

atEase

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

HOLIDAY EXTRAVAGANZA

Join us at the Knight's Table for a delicious holiday spread!

WINTER ADVENTURES

Be sure to take advantage of ITT's plethora of holiday trips & tours!

NEW YEAR'S EVE

Ring in the new year with the Liberty Club & Liberty Lanes!

48TH FORCE SUPPORT SQUADRON HOLIDAY HOURS

Facility:	December 24: Christmas Eve	December 25: Christmas Day	December 31: New Year's Eve	January 1: New Year's Day
A&FRC	CLOSED	CLOSED	CLOSED	CLOSED
Art & Crafts	CLOSED	CLOSED	CLOSED	CLOSED
Auto Hobby Complex	CLOSED	CLOSED	CLOSED	CLOSED
Breckland Pines	CLOSED	CLOSED	CLOSED	CLOSED
The Grill at Breckland Pines	CLOSED	CLOSED	CLOSED	CLOSED
CDC East	Mission Essential Only	CLOSED	Mission Essential Only	CLOSED
CDC West	Mission Essential Only	CLOSED	Mission Essential Only	CLOSED
Eagles' Landing	CLOSED	CLOSED	CLOSED	CLOSED
Education Center	CLOSED	CLOSED	CLOSED	CLOSED
Electric Avenue	Noon-6pm	CLOSED	Noon-6pm	Noon-6pm
Family Child Care	CLOSED	CLOSED	CLOSED	CLOSED
Fitness Center	8am-4pm	CLOSED	8am-4pm	8am-4pm
Great Little Pizza Place	11am-6pm	CLOSED	11am-6pm	CLOSED
Hard Copies Print Shop	CLOSED	CLOSED	CLOSED	CLOSED
HOTPIT	6am-1:30pm	CLOSED	CLOSED	CLOSED
ITT	CLOSED	CLOSED	CLOSED	CLOSED
ITT BX	9am-1pm	CLOSED	9am-1pm	CLOSED
Knight's Table	6-8:15am + 11am-1pm + 4:30-6:30pm	6-8am + 11am-5:30pm	6-8:15am + 11am-1pm + 4:30-6:30pm	6-8:15am + 11am-1pm + 4:30-6:30pm
Liberty Club Bar	4-9pm	CLOSED	4pm-2am	CLOSED
Liberty Club Cashier's Cage	10:30am-5pm	CLOSED	10:30-5pm	CLOSED
Liberty Lanes	11am-4pm	CLOSED	11am-1am	11am-Midnight
Liberty Lanes Grill 48	11am-4pm	CLOSED	11am-Midnight	11am-10pm
Liberty Lodge	24/7	24/7	24/7	24/7
Liberty Library	Noon-6pm	CLOSED	Noon-6pm	CLOSED
MPS/Manpower	CLOSED	CLOSED	CLOSED	CLOSED
NAF HRO	CLOSED	CLOSED	CLOSED	CLOSED
Outdoor Rec	10am-2pm	CLOSED	10am-4pm	CLOSED
Page CAC	9am-4pm	CLOSED	9am-4pm	CLOSED
Pinkerton's Lunch	CLOSED	CLOSED	CLOSED	CLOSED
Pinkerton's Dinner	CLOSED	CLOSED	CLOSED	CLOSED
Rugby's	11am-6pm	CLOSED	11am-6pm	CLOSED
Rugby's Too	CLOSED	CLOSED	CLOSED	CLOSED
Tire & Lube Center	CLOSED	CLOSED	CLOSED	CLOSED
VAT	CLOSED	CLOSED	CLOSED	CLOSED
Ward CAC	CLOSED	CLOSED	CLOSED	CLOSED
Wood Craft Center	CLOSED	CLOSED	CLOSED	CLOSED
Youth Center SAC	Mission Essential Only	CLOSED	Mission Essential Only	CLOSED

Rugby's Too at RAF Feltwell & the Pinkerton's Lunch Buffet will be CLOSED Saturday, December 19-Sunday, January 3.



DECEMBER 2015

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DEPARTMENTS

COMMAND

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

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Commercial Sponsorship Coordinator: Julie Cloy
Marketing Clerk: Rhonda Nuñez


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Visual Information Specialist: Kyla Strenge
Visual Information Specialist: Ana Knoles

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.

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RAF Lakenheath 48th Force Support Squadron



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

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

SPONSORSHIP

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

SPONSORSHIP OPPORTUNITIES

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

ADVERTISING OPPORTUNITIES

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

CONTACT

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

OCTOBER'S TOKEN RECIPIENTS

Name	Office
Storm Williams	Arts & Crafts
Angela Blackford	Breckland Pines
Tischa Kahrs	Breckland Pines
Brenda O'Sullivan	Education Center
Jessica Kane	CDC West
Jessica Burke	Liberty Club
Kristen Bratton	Liberty Club
Stephanie Sanders	Liberty Lodge
Ryan Haddaway	Liberty Lanes
Duncan Whiting	Liberty Lanes
Julian Harrison	Outdoor Recreation
SrA Shawn Stroud	MPS: Career Development
A1C Jeanjules Elle	MPS: Customer Service
A1C Alexis Pina	MPS: Force Management
A1C Elijah Baker	MPS: Force Management

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LIBERTY LANES' GRILL 48

226-2108 • Bldg 657

LUNCH & BOWL

Tuesdays • 11am-2pm

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

THE GRILL AT BRECKLAND PINES

226-3551 • Bldg 1320

CLOSURE

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

SPECIALS

Taco Tuesdays • 11am-1:30pm

Enjoy a taco salad in a crispy tortilla shell or a beef and bean burrito with tortilla chips & nacho cheese!

Filipino Fridays • 11am-1:30pm

Enjoy classic dishes such as chicken adobo, spicy beef and lumpia!





PINKERTON'S STEAK HOUSE

226-1611 • Bldg 648

LUNCH BUFFET

Monday-Friday • 11am-1:30pm
Members \$8.75
Non-members \$10.75

Monday: All-American
Tuesday: Tex-Mex
Wednesday: Italian
Thursday: Southern
Friday: Bistro

The Lunch Buffet will be CLOSED
Saturday, December 19 - Sunday,
January 3.

SPECIALS

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

KNIGHT'S TABLE

226-3214 • Bldg 934

Specialty Meals

December 2 • Italian
December 3 • Mongolian BBQ
December 15 • Asian
11am-1pm

Sandwich Bar

Monday-Friday
11am-1pm

Specialty Bar

December 1 • Taco Bar
December 8 • Pasta Bar
December 9 • Wing Bar
December 16 • Potato Bar
11am-1pm

Holiday Hours

Friday, December 25
Continental Breakfast • 6-8am
Holiday Meal • 11am-5:30pm
Midnight Meal • CLOSED

Holiday Extravaganza

Friday, December 25
11am-5:30pm • Join us for
a savory holiday meal!
*A la carte pricing for all
non-meal card holders.

HOT PIT: FLIGHTLINE DINING

226-3184 • Bldg 1224

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

RUGBIE'S: A MODERN BISTRO

226-1603 • Bldg 648

SPECIALS

Waffle Wednesdays

Wednesdays • 6:30-10:30am
Start your Wednesdays with our delicious waffles! We
have a variety of options to choose from with prices
starting at just \$2.25.

Sunday Roast

Sundays • Noon-3pm
Adult \$9.50; Child \$7.50; Vegetarian \$6.50
Join us for a four-roast carvery! Choose which meats
you would like or a mixture of all four! All roasts
come with your choice of sides, Yorkshire Pudding
& gravy and a delicious dessert.

THE GREAT LITTLE PIZZA PLACE

226-2181 • Bldg 670

SPECIALS

Pizza of the Month

Come out and enjoy a piping hot, fresh out of the
oven pizza. This month enjoy the "Mexican" with
Chorizo sausage, red peppers and red onions topped
with mozzarella cheese.
Sm: \$9.95 Md: \$12.95 Lg: \$16.95

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

Pizza Meal Deal

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

THE AFTERBURN JUICE BAR

07706 645 825 • Bldg 904

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



LATE NIGHTER: BOXING DAY FOOTBALL

Saturday, December 26 • 10pm-2am
Members FREE; Non-members \$5
Load up on your favorite football themed snacks & drink specials and enjoy the Boxing Day game — Redskins vs. Eagles!



NEW YEAR'S EVE BASH: WINTER WONDERLAND

Thursday, December 31 • 7pm-2am • 18+
Advance Tickets: Members \$5; Non-members \$10
At the Door: Members \$10; Non-members \$20
Ring in the New Year in a Winter Wonderland. We'll have good food, games, prizes and much more throughout the night. Deluxe hors d'oeuvres served from 7-9:30pm, complimentary champagne and breakfast buffet served at midnight. Let us make a lodging reservation for you when you purchase your ticket.

LIBERTY CLUB AFTER DARK (18+ ONLY)

Texas Hold 'Em: Tuesdays, 7pm
Quiz Night: Wednesdays, 7:30pm
Variety Throwback Thursdays: Thursdays, 9pm
Wing Night: Thursdays, 9pm
Progressive Members Drawing: Fridays, 9pm
R&B and Hip Hop Night: Fridays, 9pm
Crazy Karaoke: Saturdays, 9pm
Billboard Top 100: Saturdays, 9pm



LIBERTY CLUB

226-1611 • Bldg 648

EVENTS

Football Frenzy

Sundays • Now - January

Come out on Sundays for the games and great food! Enter to win weekly and monthly prizes including FREE lunch buffet, FSS gift cards and more!

First Friday: Social Hour

Friday, December 4 • 5-7pm • FREE

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

First Friday: After Dark

Friday, December 4 • 10pm-2am

Members FREE; Non-members \$5

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

Latin Night

Saturday, December 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!

Holiday Family Night

Wednesday, December 9 • 5-8pm

Member Adult \$9.95; Member Child FREE

Non-member Adult \$14.95; Non-member Child \$3.95

Join us for a delightful holiday party with live entertainment, great food, games, prizes and more. There will even be a special visit from Santa!

Country Night

Saturday, December 12 • 10pm-2am

Members FREE; Non-members \$5

If you feel like some country steppin', head to the ballroom & enjoy music from one of our house DJs.

CLUB MEMBERSHIP PAYS!

Crazy Cash Giveaway! (Members Only)

Every Friday & Saturday • Midnight

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

EAGLES' LANDING

226-2326 • Bldg 958

EVENTS

First Friday

Friday, December 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.

SPORTS & FITNESS



LIBERTY LANES BOWLING CENTER

226-2108 • Bldg 657

EVENTS

Cosmic Bowling with DJ Ant

Saturdays: December 5 & 19 | Friday: December 11
8:30pm-Midnight • \$40/Lane up to 6 bowlers or
\$10/Person. All rental shoes included.

Bowl the night away while listening to chart-topping music. **Reservations highly recommended. Payment in full is due at time of reservation.*

Handicap Tournament

Sunday, December 6 • 11:30am
Registration starts at 10am. \$50 entry fee.
Nine-game handicapped tournament.

King of the Hill Tournament

Sunday, December 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, December 29
If your birthday is in December come bowl for FREE
during opening hours. DoD ID card required. Rental
shoes included.

New Year's Eve Family Bowling

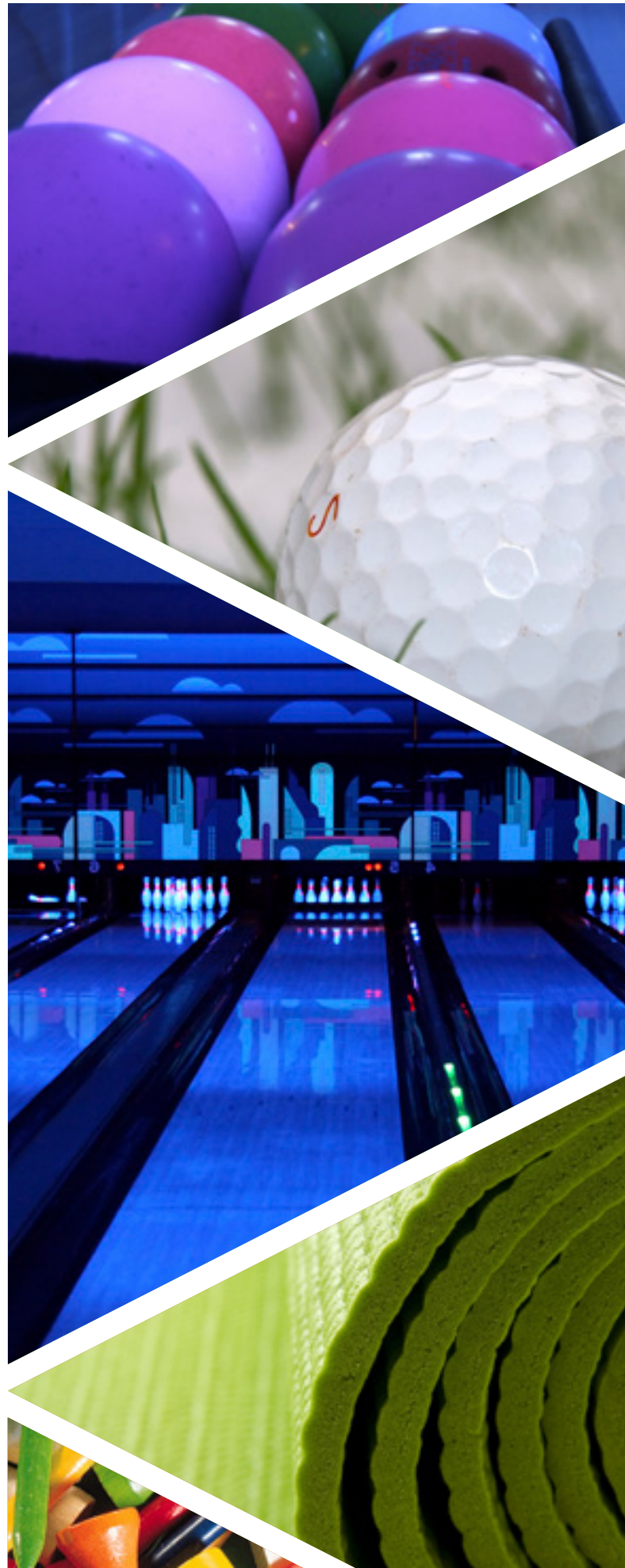
Thursday, December 31 • 6-9pm
\$80/lane or \$20/person
Celebrate the New Year with family friendly cosmic
bowling! \$80/lane (max 5) includes unlimited
bowling, rental shoes, 1 large pepperoni or
cheese pizza, 16 wings, 5 sodas and party favors.
**Reservations highly recommended. Payment in full is
due at time of reservation.*

New Year's Eve Cosmic Bowling with DJ Ant

Thursday, December 31 • 10pm-1am
\$100/lane or \$25/person
Ring in the New Year with cosmic bowling! \$100/
lane (max 5) includes entertainment by DJ Ant,
unlimited bowling, rental shoes, buffet, 5 sodas and
party favors. Buffet includes pulled pork sandwiches,
potato salad, cheese sticks and chicken wings.
**Reservations highly recommended. Payment in full is
due at time of reservation.*

New Year's Day Special

Friday, January 1 • 11am-8pm
Bowl for just \$1.50 per game with \$1.50 shoe rental!





FITNESS & SPORTS CENTER

226-3607 • Bldg 904

EVENTS

Boot Camp

November 30-December 17 • Monday-Thursday
6:30-7:30pm • \$60/week

Individual assessments (highly recommended) are only conducted on the first day of Boot Camp.

Healthy Holidays: Incentive Program

November 27-January 5

Stay fit through the holiday season! Complete workouts and get a stamp. Fill your card and be entered to win a prize! Stamp cards are available at the Fitness Center front desk.

Pre/Post Natal Yoga Holiday Special

Thursdays, December 3, 10 & 17 11:30am-12:30pm

Are you pregnant or a new mom? Don't miss these FREE classes as a holiday gift to you!

Limited Operations

December 21-January 1

The Fitness Center will be open for use, however there will be no classes offered during this time.

Biggest Loser 2016

Registration/Initial Weigh In • January 4 • 6am-8pm

Final Weigh In • March 1

Start the new year off with a bang! Lose weight, body fat and inches and win prizes while meeting your weight loss goals. Earn 1 pt for every lb lost and 5 pts for every percentage of body fat lost. Prizes awarded to top 3 men & women.

**Weigh ins will be conducted on a digital scale by Fitness Center staff. Body fat will be measured by hand with an impedance device.*

SERVICES & INDIVIDUAL LESSONS

Personal Trainer: \$35/30min, \$50/hr

Massage & Holistic Therapy: starting at \$39

Tennis Lessons: \$35/30 min, \$50/hr, shared sessions available for a discount.

Combat-Self Defense: \$55/30min, \$75/hr for 1-4 people • \$900/4hrs for up to 20 people

Basketball Lessons: \$22.50/hr

BRECKLAND PINES GOLF COURSE

226-2223 • Bldg 1320

SPECIALS

- 10% OFF all in stock clubs
- Friday-Sunday: FREE golf cart rental with the purchase of 18 holes Green Fee – that's a savings of \$20! **Based on availability and as weather permits.*

ONGOING OFFERS

Individual Lessons

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

Annual Green Fee (AGF) Renewal

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

Pot o' Gold Challenge

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

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THURS, DEC 31 • 10PM-1AM



**NEW YEAR'S EVE
COSMIC BOWLING**

MUSIC BY DJ ANT

\$100* · RENT-A-LANE · UP TO 5 BOWLERS

\$25/PERSON* · INDIVIDUAL RATE

PRICE INCLUDES, PER LANE

UNLIMITED BOWLING, RENTAL SHOES,
BUFFET-STYLE MEAL, 5 SODAS & PARTY FAVORS

BUFFET-STYLE MEAL INCLUDES

PULLED PORK SANDWICHES, COLESLAW,
POTATO SALAD, CHEESE STICKS & CHICKEN WINGS

***RESERVATIONS HIGHLY RECOMMENDED**

LIBERTY LANES BOWLING CENTER

Bldg 657 • 226-2108

www.lakenheathfss.com/LibertyLanes



Thurs, Dec 31

** 7pm - 2am **

WINTER WONDERLAND

*New Year's
Eve Bash*

Advance Tickets: Members \$5; Non-members \$10

At the Door: Members \$10; Non-members \$20

*Food • Games
Prizes • and More!*

Deluxe hors d'oeuvres served from 7-9:30pm, complimentary champagne, party favors & breakfast buffet served at midnight.



Let us make a lodging reservation for you when you purchase your ticket.

LIBERTY CLUB

Bldg 648 • 226-1611

www.lakenheathfss.com/LibertyClub



We're HIRING

APPLY ONLINE AT NAFJOBS.ORG!

THE 48 FSS IS LOOKING FOR ENERGETIC CANDIDATES INTERESTED
IN EVERYTHING FROM THE CULINARY ARTS TO MAINTENANCE.

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



CHECK OUT THE FORCE SUPPORT WEBSITE

FOR ALL THE LATEST INFORMATION ABOUT FSS EVENTS & ACTIVITIES!

WWW.LAKENHEATHFSS.COM

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The Youth Center is looking for a new dance instructor. If you are a certified instructor, enjoy working with youth & want to make some extra money please contact Taylor Chamberlain at T: 01638525437.

Dance Instructors Needed

YOUTH CENTER
Bldg 250 • 226-3180/5437
www.lakenheathfss.com

YOUTH



YOUTH CENTER

226-3180/5437 • Bldg 250

EVENTS

Give Parents a Break

Saturday, December 5 • Noon-5pm
Parents can enjoy an afternoon out while their kids, ages 5-12, play safely at the Youth Center. Must have a referral certificate and completed AF 1181. Sign up by Wednesday, December 2.

Kid's Night Out

Friday, December 11 • 6:30-10:30pm
Members \$15; Non-members \$20
Come and join us for an evening of fun! Games, art activities and a light snack will be provided. Open to ages 5 (in school)-12. Sign up by Wednesday, December 9.

SAC Parent Activity

Thursday, December 17 • 4:30-5:30pm
Is your child enrolled in the School Age Care program? Then join us for a fun-filled family activity! Bring your whole family to get in on the fun!

Teen Late Nighter

Friday, December 18 • 7:30-11pm
Members FREE; Non-members \$1
Say YES to a night of movies, games, and snacks at the Youth Center. This event is open to teens from RAFL and RAFM. Popcorn and drinks will be available.

ONGOING EVENTS

Torch Club

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

Keystone Club

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

Toastmasters

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

YOUTH SPORTS

226-3180/5452 • Bldg 250

EVENTS

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 season runs December 7-February 27.

FAMILY CHILD CARE

226-2170 • Bldg 957

Your Family Child Care (FCC) program provides experienced, licensed and inspected care of children in government housing. Our FCC providers offer developmentally appropriate care for children ranging in age from 6 weeks to 12 years on a full-time, part-time, hourly, evening, weekend, swing shift and extended basis.

CDC WEST

226-5812 • Bldg 439

EVENTS

Give Parents a Break

Saturday, December 5 • Noon-5pm
Parents can enjoy an afternoon out while your kids, ages 6 weeks to 5 years (not in school), play safely at the CDC. Must have a referral certificate and completed AF 1181. Sign up by Wednesday, December 2.

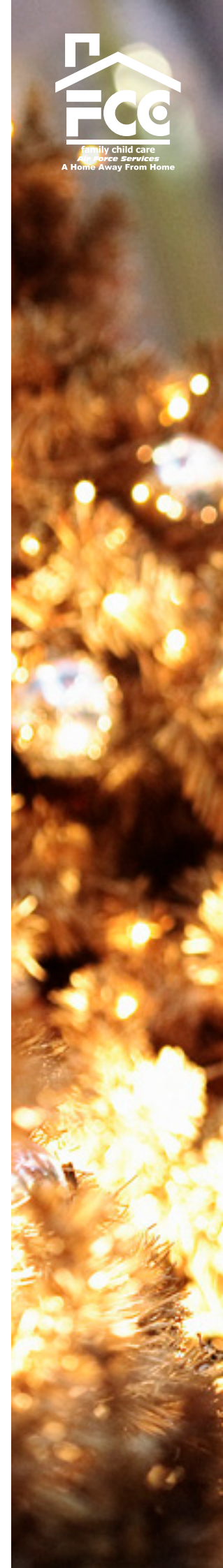
CDC EAST

226-3285 • Bldg 659

EVENTS

Parent's Night Out

Friday, December 11
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. Spaces are limited so please sign up by Wednesday, December 9. Open to ages 6 weeks to 5 years (not in school).





Holiday Extravaganza

Friday, December 25

On the Menu

Shrimp cocktail, chicken & rice soup, fresh salad, roast beef, roast turkey, baked ham, sweet potatoes, mashed potatoes, buttered potatoes, cornbread dressing, gravy, peas with mushrooms, corn on the cob, green beans, glazed carrots, rolls, cranberry sauce, pumpkin pie, pecan pie, apple pie & devil's food cake.

*Menu is subject to change.

A la Carte Pricing for
Non-meal Card Holders

Hours of Operation

Continental Breakfast
6-8am

Holiday Meal Lunch & Dinner
11am-5:30pm

Midnight Meal
Closed

KNIGHT'S TABLE MILITARY DINING FACILITY | Bldg 934 | 226-3632



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- 🐾 24hr onsite attendance and CCTV
- 🐾 Grooming Parlour
- 🐾 Watch videos of Silver Birch Kennels on YouTube & Facebook
- 🐾 Flights booked for PCSing Pets

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www.silverbirchkennels.co.uk

Oak Lane, Littleport, Ely, Cambridgeshire CB6 1RS

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Holiday Airman

COOKIE DRIVE

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

Needed: Bakers & Cookies Dough!

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

Drop cookies off:

EAGLES' LANDING
Dec 7-8: 7am-2pm
Dec 9: 7am-Noon
PAGE CAC
Dec 7-8: 2-6pm



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



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LIFE & LEISURE



ELECTRIC AVENUE

226-2067 • Bldg 670

ONGOING OFFERS

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

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

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

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

*Call ahead pizza orders welcome, delivery not available.

DAILY SPECIALS

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

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

SERVICES

Music Shop

We have a wide selection of instruments, music supplies, instructional books and much more! Our vendor is on site every Wednesday for any special assistance you may need.

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!

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!

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

- Mississippi Grind*: December 1
- Fear the Walking Dead: Season 1*: December 1
- Some Kind of Beautiful*: December 1
- Ant-Man*: December 8
- Minions*: December 8
- Transporter Refueled*: December 8

*New releases vary by location





LIBERTY LIBRARY

226-3713 • Bldg 907



EVENTS

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

Tuesday, December 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, December 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.

Holiday Crafts

Wednesday, December 9 • 4-5pm
Join us to create a fun and FREE holiday craft!

AF Philosophical Society

Friday, December 18 • 3:30-6pm
Come learn, discuss, and opine on the various philosophies of history and our current world. Join us the third Friday of every month.

ONGOING OFFERS

Computer/Notebook Checkout

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

Graphic Novel Collection

Don't forget about our collection of graphic novels available for checkout!

Role Playing Game Books

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

Universal Class

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



The Bucks are Back in Town!

Holiday Helper Loans
AS LOW AS **4.74%** APR

Now showing through January!

*Actual rates vary based on credit history. Promotion ends 1/31/16. Maximum term 12 months. Membership and credit eligibility required. Rate shown reflects .25% discount for auto pay from KFCU checking account. Example: Monthly payments are approximately \$85.65 per \$1000 borrowed at 4.74% APR for 12 months.



APPLY ONLINE at kfcu.org | 0-800-585-765

Stay safe this holiday season and stay with us!

Prices starting at \$60/night (Single) & \$63/night (Family)
For reservations or for inquiries call DSN: 226-6700 or T: 01638-526777

LIBERTY LODGE
Bldg 984 • 226-6700
www.lakenheathfss.com

DECEMBER 1-18

SINGLE AIRMAN

ADOPT AN AIRMAN FOR THE HOLIDAYS

CONNECTING SINGLE AIRMEN & FAMILIES FOR THE HOLIDAYS

If you are a Single Airmen who would like to attend a Holiday meal or a family who would like to host an Airmen for the Holidays, sign-up by **December 18** at the Page Community Center.

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

AIRMAN & FAMILY READINESS CENTER

226-3847 • Bldg 950

CLASSES

Resume 101

Wednesday, December 2 • 9-11am

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

Building Your Financial Foundation

Thursday, December 3 • 10-11:30am

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

Manage Your Move

Friday, December 4 • 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.

EFMP Spouses' Event: Cookie Making

Tuesday, December 8 • 10am-Noon • Fitness Center Conference Room

The holidays are coming! It's time to make some festive cookies. Enjoy friendship and fun while we make tasty treats! All supplies will be provided.

Federal Employment Part 2: Writing a Federal Resume

Thursday, December 10 • 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!

Bundles for Babies

Friday, December 11 • 9am-12:30pm

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.

Interview Insight

Tuesday, December 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.

Investing in Your Future: Thrift Savings Plan

Thursday, December 17 • 10-11am

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



EVENTS

Deployed Family Holiday Event

Wednesday, December 16

5-7pm • RAFL Chapel

Come out and enjoy a great dinner with other deployed family members and learn a little about what's going on and what services are available. There will be games and activities for the children. Call the A&FRC to sign up.



PAGE COMMUNITY CENTER

226-1627 • Bldg 900

EVENTS

Tree Lighting Ceremony

Thursday, December 3 • 4:30pm • MDG Roundabout
Bundle up and join us for a spectacular evening as we light the tree for the first time this season. Enjoy a special visit from Santa, a sing-along with the Youth Center, plus FREE hot chocolate, candy canes and cookies.

Holiday Airman Cookie Drive

December 7-8: Eagles' Landing • 7am-2pm
December 7-8: Page CAC • 2-6pm
December 9: Eagles' Landing • 7am-Noon
Spread some holiday cheer for our dorm residents by donating homemade holiday cookies! Presented by the 48 FSS with the support of the OCSC & ECSC.

Gamers Club

Saturday, December 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.

Star Wars Quiz & Skate Night

Tuesday, December 15 • 5-7pm • \$5/family of 4 & \$3/additional
Dress in your favorite Star Wars costume and bring the Force with you! Show you have Jedi worthy wisdom and win Cine-World tickets. Sign up by Friday, December 11. FREE skating for those in costume.

COED Bingo

Wednesday, December 16 • Liberty Club
Doors open at 5pm; Games start at 6pm
Pre-purchase books December 1-15 at the Page CAC: \$25/2 books, or December 16: \$30/2 books. Prizes include Kevin Hart Comedy Show tickets, Beats by Dre® headphones, a spa day package and more!
**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.*

Parent and Me Beginners Skate

Sunday, December 20 • 10am-Noon
Skate session for under 5's only. Kids \$3, parents skate FREE with a paying child. You can even bring your stroller!

SINGLE AIRMAN PROGRAM

226-1627 • Bldg 900

Adopt an Airman for the Holidays

Are you a single airman looking for some place to spend the upcoming holidays? Or a family interested in hosting an airman for the holidays? Stop by the Page CAC by Friday, December 18 for more information or to sign up for the Adopt an Airman program.



DELUXE SANTA SUIT RENTAL

Now-December 31 • \$30/day
Book early so you're not disappointed! Pick up at 5pm, return by 4pm, 7 days a week. Open to ages 18+. **Late charges apply for late returns.*





PARTIES!

Skate Parties

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

Indoor Bouncy Castle Parties

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

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

ONGOING EVENTS

Parent & Me Skate Date

Wednesdays • 9-11am

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

Lunch Skate

Monday-Friday • Noon-2pm

Fight that food coma and get your adrenaline pumping out on the rink! \$3/person on skates.

Birthday Skate

Is your birthday in December?

Skate for FREE during open skate!

Skating Punch Card

Get six punches and your seventh session is FREE!

Open Skate

\$5 admission

Fridays • 6-9pm | Saturdays • Noon-7pm

Sundays • Noon-5pm

WARD COMMUNITY CENTER

226-7023 • Bldg 94 at RAF Feltwell

EVENTS

Holiday Wreath Workshop

Thursday, December 10 • 5:30-7pm

\$30/artificial wreath; \$35/fresh wreath

Create your own holiday cheer with a homemade festive wreath! Both fresh and artificial supplies are provided. Sign up by Friday, December 4 as spaces are limited. **Children under 10 must be supervised.*

Holiday Craft Night

Thursday, December 17 • 5-6:30pm

Create a little holiday magic with a handmade craft! You bring the fun and we'll bring the rest. **Children under 10 must be supervised.*

RUGBY'S TOO CAFÉ & EATERY

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

We will be CLOSED Saturday, December 19 - Sunday, January 3.

AUTO HOBBY COMPLEX | TIRE & LUBE CENTER

226-2454/2383 • Bldg 1108

226-2278/2279 • Bldg 1030



SPECIALS

December 1-15

- Get 4 tires balanced for the price of 3 with a tire rotation.
- 25% OFF Sealey Tools

SERVICES

Pop in for a complete price menu.

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

SVA/MOT

Call 01638 534 185 to make your next appointment!

NEED YOUR WHEELS ALIGNED?

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

WE CAN HELP!

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

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

OIL - YOUR CAR'S LIFE BLOOD

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

MOTORCYCLE SERVICES

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

MOT Testing



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

Call 01638.534.185 for an appointment today!

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



Enjoy socializing and a great meal!

- **Set Lunch** from £6.60/person
- **Set Dinner** from £11/person

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

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

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• RESTAURANT & BAR •

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

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Majority of Homes are Pet Friendly

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LAKENHEATH: Unit 3, Station Road, Lakenheath, IP27 9AD

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Beck Row - Sycamore Park Development, IP28 8DH

Offices Located In Mildenhall & Beck Row

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

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

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



Mildenhall High Street, IP28 7EQ

Winterbrooke

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Situated just 2 miles from RAF Feltwell, 6 miles
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Single Dog £9.50
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3 Dogs 1 kennel £21.50

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Christmas

AT LYNFORD HALL

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

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

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

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

Call today to book your celebration on 01842 878351!

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



ARTS & CRAFTS CENTER

226-2194 • Bldg 906

SPECIALS: 20% OFF

December 1-9: Yarn, Knitting and Crocheting Accessories

December 10-19: Fine Art Paints

December 20-31: Craft Kits

*Specials apply to in-stock items only.

CLASSES

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

Van Gogh for Kiddos

Saturday, December 12 • \$10

Ages 5-8 • 10-11am

Ages 9-12 • Noon-1pm

Ages 13+ • 2-3pm

Kids can come out and learn to paint step by step and take home their 8"x10" painted masterpiece on canvas. Sign up by Friday, December 11. **Parents must attend with their children.*

CUSTOMIZE

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

Personalize Your Boots

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

T-Shirt Printing

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

RETAIL

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

NAME TAPES

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



WOOD CRAFTS CENTER

226-3367 • Bldg 1104

SPECIALS

10% OFF • MDF – All Thicknesses

\$5 OFF • Custom Crates

*Specials apply to in-stock items only.

CRATING SERVICE

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

CLASSES

Rustic Slanted Lid Box

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

Elegant Entryway Bench

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

OUTDOOR RECREATION

226-2146 • Bldg 1109

SERVICES

Airport Shuttle

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

Holidays at Outdoor Recreation

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

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

DVD & VHS Conversions

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

Key Cutting

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

PEDALER BIKE SHOP

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

EQUIPMENT RENTAL

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

Bouncy Castles

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

Storage Units

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



Does anything beat
a bike or scooter
for the holidays?
Do your shopping
early & lay-a-way
with Outdoor Rec!

PEDALER
BIKE SHOP
AT OUTDOOR RECREATION



SEAL WATCHING



SUNDAY, DECEMBER 6

Adult \$50, Child \$30, Family of 4 \$150
All Ages Welcome • Exertion Level 2-3 (Based on weather)

Visit this famous seal colony and hear the bellows of the bulls, see cows give birth and watch the pups play. View hundreds of seals on the beach at one time. Sign up by November 30.

Outdoor Recreation
Bldg 1109 • 226-2146
www.lakeheadrfss.com/odr



FITNESS SUPPLIES



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INFORMATION, TICKETS & TRAVEL

226-2979 • Bldg 977 Rm G20 & BX

EDINBURGH'S HOGMANAY

Scotland's World Famous
New Year's Festival

4 Day Tour

Tuesday, December 29
Adult £399*, Child £339
*Prices are based on two
adults sharing • No single
rooms available

3 Day Tour

Wednesday, December 30
Adult £339*, Child £289
*Prices are based on two
adults sharing • No single
rooms available

Extended Day Tour

Thursday, December 31
Adult £99; Transportation Only

For more info & to purchase
your street party tickets visit
www.edinburghshogmanay.org
*Street party tickets are not
included in ITT's purchase price.



THURSFORD CHRISTMAS SPECTACULAR

Monday, December 21 • £52 (Ages 8+), Inclusive



LONDON NEW YEAR'S PARADE 2016

Friday, January 1
Adult £21, Child £19, Infant
£10; Transportation Only



THE NUTCRACKER

Tuesday, December 22
£64, Inclusive



LINCOLN CHRISTMAS MARKET

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



FAMILY DAYS OUT

Santa Safari at West Midlands Safari Park
Sunday, December 13
Adult £31, Child £30,
Babes in Arm £15; Inclusive

Santa's Magical Journey into Christmas, Thursford
Saturday, December 19
Adult £26, Child £31,
Babes in arm £10, Inclusive

Christmas Eve at Warwick Castle
Thursday, December 24
(Christmas Eve)
Adult £29, Child £25,
Infant £10; Inclusive

Chessington World of Adventures Winter's Tail
Sunday, December 27
Adult £31, Child £27,
Infant £10; Inclusive

BREAKFAST WITH SANTA AT WARWICK CASTLE

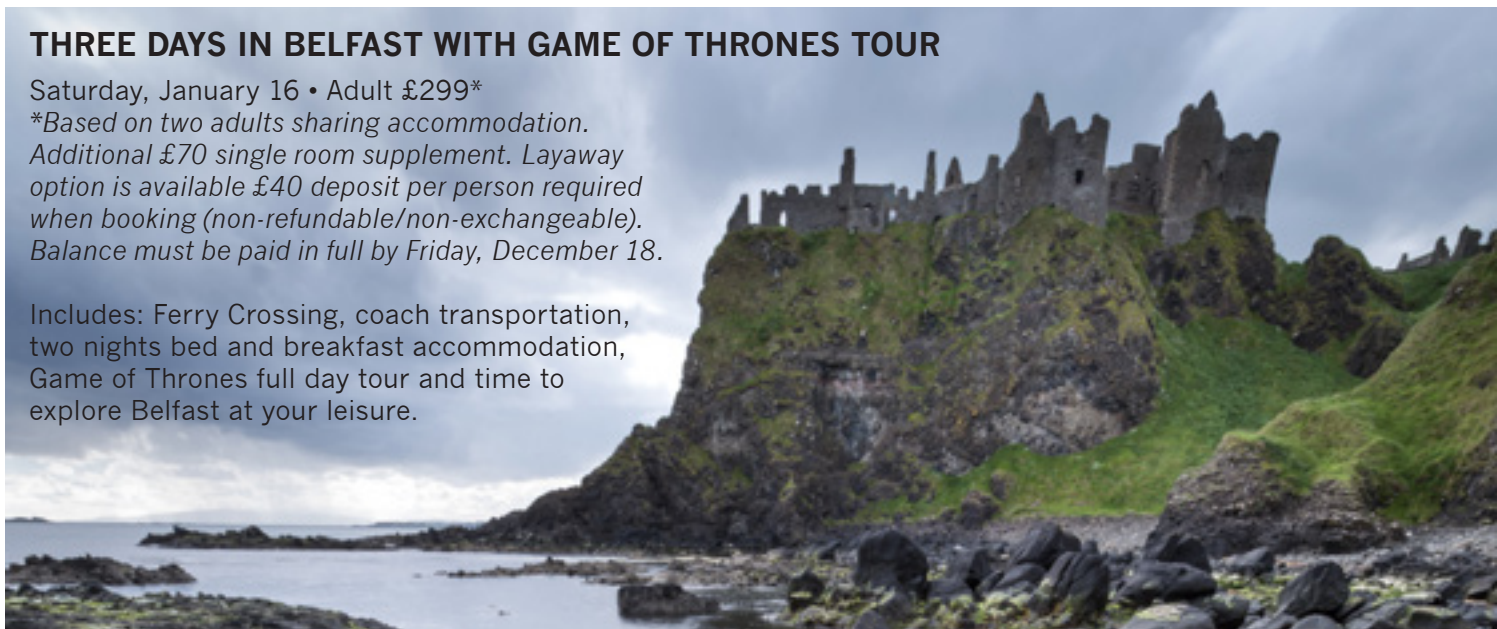
Thursday, December 24
(Christmas Eve)
Adult £56, Child £56,
Babes in Arm £10, Inclusive



THREE DAYS IN BELFAST WITH GAME OF THRONES TOUR

Saturday, January 16 • Adult £299*
**Based on two adults sharing accommodation. Additional £70 single room supplement. Layaway option is available £40 deposit per person required when booking (non-refundable/non-exchangeable). Balance must be paid in full by Friday, December 18.*

Includes: Ferry Crossing, coach transportation, two nights bed and breakfast accommodation, Game of Thrones full day tour and time to explore Belfast at your leisure.



RAF MILDENHALL EVENTS

Holiday Kick Start

Saturday, 12 December

12:00 pm - 5:00 pm

Hardstand Fitness Center

This special class is being offered for individuals to come out and get a taste of each class we offer! Weekly class schedules will be available at the front desk and all classes are free of charge. Not sure where your fitness level stands and where to start? Schedule a comprehensive fitness assessment by one of our staff member. Not familiar with weight training? Come learn strength training techniques from our fitness experts.

Open to 16 years & older only.

Call: 01638 54 3730



Santa Storytime

Wednesday, 16 December

4:30 pm - 6:00 pm

RAF Mildenhall Library

Santa will be reading "The Night Before Christmas" to the children and then giving each child a present. A list of books available for Santa to give away can be found at the Circulation Desk so parents can sign their child up to receive a specific title.

Call: 01638 54 2352

Youth Classes

Call RAF Mildenhall Youth Center:

01638 54 5437



Youth Ballet Classes

Beginners

3 - 5 year olds: \$30 per month

Intermediate

6 - 10 year olds: \$35 per month

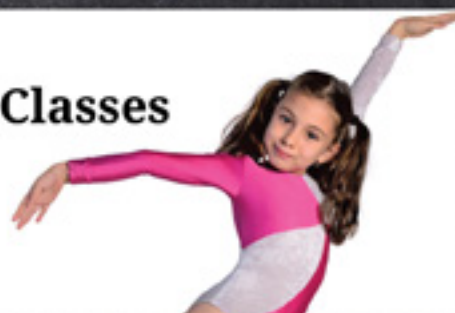


Gymnastics Classes

Monday - Thursday

Open to 2 - 16 year olds

\$30 per month



Karate Classes

Monday - Friday

Open to 6 years & older

Beginner to advanced

Cost \$30 per month



Piano Classes

Monday - Friday

Open to beginners and advanced

6 years & older

Cost \$75 per month



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 ☎ 3730

Gateway Dining Facility

☎ 436 ☎ 2689

The Galaxy Club

American Roadhouse

☎ 437 ☎ 2680

Sports Bar

☎ 437 ☎ 7174

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>



BOWLING LEAGUES

Short Winter Season

Monday Night 9 Pin

Starts Monday, 11 January at 6:00 pm
Adult & Youth Fun League (runs for 12 weeks)

Friday Night League

Starts Friday, 15 January at 6:00 pm
4 person teams (runs for 12 weeks)

Call RAF Mildenhall Bowling Center to register: 01638 54 2348

Euston Estate Deer Stalking

Cull Stalking:

1 November - 31 March - Muntjac, Roe,
Fallow: \$162 per 3 hour outing

Trophy Stalking: Per 3 hour outing \$142
Trophy Roe buck \$835, Trophy Muntjac \$670
Trophy CWD \$1,330, Trophy preparation,
taxidermy, shipping to USA can be arranged.

Guided Deer Hunt with Stalkers: \$50 per person

Call RAF Mildenhall Outdoor Recreation for booking details: 01638 54 4283

CLASSES & DIRECTORY

AIRMAN & FAMILY READINESS CENTER

Reintegration Briefing

Mon, Wed & Fri • 9:30-10:30am

Pre-Separation Counseling

Tues, Dec 1 & 8 • 8:30-11:30am

Bury Walking Tour

Fri, Dec 4 & 18 • 9am-2:15pm

5-Day Transitioning

GPS Workshop

Dec 14-18 • 8am-4:30pm

Volunteer Orientation

Tues, Dec 15 • 10-11am

ARTS & CRAFTS

Mold Pouring

Dec 1 & 2 • 10am-Noon

1 day • \$25 Inclusive

Sewing Assistance: Intermediate

Thurs, Dec 3 & 10 • 6-8pm

1 day • \$12 + supplies

Van Gogh and Merlot

Thurs, Dec 3 • 6-8pm

\$35 • Inclusive • Liberty Club

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.

INSTRUCTORS WANTED

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

CLASS INFORMATION

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

FITNESS & SPORTS CENTER

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

Family Combat-Self Defense

Fri • 4:30-5:30pm • Ages 7+

\$8.50/Class or \$32/Month

Ask about family pricing.

Group Indoor Cycle

Mon, Wed, Fri • 5-5:45am

Tues & Thurs • 11-11:45am

Mon-Wed • 5-5:45pm

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

Mon & Wed • 6-6:30am,

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

Fri • 6-6:30am & 9:30-10am

Latin/Urban Aerobics

Mon • 7:15-8:15pm

Tues • 6-7pm

Power Stretch

Fri • Noon-1pm

Street Dance

Thurs • 7-8pm • 18+ • \$4/class

Yoga

Mon • 11:30am-12:30pm

Wed • 6-7pm

WARD CAC (RAF FELTWELL)

Ballet: Classical Beginners

Tues • 4:45-5:30pm

Ages 5+ • \$9/class

Guitar Lessons

Mon & Tues • 3:15-6pm

\$70/month • 30min/week

Ju Jitsu

Mon • \$35/month

Ages 4-8 • 3:30-4:15pm

Ages 9-14 • 4:15-5pm

Pre-School Ballet

Tues • 4-4:45pm

Ages 3-5 • \$8.40/class

Hula Lessons

Thurs • 3:30-4:15pm

Ages 5-17 • \$12/month

PAGE CAC

Guitar Classes

Wed & Thurs • 3:15-6:15pm

\$70/month • 30min/week

Ju Jitsu

Thurs • \$35/month

Ages 4-8 • 3:45-4:30pm

Ages 9-14 • 4:30-5:15pm

YOUTH CENTER

Gymnastics

Days & times vary

Age 2+ • Starts at \$40/month

Karate

Thurs • 4:45-6:15pm & 6:15-7:45

Fri • 4:45-6:15pm

Ages 6+ • \$45/month

Kickboxing

Wed • 4:30-5:30pm

Ages 12-18 • \$40/month

Mommy & Me Yoga

Wed • 2:15-3pm

Ages 3-5 • \$40/month

Open Wall Climb

Wed • 6-7:30pm

Ages 7-17 • \$5/session

Wed • 7:30-9pm

Ages 18+ • \$7/session

Piano Lessons

Mon-Fri • Times vary

Ages 8+ • 30mins/week

\$70/month

Tae Kwon Do

Tues • 6-7pm

Ages 8+ • \$35/month

Teen Yoga

Wed • 5:30-6:30pm

Ages 13-18 • \$40/month

Wall Climbing Class


Thurs • 6-7pm & 7-8pm

Ages 7-18 • \$20/month (4 classes)


Youth Yoga & Pilates

Wed • 3:30-4:30pm

Ages 8-12 • \$40/month

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

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

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

Auto Parts Store
Bldg 1108 • x5918
Mon-Fri: 9am-7pm
Sat: 10am-6pm
Sun: 10am-4pm


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

BRECKLAND PINES GOLF COURSE 
Bldg 1320 • x2223
Golf Shop
Open Daily: 7am-4pm


The Grill at Breckland Pines
Bldg 1320 • x3551
Mon: Closed
Tues-Sun: 7am-1:30pm

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

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

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

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

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

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

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

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

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


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

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


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

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

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

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

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

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

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

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


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

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


LIBERTY LANES BOWLING CENTER 
Bldg 657 • x2108
Sun-Mon: 11am-8pm
Tues-Wed: 11am-10pm
Thurs: 11am-11pm
Fri: 11am-Midnight
Sat: 9am-Midnight

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

Pro Shop: By Appointment Only


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

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

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


MILITARY PERSONNEL SECTION (MPS) 
Bldg 977 • x5131
Career Development: x3939
Force Management: x5138
Walk-In
Mon-Wed: 7:30am-1:30pm
Thurs: 9:30am-1:30pm
Fri: 7:30am-1:30pm
Appointments Only
Mon-Fri: 1:30-4pm

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

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

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

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

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

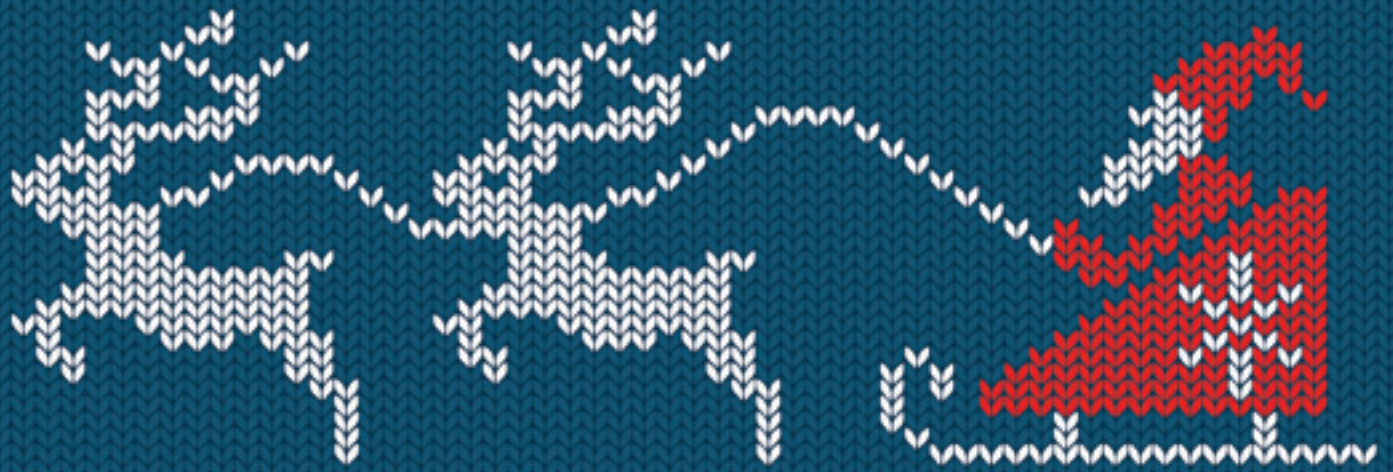
Open Recreation & Teen Open Rec
Mon-Fri: 2:30-7pm | 7-8pm (13+)

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

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

Youth Sports x5452

 : FREE WI-FI



Holiday **FAMILY NIGHT**

Wed, December 9 • 5-8pm



MEMBERS \$9.95; KIDS FREE
NON-MEMBERS \$14.95; KIDS \$3.95

Come enjoy our delightful holiday party with a visit from Santa, great food, games and live entertainment.

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

