

APRIL 2024

# AT EASE

*for your military kid*



## MoMC Events

It's Month of the Military Child! Celebrate your military kid with FSS.

page 20

## Adventure Awaits

Take your military child on a trip this April with ITT or ODR.

pages 30, 32



**AUTO  
INSURANCE**

# **USAA** knows these roads too.

USAA Auto Insurance can help protect you while driving abroad with policies and coverage you can trust. It even goes with you on leave to insurable locations.

And with offices across Europe, we're always here to help.



---

**If you know, you know.  
If you don't, we do.**

**Get Started  
0800-289-192**

Membership eligibility and product restrictions apply and are subject to change. Property and casualty insurance provided by United Services Automobile Association (USAA), USAA Casualty Insurance Company and USAA General Indemnity Company which are domiciled in Texas and are licensed in all 50 United States and D.C.; Guam, Puerto Rico, and/or the Virgin Islands; USAA S.A. UK Branch, authorized by the Prudential Regulation Authority, and regulated by the Financial Conduct Authority and the Prudential Regulation Authority to write coverage in the United Kingdom. USAA S.A. UK Branch Registration Number: England BRO23811, also registered with the Registre du Commerce et des Societes of Luxembourg; or USAA S.A., authorized by the Luxembourg Minister of Finance and supervised by Commissariat aux Assurances to write insurance under the Freedom of Services Directive in Azores, Belgium, France, Germany, Greece, Italy, Netherlands, Portugal and Spain. USAA S.A. Trade and Companies Registration Number: B-224622. Not all products are available to all applicants in all locations. Product availability may vary in some foreign locations due to local laws and restrictions. USAA means United Services Automobile Association and its affiliates. The Department of the Navy does not endorse any company, sponsor or their products or services. MCCS Sponsor. No Federal or DoD endorsement implied. Paid ad. No federal endorsement of advertiser is intended. Neither the Coast Guard nor any other part of the federal government officially endorses any company, sponsor, or their products or services.  
© 2023 USAA. 293449-0523

**05**

## APRIL FEATURES

- 05** Important links from this issue
- 06** Employee Spotlight
- 20** Month of the Military Child

Cover photo taken by Sarah Olszak



Look out for this logo for free and discounted fun!



Look for this logo to find FSS Gives Back specials.



# Table of Contents

**08**

## FAMILY

- 08** Child & Youth Programs
- 10** Community Centers
- 12** Military & Family Readiness Center (M&FRC)
- 15** Liberty Library

**14**

## ESSENTIALS

- 14** Auto Hobby
- 18** Fitness & Sports

**19**

## FOOD

- 19** Hot Pit & Knights Table
- 22** Liberty Club Dining

**25**

## FUN

- 25** Liberty Club: After Dark
- 26** Arts & Crafts
- 29** Wood Shop
- 30** Information, Tickets, and Travel (ITT)
- 32** Outdoor Recreation (ODR)
- 34** Breckland Pines Golf Course
- 35** Liberty Lanes Bowling



### Command

**48 FW Commander**  
Brig Gen Joseph L. Campo

**48 MSG Commander**  
Col Shonry O. Webb

**48 FSS Commander**  
Maj Andrew Zimmer

**48 FSS Deputy**

**48 FSS Senior Enlisted Advisor**  
CMSgt Henitra Barfield

**48 FSS First Sergeant**  
MSgt Jamie Espitia

### Marketing

**Marketing Director**  
Callie Kennington

**Commercial Sponsorship Coordinator**  
Kimberly Porath-Oxley

**Visual Information Specialists**

Sarah Olszak

Devon Garner

Casey Gottzmann

Matt Valverde

Aaron JW Bagley

Select photos taken by Sarah Olszak & Devon Garner

### Contact Us

[www.lakenheathfss.com](http://www.lakenheathfss.com)

Phone

DSN: 226-1719

Commercial: 01638 52 1719

US International: 011-44-1638-521719

Mail

48 FSS/FSK

Unit 5187

APO, AE 09461-5187

Advertising & Sponsorship

[48fssmarketing@gmail.com](mailto:48fssmarketing@gmail.com)

*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.



# ADVERTISE WITH 48 FSS!

Exposure to 14,000 potential customers

- Monthly At Ease Magazine •
- Bi-yearly travel guide •
- Digital screens •

## Advertisement & Sponsorship

48th Force Support Squadron Marketing & Publicity

Commercial: 01638-521719 | DSN: 226-1719 | [48fssmarketing@gmail.com](mailto:48fssmarketing@gmail.com)

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.

## Tell us what you think.

Quickly and easily provide valuable feedback to improve the products and services available to you. With just the click of a mouse, send your suggestions and comments - good or bad - directly to the appropriate service provider manager. Provide your contact details to have the manager contact you directly, or submit it anonymously; the choice is yours.

**ICE**  
INTERACTIVE CUSTOMER EVALUATION

Go to <https://ice.disa.mil>

@48FSS



@48FSSLAKENHEATH



To Subscribe, Follow, & Submit ICE feedback  
Scan for all FSS links at your fingertips



# 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!

*Paid advertisement. Federal endorsement of advertiser not intended.*

# Balmforth

Estate Agents, Valuers & Letting Agents



“Where our Houses are your Homes”

- Free on base pick up and drop off for viewing houses
- No USAF fees for viewing, applications, renewals and check-outs
- Housing Office compliant Lease
- Open 7 days a week
- Offices located in Beck Row, IP28 8DH and Mildenhall, IP28 7EQ



**01638 711171**

[mildenhall@balmforth.co.uk](mailto:mildenhall@balmforth.co.uk)



[www.balmforth.co.uk](http://www.balmforth.co.uk)

[www.balmforth-usaf.com](http://www.balmforth-usaf.com)



## Carina Marquez

This month's celebration of military children is of personal significance to Carina Marquez, as she's currently pregnant with her first and very own military child. In fact, as you're reading this, Carina's baby boy might already be here as she's due this month! Carina and her spouse are so grateful for all of the resources and support they've received as soon-to-be/new parents at RAF Lakenheath, especially as it's Carina's first PCS and time away from loved ones.

### Employee Spotlight: M&FRC Office Assistant



Carina and her spouse have been stationed in the UK for a year now, and she's been enjoying working in her first position with the federal government at the Military & Family Readiness Center (M&FRC). Carina loves her role, especially when she sees how appreciative people are when the Center can help them. Customers come in when they are at important touchpoints in their careers or personal lives, and it brings Carina joy to be able to help them even in the smallest of ways. One of her favorite projects she has worked on was handing out gift cards and cookies during the holidays to service members as part of a resiliency initiative.

Carina wishes that more people knew about all of the different services that M&FRC offers – from help with resumes, interviewing, and LinkedIn, to providing assistance with transitioning in and out of the UK, casualties, exceptional family members, voting, deployments, and so much more. M&FRC is bursting with information and resources! As well as their normal programming (pg 12), M&FRC will also be participating in this month's KUDOs (Kids Understanding Deployment Operations) event (pg 38).

In addition to the pride she takes in helping the community, Carina is personally grateful for the new skills she's learned and the doors that M&FRC has opened for her career. Having studied fine arts and filmmaking, Carina, who was born in the Philippines, used to work in a much different field – the film industry in Los Angeles! Still, Carina manages to explore her creativity in a different way nowadays with her very own foodie account on Instagram. Stop by Building 950 to say hello to Carina and her team and learn more about everything M&FRC has to offer!

“

*I enjoy seeing how relieved people are when we can help them.*

”

# Month of the Military Child

April is Month of the Military Child, and the 48 FSS is here to help you celebrate your little ones all month long!

There's something for everyone – whether you're looking to enjoy some fun closer to home or have a big adventure out in the UK! Both our Community Centers at RAF Lakenheath and RAF Feltwell have programming throughout the month, including the new family-friendly Monday Funday events taking place at Eagles' Landing - Community Event Center and a special Earth Day crafting event at Ward CAC on April 22 (pg 10). Additionally, Child & Youth Programming are offering a variety of activities throughout the month, including a full Spirit Week, the annual MoMC Parade, and the highly anticipated Month of the Military Child Carnival (pg 8).

And, if you're looking to get out and get active with your military kid this April, ODR and ITT have you covered! Try out archery and axe throwing at Freedom Field on April 24 or rent one of their bouncy castles to entertain at home – they have a deal on this month's Castle of the Month, Glossy Party Time (pg 32). ITT has trips to help you spoil your princes and princesses too, with trips to Hedingham Castle, Windsor Castle, and Arundel Castle throughout the month (pg 31).

Want to treat your military child with an American-inspired favorite? The Liberty Club is serving up Lib-fil-A chicken tenders this month, because what kid doesn't love some chicken nuggies? Yum!

No matter how you want to show your appreciation to your military child, we're here to help! We've compiled a comprehensive guide of all the fun taking place at RAF Lakenheath to help you get organized. Turn to page 20 to get started.

## Did you know?

Did you know that the dandelion is the official flower of the military child? Much like the flower, military kids can put down roots almost anywhere and bloom wherever the wind takes them. Cultivated within military culture, they're strong, resilient, and always ready to fly in the breezes that take them on to new adventures, new lands, and new friends.

FSS Employment & Month of the Military Child

# 48 FSS



# Month of the Military

## CYP Events

### Plant Purple

Friday • April 5 | 4pm - 5pm

Join us to plant purple flowers at the Youth Center in honor of Month of the Military Child. Bring your green thumbs!

### MoMC Parade

Friday • April 26 | 4pm - 5pm

See page 20 more details!

### MoMC Carnival

Saturday • April 27 | 12pm - 4pm

Join us for our annual Month of the Military Child Carnival at RAF Lakenheath's Freedom Field. There will be field games, food trucks, vendors, and bounce houses. Come celebrate our military children!



## Child Development Center

**Check out  
page 20 for a  
comprehensive  
calendar of all  
MoMC events!**

Providing more than just full-day child care, the Child Development Center promotes active learning programs for children age 6 weeks to 5 years. Fees for this program are determined using a sliding scale based on total family income. In addition to full-time care, hourly care and slot leasing may be available based on child absences from the program. Scan the QR code on page 5 to learn more!



# Child with CYP

DEPARTMENT OF AIR FORCE



CHILD AND YOUTH PROGRAMS



## Youth Center Classes

## Family Child Care

Become a licensed FCC provider and you could earn \$305 a week for every child (maximum 6 children), including your own children under the age of 8!

The FCC program is always recruiting new providers to join our team. If you are interested in boosting your family's income; providing quality, affordable child care; and assisting the Air Force with meeting the child care needs of its patrons - to include extended duty care and care for special needs children - then this is for you!

Still struggling to find child care? Find out if you qualify for the Air Force Subsidy Program! Scan the QR code on page 5 to see more details, or get in touch with your Community Child Care Coordinator for more information.

01638 52 2170 • [lorrie.heller@us.af.mil](mailto:lorrie.heller@us.af.mil)

### Indoor Soccer

\$60/month

Wednesdays | 4pm - 7pm • Ages 7-10  
Thursdays | 4pm - 7pm • Ages 11-14  
Thursdays | 7pm - 8pm • Ages 15-18

### Touch Rugby

\$20/month

Thursdays | 5pm - 6pm • Ages 8-12

### Tennis

\$50/month

Tuesdays | 3pm - 5pm • Ages 5-7  
Tuesdays | 4pm - 4:45pm • Ages 8-10  
Tuesdays | 5pm - 6pm • Ages 11-18

### Dance (Contemporary/Jazz)

\$50/month

Wednesdays | 3:30pm - 4:15pm • Ages 5-10  
Wednesdays | 4:15pm - 5pm • Ages 11-18

Do you play the piano and & love children? We would love to have you as an instructor at the Youth Center!

For more information, please contact us at:

[48fss.fsyy.youthprograms@us.af.mil](mailto:48fss.fsyy.youthprograms@us.af.mil)

DSN 226-5437



# COMMUN



# WARD

**RAF Feltwell**



## Earth Day Craft Night

Monday • April 22 | 5pm - 6pm

Help us celebrate Month of the Military Child and Earth Day all in one! By taking steps to live more sustainably, we can create less waste and give our military children a healthier, greener planet to inherit. This is just one more way to show them how much they mean to us.

## CineFriday

Friday • April 26 | 5:30pm start

Follow us on social media for more information about what movie is playing.



# COMMUNITY



## COMMUNITY CENTER

# PAGE

## RAF Lakenheath

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

## Eagles' Landing - Community Event Center

### MONDAY FUNDAYS

Mondays | 2:30pm - 4:30pm  
Eagles' Landing - Community Event Center  
No sign-up required

Play Date

Monday • April 8 | FREE

Come along and join in on the fun! We will provide an activity for kids ages 2-8 to do together. Keep an eye on our Facebook page for more details about the activity!

Music Madness

Monday • April 15 | \$2 per child

Get the kids out to sing and dance to their favorite songs at this fun karaoke event! And, you can even sing along with your kids if you'd like!

RAF Lakenheath Rocks

Monday • April 22 | FREE

Come and join us for the launch of this fun, ongoing, and interactive event! We will be painting our first batch of rocks, which will then be hidden around base to find throughout the month. Finders will post their rock on social media, and then decide if they want to keep it or re-hide it for someone else to find!

Friday • April 26

Doors 5pm | Games 6pm

Grab a friend and meet us in the Eagles' Landing Ballroom to join in on the chance to win BIG! For \$25, you start with two books, with additional books at \$10. Cash prizes of up to \$1,000 are available!

Or, catch our EARLY BIRD pricing and get two books for \$20. Call between April 5 and April 19 at 01638 525113 to purchase!



# BIG BUCKS BINGO



Alan-Micheal Bryant  
2023's 48th  
Fighter Wing  
Key Spouse of  
the Year

## 2023's 48th Fighter Wing Key Spouse of the Year

Alan-Micheal Bryant was named 2023's 48th Fighter Wing Key Spouse of the Year for his exemplary support of 48th Maintenance Operations (48 MXO), as well as the broader 48th Fighter Wing community.

As an Air Force spouse - and certified Resilience Training Assistant with additional training in Applied Suicide Intervention Skills - Alan consistently leveraged his knowledge and training to strengthen a community network of spouse support. Additionally, as a Community Readiness Specialist with the M&FRC, Alan acted as the primary point of contact in support of the Key Spouse Program.

In his role as a 48 MXO Key Spouse, Alan sponsored unit training, served as the unit Committee Chair for the Spouse Combat Dining-In, and launched the unit's Facebook page. In his role as a Community Readiness Specialist, Alan hosted weekly Spouse Orientations, coordinated Key Spouse training and events, and connected spouses to the variety of services and resources the M&FRC offers.

Finally, in pursuit of his second master's degree with a focus on education, Alan supported the DoDEA community by volunteering with the Parent Teacher Organization at Feltwell Elementary School.

Recognizing the important role spouses hold in promoting readiness and resilience, this award is an acknowledgment of Alan's dedication and commitment to supporting the well-being of the 48th Fighter Wing community.

**Congratulations, Alan-Micheal!**



## Upcoming Briefings & Workshops

- Federal Employment: Resume Workshop ..... Wednesdays • April 3 & 24 | 9am - 11am
- Personal & Work Life (P&WL) Key Spouse/SAPR/Suicide Prevention Training ..... Thursday • April 4 | 10am - 12pm
- Bundles for Babies ..... Friday • April 19 | 10am - 12pm  
*This is an AFAS community enhancement program for expectant mothers and fathers*
- Pre-Separation Counseling ..... Thursdays • April 4 & 18 | 1pm - 4pm
- Reintegration Briefing ..... Mondays & Wednesdays | 9am - 9:30am
- Pre-Deployment Briefing ..... Mondays & Wednesdays | 9:30am - 10am
- Manage Your Move ..... Thursdays • April 4 & 18 | 8:30am - 11:30am
- Department of Labor Vocational Track ..... Thursday & Friday • April 11 & 12 | 8am - 4pm
- Transition Assistance Program (TAP) Workshop ..... Monday - Wednesday • April 22-24 | 8am - 4pm
- Department of Labor Employment Track ..... Thursday & Friday • April 25 & 26 | 8am - 4pm



**TailWings**  
PCSing with pets



**Pet PCSing**  
with TailWings



+44 (0) 203 778 1190 | [pcs@tailwingspettravel.com](mailto:pcs@tailwingspettravel.com)

SCAN ME



Paid Ad. No Federal endorsement of advertiser intended

MAJOR LEAGUE BASEBALL



# LONDON SERIES 24

SATURDAY, JUNE 8

SUNDAY, JUNE 9



# VS



TICKET ONLY  
CATEGORY 4  
£135\*

TICKET + TRANSPORTATION  
CATEGORY 4  
£168\*

TRANSPORTATION ONLY £37\*

\*ALL PRICES ARE PER DAY.

Interested in attending both games?

CONTACT ITT FOR MORE INFORMATION!



GET HOME SAFELY - ON OR OFF  
BASE - WITH PHOENIX TAXI  
SERVICE! LOCATED IN EAGLES'  
LANDING - COMMUNITY EVENT  
CENTER NEAR LIBERTY WINGS.

DSN: 226 2306

COMMERCIAL: 01638 52 52306

Paid advertisement. Federal endorsement of advertiser not intended.



## Maidwell Antiques

Large range of ever changing stock to include antique furniture, clocks, copper, silver, brass and much more. Call us and come in for tea!

Large groups and children welcome.

*Not just antiques  
it's an experience!*

Affordable Prices with Delivery and Payment Plans Available.

Ring: 01366 385058 or 07712 105408

### OPENING TIMES

SA1 - SUN 10am - 6pm

WEEKDAYS - Please Ring to Confirm



The Old Rectory, Forstham  
PE38 0HJ Downham Market

# H&R BLOCK®

We are still available...

**VIRTUALLY**

*Same People, Same Service!*

Michelle Davila

[michelle.davila@tax.hrblock.com](mailto:michelle.davila@tax.hrblock.com)

757-637-8895

231-486-5055 ext. 456

Adrienne Hill

[adrienne.hill@hrblock.com](mailto:adrienne.hill@hrblock.com)

+44 7990 010667

231-486-5055 ext. 459

Get the most up-to-date information by following us on  
Facebook: HRBlock England

## HOME SCHOOL SHOW & TELL

April 11 & 25 | 10:30am

Open to school-aged children

Join us every second and fourth Thursday for Show & Tell. Bring a special item or story that you would like to share and sharpen those public speaking skills!

18+

## SILENT BOOK CLUB

April 19 | 6pm - 8pm

Remember "Drop Everything And Read" from school? Here is your chance to do that as a grown up! Join us at the library for two hours of silent reading! Bring a snack to share and whatever you are currently reading!

*No library services will be available after 7pm*

## PAWS TO READ

April 25 | 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.

## BABY RHYME TIME

Tuesdays at 10:15am

Open to ages 0-2

## PRESCHOOL STORYTIME

Tuesdays at 10:45am

Open to ages 3-5

## CRAFTERNOON AT THE USO

April 10 | 3pm - 4:30pm

Open to ages 12 & under

*While supplies last*

## PAINT YOUR OWN PUZZLE

April 10 | 3pm - 4pm

Open to ages 11+

## ROCK PAINTING

April 3 | 3pm - 4pm

Open to ages 6-10

## UPCOMING CLOSURES

April 1 | Family Day

April 17 | Staff Training

AIR FORCE



LIBRARIES

AT EASE • APRIL 2024



AIR FORCE



AUTO HOBBY



### Know Your Car Class

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

*Sponsored by Milendhire and Volvo. Federal endorsement of sponsor not intended.*

ANYTIME  
IS A  
GOOD  
TIME  
WHEN IT  
COMES  
TO CAR  
CARE



### Free Safety Checks

Monday - Friday | 10am - 4pm | FREE

Stop by for a FREE check, which includes exterior light operation, battery load test and security, coolant level/condition, brake fluid test, windscreen washer fluid level/operation, wiper blade condition, and tire pressure/wear check. No appointment necessary.





## Retire Your Ride

PCS-ing soon? Let us help you dispose of your old car in a legal and environmentally-responsible way. Call us and we'll tow your vehicle away for FREE and keep you out of trouble by taking care of all the necessary paperwork.

## 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.

## Light Conversion Pre-Inspection

Mondays & Fridays | 12pm - 4pm

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.



## Oil Change

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

## 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!

## Tri-base 10K

April 12 • 8:30am | RAF Mildenhall

## May Fitness Run 5k

May 11 • 10am | RAF Lakenheath

## 8-hour Squadron Run

May 31 • 8:30am | RAF Lakenheath



## Free Classes

Check out the most up-to-date class schedule on our Facebook by scanning the QR code on page 5!

**April 1** Family Day

*No classes from 8am - 4pm*

**April 17** MSG Training Day

*After-hours access only*

# MAKING LIVES BETTER

Contractors are available for personal training, massages, and tennis! See the front counter for more information about setting up an appointment!



Certified? Contact the Fitness Center for more information about fitness class or sports skill instruction, officiating, and personal training opportunities!

## NAFTA Certifications



GEI • April 15 & 16 | \$199

Personal Trainer • April 16-19 | \$499

Power Cycle • April 16 | \$189

HIIT • April 17 | \$189

Power Step • April 18 | \$189

Yoga Level 1 • April 19 | \$189

## May Incentive Program

Earn points for taking care of you! Receive points for exercising, taking classes, and getting massages! Turn in completed cards for a chance to win a prize! For more information, contact the Fitness Center.

DEPARTMENT OF THE AIR FORCE



FITNESS & SPORTS



**Tennis**  
Tuesdays  
6pm - 7pm

Six tennis classes for \$85. Every Tuesday beginning on April 16.

**Intramural**  
Flag Football is projected to start April 2.



## MIDWEEK MUNCHIES

We've got specialty menus every single week, and guess what? The Hot Pit is open to everyone - active duty and civilians alike. Stop by and see what we're about!

April 3 | Wing Wednesday

April 10 | Caribbean Meal

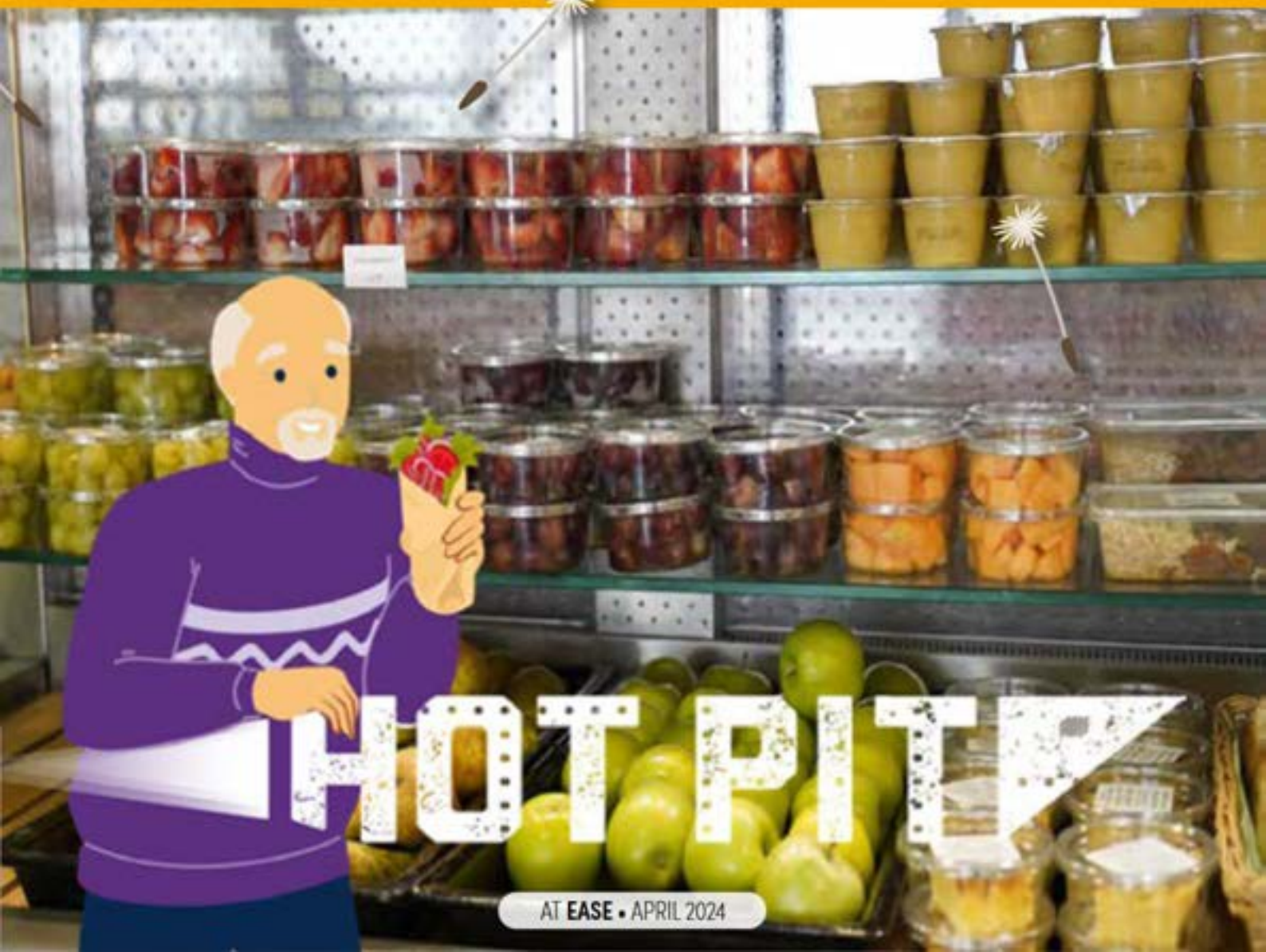
April 17 | Baked Potato Bar

April 24 | Wing Wednesday

Scan the QR code on page 5 for full menu options!



# R... IT'S WHAT WE DO!



# Celebrate Your Military Child

April is Month of the Military Child (MoMC), and FSS is here to help you celebrate! On the next page, find a full listing of all the wonderful, MoMC-themed activities and events that are taking place this month in chronological order. Get more details over at the respective FSS facility's page by using the key located under the calendar, or scan the QR code on page 5 to visit our MoMC blog. It has all the information you need to celebrate your military child this April!

## Parade

Friday • April 26 | 4pm - 5pm

Join CYP for the long-awaited, annual Month of the Military Child Parade! Come celebrate your military child with us! The parade will be starting from the field behind CDC West.



## Spirit Week

The Youth Center and both of our CDCs are each hosting a Month of the Military Child Spirit Week! Join us the week of April 14 and show your spirit. Check the guide below to see what your military child should wear each day.

	CDC	Youth Center
Mon	Pajama Day	Festive Purple Day
Tue	Super Hero Day	Super Hero Day
Wed	Camouflage Day	Camouflage Day
Thur	Crazy Hair Day	Crazy Hair Day
Fri	Purple Up (Every Friday)	Pajama Day



Our very own Unique Howard, the 48 FSS Youth Programs Director, and her family.

SUN MON TUE WED THU FRI SAT

1 FAMILY DAY	2 MOMC PROCLAMATION SIGNING WITH GEN CAMPO	3 TIE DYE PURPLE UP SHIRTS	4 HEART NOTES PURPLE STEM DAY	5 PURPLE PLANTING MOMC BOWLING	6 MOMC BOWLING
7 MOMC & DAP R4R BOWLING	8 DOOR DECORATING CONTEST PICTURE DAY PLAY DATE KIDS & CANVAS: CATERPILLAR	9 STAR SPANGLED BANNER DAY	10 PURPLE SMOOTHIES	11 PURPLE PAINTING	12 MOMC CAREER DAY MOMC BOWLING
14 MOMC SPIRIT WEEK MOMC BOWLING	15 MUSIC MADNESS	16	17	18	19 PLAYGROUND PLAY DAY MOMC BOWLING
21 ART GALA WEEK MOMC & DAP R4R BOWLING	22 EARTH DAY EARTH DAY WORK TOGETHER PLANET V. PLASTICS EARTH DAY CRAFT NIGHT LAKENHEATH ROCKS	23 BREAKFAST WITH FAMILIES	24 PURPLE UP POPSICLES TALENT SHOW ARCHERY & AXE THROWING	25 STORYTIME WITH LEADERSHIP MOMC POSTER COMPETITION	26 MOMC PARADE DOOR DECORATING WINNERS ANNOUNCED CINEFRIDAY MOMC BOWLING
28 GO APE MOMC BOWLING	29	30	<h1>APRIL 2024</h1>		

- ALL CYP EVENTS (PG 8)
  - CDC (PG 8)
- YOUTH CENTER (PG 8)
- COMMUNITY CENTERS (PG 10)
  - ARTS & CRAFTS (PG 26)
  - OUTDOOR REC (PG 32)
  - BOWLING (PG 35)

Month of the Military Child





**Michelle's Sweet Treats**  
Fri • April 5 | 6:30am 'til sell out!

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



**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: the Snickers!

**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 Lakenheath, the place to be is the Liberty Club for one of their delicious, all-you-can-eat buffets!



**Lib-fil-A Tenders**  
Mon - Fri | 11am - 8pm • \$13.95

It's our pleasure to bring you a taste of the USA with classic, marinated Lib-fil-A style tenders served with a side of waffle fries and our homemade Lib-fil-A sauce.



**Steak Night**  
Fri • April 19 | 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

**April's Pizza of the Month**  
Small \$13.25 • Medium \$15.25 • Large \$18.75

'The Spring Break' pizza is topped with bacon, spring onions, and alfredo sauce, and smothered in our mozzarella cheese blend.



FOR ALL YOUR  
DOG HOLIDAY NEEDS  
FULLY LICENSED &  
VETERINARY APPROVED

- Spacious Heated Accommodation
- Individual Exercise Areas
- Countryside Walks



Find us

@Winterbrookeboardingkennels

Phone: 01842 829735

WhatsApp: 07985 620520

Mill Lane - Hockwold  
Hetford - Norfolk  
IP25 4LR

Open 7am To 7pm 7 Days a Week

2 miles from RAF Feltwell • 6 miles RAF Lakenheath • 9 miles RAF Mildenhall



Winterbrooke  
BOARDING KENNELS

RAFL OUTDOOR REC  
SHUTTLE SERVICE



SIT BACK, RELAX,  
& LET ODR TAKE THE WHEEL!

AIRPORT SHUTTLE PRICES\*  
HEATHROW \$300 • GATWICK \$300  
LUTON \$190 • STANSTED \$150

\*ADDITIONAL CHARGES MAY APPLY. ALL BOOKINGS MUST BE DONE IN ADVANCE.

FOR MORE INFO, AVAILABILITY, & ADDITIONAL TRANSPORTATION SERVICES, CONTACT US TODAY!

Outdoor Recreation  
BLDG 1109 - 01638 52 2145  
lakenheathfus.com

RAFLDRSHUTTLE@GMAIL.COM



Paid advertisement. Federal endorsement of advertiser not intended.

  
**Keesler  
Federal  
CREDIT UNION**

**Helping**  
**service members**  
**SOAR!**

**Sterling service. Free Sterling bill pay.**

*Helping members live extraordinary*

Ask us about it!

RAF Alconbury | RAF Lakenheath | RAF Mildenhall



18+

# THE LIBERTY CLUB

BISTRO & GRILL • BAR • FUN

## After Dark

Prizes!

### GAMES AT THE BAR

**Every 1st Thursday • April 4 & May 2 | 6pm start**  
Domino tournament - \$10 to enter a two-player team

**Every 2nd Thursday • April 11 & May 9 | 6pm start**  
Bar bingo - \$10 for five cards

**Every 3rd Thursday • April 18 & May 16 | 6pm start**  
Themed trivia nights - \$10 to enter a team (6 people max)

**Every 4th Thursday • April 25 & May 23 | 6pm start**  
Texas Hold 'Em - \$20 buy-in

### HIP - HOP , R & B , & WINGS

**Fridays • Wings: 9pm - 11pm | Music: 9pm - 2am**

Come catch the vibe. A variety of Hip-Hop & R&B will be playing all night, plus dig into your favorite wings!

### SATURDAY NIGHTS OUT

**FREE entry | 9pm - 2am**

**Latin Night • April 6 & May 4 |** Learn some new moves and strut your stuff on the dance floor!

**Karaoke Night • April 6 & 20 |** Grab a mic and show the Tri-base who should be the next big star!

**Country Night • April 13 |** Get your dancin' boots on and line dance the night away!

# ARTS & CRAFTS CENTER

## Take a class in April!

06



### Stained Glass: Sunrise (Intermediate)

10am - 4pm  
Reg \$135 | R4R \$35

08



### Kids & Canvas: Caterpillar

5pm - 7pm  
Reg \$30 | R4R \$15

22



### Wood & Words: Welcome

6pm - 8pm  
Reg \$45 | R4R \$25

24



### Paint & Sip: Highland Cow

5pm - 7pm  
Reg \$30 | R4R \$15

All classes are 18+ unless stated otherwise.

## 06 – Wheel Thrown Pottery: Taster

10am – 1pm  
Reg \$75 | R4R \$20



## 06 – Sewing Basics

10am – 2pm  
Reg \$45 | R4R \$25

## 16 – Wheel Thrown Pottery: Taster

10am – 1pm  
Reg \$75 | R4R \$20



## 24 – Sewing Projects

5pm – 7pm  
Reg \$25 +supplies | R4R \$10 +supplies



## 30 – Clay Play

4:30pm – 7pm  
Reg \$30 | R4R \$15



# Specialty Services

The Arts & Crafts Center can provide you space to learn and make with clay at our **Ceramics Studio**. Based in Building 906, you are able to pop in and use our studio during our open hours for your own projects, or sign up for our clay play or wheel-throwing classes to learn basic and more advanced techniques! We also offer the opportunity to come in and paint pre-existing ceramics, which is perfect for a day out on your own or with friends/family!

### Custom Framing

Display your cherished memories and achievements with a custom frame.

### Engraving

We offer custom engraving on over 50 different products.

### Embroidery

We can embroider name tapes, flight patches, Air Force patches, & custom embroidery.

### Printing

We print on T-Shirts, banners, vinyl, mugs, plates, & more.

### Craft Store

We sell everything from art supplies and fabric, to seasonal decor & planners.

# Sakura

Japanese & Chinese Restaurant

*We are a family-friendly restaurant located in Lakenheath, serving both Japanese and Chinese food including fresh sushi, noodle soup, rice and more! Eat in or Takeaway.*

- ▶ Call us to book a table and try something new today!  
**01842 860 444**  
We also Deliver!
- ▶ Customer parking is available at the back of the restaurant.  
**44 High Street**  
**Lakenheath**  
**Brandon IP27 9DS**

 **VIEW OUR MENU ON FACEBOOK**  
Search "Sakura Lakenheath"



## OPENING TIMES

Monday: 11:00-14:30, 16:30-22:00

Tuesday: Closed

Wednesday: 11-14:30, 16:30-22:00

Thursday: 11:00-14:30, 16:30-22:00

Friday & Saturday: 11:00-14:30, 16:30-23:00

Sunday: 12:00-22:00

Paid advertisement. Federal endorsement of advertiser not intended.

**baseLETS** ★  
LETTINGS & MANAGEMENT

[www.baselets.co.uk](http://www.baselets.co.uk)

Call Us on **01842 862 700**

## PROPERTY RENTALS

Two Offices Conveniently Located; One outside Gate 2 of RAF Lakenheath and One by RAF Mildenhall

Best Quality Homes that Comply with USAF & UK Health & Safety Requirements

Free Complimentary Service & Support to All Tenants Carrying Orders

Free Transportation from Billeting to Viewings

Wide Variety of Properties from New Builds to Traditional, Single and Dual Voltage

Majority of Homes are Pet Friendly

48 CES Approved Tenancy Agreements with Military Break Clauses

Over 68 years of Combined USAF Experience

### FULLY LICENSED AGENCY

MILDENHALL: 3, Holmsey Green, Beck Row, IP28 8AJ

LAKENHEATH: 5 Shopping Centre, Earls Field, Lakenheath, IP27 9RX

**baseLETS – LEADING THE WAY FOR YOU**

Scan Me  
with your  
smart phone!



 safeagent

 The Property  
Ombudsman  
LETTINGS

 DPS  
The Smart Protection Service



Build this cute highland cow planter to keep your plants safe on your porch this spring! Give us a call to schedule a two-hour time slot - available on Saturdays in April between 10am and 3pm - to build your own sweet friend.

**Large 24" Cow**

\$70 | R4R \$20

**Small 13" Cow**

\$30 | R4R \$12



*Paint and stain are included in pricing.*

AT EASE • APRIL 2024



# Adventure this APRIL

## Whisky Tasting in Edinburgh 3-Day

April 26-28  
Adults only £419

Coach transportation, two nights bed & breakfast accommodation, visit to Jedburgh Woollen Mill, Scottish Whisky tour with tasting, & free time in Edinburgh

*Single supplement £150*



## Brugge Extended Day

Saturday • May 4  
All £115

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



## Mainland Travels

### Brussels Extended Day

Saturday • April 20  
All £115

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



## Glasgow & Loch Lomond 3-Day

May 10-12  
Adult £369 | Child (2-11) £289 | Infant £120

Coach transportation, two nights bed & breakfast accommodation in Glasgow, free time in the city, & a visit to Loch Lomond

*Single supplement £120*

# Day Trips

London DYO

Saturday • April 13 & Sunday • April 21  
Adult £35 | Child (3-14) £33 | Infant £20

Transportation only

## Hedingham Castle: Knights of Middle England

Saturday • April 13  
Adult £38 | Child (4-16) £33 | Infant £20  
Adult £19 | Child £16

Transportation and entry to the gardens, keep, & jousting events



## Straford-upon-Avon: Shakespeare's Birthday

Saturday • April 20  
Adult £30 | Child (3-14) £28 | Infant £20  
Adult £18 | Child £17

Transportation only



# Upcoming Travels in May

## Blenheim Palace & Jousting

Saturday • May 4  
Adult £59 | Child (5-16) £48 | Infant £20

Transportation and entry to the palace, park, & gardens

## Dover Castle

Sunday • May 5  
Adult £58 | Child (5-17) £49 | Infant £20

Transportation & Dover Castle entry

## Lincoln DYO

Saturday • May 11  
Adult £32 | Child (3-14) £30 | Infant £20

Transportation only

## Giffords Hall Vineyard

Saturday • May 11  
Adults only £49

Transportation, vineyard tour, & wine tasting

## Harry Potter

Monday • May 27 (*Memorial Day*)  
Adult £85 | Child (5-15) £73 | Infant £20

Transportation & Harry Potter studio entry  
*Must book by Thursday, May 2*

## London Marathon

Sunday • April 21  
Adult £35 | Child (3-14) £33 | Infant £20

Transportation only

## Windsor Castle

Saturday • April 27  
Adult £62 | Child (5-17) £47 | Infant £20

Transportation and Windsor Castle entry

## Arundel Castle

Sunday • April 28  
Adult £61 | Child (5-16) £45 | Infant £20  
Adult £31 | Child £23

Transportation and entry to Arundel Castle & gardens



# SHOW SOME *appreciation* TO YOUR MIL



## Archery & Axe Throwing

Wednesday • April 24 | 4pm - 6pm  
Ages 8+ | All \$20

**REC+ON \$5**

Exertion level: LOW

### Axe throwing & archery session

We're bringing the experience to you! Where? Freedom Field,\* RAF Lakenheath. Get ready for a day full of action-packed fun!

\*weather permitting

## Go Ape

Sunday • April 28  
Ages 10+ | All £65  
Exertion level: MODERATE

Transportation and treetop challenge experience

Transcend your comfort zone, channel your inner adventurer, and get ready to venture high into the treetops. Don't forget to buddy-up to see who screams the loudest on the Tandem Zip Wire and Dual Tarzan Swings!

## Horseback Trek

Sunday • May 12 (*Mother's Day*)  
Ages 10+ | All £95  
Exertion level: MODERATE

Transportation and horseback trek experience

There's no better way to explore the English countryside than on horseback! Treat your loved one to a day out this Mother's Day!

*Participants must be under the weight limit of 182 lb/13 stone to participate*





AIR FORCE



OUTDOOR RECREATION

# tion

# ITARY CHILD

## Castle of the Month

### Glossy Party Time

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



## Seven Sisters Hike

Saturday • May 4

Ages 10+ | All £55

Exertion level: HIGH

### Transportation and guided hike

The best walk in the Southeast! The Seven Sisters are a series of chalk cliffs, and this hike takes you on a journey through a field of wildflowers and across rolling hills, bringing you to incredible views of the Seven Sisters cliffs.

## Virginia Water Loop

Saturday • May 18 (*Armed Forces Day*)

Ages 10+ | All £40

Exertion level: MODERATE

### Transportation and 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.



# LADIES' GOLF

## GROUP LESSONS

**\$99**  
per person

Ladies, if you were thinking of trying out golf this year, then look no further! Breckland Pines is offering two 5-week courses aimed at new and novice female golfers. Have some fun outdoors this spring with friends - old and new! Details below.

### OPTION 1

Wednesdays  
10:30am  
Starts May 1

### OPTION 2

Thursdays  
6pm  
Starts May 2

### EACH COURSE INCLUDES:

- 5 weeks of 1-hour golf lessons
- Membership to Breckland Pines from Monday to Friday for May & June 2024
- Membership to "Queens of the Greens" group
- Rental clubs if required
- Maximum of 8 golfers





## Planning a UNITE Event?

We've got you covered! We support all UNITE-funded events, so book that special farewell or awards ceremony with us!

### Family DAP R4R

April 7 & April 21 • 11am - 6pm

### Airman R4R

April 5 & April 19 • 4pm - 10pm



## Month of the *Military Child*

Fridays & Saturdays | 11am - 10pm

Sundays | 11am - 6pm

Kids wearing their Purple-Up tees or other purple attire receive \$2 off their bowling session!



AIR FORCE



BOWLING

# Hiring Our Heroes

U.S. Chamber of Commerce Foundation

RAF Mildenhall

# Career Exploration & Hiring Fair

Powered by  TOYOTA

**Monday, April 22**

**JOB SEEKER & MILITARY SPOUSE WORKSHOP:** 9 am - 11 am

**HIRING FAIR:** 11 am - 1 pm at the Galaxy Club

## What to Expect

- ✓ Free career fair & networking opportunities
- ✓ Meet with military-ready companies actively hiring locally & nationwide
- ✓ Get insider tips from hiring managers and recruiters
- ✓ Careers in Cyber/IT, Administration, Aviation Maintenance & Defense Contracting

## You'll Learn About

- ✓ SkillBridge programs
- ✓ Fellowships & internships
- ✓ Upskilling & reskilling programs
- ✓ Military spouse professional development & hiring programs
- ✓ LinkedIn for job seekers

**30+**

expected  
employers

**40%**

expected  
offer rate

**10k+**

open  
positions

The DoD and Service Branches do not endorse any company, sponsor or their products or services.



Scan to register

## Register now to connect with military-ready employers

For more than a decade, Hiring Our Heroes has helped hundreds of thousands of transitioning service members, veterans, and military spouses find meaningful employment through our comprehensive training and hiring events, fellowship programs, and online tools.

[HiringOurHeroes.org/mildenhall](https://HiringOurHeroes.org/mildenhall)

@HiringOurHeroes



AT EASE • APRIL 2024

*Free*  
**COMEDY**  
*at the Galaxy Club*

18 years & older only

**FRIDAY**  
**APRIL 19**  
**6 pm – 9 pm**



★ ★ HEADLINER ★ ★

**AARON JAY**

BBC Local Radio contributor and  
BBC New Comedy Show writer.



**AMY  
JAY**

Suffolk N Funny  
'22 winner



**HAZEL  
DONOVAN**

Winner of Chucklmania  
Gong Champion 2023



**ANN  
HIRST**

Writer/performer  
for Natters of Life  
& Deathpodcaster.



**BURLIN  
HUFFMASTER**

Event host

# KIDS UNDERSTANDING DEPLOYMENT OPERATIONS

# KUDOS

**FREE EVENT!**



**EFMP TIME**  
12:30PM - 1PM

## SAT • APRIL 13 | 1PM - 3PM

### RAF MILDENHALL | HANGAR 803

SCAN HERE FOR  
HELP LOCATING!



**American  
Red Cross**



AT EASE • APRIL 2024



DEPARTMENT OF THE AIR FORCE



CHILD AND YOUTH  
PROGRAMS



# ☎ Facility Directory

**f 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

**f 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

**f 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

**f 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

**f Community Activities Center (CAC)**  
Page @ Lakenheath  
Bldg 900 | x1627  
Closed for renovations

Ward @ Felwell  
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

**f Jelly Old Eagle Pub**  
Bldg 958 | x2326  
Fri: 5pm-10pm

**f 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

**f 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

**f 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

**f 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

**f Information, Tickets, & Travel (ITT)**  
RAF Lakenheath BX | x3018  
Mon-Fri: 10am-5pm  
Sat & Family/Goal Days: 10am-1pm  
Sundays/U.S. Holidays: Closed

**f Knights Table  
Military Dining Facility**  
Bldg 934 | x3214  
Closed for renovations

**f Liberty Lanes Bowling Center**  
Bldg 657 | x2108  
Mon: Closed  
Tue, Wed & Thur: 11am-8pm  
Fri & Sat: 11am-10pm  
Sun: 11am-6pm

**f 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

**f Liberty Library**  
Bldg 907 | x3713  
Mon, Tue, Thur, & Fri: 10am-6pm  
Wed: 10am-7pm  
U.S. Holidays, Family/Goals Days, & Weekends: 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  
lakenhealthfss.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

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

**f 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-Thur: Not Available  
Fri-Sun: 4pm-8pm  
Hours subject to change

**f 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

**f Wood Shop**  
Bldg 1104 | x3367  
Wed & Thur: 10am-7pm  
Fri: 10am-5pm  
Sat: Class day only  
Mon & Tue: Closed  
U.S. Holidays & Family/Goal Days: Closed

**f Youth Center**  
Bldg 250 | x5437  
Mon-Fri: 6:45am-5:15pm  
Sat & Sun: Closed  
U.S. Holiday & Family/Goal Days: Closed

**Open Recreation/Teen**  
Bldg 250 (Youth Center) | x5437  
U.S. Holidays & Family/Goal Days: Closed

**School Age Care (SAC)**  
Bldg 250 | 5437  
U.S. Holidays: Closed

**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: 07638 52-XXXX

DSN: 226-XXXX





RAFL Youth Program's Annual  
**Month of the Military Child**

# *Carnival*

• **APRIL 27** •

**12pm - 4pm**

**FREEDOM FIELD | RAF LAKENHEATH**

**GAMES • BOUNCY CASTLES  
FACE PAINTING • PRIZES**

