

RAF MILDENHALL

100TH FORCE SUPPORT SQUADRON

UNITED KINGDOM

GET UP & GO!

May 2023
ISSUE 41
www.100FSS.com



MAY-HEM!

— Thrilling Events & Activities all Month —

8 Hour
SQUADRON RUN

CANNOCK CHASE
MOUNTAIN BIKE TRAILS

MOM'S BOWL
FREE



MOTHER'S DAY BRUNCH



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GET UP & GO!

Content produced monthly by the
**100th Force Support Squadron Marketing
Department, 100 FSS/FSK,
RAF Mildenhall, Unit 4702,
Bury St. Edmunds, Suffolk, IP28 8NF**

Call: 01638 54 2057

E-mail: 100fss.marketing@us.af.mil

Website: 100FSS.com

100th FORCE SUPPORT COMMAND

Maj. Emily Bold

Commander

Mr. Michael Birriel

Deputy Director

CMSgt Georgette Springs

Superintendent

MARKETING DEPARTMENT

Sandy Mackall: Marketing Director

Bruce Richardson: Visual Information Specialist

Brittany Doran: Visual Information Specialist

Hugh Canavan: Sponsorship & Advertising Coordinator

Kristen Cortelyou: Marketing Assistant

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WELCOME

100 FSS welcomes in May with another packed program of events and activities. This month the focus is on jobs with the 100 FSS Recruitment Fair on May 25 in the Galaxy Club Parking Lot. If you've recently relocated to RAF Mildenhall or you're thinking about a new career the 100 FSS Recruitment Fair provides a superb opportunity. Meet recruiters and get networking!

Looking to get fit for the summer? Join the Northside and Hardstand Fitness Centers to honor May Fitness Month! We'll have the much anticipated 8 Hour Squadron Run on Friday, May 12 when we'll find out which squadron can run the most laps during this grueling challenge.

If you'd like activities that are a little gentler enjoy England's green and pleasant land with Outdoor Rec! There's a busy Outdoor Rec program coming up over the summer with sea fishing, alpaca treks and wake boarding – and it kicks off in May with sea kayaking and beach camping. Book early as Outdoor Rec's trips fill up quickly! May means Mother's Day and the Galaxy Club celebrates with a Mother's Day Brunch on Sunday, May 14. Moms in attendance at the Brunch get a free bar beverage – a gift of appreciation to RAF Mildenhall's moms!

Find out about all these events and more in your indispensable Get Up and Go – brought to you by 100 FSS!

Team Marketing



www.bit.ly/3IkNeFx
We want your feedback!

 @TeamMildenhallFSS

 @100th_FSS

www.100FSS.com



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GET UP & GO!



CONNECT WITH NEW CUSTOMERS

Get noticed on RAF Mildenhall by advertising in the monthly "Get Up & Go!" magazine - the go-to source for events, activities and services. We offer a wide range of advertising sizes and costs to fit any budget. Our free magazine is published digitally and prints are also available at high traffic areas across base, ensuring maximum exposure for your business.

Call: 01638 54 2949

E-mail: 100fss.marketing@us.af.mil

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www.thewarehouseaproom.co.uk

www.warehouseantiques.co.uk www.thesteiffshop.com

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Arts & Crafts

WORDS & PHOTOS: By Sandy Mackall

ABOVE: (left to right) Alex Kesner, Sarah Jakes and Breanna Young.

If you have never visited the Arts & Crafts Center at the Bob Hope Community Center, you should- but prepare yourself. By name, Arts & Crafts, conjures up idyllic images of paper cutting, needlepoint, and framing beautiful pictures- all are nice things we think of doing when we retire.

Arts & Crafts is a full-scale workshop. There are multi-function large-scale electronic engravers that etch out nearly anything on wood, metal or a variety of other materials you have. There are also commercial-grade embroidery machines, wood cutting, assembly machines, t-shirt printing, custom-sized framing, and anything else creative you can imagine.

The smell of burning wood from the engraving machines fills the room. The whirring sound of multiple large-scale machines deafens the sound of the birds chirping outside. Paper and metal sheets, glass panels, racks of wood panels and framing materials, dozens of current projects, and scrap remnants of past projects give you a fabulous visual of the memories they are helping create.

The staff is made up of three very skilled and passionate people. Alex Kesner is a full-time custom framer who

has been there since September 2022. Breanna Young is a full-time laser engraver and started in April 2023. As the newest member of the team, she has 6 years of experience between Moody AFB and RAFL. The longest-term member is Sarah Jakes, an embroidery technician, with 35 years of experience this November!

By far, they all agree the best part of the job is working with customers and customizing projects for their special occasions. The most unusual project that Breanna remembers is engraving a 105mm AC-130 artillery shell for a going-away gift. "We want everyone to love what they take home, so we all do our best in helping make these moments memorable," stated Breanna.

ARTS & CRAFTS // Building 404
Open Monday - Friday, 9 am - 5 pm
Call: 01638 - 54 - 2644.



BOB HOPE COMMUNITY CENTER

Color your own Summer Reading
TOTE BAG



May 18 • 11 am – 1 pm

BOB HOPE COMMUNITY CENTER

Enjoy coloring these kids totes and prepare for the
Summer Reading Program at the Library.

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GET UP & GO! | May 2023



Free Mother's Day Crafts to Go

May 1 – 13

Let mom know she's appreciated with this lovely Mother's Day craft. Free to pick up and take home to create while stock lasts.



Free Cookies to Go

May 12 · 11 am – 12 pm

Celebrate National Military Spouse Appreciation Day at the BHCC! Until supplies run out.



Memorial Day Crafts to Go

May 15 – 27

Grab free crafts at the BHCC to celebrate Memorial Day. While supplies last.



Music Instruments & Accessories

Visit the Bob Hope Community Center to browse our selection of instruments and accessories available to purchase.



Massage Chairs

Feel tired and stressed? The BHCC massage chairs are the best solution to recover and combat stress. These chairs are available now and free to use for ages 18 years older. Call us for more information.



We want your feedback!

www.bit.ly/3IkNeFx





KIDS BOWL FREE!

Registered kids receive 2 free games of bowling each day
June 1 – Aug. 31

Get the family out of the house and take a trip to the RAF Mildenhall Bowling Center to enjoy no fees for the children. This program is designed by bowling centers to give back to the community and provide a safe, secure and fun way for kids to spend time this

summer. Sign up and register on the website to receive two free bowling games each day of the Kid's Bowl Free program all summer long. Pay only a \$2.50 fee for shoe rental. Game limits may be applied if needed.

www.kidsbowlfree.com

"This program makes it so affordable for us to spend some family time together!"

Renee and family



Moms BOWL FREE!

May 14 · 12 pm – 5 pm

Kids, treat mom to free bowling for Mother's Day.

Regular price for Dad and the kids (Dad your turn is in June).



SUNDAY BOWLING IS HERE!

Every Sunday 12 pm – 5 pm

Adults: \$3.50 per game // Under 16's: \$3 per game // \$2.50 shoes

Looking for something to do on Sunday afternoons? Come to Square D Lanes and have some fun bowling.



Coronation Day Special

Saturday, May 6

\$2 games and \$1 shoes all day. If your name is Charles and you prove it on your ID, you can bowl two games for free.

Every Friday is Family Day

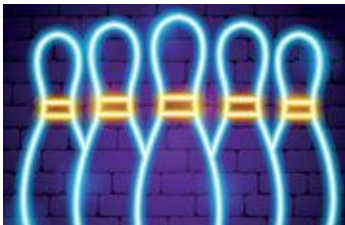
\$2 per game // \$2 shoes

We support all families every Friday, not just on USAFE Family Days.

Summer Singles League - 12 Weeks

Starts Thursday, June 1 · 7 pm – 9 pm

Sign up now for this Singles 1v1 League. League organizational meeting on Thursday, May 25 at 7 pm.



Glow Bowling

Saturdays · 5 pm – 10 pm

Unwind over the weekend with good music and a groovy atmosphere. Only \$2 games and \$2 shoe rental after 8 pm.



MAY

, *Specials* ,

Lavender Fields

Lemonade with lavender syrup.

Serpentine Green

Harmonic mint tea and honeycomb syrup.

Christmas in May

Hot or iced; chai, toasted marshmallow syrup, and oat milk.

OPEN HOURS

MON – FRI: 6:30 am – 4 pm

SAT: 8 am – 2 pm

US HOLIDAYS REDUCED HOURS: 8 am – 2 pm

FAMILY DAYS: 6:30 am – 4 pm

CLOSED: Sunday



☎ Hardstand: 01638 54 3735

☎ Northside: 01638 54 7566

NORTHSIDE & HARDSTAND FITNESS CENTER



8 HOUR

SQUADRON RUN

Friday, May 12
8:30 am – 4:30 pm

FREE

RAF MILDENHALL HERITAGE PARK TRACK
Join us to honor May Fitness Month!

Which squadron can run the most laps during the 8 hour period?

Awards given to the squadron with the most amount of laps and the squadron with the best spirit!

Sign up with your Squadron Rep!



No federal endorsement of sponsor intended.

MAY 2023 | GET UP & GO!

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MAY



FREE!

GROUP FITNESS CLASS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6 am	VIRTUAL YOGA FACEBOOK				
7 am				*CYCLING HARDSTAND	YOGA HARDSTAND
9:30 am	FAMILY HIIT HARDSTAND		YOGA HARDSTAND		ZUMBA™ HARDSTAND
11 am	*TOTAL BODY CONDITIONING NORTHSIDE	*SPIN & SHRED HARDSTAND	*TOTAL BODY CONDITIONING NORTHSIDE	*CYCLING HARDSTAND	TOTAL BODY STRENGTHENING BEAVER FIT
4:30 pm				ZUMBA™ HARDSTAND	
5 pm	*CYCLING HARDSTAND		*SPIN & SHRED HARDSTAND		
6 pm		YOGA HARDSTAND			

*Indicates FIP (Fitness Improvement Plan)

Please note that Group Fitness classes are not offered during holidays and family days



Total Body STAIR

Class

Every Friday • 11 am – 11:45 am

LOCATED AT THE OUTDOOR BEAVERFIT BOX BEHIND THE GALAXY CLUB

We have a new, exciting free class with personal trainer and group exercise instructor, Cassidy!

Ages 16 years and older are welcome.

- Class will move to the Northside Fitness Center on days when the weather is bad.
- No children 13 years and under are allowed in the BeaverFit area.
- No class on Family Days and Holidays.



RAF MILDENHALL & LAKENHEATH

Half Marathon 2023

Friday, Aug. 25

Show Time: 7:30 am // Start Time: 8:30 am

HARDSTAND FITNESS CENTER

PRIZES: 1st, 2nd, 3rd female and male trophies.

Every participant will receive a t-shirt and medal.

Early bird entry ticket: \$35 until Aug. 1

Regular entry ticket: \$40 after Aug. 1

Register at the Hardstand Fitness Center by Aug. 4 to guarantee your correct t-shirt size and engraved medal. Open to 18 years & older with base access.



Follow @RAFMildenhallFitness for all the latest updates!

GALAXY CLUB

CINCO DE MAYO Bingo

Family Evening Event

Provided by Mildenhall Hispanic Heritage Committee

Friday, May 5 • 4:30 pm

GALAXY CLUB BALLROOM

\$10 per bingo card

\$500 in Prizes!

SPECIALTY DINNER MENU

4 pm – 9 pm • \$14.95 per person

Dinner Specials: Chicken Empanadas topped with green sauce & Mexican crema, cabbage with lime juice, or Beef Empanadas topped with cheese sauce & fresh diced tomatoes. Accompanied by Mexican rice, refried beans, and homemade tortilla chips & salsa.

Includes your choice of beverage

Aguas Frescas: Melon, horchata, & lemonada.



Book your meal online
at www.bit.ly/41IVlvJ

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GET UP & **GO!** | MAY 2023



CINCO DE MAYO

Lunch

GALAXY CLUB SPORTS BAR

Friday, May 5

12.95 per person

Includes beef or shredded chicken flautas, refried beans, rice, lettuce, diced tomatoes, shredded cheese, sour cream, and homemade salsa. Churros for dessert. Choice of lemonade or iced tea.

Book your meal online...



www.bit.ly/3LcQCH8

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A Mother's Love! **MOTHER & CHILD DANCE**

Saturday, May 6 • 6 pm – 8 pm

GALAXY CLUB BALLROOM

\$55 per couple // \$25 per additional child

TICKET INCLUDES

- Food • Drinks • Boys Crown provided • Photographer
- Dancing and lots of great memories
- 360 camera picture souvenir

A chance to win 2 gift baskets valued at \$350
Presented by the Lakenheath's Top 3 Group

BOOK ONLINE...



bit.ly/40rdmY9



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GALAXY EVENTS

Food available from the Roadhouse Grill from 4 pm – 9 pm



Wing Night

Call in order: 01638 54 7174

Wednesdays · 4 pm – 9 pm

Order at the bar · Wings: 60€ each (Naked wings only)

SAUCE · Buffalo · Garlic Parmesan · Teriyaki · Asian Sweet Chili



Trivia Night

Thursdays · 7 pm – 9 pm

SPORTS BAR

Take up the quiz for the chance to win a prize.



Poker Night

Tuesday, May 9 & 23 · 6 pm – 9 pm

\$15 per person

1st place: \$100 // 2nd: \$45 // 3rd: \$30



Latin Night

Friday, May 5 · 9 pm – 2 am

Enjoy a selection of Latin favorites with DJ Kathy O.



Country Night

Friday, May 12 · 9 pm – 2 am

Enjoy great country hits with DJ McShaman.



R&B Hip Hop Night

Friday, May 19 · 9 pm – 2 am

Bust some moves to your favorite music with DJ McShaman.



Rave Music (EDM)

Thursday, May 25 · 9 pm – 2 am

Let your 4 day weekend begin with your favorite music from DJ, Kathy O.

Mother's Day BRUNCH

Sunday, May 14

10 am – 2 pm

GALAXY CLUB BALLROOM

Adults: \$24.95 - Club Members discount: \$2

Children (4 - 10 year old): \$12.95 // Under 3 year old: Free

BREAKFAST MENU

- Scrambled Eggs • Bacon • Sausage • Hashbrowns • Biscuits & Gravy
- Fluffy Pancakes • Chocolate Chip & Fruit Toppings

LUNCH MENU

- Salad • Baked Chicken • Baked Ham • Pasta
- Alfredo Sauce • Meatballs in Marinara • Stuffing
- Roast Potatoes • Mashed Potatoes • Brown Gravy
- Green Beans • Corn

DESSERTS

- Danishes • Mini Muffins • Raspberry Mousse
- Assorted Cookies • Fruit Displays • Assorted Pies

***Moms receive a choice of
a free bar beverage!***

- Bloody Mary • Flavored Mimosa



100 FSS CONNECTING

with you!

100 FSS Recruitment

Thursday, May. 25

11 am – 7 pm

RAF MILDENHALL
GALAXY CLUB PARKING LOT

Gain information about jobs, base services
and agencies here to support you.

- Info Tables · Community Resources
- Education Programs & Colleges
- Child & Youth Programs & Events
- Base Services · Food Trucks · Music



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Scan the code for a full list of
available positions. Potential
applicants may apply before
the event, or apply on site.



FOOD TRUCK Rally

Fair + Food & Games!



Galaxy Club Themed Menu: Asian American Pacific Islanders

CHOOSE MAIN ENTREES:

· Chicken Adobo · Pork Bulgogi · Asian Vegetables (Vegetarian)

CHOOSE 2 SIDES:

· Steamed Rice · Fried Rice · Noodles

A side of Lumpia

\$12.95 for 1 entree plate // \$14.95 for 2 entrees plate

SPECIALTY DRINKS

- Hawaii Mimosa- Pinot Gregio, grenadine, pineapple juice, garnished with pineapple and a cherry.
- Maui Island Breeze Cocktail: Vodka, pineapple, cranberry juice, garnished with a cherry.
- Blue Hawaii Cocktail- Blue curaco, coconut rum, Pineapple juice, garnished with pineapple and a cherry.

***Guest Speakers and
Live Performances!***



No federal endorsement of sponsor intended.

MAY 2023 | GET UP & GO!

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MAY



Lunch Specials

\$10.95 for a hot home-cooked meal!

Includes freshly brewed sweet tea or fountain drink.

OPEN HOURS

BREAKFAST

Mon – Fri: 7 am – 10 am

LUNCH

Mon – Fri: 11 am – 2 pm

DINNER

Weds – Sat: 4 pm – 9 pm

Sun: 2 pm – 8 pm



MONDAY: Crispy Sesame Beef

Crispy sesame beef, over a bed of steamed rice and lumpia.



TUESDAY: Teriyaki Chicken

Teriyaki chicken and broccoli with a side of fried rice and lumpia.



WEDNESDAY: Pork Stir-Fry

Succulent pork, stir-fried, with egg noodles, onions, baby corn, carrots, peppers, and mushrooms, served with lumpia.



THURSDAY: Southern Fried Chicken Plate

Hand-breaded fried chicken served with mac & cheese, collard greens, mashed potatoes, gravy, corn on the cob and jalapeno or sweet cornbread.



FRIDAY: Fried Catfish Platter

Served with seasoned fries, coleslaw, and a jalapeno or sweet cornbread muffin.

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memberplanet.com/claimaccount/connect.aspx



Middleton Hall Tudor Bar STEAK NIGHT



Friday, May 19

5 pm – 8 pm

12oz STEAK: \$24 // Grilled CHICKEN: \$18

Club Members Discount: \$2

Served with all you can eat salad, baked potatoes and bread rolls.

Potato & salad bar only: \$15

Book your table online: www.bit.ly/41fpfSs



FREE!

CLUB MEMBERS

, , , *Lunch* , , ,

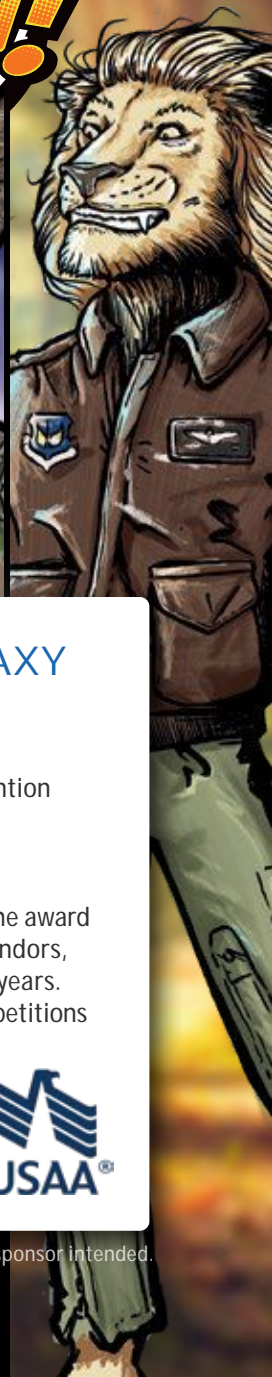
Wednesday, May 24 · 7 am – 10 am

Succulent pork, stir fried, with egg noodles, onions, baby corn, carrots, peppers, and mushrooms, served with a pork egg roll.



NOT A MEMBER? SIGN UP & EAT FREE!

MIL-D-CON!



THE BIGGEST EVENT IN THE GALAXY RETURNS OCT. 7, 2023

Why travel to London or Birmingham to attend a comic convention when one of Britain's biggest conventions, RAF Mildenhall's Mil-D-Con, is back this October?

Mil-D-Con 2023 promises to be bigger and better than ever. The award winning annual comic convention is back with more stars, vendors, artists, and more of everything you've loved about previous years. Join in the comic and sci-fi themed activities with cosplay, competitions and activities for the whole family.

Find out first with 100 FSS in the GET UP & GO!



No federal endorsement of sponsor intended.

WIC Storytime

Wednesday, May 24 · 11 am

Spring is in the air! Join us and the representatives of WIC (Women, Infants & Children Program) as we enjoy a wonderful spring story and learn how to make an upcycled self-watering planter together.

Storytime & Craft

Every Wednesday · 11 am

Join us every Wednesday for a wonderful story and craft. All children welcome!

Asian Pacific Heritage Month Storytime

Wednesday, May 3 & 17 · 11 am

Join us and a guest reader as we celebrate Asian American Pacific Islander Heritage Month! We will listen to many wonderful stories and create some fun crafts!

Star Wars Day

Thursday, May 4

May the fourth be with you. Come join us anytime on Thursday for Jedi Training. There will be all sorts of games and activities for you to enjoy. Complete the Jedi Training and receive a prize!

Mother's Day Storytime

Wednesday, May 10 · 11 am

Roses are red, violets are blue - if you are a mother, this Storytime is for you! Join us for a special Mother's Day Storytime where we will read a story and put together a very special craft!

Moana Movie Sing A Long

Saturday, May 13 · 2 pm – 4 pm

The ocean is calling! Join us as we continue to celebrate Asian American Pacific Islander Heritage Month with a movie sing along! This is a perfect time to practice your singing because this year's Summer Reading Program is Find Your Voice! Stay on the lookout for more Summer Reading Program updates!

STEAM Saturday

Saturday, May 20 · 2 pm – 4 pm

Put your mind to work as we complete an out of this world activity and create an I Spy space sensory bottle!

Construction Club

Thursday, May 18 · 4:30 pm - 6:30 pm

May's Challenge: Create a flower!

Join us for the monthly brick building challenge or free play! No registration necessary.

Scavenger Hunt

All Month

Search around the library for the hidden pictures, once you find them all, you can choose a prize from the treasure box! New scavenger hunt starts every Monday!

LIBRARY CLOSURES

Saturday, May 6: Open 12 pm - 5 pm

Monday, May 8: Wing Goal Day

Wednesday, May 10 · 1 - 5 pm: MSG Training Day

Friday, May 26 : USAFE Family Day

Monday, May 29: Memorial Day



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Team Mildenhall Sponsorship

PROFESSIONAL DEVELOPMENT CENTER

Monday, May 22 · 9:30 am – 11 am

Help inbound personnel and their families gain a positive first impression of our Team and a smooth relocation to the UK.



Pollywiggles Playgroup

Thursdays · 10 am – 12 pm

RAF MILDENHALL YOUTH CENTER GYM

Hosted by EFMP and open to all.

EFMP Love & Logic Parenting: Supporting Youth with Special Needs

Tuesday, May 2 & 9 · 10 am – 11:30 am

This is an extension of the Love & Logic Parenting course that Family Advocacy hosts. Providing helpful tools to families supporting youth with special needs. Stop by or call to sign up for both days!

Cultural Adaptation Tour: Bury St. Edmunds

Wednesday, May 3 · 8:30 am – 2:30 pm

Free transportation and walking tour of Bury St Edmunds. Bring pounds for lunch, wear civilian clothes, and be prepared for any weather. Open to adults only.

Pre-arrival Orientation

Wednesday, May 3 · 3 pm – 4:30 pm

MILITARY & FAMILY READINESS CENTER

Learn how to help your family plan your move.

www.100fss.com/military-family-readiness-center

EZ PCS

Wednesday, May 10 · 9:30 am – 12:30 pm

MILITARY & FAMILY READINESS CENTER

Essential information for outbound personnel who are PCSing within 3–6 months.

Raising Financially Fit Kids

PROFESSIONAL DEVELOPMENT CENTER

Wednesday, May 10 · 1 pm – 2 pm

Learn how to teach children sound financial management skills. During the course, we'll examine financial skills and behaviors to determine how to best implement age-appropriate financial practices.

Spouse Employment Workshop

Thursday, May 11 · 8:30 am – 4 pm

& Friday, May 12 · 8:30 am – 12:30 pm

Transition Employment Assistance for Military Spouses (TEAMS), Facilitated by the Department of Labor. This course will cover Resume Essentials, Flexible Job Options and all things LinkedIn!

Spouse In-processing Orientation

Wednesday, May 17 · 9 am – 1 pm

This is an essential in-processing forum to learn about the area, the wealth of resources available, and connect with RAF Mildenhall community members.

The 5 Love Languages

Thursday, May 18 · 2 pm – 3:30 pm

Gain insight into this simple and effective way to strengthen your connections to experience greater joy and harmony.

Key Spouse Mentor Training

Friday, May 19 · 11 am – 12:30 pm

Mandatory training for appointed Key Spouse Mentors.

EFMP Bowling @ Square D Bowling Alley

Friday, May 19 · 5:30 pm – 7:30 pm



Sea Kayaking & Beach Camping

May 20 – 21

R4R: \$70 // Regular: \$445 - Open to 16 years & older. Spend the day kayaking along the beach to a wild camping location. Don't miss this once-in-a-lifetime adventure. Transportation and gear is provided.



Wakeboarding & Obstacle Course

Saturday, June 24

R4R: \$20 // Regular: \$150 - Open to 12 years & older. Snowboarding on the water! Strap yourself to the board and cruise along the water with the cable system guiding you with obstacles en route, then it's off to have a go on the inflatable obstacle course on the water.



Lake District Weekend Adventure

July 1 – 3

R4R: \$100 // Regular: \$320 - Open to 18 years & older. Jump into to a session of gorge scrambling in one of the best locations: the Lake District. It's a mountainous region in Northwest England and popular holiday destination. We've found an idyllic campsite to take full advantage of the local area, finalise our trip with an early start and a hike up Helvellyn, a popular route with breathtaking views!



Alpaca Trek

Saturday, July 15

R4R: \$30 // Regular: \$60.

Come and meet the alpacas at Hilly Ridge. This is a wonderful experience for everyone from families, couples to children of all ages. Alpacas can calm and enchant you with their wonderful individual personalities. Transport included.



Sea Fishing

Sunday, July 16

R4R: \$50 // Regular: \$100 - Open to 16 years & older. Spend three hours fishing for seasonal fish, such as bass, smooth hounds, and dogfish off the coast of Norfolk. All gear and transportation provided.

CANNOCK CHASE

MTB Session

Friday, June 16

\$60 per person - Open to 18 years & older.

Join our inhouse trail cycle leader, we are heading to the Midlands for a day of trail riding at Cannock Chase, home to the famous 'Follow the Dog' & 'Monkey Trail', giving you a different MTB experience, from the local area. This trip is more suited to riders who have a basic understanding of MTB. Transportation and equipment provided. If you want to use your own bike we can offer a 50% discount.



*Please contact Outdoor Recreation for availability. You'll be placed on a waiting list if the event is fully. Call 01638 54 4283 for more information.

OUTDOOR RECREATION



Bicycle Service

Outdoor Recreation offers a wide range of bicycle maintenance services. Fees are based on an hourly maintenance rate plus any parts required. **Stop by or call for more information.**

.....

OUTDOOR RECREATION SUPPLY



Everything you need for your next adventure or home project!

Download the full price list at
100FSS.com/outdoor-recreation-center

.....



@RAF.Mildenhall.Outdoor.Recreation
for all the latest updates



Wednesday Wind-Down Paddle

Wednesday, July 26 and Aug. 16

\$15 per person - Open to 18 years & older.

Join us for a leisurely paddle down one of Suffolk's picturesque rivers as you unwind from the heat of the day and take advantage of the longer days of summer. Your choice of SUP, Kayak or Canoe.

Indoor Skydiving

Saturday, July 29

R4R: \$50 // Regular: \$100 - Open to 6 years & older.

Experience the feeling of Skydiving without the jumping out of a plane, this is a unique experience which you won't want to miss.

Kite Buggy Intro

Saturday, Aug. 12

R4R: \$50 // Regular: \$125 - Open to 8 years & older.

Fastest sport on the beach is back by popular demand! We are heading back to Camber Sands beach to practice one of the oldest kite-powered sports along the south-east coast. Once you get the hang of it, kite bugging is simple to perfect, and before you know it you'll be harnessing the wind to propel yourself forward. Admission, transportation, kite training, are all included.

Gliding Experience

Saturday, Aug. 19

R4R: \$25 // Regular: \$75 - Open to 12 years & older.

Float through the air! Experience unpowered flight once you and your pilot are winched into the air - you'll glide through the sky using the naturally occurring currents of rising air in the atmosphere, then smoothly glide down for your landing.

Airport Taxi Service

☎ 01638 54 4283



Going Out of Town? We'll Drive!



LEISURE TRAVEL SERVICES

Don't worry about parking or how to get to the airport. Schedule your pick up from Outdoor Recreation and drop you off at any of these locations...

Heathrow: \$300

Gatwick: \$300

Stansted: \$150

Luton: \$190

Additional charges will added for out of tri-base area pick up and drop off points.





GIVE PARENTS A BREAK

& Kid's Night Out

Friday, May 19 · 6 pm – 10 pm

REGISTRATION NOW OPEN

Youth Programs for youth ages 5 (must be in Kindergarten) to 12 years. Child Development Center for children 6 weeks to 5 years. Give Parents a Break is a FREE program for eligible members and is sponsored by the AF Aid Society. However, families must have a referral voucher or certificate at the time of registration issued by a Unit Commander, First Sergeant, Chaplain, doctor/medical professional, Family Advocacy, Youth Programs or Child Development Center Director, or the Military & Family Readiness Center.

Kid's Night Out (May 19): \$28 per child.

Register by noon on the Wednesday before care is provided along with all required paperwork. Call the CDC at 01638 54 2042 or the Youth Center at 01638 54 5437 if you have any questions.

FAMILY CHILD CARE INCENTIVES COMING YOUR WAY!



Become a Family Child Care Provider!

Do you enjoy working with children? Do you reside in base government housing? Are you looking to operate your own business from home? Then Family Child Care (FCC) could be the PERFECT fit for you!

TAKE A LOOK AT THESE BONUSES:

Receive a one time payment of \$300 for becoming a FCC provider or renewing your certification!
Plus, receive a one-time payment of \$200 per child when you open your doors for full time care to any child that is on the Child Development Center (CDC) wait list!

Sign up and start your new career today!

Call 01638 52 2170



A photograph of a woman in a military uniform, wearing a camouflage cap and jacket, smiling and hugging a young boy from behind. The boy is also smiling and looking down. They are outdoors, with a building and some greenery visible in the background.

We're here with you

and for you.

*Helping members
live extraordinary*

Ask us about it!

RAF Alconbury | RAF Lakenheath | RAF Mildenhall

KeeslerFederal 
CREDIT UNION

kfcu.org | 1-800-585-765 | 01638-533268

Paid advertisement. No federal endorsement of advertiser intended.




Liberty Fest 2023 on RAF Lakenheath

Our yearly Independence Day celebration is right around the corner! Get ready for carnival rides, food trucks, music, fireworks, and most importantly – **FUN!**



Sponsored by:


Keesler Federal
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No endorsement intended.



Mother's Day Lunch

Spoil mom by treating her to a deluxe carvery, fresh salads, & decadent desserts, at The Liberty Club!

Reservations are highly encouraged!

Call 01638 52 1611 to reserve!

Sunday • May 14
11am - 2pm
Adults \$22 | Children
(5-12) \$14 | Under 4
eat FREE!

Michelle's Sweet Treats

Friday, May 5 be sure you stop by the Liberty Club for sweet, hot, ooey-goey, cinnamon rolls! Freshly made and just waiting for you!

Selling until we sell out!

Friday • May 5
1 for \$3, 2 for \$5



HEALTH & WELLNESS



Outdoor Fit Fair

**FREE
EVENT!**

**FRIDAY
MAY 12**

FREEDOM FIELD

10AM - 5PM

**SHOW UP.
GET ACTIVE.**

**WIN
PRIZES!**

SOMETHING FOR EVERYONE!



Fitness Classes

PIYo • Dance Fit • HIIT
Obstacle Relay Race



Health & Wellness

Women's Health • Heart Health
Nutrition • Dental • Physical Therapy
Mental Health • Barracuda Swim Team
RAFL Fire Department



Family Fun Activities

Rock Climbing • Axe Throwing
Segways • Laser Tag • Inflatables
FOOD TRUCKS!

Free! Scan to sign up for
classes & relay race!



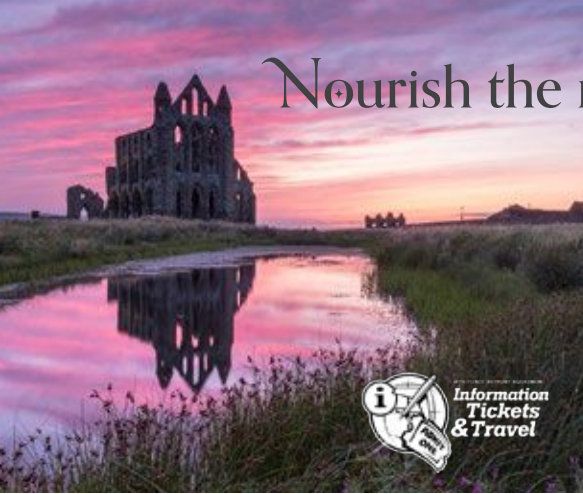
Join us for this **FREE** event! Participate in
a class or fitness challenge and be
entered to win one of our
AMAZING PRIZES!



Keesler Federal
CREDIT UNION

Federal endorsement of sponsors not intended.





Nourish the need to *explore*



Whitby Abbey

Saturday • May 13

Adult £69 | Child (5 - 17) £65 | Infant £15

Includes: transportation & Whitby Abbey entry

Arundel Castle

Saturday • May 20

Adult £57 | Child (5 - 16) £40 | Infant £15

Includes: transportation & Arundel Castle entry

Cambridge Beer Festival

18+

Friday • May 26 (Family Day)

Adults only £11

Includes: transportation only

Blenheim Palace & Food Festival

Saturday • May 27

Adult £50 | Child (5 - 16) £38 | Infant £15

Includes: transportation & entry to the palace, park, & gardens



Mother's Day Special Events



Let ITT help you take mom on an adventure this Mother's Day!

Who needs breakfast in bed when you can go out and explore Britain? Try a tour of the infamous Tower of London, or expand your palate at a vineyard tour and tasting!

Tower of London

Sunday • May 14 (Mother's Day)

Adult £59* | Child (5 - 15) £38 | Infant £15

Includes: transportation & Tower of London entry

*Moms receive a 50% discount | Must be accompanied by a child to receive discount | Offer cannot be exchanged for another

Giffords Hall Vineyard

Sunday • May 14 (Mother's Day)

Adults only £40

Includes: transportation, vineyard tour, & tasting

18+

40

GET UP & GO! | MAY 2023





Stonehenge Inner Circle & Windsor

Sunday • May 28

All £92

Includes: transportation, Stonehenge Inner Circle entry, & a stop in Windsor

Harry Potter Studio Tour

Friday • May 26 (Family Day)

Adult £77 | Child (5 - 15) £64 | Infant £15

Includes: transportation & Harry Potter Studio entry



Leeds Castle: The Queen's Joust

Monday • May 29 (Memorial Day)

Adult £45 | Child (3 - 15) £40 | Infant £15

Includes: transportation and Leeds Castle & jousting event entry

To book a trip, scan the code on page 5!

Happening in June

Peppa Pig World

Sunday • June 4

Adult/Child £73

Infant (under 1 meter) £15

Includes: transportation & Peppa Pig World entry

Cadbury World

Sunday • June 11

Adult £47 | Child (3 - 15) £42

Infant £15

Includes: transportation & Cadbury World entry

Loch Ness & The Scottish Highlands 4-day

June 16 - 19

Adult £429 | Child (2 - 11) £379 | Infant £100

Includes: coach transportation, 3-night bed & breakfast accommodation, and a scenic Scottish Highlands tour of Loch Ness, Loch Lomond, & the Trossachs National Park



MAY
19-21
2023



Mayfair BAZAAR

Facebook: @MildenhallMayfairBazaar
Twitter: @MayfairBazaar
Email: MayfairBazaar.Info@gmail.com



Come shop with 50+ vendors from the
tri-base area and local community.

Find us at The Galaxy Club

Friday 1400-2000

Saturday 0900-1900 **FAMILY DAY**

Sunday 1200-1600

proudly presented by



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SPOUSES' ASSOCIATION

scan me



100th Force Support Squadron Directory



Arts & Crafts

Building: 404 // Call: 2644

Mon - Fri: 9 am - 5 pm

Auto Hobby Complex

Building: 240 // Call: 2480/1480

Mon - Sat: 9 am - 5 pm

Bob Hope Community Center

Building: 404 // Call: 2579

Mon - Fri: 8 am - 7 pm Sat: 9 am - 3 pm

Juice Bros

Mon - Fri: 7:30 am - 5 pm

Sat: 9 am - 3 pm

Bowling Center

Building: 160 // Call: 2348

Tues - Thurs: 11 am - 8 pm

Fri & Sat: 11 am - 10 pm

Sun: 12 pm - 5 pm Closed: Monday

Aroy-D Thai

Tues - Sat: 11 am - 7 pm

Child Development Center

Building: 288 // Call: 2042

Mon - Fri: 7 am - 5 pm

Civilian Personnel

Building: 435 // Call: 3540

Mon - Thurs: 8 am - 3 pm

Friday: 8 am - 10 am

Education Center

Building: 427 // Call: 2350

Mon - Fri: 8 am - 4 pm

Family Child Care - RAFL

Call: 01638 52 2170

Mon - Fri: 7:30 am - 4:30 pm

Galaxy Club

AMERICAN ROADHOUSE

Building: 437 // Call: 2680

Mon - Fri: Breakfast: 7 am - 10 am

Lunch: 11 am - 2 pm

Weds - Sat: Dinner: 4 pm - 9 pm

Sun: Dinner: 2 pm - 8 pm

CASHIER CAGE Call: 2683

Mon - Fri: 11 am - 1:30 pm // 2 pm - 3 pm

SPORTS BAR Call: 7174

Mon - Thurs: 4 pm - 9 pm

Fri: 3 pm - 2 am / Sat: 4 pm - 2 am

Sun: 2 pm - 9 pm

THE DAILY GRIND Call: 7178

Mon - Fri: 6:30 am - 4 pm

Sat: 8 am - 2 pm

CATERING Call: 2683

Email: rafmildenhallcatering@gmail.com

Mon - Fri: 9 am - 11 am,

2 pm - 4 pm and by appointment.

MIDDLETON HALL, TUDOR BAR

Building: 464 // Call: 4860

Hardstand Fitness Center

Building: 849 // Call: 3735

24/7 Access Available

Northside Fitness Center

Building: 463 // Call: 7566

24/7 Access Available

Human Resources Office

Building: 460 // Call: 3682

Mon - Fri: 8 am - 3 pm

Installation Personnel Readiness (IPR)

Building: 550 // Call: 3317

Library

Building: 425 // Call: 2352

Mon/ Wed/Thur/Fri: 10 am - 5 pm

Tues: 10 am - 7 pm / Sat: 10 am - 5 pm

Lodging (Gateway Inn)

Building: 459 // Call: 2407

Open: 24/7

Military & Family Readiness Center

Building: 460 // Call: 3406

Mon/Tues / Thur / Fri: 8 am - 5 pm

Wed: 11 am - 5 pm

Military Personnel Flight Customer Service

Building: 436 // Call: 2222

Mon - Fri (Appointments) 8 am - 3 pm

Outdoor Recreation

Building: 162 // Call: 4283

Mon - Fri: 10 am - 5 pm

Post Office

Building: 172 // Call: 7678

Mon/Tues/Thurs/Fri: 9 am - 5 pm

Weds: 7 am - 5 pm / Sat: 10 am - 1 pm

Professional Development Center (Customer Service)

Building: 440 // Call: 5933

Mon - Fri: 6 am - 3 pm

VAT Relief Office

Building: 450 // Call: 3822

Mon - Fri: 8 am - 12 pm

Youth Center

Building: 293 // Call: KIDS (5437)

Please visit 100FSS.com to view all programs and class open hours.

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of RAF Lakenheath and One Close to RAF Mildenhall**

**Best Quality Homes that Comply with USAFE &
UK Health & Safety Requirements**

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

LAKENHEATH: 5 Shopping Centre, Earls Field, Lakenheath, IP27 9RX

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with your
smart phone!

