

MAY 2026

AT EASE

Military Mosaic



Mother's Day

From cards & crafts, to high tea & tee time – 48 FSS has activities to celebrate all mothers!

page 6

Crafty Creations

Arts & Crafts Center has classes, crafts, & services to highlight all that's special about military life!

page 14

FOOD ★ CARNIVAL RIDES ★ FUN ★ MUSIC ★ FIREWORKS



LIBERTY FEST

SATURDAY ★ JUNE 27

**LIBERTY PLAZA & FREEDOM FIELD
RAF LAKENHEATH • 2026**



**RAF LAKENHEATH
48 FSS**

05

May Features

- 05 Important links from this issue
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Look out for this stamp for our FSS Deputy's faves!



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Brig Gen Jack R. Arthaud

48 MSG Commander
Col Glenn S. Cameron

48 FSS Commander
Lt Col Kemian N. Atkins

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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 •
- Digital screens •
- Weatherboards •
- ...and more! •

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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>

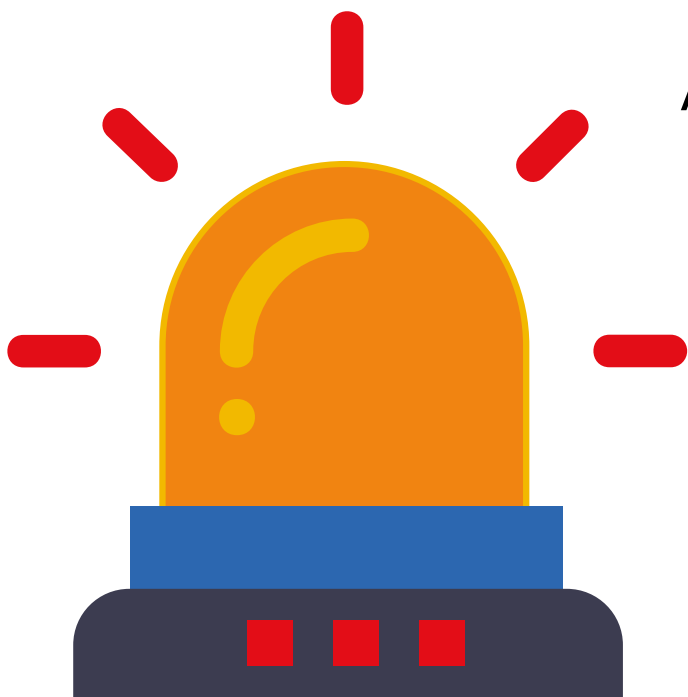
@48FSS 

@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

USAF Property Rentals



“Meeting your housing needs”



- Our Lords Walk Office to arrange viewings (adjacent RAF Lakenheath Gate 2)
- Free Transport for viewings
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- Open 7 days a week (Mildenhall on Saturday/Sunday)

Scan here for our extensive range of USAF rental properties



01638 711171

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www.balmforth-usaf.com

FSS FRIDGE

Did you do something cool the month of April? 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!



Mother's Day Delights

MOTHER'S DAY CARDS & CRAFTS

Tuesday • May 4
Liberty Library | pg 32

MOTHER'S DAY CRAFTS

Friday • May 8
Ward Community Center | pg 29

MOTHER'S DAY LUNCH

Sunday • May 10
The Liberty Club | pg 23

LAVENHAM & AFTERNOON TEA

Sunday • May 10
Information, Tickets, & Travel | pg 8

BANKSY HIKE: CROMER

Sunday • May 10
Outdoor Recreation | pg 10

NATIONAL GOLF DAY TOURNAMENT

Sunday • May 10
Breckland Pines Golf Course | pg 12

BOWLING SPECIAL

Sunday • May 10
Liberty Lanes Bowling Center | pg 17



Beat
Car A/C
are 10%
Call Auto
A/C reche
heat hits!
See page 26



Kick-off-Block Pa

Thursday •
4pm - 8pm
See page 28





JULY 11-12

£455 PER PERSON

COACH TRANSPORTATION FOR THE ENTIRE TRIP, ONE NIGHT'S ACCOMMODATION, A FULL-DAY AT WIMBLEDON WITH A RESERVED SEAT ON NO.1 COURT* ON JULY 12, AND A TOUR MANAGER FOR THE DURATION OF THE TRIP

£100 NON-REFUNDABLE, NON-EXCHANGEABLE DEPOSIT IS REQUIRED AT THE TIME OF BOOKING - FULL PAYMENT IS DUE FRIDAY, MAY 15 - MUST BOOK BY FRIDAY, MAY 15 - * NOT CENTRE COURT



NORMANDY

D-DAY LANDINGS

4-DAY

Visits to:



MAY 22-25

(MEMORIAL DAY WEEKEND)

£628 PER PERSON

ALL ADMISSION FEES, THREE NIGHTS' ACCOMMODATION IN A 3-STAR HOTEL, CONTINENTAL BREAKFAST, RETURN LUXURY COACH TO NORMANDY, CHANNEL CROSSING, & AN EXPERIENCED TOUR MANAGER

PRICES ARE BASED ON TWO ADULTS SHARING A ROOM - SINGLE SUPPLEMENT £180 - LAIRWAY OPTION AVAILABLE WITH A NON-REFUNDABLE, NON-EXCHANGEABLE DEPOSIT OF £100 PER PERSON - FULL PAYMENT DUE BY FRIDAY, FEBRUARY 20 - TRAVEL INSURANCE IS HIGHLY RECOMMENDED - TOUR NOT RECOMMENDED FOR YOUNG CHILDREN

the Heat

recharge services off this May!
Hobby & schedule charge before the

Military Spouse Appreciation Day

Friday • May 8

Let FSS help you shower the military spouse in your life with words of affirmation! Just scan the QR code on page 5 and submit your shout-out today! Your submission may be chosen to be featured on our platforms or in a future edition of the *At Ease*!

to-Summer Party

May 21



Bingo: Three Ways

BIG BUCKS BINGO

Friday • May 8

Eagles' Landing CEC | pg 29

MID-WEEK BINGO

Wednesday • May 13

Eagles' Landing CEC | pg 29

AFTER DARK MEGA BINGO

Friday • May 29

The Liberty Club | pg 18



Windsor Castle

Saturday • May 9
Adult £68 | Child (5-17) £51 | Infant £20
Transportation & Windsor Castle entry

London DYO

Sundays • May 10 (*Mother's Day*) & May 31
Saturday • May 16
Adult £37 | Child (3-14) £35 | Infant £20
Transportation only

Natural History Museum

Saturday • May 16
Adult £37 | Child (3-14) £35 | Infant £20
Transportation only
Pre-book your free museum ticket at www.nhm.ac.uk to avoid the queues.

Bletchley Park

Sunday • May 17
Adult £54 | Child (12-17) £45 | Infant £20
Transportation & Bletchley Park entry

Leeds Castle: The Queen's Joust

Saturday • May 23
Adult £62 | Child (3-15) £56 | Infant £20
Transportation & Leeds Castle entry

Blenheim Palace & Food Festival

Sunday • May 24
Adult £68 | Child (3-16) £53 | Infant £20
Transportation and entry to the palace, park, & gardens

Warwick Castle

Monday • May 25 (*Memorial Day*)
Adult/Child £63 | Infant (2 & under) £20
Transportation & Warwick Castle entry

Stonehenge & City of Bath

Saturday • May 30
Adult £90 | Child (5-17) £75 | Infant £20
Transportation, Stonehenge entry, & free time to explore the city of Bath

Lincoln DYO

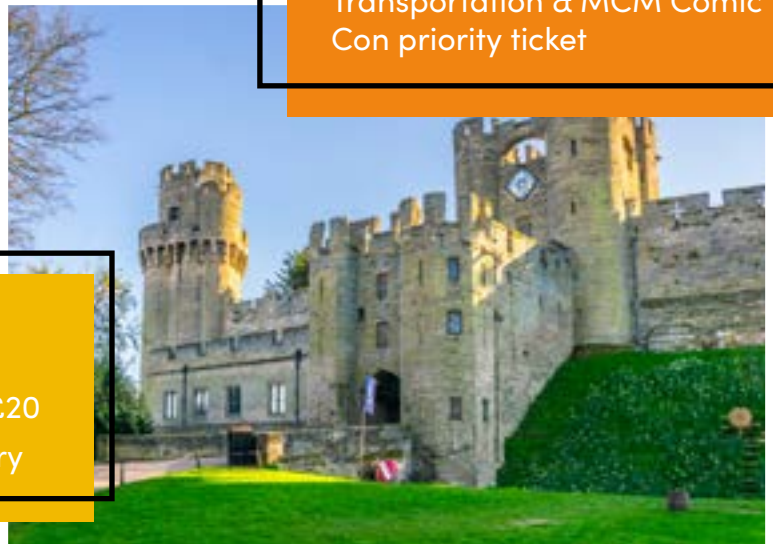
Sunday • June 7
Adult £35 | Child (3-14) £33 | Infant £20
Transportation only

May is blooming Where to ne



MCM Comic Con London

Saturday • May 23
Adult/Child £80 | 4 & under £20
Transportation & MCM Comic Con priority ticket



Trooping the Colour

Saturday • June 13
Adult £37 | Child (3-14) £35
Infant £20
Transportation only
No reserved seating available; standing only.



...
xt?



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

Lavenham & Afternoon Tea

Sunday • May 10 (*Mother's Day*)
Adult £75 | Child (12 & under) £65
Infant (non-eating) £20

Transportation, afternoon tea, & free time to explore Lavenham

Bury Lane: Pick Your Own Peonies

Friday • May 22 (*Family Day*)
Adult £23 | Child/Infant (14 & under) £20

Transportation only



Ladies Day Racing: Newmarket

Thursday • July 9
Adults only £62

Transportation and Grandstand & Paddock Ladies Day ticket

Adults Only

Giffords Hall Vineyard

Saturday • May 9
Adults only £52

Transportation, vineyard tour, & tasting

Cambridge Beer Festival

Friday • May 22 (*Family Day*)
Adults only £25

Transportation only

Gin Train

Friday • June 19 (*Juneteenth*)
Adults only £102

Transportation & Gin Train experience

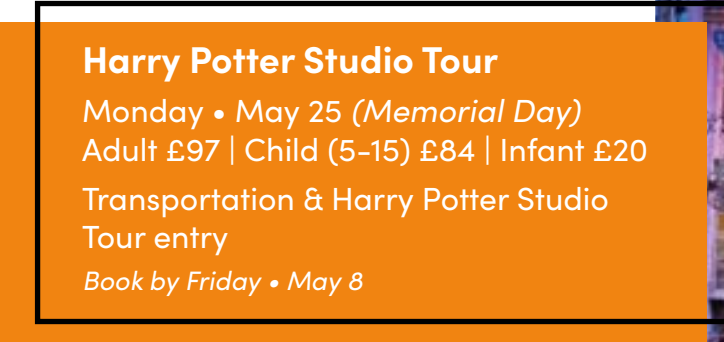


Harry Potter Studio Tour

Monday • May 25 (*Memorial Day*)
Adult £97 | Child (5-15) £84 | Infant £20

Transportation & Harry Potter Studio Tour entry

Book by Friday • May 8



Brussels, Belgium's Capital Extreme Day

Saturday • May 16
£125 per person

Transportation, return ferry crossing, & free time in Brussels

Disneyland® Paris 3-day

May 22-24 (*Memorial Day Weekend*)
Adult £459 | Child (2-11) £399 | Infant £120

Transportation, return ferry crossing, two nights' bed & breakfast accommodation, return train & 1-day/2-park ticket to Disneyland®, & a visit to the Sacré-Cœur and Place du Tertre

Single supplement £120

Amsterdam 3-day

June 5-7
Adult £369 | Child (2-11) £299 | Infant £120

Transportation, return ferry crossing, two nights' bed & breakfast accommodation, free time in Amsterdam, & a visit to Delft Pottery

Single supplement £120



BANKSY HIKE: CROMER

Sunday • May 10 (Mother's Day)

All \$40 | Ages 8+

Exertion Level: MODERATE

Includes: transportation & a guided hike

STEPS FOR USAF HIKE

Saturday • May 16

All \$47 | Ages 18+

Exertion Level: HIGH

Includes: transportation & a guided hike



GOAT YOGA

Saturday • May 30

All \$65 | Ages 7+

Exertion Level: MODERATE

Includes: transportation & a Goat Yoga session



SEVEN SISTERS HIKE

Sunday • May 31

All \$55 | Ages 10+

Exertion Level: HIGH

Includes: transportation & a guided hike

CASTLE OF THE MONTH: DINO

Receive \$20 off your reservation when you book throughout the month of May.

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



SHUTTLE SERVICE

Sit back, relax, and let ODR take the wheel on your way to the airport!

Heathrow \$300 • Gatwick \$300

Luton \$190 • Stansted \$150

For more information, availability, & to book, call us today at 01638 52 2146!



RENTALS MADE EASY

Upgrade your home, garden, or next celebration with our wide selection of rentals. From housing and garden improvements to party gear and inflatables, we've got everything you need to make any project or event a success.



CAMPING & FISHING 2-DAY

June 6-7

All \$115 | Ages 3+

Exertion Level: LOW

Includes: transportation, one night's camping pitch, float-fishing tackle, and campfire kit

Must book by Friday • May 8

Panoramic

Adventures



Spring into golf!



6TH ANNUAL AIR FORCE NATIONAL GOLF DAY TOURNAMENT

Sunday • May 10

Rolling with the classic 1800 format:

- All holes set at 100 yards, but with fun twists
- 2-ball pairing in four players per group
- 2-person scramble format

Join us for the biggest and most exciting tournament yet – open to all levels!

Over 3,000 players have teed off with us the past two years! Now, it's your turn!

LADIES GOLF GROUP LESSONS

Learn a new skill and make new friends while you're at it!

\$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

Stay for the food!

Whether you're hitting the green or taking a break from work, stop by for a tasty treat or a full meal at The Club House! 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

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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 

Feeling Cr

Retail Shop Items of the Month: Decorative Planters & Vases

Visit the retail shop to check out our range of decorative planters and vases! Find the perfect home for your leafy friends (real or not!) to complement and elevate your space!



May Class Schedule



Stained Glass: Pick Your Own

Saturday • May 9 | 10am - 4pm
\$135 | Ages 18+

Transform your creativity into stunning stained glass art! Join us for a fun-filled class, where you'll learn how to cut, foil, and solder your own masterpiece step-by-step. No experience needed – just bring your passion!



Crochet Basics

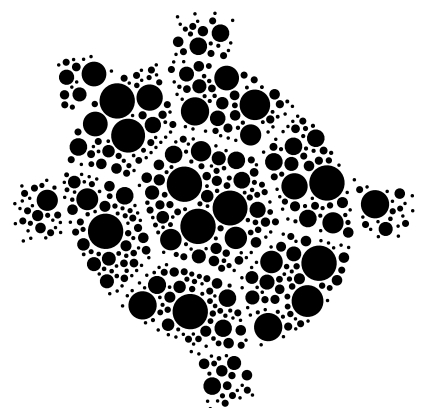
Wednesday • May 13 | 6pm - 8pm
\$30 | Ages 10+

Grab your hooks and let's get crocheting! Our Crochet Basics class is the perfect place to relax, learn new skills, and meet fellow crafters.

Pointillism: Turtle

Monday • May 11 | 5:30pm - 7:30pm
\$35 | Ages 10+

Unleash your artistic side and transform simple spots into a mesmerizing masterpiece!



crafty?

AIR FORCE



ARTS & CRAFTS

Specialty Services

The Arts & Crafts Center provides a variety of specialty services to suit all your creative needs, including custom framing, engraving, embroidery, and printing. And, did you know we have a retail store? Come check out our wide selection of arts and crafts products!

From single items to bulk orders, call or email us for any inquiries at **01638 52 2194** or raflhcounter@gmail.com.

*Airman
of the
Quarter*

Department Spotlight: Engraving

Make your recognition truly special with our personalized awards and trophies! Whether it's for a quarterly award or milestone, we've got just the right design waiting for you. Talk with the Arts and Crafts team today to place your order!

Paint & Sip: **Glow-in-the-Dark Flowers**

Thursday • May 28 | 5:30pm - 7:30pm

\$35 | Ages 18+

Liberty Club Ballroom

Ready to add some sparkle to your night? Join our glow-in-the-dark paint and sip class, and watch as these enchanting flowers bloom under black light! Don't miss out on a glowing good time!

Impasto Painting

Thursday • May 14 | 5:30pm - 7:30pm

\$40 | Ages 12+

Discover the beauty of impasto painting, where every brush stroke adds depth and emotion! Join our class and learn to create textured masterpieces like this one!



Kids & Canvas: **Stitch**

Friday • May 29 | 6pm - 8pm

\$30 | Ages 4+

Let your kids dive into a world of color with this 'Stitch' painting class! They'll learn new skills, make friends, and create something truly special.

Wood you believe it?

Our retail shop provides hinges, handles, novelty hooks, flag holders, stains, screws, shadow boxes, timber, & more!

GOT A PROJECT IN MIND?

The Wood Shop is here to help!

Whether you're into DIYing or want something custom-made, we've got something for everyone.



DIY TIME

Our expert staff is available to train you on safety and proper operation before you bring your ideas to life. Bring in your own materials or check out our on-site retail shop.

RENT-A-WOODWORKER

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

Plan your next birthday party with us! Inquire at the front desk or call today!
Bldg 657 • 01638 52 2108



Liberty Lanes

Bowling Center



Cosmic Dorm Nights Special

Fridays • May 1 & 29 | 5pm - 10pm

Mix up your Fridays and enjoy a night at the lanes with \$5 off Cosmic Single Rate or Cosmic Rent-A-Lane for our dorm-dwelling airmen!

Mother's Day Special

Sunday • May 10 | 12pm - 5pm

Celebrate mom this Mother's Day with bowling specials at Liberty Lanes! Bring her to bowl for a 1-hour session for FREE with any full-paying individual or enjoy \$5 off Rent-a-Lane.

Armed Forces Day Special

Friday • May 15 | 5pm - 10pm

Honor our heroes this Armed Forces Day with a fun-filled day out for everyone — complete with strikes, spares, and \$5 off all Rent-a-Lane!

Memorial Day Special

Friday • May 22 | 5pm - 10pm

Roll into Memorial Day with remembrance, gratitude, and a special bowling offer you don't want to miss — \$10 off Cosmic Rent-a-Lane!

Order food from The Liberty Club straight to your lane — available Friday & Saturday from 4pm - 8pm.

MIDNIGHT Mosaic

FRIDAY

SATURDAY

01

WING NIGHT

8:30pm - 11pm
music until 1am

02

LATIN NIGHT &
KARAOKE NIGHT

9pm - 2am

ALL AFTER DARK PROGRAMMING
IS FOR 18+ ONLY.

08

WING NIGHT &
R&B/HIP
HOP NIGHT

8:30pm - 11pm
music until 1am

09

BOOTS, BULLS,
& BEATS

9pm - 2am

TRIVIA NIGHT

STAR WARS

Thursday • May 14 | 6pm - 10pm

Travel to a galaxy far, far away and let the force show you the way. While it may not be the droids you're looking for, it is the perfect evening to let your inner geek shine! The winning team will receive an FSS gift card and bragging rights until next month!

15

WING NIGHT

8:30pm - 11pm
music until 1am

16

KARAOKE NIGHT

9pm - 2am

AFTER DARK

MEGA

BINGO

Friday • May 29 | Doors: 6pm • Games: 7pm

Pre-order books: \$30 for two books
At the door books: \$35 for two books
Additional books: \$10 each

We're dishing out \$2K in cash prizes! Pre-order your books by scanning the QR code on page 5 or stopping by The Liberty Club Cash Cage.

Bring your appetite and competitive spirit, as there will be a MEGA MENU available alongside our specialty cocktails and mocktails!

22

WING NIGHT

8:30pm - 11pm
music until 1am

23

BOOTS, BULLS,
& BEATS

9pm - 2am

29

WING NIGHT

8:30pm - 11pm
music until 1am

30

KARAOKE NIGHT

9pm - 2am



CURIO
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by Hilton™



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The Fellows House
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CB4 1UZ
www.fellowshouse.com

Discover apartment-style suites with **fully-equipped kitchen, spa relaxation, a modern gym, self-service laundry, parking, and earn *Hilton Honors* points in Cambridge.**



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Military



"The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity, and an understanding of life that fills them with compassion, gentleness, and a deep loving concern. Beautiful people do not just happen."

— Elisabeth Kübler-Ross
Swiss-American Psychiatrist

Life



Mosaic

May is National Military Appreciation Month and includes Military Spouse Appreciation Day. As part of the military family, 48 FSS recognizes the unique challenges of military life. Whether you're new or experienced, explore tips and quotes that embody the mosaic of military life — jagged edges and all.



Celebrate holidays early that you know will be missed due to TDYs or deployments. Invite friends over, or join events on base so you won't have to be alone on the holiday itself.

"All things are difficult before they are easy."

— **Thomas Fuller**
17th-century English author of "The Worthies of England"



Never lose sight of who you are; be confident!



"The greater part of our happiness or misery depends on our dispositions and not our circumstances."

— Martha Washington
USA's first First Lady



It's okay to grieve the friends, family, & loved ones who are not with you. Give yourself time to feel the emotions, then move on. When you continue to wallow in sadness, you're keeping yourself from experiencing the happy moments that come along.



"I hope you realize that every day is a fresh start for you. That every sunrise is a new chapter in your life waiting to be written."

— Juansen Dizon
Author of "Confessions of a Wallflower"



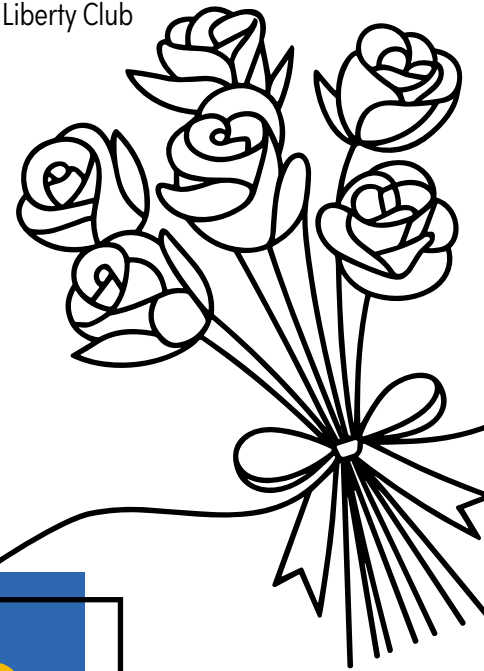
Create a routine and life outside of the military. Hitting the gym, going to work, meeting up with friends, book clubs, & lots of walks with the dog distract from the unknown & feelings of isolation.



The Club

for

Mothers



The Liberty Club is the home for comfort foods, coffee treats, and fun for all (not just moms).

Tasty Specials

MICHELLE'S SWEET TREATS

Friday • May 1 | 6:30am 'til sell-out
1 for \$4 | 2 for \$6
in the Liberty Club Bistro



Sweeten up the start of May with ooey-gooey cinnamon rolls from The Liberty Club!
Have a large order? Pre-order by scanning the QR code on page 5.

Don't forget about our new Toaster Tuesday menu, available every Tuesday from 11am - 2pm.

ALL-YOU-CAN-EAT SOUTHERN LUNCH BUFFET

Every Thursday | 11am - 1:30pm
Adult \$14.95 | Child (5-12) \$8.95 | 4 & under eat FREE
in the Liberty Club Grill

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!



THE BISTRO SPECIAL: CHICKEN TANDOORI WRAP

\$13.95
in the Liberty Club Bistro

Let your taste buds feel like they've went away on holiday with this month's special — the chicken tandoori wrap! Indulge in a naan bread wrap, loaded with chargrilled chicken, marinated in Indian spices, & topped with tzatziki, pickled red onions, feta cheese, & herb salad — all served with a side of fries.



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!



Save the Dates

FATHER'S DAY LUNCH

Sunday • June 21 | 11am - 1pm
Adult \$28 | Child (5-12) \$16 | 4 & under eat FREE
in the Liberty Club Grill

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

FIRECRACKER BUFFET

Saturday • June 27 | 11am - 8pm
in the Liberty Club Bistro
Stay tuned for more details!

BISTRO HOURS

Sunday | 2pm - 8pm
Monday | 6:30am - 2pm
Tuesday - Friday | 6:30am - 8pm
Saturday | 8am - 8pm



Knight's Table

DFAC

***Fuel the mission...
Meal after meal***

Ice Cream Social

Fridays | 11am - 1pm

at the Knight's Table

Chill out, make new friends, and enjoy some delightful treats!

Flavors and toppings may vary from week-to-week.



Hours of Operation

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

Knight's Table ONLY

Midnight Meal

Sunday - Thursday • 11pm - 1am

Knight's Table ONLY

The Knight's Table and Hot Pit dining facilities will only be serving Essential Station Messing (ESM) meal card holders until further notice. Grab n' Go is closed between meal periods.

We apologize for any inconvenience this causes.

Dorm airmen will not be turned away!

Members have three duty days to in-process and must provide their ESM start/stop memorandum to the Food Service 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.

In-processing hours are Monday to Friday from 8am to 4pm.



ODRFit

Stay tuned on social!

We're blending fitness with outdoor recreation to bring you new, exciting workouts!

Scan the QR code on page 5 to follow us on social media and stay up-to-date.

Stronger



One workout

at a time

PHYSICAL FITNESS TEST STANDARDS HAVE CHANGED

New fitness standards are here! Let us help you ace your PT test by booking space for squadron PT, attending free weekly 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 or space desired, time, date, and DSN to 48fss.fitness.reservations@us.af.mil.

FITNESS INCENTIVES

May incentives runs the whole month of May!

Our Incentive Program is packed with fun activities for individuals, duos, or groups! Grab a wingman and jump on our 500lb or 1000lb Challenge, Three Peaks Challenge, and more!

SMITHERS MEMORIAL WORKOUT

Thursday • May 28 | 7:30am

Join us at the outdoor track for a workout commemorating our fallen brother, A1C Jeremy John Smithers, and his love for fitness and the outdoors. Teams of five are encouraged, but individuals are welcome.

INTRAMURALS & EXTRAMURALS

Golf | Season starts Monday • May 11

CLOSURE

Wednesday • May 20

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

Access via after-hours only.



TURN THE KEY,

Chase the Horizon

DO IT YOURSELF

Come get your hands dirty and rent one of our DIY bays!

Lift stalls • \$10 per hour

Flat stalls • \$8 per hour

8 DIY BAYS

6 VEHICLE LIFTS

DEDICATED MOTORCYCLE BAY

SPECIALIZED REPAIR TOOLS INCLUDED IN BAY RENTAL

DIY HOURS

Tuesday - Saturday
8am - 8pm

Sunday & Monday
Closed

Family/Goal Days & UK Holidays
8am - 8pm

US Holidays and US/UK Shared Holidays
Closed

*Last DIY sign-in is 60 minutes before closing
Clean-up is 30 minutes before closing*

ROAD TRIPS AHEAD

Road trip season is here! Make sure your vehicle is in tip-top shape before hitting the road – Auto Hobby is here to help! We offer a wide variety of services to ensure you won't be stranded, including:

- Oil changes
- Diagnostics
- Tire services
- Wheel alignments
- MOTs
- Air conditioning services
- & more!

DON'T FORGET:

Returning customers receive \$5 off their next MOT when providing proof of a test completed in the last year!



24/7 CAR WASH

Clean off the dust from those country roads at one of our car washes! We have an automatic car wash or DIY hand wash bays.

AUTO HOBBY & PARTS STORE HOURS

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

Saturday
8am - 8pm

Sunday
Closed

Family/Goal Days, US
Holidays, & UK Holidays
7:30am - 5:30pm

US/UK Shared Holidays
Closed

BEAT THE HEAT

Save 10% this May

As the summer recharges you, let Auto Hobby recharge your A/C! As a bonus, receive 10% off your recharges this month!



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.



JUMP INTO



Page CAC



Room Rentals

Tuesday - Saturday

All areas of Page Community Center 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 48fs.page.communitycenter@us.af.mil.

Kick-off-to-Summer Block Party

Thursday • May 21 | 4pm - 8pm

FREE | Freedom Field

Start your summer off right with bouncy castles, music, food, & games!



Roller Skating

Wednesdays • May 6, 13, 20, & 27 | 2pm - 5pm

Fridays • May 1, 8, 15, & 29 | 3pm - 6pm

Evening Skate: Friday • May 29 | 6:30pm - 9:30pm

Saturdays • May 2, 9, 16, 23, & 30 | 10am - 1pm

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

Adults-only Skate

Friday • May 15
6:30pm - 9:30pm

Recipe Swap Potluck

Wednesday • May 27 | 6pm - 7pm

Bake your favorite sweet treat and bring it along for everyone to try! Be sure to bring details of the recipe to share with everyone.

Ward COMMUNITY



Ward CAC



Mother's Day Crafts

Friday • May 8 | 4:30pm - 5:30pm

FREE

Make this Mother's Day memorable with a special gift crafted by hand! Join us for a fun-filled crafting session and show mom how much you care!

Movie Night

Friday • May 15 | 6pm start

FREE

Lights, camera, action! It's your favorite night at Ward Community Center! Stay tuned on social media for the movie announcement!

Eagles' Landing Community Event Center



BINGO-MANIA!

Big Bucks Bingo

Friday • May 8 | 18+ only

Doors open: 5pm | Games begin: 6pm

\$30 for two books • \$10 per additional book | Eagles' Landing Ballroom

Feeling lucky? This is your chance to daub your way to victory! Join us for an unforgettable night of bingo where \$1,000 in cash prizes are just waiting to be won! Who's in?

Mid-week Bingo

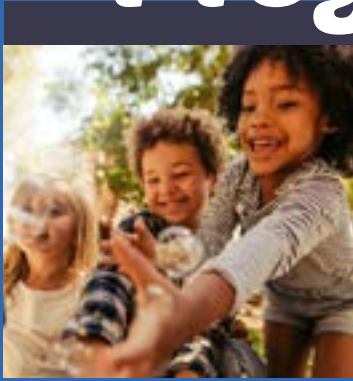
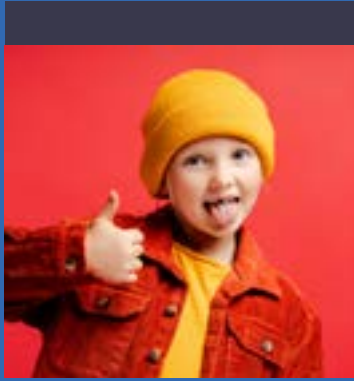
Wednesday • May 13 | 18+ only

Doors open: 5pm | Games begin: 6pm

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

Your mid-week plans are sorted! We're calling six rounds of bingo, inviting good company, and giving you a reason to look forward to Wednesday night!

Child & Youth Programming



Share your home and get 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 six weeks to five 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.

To apply for care, visit militarychildcare.com!



SKY KENNELS LTD INTERNATIONAL PET RELOCATION

**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



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Color me Read



Mother's Day Cards & Crafts

Tuesday • May 4
Available all day
Ages 0-12

Drop by anytime throughout the day to create a card and make a craft for Mother's Day!



TINY TALES & BIG PLAY

WITH EFMP AND EDIS

Friday • May 15 | 10:30am - 11:30am
Ages 0-5

CRAFTERNOON AT THE USO

Wednesday • May 13 | 3pm - 4:30pm
Ages 0-12

Stop by and make two crafts with us, while supplies last!

Due to small parts and safety, parental supervision is required.

SAND ART

Monday • May 5 | 12pm - 2pm
Ages 18+

Stop by and make some cool sand art creations by mixing different colored sands!

HOMESCHOOL LEGO® EDUCATION LESSONS

WITH AIR & SPACE
STEM OUTREACH

Thursdays • 10:30am
Ages 4-17

This engaging program will bring STEM to life through hands-on activities featuring interactive LEGO® Education Kits. Register on SignUpGenius for a guaranteed spot or drop in the day of.

TEEN ADVISORY BOARD (TAB)

Wednesday • May 6 | 2:30pm
Ages 12-17

Join a group of teens who are passionate about improving library services! Help plan and carry out teen programs, develop your leadership skills, and get some volunteer hours.

CLOSURES

Wednesday • May 20
Friday • May 22
Monday • May 25

SUPPORTING MILITARY FAMILIES



Embark on your **PCS JOURNEY** with TailWings

tailwingspettravel.com

+44 (0) 203 778 1190 | pcs@tailwingspettravel.com

SCAN ME



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UNIVERSITY OF MARYLAND
GLOBAL CAMPUS in Europe

SUCCEED AGAIN WHILE OVERSEAS

FIND YOUR NEXT SUCCESS:

- 135+ programs and specializations
- Financial assistance and scholarships
- No-cost digital materials (most courses)
- Lifetime career services and alumni benefits

On-site, online, virtual,
and unit classes

ENROLL NOW
Contact us on base in Lakenheath or visit
europe.umgc.edu

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"EXCELLENCE IN ALL WE DO"



AIR NATIONAL GUARD

AIRCRAFT MAINTENANCE

IF YOU'RE ALREADY IN THE MAINTENANCE FIELD, STAYING IN IT WITH THE AIR NATIONAL GUARD MEANS DOUBLING DOWN ON A CAREER THAT DELIVERS REAL VALUE—WHILE GAINING MORE CONTROL OVER YOUR FUTURE. YOU'VE GOT THE SKILLS—NOW PUT THEM TO WORK WHERE THEY MATTER MOST, KEEPING OUR AIRCRAFT MISSION-READY AND MAKING A DIRECT IMPACT. IN THE GUARD, YOU'LL HAVE GREATER FLEXIBILITY TO BALANCE YOUR SERVICE WITH CIVILIAN LIFE, AND MORE CONTROL OVER YOUR CAREER PATH, WITH THE ABILITY TO PURSUE PROMOTIONS, SPECIALIZATIONS, AND LEADERSHIP ROLES ON YOUR TERMS. PLUS, YOU'LL SHARPEN YOUR EXPERTISE WITH PAID ADVANCED TRAINING, EARN CERTIFICATIONS THAT BOOST YOUR CIVILIAN RESUME, AND TAP INTO EDUCATION BENEFITS LIKE TUITION ASSISTANCE AND THE GI BILL. THIS ISN'T JUST A JOB—IT'S A LONG-TERM INVESTMENT IN YOUR SUCCESS, INSIDE AND OUTSIDE THE UNIFORM.

▶ GOANG.COM

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GOT FOMO?



RAF LAKENHEATH 48TH FORCE SUPPORT SQUADRON



@48FSSLAKENHEATH

SCAN THE QR CODE FOR EVEN MORE OPTIONS!



**THE 48 FSS HAS GOT YOU COVERED!
FOLLOW US SO YOU DON'T MISS
OUT ON ANY FUN EVENTS!**



M&FRC

Stronger together



Relocation Assistance

Newcomer's Orientation

Tuesdays & Wednesdays | 8am - 5pm

Virtual Pre-Arrival Orientation

Fridays • May 1 & 15 | 8am - 9:30am

Mondays • May 4 & 18 | 3pm - 4:30pm

Manage Your Move

Thursdays • May 7 & 21 | 9am - 11:30am

Supplemental Sponsorship Training

Friday • May 8 | 8am - 9:30am

Transition Assistance

TAP Pre-Separation Brief

Wednesdays • May 6 & 20 | 9am - 12pm

TAP Workshop

Monday - Wednesday • May 11-13 | 8am - 4pm

TAP Employment Track Workshop

Thursday - Friday • May 14-15 | 8am - 4pm

Tunch & Learn

VA Education Benefits

Monday • May 11 | 11:30am - 12:30pm

Thriving During Transitions

Tuesday • May 12 | 11:30am - 12:30pm

Benefits Delivery at Discharge (BDD)

Wednesday • May 13 | 11:30am - 12:30pm

VA Home Loan Guarantee Program

Thursday • May 14 | 11:30am - 12:30pm

Readiness

Reintegration Briefing

Mondays & Wednesdays | 9am - 9:30am

Pre-Deployment Briefing

Mondays & Wednesday | 9:30am - 10:30am

Chasing the Sun: Travel, Mood, & Money

Tuesday • May 12 | 10am - 12pm

Savings for ALL Occasions

Tuesday • May 26 | 11am - 12pm

Personal Financial Readiness

Employment Readiness

Resume Writing 101

Tuesday • May 19 | 9am - 11am

Personal & Work Life

Spouse Orientation

Wednesdays | 1pm - 3pm

Commander Key Support Program Immersion Training

Tuesday • May 5 | 10:30am - 11:30am

Register now!

Scan the QR code on page 5 to sign up for one of our workshops!



BODY BUILDING CONTEST

Saturday, Aug. 15

RAF MILDENHALL BASE THEATRE: 10 am - 2 pm

Flex your strength. Showcase your hard work. Inspire others!

Step into the spotlight and celebrate the art of physical transformation at the FSS Bodybuilding Show. Athletes from across the community will take the stage to demonstrate dedication, discipline, and elite conditioning.

PARTICIPANT ENTRY FEE: \$50 // GENERAL ADMISSION: FREE

JUDGING CRITERIA

- Muscularity: Size, shape, and definition appropriate to the category
- Conditioning: Leanness, tone, and overall physique presentation
- Stage Presence: Confidence, posing, and commanding the stage



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

MTB Ride-Outs!

Every Tuesday evening until Aug. 25

\$15 per person per session

Get ready for an exhilarating adventure returning for its 2nd season!

We'll provide you with a top-quality bike with an option to upgrade, expert guide, and convenient transportation. Each session tailored to the group's needs, you'll need a moderate level of fitness to keep up with the fun. Don't miss out on this exciting opportunity to explore the great outdoors, challenge yourself and help meet your fitness goals!



🏠 162 // 📞 01638 54 4283
100fss.com/outdoor-recreation-center
📱 @RAF.Mildenhall.Outdoor.Recreation



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: 9:30am-5pm
Sat, Sun, U.S. Holidays, Family/Goal Days:
Closed

f Auto Hobby Complex
Bldg 1108 | x2454
Mon-Fri: 7:30am-5:30pm
Sat: 8am-8pm
Family/Goal Days, U.S. Holidays, & U.K.
Holidays: 7:30am-5:30pm
Sun & U.S. & U.K. Shared Holidays: Closed
DIY Hours
Tue-Sat: 8am-8pm
Family/Goal Days & U.K. Holidays: 8am-8pm
Last sign-in: 7pm | Clean-up: 7:30pm
Sun, Mon, U.S. 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: 10am-5pm
Fri: 10am-6pm
Sat: 9am-1:30pm
Tue & Thur: By appointment
Sun, Mon, & U.S. Holidays: Closed

Ward @ Feltwell
RAFF Bldg 94 | x7023
Tue-Fri: 10am-6pm
Sat: Reservation only
Family/Goal Days, Sundays, Mondays
& 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-Thu: 10am-8pm
Fri: 10am-9pm
Sat: 12pm-9pm
Sun: 12pm-8pm

f Fitness & Sports Center
Bldg 904 | x3607
Mon-Thu: 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-Thu: 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

Mother's Day LUNCH

SUNDAY
MAY 10

11AM - 1PM

*Reservations recommended.
Scan here to reserve your table!*



THURSDAY
MAY 21

FREEDOM FIELD | 4PM - 8PM

MUSIC • BOUNCY CASTLES • FOOD • GAMES

Kick-off-to
**SUMMER
BLOCK
PARTY**

See page 28 for full details.