



PRESS RELEASE

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FOR IMMEDIATE RELEASE

Date: 31 March 2011

TOPIC: RAF Mildenhall 100th Force Support Squadron April 2011 Calendar

Airman and Family Readiness Flight **01638 54 3406**

Pre-Deployment Briefing

Friday, April 1, 6, 15, 22 & 29; 8:15 – 10 am

Unaccompanied: Prepare for deployment with tips on planning financial goals, legal support, communication with significant other/families, and other resources. Mandatory for unaccompanied members deploying over 30 days.

Accompanied: Prepare for deployment with tips on family communication, relationships, finances, and other resources. Mandatory for accompanied members deploying over 30 days. Spouses are highly encouraged to attend.

Reintegration Briefing

Every Tuesday and Friday; April 1, 5, 7, 12, 15, 19, 22, 26, 29; 8:30 - 10 am

Mandatory for members returning from deployment. Representatives from various base agencies provide information regarding the challenges and joys of reintegration. Spouses are highly encouraged to attend. Members who bring their spouse may earn an extra day off.

Spring Photos

Saturday, April 2; 10 am - 2 pm

Take advantage of our Spring background and take your family photo for FREE. Bring your own digital camera. For more information and to sign up please contact the A&FRC at 238-3406 or 01638-54-3406.

Pre-Separation Counseling (Separating Members & Retiring Members)

Tuesday, April 5, 12, 19, 26; 1 - 2:30 pm

This mandatory counseling is for retirees, up to 2 years from retirement and separatees up to 1 year prior to separation. All active-duty personnel separating or retiring must complete DD Form 2648, no later than 90 days before the date of separation. Pre-Separation is a prerequisite for registration for the TAP seminar.

Sponsorship Training

Wednesday, April 6; 2 - 3 pm

Congratulations you have just been appointed to be a sponsor! Are you up to the challenge? Mandatory training for all new sponsors who have not received training within the last 12 months. This workshop provides information and tips to ensure sponsors are providing the assistance newcomers need.

Smooth Move

Monday, April 11 & 25; 9 - 11:30 am

Are you PCSing soon? Whether you're PCSing stateside or overseas, Smooth Move class will assist with your PCS needs. Various agencies such as the Keesler Federal Credit Union, Post Office, TMO, PAX Terminal, Pass & Registration, Finance, the Housing Office, TRICARE, Community Bank, and the Airman & Family Readiness Center will provide you with information to make your PCS a Smooth Move. Spouses are welcome to attend.

Newcomer's Bury Bus Tour

Wednesday, April 13; 8:15 am - 2:30 pm

Departs from Airman & Family Readiness Center, Bldg 460, at 8:15 am

Newcomers - Join us in this opportunity to explore the town of Bury St. Edmunds! The day will begin with a drive to Bury St. Edmunds, where we will visit the Cathedral and Abbey Gardens. Learn local dining customs over lunch in a local pub, and spend the afternoon exploring the town and market while developing your skills at adapting to the new culture. Children are welcome to join this day out. Bring pounds for lunch & shopping.

Shipping Your Pet

Monday, April 18; 1 - 2 pm

Designed to provide information to inbound and outbound PCSing members on how to ship their pets with emphasis on regulations, cost and pet safety.

Transition Assistance Program (TAP) Workshop

April 18 – 21; 8 am - 4:30 pm

If you are within one year of your separation or two years of retirement, prepare now for your transition by attending the TAP Workshop. Information presented helps separating/retiring service members and their families prepare for civilian lifestyle. The workshop provides information on job search methods, networking, writing effective resumes and cover letters, and proper interviewing techniques. Spouses are highly encouraged to attend. You must attend the Pre-Separation Counseling before registering for TAP. Classes fill up quickly, please call 238-3406 to sign up.

Hearts Apart Dinner

Thursday, April 21 at the Bob Hope Community Center; 5:30 pm - 7:30 pm

The Airman & Family Readiness Center would like to cordially invite "All" Team Mildenhall families of deployed/remote/TDY members to our monthly Hearts Apart Dinner. Contact 238-3406 or 01638-54-3406 to sign up.

Hosted by 100 AMXS.

Welcome to Britain

Friday, April 29; 9:30 am - Noon

A new country, a new culture; are you confused? Relax! The Airman and Family Readiness Center is here to help you get settled. Get a glimpse of the people as you learn about things to do and places to see in England, Scotland, and Ireland. Learn about folklore, the Bed and Breakfast System, how to travel, catch the train or drive your car. This is full of brilliant tips for all individuals just arriving in the UK. Come and enjoy a hot "cuppa" and some scones. Call 238-3406 or 01638-54-3406 to sign up.

Arts and Crafts Center

01638 54 2644

A Crafty Easter Celebration

Saturday, April 16; 11 am – 2 pm

Come get artsy and design your own eggs with all the materials supplied. The Easter Egg Hunt begins at 11 am around the grassy area.

English Tradition – Bonny Bonnet competition

Handmade cards for that special Easter greeting.

Coloring and Easter word search competitions.

Prizes to be won!

Hands-On-Picture Framing Class

Saturday, April 16; 10 am - 5 pm

(Must sign up by close of business the Wednesday prior to the event day)

\$68.00 per person

Customers learn a new skill and save money in the future.

This class will guide students through an essential overview of the Picture Framing process, including hands-on mat cutting, hands-on frame making, measuring and design, basic mounting techniques & frame fitting, hardware and hanging. Please bring your own framed item. Maximum picture size 8 x 10.

All materials provided. Open to all ID card holders, 18 years and older only.

Minimum of 2 and maximum of 4 participants.

Now is the time to purchase your baseball & softball cleats

Huge savings! 75% off the original selling price!

Prices start from \$9.25 a pair after discount.

Auto Hobby

01638 54 2480

RAF Mildenhall Car & Bike Show

Saturday, June 25

The Auto Hobby Complex team is busy preparing to make the RAF Mildenhall Car & Bike Show the best yet. The Big Show will be held on Saturday, June 25, so polish up the chrome, tune your engines and sign up to be included in this awesome day! Sign-up sheets are available at the Auto Hobby Complex - talk to any staff member for more information and to sign-up or call 238-2480. Look out for more RAF Mildenhall Car & Bike Show announcements coming soon!

April Fool's Day Special

All stalls are half price!

Ladies Vehicle Familiarization Class

Every Thursday, 5 pm

Learn how to check your car's tire pressure, change a tire and check fluid levels. We will also answer any questions in a relaxed atmosphere. The FREE course lasts 1 hour.

Bob Hope Community Center

01638 54 2579

Armed Forces Entertainment Tour presents... Seattle Sea Gals & Bryan Ricci Comedy

**Friday, April 1; Family Variety Show: 6 pm (Doors open 5 pm); Adult Only Comedy Show: 8:30 pm
Galaxy Club Ballroom**

FREE, but tickets are required for the Family Variety Show only. Seating is limited (first come, first served). Family Show open to all. Adult Show 18 years and older only.

Armed Forces Entertainment Tour presents...

Illusionist Rob Lake, Do you believe in magic?

Friday, April 8; 1st Show: 4 pm, 2nd Show: 7 pm

Doors open half-hour before each show; Bob Hope Community Center Ballroom

Merlin Award winner Rob Lake stirs up a magical potion of reality-altering illusions and colorful choreography into a mesmerizing family-friendly show. Come see what he's got up his sleeve.

FREE, but tickets are required to attend either show. Tickets are available at the Bob Hope Community Center. Seating is limited (first come, first served). Open to all ID card holders.

Baby Only Flea Market

Saturday, April 9; 10 am – 2 pm; Bob Hope Community Center Ballroom

(Sign up by Thursday, April 7)

Kids grown too quick! Here is your chance to get rid of some items or pick-up something different. \$10 per 6ft table. Flea market is for baby and young children items only.

Administrative Professional Day Balloon Deliveries

Wednesday, April 27

Surprise your hard-working office professional with a coffee mug, balloon arrangement or other items for our selection of gifts. Packages start at \$7. Deliveries available to RAF Mildenhall for a \$2 fee.

Family Movie Day

Saturday, April 23; Movie starts at 1 pm; Bob Hope Community Center Ballroom

Showing: Megamind. Rated: PG

FREE & Open to all ID card holders.

Bring your own snacks. Children must be supervised at all times.

Air Force Chess Tournament

Are you a United States Chess Federation member with a rating of 1800 or better?

Are you willing to represent RAF Mildenhall?

The purpose of the Air Force Chess Program is to provide additional opportunities for families, youth, and other community members to participate in a recreational/educational activity.

Also, to establish selection of a 6-person Air Force Chess Team to participated in the inter-service and the North Atlantic Treaty Organization (NATO) chess tournaments.

Note: Only active duty USAF members are eligible for advancement to the inter-service chess tournament and the NATO chess tournament.

All eligible to use Community Centers and Youth Centers may participate in the base-level tournaments.

Contact the Bob Hope Community Center for further details at 238-2579 or 01638-54-2579.

Bowling Center

01638 54 2348

Munch Bowl

Every Monday Night; 5 – 9:30 pm

3 games of bowling plus a meal, just \$12.50! Open to everyone.

Unit Bowling

Monday – Friday; 10:30 am – 4 pm

Active duty military members can bowl for just \$1.25 per game and 75¢ shoes!

This pricing also applies for unit functions, such as going away parties or section get-togethers.

Call the center for more information.

Pro Shop

We run a special order program for Mildenhall. If we do not have in stock what you're looking for, we can order it for you. We offer ball cleaning, polishing and maintenance services.

Plan your next Birthday Party at the Bowling Center!

2 Birthday Packages available for kids.

Meeting room available. Seats up to 30 people.

Call the center to see what we can do for you!

Fitness Center

Hardstand- 01638 54 3735 North Side- 01638 54 2349

April Fools Bench Press Competition

Friday, April 1; 11 am - 1 pm; North Side Fitness Center

FREE! Open to all ID card holders, 18 years and older.

Biggest Loser Final Weigh-In

Monday, April 4 & Tuesday, April 5; 7:30 am – 5 pm; North Side or Hardstand Fitness Center

Download information on nutritional GUIDANCE, workout PLANNING, MOTIVATION support and TIPS to help reach your goals... <https://ice.usafe.af.mil/sites/100MSG/SpecialEvents/default.aspx>

Team Mildenhall Run

Friday, April 15; 3:30 pm at the Hardstand Fitness Center

Open to ID card holders, 16 years and older.

Fitness Boot Camp

Now thru May 6; Additional Classes: Every Monday 10 – 11 am; Wednesday: 10 – 11 am at North Side Fitness Center, and Mondays & Thursdays: 11 am – Noon. Tuesdays & Fridays: 5 – 6 pm at Hardstand Fitness Center

Classes taught by military fitness specialists. Varied and scalable workouts for any fitness level. Walk-in participants after program start IS authorized. Open to all ID card holders, 18 years and older.

Zumba Fitness Classes

Monday, Wednesday & Friday: 5 pm with instructor Anjelica at North Side Fitness Center

Tuesday at 10 am and Thursday at 7 pm with instructor Irina at Hardstand Fitness Center

A dance combination of Fitness and Fun! Incorporates Latin & International music.

Month of the Military Child Fun Run
Saturday, April 23; 10 am; Heritage Park
Register by 9 am at either RAFM Fitness Center

London to Paris Competition
Ends April 30; North Side or Hardstand Fitness Centers

Massage Gift Certificates Available
Need the perfect gift? How about a massage?
\$50 – 1 hour session, \$40 – ½ hour sessions
Gift Certificates available for purchase at both North Side and Hardstand Fitness Centers
During normal hours of operation. Open to all ID card holders, 18 years and older.

Galaxy Club
01638 54 2683

Galaxy Room Breakfast
Every Sunday; 10 am – 1:30 pm
A la carte menu. Choose from Steak & Eggs, Waffles & Breakfast Burritos. Carvery also available.

NASCAR on the Big Screen
Every Sunday, from 5:30 pm in the Galaxy Club Sports Lounge until the start of NFL Football
FREE; Open to all. Food Available, See the NYPD menu

American Roadhouse Grill
Open Weekdays
Breakfast: 7 – 10 am
Lunch: 11 am – 1 pm

New York Pizza & Deli
Monday – Saturday: 11 am – 9 pm; Sunday: 2 – 8 pm
Serving a range of delicious made-to-order sandwiches and hoagies. Soups also available.

Galaxy Room Lunch - Soup & Salad Bar with Chicken & Salmon
Monday, Wednesday – Friday; 11 am – 1 pm
Members: \$6.95; Non-Members: \$7.95
*Now offering grilled chicken for an additional \$3 or salmon for an additional \$5. Simply place your order with the cashier. Open to everyone.

Southern Buffet
Every Tuesday, 11 a.m. – 1 pm in the Ballroom
Club Members: \$7.50, Non-members: \$9.75, Children 5 – 12: \$3.75. Open to everyone.

Free Pool
Every Tuesday; 7 pm in the Galaxy Club Sports Lounge
FREE & open to all ranks.

Karaoke
Every Wednesday; 8 – 11 pm in the Galaxy Club Sports Lounge
Free & open to all ranks.

Pizza & Pasta Bar - ALL-YOU-CAN-EAT

Every Thursday; 5 – 8 pm at NYPD

Members: \$7.50. Non-members: \$9.50. Children 5 – 12: \$3.95. Children under 5: FREE
Open to everyone.

Galaxy Room Evening Dining

Fridays & Saturdays; 5 – 9 pm

Open to all ranks.

Texas Hold'Em

Every Thursday; 7 pm in the Texas Hold'Em Room

Members: \$5 and Non-members: \$10.

Open to all ranks, 18 years and older.

Have a chance to win some great prizes for 1st, 2nd and 3rd places.

Bud special from 6:30 – 8 pm: \$1.50

Country Western Night

Friday, April 1; 10 pm – 2 am

Members: Free, Non-Members: \$5. Open to enlisted and civilians, 18 years and older.

Hip Hop Parties

Every Saturday, April 2, 9, 16, 23 & 30; 10 pm – 2 am

Members: FREE, Non-Members: \$5.

Open to enlisted and civilians, 18 years and older.

Open House with DJ

Friday, April 8 & 22; 10 pm – 2 am in the Galaxy Club Sports Lounge

Free & open to all ranks, 18 years and older.

Galaxy Room Steak Night

Thursday, April 14; 5 – 8 pm

Enjoy two 12oz steaks. Members: \$25.95, Non-Members: \$27.95. Open to all ranks.

Tudor Bar Steak Night

Friday, April 15; 5 – 8 pm

Enjoy two 12oz Ribeye steaks. Members: \$25.95, Non-Members: \$27.95. Salmon & Chicken also available. Open to all ranks.

Latino Night

Friday, April 15 & 29; 10 pm – 2 am

Members: FREE. Non-Members: \$5

Open to enlisted and civilians, 18 years and older.

Easter Brunch

Sunday, April 24; 10 am – 2 pm at Middleton Hall

Members: \$20. Non-Members: \$25. Youth 6 – 12 years old: \$12.95. Children: 3 – 5 years old: \$5.

Children under 4: FREE. Open to all ranks.

Featuring a visit from the Easter Bunny and a delicious assortment of food including: Morning Breakfast Station, Carvery Station, Sea Food & Antipasto Station, Accompaniment Station, Kid's Station, Delectable Dessert Station and Beverage Bar.

Mongolian BBQ

Thursday, April 28; 5 – 8 pm at the Galaxy Club

50¢ per ounce (Meat, Shrimp & Vegetables). There will be a children's menu available, including chicken nuggets and fries for just \$3.95. Open to all.

80's Throwback Jam

Friday, April 22; 10 pm – 2 am.

Free & open to adults, 18 years & older. Drink Responsibly! Always have a plan!

Air Force Hoops

Ends April 5; Promotion available at Galaxy Club & Bowling Center Food Operations

Celebrate the 2011, NCAA Final Four in Houston with a 3-Pointer Combo Meal. Your choice of Slam Dunk Burger or Buzzer Beater Wings served with fries and a 44oz promotional Coke Final Four cup! Promotion available while supplies last. (No federal endorsement of sponsor intended)

Gateway Dining Facility

01638 54 2689

Specialty Meals

11 am – 1 pm at Gateway Dining Facility & Hardstand Café Flight Kitchen

April 6: German; April 13: Mexican; April 20: Italian; April 27: Southern

Free for SIK; BAS & CIV guests pay cash (surcharge 33% at register)

Mongolian BBQ

Tuesday, April 12; 11 am – 1 pm at Gateway Dining Facility

Free for SIK. BAS customers pay cash (surcharge 33% at register). Menu: Stir Fry

Quarterly Food Forum

Wednesday, April 20; 12:30 pm at Gateway Dining Facility

Share your ideas on menu variety & choices. Be the first to taste test and vote on new wings bar sauces.

Easter Meal

Sunday, April 24; 11 am – 1 pm at Gateway Dining Facility

Open to all authorized guests. Families are welcome to attend.

Library

01638 54 2352

Easter EGG-STRAVAGANZA

Thursday, April 7; 5 – 6 pm

FREE and open to ages 12 years and older.

On April 7th, come to your Library and enjoy our Easter Egg-stravaganza! Come on an egg hunt with us, do a craft and enjoy a special Easter story time! Will you be lucky enough to find a golden egg? Please join us and find out.

Story Time & Craft

Every Wednesday; 10:30 – 11:15 am

Join us every for Story Time. You never know what fun will await you. The theme for April is "Spring into Fun." Are you interested in reading for Story Time? We welcome guest readers. Please contact the Library and ask for Lisa if interested.

Library Online

Tuesday, April 12; 6 – 7 pm

Are you interested in learning more about the online services your library has to offer, but have no idea how to get started? Attend this FREE workshop and find out more about EBSCO host, Mango, Rosetta Stone, Overdrive and other online services provided by your Library. Our computer staff will be on hand to answer all your questions and point you in the right direction.

Outdoor Recreation

01638 54 4283

“Bowles” Climbing Day

Saturday, April 9

Under 18 years: \$25, Adults: \$35

If you have never climbed outdoors before or want to sharpen up your skills for the start of the outdoor season, then this day is for you. The ‘Sandstone’ crags of Tunbridge Wells will provide the perfect counterpoint to our trips later in the year to the ferocious ‘Grit Stone’ crags of Derbyshire. All equipment and tuition is provided. Let our experienced climbing staff put you through the A B C’s of climbing on the real stuff. For those with more experience you will be able to tighten up your belay technique, knots and movement skills.

Day Canoe Float (Thetford – Brandon)

Saturday, April 16

Under 18 years: \$20, Adults: \$30

Enjoy a spring day out on the river. We shall travel from Thetford to Brandon on the river “Little Ouse” stopping for a picnic lunch on the way. Keep your eyes open and you could see this year’s ducklings and baby swans with their parents and perhaps a kingfisher or otter.

Olympic White Water Rafting

Saturday, May 28

Cost: \$130

Lee Valley Park is the new purpose built white water venue for the London 2012 Olympics. Join the Outdoor Rec team and live the Olympic dream this summer. Price includes: transportation, equipment and raft guides.

Summer Rentals

Lawn Mowers \$10 a day, Rototiller (18” Gas) \$16 a day. Hedge trimmers, pressure washers & more!
Call for Availability.

Youth Center

01638 54 2831

RAF Mildenhall Torch Club

Every Wednesday; 4:30 – 5:30 pm

Ages: 9 – 12; Contact RAF Mildenhall Youth Center Teen Coordinator for more information.

RAF Mildenhall Marvels Keystone Club

Every Wednesday; 6:30 – 7:30 pm

Ages: 13 – 18; Contact RAF Mildenhall Youth Center Teen Coordinator for more information.

RAF Mildenhall Teen Center (Building 220)

Every Wednesday, 6:30 – 8:30 pm

Now open Fridays; 7 – 11 pm

Ages: 13 – 18.

Wii, Xbox360, PS3 & more!

Tae Kwon Do & Hap Ki Do Camp

April 12 – 14; Choose a session time or sign up for all three! Noon – 1:45 pm, 2 – 3:45 pm, 4 – 5:45 pm

Members: \$20, Non-members: \$25. Ages: 6 – 18 years.

Guitar Camp for Beginners

April 12 – 13; 2 – 3 pm at the RAF Mildenhall Youth Center

\$50 per child

Learn basics from our resident guitar instructor. Guitars can be signed out for the duration of the camp. Only 4 slots available, so sign up as soon as possible. Contact the Youth Center at 01638-54-2831 for more information.

Month of the Military Child Fun Celebration

Friday, April 15; 3:30 – 5:30 pm at the RAF Mildenhall Youth Center

This is a free event and is open to the base community. Come and celebrate with your children and have fun with bouncy castles and slides, go carts, wall climbing, rock band and more!

Contact the Youth Center at 01636-54-2831 for more information.

Give Parents a Break

Saturday, April 16; 6 – 11 pm

Sign up by noon, Thursday before event

A special program for parents & youths, in conjunction with the AF Aid Society that provides child care for families who are in need of some extra support. A referral from the Squadron CC, First Sergeant, doctor/medical professional, Family Advocacy, Airman & Family Readiness, Child Development Center or Youth Center staff is required. Eight children must be signed up for the program to proceed.

Start Smart

Registration Begins: April 19 – May 19

Course dates: May 20 – June 24; Fridays 5 – 5:45 pm

Cost: \$30 for six week course

Ages: 3 – 5

Easter Egg Hunt

Saturday, April 23; 9 – 11:30 am at the RAF Mildenhall Youth Center

This is a free event and is open to the base community. Easter eggs and random prizes will be on offer.

America's Kid Run and Armed Force 5k Run

Saturday, May 14 at Heritage Park (located by Bowling Center)

Bring the whole family for a FUN RUN!

Age Groups:

5 – 6 years: ½ mile

7 – 8 years: 1 mile

9 – 13 years: 2 miles

14 and above: Armed Forces 5k

Any further questions, contact the Mildenhall Youth Center at 238-2831 or Hardstand Fitness Center at 238-3735

Youth Baseball Season

“Baseball, Coach/Machine Pitch, Tee Ball”

Registration begins: May 2 – 27; Season: June 6 – August 12

Ages: 5 – 18

Cost: \$35 Members, \$40 Non-Members

Mildenhall Youth Center is also recruiting coaches to assist with the league. Interested volunteers will receive coach’s training on May 24.

Youth Volleyball Season

Registration Begins: May 2 – 27; Skills Assessments: May 25; Season: June 6 – August 12

Ages: 9 – 18

Cost: \$35 Members, \$40 Non-Members

Mildenhall Youth Center is also recruiting coaches to assist with the league. Interested volunteers will receive coach’s training on May 24.

Coming Soon!

Youth Piano Lessons

Youth Cheerleading

Youth Hip-Hop Dance Classes

Contact the Youth Center at 01638-54-2831 for more information or have your child’s name added to a waiting list.