

# atEase

JANUARY 2016 | 48TH FORCE SUPPORT SQUADRON | RAF LAKENHEATH, UK



## **FITNESS PROGRAMS**

Check out the five new programs the Fitness Center has to offer!

## **YOUTH SOCCER**

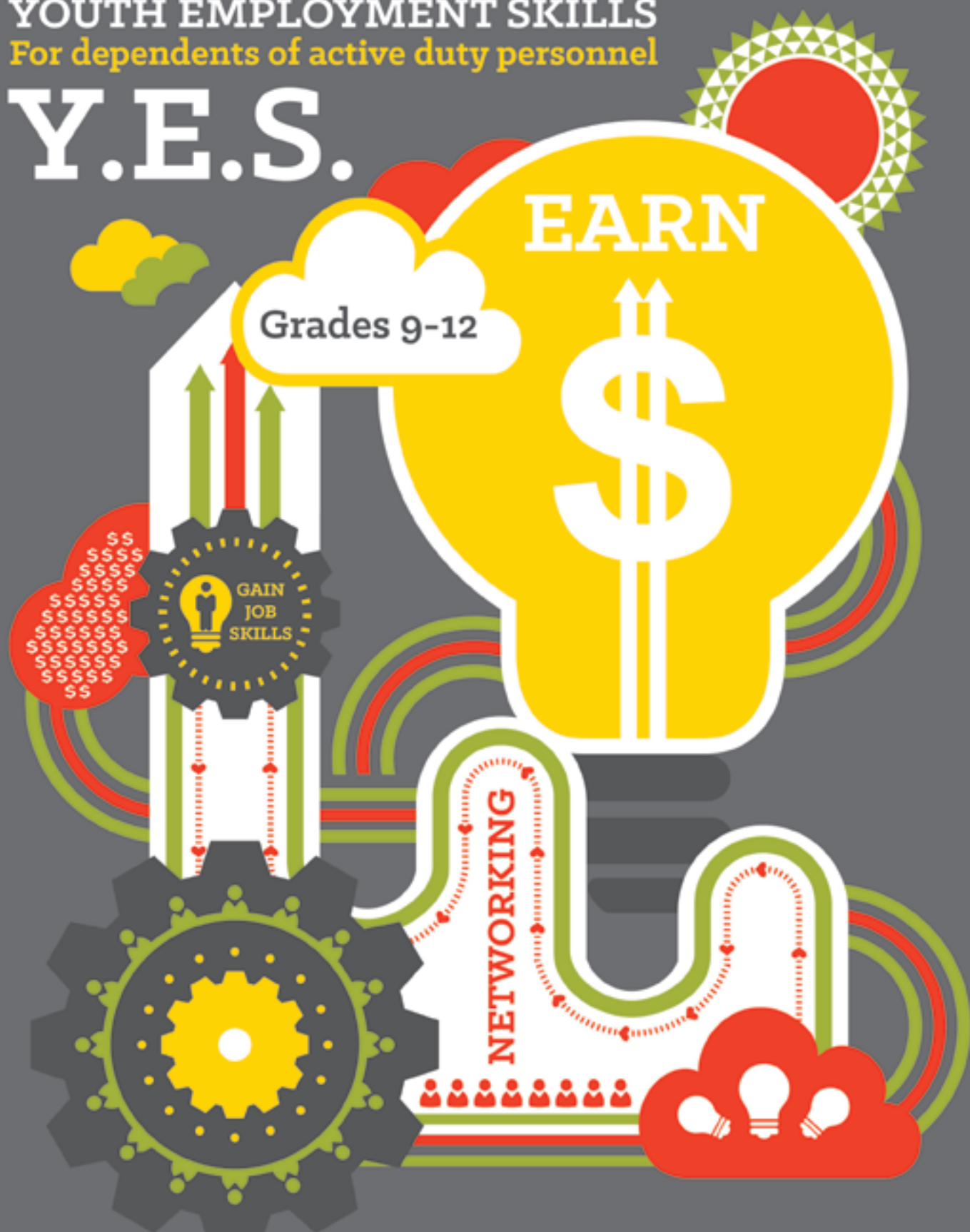
Be sure to sign up your children for this season's soccer program!

## **NBA LONDON**

Watch the Orlando Magic vs. the Toronto Raptors at the O2 Arena!

**YOUTH EMPLOYMENT SKILLS**  
For dependents of active duty personnel

# Y.E.S.



Say Y.E.S. to the new year & earning money towards college! The Y.E.S. program allows all certified and enrolled high school students to “bank” volunteer dollar credits towards their post-secondary education/training at a rate of \$6/hour volunteered in an on-base position. This program provides an opportunity to learn valuable work skills while having a positive impact on their communities. For more information stop by the Youth Center.

**YOUTH CENTER**

Bldg 250 • 226-5437

[www.lakenheathfss.com](http://www.lakenheathfss.com)







# JANUARY 2016

## 4 DINING

Knight's Table  
 Pinkerton's Steak House  
 The Afterburn  
 The Grill at Breckland Pines  
 Liberty Lanes' Grill 48  
 Rugby's: A Modern Bistro  
 Great Little Pizza Place  
 HOT PIT: Flightline Dining

## 7 ENTERTAINMENT

Liberty Club  
 Liberty Club After Dark  
 Eagles' Landing  
 Jolly Olde Eagle Pub

## 8 SPORTS & FITNESS

Liberty Lanes Bowling Center  
 Fitness & Sports Center  
 Breckland Pines Golf Course

## 12 YOUTH

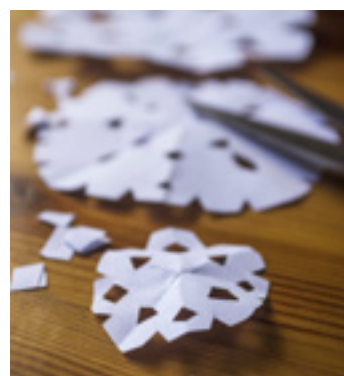
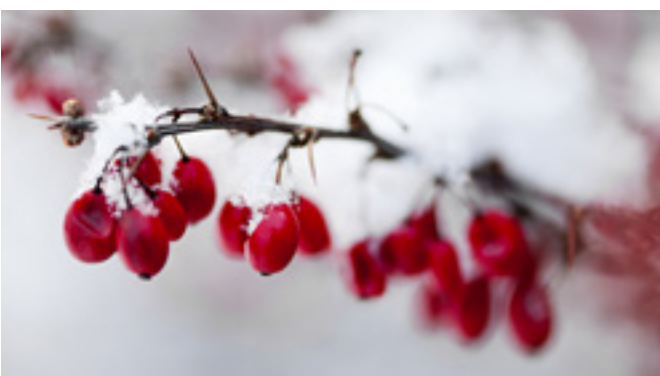
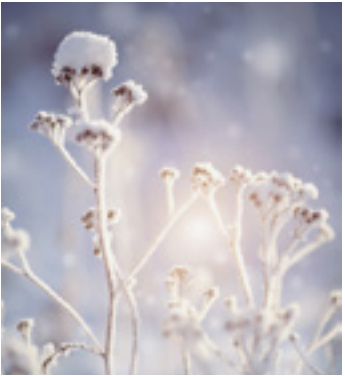
Youth Center  
 Youth Sports  
 Teen Programs  
 Child Development Centers  
 Family Child Care

## 16 LIFE & LEISURE

Electric Avenue  
 Liberty Library  
 Airman & Family Readiness  
 Community Centers  
 Rugby's Too  
 Auto Hobby Complex  
 Arts & Crafts Center  
 Wood Craft Center  
 Outdoor Recreation  
 Information, Tickets & Travel

## 34 INFORMATION

RAF Mildenhall Events  
 Class Schedules  
 Directory





## 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

### BUSINESS

Lead Marketing Assistant: Tobi Applin  
Commercial Sponsorship Coordinator: Julie Cloy  
Marketing Clerk: Rhonda Nuñez


### DESIGN & PRINT

Visual Information Specialist: Alicia Meiers  
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.

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

 Subscribe to our weekly e-newsletter, the 48th FLASH! E-mail [48fss.fsk@us.af.mil](mailto:48fss.fsk@us.af.mil) to be added to our distribution list.

 Find us on Facebook  
RAF Lakenheath 48th Force Support Squadron



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

Call 01638 521709, email [48fss.fsk@us.af.mil](mailto:48fss.fsk@us.af.mil) or visit [lakenheathfss.com](http://lakenheathfss.com) for more information!

## SPONSORSHIP

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

### SPONSORSHIP OPPORTUNITIES

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

### ADVERTISING OPPORTUNITIES

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

### CONTACT

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





**YOU'VE BEEN**  
*Caught!*

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 November wing leaders presented the following FSS team members with recognition tokens.

### NOVEMBER'S TOKEN RECIPIENTS

Name	Office
Dante Cinelli	Information Technology
Vanessa Foster	Liberty Lanes
April Hopkins	Liberty Lanes
Tobi Applin	Marketing & Publicity
Julie Cloy	Marketing & Publicity
Rhonda Nuñez	Marketing & Publicity
TSgt Larry Monk	MPS: Career Development
SrA Shawn Stroud	MPS: Career Development
A1C Nicole Manarionsong	MPS: Career Development
A1C Ernest Harris	MPS: Customer Service
A1C Shannon Stewart	MPS: Customer Service
SrA Alexis Pina	MPS: Force Management
A1C Brittany Keen	MPS: Force Management
Angie Aquilar	Rugbie's: A Modern Bistro



**2016**  
LIBERTY SPOUSES DINING-IN

**LAKENHEATH**  
**billboard**  
**HOT 100**

PRESENTED BY THE  
48 FSS AND THE LIBERTY  
LEADERSHIP SPOUSES

SAVE THE DATE  
**APRIL 1, 2016**

RAF LAKENHEATH, UK

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

Find us on  
**Facebook**

**FORCE**  
SUPPORT SQUADRON

**CC**  
COMMUNITY CENTER

**HARD**

**COPIES**  
**PRINTSHOP**

- Brochures & Programs
- Booklets & Binding
- Copies & Flyers
- Event Tickets
- Certificates

And much more!

For a price list, please visit  
[www.lakenheathfss.com](http://www.lakenheathfss.com).

All artwork must be complete and ready to print.  
To submit an order, please email  
[hardcopiesprintshop@gmail.com](mailto:hardcopiesprintshop@gmail.com) with your  
completed artwork attached as a .jpg or .pdf  
and a brief description of the order.

RAF Lakenheath 48FSS/FSK Marketing & Publicity  
Bldg 949, 2nd Floor • 226-1709 or 01638 521709

**FORCE**  
SUPPORT SQUADRON



# DINING

rugbie's  
A MODERN BISTRO



## 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

### NOW OPEN 7 DAYS A WEEK!

We are happy to announce that beginning January 4 The Grill will be back to being open 7 days a week for all your breakfast & lunch favorites!

### 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!







## 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 "Chicken California" with chicken, bacon & ranch, 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 37 for delivery hours.

#### Pizza Meal Deal

Monday-Friday • 11am-2pm

Get two jumbo slices of pizza with a drink!

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

## 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!

## PINKERTON'S STEAK HOUSE

226-1611 • Bldg 648

### LUNCH BUFFET

Monday-Friday • 11am-1:30pm

Members \$8.75

Non-members \$10.75

Monday: All-American

Tuesday: Tex-Mex

Wednesday: Italian

Thursday: Southern

Friday: Bistro

### SPECIALS

#### 2-4-1 Prime Rib Night

Members Only Special

Tuesdays • \$21.95

## KNIGHT'S TABLE

226-3214 • Bldg 934

### Specialty Meals

January 6 • Italian

January 13 • Carvery

January 19 • Mongolian BBQ

January 20 • Southern

January 26 • Asian

11am-1pm

### Sandwich Bar

Monday-Friday

11am-1pm

### Specialty Bar

January 5 • Taco Bar

January 12 • Wing Bar

11am-1pm

**FEBRUARY 7 @ 10PM**

# **SUPER BOWL PARTY**

**MEMBERS FREE - NON-MEMBERS \$10**



**2 GIANT SCREENS - BUFFET & DRINK SPECIALS  
PRIZES - BREAKFAST SERVED AT HALFTIME**

**BEVERAGE SERVICE WILL STOP AT 3AM**

**LIBERTY CLUB**  
Bldg 648 • 226-1611  
[www.lakenheathfss.com](http://www.lakenheathfss.com)



Members  
**First**





# ENTERTAINMENT



## LIBERTY CLUB

226-1611 • Bldg 648

### EVENTS

#### Football Frenzy

Sundays • Now - Super Bowl

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!

#### Latin Night

Saturday, January 2 • 9pm-2am

Members FREE; Non-members \$5

Learn the hottest dance steps from 9-10pm, then our DJ will spin the hottest tracks to spice up the night!

#### Country Nights

Saturdays, January 9 & 23 • 10pm-2am

Members FREE; Non-members \$5

If you feel like a little bit of country steppin', head to the ballroom and enjoy music from DJ Farva.

### CLUB MEMBERSHIP PAYS!

#### Crazy Cash Giveaway! (Members Only)

Every Friday & Saturday • Midnight

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

### LIBERTY CLUB AFTER DARK (18+ ONLY)

**Texas Hold 'Em:** Tuesdays, 7pm

**Quiz Night:** Wednesdays, 7:30pm

**Old School 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

### EAGLES' LANDING

226-2326 • Bldg 958

### EVENTS

#### Fini Friday

Friday, January 29 • 5-10pm • Jolly Olde Eagle Pub

Join us for karaoke, a progressive drawing, trivia, foosball, darts and crud!

# SPORTS & FITNESS



## LIBERTY LANES BOWLING CENTER

226-2108 • Bldg 657

### EVENTS

#### New Year's Day Special

Friday, January 1 • 11am-8pm

Bowl for just \$1.50 per game with \$1.50 shoe rental!

#### Cosmic Bowling with DJ Ant

Fridays: January 8 & 22 | Saturdays: January 16 & 30

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.*

#### Martin Luther King Jr. Day Bowling

Monday, January 18 • 11am-10pm

Join us for a fun-filled day of bowling! Just \$1.50 a game & \$1.50 shoe rental.

#### Birthday Bowling

Tuesday, January 26

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

### ONGOING EVENTS

#### Monday Madness

Mondays • 4-8pm

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

#### Bowler Appreciation Day

Wednesdays • 11am-5pm

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

#### Quarter Mania

Thursdays • 11am-8pm

Enjoy open bowling for just \$6 + 25¢/game and 25¢ shoe rental!

#### Cosmic Bowling

Fridays & Saturdays • 8:30pm-Midnight

\$40/Lane up to 6 bowlers or \$10/Person. All rental shoes included.*\*Reservations highly recommended.*

*Payment in full is due at time of reservation.*

### BIRTHDAY PARTIES!

Saturdays: 1-3pm, 3:30-5:30pm, or 6-8pm

Sundays: 1:30-3:30pm or 4-6pm

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







## FITNESS & SPORTS CENTER

226-3607 • Bldg 904

### EVENTS

#### Biggest Loser 2016

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

Final Weigh-In • February 29

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 point for every pound lost and 5 points 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.*

#### Boot Camp

Begins January 4 • Monday-Thursday • 6:30-7:30pm

4 weeks • \$220 for full Boot Camp or \$60/week

Individual assessments (highly recommended) are only conducted on the first day of Boot Camp. *\*No class on Monday, January 18, MLK Jr. Day.*

#### Pre/Post Natal Yoga

Begins Thursday, January 7 • 11:30am-12:30pm • 6 classes • \$40

### 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.

### ONGOING PROGRAMS

#### NEW! 200K Pound Club

Do you have what it takes to lift 200K pounds? Start lifting your way to this elite status and receive a t-shirt when you reach this lofty goal. Sign up and log your pounds with the front desk.

#### NEW! Climb Mt. Everest

Climb the staggering elevation of 29,029 feet and stake your claim on a t-shirt! Log your climb on the stair stepper, step mill or jacob's ladder. Sign up and log your elevations with the front desk.

#### NEW! Row the Mississippi River

Row 2,315 miles with no chance of getting wet and earn a t-shirt! Sign up and log your miles with the front desk.

#### NEW! Run the UK

Complete the 1,000 mile journey through three countries from the top of the UK to the bottom and earn a t-shirt! Sign up and log your miles with the front desk.

#### NEW! Tour de Britain

Complete the 4,100 mile challenge tracing the coastline of Britain and earn a t-shirt! Complete your miles on a stationary, spinning or a road/mountain bike. Sign up and log your miles with the front desk.

## BRECKLAND PINES GOLF COURSE

226-2223 • Bldg 1320

### SPECIALS

Friday-Sunday: FREE golf cart rental with the purchase of 18 holes Green Fee – that's a savings of up to \$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.

Take the 30-Day  
HOT YOGA Challenge

**£30** for **30** days

Offer available for new customers only.

Newmarket's only Yoga, Hot Yoga and Pilates Reformer centre.  
TRX suspension, Total Barre, Spinning and more.



*Come and see what everyone in Newmarket is talking about.*

**Live in Wellness**

WELLBEING WAREHOUSE

147 All Saints Road, Newmarket CB8 8HH.

Phone: 01638 -660065

[www.wellbeing-warehouse.com](http://www.wellbeing-warehouse.com)

**GREEN BOX**  
**SUSHI 3**

LAKENHEATH VILLAGE

EAT IN OR TAKE AWAY

**01842 862 688**

32 HIGH STREET, IP27 9JS

MONDAY-FRIDAY: 10AM-2PM & 4-8PM

SATURDAY: NOON-8PM

[www.GREENBOXSUSHI.co.uk](http://www.GREENBOXSUSHI.co.uk)



**CHECK OUT THE  
FORCE SUPPORT WEBSITE!**

FOR ALL THE LATEST INFORMATION ABOUT FSS EVENTS & ACTIVITIES!



**WWW.LAKENHEATHFSS.COM**

FAMILY • DINING • RECREATION & TRAVEL • ENTERTAINMENT • EDUCATION • JOBS • MORE



**Know On The Go!**

Introducing MyAirForceLife Mobile App



- Hours
- Phone numbers
- Events
- Specials
- Reviews
- Maps
- Jobs

Food, Fitness, Family  
& Fun at your fingertips.



Download for FREE today!



# NBA GLOBAL GAMES

LONDON 2016 • AT THE O2 ARENA



**THURSDAY, JANUARY 14 • £115**

SEE ITT FOR DETAILS • PRICE INCLUDES TICKET & TRANSPORTATION  
THE ORLANDO MAGIC FACES OFF WITH THE TORONTO RAPTORS IN LONDON!  
INFORMATION TICKETS & TRAVEL | BLDG 977, ROOM G20 | 226-2979



Find us on Facebook

Instagram

RAF Lakenheath ITT

## UNIQUE <sup>CC</sup> BOUTIQUE AT THE PAGE CAC

We offer an impressive range of balloons, specialty gifts and consignment items for birthdays, baby showers, graduations & more!

226-1627 | WWW.LAKENHERTHFSS.COM

## Maidwell Antiques

Large range of antique furniture, clocks, copper, silver, brass and much more.

Not just antiques, it's an experience!

Affordable Prices | Payment Plans Available

01366 385058 or 07712 105408  
Ring for open times any day of the week.

The Old Rectory, Ely Road  
Furzeham, Downham Market  
PC28 0NU

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

#### The CLUB: Teen Late Night

Friday, January 15 • 7-11pm  
Come hang out and enjoy a late night teen only event at the Youth Center. FREE for members, bring a friend for just \$1! #weownfriday We are the CLUB! Come join the CLUB for just \$5/month – check out [www.myclubmylife.com](http://www.myclubmylife.com) for more information. #myclubmylife

#### SAC Parent Activity

Thursday, January 21  
4:30-5:30pm • FREE  
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!

#### Give Parents a Break

Friday, January 22 • 6-11pm  
Parents can enjoy an evening out while their kids, ages 5-12, play safely at the Youth Center. Must have a referral certificate and completed AF 1181. Sign up by Friday, January 15.

#### Kid's Night Out

Friday, January 22 • 6-11pm  
Members \$20; Non-members \$25  
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 Friday, January 15.

### 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 Employment Skills (Y.E.S.) Program

Say Y.E.S. to the New Year and earning money for college! The Y.E.S. Program is a volunteer program for certified and enrolled high school aged dependents of Active Duty/Title 10 Air Force personnel. This program is a joint effort between Air Force Aid Society (AFAS) and Airmen & Family Services Flight to offer high school students an opportunity to learn valuable work skills, "bank" dollar credits at a rate of \$6 per hour volunteered toward their post-secondary education/training, and have a positive impact on their community. Stop by the Youth Center for more information or to obtain a registration packet.







## YOUTH SPORTS

226-3180/5452 • Bldg 250

### EVENTS

#### Outdoor Soccer Registration

Members \$60; Non-members \$70  
Outdoor Soccer registration is January 25-February 19. Registration forms are available at the Youth Center. You must bring a copy of current sports physical in order to register your child. The season runs March 14 – May 28.

#### Soccer 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 training & certification will be held at the Youth Center on Tuesday, February 23, FREE! The season runs March 14 – May 28.

## FAMILY CHILD CARE

226-2170 • Bldg 957

### EVENTS

#### New Provider Pre-Orientation

Wednesday, January 20 • 6-8pm  
Are you interested in becoming an in home care provider? Join us for a pre-orientation class to get all the information you need! Call to reserve your space today.

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 EAST

226-3285 • Bldg 659

### EVENTS

#### Give Parents a Break

Friday, January 22 • 6-11pm  
Parents can enjoy an evening out while your kids, ages 6 weeks to 5 years (not in school), play safely at the CDC. Must have a referral certificate and completed AF 1181. Sign up by Friday, January 15.

#### Parent's Night Out

Friday, January 22  
6-11pm • \$25  
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 Friday, January 15. Open to ages 6 weeks to 5 years (not in school).





72ND COMMEMORATIVE YEAR

# NORMANDY D-DAY LANDINGS

FOUR DAY BREAK

May 27-30

£350 per person

\*Based on two adults sharing accommodation.  
£105 single room supplement.

Pegasus Bridge, Utah Beach,  
Pointe du Hoc, American  
Cemetery, Arromanches  
& the Airborne Museum

Includes: all admission fees, three nights in a 3-star hotel,  
continental breakfast, return luxury coach to Normandy,  
channel crossing and an experienced tour manager.

*\*Tour not recommended for young children. Join our  
lay-away program and sign up today with a deposit  
of just £60/person.*



INFORMATION TICKETS & TRAVEL | BLDG 977, ROOM G20 | 226-2979

## STONEHENGE INNER CIRCLE & Windsor Castle

EARLY MORNING TOURS • Sundays: January 10,  
March 13, September 11 & Saturday, May 28

EVENING TOUR • Saturday, July 2

£68 Per Person • Includes admission to Stonehenge's  
Inner Circle, Windsor Castle & transportation.

Early morning trips will travel directly to Stonehenge for a morning arrival  
& stop off for a visit to Windsor Castle on the return trip.

Evening trips will stop off en-route for a visit to Windsor Castle  
followed by a visit Stonehenge.

INFORMATION, TICKETS & TRAVEL

Bldg 977, Room G20 • 226-2979 BX Main Store Mail  
www.lakenheathfs.com www.88lakenheath.com



**Military life  
never stops  
moving.**

**We can help.**

PCS • Deployment  
Separation • Retirement

➤ [USAA.COM/MILITARYLIFE](http://USAA.COM/MILITARYLIFE)  
or 00-800-531-81110 Toll free



Paid Ad. No Federal endorsement of advertiser intended. USAA means United  
Services Automobile Association and its affiliates. © 2014 USAA. 212325-1114



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

## SILVER BIRCH



## Kennels & Cattery

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

- 🐾 One to one care for all pets
- 🐾 Dogs let out to play 5 times a day
- 🐾 Spacious heated accommodation
- 🐾 Collection and delivery service
- 🐾 24hr onsite attendance and CCTV
- 🐾 Grooming Parlour
- 🐾 Watch videos of Silver Birch Kennels on YouTube & Facebook
- 🐾 Flights booked for PCSing Pets

Telephone 01353 863297  
[www.silverbirchkennels.co.uk](http://www.silverbirchkennels.co.uk)

Oak Lane, Littleport, Ely, Cambridgeshire CB6 1RS



# Sewing Assistance

Thursdays · 6-8pm · \$12/Class + Supplies

Take advantage of this one-off, two hour class offering assistance with your latest sewing project. Having intermediate knowledge relating to sewing machines, patterns & fabric is preferable.

Check with Arts & Crafts for available dates and times!

ARTS & CRAFTS CENTER  
Bldg 906 · 226-2194  
[www.lakenheathfss.com](http://www.lakenheathfss.com)



## Lodge Lettings

## Need to find your new home?

For all of your **rental needs** providing a **friendly service** with a **personal touch**.

- Properties in Red Lodge, Lakenheath, Mildenhall and much more.
- Out of hours tenant emergency service.
- Small town service, we get to know you.
- Local experts in both US requirements and UK housing law.
- No fees (application, renewal nor checkout).
- Free collection from billeting for viewings.



Visit [www.lodge-lettings.co.uk](http://www.lodge-lettings.co.uk)  
Call us at 01638 551551 or email [enquiries@lodge-lettings.co.uk](mailto:enquiries@lodge-lettings.co.uk)  
Lodge Lettings  
6 Bellflower Crescent  
Red Lodge, Suffolk IP28 8XQ

# LIFE & LEISURE



## ELECTRIC AVENUE

226-2067 • Bldg 670

### EVENTS

#### Open Mic Jam Night

Friday, January 15 • 7pm  
Bring your friends and join us every third Friday of the month for a night of musical networking! Our Music Sports Vendor along with other experienced musicians will be on site. Backline equipment will be available but please feel free to bring your own equipment.

### ONGOING OFFERS

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

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

#### Thursday Family Entertainment ½ Feast Just \$25 • 3-8PM

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

\*Call ahead pizza orders welcome, delivery not available.

### DAILY SPECIALS

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

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

### SERVICES

#### Music Shop

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

#### 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

*Scouts Guide to the Zombie Apocalypse*: January 5

*Paranormal Activity - The Ghost Dimension*: January 12

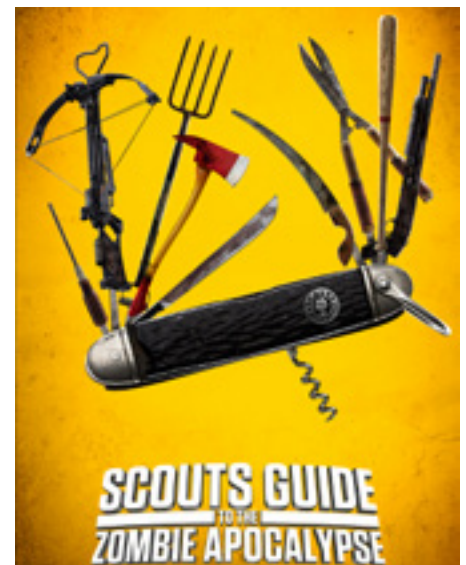
*Jem & the Holograms*: January 19

*Straight Outta Compton*: Jan 19

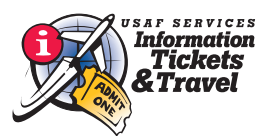
*Black Mass*: January 26

*Downton Abbey Season 6*: Jan 26

\*New releases vary by location







## LIBERTY LIBRARY

226-3713 • Bldg 907



## EVENTS

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

Tuesday, January 5 • 4:30-5:30pm

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, January 6 • 10:30-11:30am

Come and learn traditional hand crafts. If you love spinning, knitting, or crocheting this is the program for you! Join us every first Wednesday of the month.

### The Color of Winter Crafts

Wednesday, January 13 • 4-5pm

Spend the afternoon making paper snowflakes, pine cone bird feeders & decorating mittens! You bring your imagination and we'll provide the rest.

### AF Philosophical Society

Friday, January 15 • 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.

### Tea Tasting Party

Wednesday, January 20 • 5:30pm • 18+ Only

Celebrate hot tea month and discover the health enhancing properties of tea while sampling a tongue-teasing selection of terrific teas from a local trader. Space is limited so sign up today to reserve your spot!

### Story Time

Thursdays • 10am

Join us for our weekly Story Time - we'll have books to read, songs to sing and activities to do!

## 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.

### 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!

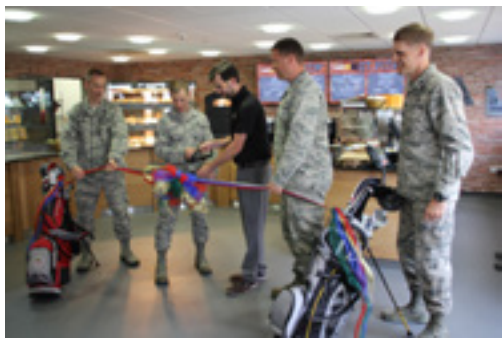
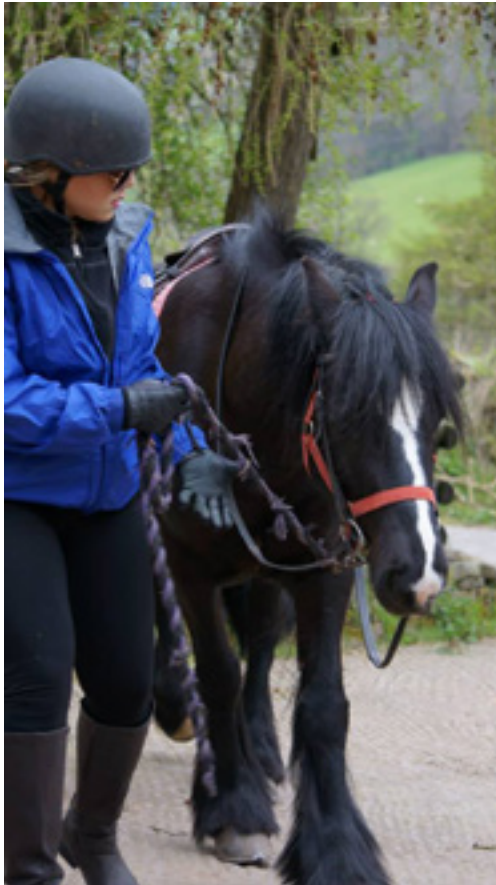
### Universal Class

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









Thanks to those who made  
**2015**  
 such a great year!



RAF LAKENHEATH  
**FORCE**  
 SUPPORT SQUADRON  
*Serving the best...FSS!*







# THE BIGGEST LOSER

## JAN 4 - FEB 29

Are you looking to start the new year off with a bang? Lose weight, body fat and inches and win prizes while meeting your goals!

**SIGN-UP • MON, JAN 4 • 6AM-8PM**  
**FINAL WEIGH-IN • MON, FEB 29**

The top three men and women with the highest scores will be awarded prizes!



Fitness & Sports Center | Bldg 904 • 226-3607

## Carpets need cleaning?

We clean carpets,  
upholstery, patios, and  
garbage bins.

Garbage Bin: \$10

One Room: \$80

Three Piece Suite: \$120

House of Carpets (On Base): \$140

House of Carpets (Off Base): \$170

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

# SCF

Carpet Cleaning Service

Telephone: 01760•722775

Mobile: 07747•428804

# Valentine's

## BALLOON & GIFT SHOP

### JANUARY 25-FEBRUARY 14

We have romantic and fun Valentine's  
Day gifts, themed baskets & balloons  
for all your loved ones!

FREE delivery to both  
RAF Lakenheath & Feltwell  
All gifts are priced in USD



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





# AIRMAN & FAMILY READINESS CENTER

226-3847 • Bldg 950

## CLASSES

### Resume 101

Wednesday, January 6 • 9-11am

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

### Improving Your Credit Score

Thursday, January 7 • 10-11am

Learn who needs to build credit and why. Understand the significance of your credit report and score, discover how to establish credit if you don't have any and how to rebuild a good credit history. Learn tips for using credit wisely, pitfalls that cost you plenty and much more!

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

Thursday, January 14 • 9-11am

The federal employment process can seem mysterious and complicated. If you are struggling with receiving application status updates, or just don't know where to start then this class is for you!

### Manage Your Move

Friday, January 15 • 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.

### Interview Insight

Tuesday, January 19 • 9-11am

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

### Basic Investing

Thursday, January 21 • 10-11:30am

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

### NEW! Boots to Business

January 21-22 • 8am-4pm

Boots to Business is an entrepreneurial education and training program offered by the U.S. Small Business Administration (SBA) as part of the Department of Defense's Transition Assistance Program (TAP). The curriculum continuum includes steps for evaluating business concepts, the foundational knowledge required to develop a business plan and information on SBA resources available to help access start-up capital and additional technical assistance.

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

Thursday, January 28 • 9-11am

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



## EVENTS

### Deployed Family Event

Wednesday, January 20

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

### Teen Quiz Night

Wednesday, January 6 • 5-7pm

Get together with your friends in teams of 4. Show off your knowledge of fashion, music & movies and win cash prizes!

### Gamers Club

Saturday, January 9 • 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.

### \$1 Skate

Sunday, January 10 • 10am-Noon

Come out for a \$1 skate session. Snacks and beverages will be available for purchase at the Snack Bar.

### Parent and Me Beginners Skate

Sunday, January 17 • 10am-Noon

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

### Winter Wonderland

Saturday, January 23 • 11am-4pm

Join us in Liberty Village (in front of Lakenheath Elementary School) for a fun-filled day of FREE food & activities, rides, ice skating, music, giveaways and more!

### Valentine's Balloon & Gift Shop

January 25 – February 14

Stop in and check out our selection of Valentine's baskets & balloons for the perfect romantic & fun gifts for your loved ones! FREE delivery is available on RAF Lakenheath & RAF Feltwell.

### Designer Bag Bingo

Friday, January 29 • Eagles' Landing

Doors open at 5pm; Games start at 6pm

Pre-purchase books January 2-28 at the Page CAC: \$25/2 books, or January 29: \$30/2 books. Prizes include bags by Coach & Michael Kors.

*\*Minimum purchase of 2 books. No refunds. \*\*Food purchased at Liberty Club, Great Little Pizza Place, or the Liberty Lanes Bowling Center welcome. No other outside food may be brought into the facility.*







## **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 January?

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

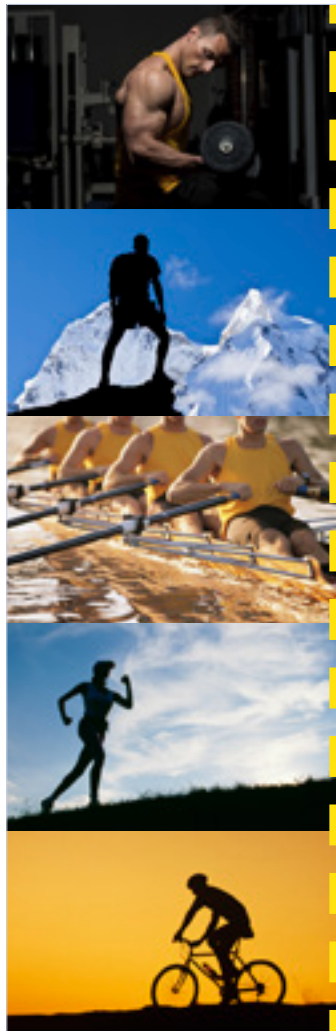
## **EVENTS**

### **Essay Competition: “Live and Let Live: What Tolerance Means to Me”**

Tell us what tolerance means to you in 300 words or less. Submit entries with your name, age and contact number to the Ward Community Center by Friday, February 26. Open to ages 6-9 years & 10-15 years. 1st place prizes awarded for each age category.

## **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!



# 5

## FITNESS CENTER INCENTIVE PROGRAMS

LOG YOUR PROGRESS AT THE FITNESS CENTER.  
T-SHIRTS AWARDED TO INCENTIVE FINISHERS!

- 1 200K POUND CLUB**  
Can you lift 200K pounds? Test your strength!
- 2 CLIMB MT. EVEREST**  
Dare to climb the staggering elevation of 29,029 ft?
- 3 ROW THE MISSISSIPPI**  
Test your skills and attempt to row 2,315 mi!
- 4 RUN THE UK**  
Complete the 1,000 mi journey through three countries!
- 5 TOUR DE BRITAIN**  
Complete a 4,100 mi challenge tracing the British coastline!

FITNESS & SPORTS CENTER | Bldg 904 • 226-3607



# The Bucks are Back in Town!

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



Now showing through January!

APPLY ONLINE at [kfcu.org](http://kfcu.org) | 0-800-585-765

\*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.



# Designer Bag Bingo

FRI, JAN 29 • EAGLES' LANDING

Doors Open 5pm  
Games Start 6pm  
Open to Ages 18+

PRIZES INCLUDE  
DESIGNER BAGS  
BY COACH AND  
MICHAEL KORS

Pre-purchase books of cards  
Jan 1-28 at the Page CAC: 2 for  
\$25, additional books \$10 each;  
or Jan 29: 2 for \$30, additional  
books \$15 each. Buy your books  
early to avoid missing out.

\*Minimum purchase of 2 books per person. No refunds.  
Only FSS food may be brought into the venue.



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



Life is a journey...  
...let ITT take  
you there!



# TRAVEL Fair

**Saturday, March 5**

**Eagles' Landing • 10am-3pm • FREE**

**Come have fun and plan your next adventure  
while entering for your chance to win great prizes!**



# 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!



# AUTO HOBBY COMPLEX | TIRE & LUBE CENTER

226-2454/2383 • Bldg 1108

226-2278/2279 • Bldg 1030



## SPECIALS

### January 1-15

- Turn 2 rotors or drums for the price of 1!
- 25% OFF Booster Cable Sets & Sealey Battery Chargers

### January 18-30

- Buy 3 tires and get 1 FREE!

## 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!

## EVENTS

### Midnight Motor Madness

Saturday, January 16 • 10am-Midnight

Time to get those repairs done with no rush. Parts store open throughout the night. FREE pizza at 9pm. First come, first served.

## 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!





**JANUARY 18-30**

---

**BUY 3 TIRES AND  
GET 1 FREE**

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

AUTO HOBBY TLC  
Bldg 1030 • 226-2279/2278  
www.lakenheathfss.com



**10% OFF FOOD**  
with this ad  
T&Cs Apply  
Details Online

**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](http://WoknRock.co.uk) • Call 01842 860 088

**WoknRock**  
• RESTAURANT & BAR •

Family Child Care  
**Start Your Own  
BUSINESS**

Become a provider today!  
**For More  
Information**

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

**baseLETS** ★  
LETTINGS & MANAGEMENT

[www.baselets.co.uk](http://www.baselets.co.uk)

Call Us on 01638 583877

## PROPERTY RENTALS

Two Offices Conveniently Located; One by RAF  
Mildenhall & One Near to RAF Lakenheath

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

Free Complimentary Service & Support to All Tenants Carrying Orders  
Free Transportation from Billeting to Viewings  
Wide Variety of Properties from New Builds to Traditional, Single and Dual Voltage  
Majority of Homes are Pet Friendly  
48 CES Approved Tenancy Agreements with Military Break Clauses  
Over 68 years of Combined USAF Experience

### FULLY LICENSED AGENCY

MILDENHALL: 3, Holmsey Green, Beck Row, IP28 8AJ

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

**baseLETS – LEADING THE WAY FOR YOU**



Scan Me  
with your  
smart phone!





# Balmforth

Estate Agents, Valuers & Letting Agents  
E-mail: [mildenhall@balmforth.co.uk](mailto:mildenhall@balmforth.co.uk)

# team

Tel: 01638 711171 • Open 7 days a week!

## -- WHERE OUR HOUSES ARE YOUR HOMES --

- Free on base pick up and drop off for showings
- No USAF fees for showing, applications, renewals & check-outs
- Housing office compliant lease
- Comprehensive lease signing procedure
- Best local selection of USAF spec properties
- Most properties within five miles of base
- Range of pet-friendly properties



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](http://www.balmforth.co.uk) (up to date listings)

[www.balmforthusaf.co.uk](http://www.balmforthusaf.co.uk) (area guide and information)



Mildenhall High Street, IP28 7EQ

## Winterbrooke

BOARDING KENNELS



Mill Lane Hockwold Thetford Norfolk IP26 4LR

Situated just 2 miles from RAF Feltwell, 6 miles  
RAF Lakenheath, 9 miles RAF Mildenhall.

**Open 7am To 7pm 7 Days a Week**  
Fully licensed, Veterinary Approved  
Spacious Heated Accommodation  
Individual Exercise Areas  
Countryside Walks

Single Dog £9.50  
2 Dogs 1 kennel £17.00  
3 Dogs 1 kennel £21.50

Doggie day care Available  
Grooming Parlour

Collection & Delivery Service  
For information and bookings call us on  
**01842 829735**

## MEXICAN NIGHT

WEDNESDAY, 20<sup>TH</sup> JANUARY • 7-9PM

ENJOY FABULOUS MEXICAN FOOD IN OUR NEWLY  
REFURBISHED WELLINGTONIA BAR!

£12.95 PER PERSON • 2-COURSE BUFFET



## SUNDAY CARVERY

£10 per person • Lunch Main Course



## AFTERNOON TEA

£4.95 per person  
Served Daily



## MONDAY MADNESS

Throughout January - March

Mondays - Lunchtime - Chicken  
Pot Pie & Mash - £6.95 per person  
in the Wellingtonia Bar



CALL US ON 01842 878351 TO BOOK!

LYNFORD HALL HOTEL  
Mundford, Nr Thetford  
Norfolk, IP26 5HW  
[events@lynfordhallhotel.co.uk](mailto:events@lynfordhallhotel.co.uk)



LYNFORD HALL  
HOTEL • RESTAURANT • BAR



## ARTS & CRAFTS CENTER

226-2194 • Bldg 906

### SPECIALS: 20% OFF

January 2-9: Pens, Pencils & Markers

January 10-19: Scrapbook Paper & Embellishments

January 20-31: Fabric

\*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 36 for a listing of all the classes available this month.

#### Van Gogh and Merlot

Thursdays, January 7 & 21  
6-8pm • \$35 • Liberty Club

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

#### Kid's Craft Day

Saturday, January 16 • FREE  
Session 1 • 10-11:30am  
Session 2 • Noon-1:30pm  
Session 3 • 2-3:30pm

Open to ages 12 and under. Sign-ups begin Saturday, January 2 as spaces are limited. *\*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.

#### T-Shirt Printing

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

### RETAIL

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



## WOOD CRAFTS CENTER

226-3367 • Bldg 1104

### SPECIALS

10% OFF Pine | 25% OFF All Screws

\*Specials apply to in-stock items only.

### MONTHLY SHOP USE CARD

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

### CRATING SERVICE

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

### 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

## SPECIALS

- 10% OFF Bikes & Fitness Equipment
- 20% OFF All costumes

Clean up after Christmas. Carpet shampooers are only \$10/day! Don't forget – pick up rental items on Friday and return on Monday for one day fee!

## 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!

### Storage Units

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

## SERVICES

### Airport Shuttle

- Advanced Booking Only
- Heathrow or Gatwick from \$245 one way for up to 10 people
- Services to all UK airports
- We can transport pets too!

### 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!





# Airport Shuttle

ADVANCE BOOKING ONLY • SERVICES ALL UK AIRPORTS

Need a ride to the airport? We'll get you there.  
We can transport your pets too!



Other transportation services include:

Tourist Attractions • Train Stations • Ports • Bus Stations • Private Hire

For more information & to book please call 226-2146

Outdoor Recreation  
Bldg 1109 • 226-2146  
[www.lakenheathfss.com/odr](http://www.lakenheathfss.com/odr)

FORCE



## UNCLUTTER YOUR LIFE



## STORE IT WITH US!



OUTDOOR RECREATION  
HAS STORAGE UNITS  
AVAILABLE FOR RENT

STOP IN OR  
CONTACT ODR

T: 01638522146

# PEDALER BIKE SHOP

AT OUTDOOR RECREATION

BIKES • ACCESSORIES  
SERVICING • SCOOTERS  
SKATEBOARDS • MORE



Whether you're in the market for a new bike or just need a  
tune up & parts, our certified technician is here to help!

OUTDOOR RECREATION  
Bldg 1109 • 226-2146  
[www.lakenheathfss.com/odr](http://www.lakenheathfss.com/odr)

FORCE



# FITNESS SUPPLIES



## ODR NOW CARRIES FITNESS ITEMS FOR PURCHASE!



HAND GRIPS • KETTLEBELLS  
DUMBBELLS • YOGA MATS  
JUMP ROPES • MORE

Outdoor Recreation  
Bldg 1109 • 226-2146  
[www.lakenheathfss.com/odr](http://www.lakenheathfss.com/odr)

FORCE





## INFORMATION, TICKETS & TRAVEL

226-2979 • Bldg 977 Rm G20 & BX

### LONDON DO YOUR OWN THING

#### London DYO

Sunday, January 3

Adult £19, Child £17, Infant £10; Transportation Only

Saturdays, January 9, 16 & 30

Adult £21, Child £19, Infant £10; Transportation Only

#### London DYO + Attractions

Sunday, January 3

London Aquarium

Adult £32, Child £27, Infant £10; Inclusive

London Dungeon

Adult £33, Child £28, Infant £10; Inclusive

London Eye

Adult £33, Child £27, Infant £10; Inclusive

Saturday, January 16

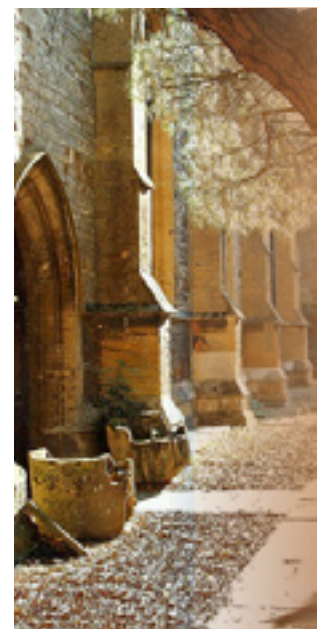
Kensington Palace

Adult £33, Child £19, Infant £10; Inclusive

#### Shrek's Adventure & London DYO

Saturday, January 30

Adult £35, Child £30, Infant £10; Inclusive



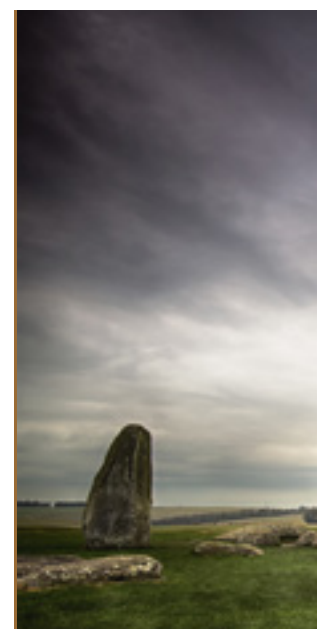
STOP INTO ITT FOR  
AVAILABLE TRIPS AND  
TOURS THROUGHOUT  
THE UK AND EUROPE!



### CIRQUE DU SOLEIL - AMALUNA

Sunday, January 24

£67; Inclusive







## THEATER

### Les Miserables

Monday, January 18  
(MLK Jr. Day)  
£54; Inclusive

### Phantom of the Opera

Monday, January 18  
(MLK Jr. Day)  
£54; Inclusive



## AROUND BRITAIN

### Dover Castle

Sunday, January 10  
Adult £37, Child £30, Infant £10; Inclusive

### City of Bath Guided Walking Tour

Saturday, January 23  
Adult £37, Child £35, Infant £10; Inclusive

### Hampton Court Palace

Sunday, January 31  
Adult £31, Child £25, Infant £10; Inclusive

### Stratford Upon Avon & Kenilworth Castle

Sunday, February 7  
Adult £28, Child £25, Infant £10; Inclusive



## STONEHENGE

### Stonehenge & City of Salisbury

Saturday, January 2  
Adult £35, Child £28, Infant £10; Inclusive

### Stonehenge Inner Circle & Windsor

Sunday, January 10  
£68; Inclusive



## JACK THE RIPPER & LONDON ICEBAR

Saturday, January 9 • £48 Adults Only



## NBA GLOBAL GAMES: LONDON 2016

Thursday, January 14

Adult £115; Inclusive

The NBA Global Games return for another sell out event at the O2 Arena, the Orlando Magic vs. the Toronto Raptors.



# RAF MILDENHALL EVENTS

*AFTER HOLIDAYS*

## FLEA MARKET

Saturday, 23 January / 10:00 am - 2:00 pm  
RAF Mildenhall Bob Hope Community Center  
Sell your old stuff to make room for your new stuff!  
Tables: \$10 each (6ft). Sign up quick as tables are limited.  
FREE entry for shoppers looking for great bargains!



## Keith's Antiques

*Visit local antique shops at the historic town of Clare in Suffolk*

**Monday, 28 January / 9:00 am - 2:00 pm**

\$15 per person - Includes: transportation and trailer to haul any purchases.

Call RAF Mildenhall Outdoor Recreation for more information and bookings: 01638 54 4283



Find us on facebook at [facebook.com/RAF.Mildenhall.Outdoor.Recreation](https://www.facebook.com/RAF.Mildenhall.Outdoor.Recreation)



## Daddy Daughter Dance

**Friday, 5 February / Galaxy Club / 6:30 pm - 9:00 pm**

Dress for a magical evening of dancing. Make memories that are sure to last a lifetime.  
Complimentary photo, drinks, and heavy hors d'oeuvres included.

Buy tickets in advance at the RAF Mildenhall Bob Hope Community Center by  
Monday, 1 February 2016. \$20 per couple - \$5 each additional daughter.



For more information call: 01638 54 7179





# 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](http://www.100fss.com)

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



## Monthly Dinner at the G

Friday, 8 January / 5:00 pm - 8:00 pm  
RAF Mildenhall Galaxy Club Dining Room

### MENU

Enjoy two 12oz Ribeye steaks with all the trimmings. Salmon & Chicken available.

\$25.95 for two adult members.

\$27.95 for two Adult non-members

Kids menu available starting from \$2.95

Call: 01638 54 2683



## King of the Hill

TOURNAMENT

Sunday, 24 January  
RAF Mildenhall Bowling Center

Sign in at 10:30 am to be ready for a 11:00 am start

- 5 Game Set • Cut to Top 50%
- Top 5 step ladder final

10 pins handicap for bowlers with a  
179 average or less

Call: 01638 54 2348



\$40 PER PERSON

# CLASSES & DIRECTORY

## AIRMAN & FAMILY READINESS CENTER

### Reintegration Briefing

Mon, Wed & Fri • 9:30-10:30am

### Pre-Separation Counseling

Tues, Jan 5 & 19 • 8:30-11:30am

### Bury Walking Tour

Fri, Jan 8 & 22 • 9am-2:15pm

### 5-Day Transitioning

#### GPS Workshop

Jan 11-15 & 25-29 • 8am-4:30pm

### Volunteer Orientation

Tues, Jan 19 • 10-11am

## ARTS & CRAFTS

### Sewing Assistance: Intermediate

Every Thurs • 6-8pm

1 day • \$12 + supplies

### Mold Pouring

Tues, Jan 19 • 10am-Noon

Wed, Jan 20 • 10am-Noon

1 day • \$25 Inclusive

### Basic Camera

Begins Tues, Jan 5 • 5-6:30pm

3 weeks • \$30 Inclusive

Bring your own camera

### Basic Sewing

Begins Tues, Jan 5 • 6-8:30pm

4 weeks • \$50 + supplies

## 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](http://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.

### Group Indoor Cycle

Mon, Wed, Fri • 5-5:45am

Tues & Thurs • 11-11:45am

Mon-Thurs • 5-5:45pm

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

Mon, Wed, Fri • 6-6:30am,

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

Thurs • 5-5:30pm & 5:35-6:05pm

### Latin/Urban Aerobics

Mon • 7:15-8:15pm

Tues • 6:30-7:30pm

### Power Stretch

Fri • Noon-1pm

### Step Class

Mon • 5-6pm

### 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-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  
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-Thurs: 6:30am-7pm  
Fri: 6:30am-5pm  
Sat-Sun: Closed

**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

❄️ *Saturday, January 23* ❄️

# WINTER WONDERLAND

**11AM-4PM • LIBERTY VILLAGE**

IN FRONT OF LAKENHEATH ELEMENTARY SCHOOL

*Free Food & Activities*

**WE'LL HAVE ICE SKATING, RIDES,  
GIVEAWAYS & MORE!**

SPONSORED BY:  **FirstCommand**  
FINANCIAL SERVICES



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

RAF LAKENHEATH  
**FORCE**  
SUPPORT SQUADRON

**CC**  
community center  
United States Air Force