Did You Know?  
Fall Fest  
AFE Show - Chris Walker Band  
Trips & Tours with ITT  
Hodja Lakes Golf Course  
Outdoor Recreation Center  
Community Center  
Big City Bowl  
ICE Customer Comments  
Fun at the Club  
Monthly Planner  
Fitness & Sports  
Library  
Airman & Family Readiness Center  
Youth & CDC Programs  
Lunch & Dinner Specials  
Dining Facility Customer Appreciation  
Auto Hobby Shop  
Holiday Hours & Closures  
FSS Directory

AFE SHOW: THE CHRIS WALKER BAND PG5

24 HOUR OPERATIONS AT BIG CITY BOWL PG16

HALLOWEEN GOLF OUTING PG7

How would you want FSS to reach you with upcoming events? Do you follow us on Social Media? What do you think about the Happenings? Do you have any ideas/suggestions about how we reach you? Here is your chance to tell us what you think! Go to www.surveymonkey.com/r/MarketingSurveySep2015 to fill out our survey, and don’t forget you might get a small prize if you give us your contact information!
**FALL FEST**

17 October from 1100-1700

**ARKADAS PARK**

Games, Food, Desserts, Strong Man Competition, Kids’ Corner, Bouncy Castles, AFE Concert Chris Walker Band, Pie Eating Contest, and much more!

For details contact the Community Center at 676-6966

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**THE DEPARTMENT OF DEFENSE’S ARMED FORCES ENTERTAINMENT PRESENTS**

**THE CHRIS WALKER BAND**

FREE EVENT!

Date: 17 October
Location: Arkadas Park during Fall Fest

www.39fss.com
www.facebook.com/39fss
TRIPS & TOURS WITH ITT-NEX TOUR

We, at ITT, are committed to providing you quality service and great prices! We are available to assist you with hotel booking and international or domestic flights in the USA & Europe. We are ready to help you with all of your travel needs! Please call 676-6049 or e-mail info@nextour.com.tr

HODJA LAKES GOLF COURSE

Hodja Lakes Golf Course 676-8995, BLDG 68
Hodja.Lakes@golf.html

Glow Golf Tournament
3 October at 1700
Sign up yourself or your foursome team to be a part of the most exciting event at Incirlik! Play 9 holes during the remainder of daylight, take a break & come into Lakeside Café to eat, then play your second 9 under the moon and stars. An event that is sure to be a memorable experience! $28 per person.

Parent-Child Golf Tournament
15 October at 1630
A 9-hole scramble event for all our kids with an inspiration for golf. Enjoy an evening of golf, awards, and food. $5 per person.

Wacky, Tacky Halloween Costume Golf Outing
31 October, 0800 Shotgun Start
Bring your best worst costume out to Hodja Lakes for a 4-person scramble golf event! A prize will be given to the best costume and golf cart. Sign up as an individual or bring your squad. Entry fee covers prizes for the tournament as well as food. $15 per person.

TRIP TO GREECE FOR ATHENS MARATHON CALL FOR DATES AND TIMES
Accommodations, Athens by night, half day Athens tour, full day Delphi tour, all transportation, and airplane ticket!

CRUISES DEPARTING FROM TURKEY

Idyllic Aegean with Celestyal Cristal Call for dates and times
A 4 day cruise or a 3 day cruise. Explore the Greek Islands!

Celestyal Olympia Call for dates and times
A 4 day cruise or a 3 day cruise to the Greek Islands.

Iconic Aegean with Celestyal Olympia Call for dates and times
Cruise to the Greek Islands.

MSC Magnifica Call for dates and times
8 day cruise to Croatia, Italy, & Greece.

Available Anytime!

Prague Trip
4 days, 3 nights. Accommodation, grand city tour, dinner on the boat at Vltava River, Karlovy Vary tour, transportation, and airfare.

Egypt Trip
8 days, 7 nights or 4 days, 3 nights.

Jordan Trip
8 days, 7 nights or 4 days, 3 nights in Amman & Petra.

Greece Trip
4 days, 3 nights. Accommodation, Athens by night, half day Athens tour, full day Delphi tour, transportation, and airfare.

NEW! Dubrovnik Trip
4 days, 3 nights. Accommodation, Dubrovnik, Croatia

Available Anytime!

ITT - NEX TOUR 676-6049, BLDG 878
39FSS.COM/itt.html

ITT - NEX TOUR 676-6049, BLDG 878
39FSS.COM

HAP penNINGS

www.39fss.com

HAPPENINGS

October 2015 • 7
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**It's Flu Season**

Sept 2015 - Feb 2016

2 Types of vaccines:

*Live Attenuated Influenza vaccine* - Flu Mist (LAIV)

Licensed for 2-49 yrs of age

Not eligible if: pregnant, Immunosuppressed, allergic to eggs, has asthma, or taking antiviral medication.

*Inactivated Influenza vaccine* - Injection (IIV)

Licensed for 6 months and older

Not eligible if history of severe allergic reaction to a component or previous flu vaccine.


---

39 MDG has been selected as a Defense Influenza Surveillance Program Sentinel Site in partnership with the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO)!!

---

If you have Fever ≥ 100.5°F AND Cough or sore throat for less than 72 hours contact MDG, you may be eligible to help detect new flu strands, evaluate vaccine effectiveness, and more
Health topic of the month: Meatless meals are healthier for you

October 2015

It can be challenging to serve healthy meals on a budget. Meatless meals are built around vegetables, beans and grains instead of meat which tends to be more expensive. You may be able to save money by going meatless once or twice a week. In addition, meatless meals offer health benefits.

The health factor
A plant-based diet, which emphasizes fruits, vegetables, grains, beans, legumes and nuts, is rich in fiber, vitamins and other nutrients. And people who eat only plant-based foods — aka vegetarians — generally eat fewer calories and less fat, weigh less, and have a lower risk of heart disease than non-vegetarians do. Just eating less meat has a protective effect. A National Cancer Institute study of 500,000 people found that those who ate the most red meat daily were 30 percent more likely to die of any cause during a 10-year period than those who ate the least amount of red meat. Sausage, luncheon meats and other processed meats also increased the risk. Those who ate mostly poultry or fish had a lower risk of death.

How much protein do you need?

The fact is that most Americans get enough protein in their diets. Adults generally need 10 to 35 percent of their total daily calories to come from protein. Based on a 2,000-calorie-a-day diet, this amounts to about 50 to 75 grams a day. Of course, you can get protein from sources other than meat. The Dietary Guidelines for Americans recommends choosing a variety of protein foods, including eggs, low-fat milk and products made from it, beans and peas, soy products, and unsalted nuts and seeds. The guidelines also suggest replacing protein foods that are higher in solid fats with choices that are lower in solid fats and calories. The fats in meat, poultry, eggs and high-fat dairy products such as cheese are considered solid fats, while the fats in seafood, nuts and seeds are considered oils.

Try meatless meals once or twice a week

You don’t have to go cold turkey. Instead, try easing into meatless meals. Consider going meatless one day a week. If you can’t like the idea of a whole day without meat, start with a couple of meatless dinners each week. Plan meals that feature entrees you like that are typically meatless, such as lasagna, soup or pasta salad. Or try substituting the following protein-rich foods for meat in your favorite recipes:

- Beans and legumes — great in casseroles and salads
- Vegetarian refried beans — a good substitute for meat in burritos and tacos
- Tofu — a perfect addition to stir-fry dishes

Healthy eating is the central theme of the Mediterranean diet — which limits red meat and emphasizes fruits, vegetables, legumes, whole grains and healthy fats — and has been shown to reduce your risk of heart disease and other chronic conditions. Try going meatless more often and you may find yourself feeling more alert, energetic, focused, and less sluggish.
Paid ad. No Federal endorsement intended.

OUTDOOR RECREATION CENTER

Scooter Purchase Program
Interested in a new scooter to get around base? ODR has a scooter purchase option, so stop in now to order your brand new scooter!

Firewood for Sale
Need firewood? The weather is starting to cool down, so why not enjoy a cozy outdoor fire? Come into ODR to pick up your bundle of firewood!

Hosting a party? Need some equipment for sports or weekend activities? ODR has what you need!

www.39fss.com
www.facebook.com/39fss

OUTDOOR RECREATION CENTER 676-6044, BLDG 944
39FSS.COM/odr.html

Surprise Party in the Park!
Outdoor Rec is hosting a free party at Arkadas Park.

PCSing in or out? ODR has items for rent to make life a little bit easier!

Stay tuned to the 39 FSS website and Facebook page for a surprise announcement of when to show up & enjoy the fun!

Help Us Honor the Marines of the Past, Present, and Future.

240th Annual Marine Corps Ball

November 10th, 2015
Consolidated Community Center
Ticket Sale: Starting 3 October Every Saturday from 1100-1300 at the BX

For any questions, please call (553) 540-2323

Paid ad. No Federal endorsement intended.

www.39fss.com
www.facebook.com/39fss

October 2015
**Turkish Coffee and Tea Garden**
Every Friday in October from 1830-2100
at the 10 Tanker Base Command Club on C Street
Turkish Coffee: 2TL
Tea: No Cost
Baklava: 7TL
Ice Cream: 5TL

(Turkish) Breakfast of Champions
3 October from 0930-1130
at the 10 Tanker Base Command Club on C Street
Regular Saturday Menu & Deluxe Menu available.

**Turkish Holiday Friendship Dinner**
30 October from 1930-2300
at the 10 Tanker Base Command Club on C Street
Cost: 35-40TL

**Table Tennis Club**
23 October from 1700-1900 in the Community Center Ballroom
Looking for players high school age and above who want to meet other players, improve their skills, and have fun! No registration required. All levels welcome!

**NEW! Guitar Lessons**
Monday-Friday from 1500-1800
$40 per month includes one 30-minute individual lesson per week. Ages 8 and up. Stop by the Community Center to sign up for available spaces.

**NEW! Zumba Classes**
Mondays from 1800-1900
$5 per class. Ages 15 and up. Work out, have fun, & lose weight!

**NEW! Super Spouse APO**
Mondays & Thursdays from 0900-1000
$6 per class or $50 for 10 classes. While you work out your child(ren) can play on the bouncy castles.

**NEW! ZUMBA CLASSES**
Mondays from 1800-1900
$5 per class. Ages 15 and up. Work out, have fun, & lose weight!

**NEED THAT SPECIAL GIFT PERSONALIZED?**
Stop by and see what items we have in stock! We can customize gifts by engraving your special message on different surfaces. Need help with ideas on your farewell gift? The Engraving Shop is located inside the Community Center. Contact us at 39FSSEngraving@gmail.com or 676-6928.
BIG CITY BOWL

OPEN 24 HOURS

The demand is there so Big City Bowl is answering the call: 24 hour operations! Soon you will be able to get your bowling game on in those wee hours of the night or come by for a late or very early breakfast, we are here to serve!

Come in We're OPEN

BIg CIty bowL

BIG CITY BOWL 676-6789, BLDG 951
/bowling.html

Monte Carlo Bowling is Back!

9 & 23 OCTOBER AT 2000

Come out and join us for some Monte Carlo action! Lanes are a premium, so make your reservations in advance.

$15 a person for early sign-ups (24 hours before the event), $20 a person for sign-ups on the day of the event.

Cosmic Bowling at it’s best! 3 games of action, 8 Pin No Tap for all! Cash prizes for those tricky & easy splits, and best of all Jackpot Bowling. Buy 8 tickets for $5; buy as many tickets as you need. If your ticket is selected the jackpot could be yours!

1st game Jackpot: $100 (must throw 1 strike to win)
2nd game Jackpot: $200 (must throw 2 strikes to win)
3rd game Jackpot: $300 (must throw 3 strikes to win)

THE INCIRLIK OPEN 9 PIN NO TAP BOWLING TOURNAMENT

18 OCTOBER AT 1100

If you are looking for some tournament action come on out and join us on 18 October at 1100! $15 a person, $5 pinage cost, and $12 to the prize fund. Need at least 8 confirmed sign-ups and will pay 1 in 4.

Come show us who the King of Bowling is for Incirlik!

HALLOWEEN COSMIC BOWLING PARTY FOR THE KIDS

31 OCTOBER FROM 1600-1730

If you come dressed in a Halloween costume you get free bowling & shoes from 1600-1730! Open to ages 17 & under.

NFL FOOTBALL AT THE AFTER SIX

CHECK OUT BIG CITY BOWL EVERY SUNDAY NIGHT FOR THE NFL SUNDAY TICKET AT THE AFTER SIX LOUNGE.

COME OUT AND TAKE ADVANTAGE OF WEEKLY FOOD SPECIALS AND ENJOY SOME FROSTY COLD BEVERAGES.

DOLLAR DRAFTS ON BEERS & OZ. CUPS

ONE LUCKY WINNER WILL WIN AN ALL EXPENSES PAID TRIP FOR 2 TO THE WEMBLEY STADIUM TO SEE THE KANSAS CITY CHIEFS VS. THE DETROIT LIONS GAME ON 1 NOVEMBER!

FOR EVERY $7 YOU SPEND AT BIG CITY BOWL YOU WILL RECEIVE A PUNCH ON YOUR PUNCH CARD. COLLECT 5 PUNCHES AND YOU WILL BE ELIGIBLE FOR THE NFL TRIP DRAWING. GET 6 PUNCHES ON YOUR CARD AND YOU WILL RECEIVE A FREE MEAL CARD ON US! (VALUED AT $10 ON YOUR NEXT PURCHASE). EVERY TIME YOU ACCUMULATE 5 PUNCHES YOU QUALIFY FOR ANOTHER CHANCE AT THE NFL TRIP DRAWING.

WE ARE A FREE WIFI ZONE! FOR THOSE WHO NEED TO MANAGE THEIR FANTASY FOOTBALL TEAMS OR JUST TO STAY IN TOUCH WITH FRIENDS. COME ON OUT AND ENJOY THE FUN!

39FSS.COM bowling.html

www.39fss.com

www.facebook.com/39fss

October 2015

HAPPENINGS
Like What We Do?

Our goal is to provide Quality Customer Service, Comfort, & Value! Your comments, good or bad, do make a difference!

To leave us an online comment, visit our website at www.39fss.com and click on the CUSTOMER COMMENTS tab.

If you can’t find the service provider in the list, please click on “Incirlik AB” under the ICE logo on top of the page.

It’s a pleasure serving you! Force Support Squadron

WEIGHTLIFTING COMPETITION

Hosted by the First Sergeant Association

7 November 2015
1300 hrs

Events: Deadlift, Bench Press, Squat

Male & Female Weight Classes

Register by 31 Oct at Incirlik Fitness Center

POC: TSgt Chaka Williams 676-6608

PAID ADS. NO FEDERAL ENDORSEMENT INTENDED.

You’re invited to join us for the October PWOC Fellowship

“Discovering the Monsters in my Closet”

6 October from 1800-2000 in the Chapel Annex

Discovering our emotions of pride, selfishness, & jealousy. Please watch our Facebook group, email, or the Chapel announcements for more updates. Childcare will tentatively be available. Please contact Cassandra Guerin if you are interested in volunteering for childcare.

For more information please call Cassandra Guerin at 569-5042.
FUN AT THE CLUB

Smooth Jazz
1 October from 2000-Close in the E-Lounge

Moola
2, 9, 16, & 30 October from 1700-2000 in the Club Lounges

Latin Dance Lessons
3 October from 2000-2200 in the E-Lounge
Learn the basics with our local professionals and stay for our expanded Latin Night to show off your new moves and dance with them!

Canvas and Cocktails
6 October from 1800-1930 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 676-6010 to reserve your seat today!

Pool Tournament
7 October at 1900 in the E-Lounge
Minimum of 7 players required so bring your friends!

The Spoken Word
9 October at 2100 in the E-Lounge

Membership Brunch
10 October from 0900-1100. Location to be announced

Electronics Bingo
14 October at 1800. Location to be announced
Play to win awesome electronic prizes! Free entrance for Club members, $5 for non-members, $25 per card package.

FUN AT THE CLUB

Octoberfest
17 October in the E-Lounge
House music from 2200-Close.

Turkish Ebru Art Crafting
20 October at 1800 in the E-Lounge
$25 for instructions, supplies, and a self-designed work of art!

Kid’s Bingo
21 October from 1800-2100. Location to be announced
Free entrance for Club members, $5 for non-members, $10 per card package. Open to all with toys as prizes.

Mega Moola
23 October from 1700-2000 in the Club Complex

Smooth Jazz
23 October from 2000-Close in the E-Lounge

Texas Hold’em Tournament
24 October from 1800-2330 in the E-Lounge

All Request Rock Night
24 October at 2000 in the E-Lounge

Kid’s Club Costume Party
29 October from 1800-2000 at the Youth Center
Free for Club members, $3 for non-members. Ages 3-10. There will be several event stations with prizes as well as cupcakes and punch.

Halloween Party
31 October from 2000-Close in the E-Lounge
Prizes for the best costumes!

Be sure to look out for updated location details on www.39FSS.com and www.facebook.com/39FSS
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<td>Latin Dance Lessons Pg 20 Glow Golf Tournament Pg 7 Basic Automotive Class Pg 40</td>
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<td>The Spending Plan Pg 31 Enhanced Sponsorship Training Pg 31 Electronics Bingo Pg 20</td>
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<td>Table Tennis Club Pg 15 Mega Moola Pg 21 Smooth Jazz Pg 21 Monte Carlo Bowling Pg 16</td>
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See page 42 for Holiday closures
FRIENDS SUSHI BAR

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

110 kinds of sushi

phone: 338 66 40 / 0532 174 37 00
(Sunday Off) Service Hours: 12:00 - 15:00 / 18:00 - 22:00
U.S. DOLLAR AND CREDIT CARDS ARE ACCEPTED

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

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toddsharon15@yahoo.com
www.pati-pet.org
AMERICAN OWNED and OPERATED
### Fitness & Sports

- **Bench Press Competition**
  - October 17 at 1000 at the Fitness Center
  - Contact the Fitness Center for more information.

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<tr>
<th>Day</th>
<th>Time</th>
<th>Event</th>
<th>Contact</th>
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<tr>
<td>Monday</td>
<td>0900-1000</td>
<td>Functional Fitness (Beginner/Intermediate)</td>
<td>676-6086, BLDG 973</td>
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<tr>
<td>Tuesday</td>
<td>0900-1000</td>
<td>Functional Fitness (Beginner/Intermediate)</td>
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<td>Wednesday</td>
<td>0900-1000</td>
<td>Functional Fitness (Beginner/Intermediate)</td>
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<td>Thursday</td>
<td>0900-1000</td>
<td>Functional Fitness (Beginner/Intermediate)</td>
<td>676-6086, BLDG 973</td>
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<td>Friday</td>
<td>0900-1000</td>
<td>Functional Fitness (Beginner/Intermediate)</td>
<td>676-6086, BLDG 973</td>
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<td>Saturday</td>
<td>1000-1100</td>
<td>Functional Fitness (Beginner/Intermediate)</td>
<td>676-6086, BLDG 973</td>
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</tbody>
</table>

- **Columbus Day Themed Story & Craft Time**
  - October 13 at 1000

- **Halloween Themed Story & Craft Time**
  - October 27 at 1000

### Library

- **Bench Press Competition**
  - October 17 at 1000 at the Fitness Center
  - Contact the Fitness Center for more information.

- **Columbus Day Themed Story & Craft Time**
  - October 13 at 1000

- **Halloween Themed Story & Craft Time**
  - October 27 at 1000

- **Incirlik Professional Organizations**
  - We invite all E-1 through E-4 Airmen to join us the 1st Wednesday of the month at 1600 in the Connection Bldg 884.
  - Join us the 2nd Friday of the month at 1530 in the Enlisted Lounge Bldg 878.
  - You’re invited every 3rd Friday at 1500 in the Enlisted Lounge Bldg 878.
**Newcomers' Orientation**
2, 16, & 30 October from 0730-1110 at the Club Complex
Newcomers’ Orientation is a mandatory event for all Air Force personnel assigned to the 39 ABW. Spouses are welcome to attend.

**Enhanced Sponsorship Training**
14 October from 1400-1500, Bldg 833 2nd floor
Learn how to be an exceptional sponsor for personnel PCSing into Incirlik AB.

**Cultural Adaptation Tour**
15 October from 0830-1330, Bldg 833 2nd floor
Join us for a tour around Incirlik AB. Receive personal tours of many facilities and become more acquainted with your new base. The tour is free, however you will need money for lunch. Call to reserve your seat!

**My Air Force Volunteer Training**
5 October from 1300-1400, Bldg 833 2nd floor
Learn how to use the new website to register as a volunteer, track your hours, and discover other volunteer opportunities!

**Pre-Separation Counseling**
6 & 20 October from 0930-1230, Bldg 833 2nd floor
This is a mandatory requirement for all that 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.

**CPR/AED Training**
5 October from 1300-1400, Bldg 833 2nd floor
Learn to save someone's life!

**Pre-Deployment Briefing**
6 & 20 October from 1400-1500, Bldg 833 2nd floor
This is required for all members out-processing Incirlik AB for a deployment or TDY longer than 30 days.

**AED Training**
8 October from 0900-1000, Bldg 833 2nd floor
Learn how to save a life!

**NEO 101**
8 October from 1000-1100, Bldg 833 2nd floor
Do you have questions about NEO and what would happen if a NEO occurred? Do you need clarification on the proper documentation? Please bring your personal NEO folder (signed out from your Unit NEO Rep/UNR) and we will review your documents with you. There are only 25 seats available per class, so please be sure to call ahead!

**Post Deployment Briefing**
18 & 21 October from 1400-1500, Bldg 833 2nd floor
This is required for all members in-processing Incirlik AB from a deployment.

**Key Spouse Initial Training**
15 October from 1300-1630, Bldg 833 2nd floor
Key spouse core training for newly appointed key spouses (and mentors). You will need a letter of appointment signed by the unit CC prior to the training.

**Hearts Apart Lunch**
22 October from 1130-1300 at the Club Complex
Is your spouse deployed? Here’s a chance to meet other families of deployed members. Free!

**International Driver’s License**
20 October from 0900-1200, Bldg 833 2nd floor
International Driver’s License required for all personnel deploying to Incirlik AB.

**Retire Well**
7 October from 1700-1800, Bldg 833 2nd floor
When can you retire comfortably? How much should you be saving today to retire tomorrow? Attend to learn the military retirement contribution plan and why you should invest today!

**Investments for Beginners 101**
9 October from 1000-1100, Bldg 833 2nd floor
Stocks, bonds, and mutual funds; learn the difference between them and why they may or may not be the right investment for you.

**The Spending Plan**
14 October from 1300-1400, Bldg 833 2nd floor
Everyone has an estate. Find out what an estate is, how to manage it, and plan for future disbursements.

**NEW! Fiscal Fitness for Military Spouses**
22 October from 1400-1500, Bldg 833 2nd floor
Learn how to create a family spending plan that builds wealth, reduces debt, and plans for your retirement.

**Got Credit?**
28 October from 0900-1000, Bldg 833 2nd floor
Learn the difference between your credit report and your credit score, why they are important, and how they affect your career & financial decisions.
### Chapel Events

**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**
- Catholic Daily Mass: Monday-Thursday at 1130
- Reconciliation: Monday-Thursday at 1100

**Incirlik Christian Youth Club**
Find us on Facebook at “Incirlik Christian Youth Club” for our full school year schedule!

**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**
Truth Project Bible Study: Tuesdays at 1800 in the Chapel Annex
Bible Study: Wednesdays at 1200 at the After Six Lounge at Big City Bowl

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

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

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

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

**Other Faith Groups Please Call the Chapel at 676-6441**

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### Hours of Operations

**M-Th: 1700-2000**

**Fri:**
- 1700-2300

**Sat:**
- 1000-2300

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### The Connections

**Fri:**
- 1700-2300
Basketball Registration
5 October - 5 December. Season will begin January 2016.
Prices are:
- Smart Start $25 for ages 3-4
- Youth Center members $35, non-members $40.
- Shorts and jersey uniform included in price.

Give Parents A Break
10 October from 1200-1600
Parents can drop off their little ones at the CDC for an afternoon to themselves. An AF1181 and GPAB certificate must be completed/torned 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 ABFAC, 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. Deadline for GPAB sign up is the Wednesday prior to GPAB.

GPAB Couples Mandala Class
10 October from 1400-1800
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 Mandala art! $35 per person, materials included. Cut off for sign-ups will be 7 October at 1700.

2013 4-H National Youth Science Day Experiment: Motion Commotion
7 October at 15:30
A free event open to all youth ages 9 and above. Developed by Oregon State University Cooperative Extension, this exciting activity will combine a speeding car collision and a distracted driving demonstration in a simulated activity that investigates the physical and human factors of motion. It will empower youth to explore the physics of motion and distracted driving.

Halloween SAP Party
30 October from 1430-1730
Open to SAP members only.

Halloween Lock-In
30-31 October from 1900-0700
Ages 9 & up. $15 for members, $10 for non-members. Join us for some spooktacular fun! There will be food, games, and movies all night long. Costumes are not required but encouraged. Don’t miss out, sign up now!
Lunch

**DAILY**

**All You Can Eat Soup & Salad Bar Special**
American Roadhouse Grill 676-8606, Weekdays from 11:00-1400
Club members $7.95, non-members $8.95.

**MONDAY**

**Chicken Tava & Rice**
Big City Diner 676-6789, Mondays from 11:00-1400
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 11:00-1400
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 676-8606, Mondays from 11:00-1400
Club members $6.95, non-members $7.95.

**TUESDAY**

**Biggy Burrito or Bowl**
Big City Diner 676-6789, Tuesdays from 11:00-1400
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.
Club members $5.95, non-members $6.95.

**Pulled Pork Sloppy Joes**
Lakeside Cafe 676-6249, Tuesdays from 11:00-1400
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 676-8606, Tuesdays from 11:00-1400
Slow cooked corned beef on toasted sandwich bread, Swiss cheese, and sauerkraut, served with crinkled fries.
Club members $8.95, non-members $9.95.

Specials

**WEDNESDAY**

**Fried Fish Burger**
Lakeside Cafe 676-6249, Wednesdays from 11:00-1400
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 11:00-1400
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**
Big City Diner 676-6789, Wednesdays from 11:00-1400
Ribs, beef brisket, or pulled pork with beans, slaw, & a drink. Meat choice changes weekly. Club members $8.95, non-members $9.50.

**Meatball Sub Sandwich**
Big City Diner 676-6789, Wednesdays from 11:00-1400
$5.75. Add fries & drink for $2.75.

**THURSDAY**

**Chicken Doner**
Big City Diner 676-6789, Thursdays from 11:00-1400
Club members $6.95, non-members $7.95.

**Ribeye Steak Sandwich**
American Roadhouse Grill 676-8606, Thursdays from 11:00-1400
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 11:00-1400
Served with a choice of salad, shoestring or sweet potato fries.
Club members $6.95, non-members $7.95.

**FRIDAY**

**Hickory Smoked Roasted Chicken**
Big City Diner 676-6789, Fridays from 11:00-1400
Choose one or two pieces, served with coleslaw & fries. 1-piece for Club members $3.95, non-members $4.95. 2-piece for Club members $6.95, non-members $7.95.

**Chicken BLT**
American Roadhouse Grill 676-8606, Fridays from 11:00-1400
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.
Dinner Specials

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
Crispy Baked Chicken
American Roadhouse Grill 676-8606, from 1700-2100
3 pieces of baked chicken with cole slaw and biscuit. While supplies last. Club members $7.95, non-members $9.95.

Shrimp Po' Boy Sandwich
Big City Diner 676-6799, from 1600-2130
Sauteed shrimp with bell pepper, onion, and fresh mushroom. $5.95 with fries & drink.

Thursday
Mongolian BBQ
American Roadhouse Grill 676-8606, from 1700-2100
Six ounces for $9.95 for Club members, $11.95 for non-members. $0.95 for each additional ounce.

Friday
Prime Rib
American Roadhouse Grill 676-8606, from 1600-2100
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
22 October from 1615-1945

To celebrate Oktoberfest this month’s menu theme is German! Please join us for all your favorite German dishes including Schnitzel, grilled Brats & Knockwurst, and Cordon Bleu.

Open to all authorized Dining Facility customers. Pricing is a la carte plus surcharge for cash customers. Personnel authorized Essential Station Messing (ESM) scan valid CAC card.

Sultan’s Inn Dining Facility, 676-6016
Auto Hobby Shop

October Special
Free steering and suspension check with four tires balanced and rotated. This is a $33 saving!

Basic Automotive Class for All
3 October at 1500
Learn how to change the oil and filter, check tire pressures, check condition and level of all of 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, and 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, and it is expected to last about one hour. $10 per person.
Please call 676-8855 for more information.

ACIBADEM ADANA HOSPITAL
AESTHETIC-DERMATOLOGY CLINIC IS
at your service

Services Provided
- Photodynamic Therapy and skin rejuvenation
- Intensive Skin Rejuvenation (Environ, EltaMD, PDTS)
- Non-surgical Face, Jaw, Nose and Lip Reconstruction
- Cool Peel Treatment
- Exfoliation Treatment
- Hair removal treatment
- Capsular Vascular Treatment
- Electrolysis and Lentigo Removal
- Fractional Laser Treatment
- Fractional Laser Treatments
- Skin Treatments with Golf Pin Fractional RF
- Facial Rejuvenation with HIFU/Focused Ultrasound Devices

Info: (322) 455 46 46

ACIBADEM
ADANA

PAID AD. NO FEDERAL ENDORSEMENT INTENDED.
**HOLIDAY HOURS & CLOSURES**

**COLUMBUS DAY**
12 OCTOBER
Club Cashier’s Cage closed. 
Airman & Family Readiness Center closed.
Child Development Center closed.
Youth Center closed.

**REPUBLIC DAY**
29 OCTOBER
Auto Hobby Shop closed.
Fabric Care Facility Pick Up Point & Main Plant closes at 1230 on 28 October; closed all day 29 October.

Community Center closed 17 October due to Fall Fest event at Arkadas Park.

**Holiday Hours & Closures**
- **Columbus Day**
  - 12 October
  - Club Cashier’s Cage closed
  - Airman & Family Readiness Center closed
  - Child Development Center closed
  - Youth Center closed

- **Republic Day**
  - 29 October
  - Auto Hobby Shop closed
  - Fabric Care Facility Pick Up Point & Main Plant closes at 1230 on 28 October; closed all day 29 October

- Community Center closed 17 October due to Fall Fest event at Arkadas Park

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**Freemason’s 3rd Annual Black and White Ball**

9 December at 1800
at the Club Complex
Social Hour at 1800
Dinner at 1900

$35 per person, meal included.
Formal or Business Casual attire.
For more information contact Tom Graham at 676-6044.
Hosted by the Fellowship Military Lodge #52.

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**Yilmaz**
Your Family Store

$10 Silver Cartouche

[Website: www.yilmazincirlik.com]
Email: yilmazincirlik@hotmail.com
We are open 9am to 8pm • Closed on Sundays
Phone: (0322) 346 3499 • Fax: (0322) 346 3502

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**Paid AD. No Federal Endorsement Intended.**
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<thead>
<tr>
<th>Location</th>
<th>Phone Number</th>
<th>Operating Hours</th>
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<tbody>
<tr>
<td>Airman &amp; Family Readiness Bldg 833</td>
<td>676-6755</td>
<td>Monday-Friday</td>
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<td>Airman Leadership School Bldg 326</td>
<td>676-3326</td>
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<td>American Roadhouse Grill Bldg 878</td>
<td>676-8606</td>
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<td>Auto Hobby Shop Bldg 1060</td>
<td>676-6655</td>
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<td>Big City Bowl Bldg 951</td>
<td>676-6789</td>
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<td>Big City Diner Bldg 951 - We Deliver!</td>
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<td>Career Assistance Advisor Bldg 326</td>
<td>676-1019</td>
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<td>Child Development Center Bldg 947</td>
<td>676-6553</td>
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<td>Club Complex Bldg 878</td>
<td>676-6101</td>
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<td>Community Center</td>
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<td>Dining Facility - Sultan’s Inn Bldg 965</td>
<td>676-6016</td>
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<td>Education &amp; Training</td>
<td>676-3211</td>
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<td>Employment Bldg 833</td>
<td>676-1240</td>
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<td>Human Resources (NAF US /NATO Civilian)</td>
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<td>676-3524</td>
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<td>676-6416</td>
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<td>Engraving Shop Bldg 970</td>
<td>676-6928</td>
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<td>Fabric Care Facility</td>
<td>676-8161</td>
<td>Pick-up Point Bldg 883</td>
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<td>676-6408</td>
<td>Main Plant Bldg 484</td>
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<td>Fitness Center Bldg 973</td>
<td>676-6086</td>
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<td>Fitness Assessment Cell Bldg 483</td>
<td>676-3287</td>
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<td>FTAC-First Term Airman’s Center Bldg 326</td>
<td>676-1019</td>
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<td>Golf Course - Hodja Lakes Bldg 68</td>
<td>676-8995</td>
<td>Monday-Friday</td>
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<td>Lakeside Café (Located at the Golf Course)</td>
<td>676-6249</td>
<td>Monday-Saturday (Lunch)</td>
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<td>ITT - NexTour Bldg 878</td>
<td>676-6049</td>
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<td>Library</td>
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<td>Lodging - Hodja Inn Bldg 1081</td>
<td>676-9357</td>
<td>Monday-Friday</td>
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<td>Military Personnel Section Bldg 833</td>
<td>676-6771</td>
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<td>Outdoor Recreation Bldg 944</td>
<td>676-6044</td>
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<tr>
<td>Swimming Pool</td>
<td>676-3442</td>
<td>Closed for the season</td>
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<td>Professional Dev. Center Bldg 326</td>
<td>676-1019</td>
<td>Monday-Friday</td>
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<td>0730-1630</td>
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<td>Starbucks Coffee Bldg 878</td>
<td>676-7892</td>
<td>Monday-Saturday</td>
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<td>0630-2130</td>
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<td>Youth Programs Bldg 3975</td>
<td>676-6670</td>
<td>School Age Program for Ages 5-12</td>
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<td>Summer/School Out Days</td>
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**Emergency Numbers**

- Police: 676-3200
- EO: 676-6210
- Chaplain: 676-6641
- Medical: 676-6666
- Mental Health: 676-6452
- Military & Family Life Consultant: 676-6755