:30-10:30pm • Ages 9-18
Members \$10; Non-Members \$12
It's girl time!!! Bring your bestie for a fun filled evening of pampering. Enjoy making face masks, sugar scrubs, bath bombs, friendship bracelets and more. Bring your own make-up for beauty tips. Food will be provided. Sign up by Friday, September 18.

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.





CDC EAST

226-3285 • Bldg 659

EVENTS

Parent's Night Out

Friday, September 18
6:30-10:30pm

Parents can have a great night out while their children are entertained at the CDC! Must provide proof of current vaccinations. Please sign up by Wednesday, September 16. Open to ages 6 weeks to 5 years.

CDC WEST

226-5812 • Bldg 439

Give Parents a Break

Saturday, September 19 • 6-11pm

Parents can enjoy an evening out while your kids, ages 6 weeks to 5 years (not in school), play safely at the CDC. Must have a referral certificate and completed AF 1181. Sign up by Wednesday, September 16.



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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WORLD CLASS COMEDY



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

SAT, OCTOBER 10
LIBERTY CLUB • FREE

DOORS OPEN 7:30PM • SHOW STARTS 8PM

ARMEDFORCESENTERTAINMENT.COM

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



CHECK OUT THE
FORCE SUPPORT
WEBSITE

FOR ALL THE LATEST INFORMATION ABOUT FSS EVENTS & ACTIVITIES!

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





R4R - RECHARGE FOR RESILIENCY

AN AIR FORCE PROGRAM



The goal of the R4R Program is to provide deployed-affected and dependent restricted Air Force assigned service members and their families relief from the challenges they face by offering the opportunity to recharge through MWR focused social, recreational, fitness and learning programs.

R4R allows all Air Force assigned service members returning from deployments or dependent-restricted assignments and their family members to participate in FSS recreational activities such as camping, sports activities and instructional programs. Eligible family members may participate while the member is gone and/or upon their service member's return.



Upcoming R4R Events:

Warwick Castle, Sept 13 • ITT | Couples Connection, Sept 18 • Page CAC
Paintball Challenge, Sept 18 • ODR | Golf Tournament, Sept 26 • Breckland Pines

Contact the Page Community Center if you are interested in any of these programs so they can verify eligibility & get you and your family signed up.

For more info and a full listing of events & trips contact the Page CAC at 226-1627 or visit www.lakenheathfss.com/R4R

Carpets need cleaning?

We clean carpets, upholstery, patios and garbage bins.

Garbage Bin: \$10
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 House of Carpets (On Base): \$140
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www.lakenheathfss.com/odr



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For More Information

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






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www.GREENBOXSUSHI.co.uk



New Beginnings
INTERNATIONAL

SUNDAYS

10:15am Sunday School

11:15am Worship Service &
Children's Church

TUESDAYS

6:30pm Intercessory Prayer

7:00pm Bible Study

FRIDAYS Every 2nd Friday of the Month

7:00pm Worship Service & Fellowship

AUXILLARY FELLOWSHIPS

Children's Activities

Every 1st Friday of the Month

7:00pm Men's Fellowship

Every 3rd Friday of the Month

7:00pm Women's Fellowship

Every 3rd Saturday of the Month

10:00am-4:00pm

Marriage Enrichment Seminar



Pastor & First Lady Jacob

Developing leaders of all ages through teaching the Word of God to equip the saints to bring a healing to the nation.



Wangford, Brandon, Suffolk IP27 0SJ



nbichurch@outlook.com



01842.814.862



[/NewBeginningsUK](https://www.facebook.com/NewBeginningsUK)

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 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

Mad Max: Fury Road: September 1

The Age of Adaline: September 8

American Heist: September 8

Furious 7: September 15

Pitch Perfect 2: September 22

Spy: September 29

*New releases vary by location

EVENTS

Open Mic Jam Night

Wednesday, September 16 • 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.

Sidewalk Sale

Friday, September 18 • 10am-8pm
Enjoy discounts up to 75% OFF t-shirts, movies, video games, electronic accessories and more!

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

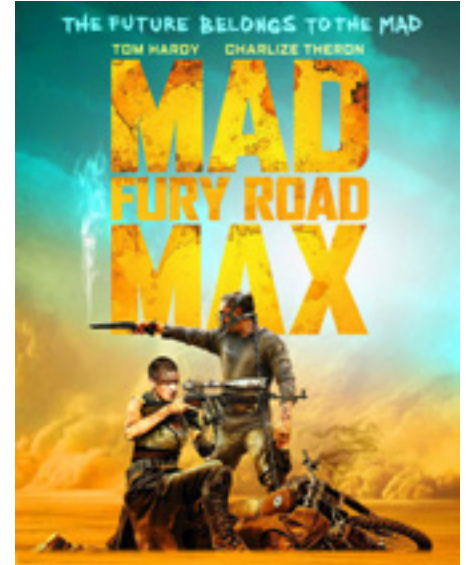
Wednesday: 3 for \$3

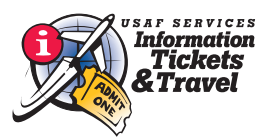
Thursday: 2-4-1

Friday & Saturday:

Three-Night Rental

Sunday: Dollar Day





LIBERTY LIBRARY

226-3713 • Bldg 907



EVENTS

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

Tuesday, September 1 • 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, September 2 • 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.

Hispanic Heritage Craft Day

Tuesday, September 17 • 4-5pm • FREE
Join us at the library for a fun craft project making paper plate suns. To personalize your sun, please bring in a picture to show the commitment to family that the Hispanic community prides itself on. Open to ages 3-12.

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.

ONGOING OFFERS

Computer/Notebook Checkout

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

Graphic Novel Collection

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

Role Playing Game Books

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

Universal Class

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





HALLOWEEN The Ultimate **FIREWORKS** Spectacular

Alton Towers Scarefest 17th October to 2nd November
Alton Towers Fireworks 6th to 8th November

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- **Set Dinner** from £11/person

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FEDERALLY INSURED BY NCUA. To qualify for movie passes, must not have had a KFCU checking account within the last 12 months and must be at least 18 years of age. Membership eligibility required.

AIRMAN & FAMILY READINESS CENTER

226-3847 • Bldg 950

CLASSES

Improving Your Credit Score

Thursday, September 3 • 10-11am

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

Manage Your Move

Fridays, September 4 & 18 • 10am-1pm

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

Federal Employment Part 1: Navigating the Federal Application Process

Thursday, September 10 • 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!

USO Hire Heroes

September 14-15 & 17-18 • 8am-4:30pm

The USO in collaboration with Hire Heroes USA hosts a two day transition workshop for active duty, wounded, ill and injured troops. The two day workshop focuses on resume writing, mock interviews, professional work practices and translating prior military experience into a civilian career.

Interviewing Insight

Tuesday, September 15 • 1-3pm

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

Basic Investing

Thursday, September 17 • 10-11am

This workshop is specifically designed for people who are brand new to investing. It will give you a solid overview of the most important topics – the basics. If you are not sure about the importance of a budget, risk-reward relationship, Thrift Savings plan vs IRA's and the pros and cons of each, then this workshop is for you.

Federal Employment Part 2: Writing a Federal Resume

Thursday, September 24 • 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!

Heart Link

Friday, September 25 • 8:30am-3pm

Join us for a fun filled day of interactive games, networking and information sharing at this introduction to Air Force culture for new Air Force spouses (5 years or less). Continental breakfast and lunch will be provided.



EVENTS

Deployed Family Event

Wednesday, September 16
5-7pm • Defender Park

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. The RAFL chapel will be an alternate location in case of inclement weather. Call A&FRC to confirm location & sign up.



PAGE COMMUNITY CENTER

226-1627 • Bldg 900

EVENTS

Facility Closure

August 31-September 8

The Page Community Center will be closed for renovations. We apologize for any inconvenience this may cause.

Jurassic Encounters Party

Saturday, September 12 • 10am-1pm • \$15/child

Join us for a Jurassic animal encounter. Meet Meerkats, an Asian Palm Civet, a Panther Chameleon and more exotic, fuzzy, friendly animals. Lunch, a hot dog and chips with a drink, is included. Additional snacks and drinks will be available for purchase. Sign up by Tuesday, September 8.
**All children must be accompanied by an adult.*

Gamers Club

Saturday, September 12 • 1:30-3:30pm • FREE

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

Parent and Me Beginners Skate

Sunday, September 13 • 10am-Noon

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

R4R - Couples Connection

Friday, September 18 • 7-10pm • FREE

Are you looking to enhance your relationship after experiencing separation due to deployment? Then come and enjoy a 3-course meal while you and your partner enjoy some quality time with one another through this relationship enhancement seminar. Contact the Page Community Center to sign up and for location information.

Michael Kors Designer Bag Bingo

Friday, September 25

Doors open at the Liberty Club Ballroom at 4:30pm
Games start at 6pm

Pre-purchase books September 9-24 at the Page Community Center: \$25/2 books, or September 25: \$30/2 books. Prizes include bags, watches and accessories by Michael Kors!

**Minimum purchase of 2 books. No refunds.*

***Food purchased at Liberty Club, Great Little Pizza Place, or the Liberty Lanes Bowling Center welcome. No other outside food may be brought into the facility.*

\$1 Morning Skate

Sunday, September 27 • 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.





PARTIES!

Skate Parties

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

Indoor Bouncy Castle Parties

Saturdays & Sundays • 10am-1pm

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

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 September?

Skate for FREE during open skate!

Skating Punch Card

Get six punches and your seventh session is FREE!

Open Skate

\$5 admission

Monday-Wednesday • 9am-4pm

Thursday • 9am-2pm | Fridays • 9am-4pm & 6-9pm

Saturdays • Noon-7pm | Sundays • Noon-5pm

WARD COMMUNITY CENTER

226-7023 • Bldg 94 at RAF Feltwell

EVENTS

Back to School Craft Day

Thursday, September 10 • 5-6:30pm

We'll bring the supplies, you bring the creativity.

**All children under the age of 10 years must be accompanied by an adult.*

Princess Party

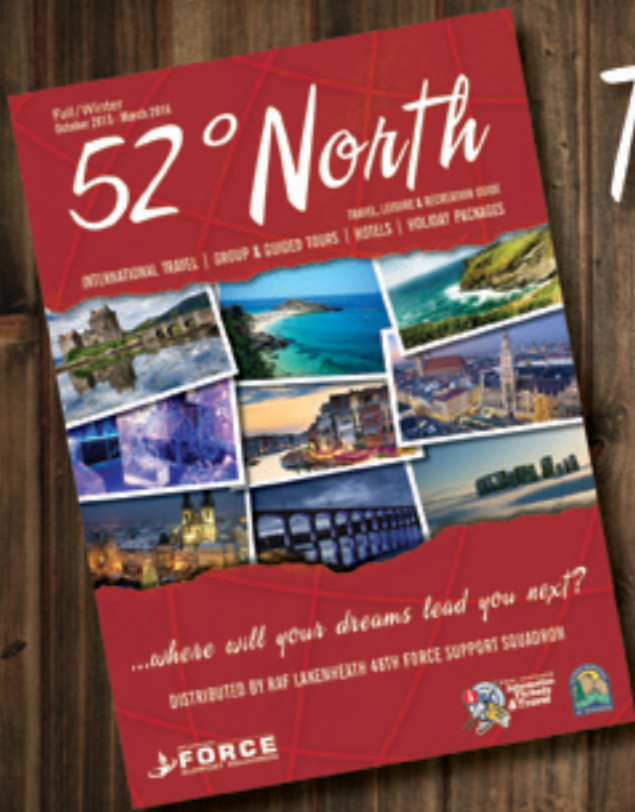
Saturday, September 19 • 11am-1pm • \$20/child

Your castle awaits! Be a princess for a day, wear your favorite dress have fun with crafts. Each princess will receive a gem manicure, a goody bag, cake and juice. Sign up by Thursday, September 17.

**A parent or guardian must stay with their princess.*

RUGBY'S TOO CAFÉ & EATERY

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



The new 52° North
is coming soon!

Pick up your Fall/Winter
2015-16 travel guide at the
September 11th Mini Travel Fair
at the RAF Lakenheath BX!

Camping Gear

at Outdoor Recreation

Whether you're backyard camping or roughing it in the wild, you can rent items for a one-time adventure or start collecting those camping essentials.

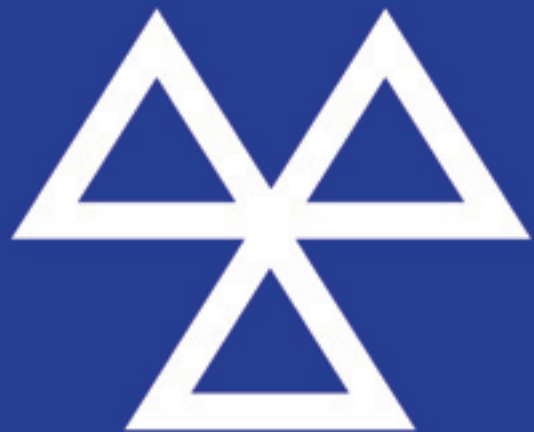
**TENTS • 3-SEASON SLEEPING BAGS • GROUND MATS
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OUTDOOR RECREATION
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MOT Testing

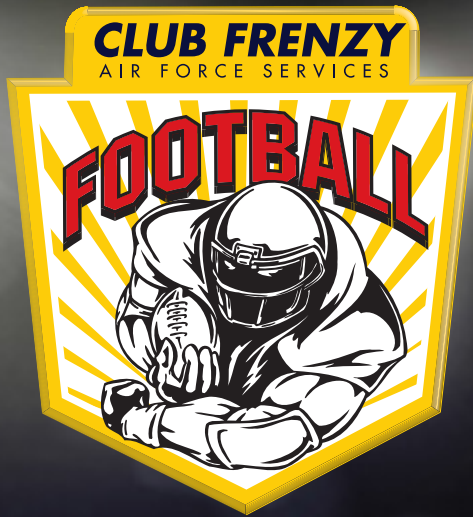


Available at the Auto Hobby Complex
Monday-Friday 8am-5pm

Call 01638.534.185 for an appointment today!

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





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- Major Prizes:** Tickets to NFL games at Wembley Stadium!

COME OUT ON SUNDAYS FOR THE GAMES & GREAT FOOD!

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

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



Family Child Care New Provider ORIENTATION

Available to Spouses of Active Duty Members Living on Base

October 26-30

9am - 4pm

*Pick up an application and turn in to FCC no later than October 16.

For More Information

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



Family Child Care
Bldg 957 • 226-2170
www.lakenheathfss.com/fcc



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GRAND OPENING EVENT

Join us to celebrate

50 Years of Partnership with the Exchange and introduce our new brand that serves the Military Community: Military AutoSource

RAF Lakenheath Exchange Mall
(in front of Starbucks)

Date: Friday, September 18th

Time: 1130

Cake Cutting: 1145



See the limited edition Roush Warrior Mustang on display!



A donation will be made to an on-base organization that supports morale and welfare for our troops!



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AUTO HOBBY COMPLEX

226-2454/2383 • Bldg 1108

TIRE & LUBE CENTER

226-2278/2279 • Bldg 1030



SPECIALS: SEPTEMBER 1-15

- Get a FREE winterization check with the purchase of an oil change
- 25% OFF Motorcycle Accessories



EVENTS

Midnight Motor Madness

Saturday, September 19
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!



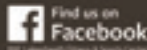
COMBAT-SELF DEFENSE

FRIDAYS: 3-4PM & 4-5PM (ADV)
\$9/CLASS OR \$33/CALENDAR MONTH

BY APPOINTMENT: MAX 4 PEOPLE • \$57.50/30MIN • \$76/HOUR
4 HOUR GROUP CLASS: MAX 20 PEOPLE • \$940

INSTRUCTOR IS COMBAT ACADEMY CERTIFIED. CONTACT THE FITNESS CENTER FOR MORE INFO.

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Sorry WE'RE CLOSED

WED, SEPT 30

The Auto Hobby Parts Store and the Tire & Lube Center will be closed for all business hours for annual inventory. We apologize for any inconvenience this may cause and thank you for your continued patronage.



Auto Hobby Parts Store • Bldg 1102 • 226-2454
Tire & Lube Center • Bldg 1030 • 226-2278
www.lakenheathfss.com

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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 (up to date listings)

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



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01842 829735

Sorry WE'RE CLOSED SEPT 28-30

The Arts & Crafts and Wood Crafts Center
will be closed for all business hours for
annual inventory. We apologize for any
inconvenience this may cause and thank
you for your continued patronage.



Arts & Crafts Center • Bldg 906 • 226-2164
Wood Crafts Center • Bldg 1104 • 226-3367
www.lakenheathfss.com

ARTS & CRAFTS CENTER

226-2194 • Bldg 906

CLASSES

Discover a new hobby or sharpen your existing skills! Learn to crochet, sew, throw pottery or how to use your camera. See page 36 for a listing of all the classes available this month.

Van Gogh & Merlot

Thursdays, September 10 & 24
6-8pm • \$35

Join us for an evening of painting and a cash bar at the Liberty Club Ballroom. All art materials are included. You will be able to take home your very own 16x20 painting. Sign up at the Arts & Crafts Center.

SPECIALS: SEPTEMBER 1-27

- Inventory clearance, see store for details
- Signed Ronald Wong AF prints only \$10

*Specials apply to in-stock items only.

BIRTHDAY PARTIES

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

CUSTOMIZE

Need something embroidered or engraved? We have an array of items to choose from for a unique memento including cricket bats, t-shirts, hats and more!

RETAIL

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

NAME TAPES

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



WOOD CRAFTS CENTER

226-3367 • Bldg 1104

SPECIALS

10% OFF • Custom Crates | 10% OFF • MDF
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.

CLASSES

Rustic Slanted Lid Box

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

Elegant Entryway Bench

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

CRATING SERVICE

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

OUTDOOR RECREATION

226-2146 • Bldg 1109

PEDALER BIKE SHOP

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

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

SERVICES

Airport Shuttle

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

Camping Gear

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

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!

Storage Units

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



BOUNCY CASTLES & COSTUMES

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! We also have a wide range of outdoor games and courses to keep everyone at your next celebration entertained and on their toes!



R4R - TEAM PAINTBALL CHALLENGE

Friday, September 18 • Ages 18+ • FREE
Get your squadron, shop, or group together and face off! Who's got the best shot... MSG? MDG? MXG? Includes: Transportation, all equipment, gear, paintballs and lunch. Snacks, drinks and additional paintballs will be available for purchase. Be sure to check with your leadership to see if this event is an alternate duty station for you. Sign up at ODR by Monday, September 14.



PICNIC WITH POOH

Saturday, October 3 • All Ages
\$55/Adult; \$65/Child
Travel to the 100 Acre Woods where you can visit all the houses of each beloved character. Meet Winnie the Pooh on a special mapping expedition through the woods (weather permitting), enjoy a photo session and story. You can also ride a pony and visit the petting farm. Kids 5 and older can try their climbing skills out on monkey nets and or tree climbing. Be sure to bring a picnic lunch to eat before hitting the playground! Includes: Transportation & listed admission. Sign up by Friday, September 18.



INFORMATION, TICKETS & TRAVEL

226-2979 • Bldg 977 Rm G20 & BX

THEATER TRIPS: MONDAY, SEPTEMBER 7 (LABOR DAY)

Wicked
£50; Inclusive

Mamma Mia
£52; Inclusive

Les Miserables
£60; Inclusive

Phantom of the Opera
£60; Inclusive



HARRY POTTER STUDIO TOUR

Monday, September 7
(Labor Day)
Adult £48, Child £41,
Infant £10; Inclusive



BUCKINGHAM PALACE

Sundays, September 6 & 20
Adult £38, Child £28

Saturdays, September 12 & 26
Adults £40, Child £30

*Not recommended for children under 5



PEAK DISTRICT 2 DAY TOUR

September 12-13 • Adult £139, Child £99

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

Includes: Coach transportation, 1 night B&B accommodation,
admission to Chatsworth House & Blue John Caverns



R4R - WARWICK CASTLE WITH MIKE THE KNIGHT

Sunday, September 13
Adult £29, Child £24,
Infant £10; Inclusive



WINDSOR CASTLE

Saturday, September 19 • Adult £36,
Child £32, Infant £10; Inclusive



OKTOBERFEST 4 DAY TOUR

September 25-28 • Adult £369

*Prices based on two adults sharing;
Additional £150 single room supplement

Includes: Coach transportation, 2 nights B&B accommodation, 2 full days at the famous Oktoberfest in Munich, Germany & ferry crossing



CITY OF BATH GUIDED WALKING TOUR

Saturday, September 26 • Adult £37, Child £35, Infant £10; Inclusive

SNOWDONIA & LLUANDUDNO 2 DAY TASTE OF WALES

September 26-27 • Adult £149, Child £99

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

Includes: Coach transportation, 1 night B&B accommodation, admission to Conway Castle, trip to Snowdonia National Park & tour of the Welsh Slate Mine



LEGOLAND

Saturday, September 19

Adult £41, Child £37,
Infant £10; 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



RAF MILDENHALL EVENTS



Saturday, 26 September

Register by 18 September

RAFM Hardstand Fitness Center

Check in begins at 8:00 am

Course & safety briefing at 9:00 am

Race starts at 9:30 am

2 mile run / 20.6 cycle / 2 mile run

Prizes, Medals & Giveaways

Kids Mini Duathlon

Call 01638 54 3735 for more information



BOYS & GIRLS CLUBS
Day for Kids

Saturday, 19 September / 10:00 am - 2:00 pm

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 + Free Hot Dogs.

This is a Free Event for the whole family. Call 01638 54 KIDS

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



RAF MILDENHALL

100TH FORCE SUPPORT SQUADRON

DIRECTORY

Airman & Family Readiness Center

☎ 460 ☎ 3406

Arts & Crafts

☎ 404 ☎ 2644/4101

Auto Hobby Complex

☎ 240 ☎ 2480/1480

Bob Hope Community Center

☎ 404 ☎ 2579

Bowling Center

☎ 160 ☎ 2348

Child Development Center

☎ 288 ☎ 2042

Civilian Personnel

☎ 435 ☎ 2111

The Daily Grind Coffee Shop

(located inside the BHCC)

☎ 404 ☎ 7178

Education Center

☎ 427 ☎ 2350

Hardstand Fitness Center

☎ 849 ☎ 3735

Gateway Dining Facility

☎ 436 ☎ 2689

The Galaxy Club

American Roadhouse

☎ 437 ☎ 2680

New York Pizza & Deli

☎ 437 ☎ 2680

Cashier Cage

☎ 437 ☎ 2683

Tudor Bar at Middleton Hall

☎ 464 ☎ 4860

Human Resources Office

☎ 460 ☎ 2111

Information, Tickets & Travel

☎ 162 ☎ 2630/1004

Library

☎ 425 ☎ 2352

Lodging (Gateway Inn)

☎ 459 ☎ 6001

Outdoor Recreation

☎ 162 ☎ 4283/7151

Youth Center

☎ 293 ☎ KIDS (5437)

Teen Program

☎ 220 ☎ 3046

Calling from a civilian line: 01638 54 XXXX

Calling from DSN: 238 XXXX

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

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



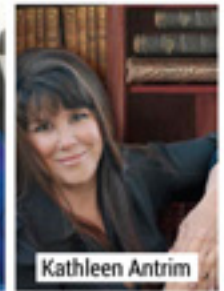
International Thriller Writers Tour



Tess Gerritsen



Diana Gabaldon



Kathleen Antrim

Saturday, 12 September

Meet Internationally best selling authors Tess Gerritsen, Diana Gabaldon and Kathleen Antrim.

For more information call the RAF Mildenhall
Bob Hope Community Center at
01638 54 2579

One Direction Concert Trip

Saturday, 10 October

\$148 per person

Price includes ticket & transportation

Call RAF Mildenhall Information,
Tickets & Travel: 01638 54 2630



CLASSES & DIRECTORY

AIRMAN & FAMILY READINESS CENTER

Reintegration Briefing

Mon, Wed & Fri • 9:30-10:30am

Bury Walking Tour

Fri • 9am-2:15pm

Pre-Separation Counseling

Tues, Sep 1 & 15 • 8:30-11:30am

Resume 101

Wed, Sep 2 • 9-11am

Sponsor Training

Mon, Sep 14 • 2-3:30pm

5-Day Transitioning

GPS Workshop

Sep 28- Oct 2 • 8am-4:30pm

ARTS & CRAFTS

Crochet Beginners

Begins Tues, Sep 1 • 10am-Noon

4 weeks • \$40 + supplies

Begins Thurs, Sep 3 • 6-8pm

4 weeks • \$40 + Supplies

Basic Camera

Begins, Tues Sep 1 • 5-6:30pm

3 weeks • \$30 Inclusive

Bring your own camera

Sewing Class

Begins Tues, Sep 1 • 6-8pm

4 weeks • \$50 + Supplies

Wheel Thrown Pottery (Beg)

Begins Wed, Sep 2 • 6-8pm

Begins Fri, Sep 4 • 10am-Noon

4 weeks • \$75 Inclusive

Wheel Thrown Pottery (Int)

Begins Thurs, Sep 3 • 6-8pm

4 weeks • \$75 Inclusive

Mold Pouring

Thurs, Sep 8 & 22 • 10am-Noon

Fri, Sep 9 & 23 • 10am-Noon

1 day • \$25 Inclusive

FITNESS & SPORTS CENTER

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

Combat-Self Defense

Fri • 3-4pm & 4-5pm (Adv)

\$9/Class or \$33/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

Mon • Noon-1pm • \$4/class

LIBRARY

Transparent Language Online

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

Universal Class

Online continuing education service. Sign up at the Library.

PAGE CAC

Guitar Classes

Wed & Thurs • 3:15-6:15pm

\$70/month • 30min/week

Ju Jitsu

Thurs • \$35/month

Ages 4-8 • 3:45-4:30pm

Ages 9-14 • 4:30-5:15pm

WARD CAC (RAF FELTWELL)

Ballet

Classical Beginners

Tues • 4:45-5:30pm

Ages 5+ • \$9/class

Guitar Lessons

Mon & Tues • 3:15-6pm

\$70/month/student

One-on-one lesson, 30min/week

Ju Jitsu

Mon • \$35/month

Ages 4-8 • 3:30-4:15pm

Ages 9-14 • 4:15-5pm

Pre-School Ballet

Tues • 4-4:45pm

Ages 3-5 • \$8.40/class

YOUTH CENTER

Ballet & Tap

Mon • Times vary • Ages 3+

Starts at \$25/month

Gymnastics

Days & times vary

Age 2+ • Starts at \$40/month

Karate

Thurs • 4:45-6:15pm & 6:15-7:45

Fri • 4:45-6:15pm

Ages 6+ • \$45/month

Open Wall Climb

Wed • 6-7:30pm

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 7-18 • \$20/month (4 classes)

INSTRUCTORS WANTED


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

CLASS INFORMATION

Want to know more? Visit our website www.lakenheathfss.com for class descriptions or contact the facility that is hosting the class with any questions.

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: 7:30am-7:30pm
Sat: 10am-6pm
Sun: 10am-4pm
Last DIY sign-in is 30 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-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 • x2489
Catering
Mon-Fri: 9am-4pm
Pub x2326
Fri: 5-10pm

 : FREE WI-FI


COMMUNITY ACTIVITIES CENTERS (CAC) 
Page CAC
Bldg 900 • x1627
Mon-Thurs: 8:30am-7pm
Fri: 8:30am-9pm
Sat: Noon-9pm
Sun: Noon-6pm
Skating Rink
Mon-Wed: 9am-4pm
Thurs: 9am-2pm
Fri: 9am-4pm & 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: 7:30am-4:30pm

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
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-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
Sun-Mon: 11am-8pm
Tues-Wed: 11am-10pm
Thurs: 11am-11pm
Fri-Sat: 11am-Midnight

Grill 48
Sun: Closed
Mon-Thurs: 7:30am-2pm
Fri: 7:30am-10pm
Sat: 4-10pm

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
Fax & copy services available

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: 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
Sat-Mon: Closed
Tues-Wed: 11am-5pm
Thurs: 11am-8pm
Fri: 11am-5pm

YOUTH CENTER 
Bldg 250 • x5437
Mon-Fri: 7:30am-5:30pm

Open Recreation
Mon-Fri: 1-7pm

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

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



9/11

MOVING TRIBUTE

A SATELLITE EVENT FOR THE OLD GLORY RELAY FROM CALIFORNIA TO WASHINGTON DC



MOVING TRIBUTE • 6:30AM

For 9 hr & 11 min members of the Tri-base area will carry an American flag around the track, honoring Veterans and those who lost their lives on 9/11.

5K RUN • 7AM

FRIDAY, SEPTEMBER 11

RAF LAKENHEATH TRACK



Presented by the 48 FSS Fitness Center
with the support of Team RWE.

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

 Find us on
Facebook
RAF Lakenheath Fitness & Sports Center

RAF LAKENHEATH
 **FORCE**
SUPPORT SQUADRON

 **Fitness
& Sports**