

# GET UP & GO!

August 2020  
ISSUE 08  
[www.100FSS.com](http://www.100FSS.com)



## LIBRARY

Summer Reading Program

## YOUTH PROGRAMS

Virtual Programming

## STEAK NIGHT

Galaxy Dining Room



# Half Marathon

RAF Mildenhall & Lakenheath Fitness



# Stretch your coverage, **NOT YOUR BUDGET.**

**BUNDLE YOUR AUTO INSURANCE WITH  
RENTERS AND SAVE.<sup>1</sup>**

 *Even more savings if you live on base.*



Visit **USAA.COM/INTERNATIONALPCS**  
or call **0800-289-192**

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# Hand Car Wash

## Detailing Specialists

**Five Ways Hand Car Wash Detailing Specialists  
And Valeting Center  
PCS Cleaning - 100% Guaranteed**

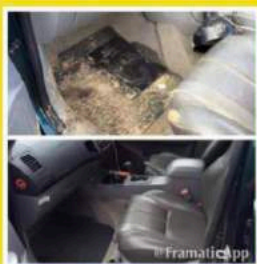
**WE CLEAN:**

**CARS VANS - 4 X 4'S - CARAVANS - MINIBUSES  
STARTING AT £6**



**OPEN 7 DAYS A WEEK  
8:00 a.m. - 6:00 p.m.**

**Tel: 01638 - 718448 or 07403-008313  
Located next to McDonalds**



**FIND US ON FACEBOOK**

**[www.facebook.com/fivewayshandcarwash](http://www.facebook.com/fivewayshandcarwash)**

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

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## COMMAND

Mr. Joseph Dyson  
Deputy Director,  
100th Force Support Squadron

Maj. Sara Gurian  
Commander,  
100th Force Support Squadron

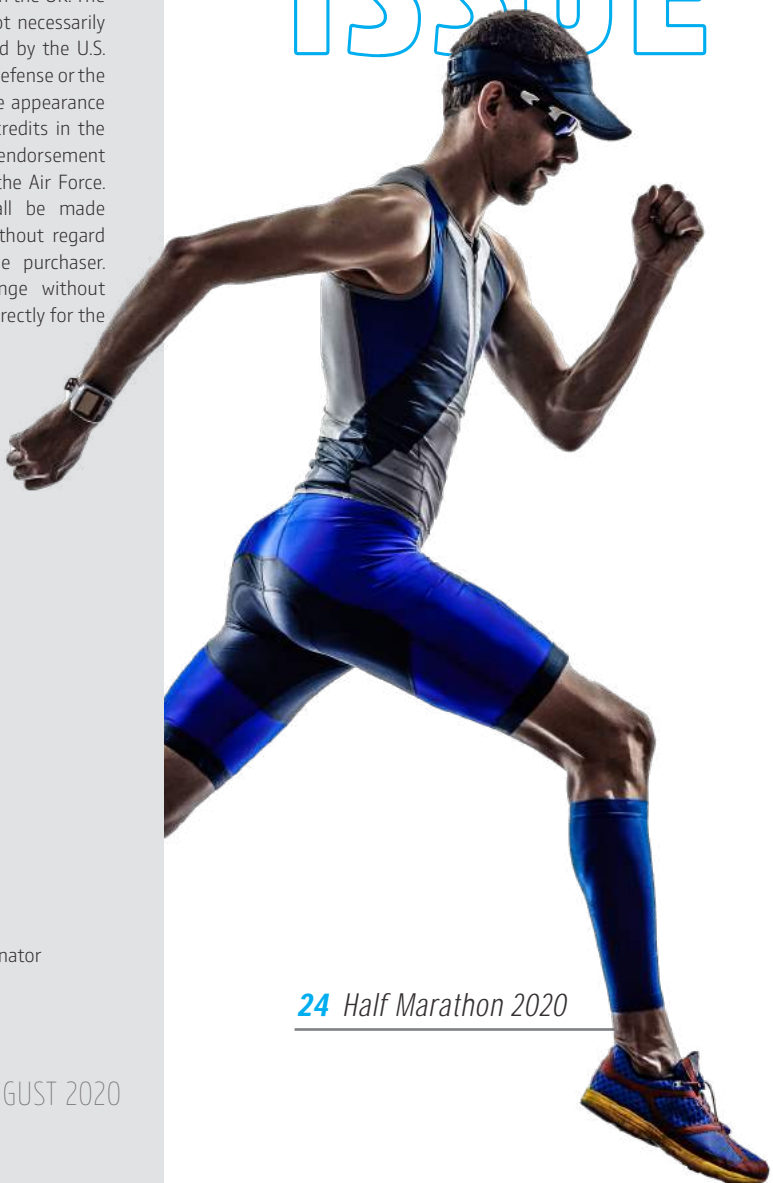
## MARKETING

Kianna Gousby  
Marketing Director

Bruce Richardson  
Visual Information Specialist

Steven Doke  
Sponsorship & Advertising Coordinator

# IN THIS ISSUE



**24** *Half Marathon 2020*



GET UP & GO! | AUGUST 2020



**6–7** Airman & Family Readiness Center

**8** Spotlight

**9** Auto Hobby

**10–11** Bob Hope Community Center

**12** Arts & Crafts

**14–15** Education Center

**16–23** Galaxy Club

**24–25** Fitness

**26–27** Library

**28–29** Outdoor Recreation

**30** Professional Development Center

**32** Teen Center

**33** Youth Center

**35** Social Media & ICE

**36 & 37** Lakenheath Information

**38–39** MILDCON - Virtual Comic Con





## MFLC LUNCH & LEARN

# *“Challenges of Changing Schools”*

**Aug. 17 • 11:30am – 12:30pm**

It can be tough to start a new school! All new people, old friends left behind, who knows where this group is with their textbooks? This presentation addresses each of these challenges and offers suggestions for making new friends and keeping your grades up through the process.



### **Introducing a New Baby**

**Aug. 3 • 11am – Noon**

This presentation will help participants understand their child's possible reaction to a new sibling as well as helpful ways to prepare a child for a new sibling.

### **Thrifty Savings Plan**

**Aug. 4 • 4pm – 5pm**

Provides details on how the government's 401(k) type retirement investment works. Class will be taught by Certified Professional Planner, Mr. Jordan Vlastuin.

### **Identity Theft**

**Aug. 18 • 4pm – 5pm**

Teaching members how to safeguard their personal information and how to recover if their identity is stolen

### **EZ PCS**

**Aug. 19 • 10am -12:30pm**

Make your PCS as stress-free as possible. Hear from agencies who will be involved with your move.

### **Shipping Your Pet**

**Aug. 20 • 1:30pm – 2:30pm**

RAF Feltwell Vet Clinic will provide information to assist with shipping pets to your next location. Included in the briefing is information regarding transportation, quarantines, and vaccinations.

### **Team Mildenhall Sponsorship Training**

**Aug. 26 • 9:30am – 11:30am**

Discover how you can help inbound personnel and their families gain a positive first impression of our Team, and a smooth relocation to the UK. Open to all that sponsor inbound personnel/families.

### **Key Spouse Mentor Training**

**Aug. 27 • 9am – 10:30am**

Mandatory training for officially appointed Key Spouse Mentors.

### **Key Spouse Continuing Education**

**Aug. 27 • 11am – 12:30pm**

For officially appointed Key Spouses and Key Spouse Mentors.



# Give us the thumbs up!

Follow us on our Facebook pages for all the latest news, happenings and special events from the 100th Force Support Squadron.



## 100th Force Support Squadron: @100fss

**Airman & Family Readiness Center:** @MildenhallAFRC

**Galaxy Club:** @RAFMildenhallGalaxyClub

**Arts & Crafts:** @RAF.Mildenhall.ArtsCrafts

**Library:** @RAFMLibrary

**Auto Hobby Complex:** @RAFMAutoHobby

**NAF Human Resources Office:** @RAFMNAFHR

**Bob Hope Community Center:** @RAFMHBCC

**Outdoor Recreation:** @RAF.Mildenhall.Outdoor.Recreation

**Bowling Center:** Square "D" Lanes at Mildenhall

**Ten Center:** @RAFMildenhallTeenCenter

**Fitness:** @RAFMildenhallFitness

**Youth Programs:** @RAFMYP





# *Free Washer & Wiper Checks*

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**Aug. 1- 31**

Book your vehicle in at the Auto Hobby Complex and we'll check your washers and wipers free. We look forward to helping you feel safe and secure on the road.

# Auto



# Resale Lot

## *Sell Your Car on Base*

Visit the Bob Hope Community Center front desk and bring a copy of your: V5/Logbook (must be in sellers name), MOT, and insurance. We'll then assign a space for you to display your car. **Cost: \$15 per car.**







PERSONALISED  
**LICENSE PLATES**

**RAF Mildenhall Arts & Crafts are  
now accepting license  
plate orders.**

**Stop by the Bob Hope Community Center  
for more information**

**Cost \$30**



# Reconnect with the Airmen of RAF Mildenhall

When the time is right, we're here to help your business (re)connect with US Visiting Forces at one of the largest bases in the United Kingdom. We offer a wide range of high value advertising options at RAF Mildenhall as well as commercial sponsorship opportunities that allow your representative to interact directly with the troops on base.



Contact the 100 FSS Marketing Department  
by phone or email to discuss the many  
options available.

Commercial Sponsorship & Advertising  
100 FSS Marketing  
RAF Mildenhall

**Call:** 01638 54 2949

**E-mail:** [100fss.marketing@us.af.mil](mailto:100fss.marketing@us.af.mil)





# *We're back!*

Our Education Specialists are booking appointments to help you down the path to your education goals!





EDUCATION

## Welcome back to our ERAU and UMGC reps!

They are in and ready to make appointments to see current and future students as well.

### ERAU

Call: 01638 54 2916

E-mail: [Mildenhall@erau.edu](mailto:Mildenhall@erau.edu)

### UMGC

Call: 01638 54 4173

E-mail: [Mildenhall-europe@umgc.edu](mailto:Mildenhall-europe@umgc.edu)

## Not sure if what you need requires an appointment?

Call: 01638-54-2350 or e-mail: [100fss.fsde2@us.af.mil](mailto:100fss.fsde2@us.af.mil) to check.









*Make your order at the Roadhouse Grill counter or call 01638 54 2680*

## Hot Plate Tuesdays

*Tuesdays: 10:30 am – 2 pm*

\$8.00 per plate

Check the calendar each week for your favorites like meatloaf, spaghetti & meatballs, tacos and lasagna.



## Mongolian BBQ

*Wednesdays: 10:30 am – 2 pm*

\$8.95

### **Meats - Choose 1**

Beef • Chicken • Shrimp • Pork

### **Rice or noodles**

### **Veggies - Choose up to 5**

Cabbage • Onions • Peppers • Mushrooms • Broccoli • Celery  
Bean sprouts • Carrots • Zucchini

Extra: Add \$3.00 per meat // Extra: Add \$1.00 per vegetable.





*Make your order at the Roadhouse Grill counter or call 01638 54 2680*

## Wing Wednesday

*Wednesdays: 4 pm – 8 pm*

**Bone-in or Boneless:** 60¢ per wing

### **Choose your sauce**

Buffalo • Hot • Asian sesame • Garlic parmesan • Teriyaki • Mango habanero

### **Dry rubs**

Caribbean jerk • Lemon pepper • Cajun

### **Dips**

Ranch • Blue cheese



## Southern Fried Thursday

*Thursday Lunch Special: 10:30 am – 2 pm*

3pc chicken or fish with collard greens, mac & cheese, cornbread and a drink.

**All for \$10!**



## Dinner Meal Deal

*Monday - Friday: 4 pm – 8 pm*

**10pc box of chicken or fish with 2 large sides all for \$35!**

### **Sides**

Mac & cheese • French fries • Red beans with rice • Fried okra  
• Collard greens • Mashed potatoes or hush puppies.



# BINGO!

## & Open Air Cinema

**Friday, Aug. 7**

**BINGO: 7 pm – 9 pm // CINEMA: 9pm–11pm**

### **GALAXY CLUB PARKING LOT**

Members: \$15 // Non-members: \$20

Price includes 5 bingo cards (+\$5 per extra card)

### **BBQ GRILL**

**Chicken • Ribs • Hamburgers • Hotdogs**

**Bring the whole family and sit out in lawn chairs**

**SOCIAL DISTANCING RULES APPLY**

### **PRIZES**

**GAME 1:** \$100 Visa gift card // **GAME 2:** \$100 cash // **GAME 3:** \$150 // **GAME 4:** \$250

☆☆ GAME 5 ☆☆  
**\$500 CASH**  
**GRAND PRIZE!**



*Galaxy Club Dining Room*

# STEAK NIGHT



Friday, Aug. 21

7 pm – 9 pm

12OZ STEAK: \$18 • 16OZ STEAK \$23

Served with side salad, baked potato, corn on the cobb and cold draft beer or soda.

SOCIAL DISTANCING RULES APPLY



AUGUST 2020 | GET UP & GO!

21

# PROPERTY RENTALS

Two Office Conveniently Located; One Outside Gate 2  
of RAF Lakenheath and One Close to RAF Mildenhall

Best Quality Homes that Comply with USAFE &  
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: 5 Shopping Center, Earls Field, Lakenheath, IP27 9RX

**baseLETS – LEADING THE WAY FOR YOU**

Scan Me  
with your  
smart phone!



# FOOD TRUCK Rally

## Friday, Aug. 28

### 12 pm – 8 pm

**GALAXY CLUB PARKING LOT**

Featuring a variety of global-inspired cuisine

SOCIAL DISTANCING RULES APPLY



## SQUADRON ROWING CHALLENGE

**Aug. 1 – 31**

Building Team Effort and Community - we challenge each squadron to complete the 100 miles (161KM) in the fastest time.

Sign in at the Front Desk noting your Name/ Squadron ROW and document time (Time recorded on attempt is final-no repeats) Squadron that completes the 100 miles in the fastest time wins

**Age Restrictions:** All are welcome with parental consent for minors.

**Prizes:** Trophy to the winning squadron!



## VIRTUAL PLANK CHALLENGE

**Aug. 10 – 14**

### Rules:

Plank Position: Forearm Plank (Low Plank) Place elbows directly beneath your shoulders, legs extended. Press through your heels so calves are lengthened. Draw your navel toward your spine and engage your glutes.

### How to Enter:

To enter the competition, simply upload your side-view video holding your plank to our Facebook @ RAFMildenhallFitness by Aug. 14

**Age Restrictions:** All are welcome with parental consent for minors.

**Prizes Available:** Longest Hold: Male, female and child (15yrs and below)

SOCIAL DISTANCING RULES APPLY



RAF MILDENHALL & LAKENHEATH FITNESS



HALF

# MARATHON

FRIDAY, AUGUST 21

HARDSTAND FITNESS CENTER  
SHOW TIME • 8AM  
START TIME • 8:30AM

REGISTER BY AUGUST 7 • \$35  
AFTER AUGUST 7 • \$40



SOCIAL DISTANCING  
RULES APPLY



no federal endorsement intended

25

# Last Week of Summer Reading Program

**Aug. 3–7**

Log minutes, complete activities and pick up weekly prize incentives.

Last chance for active readers to win our weekly draw! <https://rafmlibrary.beanstack.org/>

## Virtual Storytime

**Every Wednesday • 11am**

Tune into facebook @RAFMLibrary or storytime with Lindsey.

## Evening Storytime

**Every Thursday • 4:30pm**

Presented by a celebrity or guest reader.





## Outdoor Storytime & Teddy Bear Picnic

**Aug. 10 • 11:30am**

Bring a blanket, a packed lunch and your favorite teddy for this outdoor gathering. Social distancing rules apply. Please sign up. Weather permitting event.

## Book Club

**Aug. 25 • 11am**

Join us as we return to our in person social discussion in our outdoor garden. Spaces limited to 10. Please sign up at the library or by email: [rafmilibrary@gmail.com](mailto:rafmilibrary@gmail.com).

## National Aviation Day

**Aug. 19**

Build a flying machine or parachute creation, then email us your submission for a chance to win a prize. Submissions due by 19 August.



# *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.



## Airport Shuttle Service

### Heathrow Airport

Single \$200 - Double: \$225  
Private Hire, Groups: \$250

### Stansted Airport

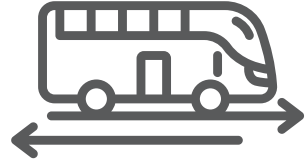
Single \$98 - Double: \$123  
Private Hire, Groups: \$147

### Gatwick Airport

Single \$220 - Double: \$245  
Private Hire, Groups: \$270

### Luton Airport

Single \$160 - Double: \$185  
Private Hire, Groups: \$210



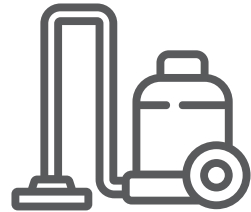
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## PCS Cleaning Supplies

**Pressure Washer:** \$45 daily // \$135 weekly

**Carpet Cleaner:** \$30 daily // \$90 weekly

**Soap:** \$10



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## Storage Lockers

Stop by and check out our storage lockers. We have secure, on-base storage with 24 hour access and the best rates in the area.

Small Lockers: \$45 per month // Large Lockers: \$62 per month

**Pay by direct debit & receive \$5 off**





## Transitional Leadership

Aug. 4 • 10am

## Thrift Savings Plan

Aug. 4 • 11:30am – 12:30pm

## Critical Thinking & Supervision

Aug. 5 • 1pm

## Bullet Writing Course

Aug. 6 • 1pm

## What's Your Why

Aug. 18 • 1pm

## Protecting Yourself from ID Theft

Aug. 18 • 1pm

## Conflict Resolution

Aug. 20 • 1pm

# Enjoy your **YOUR PARTY!**

With a delicious Subway® Platter, choose from Subway® Lite, Veggie, Meat Feast or Classic.



From  
**\$30**

## Complete the party by adding drinks, crisps and cookies\*

**\*Extra charge applies**

A Platter consists of 16 x 3-inch Subs and feeds 6-8 people. Not valid for double meat, double cheese or any other extras. Subway® Platter needs to be ordered in advance, ask for details. Offer available from the base store only. Limited time offer. All third party trademarks are the property of their respective owners. Subway® is a Registered Trademark of Subway IP LLC. ©2020 Subway IP LLC.



# Virtual Teen Summer Program

*via Instagram @RAFM\_TEEN\_CENTER*

## MONDAYS

Book Club - E-Book provided

## TUESDAYS

Morning: Yoga -Stem // Afternoon: Art and more!

## WEDNESDAYS

Afternoon Teatime: Hosted by the Keystone Club and Teen Council - Grab your tea and connect with your peers.

## THURSDAYS

Morning: Yoga -Stem // Afternoon: Art and more!

## FRIDAYS

Teen Night -7pm - 10pm





# Virtual Open Recreation Summer Program

*via Facebook @RAFM*

## MONDAYS

Book Club - \$10 fee - Book provided

## TUESDAYS

**Morning:** Virtual Fitness -Stem // **Afternoon:** Art, and more!

## WEDNESDAYS

**Afternoon Teatime:** Hosted by the Torch Club - Grab your tea and connect with your peers.

## THURSDAYS

**Morning:** Virtual Fitness - Stem // **Afternoon:** Art and more!

## FRIDAYS

Family Challenge - Accept challenge - Complete - Share





### Thorpe Park

SUNDAY, AUGUST 23  
ADULT/CHILD £46 • INFANT £12\*

### Chessington World of Adventures

SATURDAY, AUGUST 29  
ADULT/CHILD £45, INFANT £12\*

## THEME PARKS

# SUMMER Travel

### ITT NOW OPEN!



The RAFL MAIN OFFICE (Bldg 977) is now open Mon-Fri (11am-4pm). All travel agent services will be done via phone and email only (no "walk ins"). Please check our website and social media pages for updates.  
Email: [itttravelagents@gmail.com](mailto:itttravelagents@gmail.com)  
[www.ittlakenheath.com](http://www.ittlakenheath.com)

## A DAY AT THE BEACH

### Cromer

SUNDAY, AUGUST 9  
ADULT £17, CHILD (3-14) £15, INFANT £12

### Great Yarmouth

SATURDAY, AUGUST 15  
ADULT £16, CHILD (3-14) £14, INFANT £12

### Tankerton Beach

SATURDAY, AUGUST 22  
R4R: ADULT £6, CHILD £5  
ADULT £24, CHILD (3-14) £22, INFANT £12

### Hunstanton

SUNDAY, AUGUST 23  
ADULT £15, CHILD (3-14) £13, INFANT £12

### Brighton

SATURDAY, AUGUST 29  
R4R: ADULT £7, CHILD £6  
ADULT £26, CHILD (3-14) £24, INFANT £12.

\*INCLUSIVE OF TRANSPORTATION & ENTRY/  
TOUR/TICKET. NO ASTERIX INDICATES A  
TRANSPORTATION-ONLY TRIP.

## CASTLES

### WARWICK CASTLE

SATURDAY, AUGUST 8  
R4R: ADULT £10, CHILD £9\*  
ADULT £40, CHILD (3-11) £37, INFANT £12\*

### LEEDS CASTLE & CITY OF CANTERBURY

SUNDAY, AUGUST 30  
ADULT £41, CHILD (4-15) £40, INFANT £12\*



### Giffords Vineyard (18+)

SATURDAY, AUGUST 15  
ADULT ONLY £30\*

### London DY0

SUNDAY, AUGUST 30  
ADULT £26, CHILD (3-14) £24, INFANT £12

## MULTI-LOCATION

### HORNING & NORWICH DAYTRIP

TUESDAY, AUGUST 11  
ADULT £25, CH/IN £10,  
INCLUDES: COACH TRANSPORTATION & FREE  
TIME IN HORNING & NORWICH.

### NORFOLK LAVENDER, BIRCHAM WINDMILL & SANDRINGHAM DAY TRIP

TUESDAY, AUGUST 11  
ADULT £65, CHILD (2-11) £45, INFANT £10  
INCLUDES: COACH TRANSPORTATION, ENTRY TO  
LAVENDAR FARM & SANDRINGHAM PLUS FREE  
TIME TO EXPLORE.

### NORFOLK BROADS BOAT CRUISE & WROXHAM

TUESDAY, AUGUST 18  
ADULT £59, CHILD (2-11) £39, INFANT £10  
INCLUDES: COACH TRANSPORTATION, BOAT  
CRUISE & FREE TIME IN WROXHAM.



## ***We want your feedback***

Visit **100fss.com** and click the ICE link or scan the QR code below.





**FIRST FRIDAY**  
**@LIBERTY PLAZA**  
IN FRONT OF THE LIBERTY CLUB

**FOOD, DRINK  
& LIVE MUSIC**

**OUTDOOR BAR!**

**FEAT. KYLE CHATER**

**SKEWERS • STREET TACOS • CARNE ASADA FRIES + MORE**

**FRIDAY 5-8PM**

**AUGUST 07**

**LAKENHEATHFSS.COM**

WEATHER PERMITTING



**1ST & 2ND  
AUGUST  
2020**



**CLUB CHAMPIONSHIP  
2020**

**7:40-9:40AM TEE TIMES**  
**\$20 BPGC MEMBER | \$40 NON-MEMBER**  
**MULTIPLE CHAMPION DIVISIONS**  
**PLUS DAILY PRIZES FOR LONGEST DRIVE & CLOSEST TO PIN**

FOR MORE INFORMATION CONTACT DEAN FAIRWEATHER  
 226-2223 OR 07847515267 OR EMAIL DEAN.FAIRWEATHER.GB@US.AF.MIL

BRECKLAND PINES GOLF COURSE  
 843g 1570 • 226-2223  
[www.lakenheathfss.com](http://www.lakenheathfss.com)




**Starting Monday, July 13**

**ITT will be opening its doors at the  
RAFL MAIN OFFICE ONLY (BLDG 977)**

**MONDAY-FRIDAY • 11AM-4PM**

No "walk in" travel agent services until  
further notice. All travel agent services  
will be done via phone • email only.

**PHONE 01638 52 2979**  
**WWW.ITTLAKENHEATH.COM**

Please check our website and social  
media pages for updates on trips and  
any changes to hours.

Facebook: [RAF LakenheathITT](#)  
 Instagram: [rallakenheathitt](#)



**FORCE**  
SUPPORT SQUADRON

# 48TH FORCE SUPPORT SQUADRON DIRECTORY

## RAF LAKENHEATH

VISIT [WWW.LAKENHEATHFSS.COM](http://WWW.LAKENHEATHFSS.COM)  
TO SEE MORE EVENTS AND HOURS OF  
OPERATION, INCLUDING THOSE FOR  
HOLIDAYS, FAMILY DAYS & GOAL DAYS.



48FSS



48FSSLAKENHEATH



AIRMAN & FAMILY  
READINESS CENTER  
226-3847

ARTS & CRAFTS  
226-2194

AUTO HOBBY COMPLEX  
226-2454

BRECKLAND PINES  
GOLF COURSE  
226-2223

CDC EAST  
226-3285

CDC WEST  
226-5812

EDUCATION SERVICES  
226-3851

EAGLES' LANDING  
226-2489

FAMILY CHILD CARE  
226-2170

FITNESS & SPORTS CENTER  
226-3607

GREAT LITTLE  
PIZZA PLACE  
226-2181/2497

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PRINT SHOP  
226-1719

HOT PIT FLIGHT LINE  
226-3184

HUMAN RESOURCES  
226-4417

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TICKETS & TRAVEL  
226-2979

KNIGHT'S TABLE DINING  
FACILITY  
226-3214

LIBERTY CLUB +  
PINKERTON'S STEAKHOUSE  
226-1611

LIBERTY LIBRARY  
226-3713

LIBERTY LODGE  
226-6700

LIBERTY LANES  
BOWLING CENTER  
226-2108

MPF  
226-5131

OUTDOOR RECREATION,  
PEDALER BIKE SHOP &  
EQUIPMENT RENTAL  
226-2146

PAGE COMMUNITY CENTER  
+ SKATING RINK  
226-1627

POST OFFICE  
226-2370

RUGGIE'S BISTRO  
226-1603

VAT RELIEF OFFICE  
226-3166

WARD CAC  
226-7023

WOOD CRAFTS CENTER  
226-3367

YOUTH CENTER  
+ TEEN PROGRAMS  
226-5437

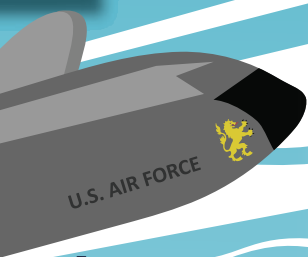
**CALL 0163862 XXXX TO CALL FROM OFF BASE.**



# CON!

**Virtual Comic-Con**  
**Oct. 2 – 4**

**Lots of super details coming soon!**





*Stay connected  
and informed!*

Visit [100fss.com](http://100fss.com) to view  
the complete hours of  
operation list.