CELEBRATE MUSTACHE MARCH

GET OUT & EXPLORE WITH ODR! PG 5

MUSTACHE RUN PG 18

ST. PATRICK'S DAY PARTY AT THE CLUB PG 15
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INSIDE THIS ISSUE

COMING IN APRIL!
WAIT FOR APRIL
HAPPENINGS OR
WATCH 39FSS.COM
FOR DETAILS.

39 FSS Marketing Team

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Best in Air Force 2011

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WWW.39fss.com
facebook/39FSS

39 FSS Support Squadron

39 FSS Support Squadron
The Club has a 36 page catering guide that describes all sorts of services and support we can offer to carry your events to the next level.

Fabric Care makes their own hangers and saves the Air Force about $3,000 every year.

The #1 reason for missing a promotion test is people getting the testing date wrong. Quadruple check your date and make sure you know where the building & room is before the day of testing.

The A&FRC has programs and services specifically designed to assist military spouses with employment preparations.

Lodging sells 96 different sundry items at the reception desk for guests’ immediate needs.

There are five components of fitness? Cardiorespiratory Endurance, Muscular Endurance, Muscular Strength, Flexibility, & Body Composition.

Applying for a GS job at Incirlik is easy! Current civilian vacancies and upcoming vacancies are listed on the http://www.39fss.com/cps.html website, under U.S. Civil Service.

The Community Center has a ballroom you can reserve not only for birthday parties but for any group functions.

The Auto Hobby Shop can cut keys.

ODR has footballs, volleyballs, tennis rackets and bocci ball sets for rent.

You can reserve the After Six for special events/private parties, and you can have your kid’s birthday party at the Bowling Center.
SINGLE AIRMAN EVENTS

SINGLE AIRMAN Canvas Class
11 March at 1730, Community Center 676-6966
Get connected with your creative side and join us for a fun night creating art on canvas that you would never think you can on your own for only $35. All materials will be included. Single Airmen price $5. Space is limited, sign up by 9 March at 1800.

Night Hike to Flames of Chimera & Sea to Sky Cable Car Trip
Call for Dates, Outdoor Rec 676-6044
Hiking by flashlight! Night hike to the Flames of Chimera and s'mores over the flames of a mythical fire breathing beast! On the second day of the trip ride to the top of Mt Olympos (7765 feet) on the Sea to Sky Cable Car. $270 includes airfare, transportation, accommodation in a double room, dinner, breakfast, cable car fee, and ODR trip leader. Single rooms are available with extra charge. SAI discount of $125. 18 and over only. Spots going fast, sign up now!

Cappadocia "U Choose"
Call for Dates, Outdoor Recreation 676-6044
Take a ride in a hot air balloon and go on an ATV ride to see the fairy chimneys! Courtesy of the SAI program. SAI discount $100.

Flames of Chimera
Photo by Scott Taylor

Cappadocia
Photo by Scott Taylor

Cappadocia
Please ask about Club Member discounts. Stop by for questions and to sign up for trips.

**Skiing and Snowboarding Overnight**
*Call ODR for Date*
Come with us to make some sweet turns at Mt. Erciyes. This overnight trip offers transportation, hotel accommodation, and rental gear. $190 per person double occupancy, $95 for ages 7-12, & $45 for ages 6 & under.

**James Bond Bridge**
*Call ODR for Date*
Take a hike James Bond style! Explore the grandeur of the expansive Karaisali River Canyon and German Bridge where the eponymous hero met his untimely end. This is also where the train scene from Skyfall was filmed. Enjoy the scenic views as you relax in a beautiful picnic area beside the river. The historic bridge was designed and built by the Imperial German engineers as part of the Baghdad Railway. $60 per person, $25 for 7-12 years, 6 & under free and must be accompanied by a parent/guardian.

**Cappadocia U Choose**
*Call ODR for Date*
Explore the wonders of Cappadocia. Brave adventures to endure while taking a hot air balloon ride over the fairy chimneys or riding ATVs through the wondrous land. All with a comfortable night’s sleep in an ancient cave hotel. $135 per person double occupancy.

**Snow Tubing**
*Call ODR for Date*
Have some outdoor fun riding a tube down a snowy hillside. $65 per person, ages 12 and under are $25. Trip depends on snow.
TRIPS & TOURS WITH ITT-NEX TOUR

To find our more, visit our Web page at www.39fss.com/ITT.html

Uzuncaburc & Kanlidivane
Call ITT for Dates
Min. 15 people. $40 per person, $35 for ages 3-12 years, ages 0-2 free (no seat on the bus).

Cappadocia Overnight
Call ITT for Dates
Min. 14 people. $100 per person in a double room, $120 single room. Ages 3-12 $80 with 2 full paying adults, 0-2 years free (no seat on the bus).

Tarsus, Castle By The Sea, Heaven & Hell
Call ITT for Dates
Min. 15 people. $48 per person, $43 for ages 3-12.

Anavarza & Kozan Castles
Call ITT for Dates
Min. 15 people. $48 per person, $43 for ages 3-12, ages 0-2 free (no seat on the bus).

Tarsus & Seven Sleepers
Call ITT for Dates
Min. 15 people. $48 per person, $43 for ages 3-12.

CRUISES AVAILABLE

MSC Magnifica
Every Thursday depart from Istanbul 8 Day Cruise Turkey, Croatia, Italy, & Greece.

MSC Magnifica
Every Wednesday depart from Izmir 8 Day Cruise Turkey, Croatia, Italy, & Greece.

Celestyal Olympia
Every Monday depart from Kusadasi 4 day or every Friday 3 day Cruises to Greek Islands.

New! Iconic Aegean
Every Saturday depart 8 day cruise to Greek Islands.

New! Idyllic Aegean
Depart from Cesme July to August every Monday 4 day or depart from Kusadasi every Friday, 3 day cruises to Greek Islands with Celestyal Olympia.

New! Idyllic Aegean
Depart from Cesme July to August every Monday or depart from Kusadasi Friday 8 day Cruises to Greek Islands with Celestyal Cristal.
TRIPS & TOURS WITH ITT-NEX TOUR

SPECIAL TOURS

PRAGUE TRIP
Call ITT for Dates
4 days & 3 nights, Royal Route tour, dinner on the boat at Vltava river, Karlovy Vary tour, transportation, and air fare.

JORDAN TRIP
Call ITT for Dates
8 days & 7 nights or 4 days & 3 nights in Amman & Petra!

GREECE TRIP
Call ITT for Dates
4 days & 3 nights, Athens by night, Half-day Athens tour, full day Delphi tour, transportation, and air fare.

CRUISE TO GREEK ISLANDS
Call ITT for Dates
Min. 2 people. Prices start at $660 per person in a double room. Price includes air fare, transportation, 1 night in Kusadasi hotel, breakfast & dinner, 3 nights on the cruise with full board, taxes & tips! Trip totals 5 days & 4 nights.

CAPPADOCIA OVERNIGHT
Call ITT for Dates
Min. 14 people. 3 days, 2 nights. $160 per person in a double room, $200 single room. Ages 0-2 free (no seats on the bus), 3-12 $140 (with 2 full paying adults).

SEVEN CHURCHES TOUR
Call ITT for Dates
3 days & 2 nights. Min. 11 people. $700 per person in a double room, $780 single room.

IZMIR (Ephesus & Pergamum)
Call ITT for Dates
Min. 2 people. 3 days, 2 nights. $540 per person in a double room, $600 single room.

ISTANBUL
Call ITT for Dates
Min. 2 people. 3 days, 2 nights. $565 per person in a double room, $600 single room.

ANTALYA TOUR
Call ITT for Dates
Min. 15 people. See Kekova, St. Nicholas, Perge, Aspendos, Aqueduct, Olympos, Chimera, & Phaselis. 4 days, 3 nights. $575 per person in a double room, $660 single room.

ISTANBUL & GALLIPOLI & TROY TOUR
Call ITT for Dates
Min. 12 people. 3 days & 2 nights $495 per person in a double room, $545 single room.

CYPRUS TRIP BY AIRPLANE
Call ITT for Dates
4 days, 3 nights in an all inclusive 5 star hotel! $500 per person in a double room, $700 single room.

ENTERTAINING TRIP FOR KIDS IN ISTANBUL
Call ITT for Dates
Min. 10 people. $475 per person in a double room, $525 single room. Ages 0-2 $35 (on lap), 3-6 $300, 7-11 $375 (with 2 full paying adults).

We have ITT Gift Certificates available!

US citizens are required to have a valid Tourist Passport.

www.facebook.com/39fss
2015 Women’s History Month Events
“Weaving the Stories of Women’s Lives”

KICKOFF EVENT: Friday, 6 March (1800-2100), Ballroom, Club Complex:
StoryTellers “My story...woven through time.” (POC: MSgt Janee Walker 7056)

Saturday, 7 March (0700 Run Start), Arkadas Park:
2nd Annual “Girls just wanna have fun run”
(POC: Christine Daugherty) Registration is open/day of race begins at 0600
*$15 Registration fee (includes T-shirt)

Thursday, 12 March (1000-1300), BX Food Court:
“Promote Women, Promote our Future” Fair
(POC: SMSgt Kristina Rogers x6840, MSgt Rosalba Irkilita x7890)

Friday, 13 March (1130-1230), Ballroom, Club Complex:
Women Empowering Women Quarterly Luncheon
(POC: MSgt Editha Vasquez x5078, TSgt Angela Hayes x6385)

Saturday, 14 March (1800), Base Exchange: Women’s Fashion Show
(POC: Ms. Lexi Gibson/ Ms. TaNashea Mcleod)

Thursday, 19 March (1300-1415), IUS:
Women Empowering Youth with their stories
(POC: SrA Semmaria Shoulders x6000)

Saturday, 21 March (0900-1100), Fitness Center Basketball Court:
Self Defense Techniques for Women
(POC: CMSgt Daniel Simpson x1777)

Sunday, 22 March (0930-1400):
Turkish Bath and Lunch Community Center Trip
(POC: CAC x6966)

Tuesday, 24/31 March (1100), Base Library:
Children’s Story Time

FINALE: Saturday, 28 March (Social – 1730; Event start-1830),
Ballroom, Club Complex:
“Masquerade Under the Stars” Banquet (POC: SSgt Krysteena Scales x 6464)

Throughout March:
Photo/Essay writing contest for IUS (POC: Capt Chelsey Buchanan x3240)
Woman of the Week Recognition (POC: SMSgt Trisha Malec x3635)

Please contact the Event POCs to volunteer. Thank you in advance for your support!
Women’s History Month Committee
PROJO: MSgt Denise Robinson x7807 / Alt PROJO: Capt Chelsey Buchanan x3240

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Don't forget to Like us on Facebook! www.facebook.com/HodjaLakes

HODJA LAKES GOLF COURSE

2 Person Blind Partner, A-B Flight
28 March, 0900 Shot Gun Start
$15 per person, includes lunch.

Ladies Golf Clinic
14 March from 1200-1300
Free!

Free Airmen Golf Clinic
21 March from 1200-1300
We will provide free clubs and balls.

Golf for Kids Program
24-27 March from 1600-1700
$159 includes junior golf club set. $59 Golf club set is not included.

Find out about all our services by visiting our web page at
www.39fss.com/golf.html
Kickoff Breakfast
24 March at the Chapel Annex at 0900

Howl at the Moon at Incirlik
27 March at the Club Complex after Mega Moola

AFN Telethon
23 April at the Base Exchange & on-air AFN

POCS: 1st Lt Samuel Oas  samuel.oas.1@us.af.mil
MSSgt Charles L Holbert  charles.holbert@us.af.mil

Paid Ads. No Federal Endorsement Intended.
Like us on Facebook! Search Incirlik Community Library for the latest information on library events, fun facts, and new book, and DVD arrivals.

Find out about our Services, visit our Web page at www.39fss.com/library.html

Join the Library in Celebrating Dr. Seuss
2-31 March

Join the Library in Celebrating Dr. Seuss
2-31 March

In the month of March let's see how many Dr. Seuss books we can read! Stop by the Library on 2 March to pick up your reading logs. All logs are due March 31. The overall winner will receive a prize. Let the reading begin!

St. Patrick’s Day Themed Story & Craft Time
17 March at 1000

St. Patrick’s Day Themed Story & Craft Time
17 March at 1000

Just a reminder: Your Incirlik Community Library will relocate to the new Combined Community Center soon. Please check our Library Facebook page periodically for future information regarding the move.

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spring fling 2015

Be on the lookout for Spring Fling in April! Watch www.39fss.com for more information.

Private orgs, fund raisers, home businesses! Call the Community Center at 676-6966 for details about reserving your booth!
The Community Center is on Facebook! Like us to get up to date information about our programs. Search “Incirlik Community Center.”

Fees are for transportation costs only. Please bring TL for food and other possible expenses.
St. Patrick’s Special
13-19 March
Get a strike when the head pin is green and win a game of bowling to be used the next time you visit us!

Squadrons, Clubs, Private Orgs
You can have your hail & farewell/tournaments/events at Big City Bowl. Bowling fund raisers can also be held at Big City Bowl!

Locker Rentals
$3 per month for Club members, $5 for non-members. $25 yearly fee for Club members, $35 for non-members.

Find out about our services, visit our Web page at www.39fss.com/Bowling.html

Reserve the After Six Lounge for all your special events!

Winter Sales Event
Special Offers Available!

GOING ON NOW!
Speak to a Sales Representative about your Privileged Military Pricing and benefits.

For more information, contact Jorge Molina at 676-6517
DSN: 322 316 6517 or jm401246@militarycars.com

Paid Ad. No Federal Endorsement Intended.
FUN AT THE CLUB

Latin Dance Lessons
7 March from 2000-2200 in the Club Ballroom
Free! Learn the basics with our local professionals and stay at 2200 for our expanded Latin night to show your new moves and dance with them!

Casino Night Party
12 March at 1800 in the Club Ballroom
See next page for details!

Canvas and Cocktails
10 March at 1800 in the E-Lounge
Open to the first 15 registrants. $30 gets you all of your painting supplies, canvas, and professional instruction. Did we mention the bar will be open for should you wish to purchase a glass of additional inspiration? Call 676-6010 to reserve your seat today!

St. Patrick’s Day Party
14 March at 2200 in the E-Lounge
See next page for details!

Turkish Ebru Art Crafting
17 March at 1800 in the E-Lounge
$25 for instruction, supplies and a self-designed piece of art!

Designer Purse Bingo!
19 March in the Club Ballroom
Entrance is free for Club members, $5 for non-members; 10 card game pack $25. Play for a chance to win Coach, Michael Kors, Dooney & Bourke, as well as other authentic designer purses! Card sales start at 1800 with game play beginning at 1830.

Club Membership Brunch
21 March from 0900-1100 in the Club Ballroom

Toga Party
20 March from 2200-Close in the E-Lounge.
See next page for details!

Picnic Mega Moola
27 March at 1700 in the Club Ballroom
Bring your picnic blanket/table cloth as there will be no chairs or tables! Picnic foods and kids games (bouncy castles, etc.).

Casino Night Party
12 March at 1800 in the Club Ballroom
See next page for details!

Texas Holdem Tournament
28 March from 1800-2330 in the E-Lounge

Kid’s Bingo
26 March at 1800 in the Club Ballroom
For kids ages 4-12. Play to win toy prizes! Free entrance for Club members, $5 for non-members. $10 per 10 card game packet.

St. Patrick’s Day Party
14 March at 2200 in the E-Lounge
See next page for details!

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Casino Night Party
12 March at 1800 in the Club Ballroom
Free Entrance for Club members and a $5 entrance fee for non-members. $20 will get you $1000 in play money. Build up your winnings to bid on our auction of great prizes, like smart TV’s! Auction begins at 2030. No combining of winnings allowed.

St. Patrick’s Day Party
14 March at 2200 in the E-Lounge
Long Way From Home Band will be playing. Themed drink specials all night long!

Toga Party
20 March from 2200-Close in the E-Lounge
Prizes for best Togas!
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<td>EXERCISE BASICS 1645 - 1745</td>
<td>Health Topic of the Week on AFN, 1300</td>
<td>Newcomers’ Brief 1030</td>
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<td>Body Mass Index (BMI)</td>
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Paid Ad. No Federal Endorsement Intended.
Health topic of the month:
March 15

Is weight loss an ill-conceived New Years’ resolution?

Five health-injurious behaviors: Tobacco use, alcohol consumption, drug abuse, physical activity, poor eating habits leads to a plethora of health disorders: heart disease, stroke, high blood pressure, diabetes, high cholesterol, kidney disease, cancers (prostate, breast, ovarian, endometrial, colon), arthritis, osteoporosis, infectious diseases, allergies, sleep apnea, mental illnesses (depression, anxiety, compulsive disorders), joint and bone pain, chronic fatigue

Triggerring events
Another variable that has been examined is the presence of a “triggering event” leading to participants’ successful weight loss. Those successful at weight loss reported a trigger for their weight loss (83%). Medical triggers were the most common (23%), followed by reaching an all-time high in weight (21.3%), and seeing a picture or reflection of themselves in the mirror (12.7%).

Findings suggest six key strategies for long-term success at weight loss: 1) engaging in high levels of physical activity; 2) eating a diet that is low in calories and fat; 3) eating breakfast; 4) self-monitoring weight on a regular basis; 5) maintaining a consistent eating pattern; and 6) catching “slips” before they turn into larger regains. Initiating weight loss after a medical event may also help facilitate long-term weight control.

Defining successful weight loss: losing 10% or more of body weight and maintaining this for at least two years.

Please contact the HAWC if you have any health and wellness related questions or if you desire to see future information on a specific health topic.
HAWC e-mail: 39_MDOS_HAWC@us.af.mil
HAWC Phone #: 676 8256

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11am-1pm & 5-7pm
Wed-CLOSED

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www.pati-pet.org

Get directions on Google Earth!
Our coordinates are:
N37.0134
E35.4859
PICK-UP AND DELIVERY AVAILABLE!
**Fitness & Sports**

Find out about our services, visit our web page at www.39fss.com

**Late Night Dodgeball**  
20 March, 1900 at Fitness Center  
Sign up your team by COB 19 March.

**March Mustache Run**  
28 March, 0800 at Fitness Center  
Contact the Fitness Center for more information, 676-6086

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**March 2015**

- **March 1**: 0630 FIP 1500, 1100 Kickboxing 1500, 1500 Kickboxing 1500
- **March 2**: 0530 Rip (Marathon), 1500 Kickboxing 1500
- **March 3**: 0630 FIP 1500, 1100 Kickboxing 1500, 1500 Kickboxing 1500
- **March 4**: 0530 Rip (Marathon), 1500 Kickboxing 1500, 1800 Kickboxing 1500
- **March 5**: 0630 FIP 1500, 1100 Kickboxing 1500, 1500 Kickboxing 1500
- **March 6**: 0530 Rip (Marathon), 1500 Kickboxing 1500, 1800 Kickboxing 1500
- **March 7**: 0630 FIP 1500, 1100 Kickboxing 1500, 1500 Kickboxing 1500
- **March 8**: 0530 Rip (Marathon), 1500 Kickboxing 1500, 1800 Kickboxing 1500
- **March 9**: 0630 FIP 1500, 1100 Kickboxing 1500, 1500 Kickboxing 1500
- **March 10**: 0530 Rip (Marathon), 1500 Kickboxing 1500, 1800 Kickboxing 1500

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**In case instructors are not available the Kiosk will be set-up on your request.**
Hundreds of Stores Thousands of Products
ON SALE EVERYDAY

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Chinese & Sushi Restaurant

STIR-FRIED WHITE CHICKEN MEAT, FRESH CRISPY VEGETABLES, TOPPED WITH CASHEWS AND MANDARIN ORANGES

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Cover your stuff worldwide\(^1\) for as little as $12 a month.\(^2\)

USAA.COM/RENTERS or 00-531-81110 Toll Free

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<td><strong>NEO 101 Pg32</strong></td>
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MARCH 2015

www.facebook.com/39fss

HAPPENINGS March 2015 • 23
FRIENDS SUSHI BAR

Every Monday, Thursday, and Saturday
50% off sushi!
reservation is required

110 kinds of sushi

Friends Cafe

www.adanafriendscafe.com

phone: 338 66 40 - 0532 176 37 00
(Sunday Off) Service Hours 12:00 - 15:00 / 18:00 - 22:00
U.S. DOLLAR AND CREDIT CARDS ARE ACCEPTED

Paid Ad. No Federal Endorsement Intended.
39 DESIGN PRINT SHOP
NEW HOURS & NEW LOCATION

KODAK KIOSK
SELF SERVE PHOTO PRINTING. PRINTS FROM 4"x6" TO 8"x12"
PRINTS FROM THUMB DRIVES, SD CARDS, AND MEMORY CARDS!
MONDAY-FRIDAY 1000-2000
SATURDAY 1000-1800
SUNDAY 1200-1800
NOW AT THE COMMUNITY CENTER
676-6966

TOURIST PASSPORT PHOTOS
$3 FOR 6 COPIES OF 2"x2" PRINTS.
MONDAY-FRIDAY
1000-2000
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SUNDAY 1200-1800
NOW AT THE COMMUNITY CENTER

EFFECTIVE 1 MARCH

PRINT & DESIGN
PLEASE CONTACT US AT 676-8411,
39FSS.MARKETING@US.AF.MIL, OR VISIT
THE MARKETING PAGE AT www.39fss.com
FOR A LIST OF VENDORS & PRINT SHOPS
OFF BASE THAT CAN HELP YOU WITH YOUR ORDERS.
WE NO LONGER PROVIDE DESIGN OR PRINT SERVICES.
Chapel Events

The Connection
The Connection in bldg 884 is open
1800-2100 Mondays and Tuesdays and
1800-2200 Fridays and Saturdays.
Come enjoy free Wi-Fi, snacks, games
and fellowship.

Catholic Life Teen Program
Contact the Chapel for more info.

Incirlik Christian Youth Club
Mondays- High School
Wednesdays - Middle School
from 1800 - 2000 in the Youth Ministry Center
Meeting consists of a meal, games, and devotion.

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

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

Protestant Men of the Chapel
Bible Study meets Wednesdays,
at the After Six Lounge in the
Big City Bowl Building at 1200.
Bible Studies
Meets Wednesdays at 1200 in the After Six lounge

Protestant Women
of the Chapel
Fellowship on 3 March at
1800 at the Chapel Annex.
Bible Studies
Monday Evenings and Friday Mornings.
Please contact the Chapel for more Information.

Sundays
0930 Catholic Mass
1100 Catholic Religious Education
1130 Gospel Service
1330 Traditional Service
1500 Latter Day Saints
1630 Church of Christ at the Connection
1800 Contemporary Service

Daily
Catholic Daily Mass
Monday-Thursday 1130
Reconciliation
Monday – Thursday 1100

Lenten Lunches
Begin 25 February and will be served
every Wednesday through 1 April at 1200
in the Chapel Annex. Lunch consists of soup,
salad, bread, and a guest speaker.

Good Friday Protestant Service
3 April at 1200 in the Chapel Sanctuary

Easter Sunrise Service
5 April at 0600 in the parking lot
across from the Chapel.

Easter Egg Hunt at the Chapel
5 April. Begins at 0800.
Open to the whole community.

MOPS
“Mothers of Pre-Schoolers”
Like us on Facebook at "MOPS of Incirlik" for
upcoming events and meetings.

Other Faith Groups please call the Chapel 676-6441

Paid Ad. No Federal Endorsement Intended.
Protestant Women of the Chapel
Invites you to our Pre-Retreat Party

- Pizza - Pajamas - Canvas - Karaoke

3 March from 6-8 pm in the Chapel Annex

Checklist to bring:
- Bible verse to paint on canvas (PWOC will provide supplies)
- A way to finish the sentence “God is more powerful than...”
- A worship song to sing (only if you want!)

Paid Ads. No Federal Endorsement Intended.

Hotel Angel Saadet
KIZKALESI

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°
BASIC AUTOMATIVE CLASS FOR TEENS

7 March at 1500

Ever wonder what is under the hood of a car? Learn how to change the engine oil and filter, check tire pressures, check condition & level of all the fluids (such as engine coolant, automatic transmission fluid, brake fluid, power steering fluid and etc.), condition of belts and hoses. After the class ask the ASE certified mechanic any questions you may have. Contact Auto Hobby Shop for more information for more information, 676-6655.

BASIC AUTOMATIVE CLASS

14 March at 1500

Learn how to change the engine oil and filter, check tire pressures, check condition & level of all the fluids (such as engine coolant, automatic transmission fluid, brake fluid, power steering fluid and etc.), condition of belts and hoses, condition of wiper blades, operation of emergency brake, check, clean and if necessary replace the air filter. This class will be given by an ASE (American National Institute for Automotive Service Excellence) certified mechanic in the Auto Hobby Shop. Class fee is $10 per person. Call for more information.

LEAVING SOON?

March Special
Planning a road trip? Free steering and suspension check with four tires balanced and rotated. This is a $33 saving.

Tuesday-Saturday
0900-1800

Bld 1060
676-6655
**Dietary supplements:** Contain vitamins, amino acid, herbs and synthetic chemicals
Advertise to improve performance, build muscles or lose weight, etc..

**However:** They aren’t regulated by the Food and Drug Administration (FDA)

There are no studies for safety and efficacy
They may contain banned or harmful substances
They also can interact with other medications

Adverse effects: Anxiety, headaches, increase blood pressure, stroke, and damage to the kidney or liver, etc..

Please visit HPRC website (below) for more information and discuss with your provider before starting any supplements

[www.hprc-online.org](http://www.hprc-online.org)

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**26 March – 2 April is National Sleep Awareness Week**

**Check your Sleep IQ. Take the test**

http://sleepfoundation.org/quiz/sleep-iq-quiz

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<tr>
<th>Age</th>
<th>Sleep Needs</th>
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<td>Newborns (0-2 months)</td>
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<td>Infants (3 to 11 months)</td>
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<td>School-age children (5-10 years)</td>
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<td>Adults</td>
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Source: National Sleep Foundation

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Have a medical concern, inquiry, or compliment? We want to hear from you: 39_MDG_Patient_Adv@us.af.mil
Incirlik Youth Programs would like to congratulate Trinity Merrel on being selected as Incirlik's "Youth of the Year." The Youth of the Year must display academic excellence, leadership, character, & service. Trinity embodies all of these values. Once again, congrats to Trinity Merrel!

Are You Ready For Some Football?
Registration ends on 6 March
Four Week season to begin on March 23rd. Must have a current physical on file. $25. Ages 3 & up.

Take Me Out to the Ballgame
Baseball registration 2 March through 2 April
$25 for Smart Start, $35 for Youth members, $40 non-members. Must have a current physical on file.

Weekend Shoot-Out
Come out and support our Incirlik "Hodja Hoopers" games scheduled Friday nights and Saturday mornings. Special guest performances by our Contemporary Dance Crew.

The YP Gymnasts Present: Incirlik Mini Olympics
20 March from 1700-1900
Open to the public.

Find out about all of our services by visiting our web page at www.39fss.com/youth.html

www.39fss.com  ●  facebook.com/39FSS

30 ● March 2015  HAPPENINGS
Give Parents A Break
6 March from 1800-2200

Parents can drop off their little ones at the CDC for an afternoon to themselves. An AF1181 and GPAB certificate must be completed/turned in prior to the child attending GPAB. Certificates may be obtained from the A&FRC, Chaplain, or First Sergeant. Immunizations must be current and on file (or a 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.

Bowling and a Movie
6 March, Big City Bowl 676-6789
For $10 you and your spouse can watch a "date movie" with other couples in the After Six. In addition, you can receive 3 bowling games and shoes all included.

Couples Canvas Class
6 March at 1830, Community Center 676-6966
$35 per couple. Materials included. Spend some quality time together with your spouse by getting connected with your creative side and join us for a fun night creating wonderful works of art on canvas. Cut off for sign ups will be 4 March at 1800.
Pre-Separation Counseling/CAPSTONE Counseling
10 & 24 March from 1330-1630, Bldg 912, FSS Training Room
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 to learn their benefits to plan for a successful transition.

Basic Budgeting Workshop
10 & 24 March from 1400-1500, Bldg 912, FSS Training Room
This workshop will demonstrate how to develop an effective personal or family budget.

Enhanced Sponsorship Training
11 March from 1400-1500, Bldg 912, FSS Training Room
Learn how to be an exceptional sponsor for personnel PCSing into Incirlik AB.

NEO 101
11 & 18 March from 0900-1000 or 1530-1630, in Bldg 912, FSS Training Room
Do you have questions about NEO? Are you uncertain whether or not you have all of the required documentation needed in the event a NEO were to occur? Lessen your stress by attending one of these classes and bring your questions to the table. We will be more than happy to assist you in preparing your family. Please bring your personal NEO folder (signed out from your Unit NEO Rep/UNR) and we will review your documents with you. Free. There are only 25 seats available per class, so please be sure to call ahead!

Pre-Deployment Briefing
12 & 19 March from 0800-0900, Bldg 912, FSS Training Room
This is required for all members out-processing Incirlik AB for a deployment.

TSP Basics
12 & 26 March from 1400-1500, Bldg 912, FSS Training Room
Learn about the five TSP Funds and how the L Funds work.

Transition Assistance Program (TAP) Workshop
16-20 March from 0800-1630, Istanbul Room at the Club Complex
This mandatory workshop is for all separating and retiring service members and 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 benefits briefing is required prior to attending the TAP Workshop.
Hearts Apart Social Event
17 March from 1130-1300 at the Club Complex
Is your spouse deployed? Here's a chance to meet other families of deployed members.

Newcomers Bus Tour
Call AFRC for Dates & Times
Join us for a Windshield Tour around Incirlik AB and the surrounding areas to include market locations, the Sabanci Mosque, the Roman Bridge and local shopping malls. This tour is free and open to everyone as long as you call 676-6755 to sign up. Bring TL for lunch and shopping.

Unit INTRO Monitor Training
25 March from 1400-1500, Bldg 912, FSS Training Room
Unit INTRO Monitors Training provides base in-processing, base Newcomer Orientation, and the Sponsorship Program.

Writing Your Best Federal Resume
31 March from 1330-1530, Bldg 912, FSS Training Room
Interested in federal employment? This class will focus on how to create a resume using USA Jobs Resume Builder. Learn helpful tips on how to make your resume stand out above the rest and land the job you want!

All classes need prior registration at A&FRC. Call 676-6755 to sign up for your class today!

Paid Ad. No Federal Endorsement Intended.
ON GOING SPECIALS

Airman & Family Readiness Center

Newcomers Orientation
Every Friday in March from 0815-1500 at the Club Complex. Newcomers Orientation is a mandatory event for all Air Force personnel assigned to the 39 ABW. Call the A&FRC at 676-6755 to sign up.

Auto Hobby Shop

Self Help
Auto Hobby Shop is open on Sundays from 1200-1800 for self-help.

Big City Bowl

Military in Uniform
Monday- Friday from 1100-1300. Buy one meal no less than $7 and bowl 3 free games! $1 shoe rental.

Dollar Daze
Mondays All day

Cosmic Bowling
Fridays & Saturdays Starting at 1900.

Club Complex

Buddy Night w/Buddy Bucket
Tuesdays from 1700-2100. Domestic beer $11, import beer $14.

Karaoke
Thursdays from 2000-2200 in the E-Lounge. Domestic beer for only $2.75 from 1900-2100.

Open Mic Skilz Challenge
Fridays at 2100 in the E-Lounge

MOOLA night

Community Center

Kodak Kiosk
Self serve photo printing. prints from 4”x6” to 8”x12”. Prints from thumb drives, sd cards, and memory cards!

Tourist Passport Photos
$3 for 6 copies of 2”x2” prints.

HGS Pass
Monday-Thursday, By Appointment Only. The Community Center can help you get your vehicle registered with an HGS pass. HGS pass is Turkey’s toll pass system. You will need your passport, your vehicle’s blue book, your gate pass, & 35TL. We will need to travel off base to register your vehicle. The owner of the vehicle must be present at time of registration. $10 service fee.

Got a Speeding Ticket?
Monday-Thursday, by appointment only. Need translation help getting your speeding ticket paid? If so, please contact the Community Center and schedule an appointment with us, and we will escort you to get your ticket paid. We will need to travel off base for this service. $10 service fee.
Community Center Cont.

Beginners Piano Lessons
Monday-Friday. $40 per month one 30 min individual lessons per week. Stop by the Community Center to sign up for available spaces. Ages 4 and up.

Kids at Play
Mondays and Wednesdays 1000-1200. Cost: Free. Ages 2-7. We will have our bounce castles available! Please visit our web page at www.39fss.com/community.html for details.

Belly Dancing Classes
Cost $5 per class Wednesdays 1645-1745. Ages 15 and up. Work out lose weight and learn to belly dance!

Taekwondo Classes
Tuesdays & Thursdays Children classes 1730-1830. Adult Classes 1830-1945. Cost: $50 per month two lessons per week. Ages: 4-adult. Contact the Community Center for more information.

Rent Our New Digital Marquee
Do you have a message you would like all of Incirlik to know? What better way to advertise it by renting our Digital Marquee available for everyone to see. $15 per 24 hours, discounted monthly and weekly rates available!

Your Community Needs Your Help!
Do you have a special skill you are willing to teach others? We are looking for piano, drum, chess, arts and craft instructors. This is a great way to help your local community. Contact us for details.

Engraving Shop, 676-6928
Tuesday-Friday from 1100-1800. You can email your orders to 39FSSENGRAVING@gmail.com. Need that special gift customized? Stop by the Engraving Shop located inside the Community Center. They can customize any gift by engraving your custom message on any surface. Need help with ideas on your farewell gift? Stop by and see the selection we have in stock.

Balloon Shop
We sell balloons for almost every occasion! We can also deliver your balloon orders! Stop by and check out our selection. You can even bring your own balloons and just pay for the cost of the helium.

Birthday Packages
Looking for a place to host your next birthday party or event? Please ask about our Club member discounts.
Package 1: Tables and Chairs $50
Package 2: Tables, Chairs, 3 Gallons of Fruit Punch, 2 Bouncy Castles $100
Package 3: Tables, Chairs, 3 Gallons of Fruit Punch, 2 Bouncy Castles, and 2 Large Cheese Pizzas $120.

Fabric Care Facility
Don’t forget Club members get extra discounts, please ask for them!

Regular Laundry & Dry Cleaning
2 day turnaround. 1 set ABU $3.50. Shirt $3. Jacket (Field/Flying) $4

Dry Cleaning

2 Hour Service
Provided from 0900-1330 at a surcharge rate of 100%. Monday-Friday only.
ONGOING SPECIALS

Fabric Care Cont.

**Interior Vehicle Cleaning**
$25 for vehicles with two rows of seats and $30 for vehicles with three rows of seats. By appointment only.

**Same Day Service**
Drop off your item before 0930 on Fridays and get it back on the same day.

**Pick-Up & Drop-Off**
Bldg 883, Phone 676-8161, Monday-Friday from 0900-1800, Saturday from 0900-1430.

**Fluff Dry Service**
$1.20 per pound.

**In-Home/Upholstery Cleaning**
Monday-Friday, operational workload permitting. Upholstery: $30 per hour, 1 hour minimum charge. Carpet: $0.40 per sq. ft. By appointment only.

**Free Carpet Pick-Up & Delivery Service**
Call 676-6408 for an appointment. Carpet & Rug Cleaning: $0.40 per sq. ft, with a 5 day turn around time during winter and a 3 day turn around time during summer. We do not accept handmade carpets.

**Fitness Center**

**Equipment Orientation**
First Tuesday of the month at 0900 & third Thursday of the month at 0900.

**Aerobic Classes**
Please call the Fitness Center for monthly Aerobics Classes, 676-6086.

**Massage Therapy**
30 Minutes $20, 1 Hour $30, 1 1/2 Hours $45, 2 Hours $55.

**Hodja Inn Lodging**

**Trike Program**
Hodja Inn has trikes available, free of charge, for Lodging guests to use for trips to the BX or Commissary. The trikes come with a helmet and lock and include a big basket for hauling your goods. To reserve, visit or call the front desk at 676-9357.

**Sponsor Kits**
Make a good first impression by greeting newcomers with one of these kits waiting in their room with enough foodstuffs for their first 24 hours at Incirlik. It’s a nice way to say goodbye too. To order call Lodging. 72 hour advance notice required.

**Bare Essentials Kit** $25
For individuals. Coke or Pepsi 2.5 Ltr, 5 Liters of Water, Pop Tarts Pastry Swirls, Mini Oreo Cookies, Loaf of White Bread, Lunch Meat Variety Pack, 16 Cheese Slices, Mustard & Mayo, Dip & Snack Pack.

**Family Survival Kit** $50

**Hodja Lakes Golf Course**

**Free Rides to the Golf Course**
Picks up from Lodging or Fabric Care Pick-up Point. Based on availability from 0900-1500.
**Library**

*Children’s Story and Craft Time*
Every Tuesday at 1000

**E-Book Collection**
Did you know that your Incirlik Library has free E-books for your tablet or other device? Stop by the Library for an easy to use guide to set up your E-book account and start downloading today.

**Zinio Online Magazines**
Your Incirlik Library has over 1000 free online magazines that you can download to your tablet or other device. Stop by the Library for an easy to use instruction guide and get started today!

**Book Club in a Box**
Have you ever wanted to start a book club but didn’t know how? Are you in a club now but not sure how to pick a title? We have all you need to make your club a success. Our Book Club in a Box provides 10 copies of a title, discussion questions, a reading guide, and tips on running a successful program. Contact your Incirlik Community Library for more details.

**Youth Programs**

**Mommy & Me Dance Classes**
Wednesdays at 1000, ages 3 & 4. $25 monthly.

**Contemporary Dance**
Tuesdays & Thursdays at 1600, Fridays at 1500.

**Ballet/Tap Dance**
Age 4, Mondays at 1600, $35 monthly. Ages 5 & 6, Wednesdays at 1600, $35 monthly. Ages 7 & up, Mondays at 1700, $35 monthly.

**Gymnastics Lessons**
Classes offered on Tuesdays, Wednesdays, and Thursdays. Choose between weekly and bi-weekly sessions. Cost starts at $35. Ages 18 months & up.

**Monthly Teen Nights - Teens Only!**
Food, fun, friends, music, and more! Ask your favorite Keystone member for more information.

**Torch Club**
Mondays at 1600

**Epic Brotherhood**
Tuesdays at 1530

**Smart Girls**
Wednesdays at 1600

**Keystone**
Wednesdays at 1830

**Jr. Iron Chef**
Thursdays at 1600

**Archery**
Fridays at 1530

**VISIT OUR WEBSITE AT**

www.39fss.com/  ●  facebook.com/39FSS

**FOR ALL SPECIALS AND MOST UPDATED INFORMATION ON FSS EVENTS & MORE!**
LUNCH SPECIALS

All You Can Eat Soup & Salad Bar Special
Monday-Friday from 1100-1400 at American Roadhouse Grill 676-8606
Club Members $7.95, Non-Members $8.95.

Soup & Half Sandwich/Half Wrap
Monday-Friday from 1100-1400 at Big City Diner 676-6789
Soup and half sandwich/half wrap, changes daily. Non-members $5.50, Club members 10% off.

Chicken Tava & Rice
Mondays from 1100-1400 at Big City Diner 676-6789
Deliciously cooked chicken tava with a side of scrumptious rice. Non-members $6.95, Club members 10% off.

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

Chicken Parmesan over Linguini
Mondays from 1100-1400 at American Roadhouse Grill 676-8606
Served with garlic bread. Club members $6.95, Non-members $7.95.

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

Biggy Burrito or Bowl
Tuesdays from 1100-1400 at Big City Diner 676-6789
Choice of pork carnitas, beef barbacoa, 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. Non-members $6.95, Club members 10% off.

Shredded Beef Sandwich
Tuesdays from 1100-1400 at American Roadhouse Grill 676-8606
Slow cook shredded beef served on onion bread with crinkled fries. Club members $7.95, non-members $8.95.
Fried Fish Burger
Wednesdays from 1100-1400 at Lakeside
Served with your choice of shoestring fries, the side. Club members $6.95, Non-members $7.95.

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

BBQ Special
Wednesdays from 1100-1400 at Big City Diner 676-6789
Ribs, beef brisket, or pulled pork with beans, slaw, & a drink. Meat choice changes weekly. Non-members $9.50, Club members 10% off.

Meatball Sub Sandwich
Wednesdays from 1100-1400 at Big City Diner 676-6789
$5.75. Add fries & drink $2.75.

Chicken Doner
Thursdays from 1100-1400 at Big City Diner 676-6789
Served w/fries and a drink. Non-members $7.95, Club members 10% off.

Ribeye Steak Sandwich
Thursdays from 1100-1400 at American Roadhouse Grill 676-8606
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
Thursdays from 1100-1400 at Lakeside Café 676-6249
Served with a choice of salad, shoestring or sweet potato fries. Club members $6.95, Non-members $7.95.

Meatball Sub
Fridays from 1100-1400 at American Roadhouse Grill 676-8606
Meatballs on ciabatta bread served with special sauce, melted cheese and fries. Club members $7.95, Non-members $8.95.

Hickory Smoked Roasted Chicken
Fridays from 1100-1400 at Big City Diner 676-6789
Choose one or two pieces, served with coleslaw & fries. 1-piece for non-members- $4.95. 2-piece for Non-members $7.95. Club members 10% off.
Monday

**Sweet & Sour Chicken**
Mondays from 1700-2100 at American Roadhouse Grill 676-8606
Sweet and Sour Chicken served with Pork Fried Rice and Spicy Garlic Eggplant. Club members $8.95, Non-members $10.95.

Tuesday

**Flat Iron Steak**
Tuesdays from 1700-2100 at American Roadhouse Grill 676-8606
Served with your choice of two sides. $15.95 Club members, $17.95 Non-members.

Wednesday

**Revolving Wednesday Night Buffets**
Wednesdays from 1700-2000 at American Roadhouse Grill 676-8606
1st Wednesday of each Month: Mexican Buffet
2nd Wednesday of each Month: Asian Buffet
3rd Wednesday of each Month: Southern Buffet
4th Wednesday of each Month: Italian Buffet
5th Wednesday of each Month (if applicable): Country Style BBQ

**Shrimp Po’ Boy**
Wednesdays from 1600-2130 at Big City Diner 676-6789
Sautéed shrimp with bell pepper, onion and fresh mushrooms. $5.95 w/fries & drink.
Thursday

**Mongolian BBQ**
Thursdays from 1700-2100 at American Roadhouse Grill 676-8606
Six ounces for $9.95 for Club members, $11.95 for Non-members.
$.95 for every additional ounce.

Friday

**Friday Night Special**
Fridays from 1600-2300 at Big City Diner 676-6789
Efes Pitcher & 1 large single topping pizza for $20.

**NEW! Prime Rib**
Fridays from 1700-2100 at American Roadhouse Grill 676-8606
10 oz Prime Rib
$19.95 Club member,
$21.95 Non member price.
12 oz Prime Rib
$21.95 Club member,
$23.95 Non member price.
Served with your choice of two side dishes.
26 March from 1615-1945
CUSTOMER APPRECIATION MEAL

SURF & TURF

Your choice of steak, lobster tails, and shrimp dishes will be served. Open to all authorized Dining Facility customers. Pricing is a la carte or show Meal Card.
Sultan’s Inn 676-6016
Paid Ad. No Federal Endorsement Intended.
## FSS Directory

<table>
<thead>
<tr>
<th>Service</th>
<th>Location</th>
<th>Phone Number</th>
<th>Operating Hours</th>
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<td>676-8411</td>
<td>Monday-Thursday 0730-1200 &amp; 1300-1600</td>
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<td>Airman &amp; Family Readiness Bldg 912</td>
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### Emergency Numbers

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