

atEase

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

SPOOKY FAMILY NIGHT

Come out for food and giveaways and entertainment, oh my!

YOUTH FALL CARNIVAL

Dress up in your favorite costume and join us for a fun filled evening!

HALLOWEEN HUT

Stop by for hot chocolate, candy, and a chance to win great prizes!

AIR FORCE CLUB MEMBERSHIP

REWARDS

JUST TO SAY THANK YOU!



**Club Members
Enter To Win Today!**

Grand Prize: 2 - 2015 CHEVY SILVERADOs

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Second Prize: A TRIP FOR 4 TO DISNEY WORLD®

Third Prize: 10 - \$500 CASH PRIZES

Entry Forms Available Online & at the Liberty Club
For More Information go to www.MyAirForceLife.com/giveaway

Vehicles in photo may not represent actual prizes. No Federal Endorsement of Sponsor Intended.

OCTOBER 2014

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Breckland Pines Golf Course
Fitness & Sports Center
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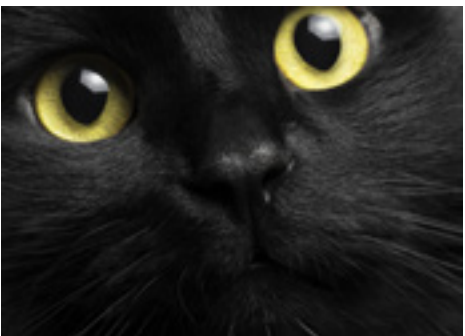
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DEPARTMENTS

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48 MSG Commander: Col Marc Vandever
48 FSS Commander: Lt Col Ryan Richardson
48 FSS Deputy: Eddie Adelman

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

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48th Force Support Squadron-RAF Lakenheath



SPONSORSHIP

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

SPONSORSHIP OPPORTUNITIES

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

ADVERTISING OPPORTUNITIES

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

CONTACT

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IDS IS HERE TO HELP

The mission of the Integrated Delivery System (IDS) is to integrate base helping agencies into one team that provides the right help at the right time to active duty military members and their family, retirees and DOD civilians.

- Alcohol & Drug Abuse Prevention & Treatment (ADAPT)
- The Airman & Family Readiness Center
- Chaplain Service
- Drug Demand Reduction (DDR)
- Exceptional Family Member Program (EFMP)
- Equal Employment Opportunity (EEO)
- Family Advocacy
- Health Promotions
- Mental Health
- Mental Health Center
- Military & Family Life Consultants (MFLC)
- School Liaison Officer
- Sexual Assault Response Coordinator (SARC)
- Suicide Prevention

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DINING & ENTERTAINMENT

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!

Pajama Party Late Nighter

Friday, October 10 • 9pm-3am
Members FREE; Non-members \$5
Put on your PJs and start your weekend right! Wear a onesie and get in FREE!

Country Nights

Saturdays, October 11 & 25 • 10pm-2am
If you feel like a little bit of country excitement, head to the ballroom and enjoy music from DJ Farva.

Spooky Halloween Family Night

Wednesday, October 29 • 5:30-7:30pm
Member adults \$9.95; Member kids FREE
Non-member adults \$14.95; Non-member kids \$3.95
Wear your Halloween costume and join us for a fun filled night of food, giveaways and entertainment by James D.

Monster Bash

Friday, October 31 • 9pm-2am
Members & those in costume FREE; All others \$10
Special guest DJ Atom Baum will be spinning in the ballroom! Prizes for best costume: scariest, most original, and best couple/group.

CLUB MEMBERSHIP PAYS!

Crazy Cash Giveaway! (Members Only)

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

Just to Say Thank You!

October-December
We want to thank our loyal members for their continued patronage with a chance to win some fantastic prizes! Up for grabs are two 2015 Chevy Silverados, a trip for 4 to Disney World®, or \$500 cash. We are also giving away tickets to the Autumn Brunch, Taste of Lakenheath and the Thanksgiving Lunch. Stop by the Liberty Club to pick up your entry form or download yours today at MyAirForceLife.com.

TEXAS HOLD 'EM TOURNAMENT

Every Tuesday, Now-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.



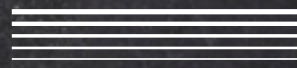
OKTOBERFEST

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. Sponsored by Volvo.



Federal endorsement of sponsor not intended.

rugbie's A MODERN BISTRO



Rugbie's Modern Bistro is a great place to enjoy a meal. We have breakfast items as well as sandwiches, salads, a kid's menu & a variety of specialty coffees and teas.

Watch sports on our plasma televisions or bring your laptop and surf the Internet with our FREE WiFi. There's something for everyone at our updated modern bistro!



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



GREAT LITTLE PIZZA PLACE AT LIBERTY PLAZA

226-2181 • Bldg 670

SPECIALS

NEW! Pizza of the Month

Come out and enjoy a piping hot, fresh out of the oven pizza! This month enjoy the "Philly Cheese Steak" with sliced yellow and red peppers, shredded Philly beef topped with mozzarella cheese.
SM: \$8.25, MD: \$12.25, LG: \$16.25

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 **NEW! 1/2 Feast**

See page 16 for more information.

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



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

Dinner

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

Members Only Special

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



KNIGHT'S TABLE

226-3214 • Bldg 934

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

Specialty Meals

October 1 • Southern
 October 2 • Mongolian
 October 8 • Italian
 October 15 • Creole
 October 22 • Hispanic
 11am-1pm

Sandwich Bar

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

Specialty Bar

October 7 • Pasta Day
 October 14 • Taco Day
 October 21 • Wing Day
 October 28 • Potato Bar
 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.

Saturday, November 15th

Taste of Lakenheath

An evening of international flair

EAGLE'S LANDING

5PM-10PM

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SPORTS & FITNESS

ZOMBIE RUN

Friday, October 31 • 4:30pm • FREE
You can choose to run the shorter family and child friendly course or the longer teen and adult course. Both courses start & finish at RAFL Track. Sign up day of event. Dogs must remain on leash. Hosted by the Fitness & Sports Center with the support of the Combined Federal Campaign (CFC).

FITNESS & SPORTS CENTER

226-3607 • Bldg 904

SERVICES & INDIVIDUAL LESSONS

Personal Trainer: \$35/30min, \$50/hr, \$80/90min
Massage & Holistic Therapy: starting at \$45
Tennis Lessons: \$35/30 min, \$50/hr,
shared sessions available for a discount

PRE/POST-NATAL YOGA

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

BRECKLAND PINES GOLF COURSE

226-2223 • Bldg 1320

SPECIALS

End of Season Blowout Sale
15% OFF all clubs, shoes & bags

Holiday Parties

It's not too late to book your Thanksgiving or Christmas party here at the Grill! Catering options available for 20-40 people. Call 226-3551 for more information.

EVENTS

Glow Golf

Saturday, November 1 • 6pm
AGF \$50; Non-AGF \$60
Come out and brave the dark in this 4 person scramble! Hot dinner and drinks will be provided before the start. Spaces are limited so sign up early.

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.

INDIVIDUAL LESSONS

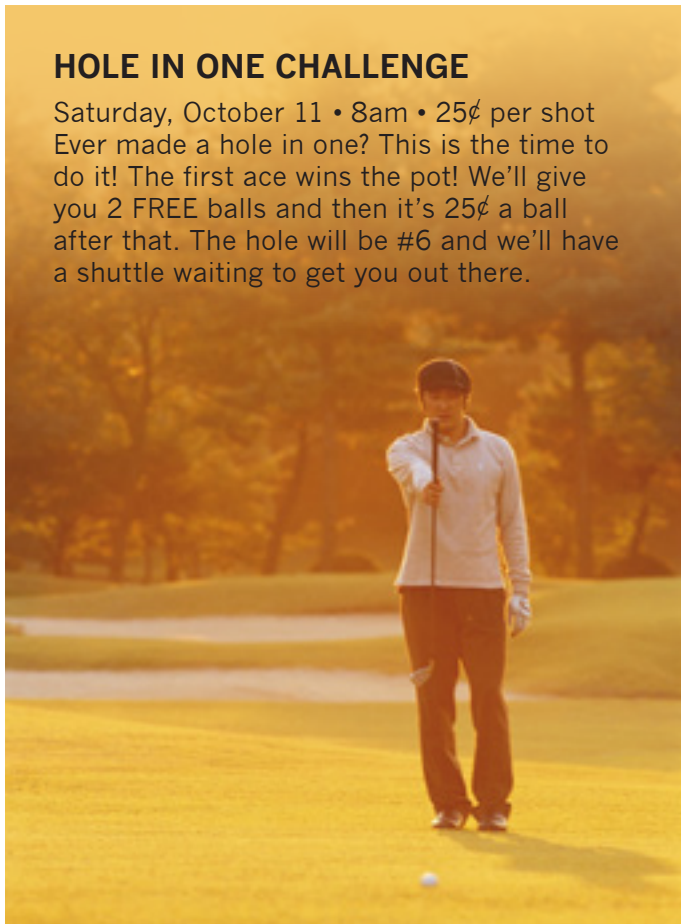
Does your game need some improving? Take a lesson from our new instructor and professional golfer Lawrence Dodd! \$40/30min, \$70/hr

ANNUAL GREEN FEE (AGF) RENEWAL

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

HOLE IN ONE CHALLENGE

Saturday, October 11 • 8am • 25¢ per shot
Ever made a hole in one? This is the time to do it! The first ace wins the pot! We'll give you 2 FREE balls and then it's 25¢ a ball after that. The hole will be #6 and we'll have a shuttle waiting to get you out there.





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

Teacher's Day

Sunday, October 5 • 11am-8pm

Teachers, come and enjoy a day of bowling for FREE!

Columbus Day Special

Monday, October 13 • 11am-8pm

Spend your holiday with us and bowl for just \$1.50 a game!

King of the Hill Tournament

Sunday, October 19 • 11am

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

Birthday Bowling

Tuesday, October 28

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

Adult Cosmic Costume Party

Friday, October 31 • 9pm-midnight

\$8 in costume; \$10 all others

Join us for a night of cosmic bowling! Prizes awarded for best costume, worst costume, best couples costume, and team costume.



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area guide and information

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YOUTH

YOUTH CENTER

226-3180/5452 • Bldg 250

EVENTS

Give Parents a Break

Saturday, October 11 • 6-11pm
Parents can enjoy an evening 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, October 8.

Kid's Night Out

Friday, October 17 • 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, October 15.

ONGOING EVENTS

Keystone Club

Thursdays • 6-7pm • Ages 14-18
Keystone Club is a Boys and Girls Club of America program to help teens develop character, leadership skills, explore careers and provide service to the Club & the local community.

Torch Club

Fridays • 4-5pm • Ages 11-13
The Torch Club focuses on developing character and leadership skills, building positive traits and personal skills, while promoting tolerance, diversity and inclusion. You can make a difference!

PROGRAMS

Boys & Girls Club of America

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



FALL CARNIVAL

Thursday, October 30 • 6:30-8:30pm

\$5/wristband • Ages 3-18

Dress up in your favorite Halloween costume and join us for an evening carnival. Wristbands include bouncy castles, face painting, Mummy Wrap, tattoos and more! Children under 9 must be accompanied by an adult. Snack bar open for purchase of light snacks.



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, October 17

6:30-10:30pm • \$20

Parents can have a great night out while their children are entertained at the CDC!

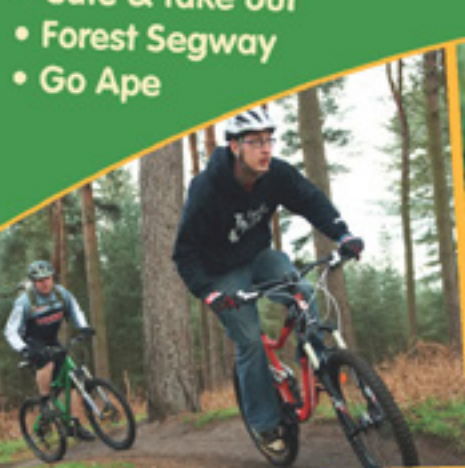
Must provide proof of current vaccinations. Please sign up by Wednesday, October 15. Open to ages 6 weeks - 5 years.

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forestry.gov.uk/highlodge

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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 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.

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

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

- 2-MD 1-topping pizzas*
- 1 bucket of popcorn
OR 1 box of nachos
- 2 liter bottle of soda
- 2 movie rentals

*Call ahead pizza orders welcome, delivery not available.

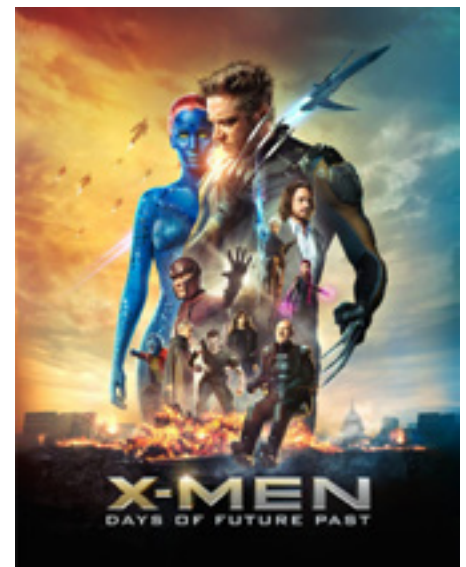
DAILY SPECIALS

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

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

NEW RELEASES

- Edge of Tomorrow*: October 7
- Million Dollar Arm*: October 7
- X-Men: Days of Future Past*: October 14
- Sex Tape*: October 21
- The Purge: Anarchy*: October 21
- Wish I Was Here*: October 28





LIBERTY LIBRARY

226-3713 • Bldg 907



EVENTS

Knit & Knosh!

Tuesday, October 7 • Noon-1pm • FREE
Bring your knitting and your lunch and chat with our resident yarn expert. She'll answer all your knitting questions and help resolve any knitting problem.

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

Tuesday, October 7 • 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.

Halloween Arts & Crafts

Thursday, October 30 • 4-5pm • FREE
Join us for an afternoon of crafts for Halloween!

ONGOING OFFERS

Computer/Notebook Checkout

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

Graphic Novel Collection

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

Role Playing Game Books

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

Universal Class

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

AIRMAN & FAMILY READINESS CENTER

226-3847 • Bldg 950



EVENTS

Bundles for Babies

Friday, October 10 • 9am-Noon
Expectant parents can learn about all things baby in this FREE workshop. Receive a bundle of baby items valued at over \$75 at the end of the class! Call A&FRC to reserve your spot today.



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Red Lodge, Suffolk IP28 8XQ

Lynford Hall Hotel



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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...

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www.lynfordhallhotel.co.uk

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

FORCE





HALLOWEEN EVENTS

BEST DECORATED HALLOWEEN HOME

SIGN UP OCT 1-26 • PAGE CAC • SEE PAGE 20

HALLOWEEN SKATE

SAT, OCT 25 • PAGE CAC • SEE PAGE 20

SPOOKY HALLOWEEN FAMILY NIGHT

WED, OCT 29 • LIBERTY CLUB • SEE PAGE 4

HALLOWEEN ARTS & CRAFTS

THUR, OCT 30 • LIBERTY LIBRARY • SEE PAGE 17

FALL CARNIVAL

THUR, OCT 30 • YOUTH CENTER • SEE PAGE 13

HALLOWEEN CRAFTS

THUR, OCT 30 • WARD CAC • SEE PAGE 21

ZOMBIE RUN

FRI, OCT 31 • FITNESS CENTER • SEE PAGE 8

HALLOWEEN HUT

FRI, OCT 31 • PAGE CAC • SEE PAGE 20

ADULT COSMIC COSTUME PARTY

FRI, OCT 31 • LIBERTY LANES • SEE PAGE 9

MONSTER BASH

FRI, OCT 31 • LIBERTY CLUB • SEE PAGE 4

CHECK OUT LAKENHEATHFSS.COM FOR MORE!



PAGE COMMUNITY ACTIVITIES CENTER

226-1627 • Bldg 900

EVENTS

Best Decorated Halloween Home

Sign up October 1-26
Winner announced October 27
Who has the spookiest house?
Enter for a chance to win a \$100, \$75, or \$50 FSS gift card and candy. Sign up at the Page Community Center. Open to Liberty Village, Lords Walk, and Feltwell housing only.

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!
Sign up by October 1.

Family Bingo

Friday, October 17 • Doors open at 5pm at Eagle's Landing; games start at 5:30pm
Books can be pre-purchased October 1-16 at the Page CAC 2 for \$10, or at the event 2 for \$15. Prizes include games, toys, Cineworld tickets and much more!

Halloween Skate

Saturday, October 25 • 6-9pm
Wear your scariest costume receive a spooky treat bag and skate for just \$3! Skaters not in costume \$5.

Halloween Hut

Friday, October 31 • 6pm
In front of Liberty Village elementary school • Join us for a haunted walk, hot chocolate, candy, a kids spooky drawing competition and a chance to win tickets to Chessington World of Adventures & more!

Ladies' Night Holiday Designer Bag Bingo

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

ONGOING EVENTS

NEW! Gamers' Club

Saturday, October 11 • 1:30-3:30pm
Calling all gamers! Are you looking for someone to battle, trade Pokémon® cards or watch Minecraft® parodies with? Join us every 2nd Saturday of the month! Contact the A&FRC at 226-3847 for more information.

Parent & Me Skate Date

Wednesdays • 9-11am
\$3/person on skates. Parents with children age 5 and under are welcome. You can even bring your stroller!

Lunch Skate

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

Open Skate

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

Skating Punch Card

Get six punches and your seventh session is FREE!

Birthday Skate

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

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.



**WARD COMMUNITY
ACTIVITIES CENTER**

226-7023 • Bldg 94 at RAF Feltwell



EVENTS

Halloween Crafts

Thursday, October 30 • 5-6:30pm • \$5

Come join us for some spooky fun! Enjoy cookie decorating, pumpkin carving & crafts. You bring the fun, we'll provide everything else. Limited supplies available. First come, first served. All children under 10 must be accompanied by an adult.

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!

AUTO HOBBY COMPLEX

226-2454/2383 • Bldg 1108

TIRE & LUBE CENTER

226-2278/2279 • Bldg 1030



SPECIALS

October 1-15

25% OFF Car Carpet/Mat Sets

FREE visual belt, hose and windshield wiper check with the purchase of an oil change. **Timing belt not included.*

EVENTS

All Nighter

Saturday, October 18 • 8am -

Sunday, October 19 • 4pm

32 hours of fix-it fun with FREE pizza at 10pm. Time to get those repairs done with no rush. Parts store open throughout the night. First come, first served.

OIL - YOUR CAR'S LIFE BLOOD

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

SVA/MOT

Call 01638 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!

NEED YOUR WHEELS ALIGNED?

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

SERVICES

Pop in for a complete price menu.

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

ARTS & CRAFTS CENTER

226-2194 • Bldg 906

SPECIALS • 20% OFF

October 10-19: Model Paints

October 20-31: 12x12 Scrapbook Paper
and Embellishments

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.

USAF ARTS & CRAFTS GALLERY SHOWCASE

October 1-November 30

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

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

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!

CLASSES

Discover a new hobby or sharpen your existing skills!
See index on pg. 32 for class schedule.

CUSTOMIZE

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

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.

CERAMIC BIRTHDAY PARTIES

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



WOOD CRAFTS CENTER

226-3367 • Bldg 1104

SPECIALS

10% OFF • Pine

10% OFF • Wood Glue

20% OFF • Wood Screws

\$10 OFF • Shop Use Card

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

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



KING ARTHUR CHALLENGE: CORNWALL

November 8-10 • 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.



SEAL WATCHING

Sunday, November 23 • Departs 7am • All Ages • Exertion Level 2-3
Adult \$50, Child \$30 • \$150/family of 4
Witness nature at its finest on this visit to a most famous seal colony. Hear the bellows of the bulls as they seek to mate and stand within inches while the cows give birth and the pups play or nurse. See hundreds of seals on the beach at one time. The "aww" factor should not be missed. Transportation and walk included. Sign up by November 12.



WADDES DON CHRISTMAS AND TEA

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

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

SERVICES

Airport Shuttle

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

Costume Sales

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

DVD & VHS Conversions

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

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 to rent for just \$50/month!





mini travel fair

Friday, October 3
 BX Main Store Mall • 10am–2pm • FREE

- Visiting Fish & Chips and Bun-O food vendors
- Stop by and enter to win great prizes and trips like a 5-Day Iceland getaway for two
- AAFFES gift cards, SunFun travel vouchers, Big Bus family tickets, NFL tickets & more!

Sponsored by:  Federal endorsement of sponsors not intended.

INFORMATION, TICKETS & TRAVEL
 Bldg 977, Room G20 • 226-2979 BX Main Store Mall
www.lakenheathfss.com/ITT www.itt.lakenheath.com




COSTUMES FOR SALE
 at Outdoor Recreation

THEME YOUR HALLOWEEN PARTY!
 A wide variety of adult and child costumes are now on sale.
 Goes great with bouncy castles for parties!



Outdoor Recreation has all your party needs...
COSTUMES • ACCESSORIES • BOUNCY CASTLES • AND MORE

STOP BY, GIVE US A CALL OR VISIT OUR WEBSITE FOR MORE INFORMATION!
 Bldg 1109 | 226-2146 or 01638 522146 | www.lakenheathfss.com/odr



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Your new Exchange Mobile Center can supply and install your new AFN dish giving you access to US Shows and Live Sports, not available on other TV services.

We can install at your place of residence, either on or off-base ensuring you have the correct size dish and settings. For any questions regarding the service please speak to one of our advisors.

Off base install charge will include VAT - total £168. Price includes dish, standard mount, up to 20 meters of cable, connection and setup. If the satellite dish needs to be ground mounted, there is an additional charge of £50 (£60)



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Lakenheath - Building 998, Lakenheath, IP27 9PN. Mildenhall - Building 163, Mildenhall, IP28 8NF.

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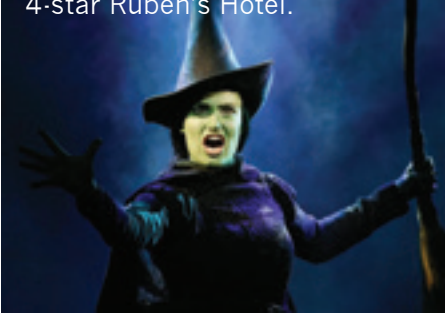
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www.barracudas.moonfruit.com

INFORMATION, TICKETS & TRAVEL

226-2979 • Bldg 977 Rm G20 & BX

WICKED & DINNER AT RUBEN'S HOTEL

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



HARRY POTTER STUDIO TOUR

Monday, October 13
(Columbus Day)
Departs 9am/3pm
Adult £48; Child £41
Inclusive



HOWL'O'WEEN AT CHESSINGTON WORLD OF ADVENTURES

Saturday, October 18
Departs 8am/6pm
Adult £40, Child £38,
Infant £10, Inclusive

LONDON BUNDLE DEALS

Upgrade any of the below packages with a Madame Tussauds Ticket for £20 (save £2)

Transportation not included.

Silver Package £36

(You save £5)

- Big Bus Sightseeing Tour
- London Eye

Gold Package £50

(You save £9)

- Big Bus Sightseeing Tour
- London Eye
- London Dungeon

County Hall Package £46

(You save £6)

- London Eye
- London Dungeon
- SEA LIFE Aquarium

Platinum Package £65

(You save £10)

- Big Bus Sightseeing Tour
- London Eye
- SEA LIFE Aquarium
- London Dungeon

*Children's packages not available due to varying age limits of the attractions



JACK THE RIPPER, PLANET HOLLYWOOD & ICE BAR LONDON

Saturday, October 25
Departs 3pm/midnight
£48 • Transportation, tour and admission included.

*Meal not included. Departure times subject to change.

ROBIN HOOD PAGEANT

Sunday, October 26
Departs 7am/5pm
Adult £28, Child £26,
Infant £10; Inclusive



GOTHIC PARIS

October 17-19 • Adult £264; based on double occupancy, £70 single room supplement (Adults Only). Includes all admission fees, two nights stay in a 3-star hotel, continental breakfast, Paris sightseeing tour, Catacombs tour, Bell Towers of Notre Dame tour, luxury coach transportation, channel crossing via Dover-Calais & an experienced tour manager.



QPR VS LIVERPOOL

Sunday, October 19 • Departs 10:30am, Kick-off 1:30pm • £74; Inclusive



THORPE PARK FRIGHT NIGHTS

Saturday, October 25 • Departs 11am/10pm
Adult £41, Inclusive. Not recommended for those under 13. Beware of what hides in the shadows at the UK's most chilling Halloween event.

**FRIGHT
FRIGHT
NIGHTS
NIGHTS**



HALLOWEEN SPOOKTACULAR AT CADBURY WORLD & SEA LIFE AQUARIUM

Sunday, October 26 • Departs 7am/5pm
Adult £41, Child £38, Infant £10; Inclusive

HAUNTED HEDINGHAM CASTLE

Thursday, October 30 (All Hallow's Eve)
Departs 6pm/10pm • £25, Inclusive (Adults Only)



ATHENS FOR THANKSGIVING

November 26-30 • Adult £375; based on double occupancy, Child £258, £70 single room supplement. Includes Easy Jet air fare, airport transfers in Greece, four nights stay in a 4-star hotel, continental breakfast, a half day city tour of Athens, a full day tour of Argolis (including lunch) and an experienced tour professional.



United States Air Force




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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 

Long Bow & Arrow Making Workshop



21-23 October

Create your own authentic longbow and arrows under the tutelage of master bowyer Will Lord. The course consists of one day's arrow making and two working on your bow.

You will be staying on site in rustic campsite accommodation with campfire and refreshments on hand.

Breakfast and a lunch will be provided. This is an intense experience and ensures that you can walk away with a working bow and arrows that you can keep.

\$510 per person. Single Airman: \$200

Transport, food and accommodation are included in the price.

Call RAF Mildenhall Outdoor Recreation Center: 238 - 4283

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

AIRMAN & FAMILY READINESS CENTER

5-Day Transitioning GPS Workshop

Nov 3-7 • 8am-4pm

Pre-Separation Counseling

Tues, Nov 4 • 8:30-11:30am

Resume 101

Wed, Nov 5 • 9-11am

Heart Link

Fri, Nov 7 • 8:30am-2:30pm

Manage Your Move – Smooth Move

Fri, Nov 7 • 10am-1pm

ARTS & CRAFTS

Basic Camera

Wed, Oct 1 • 5-6:30pm

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

Wheel Thrown Pottery (Beginner)

Thurs, Oct 2 • 6:30-8:30pm

Fri, Oct 3 • 9:30-11:30am

Mon, Oct 6 • 1-3pm

Tues, Oct 7 • 6:30-8:30pm

4 week class • \$75 Inclusive

Wheel Thrown Pottery (Intermediate)

Fri, Oct 3 • 12:30-2:30pm

4 week class • \$75 Inclusive

Mold Pouring

Tues, Oct 7 or 21

Wed, Oct 8 or 22

10am-Noon • \$25 Inclusive

INSTRUCTORS WANTED

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

CLASS INFORMATION

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

FITNESS & SPORTS CENTER

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

Body Blast

Mon & Wed • 5-5:45pm

Group Indoor Cycle

Mon, Wed, Fri • 5-5:45am

Wed • 11-11:45am

Mon-Thurs • 5-5:45pm

H.I.I.T. (High Intensity Interval Class)

Mon, Wed, Fri • 6-6:30am,

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

Latin/Urban Aerobics

Mon & Wed • 7:15-8:15pm

Tues • 6-7pm

Martial Arts Kickboxing • 18+

Thurs • 7-8pm

Power Yoga

Mon & Wed • 6-7pm

Yoga

Tues & Thurs • 11am-Noon

LIBRARY

Mango Languages

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

Transparent Language Online

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

Universal Class

Online continuing education service. Sign up at the Library.

PAGE CAC

Guitar Classes

Wed, Thurs & Sat • 3:15-6:15pm

\$70/month • 30min/week

Jiu Jitsu

Thurs • \$35/month

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

Ages 4-8 & 9-14

WARD CAC (RAF FELTWELL)

Ballet

Classical Beginners

Tues • 4:45-5:30pm

Ages 5+ • \$9/class

Guitar Lessons

Mon & Tues • 3:15-6pm

\$70/month/student

One-on-one lesson, 30min/week

Jiu Jitsu

Mon • \$35/month

Ages 4-8 • 3:30-4:15pm

Ages 9-14 • 4:15-5pm

Piano Lessons

Wed • 3:15-6pm

Thurs • 3-5:30pm

\$70/month/student

One-on-one lesson, 30min/week

Ages 7+

Pre-School Ballet

Tues • 4-4:45pm

Ages 3-5 • \$8.40/class

YOUTH CENTER

Ballet & Tap

Mon • Times vary • Ages 3+

Starts at \$25/month

Gymnastics

Days & times vary

Age 2+ • Starts at \$40/month

Karate

Thurs • 4:45-6:15pm & 6:15-7:45

Fri • 4:45-6:15pm

Ages 6+ • \$45/month

Open Wall Climb

Wed • 6-7:30pm

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-5pm

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

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


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

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


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

Pub x2326
Fri: 5-10pm

 : FREE WI-FI

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

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

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

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

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

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


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

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

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

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

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


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

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

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


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

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

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

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

LAKENHEATH

HOLIDAY

Bazaar

HANGAR 7

FRI, OCT 17: 4-8PM

SAT, OCT 18: 10AM-6PM

SUN, OCT 19: 11AM-4PM

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