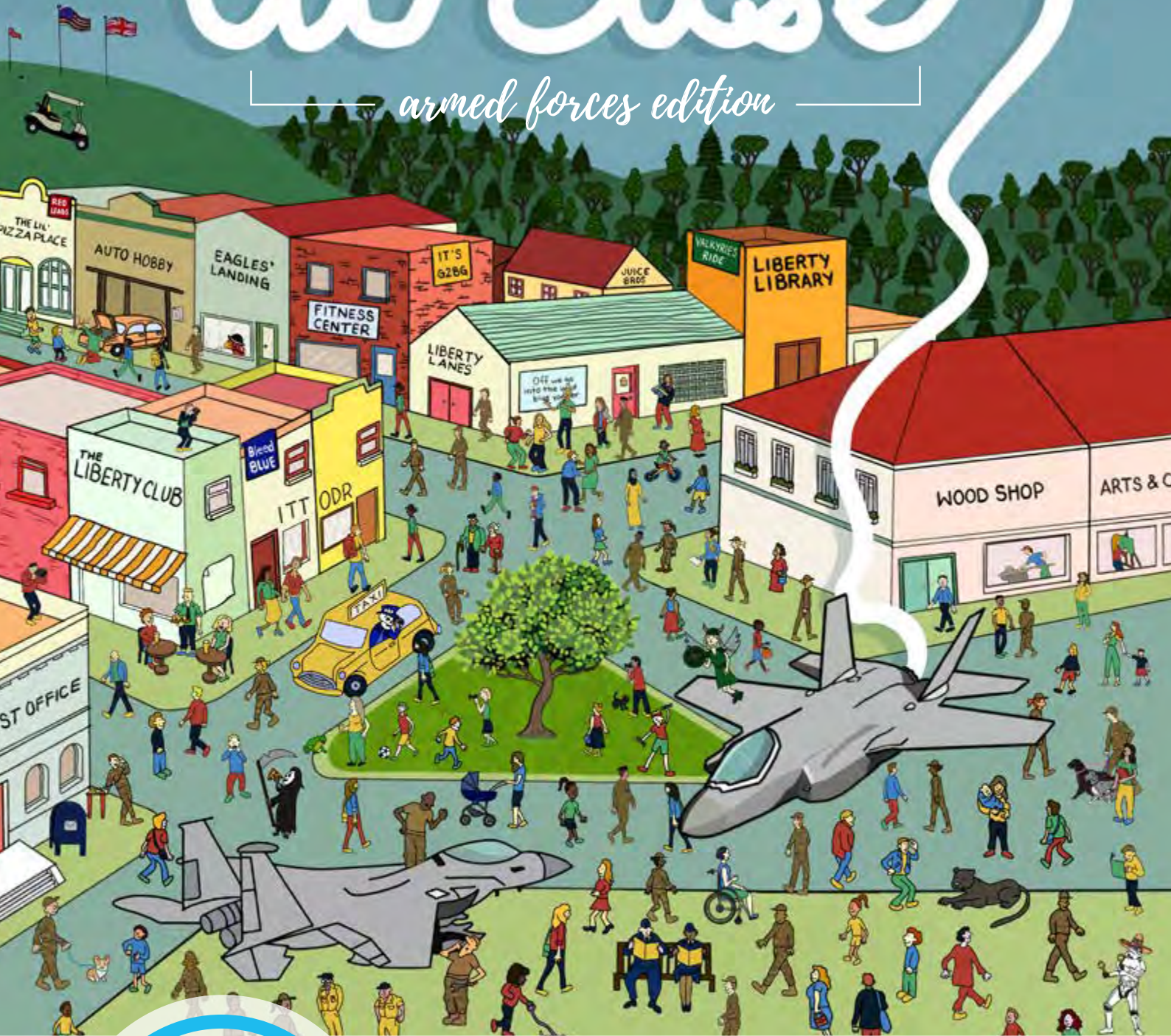


MAY 2024

At Ease

armed forces edition



Armed Forces Day

RAFL's Fighter Generation Squadrons are sharing what serving means to them and how they're staying mission-ready.

page 20

May Incentive Program

Stay active this month with the Fitness Center! Cash in on that sweat sesh for a chance to win some neat prizes.

pages 22





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05

MAY FEATURES

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Original cover art created by Devon Garner



Look out for this logo for free and discounted fun!



Look for this logo to find FSS Gives Back specials.



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48 MSG Commander

Col Shonry O. Webb

48 FSS Commander

Maj Andrew Zimmer

48 FSS Deputy

John Anderson

48 FSS Senior Enlisted Advisor

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At Ease magazine is designed to inform and entertain the personnel and civilians in the Tri-Base area. Contents are not necessarily the official views of, nor endorsed by, the 48th Fighter Wing, U.S. European Command, the U.S. Government, or the Department of Defense.

Information in this magazine is current at the time of publication. All facility programs, event hours, prices, and dates are subject to change without notice. Contact each facility for the most up-to-date information.



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Event sponsorship gives you face time with and access to the RAF Lakenheath community. Build goodwill and brand recognition at our events! Place your ad in our monthly publication. 1,300 At Ease magazines are printed each month and are available for free at roughly 20 strategic locations around base.

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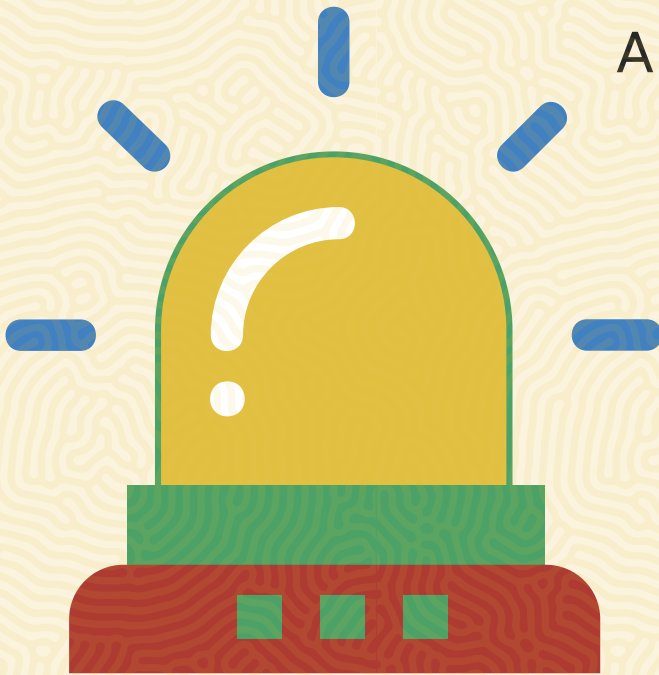
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Important *Links*



ALL THE LINKS
YOU NEED
FROM THIS
ISSUE!



Scan this code to find yourself connected to a link tree containing all the ways to book trips, follow on social media, register for classes, and just learn more about everything you read in this issue!

These links will have all the most up-to-date information to help us help you stay in the loop with what's going on around base!

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Jadelyn Blackburn

May 23 is RAF Lakenheath's next Passport Day! In honor of this always popular event, as well as Armed Forces Day on May 18, we are highlighting Jadelyn – Jade for short – Blackburn from our Military Personnel Flight (MPF). As well as helping military personnel and their families every day, Jade has personal connections to the military as well. Her great grandfather served in the US Army and was deployed during WWII, and her spouse, Corban, currently serves in the US Air Force, following in the steps of his father and grandparents.

Employee Spotlight: MPF Passport Agent

Jade and Corban have been stationed in the UK for the past two years. Before living in England, they were stationed in Japan at Kadena Air Force Base, where they adopted their dog, Dorothy. When she's not making the BEST cinnamon rolls ever, Jade works as a Passport Agent for the MPF here at RAF Lakenheath. It's her first position with the federal government, and Jade says it's brought to light a lot of strengths that she didn't know she had.

Having earned her Bachelor of Science in psychology, Jade has pulled from her interest in studying human behavior to interacting with customers face-to-face. In fact, Jade's favorite part about her job is meeting new people. She's a people person – an essential for her role – but Jade is an animal lover too! As a child, she wanted to be a veterinarian, and she's also been a vegetarian for the last seven years too. Her favorite animal? The cuttlefish!

Still, Jade's favorite part about her job is meeting new people, and the most interesting part is handling visa applications. As well as being customer-focused, Jade's role is also very tedious and detail-oriented. Jade finds enjoyment in this aspect too, and likes the challenge of working on visa applications in particular, as they take a lot of time and are very specific.

In addition to the Passport Office, the MPF offers a wide range of support to military members (and their families!), ensuring they have a smooth transition through pivotal milestones throughout their military careers. From command sponsorship to updating their DEERS, to re-enlisting or retiring, the MPF helps members through it.



“

I enjoy meeting and talking to new people every day.

”

Don't forget! Passport Day is May 23!

Honoring our Armed Forces

This month, we celebrate Armed Forces Day on May 18 and Memorial Day on May 27 – two days dedicated to our military heroes, both those who are currently serving as well as those who have made the ultimate sacrifice while serving. In recognition of these upcoming holidays, we connected with some of RAF Lakenheath's active duty personnel to learn more about what being in the military means to them and learn more about how they are currently training to be mission-ready (pg 20).

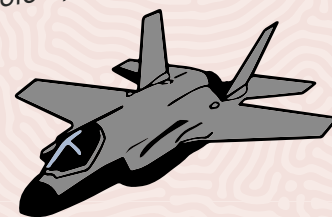
The month of May also brings with it a host of activities, events, and trips brought to you by the 48 FSS. Whether you're looking to enjoy some time closer to home or have a big adventure out in the UK, we've got you covered! Turn your Mondays throughout the month into fun days with the RAFL Community Center team's new series (pg 10) and then mark your calendars to end the month in style with the summer season's first Block Party on May 23 – we'll have food trucks, music, and bouncy castles! And, why not get out and explore more of England this May? ODR has their Hike of the Month to the Virginia Water Loop on May 18 if you're looking for some fresh air (pg 32), and ITT has some exciting trips planned too! Check out the mystical Stonehenge & City of Bath on May 18 or make like a foodie while exploring Blenheim Palace, a UNESCO World Heritage Site, at their annual Food Festival on May 26 (pg 30). And, definitely don't forget to celebrate mom! Don't wait – book your table for Mother's Day Brunch at The Liberty Club's Bistro on May 12 by scanning the QR code on the back of this magazine. Come prepared with a heartwarming, handmade gift ahead of time by participating in Ward Community Center's special Mother's Day crafting session on May 10. It'll be just the thing to show mom how much you care!

Asian Americans & Pacific Islanders

The month of May is also Asian American & Pacific Islander (AAPI) Heritage Month! In honor of the occasion, we are recognizing the contributions and sacrifices of the AAPI community in the United States Air Force. Learn more by flipping to page 12 or visiting us online at lakenheathfss.com.

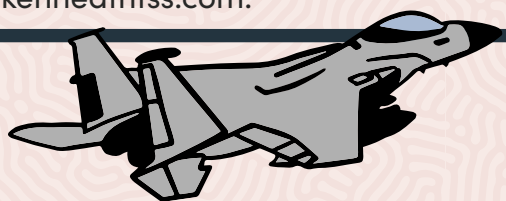


U.S. Air Force Photo by A1C Alexander J Vasquez



48 FSS

FSS
Employment
& Armed
Forces Day



Looking for something fun to do during the summer?



Registration is **OPEN** for the following instructional classes!

A CYPBMS account, current immunization record, and sports physical are needed to participate.

Summer Clinics hosted by Youth Sports

Ages 9-14 | 11am - 12pm

Cross Country: Jun 17-28

Golf: Jul 1-12

Volleyball: Jul 15-19

Floor Hockey: Jul 29 - Aug 9

Ultimate Frisbee: Aug 12-16



Touch Rugby

\$20 per month

Thursdays

Ages 8-12 | 5pm - 6pm



Indoor Soccer

\$60 per month

Wednesdays

Ages 7-10 | 6pm - 7pm

Thursdays

Ages 11-14 | 6pm - 7pm

Ages 15-18 | 7pm - 8pm



Ballet

\$40 per month

Wednesdays

Ages 3-5 | 2pm - 2:45pm

Ages 5-7 | 2:45pm - 3:30pm

Dance

\$50 per month

Wednesdays

Mommy & Me • Ages 1-2 | 12:15pm - 1pm

Mommy & Me • Ages 3-5 | 1pm - 1:45pm

Contemporary/Jazz

\$50 per month

Wednesdays

Ages 5-10 | 3:30pm - 4:15pm

Ages 11+ | 4:15pm - 5pm



DEPARTMENT OF THE AIR FORCE



**CHILD AND YOUTH
PROGRAMS**

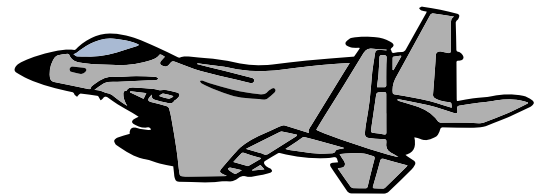
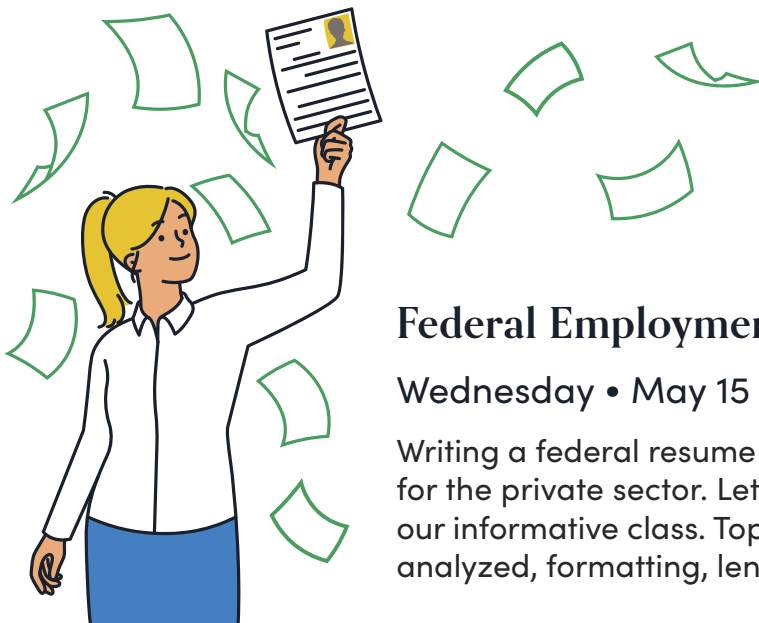
Register by sending your name, email, and phone number to 48fss.fsyy.youthprograms or call for more info.

Ready & Resilient

Travel 101 for Spouses

Wednesday • May 1 | 9am - 11:30am

Don't know where to start when making travel plans?
Join us to jumpstart your next European adventure!
Give us a call at 226-3847 or 01638 52 3847 to sign up!



Federal Employment: Resume Workshop

Wednesday • May 15 | 9am - 11am

Writing a federal resume is a different process than writing a resume for the private sector. Let us save you time and frustration by attending our informative class. Topics covered include how federal resumes are analyzed, formatting, length, KSAs, common pitfalls, and so much more.

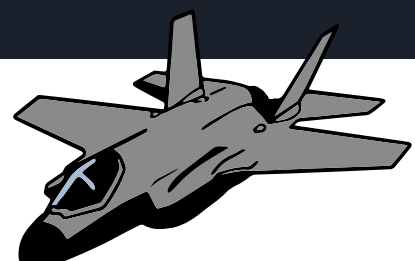
Upcoming Briefings & Workshops

Pre-Deployment Briefing	Mondays & Thursdays 9:30am - 10am
Pre-Separation Counseling	Tuesdays • May 2 & 23 1pm - 4pm
Reintegration Briefing	Mondays & Thursdays 9am - 9:30am
Manage Your Move	Thursdays • May 9 & 23 8:30am - 11:30am
Transition Assistance Program (TAP) Workshop	Monday - Wednesday • May 13-15 8am - 4pm
Department of Labor Employment Track	Thursday & Friday • May 16 & 17 8am - 4pm

Closures

Friday • May 24 | Family Day
Monday • May 27 | Memorial Day

AT EASE • MAY 2024



Ward | RAF Feltwell

AIR FORCE



COMMUNITY CENTER



MOTHER'S DAY CRAFTS

Fri • May 10 | 5pm - 6:30pm • FREE

Join us to create a beautiful, handmade gift for the mom in your life! No sign-ups required.

SUMMER MOVIE NIGHT

Fri • May 10 | 6pm • FREE

Enjoy a tasty dinner from one of our food trucks, free popcorn to munch on during the movie, and inflatable bounce houses for the kiddos before the movie begins at 9pm!

SCAVENGER HUNT

Sat • May 11 | 10am - 12pm • FREE

It's time to put on your looking glasses and thinking caps, because we need help with a scavenger hunt! Open to all. Children under 10 must be accompanied by an adult.





RAF Lakenheath Community & Event Centers

Page Community Center is undergoing major renovations, which are expected to be completed in 2025. Our team will continue to run programming from Eagles' Landing - Community Event Center during this time. Follow us on "RAF Lakenheath Community & Event Centers" on Facebook for further information.

MONDAY FUN DAYS

Mondays | 2:30pm - 4:30pm
**Eagles' Landing - Community
Event Center**

No sign-up required

Play Date

Mon • May 13 | FREE

We will provide an activity for kids (ages 2-8) to play together! Keep an eye on our Facebook page for details of the activity!

Music Madness

Mon • May 20 | \$2

Get the kids out to sing and dance to their favorite songs at this fun karaoke event! This event isn't just for kids - parents are encouraged to join in on the musical fun too!

EVENT CENTER

Eagles' Landing - Community Event Center is a great multifunctional space that's available to rent for any occasion!

Our range of large and versatile rooms are perfect for meetings, dinner parties, award ceremonies, wedding receptions, socials, and birthday parties. We can help you with catering, or you can bring your own food. And, you can decorate to suit your special event!

With prices from just \$10 an hour, contact our Event Center Office for further details. Call **01638 52 5113** or send us an email at **48fss.events.community@us.af.mil** to get in touch!

Scan the QR code on page 5 to read more about AAPI contributions.

ASIAN *Americans* *Pacific* ISLANDERS

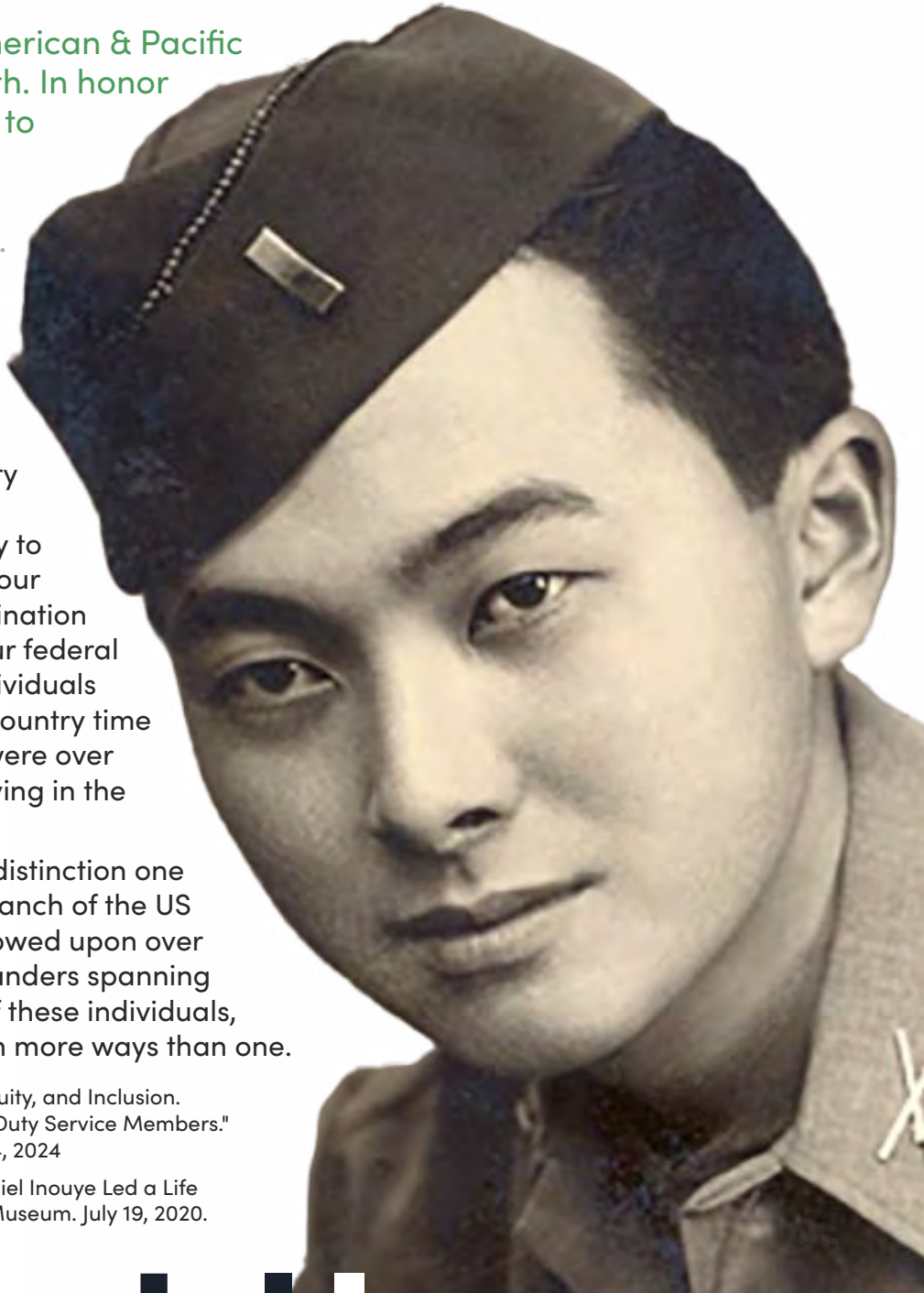
The month of May is Asian American & Pacific Islander (AAPI) Heritage Month. In honor of the occasion, we would like to recognize the contributions and sacrifices of the AAPI community in the US Air Force.

The AAPI community includes approximately 50 ethnic groups from 40 countries on the continent of Asia and the Pacific Islands of Polynesia, Melanesia, and Micronesia. They served our country as early as The War of 1812 and the Civil War, contributing meaningfully to our military history and protecting our freedom. Despite suffering discrimination and segregation at the hands of our federal government, this community of individuals has stepped forward to serve our country time and time again. As of 2020, there were over 17,000 people of AAPI heritage serving in the US Air Force.

The Medal of Honor is the highest distinction one can receive when serving in any branch of the US Military. This medal has been bestowed upon over 30 Asian Americans and Pacific Islanders spanning multiple wars and decades. One of these individuals, Daniel Inouye, served his country in more ways than one.

Department of Defense Office for Diversity, Equity, and Inclusion.
"2020 Portrait of Asian/Pacific Islander Active Duty Service Members."
Department of Defense. 2020. Accessed April 4, 2024

Bamford, Tyler. "Medal of Honor Recipient Daniel Inouye Led a Life of Service to His Country." The National WWII Museum. July 19, 2020.
Accessed April 4, 2024



Daniel Inouye

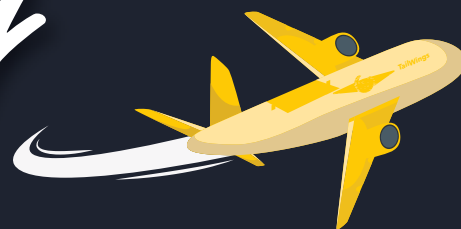
Lieutenant Daniel K. Inouye served in the US Army during WWII and as a United States Congressman for 53 years. He became the first Japanese American to receive both the Medal of Honor and the Presidential Medal of Freedom.



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SUNDAY, JUNE 9



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Goodbye! Farewell!
So long! See ya later!

Hello, Friends!

As the cloud-covered sun sets on my time here, I find myself reflecting on the incredible time I've had with all of you. This has easily been the most joyous and fulfilling chapter of my 17-year career. My aim was to make every experience I was a part of as enjoyable, memorable, and exciting as possible and whether you know me from hosting karaoke nights, open mics, Liberty Fests, concerts, teaching PDCs, or just a head nod at the gym, I thank you for being a part of the experience. As I prepare to embark on a new adventure, I ask of all of you two things. One, carry forward this legacy of positivity and happiness throughout the base; and two, if you see me around this month, let's share one more moment even if it's just a smile and a farewell.

I love you and there's nothing you can do about it.

*Goodbye, Friends.
~ Capt Donnell Brown*





Ready to Read

Baby Rhyme Time

Every Tuesday | 10:15am

Introducing children to music and literacy during early development helps them learn the sounds and meanings of words, and enriches bonding between parent and baby!

Decorate a Treasure Chest

Wednesdays • May 1 | 3pm - 4pm
Ages 6-10

Teen Volunteer Training for Summer Reading Program

Wednesday • May 8 & 22 | 3pm - 4pm
Ages 12+

Home School Show & Tell

Thursday • May 9 | 10:30am

Bring a special item or story that you would like to share and sharpen those public speaking skills!

Preschool Storytime

Every Tuesday | 10:45am

Ideal for children ages 3-5

We will sing, dance, read, and play with a focus on early literacy skills.



Crafternoon at the USO

Every 2nd Wednesday
May 8 | 3pm - 4:30pm

Stop by and make two crafts with us. Open to ages 12 years and under while supplies last. Due to small parts and safety, parental supervision is required.

Canvas Painting

Saturday • May 18 | 10:30am - 12pm

Adults: Come create with us! Try to re-create a classic masterpiece or use your own creativity to make your own!

No library services will be available during this event. Ages 18+ only.

PaWs To Read

Thursday • May 23 | 4pm - 6pm

Our friends from the Red Cross will be at the library with a PaWs dog! Children can practice reading out loud to the dog and teens/adults can enjoy 20 minutes of pup therapy! Stop by the library or check out our Facebook page to sign up for a time slot.

Closures

Wednesday • May 15 | Staff Training

Friday • May 24 | Family Day

Monday • May 27 | Memorial Day



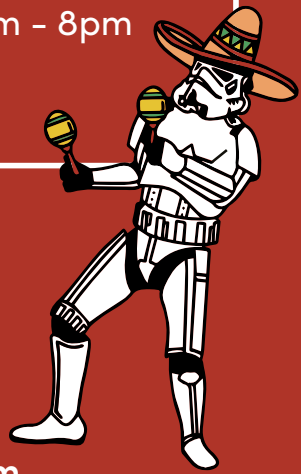


Check out the Bistro's new hours!

Monday – Friday | 6:30am – 8pm

Saturday | 8am – 8pm

Sunday | Closed



Cinco de Mayo

Saturday • May 4 | 5pm – 8pm

Adult \$14.95 | Child (5-12) \$8.95 | Under 4 eat FREE!

The Liberty Club is serving up an all-you-can-eat Mexican buffet to celebrate the Fifth of May on May the Fourth! So whether you are celebrating Mexico's victory over the Second French Empire at the Battle of Puebla in 1862 or you're a big Star Wars fan, this buffet is sure to please!

Traditional or peach margaritas available for adults 18+ in the Bar!



Mother's Day Brunch

Sunday • May 12 | 11am – 2pm

Adult \$28 | Child (5-12) \$14 | Under 4 eat FREE!

Spoil the mom in your life with all-you-can-eat brunch at The Liberty Club! To make your reservation today, scan the QR code on page 5.

Menu may vary; photo for illustrative purposes only.

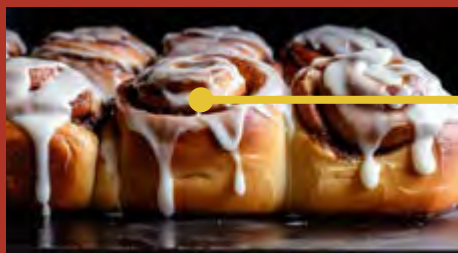




Waffle Wednesdays

6:30am – 10:30am

So many flavors to choose from – classic, chocolate chip, or served with chicken? Maybe start with the special of the month, which comes topped with Nutella!



Michelle's Sweet Treats

Fri • May 3 | 6:30am 'til sell out!
1 for \$3 | 2 for \$5

Now accepting large pre-orders – treat your office or shop by calling today!



Brisket Sandwich

Mon – Fri | 11am – 2pm • \$13.95

This juicy BBQ-smoked brisket sandwich comes on a brioche bun and is served with a side of french fries.



Lunch Buffets

Every Tue – Thur • 11am – 1:30pm

Adults \$14.95 | Children (5-12) \$8.95 | Under 4 eat FREE!

If it's lunchtime on RAFL, the place to be is The Liberty Club for one of their delicious, all-you-can-eat buffets!

- » Tuesdays • Southern
- » Wednesdays • Smoky BBQ
- » Thursdays • Mexican



Steak Night

Fri • May 24 | 5pm – 8pm

Prices vary

Tender, juicy, cooked-your-way steaks are sure to please on a date night, family night out, or dinner with the boys!

The lil'

PIZZA PLACE

May's Pizza of the Month

Small \$13.25 • Medium \$15.25 • Large \$18.75

'The Cinco de Mayo' housemade pie comes with a salsa base topped with chicken, onions, and jalapeños, all covered with our mozzarella cheese blend.

Scan the QR code on page 5 to visit our website & see more monthly deals!

MAKING LIVES BETTER... IT'S WHAT WE DO!



MAY 1



Taco Bar

MAY 6



Cinco de Mayo Meal

MAY 8



Southern Meal

MAY 15



Wings

MAY 22



Asian Pacific Islander Meal

MAY 23



Memorial Day Meal

MAY 29



Pasta Bar

Monday - Friday

Breakfast: 6am - 8am

Lunch: 11am - 2pm • **Dinner:** 5pm - 8pm

AIR FORCE

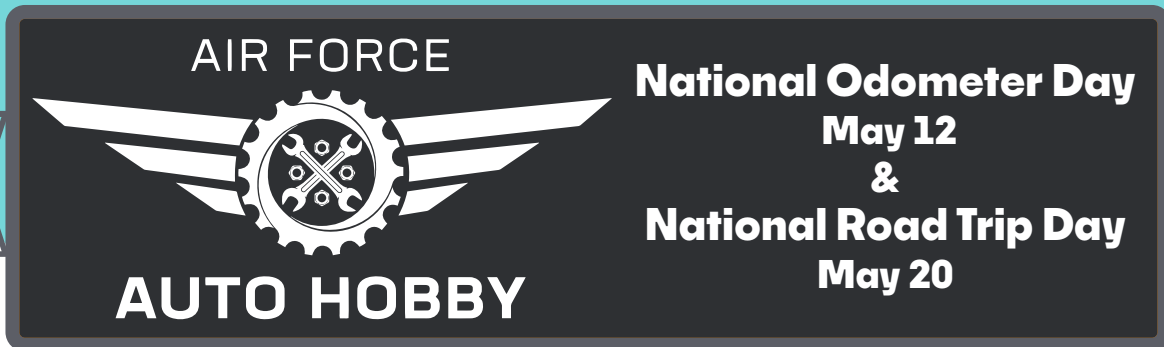


FOOD & BEVERAGE

Know Your Car Class

Learn more about your car with this FREE, informative class. A specialist will take you through the basics: how to change a tire and light bulbs, check your fluids, and more! Call to schedule your class.

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In recognition of these important days, the Auto Hobby Complex is offering the following to customers who quote "National Road Trip" when scheduling throughout the month of May:

And, the lowest & highest odometer readings on any vehicle being serviced by Auto Hobby throughout the month of May will receive a free car wash!

Save 50% off a fluid top-up with regular priced oil change

&

Save 5% off regular priced A/C service

Parts Store

From car wash and detailing items to motorcycle helmets and protective gear, our retail store has something for every car lover.

Motorcycle MOT

Tuesday – Wednesday | 8am – 4pm

The weather is changing, so make sure your two wheels are safe for the road with a MOT.

Oil Change

Don't forget what's under the hood! Oil changes include a filter change, oil, and full 16-point health inspection.

Light Conversion Pre-Inspection

Mondays & Fridays | 1pm – 2pm

Just received your car from the Vehicle Processing Center? Bring it by for a pre-inspection to find out what's involved in converting it to comply with UK laws. Stop in during the time listed above for a free pre-inspection and estimate.

Car Wash

Car wash & vacuums are open 24/7

Come try out the automatic car wash and vacuums. Both options have cashless and contactless payments!

Attention: Physical car wash tokens for the previous car wash system are no longer accepted for refunds. We apologize for the inconvenience.



ARMED

FORCES

DAY

Veteran's Day is for those who have served and Memorial Day is for our fallen military heroes, but how do we recognize those who are currently serving? Secretary of Defense, Louis Johnson, answered this question on August 31, 1949, when he announced the creation of Armed Forces Day after the unification of the armed forces under the Department of Defense. "Armed Forces Day shines a spotlight on the courage and commitment of active duty service members and reservists. It is a day to express gratitude to those who have chosen to defend their nation, regardless of the uniform they wear or the country they represent".¹

We sat down with a SSgt Casey Guy, TSgt Samantha "Sloan" Middleton, and MSgt Robert Taylor from the 48th Maintenance Group (MXG) and asked them why Armed Forces Day is important to them and why they joined the military.

"[Armed Forces Day] provides that... appreciation for all our branches, as well as our reserve and guard units out there because they deploy and do the same job we do, and it's nice to see when everyone is getting their recognition. I joined the military because I needed to grow up, and I needed that structure. And, it made me a way better person than I ever thought I would be... I owe the Air Force a lot."²

"I look at [Armed Forces Day] as an opportunity for me to look back on my career, and I've been in for eighteen and a half years so it's been a long, lengthy career. And, how far we have also come with women, not only in the military, but in Maintenance - we've come really far. I've only got a few more years left, but it will be interesting to see how much more we can progress with that".³

"This year, as we commemorate the 74th anniversary of Armed Forces Day, I am reminded of the profound legacy of service that runs through my family. My great-grandfather fought in the Korean War, while both of my grandfathers served during the tumultuous times of the Vietnam War. Their commitment to defending their country inspires me, and I see it as a personal responsibility to carry forward their tradition of service into the next generation. It is an honor bestowed upon me to uphold the legacy they forged through their sacrifices and dedication. Armed Forces Day holds a special significance for me as it is a day dedicated to celebrating the brave men and women who have served their country in the armed forces. In a nation where less than 1% of the population serves in the military, Armed Forces Day serves

as a reminder of the sacrifices made by this small but vital segment of society. It is a day to recognize the bravery and selflessness of those who willingly put themselves in harm's way to protect the freedoms we hold dear. As we celebrate Armed Forces Day, let us not only honor the individuals who serve, but also reaffirm our commitment to supporting them and their families in every way possible".¹

All three of these individuals brought up some incredibly thought-provoking topics. To return the favor to the Airmen who opened up and shared their story with us, we want to share with you a training they have been a part of implementing here at RAF Lakenheath for all four Fighter Generation Squadrons: 495th, 493rd, 492nd, & 494th.

SMSgt Simpson Hill and MSgt Robert Taylor, of the 48 MXG, shared how proud they are of being the only base currently using Strategical Preparation Evolving Armament Readiness (SPEAR) training or anything like it, and the fact that this bi-monthly training program has made it up to the Pentagon and its data is being pulled after reporting to brief to the Top Brass.



Before we get in too deep, let's clarify what the purposes of SPEAR are: to exercise muscle and memory use in unique scenarios; to expand Airmen's knowledge beyond their assigned positions; to open the door for discussion on tactics and techniques used; to allow Airmen to approach problems in multiple ways; and to provide an environment with no supervisory input (other than safety observation), to allow Airmen to experiment and complete taskings in an abnormal environment.

Since August 2023, when a 3-member team shows up to Weapons Load Standardization and it is a SPEAR month, Airmen are given a unique, real-world scenario to complete. Crews are not briefed on the scenario until they arrive. "When you see this real-time, [the crews] are like 'we don't know what to do with our hands.'"⁴ We asked a couple of the evaluators about their experiences opposite the crews conducting the loads, and the consensus is that while the crews might freeze up at first, eventually a lightbulb turns on in their heads and they start talking through their next steps.⁵ This speaks directly to the SPEAR purpose of providing an abnormal

environment where the Airmen can approach problems in multiple ways.

Who creates the SPEAR scenarios? Loading Standardization Crews sit down and table talk – simple as that. They analyze the performance ratings across all types of loads and take a look at real-world current events. They then have to figure out how to bridge the gap between these two factors and branch out beyond normal operations.

One thing that was said several times by just about everyone who spoke on SPEAR was that they want to see the Airmen think outside of the box. Not every problem has a cookie-cutter solution, and these crews need to be prepared to do their jobs in every situation, whether that be loading in a different position or configuration, working with fewer crew members, while missing a certain piece of equipment, or something else – the list goes on.

Yes, SPEAR is designed to prepare the crews for the Great Power Competition and taskings that may come alongside that, but TSgt Kenneth Gullette wanted to make sure Airmen didn't miss out on the fun aspect of the training either. Bringing fun into these scenarios allows the crew members to gain more self-investment and lets them see the benefits of how what they are practicing can be used in the real world. It might also re-spark their interest in the career field by allowing them to see how they are impacting the overall mission.⁶ SPEAR allows the crews to expand their innovation and imagination to add value and experience to their everyday work lives.⁷



In summary, SPEAR training is working to prepare Airmen of the 48th MXG for their next challenge, their next deployment, and every objective and obstacle they face from here on out. SPEAR is molding these Airmen to be educated decision-makers and independent problem-solvers. SPEAR is the 48 MXG's approach to accelerating their forces' training to be able to be better prepared in executing the 48th Fighter Wing's mission.

1. MSgt Robert Taylor, personal communication, April 4, 2024.

2. SSgt Casey Guy, personal communication, April 4, 2024.

3. TSgt Samantha Middleton, personal communication, April 4, 2024.

4. SMSgt Simpson Hill, personal communication, April 4, 2024.

5. TSgt Jonathan Picher, personal communication, April 4, 2024.

6. TSgt Kenneth Gullette, personal communication, April 4, 2024.

7. SrA Samantha Love, personal communication, April 4, 2024.

FITNESS &



Throughout the month of May, receive points for participating in healthy events and activities. Complete as many cards as possible, and enter to win one of our fabulous prizes on May 31!

- 1 pt | Relax in the zen room, get a massage, or purchase from Juice Bros
- 2 pts | Complete a personal workout, squadron PT, or PT test
- 3 pts | Take a fitness class, sports lesson, or 30-min personal training session
- 4 pts | Take a F.I.T. class, varsity/intramural sport, or 60-min personal training session
- 5 pts | Participate in May Fitness Event

Tri-Base Tennis **Tuesdays** | 7pm - 9pm

Are you ready to meet some fantastic like-minded people and have fun playing tennis? Whether you're a pro or just starting out, join us for a day filled with friendly competition. We can't wait to see you on the court!

Tri-Base Lifting **Saturdays** | Times vary

Monthly workshops cover powerlifting, bodybuilding, figure, and self-improvement. Get guidance and information, and make connections with people who may share similar training interests. Keep an eye out for the upcoming workshops on our Facebook page!

Tri-Base Lacrosse **Coming soon!**

Get ready for the most thrilling lacrosse event of the year! No matter what your experience level is, this event is open to everyone who's ready to have a blast.

Join us for a fun-filled day of socializing and sportsmanship, where you can showcase your competitive edge and make memories that will last a lifetime.



Free Classes

Check out the most up-to-date schedule on our Facebook by scanning the QR code on page 5! Please note that there will be no classes held on May 15th, 24th, and 27. We apologize for any inconvenience this may cause and hope to see you soon!



SPORTS



Wing Sports Day

June 21 | 8am

Most events require sign-up by **May 31**. Contact your squadron's sports representative for more information.

May Fitness Run 5K

May 11 • 10am | RAFL

8-hour Squadron Run

May 31 • 8:30am | RAFL

Tennis Tuesdays

6pm - 7pm

Six tennis classes for \$85

Tennis Coach Certification

June 17-19 | £450

Intramural Softball

LOI due **June 21** with the season projected to start

July 8. Contact your squadron sports representative for more information.

Lacrosse

June 1 | 10am - 12pm

Reservations

Looking to reserve a room/space at the Fitness Center for your next event or workout session? We've got you covered! All you need to do is shoot an email to **48fss.fitness.reservations@us.af.mil** with the following details: your name, squadron, event/location, time, date, & DSN. Our team will take care of the rest.

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Mon - Fri 7am - 5pm
Sat 9am - 4pm
Sun Closed

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☎ 231-486-5055 ext. 459

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18+

THE LIBERTY CLUB

BISTRO & GRILL • BAR • FUN

After Dark

Prizes!

GAMES AT THE BAR

Every 2nd Thursday • May 9 & June 13 | 6pm start

Bar bingo - \$10 for five cards

Every 4th Thursday • May 23 & June 27 | 6pm start

Texas Hold 'Em - \$20 buy-in

OPEN MIC NIGHT

Every 3rd Friday • May 24 & June 21 | 9pm - 2am

Grab a mic, show off your talent, and let the good times roll at the Liberty Club's Open Mic Night! It's a playground for musicians, poets, and dreamers. See you there!

HIP - HOP, R & B, & WINGS

Fridays • Wings: 8pm - 11pm | Music: 8pm - 2am

When the music hits, you can't help but move! Join us for a night of hip hop and R&B, accompanied by mouthwatering wings.

SATURDAY NIGHTS OUT

FREE entry | 9pm - 2am

Latin Night • May 4 & June 1 | Calling all dance rookies and pros: Latin Night lets everyone shine on the dance floor! Join us for an unforgettable night of laughter, moves, and pure fun.

Karaoke Night • May 4 & 18 | Who needs a stage when you have a karaoke machine?

Country Night • May 11 & 25 | Bring your Southern charm and a little two-steppin' to brighten up the night!



Feeling



MAY CLASS SCHEDULE

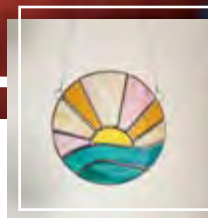
CLAY PLAY

Thursday • May 9 | 4:30pm - 7pm
Reg \$30 | R4R \$15



STAINED GLASS: SUNRISE

Saturday • May 11 | 10am - 4pm
Reg \$135 | R4R \$35



KIDS & CANVAS

Thursday • May 9 | 5pm - 7pm
Reg \$35 | R4R \$15
Extra Child \$15 | R4R \$7

SEWING BASICS

Friday • May 17 | 10am - 1pm
Reg \$45 | R4R \$25

crafty?



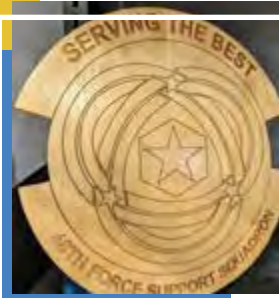
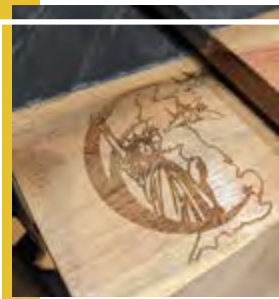
ENGRAVING

At our Engraving Department, we take custom orders to bring you a fully personalized product! We can take orders to engrave on personal items, or we can provide a range of items perfect for gifts and awards that you can get engraved with your image/message! We are able to engrave glass, metal, wood, and much more!

From single order items to bulk orders, call or email us for any inquiries!

01638 52 2194

raflhcounter@gmail.com



WOOD & WORDS

Friday • May 17 | 6pm – 8pm
Reg \$45 | R4R \$25

PAINT & SIP

Tuesday • May 28 | 5pm – 7pm
Reg \$30 | R4R \$15



WHEEL THROWN POTTERY: TASTER

Tuesday • May 21 | 10am – 1pm
Reg \$75 | R4R \$20

SEWING PROJECTS

Tuesday • May 28 | 5pm – 7pm
Reg \$25 + supplies | R4R \$15 + supplies

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RAF LAKENHEATH



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**EVERY
SATURDAY
IN MAY**

External size - 32" x 18". Choose from three wood stains and two vinyls, finished with a clear varnish topcoat. Vinyl options include:

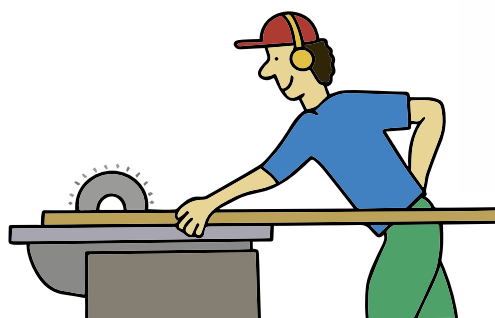
- Oh, the places I've bean
- Espresso yourself

Coffee Mug

\$92.50 | R4R \$23.50

Espresso Mug

\$98.00 | R4R \$24.50



MAY TRAVELS

Lincoln DY0

Saturday • May 11

Adult £32 | Child (3-14) £30 | Infant £20

Transportation only

Tower of London

Sunday • May 12 (*Mother's Day*)

Adult £65* | Child (5-15) £49 | Infant £20

Transportation & Tower of London entry

**Mothers receive 50% off this tour when accompanied by a full-paying child. Must be accompanied by a child to receive a discount. This offer cannot be exchanged for another.*

London DY0

Sunday • May 12 (*Mother's Day*) & Saturday • May 25

Adult £35 | Child (3-14) £33 | Infant £20

Transportation only

Stonehenge & City of Bath

Saturday • May 18

Adult £83 | Child (5-17) £73 | Infant £20

Transportation, Stonehenge entry, & free time to explore the city of Bath

Blenheim Palace & Food Festival

Sunday • May 26

Adult £59 | Child (5-16) £47 | Infant £20

Adult £30 | Child £24

Transportation and entry to the palace, park, & gardens



18+

Giffords Hall Vineyard

Saturday • May 11

Adults only £49

Transportation, vineyard tour, & tasting

Cambridge Beer Festival

Friday • May 24

Adults only £18

Transportation only

Disneyland Paris 3-Day

May 24-26

Adult £459 | Child (2-11) £399 | Infant £120

Coach transportation, return ferry crossing, 2 nights bed & breakfast accommodation, & 1-day/2 park tickets for Disneyland Paris

Single supplement £120



YOU COULD BE HERE



AT EASE • MAY 2024

COMING UP IN JUNE

Information, Tickets, & Travel | 01638 52 2979 | f @Lakenheathitt 31

Royal Reims & Champagne 3-Day

June 7-9

Adults only £319

Coach transportation, return ferry crossing, 2 nights bed & breakfast accommodation, free time in royal Reims, & champagne tour with tasting

Single supplement £100

18+

Loch Ness & the Glenfinnan Viaduct of Harry Potter 4-Day

June 19-22

Adult £489 | Child (2-11) £439 | Infant £200

Coach transportation; 3 nights bed & breakfast accommodation; Scottish Highlands tour of Loch Ness, Loch Lomond, and the Trossachs National Park; & a visit to the "Harry Potter" Viaduct

Single supplement £200

Brussels Extended Day

Saturday • June 15

All £125

Coach transportation, return channel crossing, & free time to explore Brussels

Bolsover Castle & Sherwood Forest

Saturday • June 1

Adult £60 | Child (5-17) £54 | Infant £20

Adult £30 | Child £27

Transportation, Bolsover Castle entry, & free time in Sherwood Forest



Stratford-upon-Avon & Kenilworth Castle

Sunday • June 2

Adult £44 | Child (5-17) £38 | Infant £20

Transportation, Kenilworth Castle entry, & free time in Stratford-upon-Avon

The Making of Harry Potter

Saturday • June 22

Adult £85 | Child (5-15) £73 | Infant £20

Transportation & Harry Potter studio entry

Must book by Tuesday, May 28



CONTACT ITT FOR HASSLE-FREE ADVENTURES



48TH FORCE SUPPORT SQUADRON

**Information
Tickets
& Travel**

AT EASE • MAY 2024

OH, SO MUCH TO DO

Virginia Water Loop

Saturday • May 18 (*Armed Forces Day*)
All £40 | Ages 10+

REC★ON £20

Exertion Level: MODERATE

Includes: Transportation & a guided hike

Enjoy a scenic walk around the man-made Virginia Lake, built in 1752, and visit historical antiques that were gifted to previous kings and queens of England.



E-biking Vineyard Tour

Saturday • June 1
All £92 | Ages 18+

REC★ON £46

Exertion Level: MODERATE

Includes: Transportation, E-bike hire, & a wine tasting experience

Wine and E-biking... could it get any better? What if we told you the bikes basically pedal themselves? Enjoy an easy ride through the beautiful villages of Kent with an award-winning vineyard tour to follow.



Kayaking

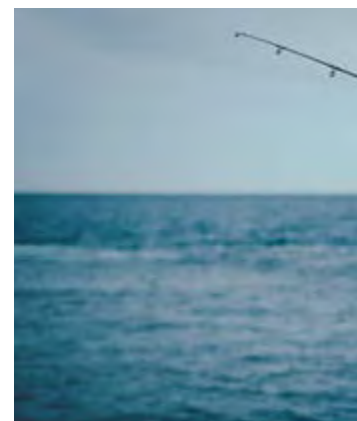
Saturday • June 8
All £70 | Ages 10+

REC★ON £35

Exertion Level: MODERATE

Includes: Transportation & a kayak experience

Kayak through creeks and get lost in a wilderness like no other with stunning views and incredible wildlife. Whether you're a seasoned kayaker or a beginner, this tour is designed to cater to all levels of familiarity and provide a unique and unforgettable experience.



RENTALS

Did you know that Outdoor Recreation offers rentals? They do! There is a wide range of items available to rent for a small service charge to all active duty military, retired military, reservists, civilian employees, and their family members 18 years of age or older. Camping equipment, sporting equipment, yard games, tables/chairs, bouncy castles, and other recreation supplies are available for rent. For a complete listing and prices, scan the QR code on page 5.



Castle of the Month Dino

Book this castle anytime in May and save \$10 off the daily rate or \$20 off the weekend rate.



North Sea Fishing

Sunday • June 16 (*Father's Day*)

All £150 | Ages 10+

REC★ON £75

Exertion Level: LOW

Includes: Transportation, complimentary warm beverage, & private group fishing charter with rod and reels

Venture out into the tranquil North Sea and enjoy some of the best fishing in the world. Cast out your line for cod, skate, and bass – whatever you catch, you keep!

Surfing in Cornwall 3-Day

July 4-6 (*Independence Day Weekend*)

All £450 | Ages 10+

Exertion Level: HIGH

Includes: Transportation, 2 nights bed and breakfast accommodation, surfing lessons, & free time to explore Cornwall

Ready for an experience of a lifetime? Surf the beautiful Cornwall coastline over this Independence Day.

Layaway option available with a non-refundable, non-exchangeable deposit of £200 per person upon booking. Full payment is due by Thursday, May 23. Travel insurance is highly recommended.





Breckland Pines is open all year-round, so there is no excuse to not stop on by!

Inquire about signing up for one of our memberships today!

Membership options:

- Annual membership | \$468
- 6-month | \$324
- 3-month | \$198

Schedule ahead for our FREE PLAY option, or book a tee-time for the weekend, holidays, or Family Days.

Don't forget to book us to host your next fundraiser, squadron, or UNITE event!

**ASK US ABOUT OUR
BEGINNERS LESSONS!**

**SCAN THE QR CODE
ON PAGE 5 FOR FULL
PRICING INFO!**

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R4R DAP Family

Sunday • May 5 & 19 | 11am - 6pm

\$2.95 per person

Two hours of cosmic bowling

R4R Airman

Friday • May 10 & 24 | 4pm - 10pm

\$2.95 per person

Two hours of cosmic bowling

May The 4th Be With You Special

Saturday • May 4 | 11am - 10pm

\$44 cosmic bowling all day



Mother's Day Special

Sunday • May 12 | 11am - 6pm

ONE-HOUR BOWLING SESSION

Mothers bowl free with paying bowler

TWO-HOUR BOWLING SESSION

\$5 off any rent-a-lane

Memorial Day Special

Sunday • May 26 | 11am - 6pm

\$5 off any rent-a-lane

Armed Forces Day Special

Friday • May 17 | 11am - 5pm

\$2 off one hour of Bowling in uniform



AT EASE • MAY 2024



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Gatwick: \$300

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Additional charges will added for out of tri-base area pick up and drop off points.

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ASHLEY GUTERMUTH & Friends



Saturday, May 11

RAF MILDENHALL
Show Starts: 7 pm



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Facility Directory



Arts & Crafts

Bldg 906 | x2194
Mon-Fri: 10am-5pm
Sat & Sun: Closed
U.S. Holidays & Family/Goal Days: Closed

Auto Hobby Complex

Bldg 1108 | x2454
Mon-Fri: 7:30am-5:30pm
Sat & Sun: 9am-5pm
U.S. & U.K. shared Holidays: Closed

DIY Hours

Tue-Fri: 10am-5:30pm
Last sign-in: 4:30pm | Clean-up: 5pm
Sat & Sun: 9am-5pm
Last sign-in: 4pm | Clean-up: 4:30pm
Mon, U.S., & U.K. Shared Holidays: Closed
Light Conversion Pre-inspection Days
Mon & Fri | 1pm-2pm

MOT Testing

Mon-Fri: 7:30am-5:30pm
Sun: 9am-5pm
U.S. & U.K. shared Holidays: Closed

Motorcycle MOT Testing

Tue & Wed: 7:30am-5:30pm
U.S. & U.K. shared Holidays: Closed

Auto Tire & Lube Center

Bldg 1030 | x2279 or x2278
Mon-Fri: 7:30am-5:30pm
U.S. Holidays: Closed



Base Education & Training

Bldg 948 | x3851
Mon, Wed, & Thur: 8am-4pm
Tue: 9am-4pm
Fri: 8am-3:30pm
U.S. Holidays & Family/Goal Days: Closed



Breckland Pines Golf Course

Bldg 1320 | x2223
Mon-Fri: 8am-5pm
Sat & Sun: 8am-5:30pm
Family/Goal Days: 8am-5pm
Christmas Day & New Year's Day: Closed



Child Development Centers (CDC)

CDC East
Bldg 659 | x3285
Mon-Fri: 6:45am-5:15pm

CDC West

Bldg 439 | x5812
Mon-Fri: 6:45am-5:15pm



Community Activities Center (CAC)

Page @ Lakenheath
Bldg 900 | x1627
Closed for renovations

Ward @ Feltwell

Bldg 94 | x7023
Mon-Fri: 9am-6pm
Sat: Reservation only
Family/Goal Days: 9am-3pm
Sundays & U.S. Holidays: Closed

Play Area:

Mon-Fri: 9am-6pm
Sat: Reservation only
Family/Goal Days: 9am-3pm
Sundays & U.S. Holidays: Closed

Community Child Care Coordinator/ Family Child Care

Bldg 250 | x2170
Mon-Fri: 8am-5pm

Eagles' Landing -

Community Event Center

Bldg 958 | x5113
Mon-Fri: 9am-5pm
Sat: Reservation only
Sun & U.S. Holidays: Closed



Jolly Olde Eagle Pub

Bldg 958 | x2326
Fri: 5pm-10pm



Phoenix Taxi

Bldg 958 | x2306
Open 24/7

Liberty Wings

Bldg 958 | x2103
Mon-Sun: 11am-8pm

Catering Office

Bldg 958 | x2489
Mon-Fri: 9am-5:30pm



Fitness & Sports Center

Bldg 904 | x3607
Mon-Thur: 5am-9pm
Fri: 5am-6pm
Sat-Sun: 8am-4pm
U.S. Holidays & Family/Goal Days: 8am-4pm
See front desk for after hours access

Juice Bros @ Fitness

Bldg 904 | 01638 53 2927
Mon-Fri: 7am-5pm
Sat: 9am-4pm
Sun: Closed



Hard Copies Print Shop

Bldg 977 - Ground Floor | x1719
Mon-Fri: 9am-5pm

Hot Pit: Flight Line

Bldg 1224 | x3184

Mon-Fri:

Breakfast: 5am-8am
Lunch: 11am-2pm
Dinner: 5pm-8pm
U.S. Holidays, Family/Goals Days, & Weekends: Closed

Between-meal hours for

grab & go options:
8am-11am • 2pm-5pm



Human Resources NAF/HRO RAFL

Bldg 977/ Room G45 | x4417
Mon-Fri: Appointments only from 9am-1pm,
Walk-ins from 1pm-4pm
Sat & Sun: Closed
U.S. Holidays & Family/Goal Days: Closed

Civilian Personnel RAFM

RAFM Bldg 435 | 238-2111
Mon-Wed: 8am-3pm
Appointment only after 3pm



Information Tickets & Travel (ITT)

RAF Lakenheath BX | x3018
Mon-Fri: 10am-5pm
Sat & Family/Goal Days: 10am-1pm
Sundays/U.S. Holidays: Closed

Knights Table



Military Dining Facility

Bldg 934 | x3214
Closed for renovations

Liberty Lanes Bowling Center



Bldg 657 | x2108
Mon: Closed
Tue, Wed & Thu: 11am-8pm
Fri & Sat: 11am-10pm
Sun: 11am-6pm



Liberty Club

Bldg 648 | x1611

Bistro

Bldg 648 | x1603
Mon-Fri: 6:30am-8pm
Sat: 8am-8pm
Sun: Closed

Cashier's Cage

Mon-Sat: 10:30am-4pm
Sun: Closed

Casino Lounge & Bar

Sun-Wed: Closed
Thur: 4pm-10pm
Fri & Sat: 4pm-2am

Slots

Mon-Wed: 7am-8pm
Thur: 7am-10pm
Fri & Sat: 7am-2am
Sun: Closed



Liberty Library

Bldg 907 | x3713
Mon & Tue, Thur & Fri: 10am-6pm
Wed: 10am-7pm
Sat & Sun: Closed
U.S. Holidays & Family/Goal Days: Closed

Liberty Lodge

Bldg 984 | x6700
Front desk: 24 hours a day
Check-in: 2pm | Check-out: 11am

Military & Family Readiness Center

Bldg 950 | x3847
Mon-Thur: 7:30am-5pm
Fri: 7:30am-2pm
U.S. Holidays & Family/Goal Days: Closed

Military Personnel Flight

Bldg 977 | x1713
Mon-Fri: 8am-3pm

Customer Support & ID Cards

Schedule an appointment via
lakenheathfss.com | x5131

Career Development: Relocations

Phone & email support | x5131

Career Development: Promotion & Retention

Phone & email support | x1079

Force Management

Phone & email support | x5138

Passport Services

Phone | x1210



Outdoor Recreation

Bldg 1109 | x2146
Mon-Fri: 10am-5pm
Sat & Family/Goal Days: 10am-1pm
Sun & U.S. Holidays: Closed



Pizza Place

Bldg 670 | x2181 or x2497
Mon: Closed
Tue: 2pm-8pm
Wed & Thur: 11am-8pm
Fri: 11am-9pm
Sat: 2pm-9pm
Sun: 4pm-8pm

Delivery

Mon: Not Available
Tues-Sun: 4pm-8pm
Subject to change.



Post Office

Bldg 1025 | x2370

Finance/Mailing Out

Mon, Wed, & Fri: 10am-5pm
Tue & Thur: 11am-5pm
Sat: 10am-2pm
Sun: Closed
Priority Express not accepted after 3pm.

Package Pick-up

Mon, Wed, & Fri: 10am-4pm
Tue & Thur: 11am-4pm
Sat: 10am-2pm
Sun: Closed

Night Shift Package Pick-up:

Mon-Fri: 7am-8am

Customer Service/In & Out processing/Claims:

Mon-Wed & Fri: 10am-4pm
Tue & Thur: 11am-4pm
Sat & Sun: Closed

VAT Relief Program Office

Bldg 977 - Ground Floor | x3166
Mon-Fri: 8:30am-11:30am
Walk-ins only



Wood Shop

Bldg 1104 | x3367
Wed & Thur: 10am-7pm
Fri: 10am-5pm
Sat: Class day only
Mon & Tue: Closed
Holidays & Family/Goal Days: Closed



Youth Center

Bldg 250 | x5437
Mon-Fri: 6:45am-5:15pm
Sat & Sun: Closed
Holiday & Family/Goal Days: Closed

Open Recreation/Teen

Bldg 250 (Youth Center) | x5437
Holidays & Family/Goal Days: Closed

School Age Care (SAC)

Bldg 250 | x5437
Closed federal holidays

Youth Sports

Bldg 250 | x1182
Refer online for season dates

Hours Subject to Change

Please check with the facility before making plans.

The MSG Training Day will be every 3rd
Wednesday of the month. FSS facilities
will be closed or at minimal manning.

Commercial: 01638 52-XXXX

DSN: 226-XXXX





MOTHER'S DAY BRUNCH

.....

SUNDAY • MAY 12 | 11AM - 2PM

ADULT \$28 | CHILD (5-12) \$14 | 4 & UNDER FREE!

BOOK YOUR TABLE TODAY!



The Grill
BLDG 648 • 01638 52 1611
lakenheathfss.com

