

NOVEMBER 2024

AT EASE

airmen thanksgiving



Explore with ITT & ODR

From autumn hikes to festive retreats, ITT & ODR are here to help you make the most of your holiday season abroad.

pages 8 & 10

Airmen Thanksgiving

Delicious food, thrilling adventures, and your inner Picasso await – have a joyous Thanksgiving holiday with FSS this year.

page 20



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RECHARGE FOR RESILIENCY

Look out for this logo for free and discounted fun!



Look for this logo to find FSS Gives Back specials.





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Col Glenn S. Cameron

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Maj Andrew Zimmer

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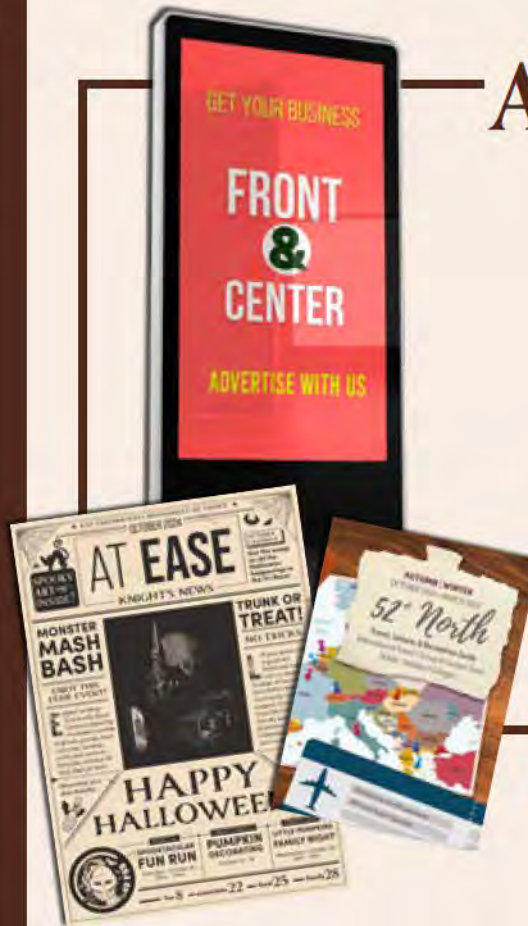
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At Ease magazine is designed to inform and entertain the personnel and civilians in the Tri-Base area. Contents are not necessarily the official views of, nor endorsed by, the 48th Fighter Wing, U.S. European Command, the U.S. Government, or the Department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

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



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Event sponsorship gives you face time with and access to the RAF Lakenheath community. Build goodwill and brand recognition at our events! Place your ad in our monthly publication. 1,300 At Ease magazines are printed each month and are available for free at roughly 25+ strategic locations around base.

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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!

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FSS Fridge

Hey Tri-base! Did you do something cool the month of October? Show us! Submit a photo, artwork, shout out, or whatever you'd like and it may get selected to get pinned up on the FSS Fridge in the monthly At Ease!

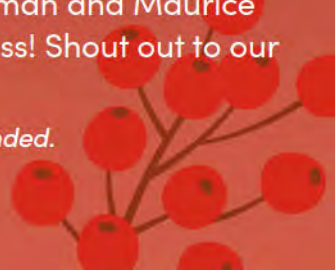
Scan the QR code on page 5 to send us a message with your submission and show off to the community!



USAA-NFL Salute to Service Boot Camp

Thank you to all of our active duty airmen for coming out for the USAA-NFL Salute to Service Boot Camp on October 10, and a special thanks to USAA and NFL players Charles "Peanut" Tillman and Maurice Jones-Drew for making it a success! Shout out to our winners, the Bravo Badgers!

No federal endorsement of sponsor intended.





48 FSS Holiday Gift Guide



From RAF Lakenheath-branded golf shirts at Breckland Pines to DIY hand-painted ceramics at Arts & Crafts, there are great gifts all over base to fill anyone's stocking.



Keep an eye out for the holly stickers throughout the magazine for great gift ideas. Scan the QR code on Page 5 and visit the FSS Holiday Shopping Guide to learn more!



**It's Native American Heritage Month!
Check out our blog for more information!**

THE HOLIDAY MAIL RUSH IS HERE!



Get your holiday mail and gifts out early!

The RAF Lakenheath Post Office suggests you get your holiday mail and gifts out no later than December 2 for Priority Mail and December 15 for Express Mail to ensure they arrive in time for the holidays!



Get ready for the holiday season with ITT



Edinburgh Christmas Market

Saturday • November 30
All £149

Coach transportation & free time to explore Edinburgh



Brugge Christmas Market

Saturday • December 7
All £129

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



Aachen Christmas Market

Saturday • December 14
All £159

Coach transportation, return ferry crossing, & free time to explore Aachen



Extended Day Trips

Lille Christmas Market

Saturday • November 23
All £129

Coach transportation, return ferry crossing, & free time to explore Lille



Day Trips

Birmingham's Frankfurt Christmas Market

Sunday • November 17

Adult £36 | Child (3-14) £34 | Infant £20

Adult £18 | Child £17

Transportation only



York's St Nicholas Christmas Fair

Sunday • November 24

Adult £58 | Child (3-14) £56 | Infant £20

Transportation only

London Winter Wonderland

Sunday • November 24 & December 8

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

Transportation only



Stonehenge & City of Bath Christmas Market

Saturday • November 30

Adult £85 | Child (5-17) £75 | Infant £20

Transportation, Stonehenge entry, & free time to explore the Bath Christmas Market



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

Day Trips in December

Nottingham's Winter Wonderland

Sunday • December 1

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

Transportation only

Stratford-upon-Avon Christmas Market

Saturday • December 7

Adult £33 | Child (3-14) £31 | Infant £20

Transportation only

Norfolk Lights Express

Sunday • December 8

Adult/Child £52 | Infant £20

Transportation & Norfolk Lights Express



Harry Potter: Hogwarts in the Snow

Saturday • December 14

Monday • December 30

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

Transportation & Harry Potter Studio entry

December 14 date must be booked by November 19

December 30 date must be booked by December 5

Winchester Cathedral Christmas Market

Sunday • December 15

Adult £40 | Child (3-14) £38 | Infant £20

Transportation only

Seal Watching at Horsey Gap

Saturday • November 16

All £37

Exertion Level: **LOW**

Includes: transportation & a guided hike

Ready to meet nature's cutest spectacle? Head to Horsey Gap in Norfolk and marvel at the sight of adorable baby seals basking on the pristine beaches. Don't miss out on this magical experience.

No prams or buggies will be allowed on the trip due to potential rough terrain. All under 5s require an infant seat on the coach. Any infants attending the trip must be carried or be able to walk with the group.



Quad Biking

Saturday • November 30

All £73 | Ages 10+

REC★ON £18

Exertion Level: **HIGH**

Includes: transportation & a 90-minute quad bike session

Experience the excitement of quad biking as you zoom through a 1.5-mile track, splitting into groups and changing paths after each lap. Look out for the S-shape curve on the track - this will be a wild one!



Rage Room

Saturday • December 7

All £64 | Ages 10+

REC★ON £32

Exertion Level: **LOW**

Includes: transportation & 'smashing' rage room session

Stressed out? Release your tension and have a "smashing" time at Rage Room Norwich. Don't miss out on this opportunity to really enjoy the moment and rage.





RENTALS

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

Castle of the Month Under the Sea

Rent out this bouncy during the month of November and receive a \$10 discount off the daily rate.



Ice Skating

Saturday • December 14
All £44

Exertion Level: MODERATE

Includes: transportation, rental equipment, & an ice skating session

Glide into the world of ice skating with style and grace! Whether you're a seasoned pro or a beginner, come and enjoy this experience on the rink.

BLACK FRIDAY SALE

Stay tuned for more details!
Outdoor Recreation will be selling some select items including inflatables, camping stoves, pig roasters, soccer suits, & more.





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, head-covers (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!

RAF Lakenheath-branded products



Custom club fittings



Nessie head-cover



Ask us about a 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. Contact us today to inquire!





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SCAN ME



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Wheel Thrown Pottery

Saturday • November 2 | 10am - 4pm
Reg \$135 | **R4R \$45**



Canvas Painting - Trio of Pumpkins

Thursday • November 7 | 6pm - 8pm
Reg \$30 | **R4R \$15**



Kids Clay Play - Hand Turkey

Thursday • November 14 | 5:30pm - 7:30pm
Reg \$35 | **R4R \$15**

Wheel Thrown Pottery - Taster

Tuesday • November 19 | 10am - 1pm
Reg \$75 | **R4R \$20**

**SAVE
WITH
R4R**



Do you know about **R4R**?

Our art classes offer R4R prices! Who is eligible for **R4R**? All "Big A" single airmen and deployed-affected families. Families with a deployed service member qualify for **R4R** 30 days prior to departure, throughout the duration of the deployment, and up to one year after the service member returns home. Don't miss out on these perks to keep you busy while your loved one is deployed.

Crochet Basics

Wednesday • November 6 | 5:30pm - 7:30pm
Reg \$45 | R4R \$15



Kids & Canvas - Penguin

Wednesday • November 13 | 5:30pm - 7:30pm
Reg \$30 | R4R \$15



Stained Glass - Pumpkin

Saturday • November 16 | 10am - 4pm
Reg \$135 | R4R \$45



Wood & Words - Let it Snow

Wednesday • November 20 | 5:30pm - 7:30pm
Reg \$30 | R4R \$15



Kids Clay Play - Foam Clay Snowman

Thursday • November 21 | 5:30pm - 7:30pm
Reg \$35 | R4R \$15



Clay Play - Xmas Ornaments

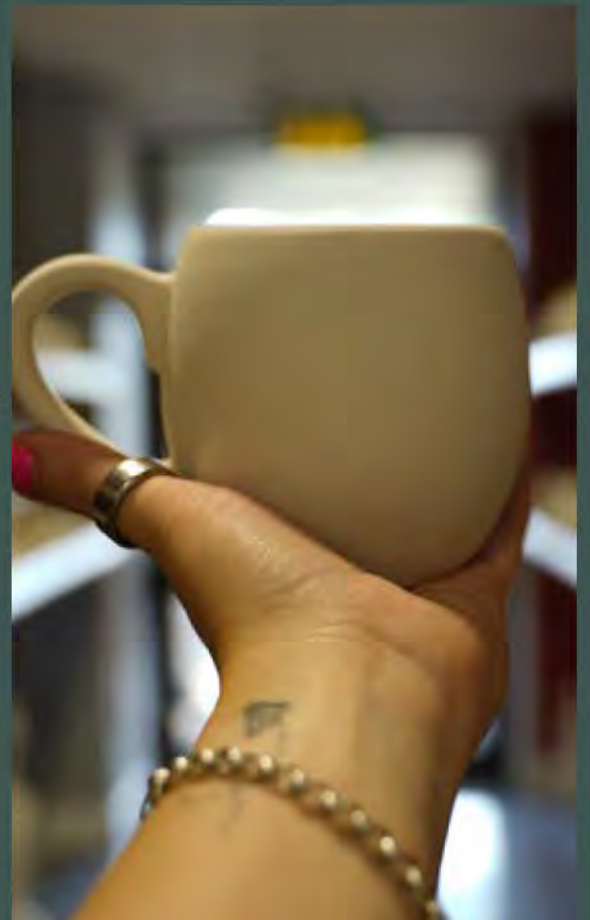
Monday • November 25 | 5:30pm - 7:30pm
Reg \$35 | R4R \$15



Check out the Ceramics Studio

We offer a fun and relaxing environment for people of all ages to come and express their creativity.

Our Ceramic Studio is open for walk-ins during normal business hours, and we take reservations for larger groups! Or, a paint-at-home kit option is available if you prefer to create in the comfort of your own home. Offering a large selection of ceramics, vibrant colors, and all the tools you need to help you create your own unique work of art, we look forward to helping your creativity shine.



Wood Shop



Trio of Trees

3 for \$95

2 for \$60

R4R \$35

Create the perfect holiday season decor at the Wood Shop! Join us every Saturday in November* for this 2.5-hour class. We will guide you through the process and be as hands-on as you need!

*Stains & sealant included.
Ribbons & gnomes **not** included,
but are available for purchase
at the Arts & Crafts Center.*

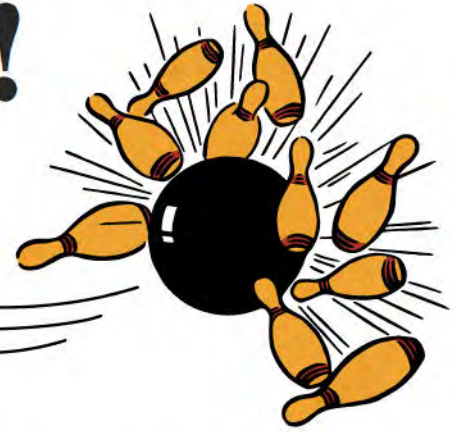
*Closed November 26

AT EASE • NOVEMBER 2024





Aim for the turkey!



Family Fun Day

Friday • November 1 | 11am - 10pm

\$35 per 2-hour rent-a-lane

Max 6 people



Veterans Day Special

Friday • November 15 | 11am - 10pm

\$45 per 2-hour cosmic rent-a-lane

Max 6 people



Book the Bowling Center!

UNITE Events

Book your squadron party today!

Birthdays

Come on in and rent a 2-hour session!

Inquire at the front desk or call today!

DSN: 226-2108

COMM: 01638 52 2108



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R4R Airman

Friday • November 8 & 22 | 11am - 10pm

\$2.95 per person. Two hours of cosmic bowling.

R4R DAP Family

Sunday • November 10 & 24 | 11am - 10pm

\$2.95 per person. Two hours of cosmic bowling.



After Dark



Wing Night

Every Friday | 8pm - 11pm

Chicken wing, chicken wing... Grab your friends and just \$8.95 to get a plate of delicious, mouth-watering wings. Choose from: hot, BBQ, sweet chili, garlic parmesan, or lemon pepper.

Slushie Saturdays

Every Saturday | 9pm - 2am

Cool down while dancing the night away with an adult slushie! Available flavors include: strawberry, cherry, peach, passion fruit, raspberry, lime, and watermelon.

Karaoke Night

Saturdays • November 2, 16, & 30 | 9pm - 2am

Who needs a stage when you have a karaoke machine?

Latin Night

Saturday • November 2 | 9pm - 2am

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

Country Night

Saturdays • November 9 & 23 | 9pm - 2am

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

Open Mic Night

Friday • November 15 | 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.

After Dark Mega Bingo

Friday • November 22 | Doors: 6pm • Games: 7pm

We're dishing out \$2,000 in cash prizes! Purchase your bingo books in advance from November 1 at The Liberty Club cash cage or online (scan the QR code on page 5) at just \$30 for two books. Bingo books purchased at the door will be \$35 for two books and \$10 for any additional books.

Add on a colorful dauber for \$2 each!

Hungry? Thirsty? A MEGA MENU will be available alongside our specialty cocktails and mocktails.



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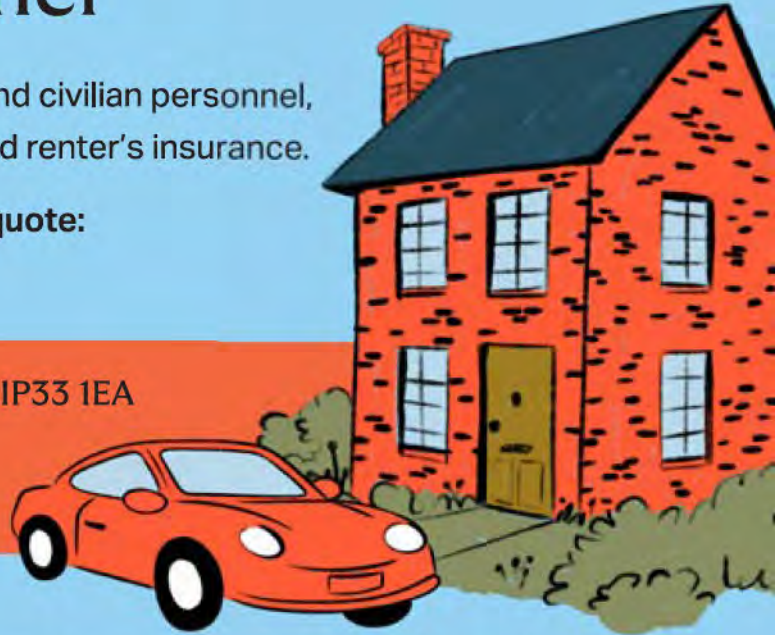
Contact our specialist, Darren Hayward, for a quote:

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Airmen Thanksgiving

Being stationed overseas during the holidays can be a bittersweet experience. While you may miss the warmth and familiarity of family gatherings during this time of year, being OCONUS offers a unique

opportunity to create new traditions and make new memories. This November, share a meal with your fellow airmen at The Liberty Club or Knight's Table, explore the United Kingdom and Europe with ITT and ODR, or hunker down and get crafty with Arts & Crafts and the Wood Shop! It's a time to connect, be grateful, and reflect – no matter where you are in the world – and the 48 FSS is here to help you do just that!

Coming Together For a Meal

The Knight's Table DFAC and The Liberty Club both have options for you to dine this Thanksgiving! Start the day off at the newly reopened Knight's Table with a **Continental Breakfast from 8am to 10am**, and then come back for a **Thanksgiving Feast from 11am to 3pm!** Or, if you're looking for a change of pace, head over to The Liberty Club for the **Thanksgiving Lunch Buffet from 11am to 2pm.**

Are you wanting to host a grand gathering of your own but without the fuss? FSS has got you covered there, too! The Liberty Club's **Thanksgiving Meal Pick-up – running from 12pm-1pm** on Thanksgiving – is perfect for up to six people. Quantities are limited, so you must book online ahead of time. Scan the QR code on page 5 to book! And, be sure to hit up ODR for all your hosting needs – they've got tables, chairs, and even turkey fryers available!



Fall Adventures

The air is crisp and ripe with adventure! Don't know where to start? That's okay – ITT and ODR have several trips planned to keep you entertained. Why not indulge in a little holiday getaway or kick off the festive season with a trip to a traditional Christmas market? Turn to page 8 for more details on what ITT has planned. Get some fresh air and de-stress with ODR! November's Hike of the Month will take you to Horsey Gap on the Norfolk Coast to experience the cutest baby seals, and their trip to Rage Room Norwich will help you blow off some steam ahead of the holiday season. Check out page 10 for more information!



Feelin' Crafty

Winter is knocking on the door. Are you ready? Why not welcome the season by finding a new hobby to carry you through the cold months ahead? The Arts & Crafts Center is the perfect place to try your hand at something artistic or stock up on crafty supplies, and the Wood Shop Complex has a fun, new class every month to experience. Whether you're painting a masterpiece to hang on your wall or constructing festive decor for your lawn, Arts & Crafts and the Wood Shop have you covered.



Preventing SAD

We are in the midst of fall and the days are getting shorter and rainier. It's important to be aware of how these changes in the season can affect you and where you can get help if you need it. People with Seasonal Affective Disorder – or SAD – may experience symptoms such as low energy, mood swings, changes in sleep patterns, and difficulty concentrating. If you or someone you know is feeling this way, it's important to reach out for help. The Military & Family Readiness Center (M&FRC) is hosting a SAD workshop on November 6 from 5pm to 7pm. Scan the QR code on page 5 to sign up. Additionally, M&FRC offers several other programs and resources. See page 33 for their full list of classes and workshops for the month of November.

Take the road less traveled...

Buy 3, get 1 FREE!

Autumn Tire Sale

November 1-30

Auto Hobby's big tire blowout is back! Prepare for those mid-afternoon, fall drives through the rural countryside by putting a new set of tires on your ride - your car will thank you.



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.

Motorecycle MOT

Whether your motorcycle is for daily commuting or your fair-weather hobby, schedule an appointment at the Auto Hobby's MOT Testing Center in preparation for your autumn rides.

Oil Changes

Don't forget what's under the hood! Oil changes include a FREE 16-point health inspection.

Squeaky Clean

Car wash & vacuums | Open 24/7

Wash those spiderwebs off your mirrors and vacuum out the dirt from last weekend's pumpkin patch outing. Our automatic car wash, jet-wash, and vacuums all have cashless and contactless payment options! FREE air is also available at all vacuum stations.

Parts Store

Monday - Friday | 7:30am - 5:30pm

Saturday - Sunday | 9am - 5pm

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



Know Your Car Class

Call to schedule your 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!

...but, air up your tires first.



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FOREIGN SERVICE BENEFIT PLAN

Turkey Trot

November 23 • 10am | RAFM

Hardstand Fitness Center

Sign up on the day & enter for \$1 to win a turkey!



Federal endorsement of sponsors not intended.

Intramural Sports

Intramural soccer and volleyball season is upon us! Contact your squadron sports representative for more information.

Tri-Base Lifting Club

Saturdays

Monthly workshops cover powerlifting, 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!

Let's focus on FITNESS



Making lives better... it's v

Don't Miss a Thing

Check out our class schedule by scanning the QR code on page 5, or by visiting our Facebook page: RAF Lakenheath Fitness and Sports Center.

Certified?

Are you a certified fitness instructor, sports coach, or personal trainer? We're always looking for additional programs that we can offer the community! Contact the Fitness Center for contracted opportunities.

COMING UP IN
DECEMBER

Elf on the Shelf

Dec 1-22 • During manned hours | FREE

The elves are back for another festive holiday hunt. Find the elf while you are working out at the facility to claim a special, daily prize. Once the elf has been found, return it to a staff member at the front counter to claim your prize!

Santa Run

Dec 7 | 10am • RAFM

Keep an eye out for more information!

The Knight's Table is BACK!

Starting November 1, the Knight's Table Dining Facility will be open to airmen living in the dorms and Essential Station Messing airmen.

The Knight's Table will be open to all 48 FW members starting November 18.

Did you know?

The DFAC is not just for active duty service members - civilians and dependents are welcome, too! Come check out the new and improved facility and try out one of our specialty meals.



what we do!



Thanksgiving Day

• AT THE KNIGHT'S TABLE •

Military members and their families understand the best when it comes to the holiday season and how hard it is to be stationed OCONUS - so far away from our families. Here at RAF Lakenheath, we are one big, happy family and need to always look out for one another.

Your DFAC is here to bring a little of that comfort food all the way across the pond to the Knight's Table for Thanksgiving! Celebrate with your "chosen family" on November 28!

Start the day off with **Continental Breakfast from 8am to 10am**, and then come back for a **Thanksgiving Feast from 11am to 3pm**.



WHAT'S COOKING AT THE LIBERTY CLUB?



Waffle Wednesday

Wednesdays | 6:30am - 10:30am

Starting at \$2.75

November's waffle special comes topped with apples, caramel drizzle, pecans, and a dollop of cream cheese frosting. Pair this warm waffle with a fall-flavored latte for the perfect autumnal breakfast!



Michelle's Sweet Treats

Friday • December 6

6:30am 'til they're gone!

1 for \$3 | 2 for \$5

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 Special: Liberty Mac

Monday - Friday | 11am - 2pm

\$13.95

Does this burger with two 4oz patties, topped with American cheese, onions, pickles, shredded lettuce, and a healthy amount of burger sauce remind you of anything? What about if it's paired with a side of fries?

Steak Night

Friday • November 15 | 5pm - 8pm

Prices vary

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

the lil' PIZZA PLACE

Pizza of the Month: Cheeseburger Pizza

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

The Cheeseburger Pizza features ground beef, tomatoes, red onions, and a mozzarella, cheddar cheese blend on top of a marinara base. And, don't worry - it comes with a side of burger sauce.

See page 39 for The Lil' Pizza Place hours!



Giant Slices

Wednesday - Friday | 11am - 2pm

1 slice + drink • \$6

2 slices + drink • \$8.50

AT EASE • NOVEMBER 2024

Lunch Buffets

Tuesdays - Thursdays | 11am - 1:30pm

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

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



Thanksgiving meals...



Thanksgiving Lunch Buffet

Thursday • November 28 | 11am - 2pm

Adults \$24 | Kids (5-12) \$14
4 & under eat FREE!

We want to welcome you - our Tri-base friends and family - to join us for our Thanksgiving Lunch Buffet! Reserve your table now to enjoy all-you-can-eat of your seasonal favorites!

Reservations highly recommended - scan the QR code on page 5!

Thanksgiving Meal Pick-up

Thursday • November 28 | 12pm - 1pm

Meal Package \$130

Do you want to have a great meal at home without any of the kitchen prep? We'll take care of the hard work and provide you with a meal to feed up to six adults!

You'll get: an uncarved turkey, creamy mashed potatoes & gravy, macaroni & cheese, stuffing, corn, glazed carrots, bread rolls with butter, and pumpkin pie!

No substitutions. Limited availability. Online bookings only - scan the QR code on page 5!

Family Dining...

Tuesdays - Fridays | 5pm - 8pm

Adults \$13 | Kids \$7

Family of 4 • \$40 | Family of 6 • \$66

Starting November 1, enjoy family dining at The Liberty Club on a budget! Meals will also feature several side options.

Tuesdays • Spaghetti & meatballs

Wednesdays • Tacos

Thursdays • Jaeger schnitzel

Fridays • Fried chicken

Drinks not included. Regular menu not available.

Baby Rhyme Time

Tuesdays · 10:15am
Ages 0-2

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

Tuesdays · 11am
Ages 3-5

Preschool Storytime

We will sing, dance, read, and play - craft or activity immediately following!

Make a Paper Turkey

Nov 6 · 3pm - 4pm
Ages 6-10

Drop in to make a cute table decoration!

Nov 13 · 3pm - 4:30pm
Ages 12+

Crafternoon at the USO

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

Finger Knitting for Adults

Nov 14 · 11am
Ages 18+

Learn to finger knit by making a soft & cozy ear-warming headband!

Nov 23 · 10:30am - 12:30pm
All ages

Children's Craft Fair

Come support our community's youngest entrepreneurs! All the items are created and sold by children!

Volunteer Orientation

Nov 6 · 6pm | Ages 12+

Do you want to serve your community? Do you like organizing, tidying, and helping with events? Volunteering with Liberty Library might be for you! Join us for a 30-45 minute initial training to get started!



November Dates to Remember:

- 8 | Closed for Family Day
- 11 | Closed for Veterans Day
- 20 | Closed for Staff Training
- 28 | Closed for Thanksgiving
- 29 | Closed for Family Day
- 23 | Open on Saturday

FOR ALL YOUR DOG HOLIDAY NEEDS

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VETERINARY APPROVED



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- Individual Exercise Areas
- Countryside Walks

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WhatsApp: 07985 620520

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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.



INSIDE THE FITNESS CENTER
MON-FRI.....7AM - 5PM
SAT.....9AM - 4PM
SUN.....CLOSED



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Suffolk IP30 9HZ



GET HOME SAFELY - ON OR OFF
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LANDING - COMMUNITY EVENT
CENTER NEAR LIBERTY WINGS.

DSN: 226 2306
COMMERCIAL: 01638 52 2306

Ward CAC

RAF FELTWELL



Spades

Nov 4 • 5:30pm - 7:30pm | 18+

Join us at RAF Feltwell to socialize, have fun, and enjoy the game of spades! Open to all 18 years and up regardless of skill or knowledge of the game!

Alice's Tea Party

Nov 9 • 11am - 1pm | Ages 3-10

Is it time for tea? Come join us for fun, crafts, cupcake decorating, and our own little tea party!

Winter Cinema

Nov 15 • 5:30pm til' the movie ends | FREE

Partnered with Miss Gaia's Dance Class. *Movie TBD*

Teen Night

Nov 16 • 5:30pm til' the movie ends | \$5

We're inviting all Tri-base teens to meet up and plan activities, programs, and events specifically for you. Put your thinking caps on and enjoy some pizza and popcorn with us!

Thanksgiving Craft Night

Nov 22 • 5pm - 6pm | Free

Say "I'm thankful for you" with a thoughtful, handmade gift. *Craft TBD*

November Sunday Social

Every Sunday • 5:30pm - til' late

Looking to make friends and socialize with adults outside of work? Come by to play casual sports with us! Bringing the kiddos with you? Our indoor play area will be open from 5:30pm - 8:30pm.

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 (BLDG 958) during this time. Follow us at "RAF Lakenheath Community & Event Centers" on Facebook for further information.

CHILDREN'S HOLIDAY PARTY

Sat • Dec 7 | 11am - 3pm
Hangar 4-1, RAFL

Eagles' Landing - Community Event Center is a great multi-functional 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 our Event Center office for further details. Call 01638 52 5113 or send us an email at 48fss.Events.Community@us.af.mil



AT EASE • NOVEMBER 2024

Thankful for our future!

DEPARTMENT OF THE AIR FORCE



CHILD AND YOUTH PROGRAMS



Start here with the FSS!

Help the kids as they grow in the new year and receive a discount on your own child care! Child and Youth Program staff who spend at least 75% of their time in the classroom can enroll one child for free. Every additional child receives a 25% discount on enrollment.

All non-classroom CYP employees receive a 25% discount for each child enrolled in full- or part-time care.

Interested? Call NAF Human Resources at 01638 52 4417.



Or, do you want to care for children and others from the comfort of your own home?



Why not join the Family Child Care team?

Family Child Care is always looking for individuals interested in caring for children, as well as respite care providers for those with special needs.

At minimal cost, you can operate your own affiliated quarters or home-based business, set your own hours, and begin to care for children on an hourly, part-day, full-day, or extended basis!

Call 01638 52 3730 to sign up today!

Benefits for you:

- Run your own business
- Be your own boss
- Earn a great income
- Set your own hours and child care fees
- Work from home
- Transferable career
- Lending Library available
- Ongoing training to enhance your skills



Encourage your kids to try out a new hobby or class at the Youth Center! Call for more information at 01638 52 5437!

GYMNASTICS! TENNIS! TOUCH RUGBY! ROCK CLIMBING! INDOOR SOCCER!



Ready to give thanks!



Preventing SAD Season

Wednesday • November 6 | 5pm – 7pm

Learn the signs and prevention strategies for Seasonal Affective Disorder (SAD).

Keeping Love Alive - At a Distance

Wednesday • November 14 | 9am – 10am

This workshop focuses on military-specific challenges to relationship success, love languages, and the communication styles within relationships.

Servicing Families

- Air Force Aid Society (AFAS)
- Casualty Assistance
- Crisis Support
- Deployment Readiness
- Employment Assistance
- Financial Readiness
- Key Spouse Program



Upcoming Briefings & Workshops

Reintegration Briefing	Mondays & Wednesdays 9am – 9:30am
Pre-Deployment Briefing	Mondays & Wednesdays 9:30am – 10am
Newcomers' Orientation Briefing	Tuesdays & Wednesdays 8am – 5pm
101 Spouse Orientation	Wednesdays 1pm – 3pm
Civilian Resume Workshop	Monday • November 4 9am – 11am
Preventing SAD Season	Wednesday • November 6 5pm – 7pm
Manage Your Move	Thursday • November 7 8:30am – 11:30am
Pre-Separation Briefing	Thursdays • November 7 & 14 1pm – 4pm
Keeping Love Alive - At a Distance	Wednesday • November 14 11am – 12pm
Job Search Strategies Workshop	Wednesday • November 18 9am – 11am
Transition Assistance Program (TAP) Workshop	Monday – Wednesday • November 18–20 8am – 4:30pm
Department of Labor Two-day Track	Thursday – Friday • November 21–22 8am – 4:30pm

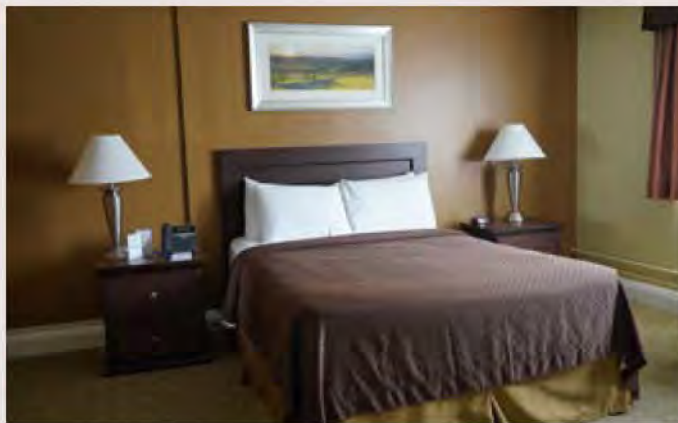
LIBERTY LODGE

AIR FORCE INNS



Liberty Lodge

This holiday season, why not enjoy all the comforts of home right on base?



On-base convenience

There's no need to worry about driving! Enjoy on-base holiday parties and return to the Liberty Lodge in just minutes.

Family-friendly fun

Invite family members to join you in one of our cozy TLFs!

No drinking & driving

Celebrate safely knowing you're just a sleigh-ride away from your room.

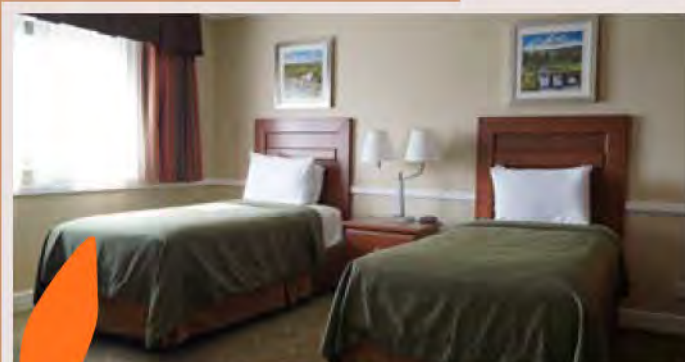
Book your stay now and make this holiday season one to remember at Liberty Lodge. Reach us by phone or email, or simply walk-in to make your Space-A reservation at the front desk. We are conveniently located at the end of the BX parking lot and are open 24/7!

Please note: Rooms are subject to availability. Military ID is required for at least one guest per room. We kindly ask that no parties be held in any of our rooms.



AIR FORCE INNS

USAF SERVICES



- Commercial: 01638 52 6700
- DSN: 226-6700
- E-mail: liberty.lodge@us.af.mil

Express Mail: 3-5 Business Days
 Priority Mail: 7-10 Business Days
 Ground Mail: 10-20 Business Days
 The RAF Lakenheath Post Office recommends customers mail packages early in an effort to facilitate an arrival date before December 25. Please see below for time frames!

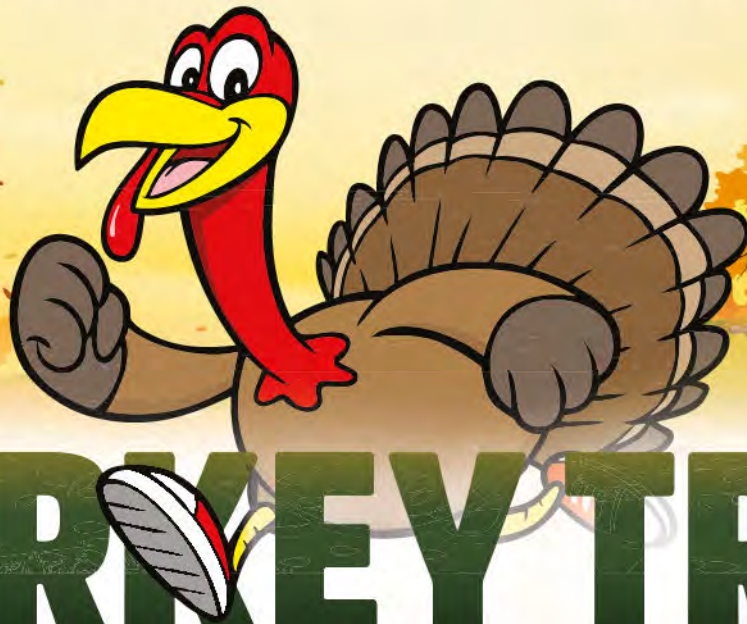
Need gift ideas?
 Scan the QR code on page 5 to view our gift guide!

Need a volunteer opportunity?
 The RAF Lakenheath Post Office is needing some help for the busy holiday season.
 Call DSN 226-2370 or Commercial 01638 52 2370

Express Mail: Send no later than December 15
 Priority Mail: Send no later than December 2
 First Class letters, cards, and postcards: Send no later than December 2

Post Office Holiday Shipping Schedule

RAF MILDENHALL & LAKENHEATH



5k

TURKEY TROT

Saturday, Nov. 23

10 am start

RAF MILDENHALL HARDSTAND FITNESS CENTER

Enjoy a guilt-free Thanksgiving!

Sign up on the day // \$1 per participant

PRIZE DRAWINGS FOR TURKEYS, PIES & MORE FOLLOWING THE RACE!



No federal endorsement of sponsor intended.



 Follow **@TeamMildenhallFSS** for all the latest updates!

Holiday Tree Lighting Ceremony

Friday, Dec. 6

4 pm – 7 pm

**RAF MILDENHALL
WASHINGTON SQUARE**

- ★ **FREE Hot Chocolate & Cookies**
- ★ **Stilt Walkers** ★ **Holiday Train**
- ★ **Giant Snow Globe**
- ★ **Santa Fire Truck Arrival**

Holiday Market

3 pm – 7 pm

- ★ **Food Trucks** ★ **Holiday Vendors**

No federal endorsement of sponsor intended.


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Fall Puzzles



- Fall
- Thankful
- Family
- Corn
- Turkey
- Pilgrim
- Pie
- Meal
- Pumpkin
- Parade
- Thursday
- Relative
- Harvest
- Dinner
- November
- Football

H	Q	T	H	R	B	H	H	W	C	P	Y	G	S
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	9		4	5	1			6
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Facility Directory



Arts & Crafts

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

Mon & Fri | 1pm-2pm

MOT Testing

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

Motorcycle MOT Testing

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

Auto Tire & Lube Center

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



Base Education & Training

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



Breckland Pines Golf Course

Bldg 1320 | x2223
Mon-Sun: 8am-7pm
Family/Goal Days: 8am-5pm
Christmas Day & New Year's Day: Closed



Child Development Centers (CDC)

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

CDC West

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



Community Activities Center (CAC)

Page @ Lakenheath
Bldg 900 | x1627
Closed for renovations

Ward @ Feltwell

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

Play Area:

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

Community Child Care Coordinator/ Family Child Care

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

Eagles' Landing -

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



Jolly Olde Eagle Pub

Bldg 958 | x2326
Last (Fini) Fri: 5pm-10pm



Phoenix Taxi

Bldg 958 | x2306
Open 24/7

Liberty Wings

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



Fitness & Sports Center

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

Juice Bros @ Fitness

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

Hard Copies Print Shop

Bldg 977 - Ground Floor | x1719
Mon-Fri: 9am-5pm
U.S. Holidays, Family/Goals Days, & Weekends: Closed



Hot Pit: Flight Line

Bldg 1224 | x3184

Mon-Fri:

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

Between-meal hours for

grab & go options:
8am-11am • 2pm-5pm



Human Resources NAF/HRO RAFI

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

Civilian Personnel RAFM

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



Information, Tickets, & Travel (ITT)

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

Knights Table

Military Dining Facility
Bldg 934 | x3214
Closed for renovations



Liberty Lanes Bowling Center

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



Liberty Club

Bldg 648 | x1611
Bistro
Bldg 648 | x1603
Mon-Fri: 6:30am-8pm
Sat: 8am-8pm
Sun: Closed

Cashier's Cage

Mon-Sat: 10:30am-4pm
U.S. Holidays & Family/Goal Days
Days: 11am-4pm
Sun: Closed

Casino Lounge & Bar

Sun-Wed: Closed
Thur: 4pm-10pm
Fri & Sat: 4pm-2am
Thanksgiving, Christmas, & New Year's Day: Closed

Catering Office

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

Slots

Mon-Wed: 7am-8pm
Thur: 7am-10pm
Fri & Sat: 7am-2am
Sun, Thanksgiving, Christmas, & New Year's Day: Closed



Liberty Library

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

Liberty Lodge

Bldg 984 | x6700
Front desk: Open 24/7
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, & Weekends: Closed

Military Personnel Flight

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

Customer Support & ID Cards

Schedule an appointment via lakenheathfss.com | x5131

Career Development: Relocations

Phone & email support | x5131

Career Development:

Promotion & Retention
Phone & email support | x1079

Force Management

Phone & email support | x5138

Passport Services

Phone | x1210



Outdoor Recreation

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



The Lil' 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

Sun-Wed: Unavailable
Thur-Sat: 4pm-8pm
Subject to change



Post Office

Bldg 1025 | x2370

Finance/Mailing Out

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

Package Pick-up

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

Night Shift Package Pick-up:

Mon-Fri: 7am-8am

Customer Service/In & Out

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

VAT Relief Program Office

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



Wood Shop

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



Youth Center

Bldg 250 | x5437
Mon-Fri: 6:45am-5:15pm
U.S. Holiday, Family/Goal Days, & Weekends: Closed

Open Recreation/Teen

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

School Age Care (SAC)

Bldg 250 | x5437
Closed U.S. Holidays

Youth Sports

Bldg 250 | x1182
Refer online for season dates

Hours Subject to Change

Please check with the facility before making plans.

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

Commercial: 01638 52-XXXX

DSN: 226-XXXX



Children's HOLIDAY PARTY

Saturday
December
07



CRAFTS • BOUNCY CASTLES • GAMES
ENTERTAINMENT • PHOTOS WITH SANTA



11AM - 3PM | HANGAR 4-1, RAFL



Thank you to our sponsors!



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