

JUNE 2024

AT EASE

freedom edition



Juneteenth

Freedom Day is here! Recognized as the USA's second Independence Day, discover the significance of this historic day for our nation.

page 7

Liberty Fest

We have no amber waves of grain, but we have plenty of red, white, and blue! Join us in celebrating the USA at our most patriotic bash of the year.

page 20

Pride Month

Celebrate Pride by learning a brief history of the military's march towards equality and about contributions from our very own LGBTQ+ community.

page 6

FREEDOM
DAY





**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

JUNE FEATURES

- 05** Important links from this issue
- 06** Pride Month
- 07** Juneteenth
- 20** Liberty Fest

Original cover art created by Matt Valverde

Table of Contents

08

FAMILY

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

16

ESSENTIALS

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

19

FOOD

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

24

FUN

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



RECHARGE FOR RESILIENCY

Look out for this logo for free and discounted fun!



Look for this logo to find FSS Gives Back specials.





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
John Anderson

48 FSS Senior Enlisted Advisor
CMSgt Henitra Barfield

48 FSS First Sergeant
MSgt Anastasia Miller

Marketing

Marketing Director
Callie Kennington

Commercial Sponsorship Coordinator
Kimberly Porath-Oxley

Visual Information Specialists

Sarah Olszak

Devon Garner

Casey Gottzmann

Matt Valverde

Aaron J.W. Bagley

Select photos taken by Sarah Olszak & Devon Garner

Contact Us

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

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 magazine •

Bi-annual travel guide •

Digital screens •

Weatherboards •

...and more! •

Advertisement & Sponsorship

48th Force Support Squadron Marketing & Publicity

Commercial: 01638-521719 | DSN: 226-1719 | 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>

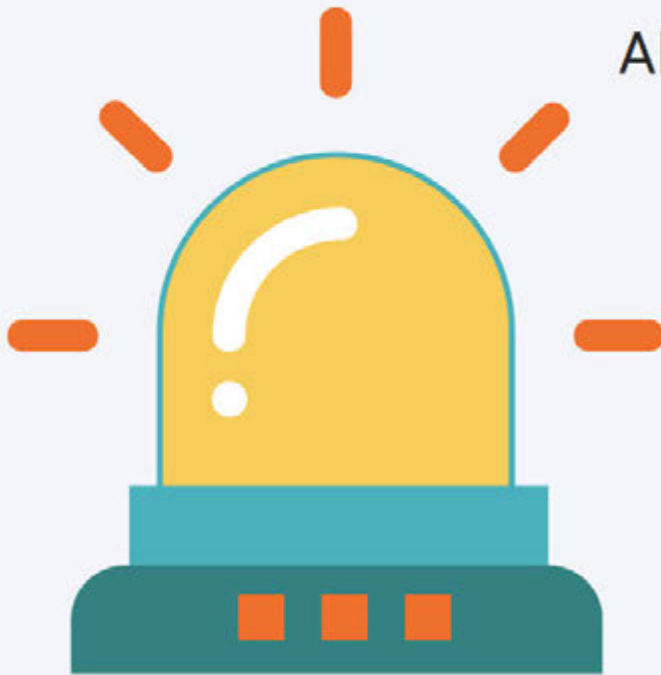
@48FSS

@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



www.balmforth.co.uk

www.balmforth-usaf.com

In honor of Pride Month, we're highlighting LGBTQ+ members of our own Tri-base community and celebrating progress as it comes! Starting us off strong, we have a special message from our very own 48 FSS Commander, Maj Zimmer.

"Pride is all about being myself! When I joined the service, I was not able to live with full authenticity and was always concerned about being too open with those I worked with. When the 'Don't Ask, Don't Tell' policy was removed in 2011, I felt an enormous sense of relief. I could be me! I am proud to continue my service in a military that values diversity and all that I bring to the fight."

-Maj Zimmer, 48 FSS Commander

PRIDE

The story of progress is told through milestones achieved and small victories that have come throughout the years. Several of these triumphs have affected our military community and have served to increase the diversity and strength of our fighting forces. The repeal of 'Don't Ask, Don't Tell' (DADT) in 2011 finally allowed for gay, lesbian, and bisexual men and women to serve while being open about their sexual identity. Progress continued through the early 2010s, with benefits extending to same-sex partners, and – finally – a temporary ban on transgender service members was repealed in 2021. While these achievements have been monumental steps forward in our march towards equality, we still have a long way to go in making everyone feel accepted for who they are and valued for what they contribute.

All historical information sourced from Military One Source.
<https://www.militaryonesource.mil/relationships/support-community/lgbtq-in-the-military/>



On Juneteenth, we celebrate freedom and acknowledge the continuing pursuit of equity and inclusion.

On January 1, 1863, the Emancipation Proclamation took effect. This order demanded that all enslaved people throughout the country be freed and given their independence. This news was met with both celebration and resistance. States still under Confederate control did not immediately adhere to the decree. It was not until June 19, 1865, over two and a half years later, that liberty finally arrived in Texas, the final holdout state, when a group of 2,000 Union soldiers rode into Galveston Bay and announced that all enslaved people in the state were now free. June 19 became known as "Juneteenth" and is now recognized as our country's second Independence Day. It marked the beginning of the Reconstruction Era as well as the forward momentum in the pursuit of equality for all men and women. African Americans began to take steps to establish themselves as sovereign citizens by forming schools, running for office, and voting in elections. Still, these gains were not made without sacrifice, and many individuals met violent resistance when they attempted to exercise their rights.

Today, Juneteenth – also known as Freedom Day – honors the resilience and achievements of African Americans. It has been a federally-recognized holiday since 2021.

J U N E T E E N T H

Scan the QR code on page 5 to learn more about how we're celebrating Pride and Juneteenth.

All historical information sourced from the Smithsonian.
<https://nmaahc.si.edu/explore/stories/historical-legacy-juneteenth#:~:text=Freedom%20finally%20came%20on%20June,newly%20freed%20people%20in%20Texas.>



Summer Reading Program



Read, Renew, Repeat

June 7 - July 26
EVENTS EVERY WEEK!



Earn prizes and have fun all summer long! Record your minutes using Beanstack to earn prizes for reading.

Kick-off Party

Friday • June 7 | 2pm - 4pm at the Liberty Library

Get swag, play games, and do crafts!

Visit the QR code on page 5 to register and learn more about the events happening every week!



READY FOR PCS SEASON?



**MILITARY
& FAMILY
READINESS
CENTER**
RAF LAKENHEATH

Bundles for Babies

Friday • June 21 | 10am - 12pm

This is an AFAS community enhancement program for expectant mothers and fathers located at the M&FRC.

Federal Employment: Resume Workshop

Wednesday • June 26 | 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.

P&WL Key Spouse Mentor Training

Thursday • June 27 | 11am - 12pm

Join us for this one-time requirement for key spouse mentors.



Upcoming Briefings & Workshops

Pre-Deployment Briefing	Mondays & Wednesdays 9:30am - 10am
Pre-Separation Counseling	Thursdays • June 6 & 20 1pm - 4pm
Reintegration Briefing	Mondays & Wednesdays 9am - 9:30am
Manage Your Move	Thursdays • June 6 & 20 8:30am - 11:30am
Transition Assistance Program (TAP) Workshop	Monday - Wednesday • June 10-12 8am - 4pm
Department of Labor Employment Track	Thursday & Friday • June 13 & 14 8am - 4pm
Entrepreneurship Track (Boots to Business)	Thursday & Friday • June 27 & 28 8am - 4pm

Ward Community Center

RAF Feltwell



Craft Days

Every Wednesday
1pm - 3pm | FREE

Ready to get crafty?
We'll provide the
materials, you bring
the imagination!

Summer Cinema & Family Bingo

Saturday • June 22

Join us at 6pm to enjoy some tasty
BBQ from Simon's BBQ truck,
bingo for only \$10 a book, and
inflatable bounce houses for the
kiddos! Don't forget to grab a bag
of free popcorn before the movie
begins at 9:30pm.

Father's Day Craft

Friday • June 14
5pm - 6pm | FREE

Show the dad in your
life how much you
care by giving him a
handmade gift! No
sign-up required.



Dancing with Ms. Gaia

Interested in signing up your kiddo for dance lessons?
Ms. Gaia offers several different types of dance lessons
from Tuesday to Thursday with varying age groups!



AT EASE • JUNE 2024

Eagles' Landing - Community Event Center

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 at "RAF Lakenheath Community & Events Center" on Facebook for further information.

RAF Lakenheath

Monday Fundays · 2:30pm - 4:30pm Eagles' Landing - Community Event Center

No sign-up required



June 10 · Play Date | 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!

June 17 · Music Madness | \$2 each

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!

June 24 · RAF Lakenheath Rocks | Free

Come and join us for this fun, ongoing, and interactive event! We will be painting a batch of rocks, which will then be hidden around the 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!

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. You can also decorate to suit your special event!

Contact us today!

Commercial: 01638 52 5113

48fss.events.community@us.af.mil



Summer is just around the corner!

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



Ballet

\$40 per month

Wednesdays

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

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



DEPARTMENT OF THE AIR FORCE



CHILD AND YOUTH PROGRAMS

Indoor Soccer

\$60 per month

Wednesdays

Ages 7-10 | 6pm - 7pm

Thursdays

Ages 11-14 | 6pm - 7pm

Ages 15-18 | 7pm - 8pm

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

Registration is OPEN for our instructional classes!

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

Open Rec/Teen Summer Highlights

Tuesdays | Cooking Club

It's time to get fancy in the kitchen! Teens enjoy Cooking Club every Tuesday throughout the summer.

Thursdays | Teen Field Trips | Ages 13+

Teens take on Thursdays! Field trips every Thursday feature activities such as indoor skydiving, paintballing, paddleboarding, and go-karting, with destinations such as Alton Towers, an escape room, and a rage room.

Fridays | Open Rec Highlights | Ages 9-12

Our summer season of Open Rec will include fun shenanigans and field trips every Friday to places like Banham Zoo, Ninja Warrior, the Imperial War Museum, Go Ape, Planet Laser, Woburn Safari, and Snow Zone!

July 27 - August 3 | TRAILS Teen Adventure Camp

Ready, set, go - it's time for some summer adventure! TRAILS Teen Adventure Camp is a 7-day overnight, all-inclusive camp just for teens. Contact CYP for pricing and details.



TailWings
PCSing with pets



Fitting the **pieces** of your pet's journey, together...

+44 (0) 203 778 1190 | 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!

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
Thetford - Norfolk
IP26 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

Paid advertisement. Federal endorsement of advertiser not intended.



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 2306

H&R BLOCK®

We are still available...

VIRTUALLY

Same People, Same Service!

Michelle Davila

michelle.davila@tax.hrblock.com

☎ 757-637-8895

☎ 231-486-5055 ext. 456

Adrienne Hill

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

P U Z Z L E S

Y G A T M W S H E L L R D E
 C R P S T A F Z J R I V R T
 W A E S M S W S R S D E O R
 Y S I C E C R E A M M I H A
 C S C Q I P L A Y M V Q A V
 W K H P D V K C U I P F B E
 K V M U I F E S C A M P E L
 S E T H U N D E R S T O R M
 M B N R S U N F L O W E R V
 K U X S S A N D A L S W I R
 J D F U S T B J O U R N E Y
 X Y T N E V S A P W W N S Z
 O O G W F R I E N D S S M S
 H Z O K P R W A T E R T W S

SUN
 TRAVEL
 ICE CREAM
 THUNDERSTORM
 JOURNEY
 SHELL
 BERRIES
 SANDALS
 SUMMER
 PLAY
 FRIENDS
 CAMP
 WATER
 GRASS
 SUNFLOWER
 HOT

SPOT THE DIFFERENCES 10



		6		9		2		
				7		2		
		9		5		8		7
9				3				6
7	5							1 9
1				4				5
	1			3		9		8
				2		1		
		9		8		1		

MEDIUM

				8				
7	8	9			1			6
						6	1	
			7					5
5		8	7		9	3		4
	4						2	
			3	2				
8					7		4	3 9
						1		

HARD

To support Children's Awareness and National Safety Month, the Auto Hobby Complex is focusing on the top Ministry of Transportation (MOT) test failures and what you should be looking for to guarantee the health and safety of our children!

Failures include:

Brakes

1 in 10 cars fail due to issues with the braking system. Worryingly, 17 of the 20 recent MOT failures due to brakes at Auto Hobby's MOT Testing Center had children's car seats installed. Listen for squealing or grinding when braking. Your car should come to a stop in a straight line, not pull to one side or the other. Ensure that your handbrake functions properly.

Tires

A vehicle can have all the safety systems in the world, but if your tires are not up to scratch you could have a disaster on your hands! Look for lumps, cuts, and proper inflation. A minimum of 1.6mm of tread is required across the central three quarters of the tire.

Lighting

Check all lights (including number plates) are operational. Glazed or cracked headlights can also result in an MOT failure.

The Auto Hobby Complex can assist prior to your MOT test, complete your MOT, and provide any repairs required after your test.



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.

Sponsored by Mildenhire and Volvo. Federal endorsement of sponsor not intended.



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.

Motorcycle MOT

Tuesdays & Wednesdays | 8am - 4pm

World Motorcycle Day is June 21st! Whether your motorcycle is for daily commuting or your fair weather hobby, bring it by the Auto Hobby's MOT Testing Center in preparation for the "glorious" English summer.

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!

Oil Change

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

Parts Store

From car wash and detailing items to motorcycle helmets and protective gear, our retail store has something for every car lover. Parts for US-spec vehicles are also available to order.

MAKING LIVES BETTER... IT



Tri-Base Lacrosse Club

Coming soon!

Open to everyone who is ready to have a blast, no matter what your experience level is.



Tennis Coach Certification

June 17-19 | £450



Color Run

June 29
Liberty Fest
kick-off event

Tri-Base Lifting Club

Saturdays

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

Tri-Base Tennis Club

Tuesdays | 7pm - 9pm

Are you ready to meet some like-minded people and have fun playing tennis? Whether you're a pro or just starting out, join us every week for some friendly competition.

Intramural Softball

**Letter of Intent
due June 21**

Interested? Contact your squadron sports rep for more information. Season projected to start July 8.

Tennis Course

Tuesdays · 6pm - 7pm | \$85

Take your tennis skills to the next level with this 6-week course.



Free Group Fitness Classes

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

'S WHAT WE DO!

HOT PIT

The Hot Pit is open to everyone, active duty and civilians alike. Stop by to try one of our specialty meals!



Lunch Specials | 11am

- June 4 | Taco Tuesday
- June 5 | Pizza
- June 12 | Wings
- June 14 | Summer BBQ Cookout
- June 18 | Juneteenth Meal
- June 26 | Wings



Wanna stay in the know?

Follow our Facebook page to see the meals as they come out and everything else we can't wait to share with you! Scan the QR code on page 5 to find us!





LIBERTY FEST

RAF LAKENHEATH • 2024
FREEDOM FIELD & LIBERTY PLAZA

SATURDAY, JUNE 29

12PM - 8PM
CARNIVAL RIDES

8PM - 10PM
MUSIC

10PM
FIREWORKS SHOW

FOOD

There will be so many options for delicious food and beverages!

The Liberty Club will be hosting an epic "Firecracker" Buffet throughout the event.

And, some of your favorite food trucks and private organizations will be serving up mouthwatering eats, so make sure to bring your appetite!

FIREWORKS

Don't miss out on our fabulous, explosive, and patriotic fireworks display! Fireworks will begin at 10pm, right after the band. Make sure to come early to find the best spot!

FUN

Get ready for an action-packed day of non-stop fun and excitement at this year's beloved Liberty Fest. Our ride wristbands are back this year, providing unlimited entertainment from 12pm - 8pm. Stay updated with the latest information on pricing and where to purchase yours on lakenheathfss.com.

We'll also have an array of awesome things to see and do on Freedom Field, including live music starting at 8pm. Grab your dancing shoes and get ready to party until the fireworks light up the sky!

Thank you
TO OUR SPONSORS!

MAS
MILITARY AUTOSOURCE

afspa
FOREIGN SERVICE BENEFIT PLAN



Keesler Federal
CREDIT UNION

baseLETS
LETTINGS & MANAGEMENT

No federal endorsement of sponsors intended.



good FOOD good MOOD



Michelle's Sweet Treats

Friday • June 7 | 6:30am 'til sell out
1 for \$3 or 2 for \$5

Every first Friday should be an office holiday on RAF Lakenheath. Starting the day with an ooey, gooey cinnamon roll is sure to please even the crankiest of coworkers. Now welcoming large pre-orders - call 01638 52 1611!

Lunch Buffets



Tuesday - Thursday | 11am - 1:30pm

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

The Liberty Club's all-you-can-eat lunch buffets are giving *delicious*.

Tuesdays • Southern



Wednesdays • Smoky BBQ



Thursdays • Mexican





Thank you to our sponsor

KeeslerFederal 
CREDIT UNION

No federal endorsement of sponsors intended.



Father's Day Brunch

Sunday • June 16 | 11am - 2pm

Adults \$28 | Children (5-12) \$14 | 4 & under eat FREE!

All-you-can-eat breakfast & lunch for the father-figure in your life is the perfect way to say, "thanks for all you do!"

Scan the QR code on page 5 to make your reservation today.

Waffle Wednesdays

6:30am - 10:30am | Starts at \$2.75

Delicious, hot waffles are available every Wednesday... but why not try the special for June: a classic waffle topped with strawberries and cream to celebrate the start of your favorite tennis championships.

Bistro Lunch Special

Monday - Friday • 11am - 2pm | \$13.95

Enjoy our traditional, Greek-style chicken wrap topped with a dollop of tzatziki sauce and served with a side of french fries.



Steak Night

Friday • June 21 | 5pm - 8pm

Prices vary.

Tender, juicy, cooked-your-way steaks are the perfect main course for date night, family night out, dinner with the boys - actually, is there a wrong time for a steak night?

the lil' 
PIZZA PLACE

June's Pizza of the Month

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

'The Pickler' is back and better than ever. Topped with ham, dill pickles, our mozzarella cheese blend, and a sprinkling of Italian seasoning - all on an Alfredo base - this housemade pie is a flavor combo you'll never forget!

Scan the QR code on page 5 to place your order and check out our other monthly deals!



18+

THE LIBERTY CLUB
 BISTRO & GRILL · BAR · FUN
After Dark

● **Hip-Hop, R&B, & Wings**

Wings: 8pm - 11pm | Music: 9pm - 2am
 When the music hits, you can't help but move! Join us every Friday for a night of hip-hop and R&B, accompanied by mouthwatering wings!

● **Karaoke Night**

9pm - 2am
 Who needs a stage when you have a karaoke machine?

● **Latin Night**

9pm - 2am
 Calling all dance rookies & pros: Latin Night lets everyone shine on the dance floor! Break out your dancing shoes!

● **Country Night**

9pm - 2am
 Bring your Southern charm and a little two-steppin' to brighten up the night!

● **Bar Bingo**

6pm start | \$10 for 5 cards
 Every second Thursday in the Bar, join us with your daubers for a chance to win some prizes!

● **Open Mic Night**

9pm - 2am
 Every third Friday, 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!

● **Texas Hold 'Em**

6pm start | \$20 buy-in
 This ain't Texas, but this *IS* hold 'em...

THURSDAY	FRIDAY	SATURDAY
	31 Wing Night	01 Karaoke Night <i>+ Latin Night</i>
	07 Wing Night	08 Country Night
13 Bar Bingo	14 Wing Night	15 Karaoke Night
	21 Wing Night <i>+ Open Mic Night</i>	22 Country Night
27 Texas Hold 'EM	28 Wing Night	29 Karaoke Night





LIFE IN THE FAST LANE!

School's Out Bash
Fri • June 7 | 12pm - 10pm
Teen Rent-a-Lane:
\$30 for a 2-hour bowling session
\$5 each for a 1-hour bowling session

Singles Tournament
Sat • June 8 | 12pm - 5pm
\$40 entry fee

Juneteenth Special
Sat • June 22 | 12pm - 10pm
\$5 off ANY Rent-a-Lane



R4R Airman
Fri • June 7 & 21 | 4pm - 10pm
\$2.95 per person
Two hours of cosmic bowling

R4R DAP Family
Sun • Jun 9 & 23 | 11am - 6pm
\$2.95 per person
Two hours of cosmic bowling

Father's Day Special
Sun • June 16 | 11am - 6pm
Dads bowl for free with a paying child
(1-hour session) or \$5 off a Family Rent-a-Lane



4th of July Special
Fri & Sat • June 28 & 29 | 11am - 10pm
Sun • June 30 | 11am - 6pm
\$4 off ANY Rent-a-Lane



AIR FORCE



ARTS & CRAFTS

RETAIL STORE

At RAF Lakenheath Arts & Crafts we have a craft store perfect for all of your creative needs!

From paint, to yarn, to fabric, we have everything you need and much more!

With great quality products at reasonable prices, pop in today and see what we can do for you!



Bookworm Craft Day

Saturday • June 8 | 10am - 2pm
Reg \$75 | R4R \$25

Wheel Thrown Pottery: Taster

Saturday • June 8 | 10am - 2pm
Reg \$75 | R4R \$25

Father's Day Kids & Canvas

Thursday • June 13 | 5pm - 7pm
Reg \$35 | R4R \$15
Extra child \$15 | R4R \$7

Sewing Basics

Friday • June 14 | 10am - 2pm
Reg \$45 | R4R \$25





Wheel Thrown Pottery: Taster

Tuesday • June 18 | 10am - 1pm
Reg \$75 | R4R \$20

Sewing Projects: Drawstring Bag

Thursday • June 20 | 5pm - 7pm
Reg \$25 + supplies | R4R \$10 + supplies

Clay Play: Succulent

Thursday • June 20 | 5:30pm - 7:30pm
Reg \$35 | R4R \$15

Paint & Sip: 4th of July

Wednesday • June 26 | 5:30pm - 7:30pm
Reg \$30 | R4R \$15



HOWDEN

Insurance for USAF and Civilian Personnel

With over 30 years' experience insuring USAF and civilian personnel, we can help with your private car, motorcycle and renter's insurance.

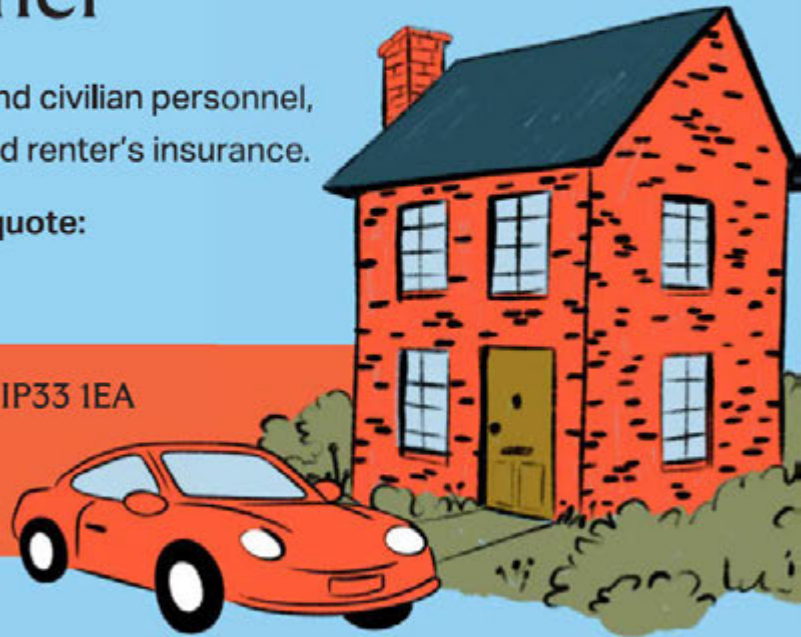
Contact our specialist, Darren Hayward, for a quote:

darren.hayward@howdeninsurance.co.uk

35-36 Brentgoval Street | Bury St Edmunds | IP33 1EA

01284 771 720

howdeninsurance.co.uk/bury-st-edmunds



Howden, the new name for **A-plan**

Howden is a trading name of A-Plan Holdings which is authorised and regulated by the Financial Conduct Authority No. 310164, Registered in England and Wales under company registration number 750484, Registered Office: 2 Des Roches Square, Witney, OX28 4LE. Calls may be monitored and recorded for quality assurance purposes. HOW231048.

Paid advertisement. No federal endorsement of advertiser intended.

Paid advertisement. Federal endorsement of advertiser not intended.

TAKE FLIGHT

with

Keesler Federal

*Helping members
live extraordinary*

Maximize your earnings
with free rewards checking,
certificates and high-interest
money market accounts.

RAF Alconbury | RAF Lakenheath | RAF Mildenhall

kfcu.org | 0-800-585-765 | 01638-533268

Federally insured by NCUA. Membership and credit eligibility required.

Keesler Federal 
CREDIT UNION

TIERED SHELF



This month, the Wood Shop will be making an elegant and functional tiered shelf. Your shelf will be a conversation piece for years to come as it accents almost every corner of your home! Sign up today to reserve your place for one of our most popular classes.

Every
Saturday
in June

REGULAR \$170*
R4R \$60*



RECHARGE FOR RESILIENCY

35" x 68"

**Paint and stain not included,
but can be purchased from
the Wood Shop*



AT EASE • JUNE 2024



GO ADVENTURE WITH ITT

Cadbury World

Sunday • June 9

Adult £51 | Child (2-15) £45 | Infant £20

Adult £26 | Child £23

Transportation & Cadbury World entry



Tower of London

Sunday • June 16 (Father's Day)

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

Transportation & Tower of London entry

*Dads 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 DYO

Saturdays • June 15 & July 6 | Sunday • June 16

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

Transportation only

Warwick Castle

Wednesday • June 19 (Juneteenth)

Adult/Child £53 | Infant £20

Adult/Child £27

Transportation & Warwick Castle entry



Jack the Ripper & Late Night London

Saturday • June 22

Adults only £55

Adults only £28

Transportation, a two-hour Jack the Ripper walking tour, & free time to explore London

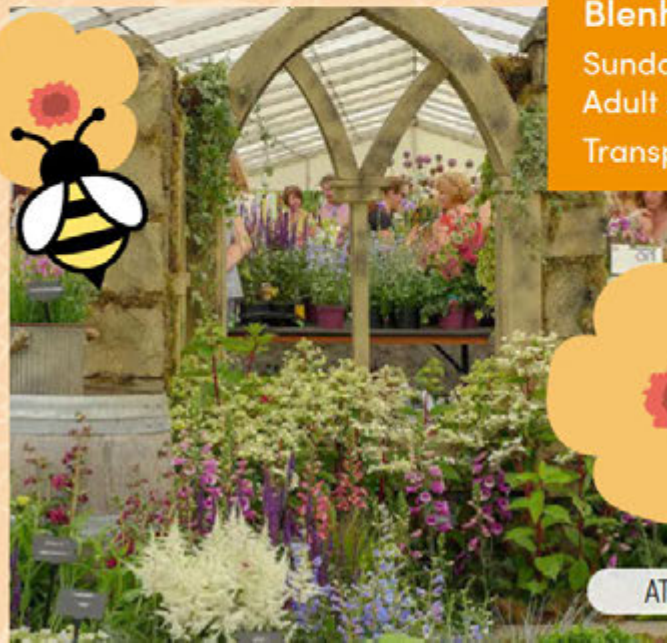


Blenheim Palace & Flower Show

Sunday • June 23

Adult £59 | Child (5-16) £48 | Infant £20

Transportation & entry to the palace, park, & gardens



Windsor Castle

Saturday • June 29

Adult £62 | Child (5-17) £47 | Infant £20

Transportation & Windsor Castle entry

Brighton DYO

Sunday • June 30

Adult £44 | Child (3-14) £42 | Infant £20

Transportation only



Stonehenge Inner Circle & Windsor

Saturday • July 6
All £99
All £50

Transportation, Stonehenge Inner Circle entry, & a stop at Windsor*

**Does not include Windsor Castle entry*

Hampton Court Palace

Sunday • July 7
Adult £56 | Child (5-15) £43 | Infant £20
Transportation & Hampton Court Palace entry

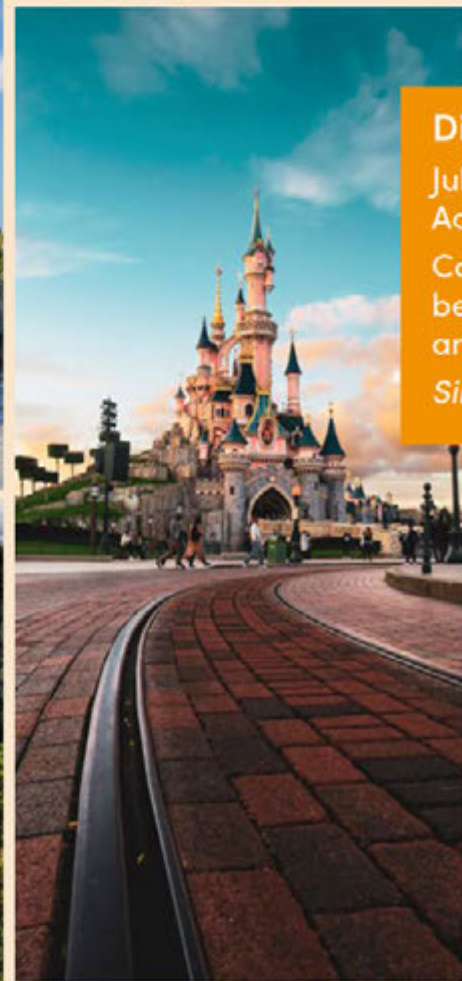


Disneyland Paris 3-Day

July 5-7
Adult £459 | Child (2-11) £399 | Infant £120

Coach transportation, return ferry crossing, 2 nights bed & breakfast accommodation, 1 day/2 park ticket, and a visit to Sacré-Coeur & Place du Tertre

Single supplement £120



Brugge Extended Day

Saturday • July 13
All £125

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

Castles of the Rhine Valley 4-Day

July 19-22
Adult £489 | Child (2-11) £439 | Infant £200

Coach transportation, return ferry crossing, 3 nights bed & breakfast accommodation in the Cologne area, a drive through the Rhine Gorge, and visits to Rudesheim, Koblenz, & Cochem

Single supplement £200



Bournemouth & Poole Harbor 3-Day

July 26-28
Adult £309 | Child (2-11) £249 | Infant £100

Coach transportation, 2 nights bed & breakfast accommodation in Bournemouth, & a visit to Poole Harbor

Single supplement £100



48TH FORCE SUPPORT SQUADRON
**Information
Tickets
& Travel**



EXPLORE BEYOND YOUR LIMITS...



Castle of the Month: Disco

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



STORAGE UNITS

Have unpacked boxes laying around? Need somewhere to store your household items during your stay in the UK? Give ODR a call and get signed up for one of our storage units.

Small units - 8x8x10
\$55 per month





Stonehenge Summer Solstice

Friday • June 21
All £55 | Ages 10+

REC★ON £30

Exertion Level: MODERATE

Includes: transportation & a guided hike

Hike through the mythical hills of Salisbury and take a trip through time to the ancient civilizations of Britain. Watch the sunrise through the pillars of Stonehenge.



Rage Room: Norwich

Saturday • June 29
All £52 | Ages 10+

REC★ON £26

Exertion Level: HIGH

Includes: transportation & admission to Rage Room

It's a 'SMASHING' new idea to unleash your inner rage!
De-stress while breaking your way through old crockery, printers, laptops, TVs, & furniture.

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.

Travel insurance is highly recommended

AIR FORCE



OUTDOOR RECREATION



Visit the Pro Shop!

The Breckland Pines Golf Course (BPGC) Pro Shop is home to a wide range of shoes, shirts, and clubs to help elevate your golf game or personal style, including a healthy selection of RAF Lakenheath-branded products. Our crested clothing will have you ready for all seasons from head-to-toe, and our ball markers, golf balls, towels, hats (check out the Highland Cow or Nessie options!), and other accessories are ready to join you on the green, too. And, when it comes to clubs, we do not mess around! We're proud to offer the latest and greatest from Ping, Taylor Made, Callaway, and Cleveland. Or, if you're in need of custom club fittings, look no further – drivers, irons, and wedges start at just \$25. It is amazing what a difference it can make when swinging a club that has been tailored for you! Once you're kitted out, why not inquire about coaching sessions? We offer coaching to all levels of experience for those looking to improve their game.

Ultimately, we just want you to come out and see us! Unwind, breathe in the fresh air, and enjoy the company of your friends on our beautiful golf course. We'll see you soon!



Experience the power of membership!

BPGC memberships offer the best value, unlimited golf, priority access to club matches and tournaments, plus a free cart seat each month for annual members! Membership fees can be paid in a single payment or on a monthly basis. Suspension of membership payments is allowed with PCS/TDY orders. Spouses can join at 75% of their partner's membership fee & students enjoy free membership when both parents are members.

[Simulator] practice makes perfect!

Our indoor golf simulator allows you to practice, work on your swing, or play some of the best courses in the world without setting foot outside the clubhouse. Book for yourself or a group. Simulator reservations are just \$25 an hour regardless of the number of players.

Ride in style!

Ride-on carts are available to rent for your time on the course. Playing 9 holes? \$10 per person. 18 holes? \$16 per person.

Annual CHAMPIONSHIP

Saturday & Sunday • July 13 & 14 | Entry opens June 3

Member entry: \$25 | Non-member entry: \$65

Our annual two-day championship features 18 holes on Saturday, 18 holes on Sunday, and over \$1,000 in prizes up for grabs! Entry is open to all golfers with RAFL base access. Two champions will be crowned: Open Champion & Club Champion. Club Champion can only be earned by a BPGC Member. Additionally, daily prizes will be awarded accordingly.

This event is proudly sponsored by:



No federal endorsement of sponsor intended.

AT EASE • JUNE 2024

RAF MILDENHALL SUMMER BASH 2024



RAF MILDENHALL

SUMMER

• BASH •

2024

CARNIVAL

FRIDAY, JUNE 21

★ 2 pm – 7 pm ★

GALAXY CLUB PARKING LOT

★ WALTZER ★ FACE PAINTERS

★ TEACUPS ★ BALLOON MODELLERS

★ CAROUSEL ★ MIAMI RIDE

FOOD
TRUCK
Rally

11 am – 7 pm

Featuring a variety of globally
inspired cuisine!

afspa
FOREIGN SERVICE BENEFIT PLAN
Calling For Your Health Worldwide!

USAA®

BROUGHT TO YOU BY
100TH FSS
100FSS.COM

No federal endorsement of sponsor intended.

AT EASE • JUNE 2024

You've got our
back in the skies.
**We've got yours
on the road.**



Car Insurance for
RAF Lakenheath



In partnership with
GEICO
Financial Services GmbH

Clements.com/**Lakenheath**

+44 (0) 330 0990100



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 @ 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

f Jolly Olde 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 G-45 | 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

Knights Table
f 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
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
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 The Pizza 'Lil 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
Sun-Wed: Unavailable
Thur-Sat: 4pm-8pm
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
Holidays & Family/Goal Days: Closed

f 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.
Note: There will be no MSG Training Day
in June 2024.**

**Commercial: 01638 52-XXXX
DSN: 226-XXXX**



LIBERTY FEST

SATURDAY, JUNE 29

FOOD · FIREWORKS · FUN · CARNIVAL RIDES · MUSIC



No federal endorsement of sponsors intended.

FREEDOM FIELD & LIBERTY PLAZA
RAF LAKENHEATH · 2024

