Happy Valentine's Day

- Dog Daze
- Super Bowl
- Valentine's Day Gifts
- Valentine Messages
- Fishing Rodeo

And much more!
HAPPENINGS

FSS Spotlight
Valentine Messages
Dog Daze
Fishing Rodeo
Outdoor Recreation
Skier Range Open
Trips & Tours with ITT
Library
Engraving Shop
Big City Bowl
Super Bowl
Fun at the Club
Candlelight Dinner
Community Center Classes & Events
Monthly Planner
Winter Club Membership Drive
Fitness & Sports
Did You Know?
Auto Hobby Shop
Airman & Family Readiness
Child Development & Youth Programs
Incirlik Youth Art Festival
Lunch & Dinner Specials
Sultan’s Inn Dining Customer Appr.
Kids Puzzle
Holiday Hours & Closures

Please watch our website for possible last minute changes, updates, and cancellations.

39 FSS Commander
Lt Col Hardy T. Giles
39 FSS Deputy
Kristine Verbeten

Contact Us
Command Section 676-3108
Marketing Office 676-8411/8412
39fss.marketing@us.af.mil

WWW.39fss.com
facebook: /39fss

SPECIAL FORCES OF FUNNY

WATCH OUR WEBSITE
WWW.39FSS.COM & FACEBOOK PAGE
WWW.FACEBOOK.COM/39FSS
FOR MORE INFORMATION ABOUT
THE UPCOMING COMEDY SHOW,
"SPECIAL FORCES OF FUNNY".

Happenings

39 FSS Marketing Team

Best in Air Force 2011
Fatma Yoksuolugu, Marketing Director
Yamilette Davis, Marketing Assistant
Caitlin Costantini, Marketing Assistant
Christy Petty, Marketing Assistant

FSS SPOTLIGHT

Kristine Verbeten
Name: Kristine Ruth Verbeten
Nickname: Kris
Job Title: FSS Deputy Director

2. What are some of your hobbies? I’m a very high-energy person, so anything active; I’m an avid runner. Also, attending school activities for my kids.
3. What is your favorite color? Green.
5. What is your favorite type of food? A good steak.
6. What is your dream vacation? I love active vacations where I can hike or bike, somewhere warm with mountains & a beach like Hawaii.

7. What is one of the most adventurous things you have done? Climbing Mount Kilimanjaro, also climbed Mount Fuji 6 times (twice by myself then four times as a volunteer with Yokota DDR).
8. What would you do if you won the Mega Millions? Honestly, donate most of it & make sure my family is taken care of.
9. What was your first job? I started babysitting when I was 9, but got my first tax-paying job at 14 serving and cleaning up for weddings and events at a banquet hall.
10. What is your main daily focus? Focus on the 340 employees of the squadron & ideally provide them the tools they need to do their jobs.
11. What has been the highlight of your career so far? It has been a successful, fabulous time. The assignments, places, and people have been great. Such work, yet fun; I never know what I’ll get day-to-day and I love it.
12. If you could work at any FSS facility, which one would it be & why? Child & Youth Services; I love the kids, parents, and staff. It’s a very comfortable place for me. I also love the work of the A&FC and how they’re teaching families how to lead better military lives.

Congratulations to our January Spotlight Trivia winner, Jamie Hester!

Incirlik Starbucks serves 2018 hot drinks in a day, and Jamie had the closest guess of 2,162!

Guess the closest answer to the question below by 17 February and win a $25 FSS gift card.

How many games were bowled at Big City Bowl in the month of January?

Like us on Facebook & e-mail us at 39fss.marketing@us.af.mil to enter to win!
**HAPPENINGS**

Please watch 39fss.com or follow us on Facebook.com/39FSS

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**VALENTINE MESSAGES**

To Myles
From: Your Boo
Happy Valentine’s Day, my love! Thank you for being everything & more, every single day. You complete me, you make me happy, & I am yours forever.

XOXO

Rachel, Thanks for sticking with me.
Love, Frank

To Cheley,
my most awesome Valentine for the last 23 years!
Love you so much! Thanks for being the best Valentine on the planet!

Tom

To Denny
From: Your Best Friends
Happy 16th Birthday!
Thank you for being such a loving and kind person. It was perfect for you to be born on Valentine’s Day. We love you more than you will ever know.

Deuce & Shamus,
You are the poem we dreamed of writing, the masterpiece we longed to paint. You are the shining star we reached for in our hopes, our hopeful quest for life fulfilled. You are our children. Now with all things we are blessed.
Happy Valentine’s Day! Love, Mommy & Daddy

Frank Maples,
On our 10th Valentine’s Day together I would just like to tell you how much I appreciate all you do for our family. You are a wonderful husband & father, and I don’t know where we would be without you. It hasn’t always been easy, but it has always been worth it. I love you more & more with each passing day and I always will. Happy Valentine’s Day, Baby!

Rachel Maples

My awesome Marketing Team! I heart you guys.
-Faith

Thank you for everything you do for me. Nothing can express how much I love you, mom.
Happy Valentine’s Day.
Love, Haley

My Love

Mike, You are the peanut to my butter, the twinkle in my eye, the shake to my bake, the blue in my sky. Sprinkles on my sundae, flip to my pop. Bumble to my bee, jewel on my crown, milk to my shake, beat of my heart, love of my life.
Lovers you, Christy

HAPPY VALENTINE’S DAY TO THE LOVE OF MY LIFE, ANGELA SPATZ.
I LOVE YOU SUGAR!
-CJ

Mike, The love of my life,
I love you.
-Frank

Thank you for all that you do & continue to do for us, there isn’t a day that its unnoticed. You bring such joy & happiness to my life. This moment in time this love you have given me, I wouldn’t trade it for the world.
Happy Valentine’s Day baby!
-To love, XX Yvonne

Si yo a Cupido por nada, le agradeces enormemente el hacerme dudar la oportunidad de enamorarme de ti. No solo te merece que me haga feliz en la vida. Feliz San Valentín, amor, hoy quiero festear que nos amamos tanto.
-To Amo Lucia, Fabian

HAPPY VALENTINE’S DAY TO THE LOVE OF MY LIFE, ANGELA SPATZ.
I LOVE YOU SUGAR!
-CJ

My Love,
Thank you for all that you do & continue to do for us, there isn’t a day that its unnoticed. You bring such joy & happiness to my life. This moment in time this love you have given me, I wouldn’t trade it for the world.
Happy Valentine’s Day baby!
-To love, XX Yvonne

HAPPENINGS  February 2016 ● 5

for possible last minute changes and up-to-date event information.
Dog Daze at the Pool

27 February
From 1000-1300

Bring your pups to the pool to play!
Dogs will be off leash & restrained
at their owner’s discretion.
If yours poops it, you scoop it!

Fishing Rodeo

5 & 6 March

Families both days from 0900-1100,
$20 per day, all the fish you can catch.
Individuals both days from 1100-1500,
$3 per fish.

ODR will provide the pole, bait, & clean the fish you catch!

Sign up in advance at Outdoor Recreation Center, 676-6044.

Please watch 39fss.com or follow us on Facebook.com/39FSS for possible last minute changes and up-to-date event information.
Cover your stuff worldwide¹ for as little as $12 a month.²

Please watch 39fss.com or follow us on Facebook.com/39FSS

Small friendly hotel, 12 very comfortable bedrooms with air conditioning, tv, telephone, balcony with sea view.
Umbrellas and sun beds included.
Adana Airport 120km.
American owned
& Operated (Ret Air Force)

info@hotel-saadet.com
patricksaadet@hotmail.com
Phone: 0 324 523 2173
Cell Phone: 0 525 263 7379
GPS Navigation Coord: N 36.46° E 34.14°

P A I D   A D S.   N O   F E D E R A L   E N D O R S E M E N T   I N T E N D E D.

Daycare
Grooming
Dog & Cat Boarding

Sun 5-7pm
Mon, Tue, Thur, Fri & Sat
11am-1pm & 5-7pm
Wed-CLOSED

Contact Us! 385-2789 or
toddsharon15@yahoo.com
www.pati-pet.org
AMERICAN OWNED AND OPERATED

for possible last minute changes and up-to-date event information.
Paintball Tournament
6 February at 0900, meet at Outdoor Recreation Center
Get your team together to be claimed Incirlik’s Paintball Champs! 5 people per team, double elimination, $75 per team. Price includes mask, paintball marker, hopper, air tank, and unlimited air. Must use ODR’s equipment and paint. Paint not included. Sign up by 4 February to reserve your spot.

Want a new scooter to get around base? ODR has a scooter purchase option. So stop by ODR now to order your brand new ride!

Bavarian Alps Trip
15-21 February at the Edelweiss Lodge & Resort in Germany
Get out and explore the breathtaking views of the Bavarian Alps in Garmish, Germany! Stay 6 nights in the beautiful Edelweiss Lodge and Resort where you can choose to take tours of the historical sights, take a ski or snowboard lesson, or just shred the sick pow. You won’t be disappointed in this guided trip. Limited seats! $615 for Club members, $640 for non-members. Contact ODR for more information.

$25 for Club members, $30 for non-members. Includes a shotgun, 25 rounds, 25 clay pigeons, safety gear, and transportation from ODR to the Skeet Range. Minimum of 3 participants with a maximum of 6 participants per session. Contact Outdoor Recreation Center at 676-6044 for reservations.
TRIPS & TOURS WITH ITT

PRESIDENT’S DAY WEEKEND TRIPS
All trips are available anytime and include accommodation with breakfast, transportation, and round trip airline ticket.

**Rome**
4 days & 3 nights
Vienna
3 days & 2 nights 4 days & 3 nights
**Madrid**
3 days & 2 nights 4 days & 3 nights
**Amsterdam**
4 days & 3 nights 4 days & 3 nights

**Greece 4 days & 3 nights**
Athens by night, half-day Athens tour, full day Delphi tour.

**Prague 4 days & 3 nights**
Royal route tour, dinner aboard a boat on the Vltava River, and Karlovy Vary tour.

UPCOMING CRUISES

**Celestial Olympia**
Departs every Tuesday for a 4-day cruise or every Saturday for a 3-day cruise to the Greek Islands.

**Idyllic Aegean with Celestial Olympia**
Departs every Tuesday for a 4-day cruise or every Saturday for a 3-day cruise to the Greek Islands during July & August.

**MSC Magnifica**
Departs every Wednesday or Thursday for an 8-day cruise to Croatia, Italy, & Greece.

**Iconic Aegean with Celestial Cristal**
Departs every Saturday for an 8-day cruise to the Greek Islands.

**Idyllic Aegean with Celestial Cristal**
Departs from every Tuesday & Saturday for an 8-day cruise to the Greek Islands during July & August.

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Please watch 39fss.com or follow us on Facebook.com/39FSS

What kind of events are you interested in?
Give us your e-mail address & we will notify you when your favorite kind of events are coming up in Incirlik!
Visit our website at www.39fss.com or e-mail us at 39fss.marketing@us.af.mil to sign up!

OR SIGN UP FOR ALL!

ADVERTISE WITH US

The Hapenings Magazine
Have an ad published in our monthly magazine and everyone in Incirlik will know about your business and special events! With an ad in the Hapenings you also get your event added on our Web Calendar, 39 FSS Web Events page, & 39 FSS Facebook page for free! Make sure to reserve your space before the 1st of the prior month; your advertising contract needs to be signed and the total of your advertising fee should be collected before the 10th of the prior month.

**Full Page**
1 to 5 month contract, $150 per month, 6 or more months, $120 per month.

**Half Page**
1 to 5 month contract, $75 per month, 6 or more months, $60 per month.

You Couldn’t Get Your Ad in The Magazine?
Your business or event can be advertised on 39 FSS Facebook page, 39 FSS Web Events page, and on our home page banner! Contact us and we’ll send you a list of all the advertising options and price information for getting your event announced to the whole Incirlik Community.

Call us for early booking discounts!

**ITT-NEP TOUR 676-6049**
Bldg 878

MARTETING OFFICE 676-8411, 39FSS.MARKETING@US.AF.MIL
Bldg 912

for possible last minute changes and up-to-date event information.
African American History Month
Themed Story & Craft Time
2, 9, 16, & 23 February from 1000-1100
Stop by for this month-long special event brought to you by the African American Heritage Council.

Please watch 39fss.com or follow us on Facebook.com/39FSS for possible last minute changes and up-to-date event information.
Big City Bowl

Lunch-n-Bowl Special Monday-Friday from 1100-1330
Buy a meal for $7 or more and bowl 2 games for free! $1 shoe rental.

Monte Carlo Bowling
4 & 18 February at 1900
$15 per person if you sign up and pay by 1400 on the day of the event. $20 per person at the door by 1800. Minimum of 15 people needed. Bowling will begin promptly at 1900 so get there early to pay, play, and sign up! Over $1,000 in jackpots!

Trivia Night
11 & 25 February at 1900
Come test your knowledge and play to win! Unlimited teams, 4 players maximum per team. No smart phones or tablets allowed. Ages 18 and up. For further information or to sign up, please contact Big City Bowl or TSgt Michelle Jasper at 676-2624.

President’s Day Special
15 February from 0800-2400
Free bowling! $1.75 shoe rental for everyone. 3 game limit per person if there is a waiting list.

Tuesday Night Cruisers
Tuesdays, Starting 22 March at 1800
12 week 3 person No Tap League. Teams that bowl in their bowling shirts will get a discount on their lineage. All team members must wear bowling shirts to get the discount. This is not a sanctioned league and cash prizes will be awarded at the end of the season. Must be 18 and over to participate. $12 per person each week with $5 going to the prize fund. There must be 8 teams for the league to bowl, so sign up early!

Please watch 39fss.com or follow us on Facebook.com/39FSS for possible last minute changes and up-to-date event information.
FUN AT THE CLUB

The Club Ballroom will be closed from February-March for renovations.

Free Latin Dance Lessons
6 February from 2000-2200 in the E-Lounge
Learn the basics with our local professionals and then join us at 2200 for our extended Latin Night to show off your new dance moves and dance the night away!

Club Membership Brunch
6 February from 0900-1100 in the Club Ballroom

Super Bowl
Doors Open at 2300 on 7 February, Pregame Shows Up Until 0130 Game Time on 8 February
See page 17 for details.

Canvas and Cocktails
9 February at 1800 in the E-Lounge
Open to the first 15 registrants. $30 gets you all of your paint supplies, canvas, and professional instructions. Did we mention the bar will be open should you wish to purchase a glass of additional inspiration? Call us to reserve your seat today!

All Request Old School Night
20 February from 2000-Close in the E-Lounge

Cornhole Tournament
25 February at 1900 in the E-Lounge
Seven teams minimum required to play.

Mardi Gras Party
13 February at 2100 in the E-Lounge

Mega Moola
26 February from 1700-2000 in the E-Lounge

Pajama Party
26 February from 2200-Close in the E-Lounge

Texas Hold’em Tournament
27 February from 1800-2330 in the E-Lounge

R&B Night
27 February from 2100-Close in the E-Lounge

Turkish Cooking Class
27 February from 1300-1500 at the Club Complex
Join us as our head chef and translator walk you through the preparation of traditional Turkish cuisine. Reward your hard work with the enjoyment of the meal after it is cooked! $14 for Club members, $15 for non-members. Minimum of 10 people needed to hold the class.

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COMMUNITY CENTER CLASSES

All classes must have at least 6 participants signed up. Monthly payments are due by the 1st of each month.

Classes officially start on the 2nd.

Kids at Play is canceled on 12 February. It will resume the following Wednesday.

Interested in Piano or Guitar lessons? Please contact us for scheduling!

Coming Soon!
Voice lessons, Scrapbooking, and Hip Hop.

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY
Teen Ballet 1830-1855, ages 11-16
Zumba 1830-1850
Adult Art 1800-1900
Kids Eastwood 1730-1830
Register Belly Dancing 1730-1830, ages 16-
Turkish Cooking 1730-1830
Tap Dance 1945-1945, ages 4-
Kids at Play 1000-1200, same location must be present
Kids Ballet 1730-1830, ages 5-10
Conversational Turkish Language 1830-1900
Teen High School Jazz 1845-1945
Kids Eastwood 1730-1830
Advanced Belly Dancing 1730-1830, ages 16-
Tree & Art Taekwondo 1845-1945
Kids at Play 1000-1200, same location must be present
Stained Glass 1830-1900
Tree & Art Taekwondo 1845-1945
Teen Ballet 1100-1200

Class Price Sheet

Kids Ballet Ages 5-10: $12 per class (supplies included)
Teen Ballet Ages 11-16 & Adult Art: $8.50 punch card for 5 classes or $39 punch card for 10 classes
Adult Art: $12 per class (supplies included)

Kids Art Ages 9-12: $12 per class (supplies included)

Belly Dancing Ages 16+: $12 per class

Conversational Turkish Language: $25 per hour
Turkish Cooking: $10 per class
Guitar Lessons: $10 per 2 hour
High School Jazz: $10 punch card for 8 classes or $50 punch card for 10 classes
Piano Lessons: $10 per 2 hour
Stained Glass: $16 per class

Kids, Teen, & Adult Taekwondo: $25 per month (twice per week) or $35 per month (once per week)
Tap Dance Ages 6+: $10 punch card for 6 classes or $50 punch card for 10 classes
Zumba: $8 per class or a $20 punch card for 6 classes

COMMUNITY CENTER EVENTS

Fresh Flowers for Valentine’s Day Pre-orders from 1-10 February, delivery on 12 & 13 February from 1000-1900

We will be taking pre-orders for fresh flowers for Valentine’s Day. We will have several arrangements to choose from. Don’t miss out on this opportunity to get your sweetheart a gift that will surely make their day! Orders must be in by COB 10 February. Free delivery on 12 & 13 February with a minimum purchase of $15.

Valentine’s Day Kick-Off Until 14 February

The Community Center will have ready-made Valentine themed baskets and arrangements ready to go with many options to choose from! Free delivery on 12 & 13 February from 1000-1900 with a minimum purchase of $15.

Xbox One Live Tournament
26 February from 1800-2100 in the Community Center Game Room

Calling all gamers, active duty, single & unaccompanied Airmen ages 18+ to compete for our championship status! You must register by 19 February with a partner, ready to win! We must have at least 3 teams to go “live”. $10 per person. Pizza and drinks will be included, just bring your skills! A gift card will be awarded to the winning team!

Contact the Community Center to schedule your next birthday party, Commander’s Call, or special event! Be sure to book it soon as our Ballroom rentals are first come, first served.

COMMUNITY CENTER 676-6966
BLDG 1001

HAPPENINGS February 2016  ●  23

Please watch 39fss.com or follow us on Facebook.com/39FSS for possible last minute changes and up-to-date event information.
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<thead>
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<th>Sunday</th>
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<td>PRESIDENT'S DAY</td>
<td>See Pg47 for Holiday Hours &amp; Closures</td>
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**Please watch 39fss.com or follow us on Facebook.com/39FSS for possible last minute changes and up-to-date event information.**
Please watch 39fss.com or follow us on Facebook.com/39FSS for possible last minute changes and up-to-date event information.
# Did You Know...?

about the Club Membership discounts you can get at FSS activities?

<table>
<thead>
<tr>
<th>Daily Vehicle Storage</th>
<th>$2</th>
<th>$3</th>
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<tbody>
<tr>
<td>Vehicle Jump Start</td>
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<td>$35</td>
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<tr>
<td>On Base Tow</td>
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<td>Vehicle Lock Out</td>
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<td>Battery Charge &amp; Test</td>
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<td>$12</td>
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<td>Engine Oil Change</td>
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<td>$30</td>
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<td>Tire Repair</td>
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<tr>
<td>Hourly Shop Labor Rate</td>
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<tr>
<td>Stall without Lift per Hour</td>
<td>$3.50</td>
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<td>Stall with Lift per Hour</td>
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See March Happenings for a list of discounts at another Activity!

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# Auto Hobby Shop

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# February Special

Get your vehicle ready for summer & prevent future costly cooling system related repairs!

$15 off coolant change and flush, usually $60 for small cars and $85 for MPVs and vans. Price includes labor to drain, fill, and dispose of used antifreeze, visual inspection of cooling system, pressure test of system, leak checks, and fan operation. Price does not include the price of coolant.

Please call 676-6655 and make an appointment in advance.

# Basic Automotive Class

13 February at 1500

Learn how to change the engine oil and filter, check tire pressures, check condition and level of all the fluids (such as engine coolant, automatic transmission fluid, brake fluid, power steering fluid, etc.), condition of belts and hoses, condition of wiper blades, operation of emergency brake, & check, clean and if necessary replace the air filter.

The class will be given by an ASE (American National Institute for Automotive Service Excellence) certified mechanic at the Auto Hobby Shop. $10 per person.

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*It doesn’t take a genius to know what a good deal looks like!*
SUNDAYS
0900 Catholic Mass
1030 Catholic Religious Education
1030 Traditional Service
1230 Gospel Service
1430 Latter Day Saints
1630 Church of Christ at the Connection
1730 Contemporary Service

DAILY
Reconciliation: Monday-Thursday at 1000
Catholic Daily Mass: Monday-Thursday at 1130

Ash Wednesday Mass
10 February at 1700

Protestant Women of the Chapel
Join our Facebook Group: “Protestant Women of the Chapel at Incirlik”
for fellowship & Bible Study updates.

Protestant Men of the Chapel
Bible Study: Tuesdays at 1800 in the Chapel and
Wednesdays at 1200 at Big City Bowl

Catholic Life Teen Program
Please contact the Chapel for more information.

Catholic Women of the Chapel
Please contact cmwcincirlik@yahoo.com for more information.

Catholic Men of the Chapel
Please contact cmwcincirlik@yahoo.com for more information.

MOPS “Mothers of Preschoolers”
Like us on Facebook at “MOPS of Incirlik” for upcoming events and meetings.

Chapel Fez Program
Like us on Facebook at “Incirlik Fez” for the current hours, location,
and activities. This Chapel sponsored program is designed for single
and unaccompanied men and women. Deployed forces are encouraged to participate.

Find us on Facebook at “Incirlik AB Chapel”

OTHER FAITH GROUPS PLEASE CALL THE CHAPEL AT 676-6441.

Choose to be healthy for all the loved ones in your life:

LOVE YOUR HEART

Did you know...
Exercise strengthens your heart and reduces the risk for heart disease.
The HAWC has a cardio room, weight room, and
functional fitness room available for anyone to use!

Proper nutrition keeps your heart working well and can decrease blood pressure.
The HAWC offers nutritional consultations
to improve eating choices and habits!

Quitting tobacco can help save your heart by returning your heart rate to a normal, healthy level.
The HAWC has resources and information to help you quit!

Bikes can put a strain on your heart.
Just taking 10-15 minutes a day to relax can help.
The HAWC has a relaxation room with a massage chair
and an aqua massage for your relaxation needs!

Building 3850 • 676-4292 • 39_MDOS_HAWC@us.af.mil

for possible last minute changes and up-to-date event information.

Please watch 39fss.com or follow us on Facebook.com/39FSS

PAID AD. NO FEDERAL ENDORSEMENT INTENDED.

PAID AD. NO FEDERAL ENDORSEMENT INTENDED.
Please watch 39fss.com or follow us on Facebook.com/39FSS for possible last minute changes and up-to-date event information.
The following classes will be held in the A&FRC Conference Room from 1200-1300. Call the A&FRC to sign up as space is limited.

PERSONAL AND WORK LIFE

Balancing Work, Life, and Command 1 February
Working long hours & taking on additional tasks at home & work increases stress for individuals. This presentation will teach participants ways to improve stress management skills & balance the stressors of family & career.

Anger Management 3 February
This presentation explores the motivation to choose healthier responses over anger and offers techniques for managing anger as well as the proper way to calm an angry person.

Coping Strategies for the Uncertainties of Life 5 February
This presentation explores the difficulties of failed expectations and explores effective coping strategies and how to employ them.

Facing the Challenges of Divorce 8 February
Living through a divorce is a tremendous challenge that affects all facets of life. This presentation addresses the causes and realities of divorce, how to forgive, and how to help children work through the challenges so everyone can move on positively.

Parent/Child Communications 10 February
This presentation addresses each age level and introduces the benefits of effective communication & how parents can develop healthy communications in their relationships to reinforce strong parent/child bonds.

Children and Moving 12 February
This presentation covers the challenges children face when moving to a new location and tips to help children handle moving and adjusting to their new surroundings.

Controlling Anger 17 February
This presentation will teach you the positive & negative effects of anger & warning signs that show anger is escalating.

From Couplehood to Parenthood 19 February
This presentation takes an honest look at the changes couples face upon welcoming a baby into their family & how to make the transition of welcoming the new family member if the spouse is deployed.

How To Be a Mindful Eater & Not an Emotional Eater 22 February
Emotional Eating: Could it be what’s eating at you and not what you are eating? Mindful eating has been shown to have a significant positive impact on health and wellness. This presentation talks about scientific facts that support the benefits of mindful eating and offers tools for integrating the practice into your own life.

Children & Separation Issues of Deployment 24 February
This presentation addresses the positive aspect of separation from the deployed parent and ways to strengthen the relationship long distance. Additionally, it discusses detrimental coping strategies and how to recognize signs that it may be time to seek professional help.

Issues Families Face When Military Deploys 26 February
This presentation helps families recognize the symptoms of deployment stress and teaches personal strategies of how to cope with stress.

Military Spouse: Commander and Chief on the Home Front 29 February
This presentation covers the positive aspects of being a military spouse as well as the responsibilities, challenges, and sacrifices that military spouses deal with and where to turn for support.

TRANSITION ASSISTANCE PROGRAM (TAP)

The following classes will be held in the A&FRC Conference Room. Call the A&FRC to sign up as space is limited.

Pre-Separation Counseling 2 & 16 February from 0930-1230
This is a mandatory requirement for all who are separating/retiring to ensure a smooth transition from military to civilian life. This class will help all Airmen know their benefits and plan for a successful transition.

Writing Your Best Federal Resume 11 February from 1300-1500
Interested in Federal employment? This class will focus on how to create a resume using USA Job’s Resume Builder. Learn helpful tips on how to make your resume stand out above the rest and land the job you want!

Transition Assistance Program (TAP) Workshop 14-18 March from 0800-1630
This is a mandatory requirement for anyone separating/retiring. This workshop includes Individual Transition Planning, Personal Financial Readiness, VA Benefits Briefing, and a 3-day Department of Labor Employment Workshop. Get your resume ready for civilian life and learn about your VA Benefits from a Veteran Administration (VA) Representative. Civilian attire is a must while attending the workshop. A Pre-Separation Counseling Briefing is a prerequisite for attending this workshop.

Please watch 39fss.com or follow us on Facebook.com/39FSS
for possible last minute changes and up-to-date event information.
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Heart disease and stroke kill 1 in 3 women, yet it’s 80% preventable.

This coming National Wear Red Day, Feb. 5, 2016, marks the 12-year anniversary. Looking back on all we’ve accomplished, we’ve really made tremendous strides.

• Nearly 90% of women have made at least one healthy behavior change.
• More than one-third of women have lost weight.
• More than 50% of women have increased their exercise.
• 6 out of 10 women have changed their diets.
• More than 40% of women have checked their cholesterol levels.
• One-third of women have talked with their doctors about developing heart health plans.

http://newsroom.heart.org/events/happy-heart-month-2016

“Do the Daily 4”

Brushing your teeth for two minutes at least twice a day with a toothpaste that has the ADA (American Dental Association) seal remains a critical component to maintaining a healthy smile.

Proper flossing removes plaque and food particles in places where a toothbrush cannot reach — under the gum line and between your teeth, where periodontal disease often begins.

Chewing sugar-free gum after eating stimulates the most important natural defense against tooth decay — saliva. It helps wash away food particles and provides disease-fighting substances throughout your mouth to help prevent cavities and other infections. Try gum with “xylitol.”

To kill plaque and gingivitis germs, be sure to finish your oral care routine with an antiseptic mouthwash with the ADA Seal of Acceptance.

To contact your PCM:

TRICARE

ON-LINE

MICARE

Call 675-6666

February is...
**Child & Youth Programs**

**Football Sign-Ups 1-9 February**
$15 for Smart Girls, $20 for members, and $25 for non-members.

**Parent Tea Social**
12 February from 1530-1630
Parents of our School Age Program members, come by and join us for some great conversation and a delightful cup of tea!

**Friendship Day**
12 February from 1830-2130
Instructive and fun activities such as baking, dance contests, video games, and clubs. Ages 9 and up. Free for members, $5 for non-members. Registration ends 10 February. Contact the Youth Center for more information.

**Kid’s Learning & Fun Day**
27 February from 1300-1600,
Register from 15-24 February
Ages 5-9. $10 registration fee.

**Open Recreation**
Homework Club
Mondays-Thursday from 1415-1515
Stronger Me Fitness Club
Mondays from 1530-1630
Art Club
Tuesdays from 1530-1630
Smart Girls
Wednesdays from 1600-1700
Torch Club
Thursdays from 1600-1700

**Instructional Classes**
Kid’s Life & Gymnastics
Contact the Youth Center for details.

**Give Parents A Break**
6 February from 1200-1600
19 February from 1800-2200
Deadline to sign up is the Wednesday prior to GPAB
Parents can drop off their little ones at the CDC for some time themselves. An AF1181 and GPAB certificate must be completed/turned in prior to the child attending GPAB. Families can use GPAB without a certificate but will be required to pay a $5 per hour rate. Eligible service members may obtain a GPAB certificate from the A&FRC, Chaplain, or First Sergeant. Immunizations must be current and on file (or waiver must be on file) prior to the child attending GPAB. Parents may visit the Youth Center or CDC with the above paperwork to sign up.

**Incirlik Youth Art Festival**
Entries will be divided into 4 age groups:
- 6-9
- 10-12
- 13-15
- 16-18

Art work will be exhibited & judged
8-12 February.

Winners will have their art work sent to Aviano for the Digital Arts Festival for a regional competition.

Submissions are due no later than
8 February.

Enter your art work in the following categories:

- **Photography**
- **Digital Arts** (Digital Media)
- **Fine Arts** (Paintings & Drawings)

- Online & Textile
- Nature & Surroundings
- Portraits
- War and/or Photograph with Essay or Flash
- Digital Music Making
- Graphic Design
- Watercolor
- Collage
- Pastel
- Print Making
- Oil & Acrylic
- Monochromatic
- Multi-Colored
- Mixed Media - Group Project

Youth Center, 676-6670

**Please watch 39FSS.com or follow us on Facebook.com/39FSS**

for possible last minute changes and up-to-date event information.
Enclosed, heated outdoor space.

On the menu: kebaps, doner rolls, chicken salad, burgers, fries, and Turkish coffee & tea.

Monday-Friday from 0900-1800
Saturday from 0900-1500

For to-go orders, call 676-9527.
Located on B Street across from Building 912.

Please watch 39fss.com or follow us on Facebook.com/39FSS for possible last minute changes and up-to-date event information.

2016 Recognizing Achievements and Central Roles of African Americans

Sunrise Breakfast
Thursday, 4 Feb, 0730 hrs
Club Complex Ballroom
POC: Capt Breanca Young, 676-6706
MSgt Matthew Hawes, 676-6305

Library Reading & Crafts
2, 9, 16, 23 Feb, 1000 hrs
Base Library
POC: Daniel Brooks, 676-6068

Taste of Soul
Thursday, 11 Feb, 1100 hrs
Base Exchange
POC: Antonio Smith, 676-6000

Showtime at the Lik
Saturday, 27 Feb, 1700 hrs
Community Center
POC: Shaundria Brantley, 676-9518
**DAILY**

**SOUP & SANDWICH SPECIAL**
Big City Diner: 676-6789, Weekdays from 1100-1400
$5.95 includes bowl of soup & half sandwich.

**ALL YOU CAN EAT SOUP & SALAD BAR SPECIAL**
American Roadhouse Grill 676-8516, Weekdays from 1100-1400
Club members $7.95, non-members $8.95.

**MONDAY**

**Chicken Tava & Rice**
Big City Diner: 676-6789, Mondays from 1100-1400
Deliciously cooked chicken tava with a side of scrumptious rice.
Club members $5.95, non-members $6.95.

**Turkey & Swiss Panini**
Lakeside Cafe 676-6249, Mondays from 1100-1400
Served with a choice of salad, shoestring, or sweet potato fries.
Club members $7.50, non-members $8.50.

**Chicken Parmesan over Linguini**
American Roadhouse Grill 676-8516, Mondays from 1100-1400
Club members $6.95, non-members $7.95.

**TUESDAY**

**Biggy Burrito or Bowl**
Big City Diner: 676-6789, Tuesdays from 1100-1400
Choice of pork carnitas, beef barbecoa, or fajita chicken with cilantro rice and ranch beans wrapped in a flour tortilla. Or have it as a bowl over romaine lettuce with chipotle vinaigrette or cilantro ranch. Club members $5.95, non-members $6.95.

**Pulled Pork Sloppy Joes**
Lakeside Cafe 676-6249, Tuesdays from 1100-1400
Served with a choice of side salad, shoestring, or sweet potato fries. Club members $6.95, non-members $7.95.

**Reuben Sandwich**
American Roadhouse Grill 676-8516, Tuesdays from 1100-1400
Slow cooked corned beef on toasted sandwich bread, Swiss cheese, and sauerkraut, served with crinkle fries.
Club members $8.95, non-members $9.95.

**WEDNESDAY**

**Fried Fish Burger**
Lakeside Cafe 676-6249, Wednesdays from 1100-1400
Served with your choice of shoestring fries, sweet potato fries, or house salad on the side. Club members $6.95, non-members $7.95.

**Chicken Jack Wrap**
American Roadhouse Grill 676-8606, Wednesdays from 1100-1400
Tender chicken, sweet bell peppers, mushrooms, onions, and spicy melted cheese wrapped in a grilled flour tortilla. Served with crinkle fries. Club members $6.95, non-members $7.95.

**2 Choices of Pasta**
Big City Diner: 676-6789, Wednesdays from 1100-1400
Fettuccine with chicken or shrimp or spaghetti & meatballs. Both come with a serving of garlic bread for $6.95.

**THURSDAY**

**Chicken Doner**
Big City Diner 676-6789, Thursdays from 1100-1400
Club members $6.95, non-members $7.95.

**Ribeye Steak Sandwich**
American Roadhouse Grill 676-8606, Thursdays from 1100-1400
6 oz. USDA choice, marinated and flame broiled ribeye steak served with provolone cheese and crinkle fries. Club members $8.95, non-members $9.95.

**Buffalo Chicken Sandwich**
Lakeside Cafe 676-6249, Thursdays from 1100-1400
Served with a choice of salad, shoestring, or sweet potato fries. Club members $6.95, non-members $7.95.

**FRIDAY**

**Biggy Burrito or Bowl**
Big City Diner: 676-6789, Fridays from 1100-1400
It’s so good we are serving it twice in the same week! See Tuesday for details.

**Chicken BLT**
American Roadhouse Grill 676-8606, Fridays from 1100-1400
Fried or grilled chicken breast layered on toasted sandwich bread with bacon, lettuce, tomato, and melted pepper jack cheese.
Club members $7.95, non-members $8.95.
Monday
Sweet & Sour Chicken
American Roadhouse Grill 676-8606, from 1700-2100
Sweet and sour chicken served with pork fried rice, and spicy garlic
eggplant. Club members $8.95, non-members $10.95.

Tuesday
Turkish Buffet
American Roadhouse Grill 676-8606, from 1700-2100
Prices vary on menu items of the week.

Wednesday
Mongolian BBQ
American Roadhouse Grill 676-8606, from 1700-2100
Six ounces for $9.95 for Club members, $11.95 for non-members.
$6.95 for each additional ounce.

Shrimp Po’ Boy Sandwich
Big City Diner 676-6789, from 1600-2130
Sautéed shrimp with bell peppers, onions, and fresh mushrooms.
$5.95 with fries & drink.

Thursday
Roadhouse: Broil
American Roadhouse Grill 676-8606, from 1800-2100
A tender 12 to 14 oz. sirloin steak, marinated with our special blend of seasoning
overnight and broiled to your liking. Served with seasoned vegetables and
twice baked potatoes. Club members $19, non-members $21.

Friday
Prime Rib
American Roadhouse Grill 676-8606, from 1800-2100
10 oz. $22 for Club members, $24 for non-members.
12 oz. $24 for Club members, $26 for non-members.
Served with choice of two sides.

Customer Appreciation Meal
25 February from 1615-1945

A Southern Menu will be served to celebrate African American History Month. Please join us for all your
favorites from the South, such as fried chicken, BBQ ribs, and fried catfish. Open to all authorized Dining Facility
customers. Pricing is a la carte + surcharge for cash customers. Personnel authorized Essential Station Messing
(ESM) scan valid CAC at checkout.

Sultan’s Inn Dining Facility, 676-6016
Help the hearts to meet

in the middle of the maze.

President's Day
Holiday Hours & Closures
15 February

Airman & Family Readiness Center
Airman Leadership School
Auto Hobby Shop
Child Development Center
Club Cashier’s Cage
ITT from 13-15 February
Library
Marketing Office
Military Personnel Section
NAF Human Resources
Outdoor Recreation Center
Youth Center

Community Center Open
from 1200-1800

Please watch 39fss.com or follow us on Facebook.com/39FSS

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<table>
<thead>
<tr>
<th>Location</th>
<th>Phone</th>
<th>Hours</th>
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</thead>
<tbody>
<tr>
<td>Airman &amp; Family Readiness Bldg 833</td>
<td>676-6755</td>
<td>Monday-Friday 0730-1630</td>
</tr>
<tr>
<td>After Hours: Call the Command Post</td>
<td>676-9920</td>
<td>Monday-Friday 0730-1630</td>
</tr>
<tr>
<td>Military &amp; Family Life Consultant</td>
<td>676-3926</td>
<td>Monday-Friday 0730-1630</td>
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<tr>
<td>Airman Leadership School Bldg 326</td>
<td>676-3326</td>
<td>Monday-Friday 0730-1630</td>
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<tr>
<td>American Roadhouse Grill Bldg 878</td>
<td>676-8606</td>
<td>Monday-Saturday 1100-2100</td>
</tr>
<tr>
<td>Auto Hobby Shop Bldg 1060</td>
<td>676-6655</td>
<td>Tuesday-Saturday 0900-1800</td>
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<tr>
<td>Closed on Turkish Holidays</td>
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<tr>
<td>Big City Bowl Bldg 951</td>
<td>676-6789</td>
<td>Open 24/7</td>
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<tr>
<td>Big City Diner Bldg 951 - We Deliver!</td>
<td>676-6789</td>
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<tr>
<td>Hot Food Hours</td>
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<td>Monday-Sunday 0700-0000</td>
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<tr>
<td>Cold Sandwiches, Snacks, &amp; Drinks Monday-Sunday 0000-0700</td>
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<tr>
<td>Weekdays Breakfast served until 1000. Weekends served until 1100.</td>
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<tr>
<td>Career Assistance Advisor Bldg 326</td>
<td>676-1019</td>
<td>Monday, Wednesday, &amp; Friday 0830-1630</td>
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<td></td>
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<td>Tuesday &amp; Thursday 0730-1630</td>
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<tr>
<td>Child Development Center Bldg 947</td>
<td>676-6533</td>
<td>Monday-Friday 0630-1730</td>
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<tr>
<td>Club Complex Bldg 878</td>
<td>676-6101</td>
<td>Cashier's Cage</td>
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<tr>
<td>Monday-Friday 1100-1900</td>
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<td>Saturday 1100-1700</td>
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<tr>
<td>Catering</td>
<td>676-6785</td>
<td>Lounge</td>
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<tr>
<td>Lunch</td>
<td>676-6906</td>
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<tr>
<td>Catering</td>
<td>676-6966</td>
<td>Monday-Friday 1000-2000</td>
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<tr>
<td>Saturday</td>
<td>1000-1800</td>
<td>Sunday 1200-1800</td>
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<tr>
<td>Holidays</td>
<td>1200-1800</td>
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<tr>
<td>Dining Facility - Sultan's Inn Bldg 965</td>
<td>676-6016</td>
<td>Breakfast 0415-0815</td>
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<tr>
<td>Lunch</td>
<td>1100-1330</td>
<td>Lunch 1100-1330</td>
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<tr>
<td>Dinner</td>
<td>1615-1945</td>
<td>Dinner 1615-1945</td>
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<td>Midnight Meal</td>
<td>2230-0100</td>
<td>Midnight Meal 2230-0100</td>
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<td>Early Breakfast Saturday-Sunday Only</td>
<td>0100-0415</td>
<td>Early Breakfast Saturday-Sunday Only 0100-0415</td>
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<tr>
<td>Education &amp; Training Bldg 1001</td>
<td>676-3211</td>
<td>Monday-Friday 0730-1630</td>
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<td>US Holidays Closed</td>
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<tr>
<td>Employment Bldg 833</td>
<td>676-6678</td>
<td>Local National Personnel</td>
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<tr>
<td>Human Resources (NAF US/NATO Civilian)</td>
<td>676-3524</td>
<td>Monday-Friday 0730-1630</td>
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<td>Monday-Friday 0730-1630</td>
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<td>U.S. Civilian Employment (GS)</td>
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<td>Monday-Friday 0830-1330</td>
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<td>Engraving Shop Bldg 970</td>
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<td></td>
<td>676-6928</td>
<td>Tuesday-Friday 1100-1800</td>
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<tr>
<td>Fabric Care Facility</td>
<td>676-8161</td>
<td>Pick-up Point Bldg 883</td>
</tr>
<tr>
<td>Monday-Friday 0900-1800</td>
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<td>Saturday 0900-1430</td>
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<tr>
<td>Main Plant Bldg 484</td>
<td>676-6408</td>
<td>Monday-Friday 0730-1600</td>
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<tr>
<td>Fitness Center Bldg 973</td>
<td>676-6086</td>
<td>Open 24/7</td>
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<tr>
<td>Fitness Assessment Cell Bldg 483</td>
<td>676-3287</td>
<td>Monday-Thursday 0645-0930</td>
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<tr>
<td>FTAC-First Term Airman Center Bldg 326</td>
<td>676-1019</td>
<td>Monday, Wednesday, &amp; Friday 0830-1630</td>
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<tr>
<td>Golf Course - Hodja Lakes Bldg 68</td>
<td>676-8995</td>
<td>Tuesday &amp; Thursday 0730-1630</td>
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<td>ITT - NexTour Bldg 878</td>
<td>676-6049</td>
<td>Monday-Sunday &amp; Holidays 0900-Dusk</td>
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<tr>
<td>Library Bldg 1001</td>
<td>676-6759</td>
<td>Monday-Friday 1000-2000</td>
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<td>Lodging - Hodja Inn Bldg 1081</td>
<td>676-9357</td>
<td>Saturday 1300-1700</td>
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<td>Marketing Office Bldg 912</td>
<td>676-8411</td>
<td>Monday-Thursday 0730-1630</td>
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<td>Military Personnel Section Bldg 833</td>
<td>676-6771</td>
<td>Monday-Friday 0830-1630</td>
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<td>Outdoor Recreation Bldg 944</td>
<td>676-6044</td>
<td>Tuesday-Sunday 0800-1600</td>
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<td>Professional Dev. Center Bldg 326</td>
<td>676-1019</td>
<td>Monday-Friday 0730-1630</td>
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<tr>
<td>Starbucks Coffee Bldg 878</td>
<td>676-7892</td>
<td>Monday-Saturday 0630-2130</td>
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<tr>
<td>Youth Programs Bldg 3975</td>
<td>676-6670</td>
<td>Sunday 0800-2000</td>
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<tr>
<td>School Age Program for Ages 5-12</td>
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<td>Monday-Friday</td>
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<td>School Days</td>
<td>0630-0730 &amp; 1430-1730</td>
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<td>Summer/School Out Days</td>
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<td>Wing Run Days 0600-1730</td>
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<td>Monday-Friday</td>
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<td>School Days 1430-1730</td>
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<td>Summer</td>
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</tbody>
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**Emergency Numbers**

- Police: 676-3200
- EO: 676-6210
- Chaplain: 676-6441
- Medical: 676-6666
- Mental Health: 676-6452
- Emergency (On Base): 112
- Emergency (Commercial): 0322-316-0112