

APRIL 2026

ATTEASE

MONTH OF THE MILITARY CHILD
COLORING BOOK EDITION



48 FSS

HOPPY HAPPENINGS

From egg hunts to eggs at brunch, join the 48 FSS egg-stravaganza for Easter!

page 7

TOASTER TUESDAY

The Liberty Club's five toasty sandwiches will make Tuesday your new favorite day!

page 17

PURPLE-UP

Dive into a world full of joy, creativity, & fun honoring our military children!

page 20



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Look out for this stamp for our FSS Deputy's faves!



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Col Glenn S. Cameron

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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, Department of War, or U.S. Government.

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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Biannual travel guide •

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...and more!

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48th Force Support Squadron Marketing & Publicity
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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.

Tell us what you think.

Quickly and easily provide valuable feedback to improve the products and services available to you. With just a click, 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.



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

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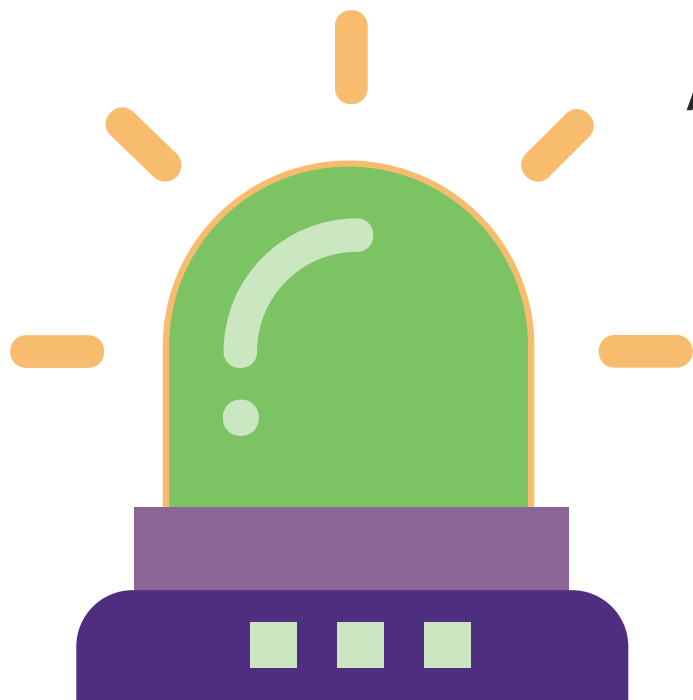
@48FSSLAKENHEATH



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

USAF Property Rentals



“Meeting your housing needs”



- Our Lords Walk Office to arrange viewings (adjacent RAF Lakenheath Gate 2)
- Free Transport for viewings
- Housing Office compliant leases
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Scan here for our extensive range of USAF rental properties



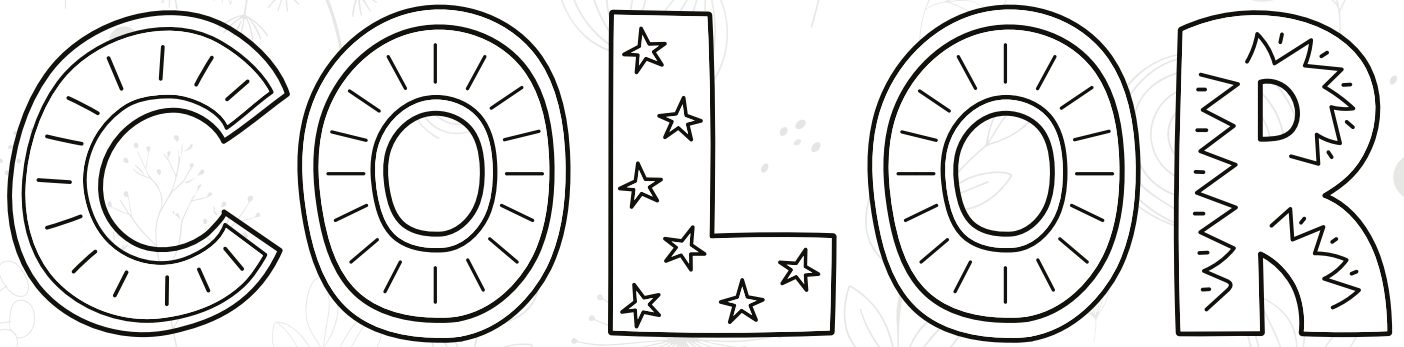
01638 711171

mildenhall@balmforth.co.uk



www.balmforth.co.uk

www.balmforth-usaf.com



YOUR WORLD

48 FSS is throwing this edition to the kids (and kids at heart) — complete with activities and coloring pages to color as your heart desires. Grab your favorite crayon, marker, or pencil and make this magazine one-of-a-kind!

Do you have a military child that you'd like to recognize?

Scan the QR code on page 5 and submit a shout out! We will be featuring military children on our platforms throughout the month of April.

Make sure to follow us on Facebook and Instagram so you can celebrate with us (scan the QR code on page 5)!



FOLLOW



For a calendar of events for the Month of the Military Child, see page 20!

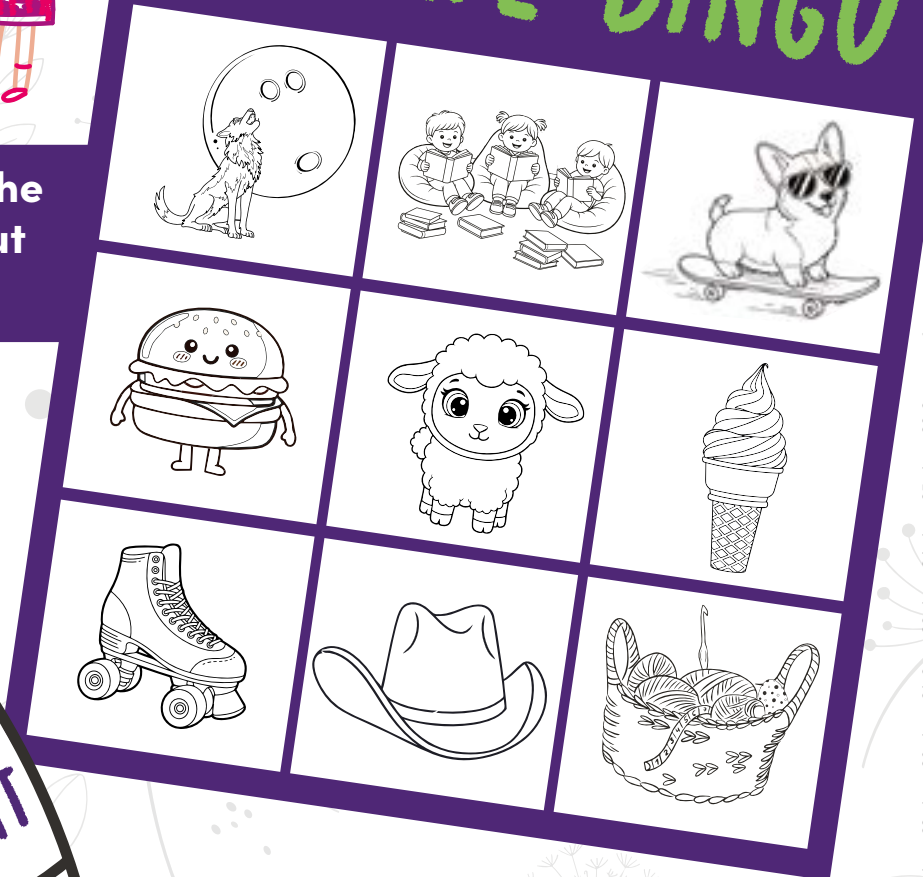
Letter search: C: 6, L: 7, O: 9, R: 7

Bingo (L-R, T-B): pg 31, pg 12, pg 23, pg 17, pg 25, pg 18, pg 11, pg 32, pg 28



AT EASE BINGO

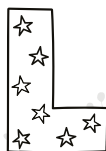
Find the pictures on the Bingo card throughout the magazine!



24 EGGS

are hidden throughout this magazine. Can you find them all?

The letters below are hidden throughout the magazine. How many of each can you find (including those below)?



SHARING



IS Caring



DEPARTMENT OF THE AIR FORCE



CHILD AND YOUTH PROGRAMS

SHARING YOUR HOME – AND GETTING PAID

Family Child Care offers parents a loving, warm, & nurturing environment as an alternative to the Child Development Center. FCC offers flexible hours —perfect for shift work; weekend care; extended, evening, or duty care; and more! **Family Child Care is looking for individuals to fill this need!**

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!

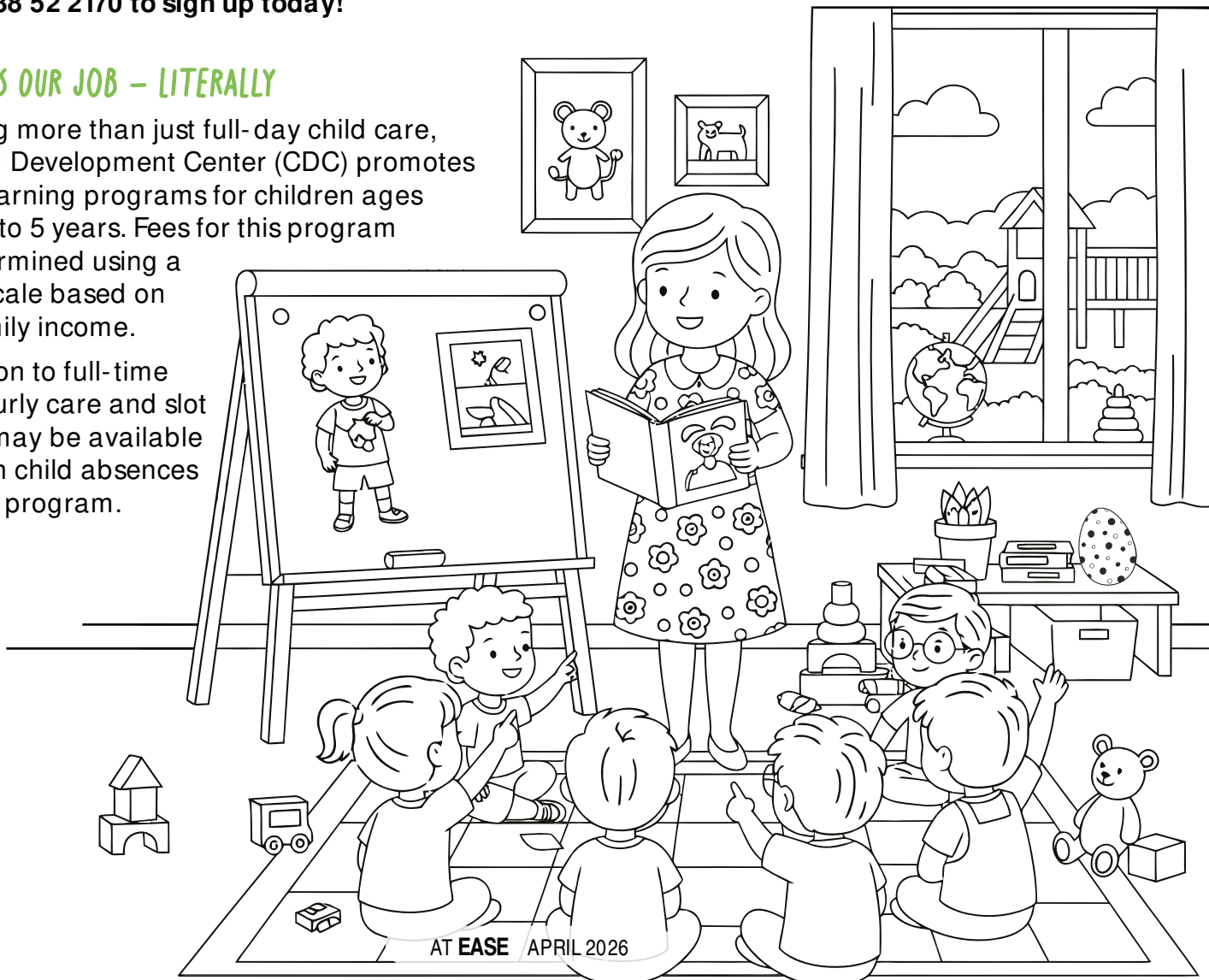
FCC staff will assist you in completing all licensing requirements and can provide materials from their lending library —getting you on the right foot to caring for the children of the Tri-base community.

Call 01638 52 2170 to sign up today!

CARING IS OUR JOB – LITERALLY

Providing more than just full-day child care, the Child Development Center (CDC) promotes active learning programs for children ages 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.





AIR NATIONAL GUARD

+ HEALTHCARE
-CONTINUED TRICARE FOR YOU & YOUR FAMILY

CAREER GROWTH
-CROSS TRAINING INTO YOUR DREAM AFSC

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-TSP, SGLI, & RETIREMENT OPTIONS

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-STAY ELIGIBLE



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WARD | RAF FELTWELL

EGG HUNT

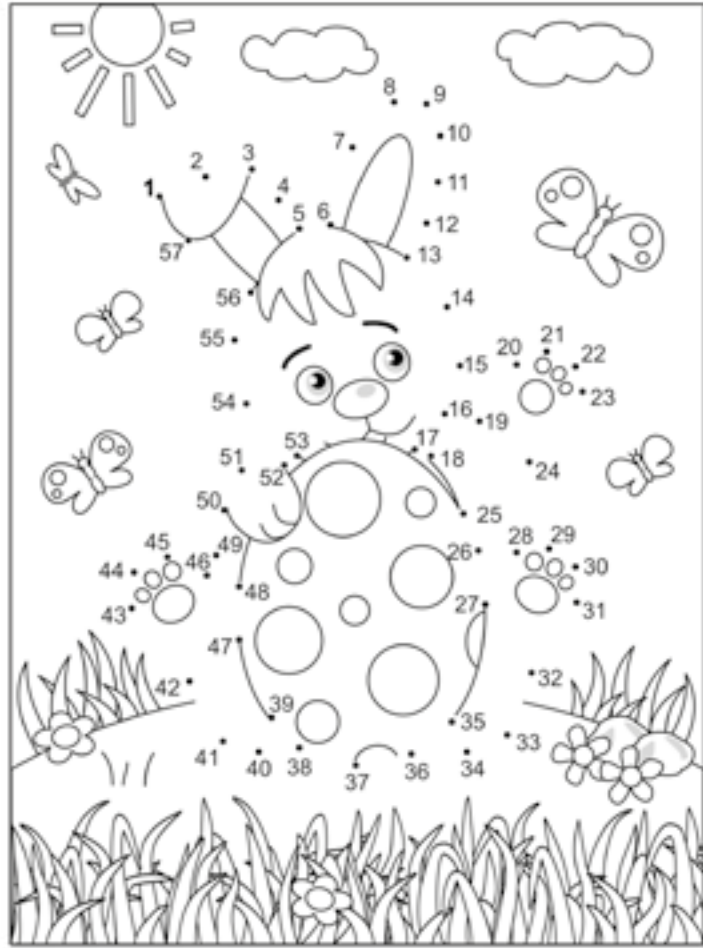
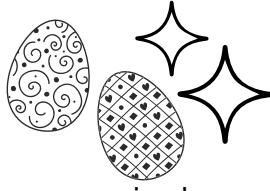
Sunday • April 5 | Ages 10 & under

Hunt will begin at 10:45am

\$10 per child • Limited space! Sign-ups required

Join us for an egg hunt, crafts, and cookie decorating, plus a visit from the Easter Bunny! Be the one to find the Golden Egg to win a prize!

Sign up by phone or message us on Facebook. All children under the age of 10 years old MUST be accompanied by an adult.



SPRING CRAFTS

Friday • April 10 | 4:30pm - 5:30pm

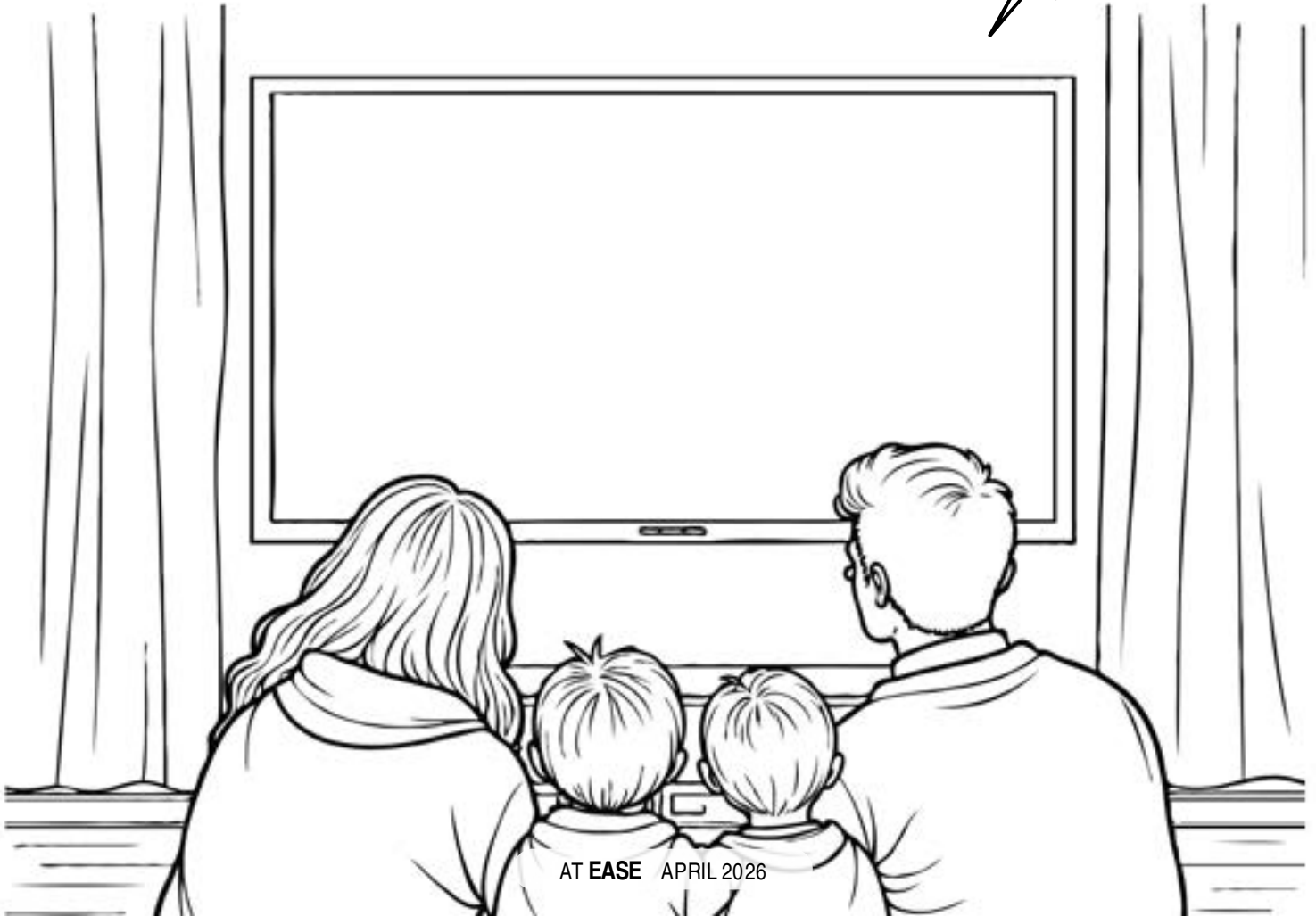
Spring has sprung, so let's bring some joy inside! Come craft with us!

MOVIE NIGHT

Friday • April 17 | 6pm start

Friday night is movie night! So, let's get that popcorn a-poppin' and snuggle on down for a film screening! Scan the QR code on page 5 to check out our Facebook page where we will announce the movie title!

Fill in the space below with your guess of what we'll be showing!



PAGE | RAF LAKENHEATH

Get your skate on this April with FOURTEEN opportunities to move those feet! Whether you are skating for exercise or fun, we've got you covered —and we'll have the tunes playing while we do it.



OPEN SKATING

Wednesdays • April 1, 8, 15, 22, & 29 | 2pm - 5pm

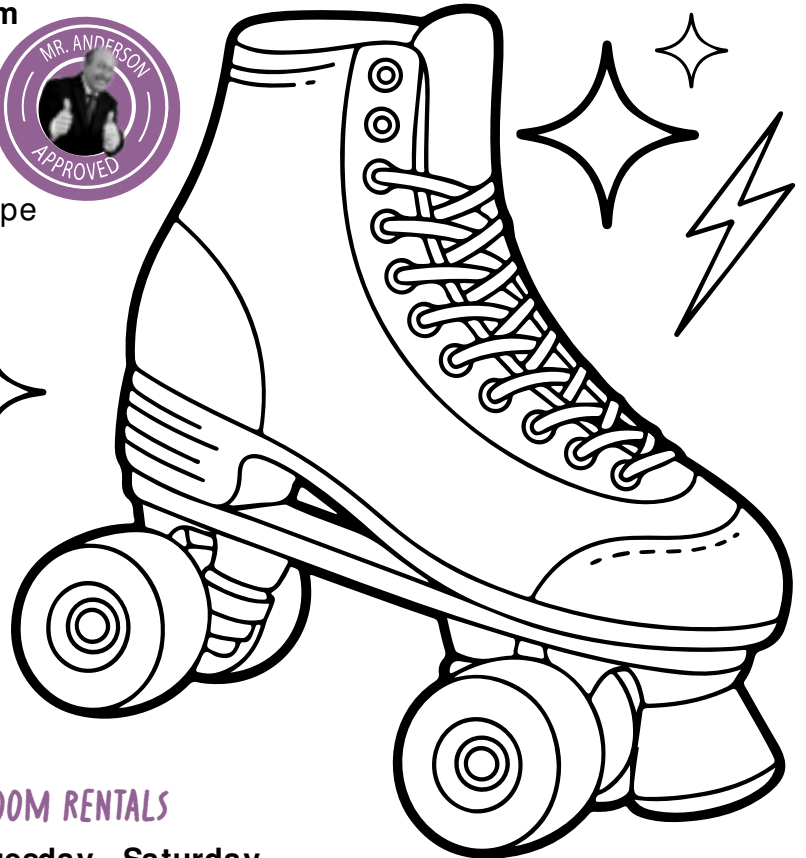
Fridays • April 3, 10, 17, & 24 | 3pm - 6pm

Saturdays • April 4, 11, 18, & 25 | 10am - 1pm

\$8 entry • \$2 skate rental | Card payments only

Everyone is welcome at open skates, and we hope you take that as a challenge!

Decorate your dream roller skate here!



ADULTS-ONLY SKATING

Friday • April 17 | 6:30pm - 9:30pm

Ages 18+

\$8 entry • \$2 skate rental | Card payments only

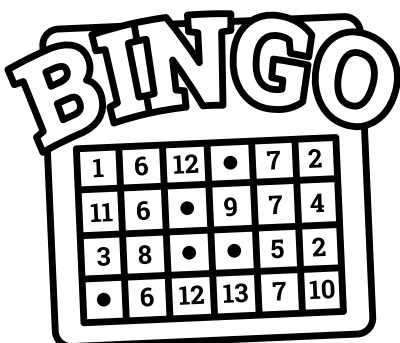


ROOM RENTALS

Tuesday - Saturday

All of our spaces are available to reserve —perfect for birthday parties, baby showers, official or UNITE functions, & any other event you have in mind. For more information and to request a booking form, please email us at 48fss.page.communitycenter@us.af.mil.

EAGLES' LANDING | RAF LAKENHEATH



MID-WEEK BINGO

Wednesday • April 8 | 18+ only

Doors: 5pm | Games: 6pm

\$10 per book • Six rounds | Eagles' Landing Ballroom

The Community Center team is calling six rounds of bingo, inviting good company, and giving you a reason to look forward to Wednesday night!

THE LIBRARY IS FOR ALL AGES!

2 TO 5

2 & UNDER

BABY RHYME TIME
Tuesdays • 10:15am

5 & UNDER

TINY TALES & BIG PLAY
WITH EFMP & EDIS
Fridays • April 3 & 17
10:30am - 11:30am

5 TO 12

4 TO 17

**HOMESCHOOL LEGO®
EDUCATION LESSONS**
WITH AIR & SPACE STEM OUTREACH
Thursdays • 10:30am
Register via our Facebook page for a
guaranteed spot or drop in the day of.

12 & UNDER

**CRAFTERNOON
AT THE USO**
Wednesday • April 8
3pm - 4:30pm

12 TO 17

**TEEN ADVISORY
BOARD (TAB)**
Wednesday • April 1
2:30pm

18+



SUPER MARIO INTERACTIVE MOVIE

Friday • April 3 | 2pm

Ages 5- 12

Join us for a movie screening of The Super Mario Bros. Movie (PG) where participation is not just encouraged, it's part of the fun! Be prepared to shout out, race along with the characters, and have a great time. Bring your own blankets and snacks to get cozy!

Limited spaces. Registration is required. To sign up, check our Facebook page, call, or stop into the library.

BATTLE OF THE BUBBLES BLIND TASTE TEST

Wednesday • April 8 | 3:30pm

Ages 12- 17

Teens, it's time for a Blind Taste Test Challenge! We've stripped the labels off everything from classic sodas to exotic drinks. Your mission? Sip, rank, and identify the flavors without seeing the bottle! There will be snacks to cleanse your palate between rounds. This program was designed by the Liberty Library TAB members.

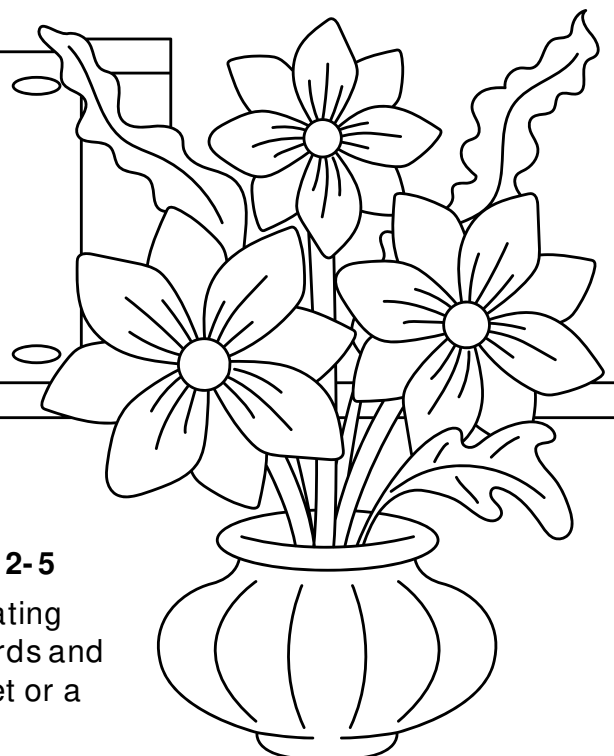
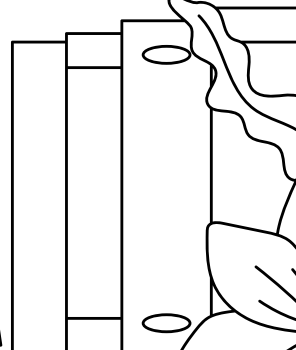
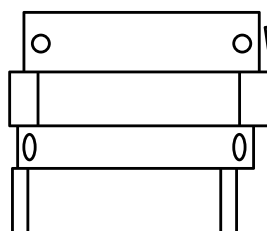
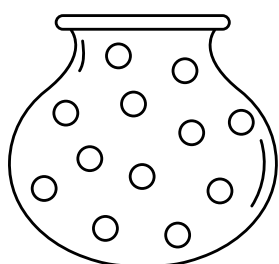
DIAMOND PAINTING

Friday • April 10 | 5pm

Ages 18+

Create a sparkling masterpiece by placing vibrant rhinestones to a patterned self-adhesive canvas. Similar to paint-by-numbers, this craft is easy, fun, and relaxing!

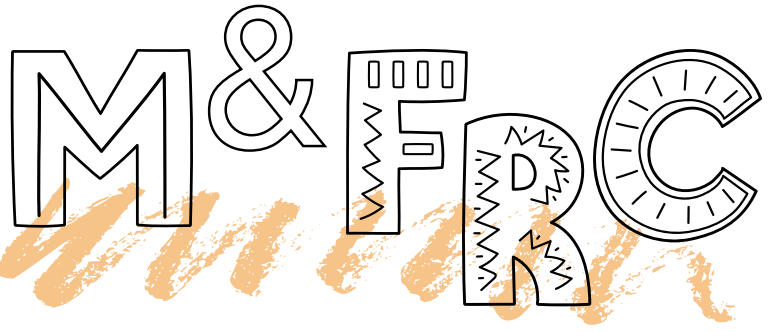
Registration is required. Please check our Facebook page for the Sign-Up Genius link or call or stop into the library to sign up.



MOTHER'S DAY TREAT WITH WIC OVERSEAS

Friday • April 24 | Ages 2- 5

Celebrate mom by creating lovely Mother's Day cards and a potato stamp bouquet or a colorful love bug jar!



RELOCATION ASSISTANCE PROGRAM

NEWCOMER'S ORIENTATION

Every Tuesday & Wednesday
8am - 5pm

MANAGE YOUR MOVE

Thursdays • April 2 & 23
9am - 11:30am

VIRTUAL PRE-ARRIVAL ORIENTATION

Fridays • April 3 & 17
8am - 9:30am

Mondays • April 6 & 20
3pm - 4pm

SUPPLEMENTAL SPONSORSHIP TRAINING

Friday • April 10
8am - 9:30am

TRANSITION ASSISTANCE PROGRAM

TAP PRE-SEPARATION BRIEF

Wednesdays • April 8 & 22
9am - 12pm

TAP WORKSHOP

Monday - Wednesday • April 13- 15
8am - 4pm

TAP EMPLOYMENT TRACK WORKSHOP

Thursday & Friday • April 16 & 17
8am - 4pm

MY EDUCATION - TAP EDUCATION TRACK WORKSHOP

Thursday & Friday • April 23 & 24
8am - 4pm

EMPLOYMENT PROGRAM

NAVIGATING USAJOBS

Tuesday • April 21
9am - 11am

EFMP

TRI-BASE WELLNESS RESOURCE FAIR

Friday • April 17
11am - 1pm
at RAF Lakenheath Fitness Center



KUDOS

(KIDS UNDERSTANDING DEPLOYMENT OPERATIONS)

Saturday • April 25

1pm - 3pm | EFMP time • 12:30pm

RAF Mildenhall Hangar 814

See the back cover for full details!

READINESS PROGRAM

REINTEGRATION BRIEFING

Every Monday & Wednesday
9am - 9:30am

PRE-DEPLOYMENT BRIEFING

Every Monday & Wednesday
9:30am - 10:30am

PERSONAL AND WORK LIFE PROGRAM

SPOUSE ORIENTATION

Every Wednesday
1pm - 3pm

COMMANDER'S KEY SUPPORT PROGRAM IMMERSION TRAINING

Tuesday • April 7
10:30am - 11:30am

ELEVATE

Tuesdays & Thursdays • April 21, 23, 28 & 30
5pm - 7pm

PERSONAL FINANCIAL READINESS

READY TO LET: A SPENDING PLAN WORKSHOP

Tuesdays • April 7 & 21
10am - 12pm

INSURANCE NEEDS

Tuesday • April 14
11am - 12pm

CREDIT MANAGEMENT

Tuesday • April 28
11am - 12pm



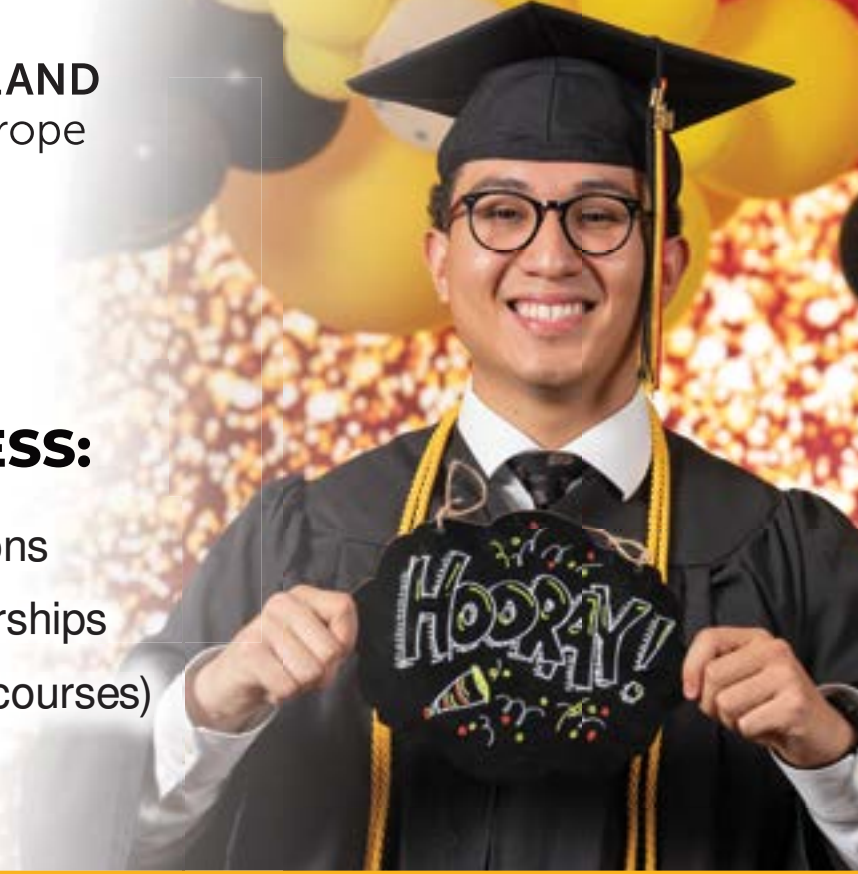


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SCAN ME



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CUP-OF-JOE

Brighten your morning or push through the three o'clock slump with coffee from the Bistro! Whether you take your coffee black or prefer a side of coffee with your sugar, they've got you covered all day!



EASTER FAMILY NIGHT

Wednesday • April 1 | 5pm - 7pm
 Adult \$15 | Child (5-12) \$8 | 4 & under eat FREE

Buy food and Easter fun with James D Partytime. No reservations required!

EASTER BRUNCH

Sunday • April 5 | 11am - 1pm
 Adult \$28 | Child (5-12) \$16 | 4 & under eat FREE

Reservations highly recommended.
 Scan the QR code on page 5 to reserve your table!

Find the hidden foods!

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

- BRUNCH
- CATFISH
- CINNAMON ROLL
- COFFEE
- COLESLAW
- CUPCAKE
- FRIED CHICKEN
- FRIES
- HAM
- TOASTER





FAMILY BINGO

Friday • April 17

Doors: 5pm | Games: 5:30pm

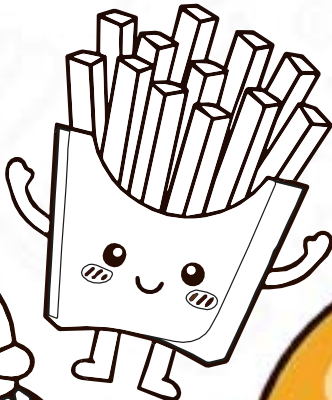
Hop in for our first ever family bingo! With prizes including Cineworld movie tickets, family games, & toys, you won't want to miss this night!

Purchase bingo books in advance from The Liberty Club Cash Cage or online (scan the QR code on page 5) at just \$10 per book! Purchase books at the door for \$15 each!



Thanks to our sponsor,
Keesler Federal Credit Union!

No federal endorsement of sponsor intended.



MOTHER'S DAY LUNCH

Sunday • May 10 | 11am - 1pm

Adult \$28 | Child (5-12) \$16 | 4 & under eat FREE

Reservations highly recommended.

Scan the QR code on page 5 to reserve your table!

MICHELLE'S SWEET TREATS

Friday • April 10 | 6:30am 'til sell-out
1 for \$4 | 2 for \$6

Ooey-goey cinnamon rolls on Friday morning are definitely the best way to end your week.

Have a large order? Pre-order for your office or shop by scanning the QR code on page 5!

TOASTER TUESDAYS

Tuesdays | 11am - 2pm
\$14.95

Starting this month, sink your teeth into our new Toaster Tuesday menu! Loaded with five sandwiches of toasted, cheesy goodness, this menu is only available during lunch on Tuesdays!

Price includes sandwich of your choice, fries, & a drink (canned soda, water, or juice)

ALL-YOU-CAN-EAT SOUTHERN BUFFET

Thursdays | 11am - 1:30pm
Adult \$14.95 | Child (5-12) \$8.95
4 & under eat FREE

Dive into our lunchtime buffet and get a taste of Southern comfort with staples like mac & cheese, cornbread, collard greens, fried chicken, mashed potatoes and gravy, and more!

BISTRO MONTHLY SPECIAL: SOUTHERN PLATTER

\$13.95

Fill up with April's special —golden fried catfish served with hush puppies, fries, coleslaw, tartar sauce, & a lemon wedge.

THE BISTRO HOURS:

Sunday | 2pm - 8pm

Monday | 6:30am - 2pm

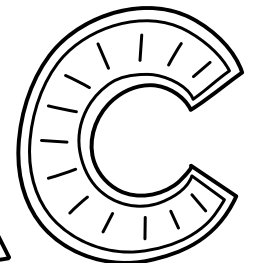
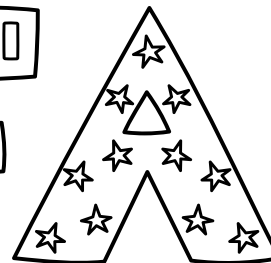
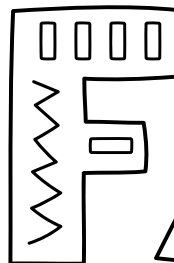
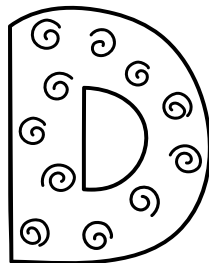
Tuesday - Friday | 6:30am - 8pm

Saturday | 8am - 8pm



Knights Table

HOT PIT



The Knight's Table and Hot Pit dining facilities will only be serving Essential Station Messing (ESM) meal card holders until further notice. We apologize for any inconvenience this causes.

No dorm airman will be turned away! Members have three duty days to in-process and must provide their ESM start/stop memorandum to the Food Services Accountant to receive ESM entitlements. Members may be subject to pay during the in-processing period, but will be reimbursed through utilization of the missed meals form. Please contact the Knight's Table for further details.

KNIGHT'S TABLE & HOT PIT HOURS

Monday - Friday

Breakfast 6am - 8am

Lunch 11am - 1pm

Dinner 4:30pm - 6:30pm

US Holidays/ Family/ Goal Days & Weekends

Brunch 8am - 12:30pm

Dinner 4:30pm - 6:30pm

Knights Table ONLY

Midnight Meal

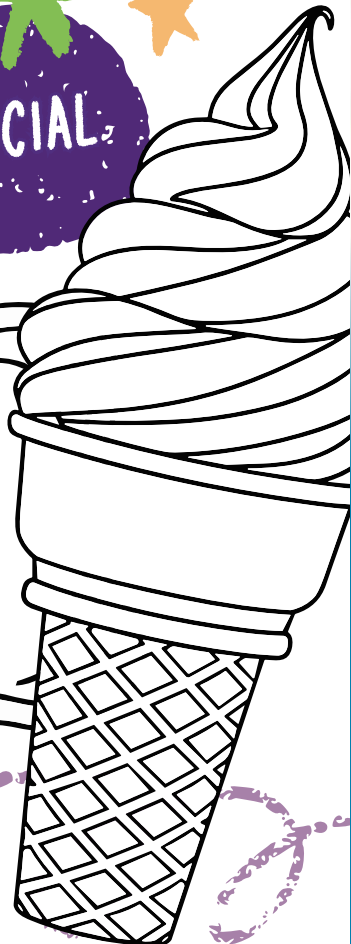
Sunday - Thursday 11pm - 1am

Knights Table ONLY

ICE CREAM SOCIAL

Every Friday in April | 11am - 1pm

Swing into spring at the Knight's Table! Join us every Friday from 11am to 1pm for an ice cream social.



AIR FORCE



FOOD & BEVERAGE



Giving to those who give the most

Keesler Federal is honored to offer military discounts like

1% OFF approved rate on all consumer loans.*

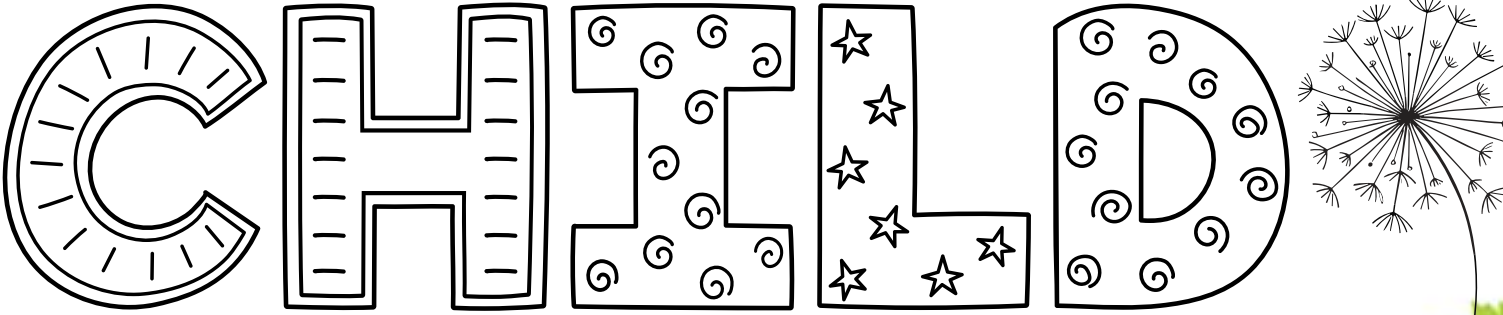
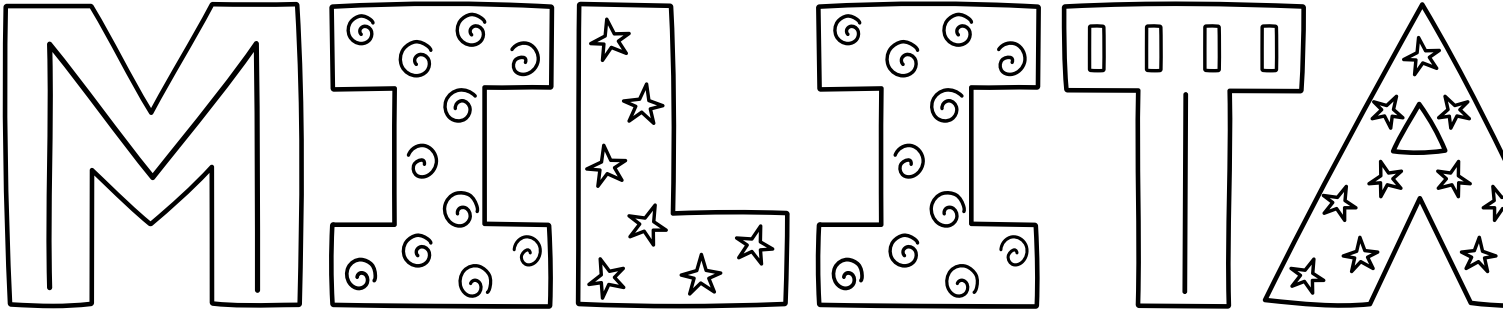
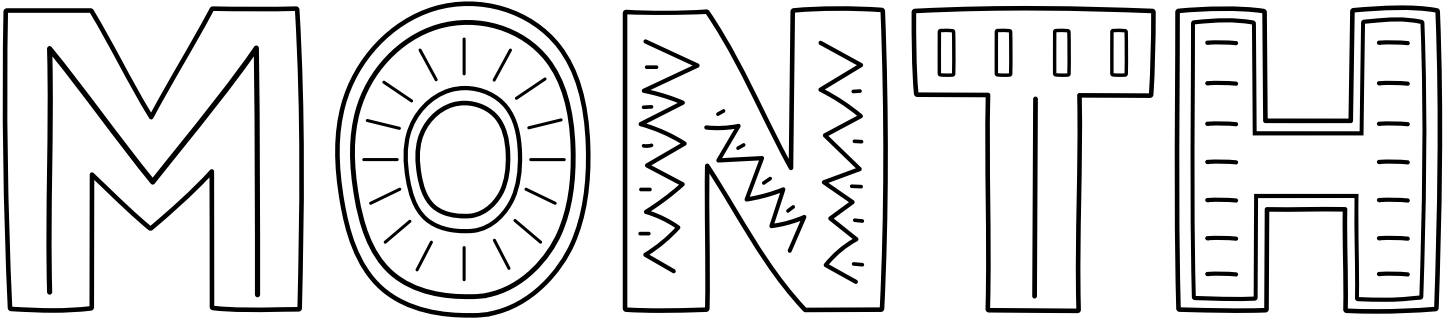


RAF Alconbury | RAF Lakenheath | RAF Mildenhall

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

Membership & credit eligibility required. The 1% discount program is only available for active duty, reserve or retired military members. This discount does not apply to those who work for the federal government or government contractors. Rate discount cannot be combined with any other promotional rate or offer. This discount does not apply to the following products: Kreditline, Certificate Secured loan, Share Secured loan, Lenders Protection loans, HELOC or credit cards. Member must be able to present appropriate military service identification or employment verification. Member must meet all traditional loan credit and underwriting qualifications. This offer is subject to change at any time without notice.

Paid advertisement. Federal endorsement of advertiser not intended.



Every April, during the Month of the Military Child, we pause to honor the incredible hearts behind our country's heroes —their children. While their parents serve our nation in uniform, military children serve in their own way —through courage, adaptability, & unwavering support.

TO EVERY MILITARY CHILD,
THANK YOU. THANK YOU FOR YOUR COURAGE WHEN YOU PACK UP YOUR LIFE AND START OVER IN A NEW PLACE. THANK YOU FOR THE STRENGTH YOU SHOW DURING LONG DEPLOYMENTS, FOR THE BIRTHDAYS CELEBRATED OVER VIDEO CALLS, AND FOR THE QUIET BRAVERY IN MISSING A PARENT AT SCHOOL EVENTS. WHETHER YOU JOURNEY BACK TO THE UNITED STATES OR ONWARD TO OTHER OVERSEAS LOCATIONS, YOU CARRY RESILIENCE WITH YOU WHEREVER YOU GO. YOU GROW UP LEARNING ADAPTABILITY, COMPASSION, AND INDEPENDENCE BEYOND YOUR YEARS. YOUR SACRIFICES MATTER. YOUR FEELINGS MATTER. YOUR STRENGTH INSPIRES US. **THIS MONTH – AND EVERY MONTH – WE ARE DEEPLY GRATEFUL FOR YOU AND THE POWERFUL EXAMPLE YOU SET.**

OF THE

ROY



CYP EVENTS APRIL 2026

SUN

MON

TUE

WED

THU

FRI

SAT

<ul style="list-style-type: none"> CYP* Ward CAC (pg 10) Liberty Library (pg 12) The Liberty Club (pg 16) ITT (pg 22) ODR (pg 24) Arts & Crafts (pg 28) 		Page CAC Open Skates (pg 11)	<p>1</p> Parade & Proclamation World Map Activity Door Decorating Begins Easter Family Night	<p>2</p> Reading from Leadership International Children's Book Day Canvas Painting: Swan	<p>3</p> Purple-up (Classroom T-shirt) Super Mario Interactive Movie	<p>4</p> Coombes Farm Lambing
<p>5</p> Egg Hunt Easter Brunch EASTER	<p>6</p> Paint Pouring: Jellyfish	<p>7</p> Mission: Family Snack Time World Health Day	<p>8</p> Welly Wednesday Battle of the Bubbles	<p>9</p> Purple-up Push-pops	<p>10</p> Touch-a-Truck Purple-up (Classroom T-shirt) Spring Crafts	<p>11</p> Royal-tea Party London DYO London Eye City of Bath
<p>12</p> <p>SPIRIT WEEK Walmer Castle</p>	<p>13</p> <p>Age Group Color</p>	<p>14</p> <p>Mix- Match Day</p>	<p>15</p> Dandelion Day Art Auction Begins World Art Day Crochet: Basics	<p>16</p> <p>Super Hero Day Heroic Flower Pot Painting Wood & Words: Lovebirds</p>	<p>17</p> Sports Day Family Fitness Day Door Judging Movie Night Family Bingo	<p>18</p> Arundel Castle
<p>19</p> <p>Oxford DYO London DYO Virginia Water Loop Hike</p>	<p>20</p> <p>Rock Painting</p>	<p>21</p>	<p>22</p> Purple-up EARTH DAY	<p>23</p>	<p>24</p> Carnival Activities on Playground Purple-up (Classroom T-shirt) Mother's Day Treat with WIC Overseas	<p>25</p> KUDOS at RAF Mildenhall Stratford-upon-Avon: Shakespeare's Birthday Chunky Knit Blanket Making
<p>26</p> <p>London DYO</p>	<p>27</p> <p>Bravo! Playdough: Military Edition</p>	<p>28</p> <p>Breakfast with Our Brave Families</p>	<p>29</p> Picture Day International Dance Day	<p>30</p> Bidding Day (For Art Auction) Picture Day Picture Frame Exchange Canvas Painting: Sunset	<p>*Please note that CYP events are for children registered with the Youth Center and/ or CDCs. Please contact the Youth Center at 01638 52 5437 or the CDC at 01638 52 5812 for more information about their events.</p>	

TURN EVERY JOURNEY INTO A MASTERPIECE



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

CITY OF BATH

Saturday • April 11

Adult £46 | Child (3-14) £44 | Infant £20

Transportation only

WALMER CASTLE

Sunday • April 12

Adult £54 | Child (5-17) £45 | Infant £20

Transportation & Walmer Castle entry

ARUNDEL CASTLE

Saturday • April 18

Adult £66 | Child (5-16) £48 | Infant £20

Transportation & Arundel Castle entry

OXFORD DYD

Sunday • April 19

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

Transportation only

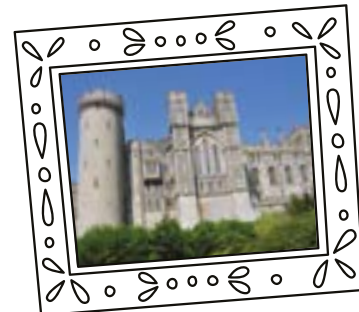


STRATFORD-UPON-AVON: SHAKESPEARE'S BIRTHDAY

Saturday • April 25

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

Transportation only



BLenheim PALACE & JOUSTING

Saturday • May 2

Adult £68 | Child (3-16) £53 | Infant £20

Transportation & entry to palace, park, & gardens

DOVER CASTLE

Sunday • May 3

Adult £67 | Child (5-17) £52 | Infant £20

Transportation & Dover Castle entry

GIFFORDS HALL VINEYARD

Saturday • May 9

Adults only £52

Transportation, vineyard tour, & tasting

WINDSOR CASTLE

Saturday • May 9

Adult £68 | Child (5-17) £51 | Infant £20

Transportation & Windsor Castle entry

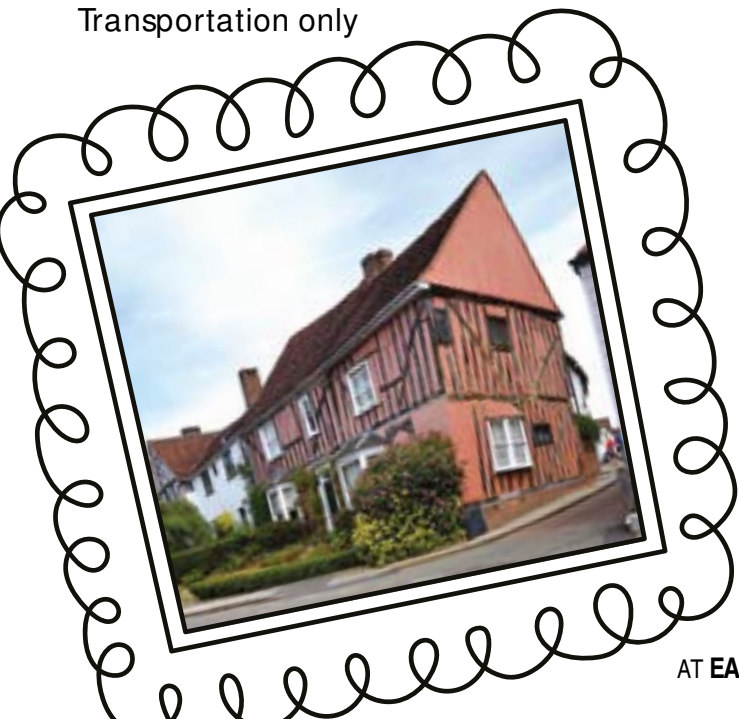
LAVENHAM & AFTERNOON TEA

Sunday • May 10 (Mother's Day)

Adult £75 | Child (12 & under) £65 | Infant £20

Transportation, afternoon tea, & free time to explore Lavenham

For infant pricing, child must not be eating afternoon tea



LONDON

LONDON DY0

Saturday • April 11

Sundays • April 19, April 26, & May 10 (Mother's Day)

Adult £37 | Child (3-14) £35 | Infant £20

Transportation only

LONDON EYE

Saturday • April 11

Adult £75 | Child (2-15) £71 | Infant £20

Transportation & London Eye entry

LONDON DUNGEON

Saturday • April 11

Adult £69 | Child (5-15) £64 | Infant £20

Transportation & London Dungeon entry

LATE NIGHT LONDON

Saturday • April 18

Adults only £37

Transportation only

THE LONDON MARATHON

Sunday • April 26

Adult £37 | Child (3-14) £35 | Infant £20

Transportation only

MCM COMIC CON LONDON

Saturday • May 23

Check with ITT for more details!

Transportation & MCM Comic Con priority ticket

THE MAKING OF HARRY POTTER

Monday • May 25 (Memorial Day)

Adult £97 | Child (5-15) £84 | Infant £20

Transportation & Harry Potter Studio entry

Must book by Friday, May 8



BRUGGE EXTENDED DAY

Saturday • April 11

All £129

Coach transportation, return ferry crossing, & free time in Brugge

RYAN & ROB: WELCOME TO WREXHAM

Saturday • April 25

All £69

Coach transportation & minimum of nine hours to explore Wrexham

CHEERS! IT'S WHISKY MONTH IN EDINBURGH

Saturday • May 2

All £139

Coach transportation & minimum of nine hours to explore Edinburgh

STUNNING MOUNT SNOWDON & SNOWDONIA NATIONAL PARK

Saturday • May 9

All £79

Coach transportation & minimum of nine hours to explore Snowdonia National Park—time to climb or get the train

Train not included



DISCOVER

NATURE'S PALETTE

VIRGINIA WATER LOOP HIKE

Sunday • April 19

All \$45 | Ages 10+

Exertion Level: LOW

Includes: transportation & a guided hike



STEPS FOR USAF HIKE

Saturday • May 16

All \$47 | Ages 18+

Exertion Level: HIGH

Includes: transportation & a guided hike



BANKSY HIKE: CROMER

Sunday • May 10 (Mother's Day)

All \$40 | Ages 8+

Exertion Level: MODERATE

Includes: transportation & a guided hike



RING

COOMBES FARM LAMBING

Saturday • April 4

All \$61 | Ages 3+

Exertion Level: **LOW**

Includes: transportation & a lambing experience at Coombes Farm



RAGE ROOM NORWICH

Saturday • April 11

All \$71 | Ages 16+

Exertion Level: **HIGH**

Includes: transportation & a "smashing" Rage Room session



SPRING TIME IS HERE!

Outdoor Recreation has more hours to celebrate more sunlight each day!

Monday - Friday:

10am - 5pm

Saturday & Family/ Goal Days:

10am - 1pm

Sunday and US Holidays:

Closed

CASTLE OF THE MONTH: GLOSSY PARTY

Receive \$20 off your reservation when you book Glossy Party, throughout the month of April.

Subject to availability • Pre-collection terms apply • Contact Outdoor Recreation for more information



GO GOLF



BRECKLAND PINES MASTERS EVENT

Sunday April 12

\$15 BPGC member | \$40 non-member

It's your chance to pull on the masters green jacket! Prizes for scratch scores, net scores, nearest the pins, & lucky draw pro-am are available.

Call or visit the golf Pro Shop to enter your name for the event!

NEED TO BRUSH UP ON YOUR SKILLS?

Consider one of our 5-week, 1-hour group courses! For more details or to sign up, call us at 01638 52 2223.

LEARN TO GOLF

\$139 per person

Wednesdays • 6pm
Starts April 8

LADIES GOLF GROUP LESSONS

\$129 per person

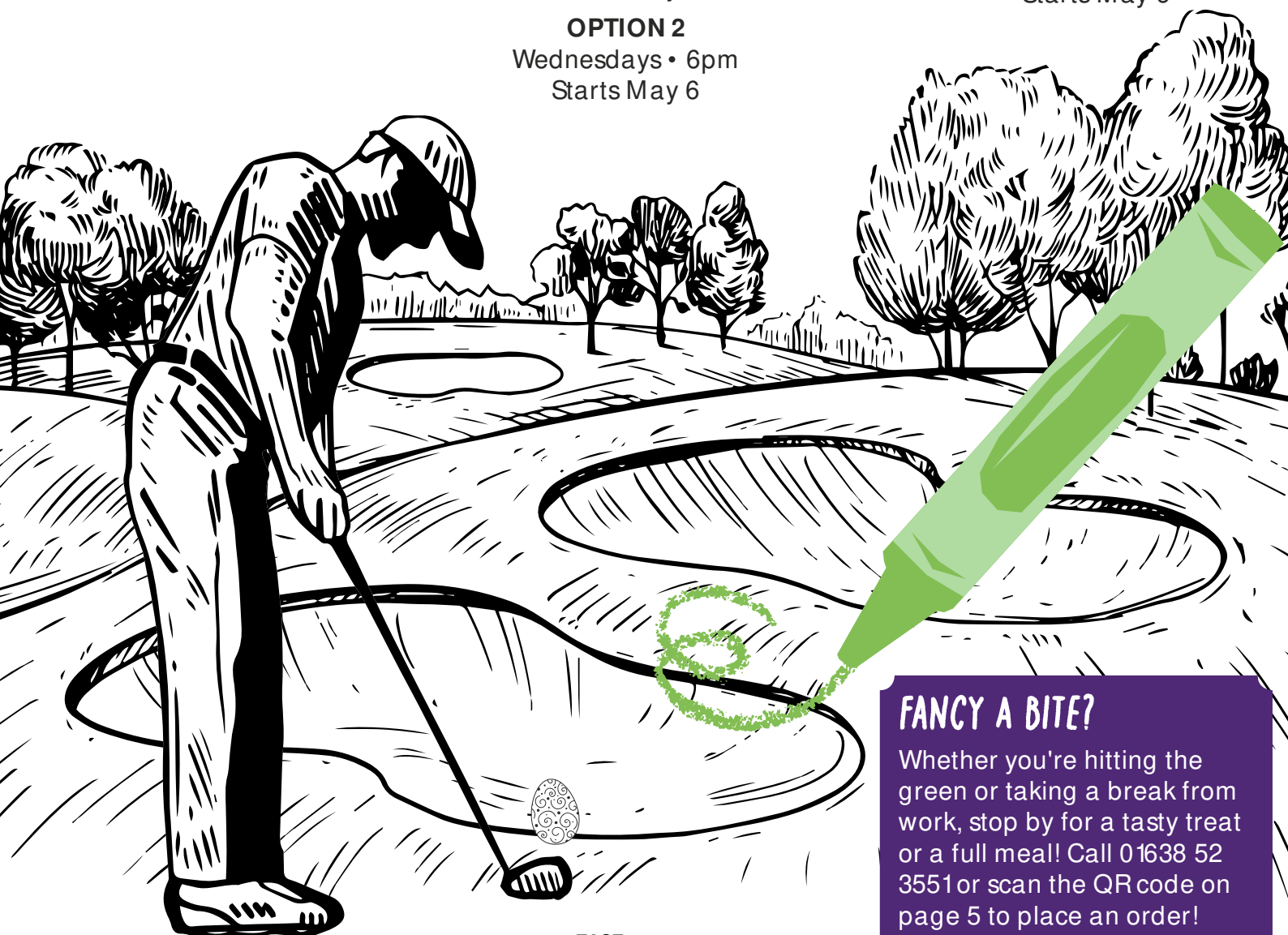
OPTION 1
Tuesdays • 10:30am
Starts May 5

OPTION 2
Wednesdays • 6pm
Starts May 6

MOVE BETTER, SWING BETTER LESSONS

\$70 per person

Wednesdays • 11am
Starts May 6



FANCY A BITE?

Whether you're hitting the green or taking a break from work, stop by for a tasty treat or a full meal! Call 01638 52 3551 or scan the QR code on page 5 to place an order!



CLUBHOUSE
BRECKLAND PINES GOLF DINER

**HEARTY PLATES &
WARM HOSPITALITY**



At Breckland Pines Golf Course
Bldg 1320 | 01638 52 3551



**Fresh food & delicious
smoothies to fuel your day**

Inside the Fitness Center
Bldg 904 | 01638 53 2927

Paid advertisement. Federal endorsement of advertiser not intended.



by

SHAWINGZ™

**40+
FLAVORS
OF WINGS**



INSIDE EAGLES' LANDING CEC
BLDG 958 | 01638 53 2103

**FOR ALL YOUR
DOG HOLIDAY NEEDS**
FULLY LICENSED &
VETERINARY APPROVED



- Spacious Heated Accommodation
- Individual Exercise Areas
- Countryside Walks

Find us

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Phone: 01842 829735

WhatsApp: 07985 620520

Mill Lane - Hockwold
Thetford - Norfolk
IP26 4LR

Open 7am To 7pm 7 Days a Week

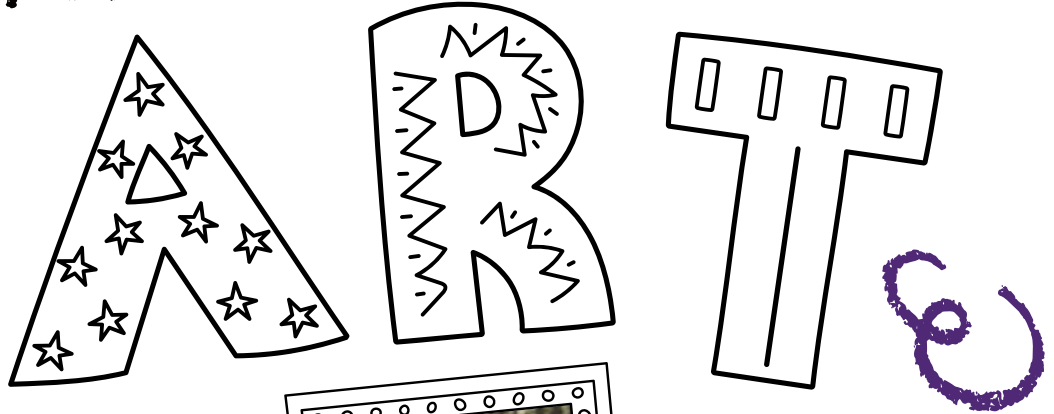
2 miles from RAF Feltwell • 6 miles RAF Lakenheath • 9 miles RAF Mildenhall



Winterbrooke
BOARDING KENNELS 



LET'S MAKE SOME



Canvas Painting: Swan

Thursday • April 2 | 6pm - 8pm
\$30 | Ages 12+

Paint Pouring: Jellyfish

Monday • April 6 | 5:30pm - 7:30pm
\$35 | Ages 10+

Stained Glass: Pick-Your-Own

Saturday • April 11 | 10am - 4pm
\$135 | Ages 18+

Crochet Basics

Wednesday • April 15 | 6pm - 8pm
\$30 | Ages 12+



Wood & Words: Love Birds

Thursday • April 16 | 5:30pm - 7:30pm
\$35 | Ages 8+

Paint & Sip at The Liberty Club: Dragonfly

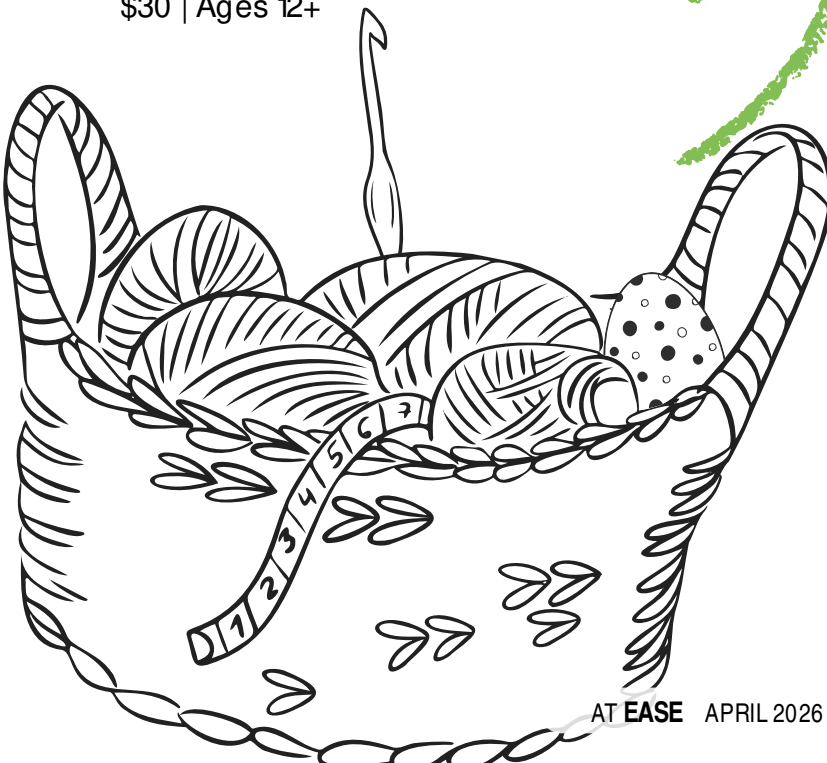
Thursday • April 23 | 5:30pm - 7:30pm
\$30 | Ages 18+

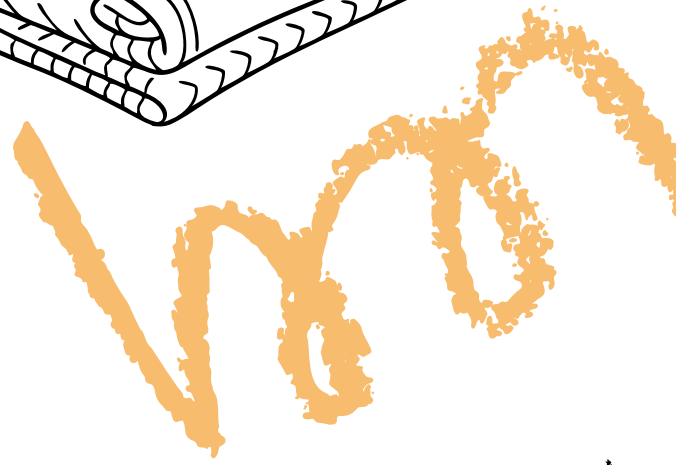
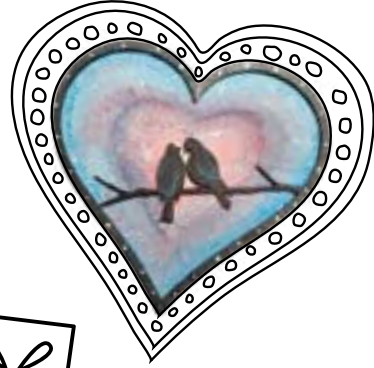
Chunky Knit Blanket Making

Saturday • April 25 | 11am - 2pm
\$85 | Ages 12+

Canvas Painting: Sunset

Thursday • April 30 | 6pm - 8pm
\$30 | Ages 10+





EMBROIDERY SERVICES

COMING IN MAY

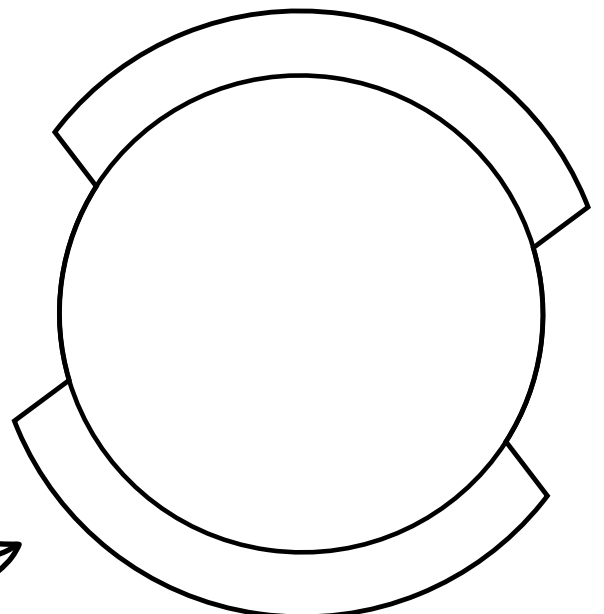
Canvas Painting: Paint Your Pet

Tuesday • May 5 | 6pm - 8pm
\$30 | Ages 14+

Participants must supply a picture of their pet no later than Wednesday, April 29



DESIGN YOUR OWN PATCH



The RAFL Arts & Crafts Center has a fully-staffed embroidery team that can make your custom embroidery dreams come true. If you can dream it, we can probably make it happen —everything from monogrammed pajamas to adding your personal photo to a patch! We have hundreds of colors (even metallic and glow-in-the-dark thread!) and are happy for you to come and choose in person to get that perfect shade. If you have an idea, give us a call, send an email, or come into the store to talk with an embroiderer face-to-face!



WOOD SHOP



Look no further —the Wood Shop is here to help!

Whether you're into DIYing or want something custom-made, we've got something for everyone. See below for some of our fantastic offerings!

RETAIL SHOP

Our Retail Shop provides hinges, handles, handmade novelty hooks, flag holders, tail flashes, stains, screws, shadow boxes, timber, & so much more!

DIY TIME

Come to the Wood Shop Complex and work on your own wood projects! You will have access to a wide range of equipment, and our expert staff is available to train you on operating each machine before you get started, so you stay safe while creating. You can bring in your own materials or purchase materials from our on-site Retail Shop.

CUSTOMIZATION

We have so many customization options! Our CNC machine operates tools to cut and remove material as programmed by our computer software and can be used to create custom cut-outs for any project. Customization options are available for leadership award boards, framing, and that piece of furniture that doesn't fit your house quite right. Give us a call! We can help.

RENT-A-WOODWORKER

Are you interested in learning more about wood working but need some extra assistance or guidance? "Rent" one of our woodworkers and never stop learning.





MONTH OF THE MILITARY CHILD SPECIAL

Fridays • April 3, 10, 17, & 24 | 12pm - 6pm

Roll into April with just \$3.95 shoe rental every Friday to celebrate Month of the Military Child! It's a shoe-in for a great time, so don't get tied up —this deal is un-bowl-lievable!

HOWL AT THE FULL MOON SPECIAL

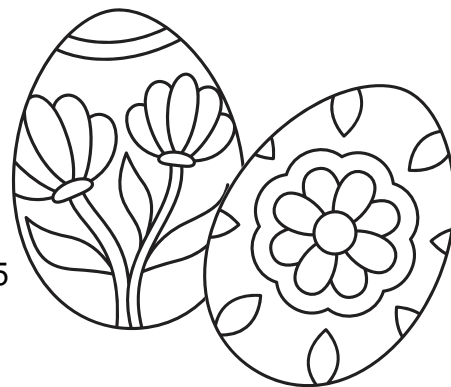
Friday • April 3 | 12pm - 10pm

Unleash your inner wolf and join us for plenty of strikes, lunar vibes, and a howling good time with \$10 o a Cosmic Rent-a-Lane.

EASTER SPECIAL

Sunday • April 5 | 12pm - 5pm

Bowl your way into a hoppy holiday with \$5 o all Rent-a-Lanes. It's the perfect way to make this Easter egg-stra special!



AIR FORCE



BOWLING

GOSMIC DORM NIGHT SPECIAL

Fridays • April 10 & 24 | 5pm - 10pm

Color outside the lines by leaving your dorm and enjoying a night at the lanes with \$5 o Cosmic Single Rate or Cosmic Rent-A-Lane for our dorm-dwelling airmen!



BOOK THE BOWLING CENTER!

Plan your next birthday party with us!
Inquire at the front desk or call today!

Bldg 657 • 01638 52 2108

TURN UP. STAY LATE.



FRIDAYS

03

WING NIGHT
8:30pm - 11pm
music until 1am

SATURDAYS

04

LATIN NIGHT & KARAOKE NIGHT
9pm - 2am

10

WING NIGHT
8:30pm - 11pm
music until 1am

11

COUNTRY NIGHT
9pm - 2am

17

WING NIGHT
8:30pm - 11pm
music until 1am

18

KARAOKE NIGHT
9pm - 2am

24

WING NIGHT
8:30pm - 11pm
music until 1am

25

COUNTRY NIGHT
9pm - 2am

THURSDAY

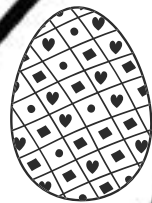
16

TRIVIA NIGHT: 'TOP GUN'
6pm - 10pm
Bring your aviators and wingmen for a chance to win a \$50 FSS gift card and bragging rights!

SAVE THE DATES

TRIVIA NIGHT: STAR WARS
Thursday • May 14
6pm - 10pm

BIG BUCKS BINGO
Friday • May 29
Doors: 6pm • Games: 7pm



Veteran Owned
and Operated
Small Business

**The Defence Choice
for PCS'ing Pets!**



Sky Kennels Ltd International Pet Relocation Services

The UK's leading pet relocation specialists, we are a Veteran owned operated small business. We speak your language and understand the challenges PCS'ing can present. Scan the QR code to join our PCS'ing with pets Facebook Group, or just give us a call to see how we can help you through our Defence Partnership Scheme.

For all your Pet Travel needs:

Exports, Imports, Customs Clearance and Ground Transport. IATA Specification Sky Kennels. With our experience, we make your pet's move as comfortable and as stress free as possible. We ensure a safe and smooth travel experience for both pet and pet owner.

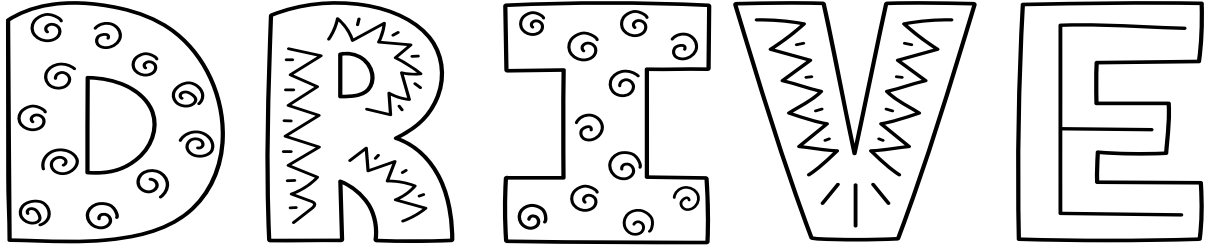
Members of the International Pet & Animal Transport Association (IPATA), we have a professional network of partners around the world helping us deliver a seamless door to door travel experience for your pet. We can arrange pet travel from anywhere to anywhere! Let our experienced team handle all the complexities for you.



+44 (0)1494 865255 www.skykennels.com



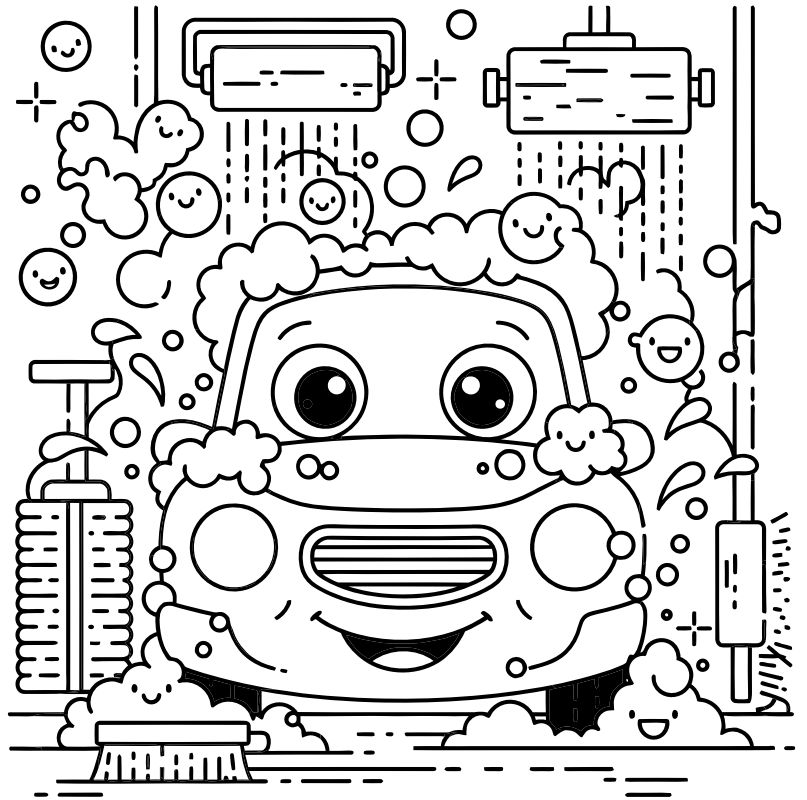
LET YOUR IMAGINATION



SPRING CLEANING STARTS HERE

Winter has left its mark. We'll help you wash it away! Swing by the Auto Hobby Complex for a quick automatic wash or take your time in our DIY hand wash bays for a more detailed shine. Vacuums are available at Auto Hobby and the Tire & Lube Center.

To use the vacuums at Tire & Lube Center, please purchase a voucher at the Auto Hobby Complex from either the help desk or outdoor kiosk.



PARTS STORE POLISH

Finishing touches make the difference. Stop into our parts store for interior and exterior detailing supplies, including motorcycle care items. Start the season and your next road trip with a vehicle that looks as good as it runs!

LOYALTY SAVES

We appreciate your patronage —returning customers receive \$5 off their next MOT when you show proof of a test completed here within the past year. Motorcycles qualify, too!

Call 01638 52 2454 to book your appointment today!



DRAW

DEPARTMENT OF THE AIR FORCE



FITNESS & SPORTS

YOUR OWN

FINISH LINE

PHYSICAL FITNESS TEST STANDARDS HAVE CHANGED

Let us help you ace your PT test by booking space for squadron PT, attending free classes, getting a personal trainer, or signing up for the PFT Improvement Course! To reserve a room, space, or simulator, please email your name, squadron, location/ space desired, time, day, and DSN to 48fss.fitness.reservations@us.af.mil.

FITNESS INCENTIVES

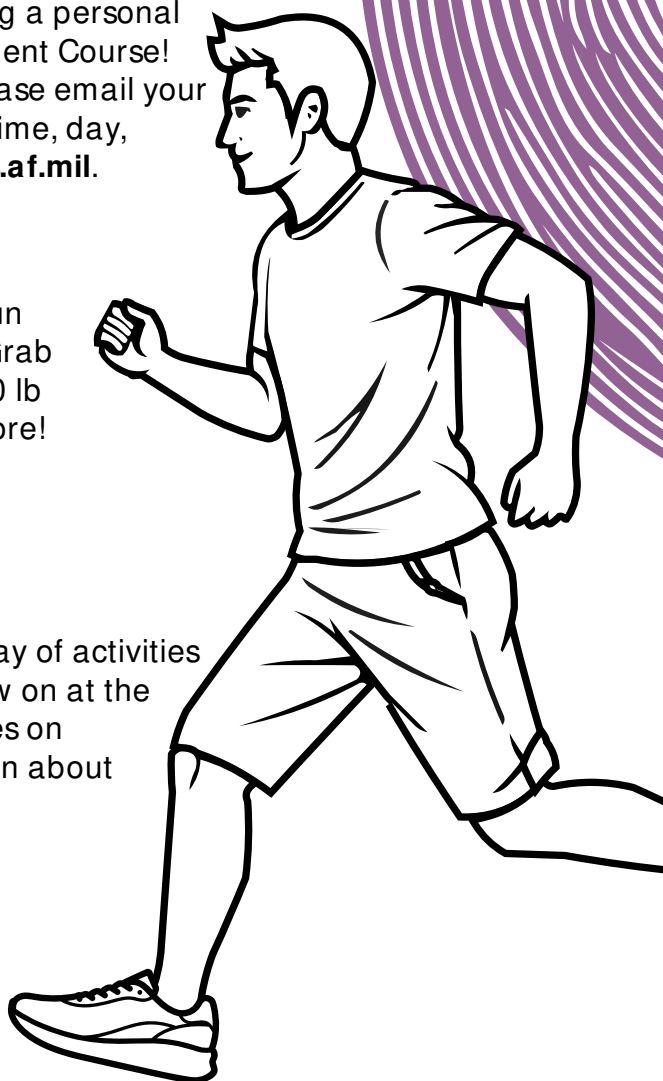
Our incentive programs are packed with fun activities for individuals, duos, or groups. Grab a wingman and jump on our 500 lb or 1000 lb Challenge, Three Peaks Challenge, and more!

5K RUN & FITNESS EXPO

Friday • April 10

5K starts: 7am | Expo: 8am - 12pm

Join the Fitness Center for a jam-packed day of activities & information. Start off with a 5K and follow on at the Fitness Center to speak with representatives on nutrition, SAPR, and personal training; learn about courses; and more!



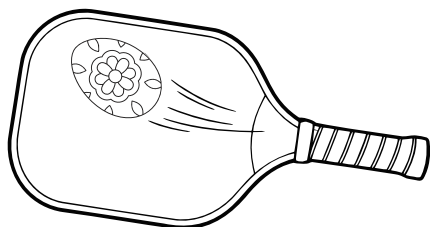
INTRAMURAL & EXTRAMURAL SPORTS

Flag Football

Season begins Monday • April 6

Pickleball

Season begins Monday • April 13



CLOSURES

Wednesday • April 15

The Fitness Center will be unmanned with no sports or fitness classes.

Access via after-hours only.

RAF MILDENHALL



TRI CON



AIR FORCE GAMING



2026 GAMING CONVENTION

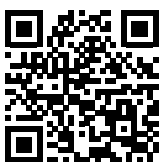
Saturday, May 2 - 10 am – 5 pm

RAF MILDENHALL GALAXY CLUB

▪ **FREE EVENT** ▪ **GREAT PRIZES & GIVEAWAYS**

Join us for a day of tournaments and gaming!

Magic: The Gathering, Dungeons and Dragons,
Warhammer 40k, E-Sports and Pokémon, etc.



Sign up by QR code preferred but walk-ins welcome!

linktr.ee/TribaseGaming

RAF MILDENHALL

Free COMEDY at the Galaxy Club

18 years & older only

Friday, May 1 7 pm - 9 pm

Get ready for a night of sharp jokes, quick wit, and nonstop laughs. This high energy comedy show brings together bold voices and fresh perspectives for an evening packed with punchlines from start to finish.



★★ HEADLINER ★★
TYSON BRADLEY
Known for energetic performances and quick-witted crowd work, often seen at prominent UK comedy venues.



NELSON GOMBAKOMBA
BBC Norfolk Comedy, Norwich Gonzo's Comedy, King Gong-London Comedy Store.



EDDIE ROJAS
A Mexican military veteran from Cambridge.



AJ CHRIS
An American comedian living in England.



BURLIN HUFFMASTER
Event host

BROUGHT TO YOU BY
100FSS
100FSS.COM



Gallagher

Formerly Clements Worldwide



Clements is Now Gallagher Same Service. New Name. Even More Support.

Your trusted **UK car insurance** and service.

PCS to the left side? We've got you covered.



- Discounts & same-day cover
- As low as £57 a month!
- Transit automatically covered

Clements.com/Lakenheath





f Arts & Crafts
Bldg 906 | x2194
Mon-Thu: 9:30am-5:30pm
Fri: 9:30pm-5pm
Sat, Sun, U.S. Holidays, Family/ Goal Days:
Closed

f Auto Hobby Complex
Bldg 1108 | x2454

Repair/ Service Appointments
Mon-Fri: 7:30am - 5:30pm
Sat, Sun, U.S. & U.K. Shared Holidays:
Closed

DIY Hours
Tue-Sat: 8am-8pm
Last sign-in: 7pm | Clean-up: 7:30pm
Sun, Mon, U.S. Holidays, & U.S. & U.K.
Shared Holidays: Closed

Light Conversion Pre-inspection
Mon & Fri | 1pm-2pm

MOT Testing
Mon-Fri: 7:30am-5:30pm
U.S. Holidays: 7:30am-5:30pm
Sun, U.K. Holidays, & U.S. & U.K. Shared
Holidays: Closed

Auto Tire & Lube Center
Bldg 1030 | x2279 or x2278
Closed until further notice.

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-Sun: 8am-6pm
Christmas Day & New Year's Day: Closed

Club House
Bldg 1320 | x3551
Mon-Fri: 7am - 7pm
Sat & Sun: 8am - 6pm

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 | x1661
Wed-Thur: 11am-4pm
Fri: 11am-6pm
Sat: 10am-1pm
Family/ Goal Days, Sundays, & U.S.
Holidays: Closed

Ward @ Felwell
RAFF Bldg 94 | x7023
Tue-Fri: 10am-6pm
Sat: Reservation only
Family/ Goal Days, Sundays, & U.S.
Holidays: Closed

**Community Child Care Coordinator/
Family Child Care**
Bldg 977 | x2170
Mon-Fri: 8am-5pm

**f Eagles' Landing -
Community Event Center**
Bldg 958 | x5113
Tue-Fri: 9am-5pm
U.S./ U.K. Holidays, Family/ Goal Days,
Training Days, & Weekends: Closed

Jolly Olde Eagle Pub
Bldg 958 | x2326
Last (Fini) Fri: 5pm-10pm

Liberty Wings by ShaWINGz
Bldg 958 | 01638 53 2103
Mon-Thur: 10am-8pm
Fri: 10am-9pm
Sat: 12pm-9pm
Sun: 12pm-8pm

f Fitness & Sports Center
Bldg 904 | x3607
Mon-Thur: 5am-9pm
Fri: 5am-6pm
Sat & Sun: 8am-4pm
U.S. Holidays: After-hours access only
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
Closed until further notice.

f Hot Pit: Flight Line
Bldg 1224 | x3184

Mon-Fri | Grab & Go
Breakfast: 6am-8am
Lunch: 11am-1pm
Dinner: 4:30pm-6:30pm

U.S. Holidays, Family/ Goals Days, &
Weekends: Closed

f Human Resources NAF/ HRO RAFL
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

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

**f Knight's Table
Military Dining Facility**
Bldg 934 | x3214
Mon-Fri:
Breakfast: 6am-8am
Lunch: 11am-1pm
Dinner: 4:30pm-6:30pm
**U.S. Holidays, Family/ Goals Days, &
Weekends:**
Brunch: 8am-12:30pm
Dinner: 4:30pm-6:30pm
Midnight Meal:
Sun-Thur: 11pm-1am

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 | x2497
Mon: 6:30am-2pm
Tue-Fri: 6:30am-8pm
Sat: 8am-8pm
Sun: 2pm-8pm
Breakfast served until 10:30am

Cashier's Cage
Mon-Wed: 10:30am-2pm
Thur-Sat: 10:30am-4pm
U.S. Holidays & Family/ Goal Days: 11am-4pm
Sun: Closed

Casino Lounge & Bar
Sun-Wed: Closed
Thur: 4pm-10pm
Fri: 4pm-1am
Sat: 4pm-2am
Thanksgiving, Christmas, & New
Year's Day: Closed

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

Slots
Mon: 6:30am-2:30pm
Tue-Wed: 6:30am-8pm
Thur: 6:30am-10pm
Sat: 6:30am-2am
Sun, Thanksgiving, Christmas, & New
Year's Day: Closed

f 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

f Military & Family Readiness Center
Bldg 950 | x3847
Mon-Wed: 7:30am-4:30pm
Thur: 7:30am-2pm
Fri: 7:30am-4:30pm
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

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

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-6pm
Tue & Thur: 11am-6pm
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-12:30pm (processing),
2pm-4pm (check pick-up)
Appointment only

f 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

f 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

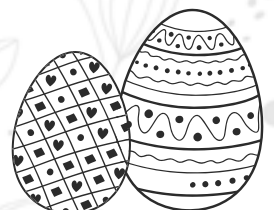
School Age Care (SAC)
Bldg 250 | x5437
U.S. Holidays: Closed

Youth Sports
Bldg 250 | x1182
Refer online for season dates

Hours Subject to Change
Please check with the facility before
making plans.

The 48 FSS participates in Training Days
every 2nd and 3rd Wednesdays of the
month. Some FSS facilities will be closed
or at minimal manning. Please visit
lakenheathfss.com for more information.

Commercial: 01638 52-XXXX
DSN: 226-XXXX



KIDS UNDERSTANDING DEPLOYMENT OPERATIONS

KUDOS

FREE EVENT!



EFMP TIME
12:30PM - 1PM

SAT • APRIL 25 | 1PM - 3PM

RAF MILDENHALL | HANGAR 814

SCAN HERE FOR
HELP LOCATING!



**American
Red Cross**

