

AUGUST 2024

# AT EASE

*back to school*



## Explore with ITT

Round out your summer vacay with ITT! Or, start planning your autumn adventure at the Mini Travel Fair on September 6.

page 14

## Back to School

Get tips and tricks on starting the school year strong with FSS, and be sure to check out our Back-to-School Block Party on August 9!

page 20





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RECHARGE FOR RESILIENCY

Look out for this logo for free and discounted fun!



Look for this logo to find FSS Gives Back specials.







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

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



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Event sponsorship gives you face time with and access to the RAF Lakenheath community. Build goodwill and brand recognition at our events! Place your ad in our monthly publication. 1,300 *At Ease* magazines are printed each month and are available for free at roughly 20 strategic locations around base.

## Tell us what you think.

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



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

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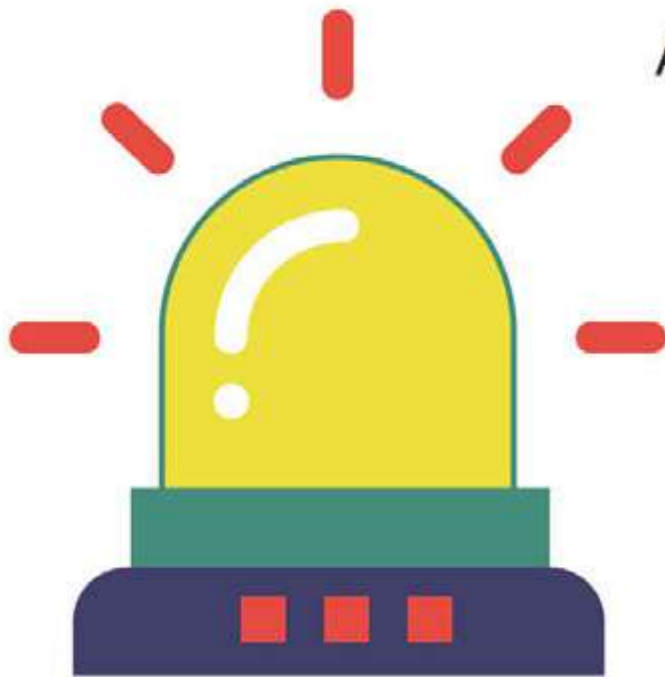
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To Subscribe, Follow, & Submit ICE feedback  
Scan for all FSS links at your fingertips





# Important *Links*



ALL THE LINKS  
YOU NEED  
FROM THIS  
ISSUE!



Scan this code to find yourself connected to a link tree containing all the ways to book trips, follow on social media, register for classes, and just learn more about everything you read in this issue!

These links will have all the most up-to-date information to help us help you stay in the loop with what's going on around base!

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

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# FSS FRIDGE

*Don't Forget!*  
**MINI TRAVEL FAIR**  
Friday, September 6  
10am - 1pm  
*See back cover for more details*

Hey Tri-base! Did you do something cool the month of July? Show us! Submit a photo, artwork, a 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!*



*Save the Date!*  
**BACK-TO-SCHOOL  
BLOCK PARTY**  
Friday, August 9  
4pm - 8pm  
*Turn to page 30 for more details*



*Sir Vis visits Liberty Library*

Thank you to the Liberty Library for hosting our knight, Sir Vis, during this year's Summer Reading Program!







### Summer Adventure Recap with ITT & ODR

Summer is coming to a close, but the trips keep on comin'! Want to spend some time exploring London? How about riding roller coasters, having fun at festivals, or exploring the beautiful outdoors? We have all sorts of exciting trips planned for you this August - make sure to book your spot while you can!

Check out page 14 and 16 for ITT and ODR's August trips.



We had an amazing time at Liberty Fest! And from the bottom of our hearts, thank you for celebrating with us!



SeaLife London



Shrek's Adventure

Ezra Julianno Martinez enjoying his recent trips with ITT.



Calling all artists! We're putting together a special, spooky art edition for October's At Ease, and we want to feature your artwork! Send us your autumn-inspired drawings and paintings for a chance to see your work in the At Ease!

Going for the coveted cover spot? Edit and format to the following requirements: 300 dpi, 8.3" x 11.7" minimum, portrait style, JPEG format. Tip: Leave a space along the top and bottom for our logo and text. Scan the QR code on page 5 to submit.







## Get Your Art On

Did you know that there is an Arts & Crafts Center on base? Yes, there is! We offer a fun and relaxing environment for people of all ages to come and express their creativity, and we are dedicated to providing top-notch services to all artists at all levels. We can help you obtain supplies to learn a new skill, create a custom art piece, or find the perfect gift. Our knowledgeable staff are always here and ready to assist with your crafting needs!

### Ceramic Studio

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

### Engraving Department

Our engravers are readily available to offer our customers a variety of engraving and marking services. Whether you're looking to add that personal touch to a gift or something for yourself, we can help! Utilizing our state-of-the-art CO2 and fiber laser technology, we can customize a diverse range of materials, including wood and glassware!



## Embroidery Department

Elevate your style and add a unique touch to your garments or order your next morale patch with our bespoke embroidery services! Come and speak to a member of our talented embroidery team today – we offer custom embroidery done right!

## Framing Department

Frame your memories and keepsakes with flair at our Framing Department. Whether you're looking to frame prints, photographs, fabrics, original artwork, sports shirts, or 3D memorabilia, we can help! With the framing, glass, and mountboards cut and made-to-order, the possibilities are endless.

## Retail Store

Here at RAF Lakenheath Arts & Crafts, our passion for craft is at the center of everything we do. This is reflected in our large, 3,200 square feet store with its vast, carefully selected range of quality products, along with our creative and knowledgeable team that's on-hand to help. In addition, we also host a variety of workshops and classes within the facility, designed to give everyone the opportunity to master a new craft or refine a beloved one.







# Hexagonal Shelf

Let's build a Hexagonal Shelf! This 1.5-hour class will be held every Saturday in August. Using various woodworking tools, you will drill, glue, and assemble your very own Hexagonal Shelf for your plants, knick-knacks, or Lego masterpieces.

**Regular: \$35**

**R4R: \$12.50**

*Call to set up your time slot.*





# Let's Rock and Bowl



Plan your next birthday party or UNITE event with us!

Inquire at the front desk or call today!

**Kids bowl for free!**

Now - Sep 29

Scan the QR code on page 5 to sign up today!



## Singles Tournament

Aug 10 | 12pm - 5pm

\$40 entry fee



## Back-To-School Weekend Special

Aug 23 & 24 | 11am - 10pm

2-hour Rent-a-Lane session

\$35 (max 6 per lane)

*Does not include cosmic bowling*



## R4R Airman

Fridays | Aug 2 & 16

\$2.95 per person

2 hours of cosmic bowling

## DAP Family R4R

Sundays | Aug 11 & 25

\$2.95 per person

2 hours of cosmic bowling





Get those practice swings in this summer! Find your way to Breckland Pines Golf Course to get an exciting 9 holes in with a friend, or try out our state-of-the-art indoor golf simulator. Whatever your choice, you win! And, don't forget to stop by our Pro Shop to enhance your play and style with our tremendous golf merch.

### Wednesday Night Social

Tee off from 4pm - matches are played over 9 holes and have a fun, new format each week!

\$10 for members  
\$20 for non-members

### Coaching

Call to book time with a certified golf instructor. They will help you improve your game and give you that extra edge you need on the green!

### Annual Pro-Am Tournament

Friday • August 23 | 1pm

For \$210, teams of three pair up for 18 holes of golf with a local golf pro! Over \$1,000 in prizes and a presentation meal are available, too.



No federal endorsement of sponsors intended.



# 1/10

## 145 YARDS

*Do not hit till green is clear*

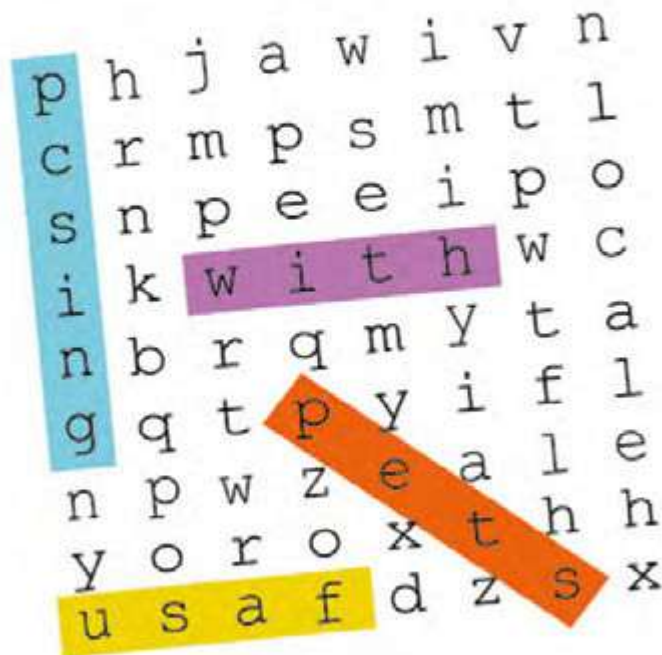






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# Bucket List Travels with ITT



## London Beer Festival

Saturday • August 10  
Adults only £35  
Transportation only



## Cadbury World

Sunday • August 11  
Adult £51 | Child (2-15) £45 | Infant £20  
Adult £26 | Child £23

Transportation & Cadbury World entry



## Buckingham Palace

Saturdays • August 17 & 31 | Sunday • September 8  
Adult £68 | Child (5-17) £51 | Infant £20  
August 31 only: Adult £34 | Child £26

Transportation & Buckingham Palace entry



## London Zoo

Sunday • August 18  
Adult £67 | Child (3-15) £57 | Infant £20  
Transportation & London Zoo entry

## Bury St. Edmunds Beer Festival

Friday • August 23  
Adults only £15  
Transportation only

## Robin Hood Festival

Saturday • August 24  
Adult £22 | Child (3-14) £20 | Infant £15  
Transportation only

## City of Bath

Saturday • August 24  
Adult £40 | Child (3-14) £38 | Infant £20  
Transportation only

*Don't Forget!*

## MINI TRAVEL FAIR

Friday, September 6  
10am - 1pm

See back cover for more details



### Notting Hill Carnival: London

Sunday • August 25  
Adult £35 | Child (3-14) £33 | Infant £20  
Transportation only  
*Not recommended for young children.*

### Hedingham Castle & Jousting

Sunday • August 25  
Adult £38 | Child (4-16) £32 | Infant £20  
Transportation, entry to the gardens, keep, & jousting events

### Dover Castle

Sunday • September 1  
Adult £58 | Child (5-17) £49 | Infant £20  
Transportation & Dover Castle entry

### Birmingham DYO

Saturday • September 7  
Adult £33 | Child (3-14) £31 | Infant £20  
Transportation only



### The Making of Harry Potter

Sunday • September 22  
Adult £85 | Child (5-15) £73 | Infant £20  
Transportation & Harry Potter Studio entry  
*Book by Wednesday, August 28*



### Edinburgh Festival Extended Day

Saturday • August 24  
£145 per person  
Coach transportation & free time in Edinburgh

### Efteling Theme Park 3-Day

August 31 - September 2  
Adult £409 | Child (2-11) £349 | Infant £120  
Coach transportation, return ferry crossing, 2 nights bed & breakfast accommodation, entry to Efteling Theme Park, & a visit to Delft Pottery  
*Single supplement £120*

### Royal Reims & Champagne 3-Day

September 13-15  
Adults only £319  
Coach transportation, return ferry crossing, 2 nights bed & breakfast accommodation, free time in Royal Reims, and Champagne tour & tasting  
*Single supplement £100*

### Oktoberfest in Munich 4-Day

September 21-24  
Adults only £539  
Coach transportation, return ferry crossing, 2 nights bed & breakfast accommodation (return overnight travel on Monday night to arrive the following Tuesday afternoon), full day at Oktoberfest, & free time to explore Munich.  
*Single supplement £160*







# Adventure awaits

## Herefordshire Beacon Hike

Saturday • August 17  
All £70 | Ages 10+

**REC★ON £35**

Exertion Level: HIGH

Includes: transportation & guided hike

Enjoy a hike through the natural wonders of the Malvern Hills and stunning views of Herefordshire scenery.



## E-Bike Vineyard Tour

Saturday • September 7  
Adults only £92

**REC★ON £46**

Exertion Level: MODERATE

Includes: transportation, E-bike hire, & wine tasting experience

Wine and E-biking... could it get any better? What if we told you the bikes basically pedal themselves? Enjoy an easy ride through beautiful English villages with an award-winning vineyard tour to follow.



## Go Ape

Sunday • September 15  
All £65 | Ages 10+

**REC★ON £33**

Exertion Level: MODERATE

Includes: transportation & treetop challenge experience

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





# RENTALS

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



## Castle of the Month Large Party

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

## Hiking in Snowdonia 3-Day

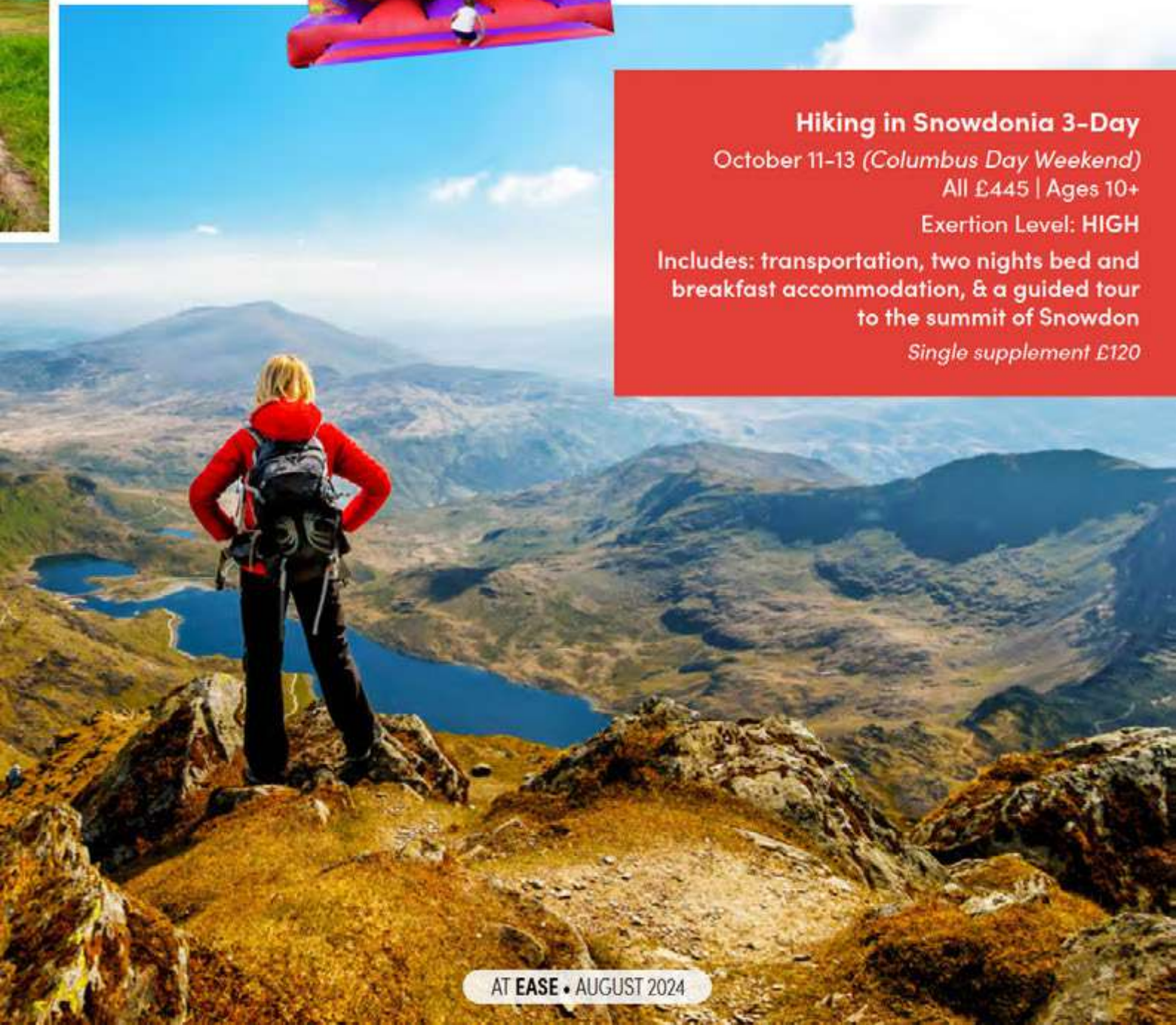
October 11-13 (Columbus Day Weekend)

All £445 | Ages 10+

Exertion Level: HIGH

Includes: transportation, two nights bed and breakfast accommodation, & a guided tour to the summit of Snowdon

Single supplement £120







# AUGUST

## AT THE BAR

Save the date: Oktoberfest  
Saturday • September 21

### Wing Night

8pm - 11pm

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



### THURSDAY

### FRIDAY

### SATURDAY

### Karaoke Night

9pm - 2am

Who needs a stage when you have a karaoke machine?



### Latin Night

9pm - 2am

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



### Country Night

9pm - 2am

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

### Bar Bingo

6pm start | \$10 for 5 cards

Every second Thursday in the Bar, join us with your daubers for a chance to win some prizes!

### Open Mic Night

9pm - 2am

Every third Friday, grab a mic, show off your talent, and let the good times roll at the Liberty Club's Open Mic Night.

### Texas Hold 'Em

6pm start | \$20 buy-in

Cause you gotta:

- Know when to hold 'em
- Know when to fold 'em
- & know when to run away



08

Bar  
Bingo

02

Wing  
Night

03

Karaoke  
Night  
*+ Latin Night*

09

Wing  
Night

10

Country  
Night

16

Wing  
Night  
*+ Open Mic Night*

17

Karaoke  
Night

22

Texas  
Hold  
'EM

23

Wing  
Night

24

Country  
Night

30

Wing  
Night

31

Karaoke  
Night



# Sakura

Japanese & Chinese Restaurant

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

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



VIEW OUR MENU ON FACEBOOK

Search "Sakura Lakenheath"



## OPENING TIMES

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

Tuesday: Closed

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

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

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

Sunday: 12:00-22:00

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# Back to

*Save the Date!*

**BACK-TO-SCHOOL  
BLOCK PARTY**

Friday, August 9  
4pm - 8pm

Turn to page 30 for more details



**First day of DoDEA School Year  
Monday • August 19**

Get ready to sharpen those pencils and your mind, because August is back-to-school month! To help you and your kiddo feel more prepped and ready, we've compiled a few pro tips to start the school year strong!

## Sleep

Start implementing an earlier bedtime and some routines to help acclimate your child to their new schedule. Children thrive off routines, and going to bed at a reasonable hour and getting enough sleep is essential to waking up early and being ready for the day! Children ages 6-12 should be getting 9-12 hours of sleep and teenagers ages 13-18 should be getting 8-10 hours of sleep.

To ensure your Sleeping Beauty gets a restful snooze, it is recommended to limit light exposure and technology use in the evenings.





# Back-to-School

## tips from FSS



### School Supplies

Stick with the school-issued list for your kid's school supplies. This prevents waste and helps save money!

If you want to help a teacher out, ask if they have an Amazon wish list or send a gift card.

### Meet the Teachers

Attend any 'Back-to-School' or 'Meet the Teacher' nights available. Having an idea of what to expect and where to go on their first day can drastically reduce your student's nerves and even get them excited for the school year to start!

### Talk About It

Keep an open dialogue with your student. Talk about what their new classroom will look like, old and new friends, or their goals for the upcoming school year. And, if they are really struggling with their nerves, here are a few books that might help:

*First Day Jitters*  
by Julie Danneberg

*The Kissing Hand*  
by Audrey Penn

*The Pigeon HAS to Go to School*  
by Mo Willems

Check out our very own Liberty Library for these titles and others to help with those back-to-school jitters!

### Dress for the Weather

Remember: This is England! From sunny mornings to sudden showers, the British weather can be unpredictable. Make sure your kid stays warm and dry for a full day of learning. Brollies and wellies at the ready!

CDC. (2024, May 22). *About Sleep*. Sleep. [https://www.cdc.gov/sleep/about/index.html#cdc\\_behavioral\\_basics\\_quick-getting-enough-slee](https://www.cdc.gov/sleep/about/index.html#cdc_behavioral_basics_quick-getting-enough-slee)



# In the last months of summer...

## Light Conversion Pre-inspection Mondays & Fridays | 1pm - 2pm

Just received your car from the Vehicle Processing Center? Bring it by for a pre-inspection to find out what's involved in converting it to comply with UK laws. Stop in during the time listed above for a free pre-inspection and estimate.

## Motorcycle MOT

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

## Oil Changes

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

## Know Your Car Class Call to schedule your class!

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

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



GIVES BACK  
**48 ESS**







# ...worry less

### Squeaky Clean

**Car wash & vacuums are open 24/7**

Keep your vehicle clean inside and out! Wash off the pollen and vacuum out the cobwebs. Our automatic car wash, jet-wash, and vacuums all have cashless and contactless payment options!

### Parts Store

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



# FITNESS & wellness



## Tri-Base Tennis Club



Tuesdays | 7pm - 9pm

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

## Tri-Base Lifting Club



Saturdays | Times vary

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

## Tri-Base Half Marathon

August 23 | Check in: 8am · Race starts: 9am

Early bird price: \$35 until August 1

Regular price: \$40 starting August 1

Join us at RAFM Hardstand Running Track for an exhilarating half marathon! Runners must be 18+ and register by August 2. There will be prizes for 1st, 2nd, and 3rd males and females, and every participant receives a T-shirt and engraved medal!

Are you a certified fitness instructor, sports coach, or personal trainer? Contact the Fitness Center for contracted opportunities!

Our weight room is getting a makeover! Renovations will be finished by the end of August - be sure to check out the new and improved set-up!



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

# Making li



# HOT PIT

**August 7**  
Southern meal



**August 14**  
Wings

**August 21**  
BBQ meal

**August 28**  
Wings



## Want to stay in the know?

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



## Did you know?

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

... it's better... it's what we do!



# Let's dig in!

**THE LIBERTY CLUB**  
BISTRO & GRILL - BBQ - FUN



## Lunch Buffets

Tue - Thur | 11am - 1:30pm

Adults \$13.95

Kids (5-12) \$8.95

4 & under eat FREE!

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

**Tuesdays • Southern**

**Wednesdays • Summer BBQ**

**Thursdays • Mexican**



## Lunch Special: Loaded French Toast Sandwich

Mon - Fri | 11am - 2pm

\$13.95

This sandwich is a morning-meal-favorite sneaking its way onto the lunch menu for one month only! It's perfectly grilled French toast on either side with double-helpings of crispy, maple bacon and warm, melty cheese.

## Bistro Hours

Monday - Friday  
6:30am - 8pm

Saturday  
8am - 8pm



## Steak Night

Fri • Aug 16 | 5pm - 8pm

Prices vary

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



# Breakfast at The Bistro

## Waffle Wednesday

Every Wednesday | 6:30am - 10:30am

Starting at \$2.75

August's waffle special is a candy extravaganza - topped with candy, vanilla frosting, and drizzles of strawberry & chocolate syrup.

## Michelle's Sweet Treats

Fri • Aug 2 & Sep 6 | 6:30am 'til they're gone!

1 for \$3.00 | 2 for \$5.00

Every first Friday should be an office holiday on RAF Lakenheath. Starting the day with an ooey, gooey cinnamon roll is sure to please even the crankiest of coworkers.

Now welcoming large pre-orders - call 01638 52 1611!



Save the date!

Father Daughter Dance

Sat • Oct 19



The holidays are just around the corner!

Our catering team is available to help you for all your holiday party needs! We can come to you or prepare party food pick-ups.

Interested? Contact us via email at [yolanda.garces\\_lopez.es@us.af.mil](mailto:yolanda.garces_lopez.es@us.af.mil) or call 01638 52 2489.



the lil'   
**PIZZA PLACE**

## The Chicken Jalapeño

Please see page 39 for The Lil' Pizza Place hours!

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

The Chicken Jalapeño comes topped with chicken, bacon, and jalapeños on a creamy ranch base that's covered in our mozzarella cheese blend.

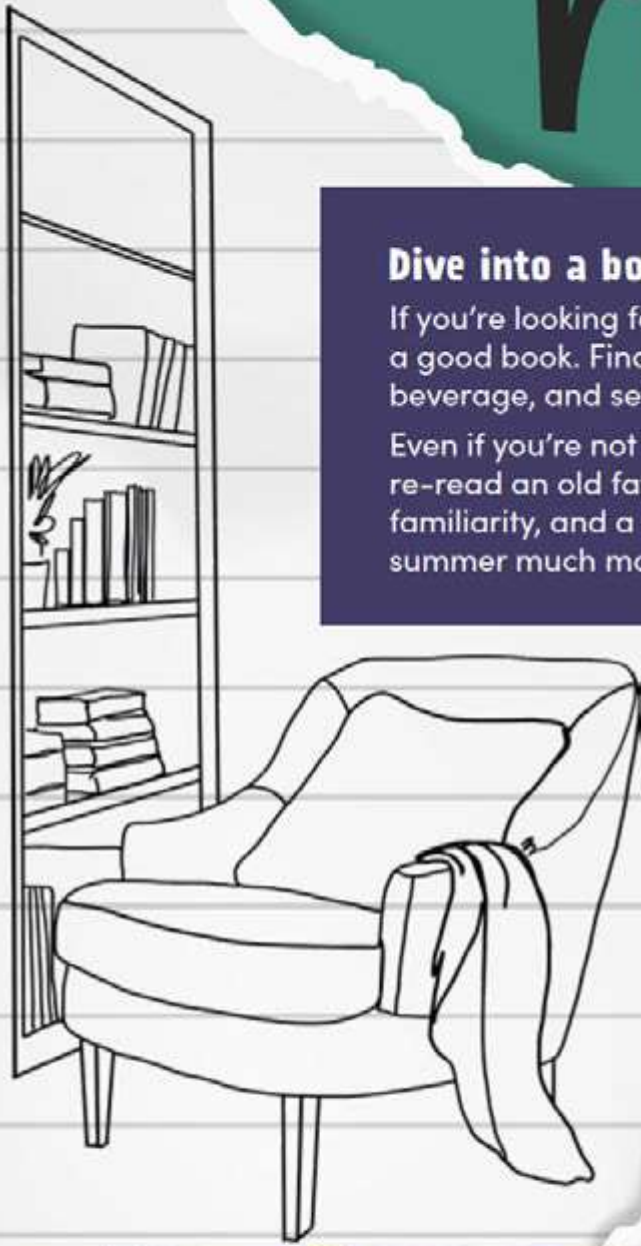


# Relax with some reading

## Dive into a book to escape the late summer heat!

If you're looking for a way to stay cool this August, look no further than a good book. Find a quiet space, set up a fan, pour yourself a cold beverage, and settle in for some relaxation.

Even if you're not interested in starting something new, you could re-read an old favorite. Revisiting cherished books provides comfort, familiarity, and a feeling of safety that can make the dog days of summer much more bearable!



## Reading is more than just a great way to cool down!

Did you know reading on a regular basis improves your ability to focus, enhances memory, and builds a stronger foundation for communication skills? It even improves your ability to empathize and connect with others! Just six minutes of reading can reduce your stress levels by up to two-thirds, so if you're feeling overwhelmed a great coping mechanism is to grab a good book. All these are great reasons to stop by Liberty Library.



## Liberty Library Hours

Monday and Tuesday | 10am - 6pm

Wednesday | 10am - 7pm

Thursday and Friday | 10am - 6pm



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E-mail [48fssmarketing@gmail.com](mailto:48fssmarketing@gmail.com) to inquire about our advertising opportunities.





# Ward Community Center | RAF Feltwell



## Summer Cinema

Friday · August 9 | 6pm 'til  
end of the movie

Enjoy time with the family  
surrounded by bounce  
houses, food trucks, and free  
popcorn! The movie will start  
at 9:30pm dependent on  
weather. *Movie TBC*



## Dance Classes

### Ballet

\$50/month

Tuesdays | 4pm - 5pm • Ages 7+

Tuesdays | 5pm - 6pm • Ages 7+

### Combo (Ballet/Tap)

\$40/month

Wednesdays | 3:30pm - 4:15pm • Ages 3-4

Wednesdays | 4:20pm - 5:05pm • Ages 5-6

### Tumbling

\$40/month

Wednesdays | 5:15pm - 6pm • Ages 4-6

### My Grown-up and Me

\$30/month

Thursdays | 10:30am - 11am • Ages 1.5-2.5

### Tap

\$50/month

Thursdays | 4pm - 5pm • Ages 7+

### Jazz

\$50/month

Thursdays | 5pm - 6pm • Ages 7+

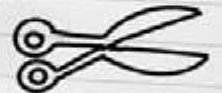


## Back to School Crafts

Wednesday · August 14

1pm - 3pm | Free

Let's personalize and  
bedazzle our way into the  
new school year!



AT EASE • AUGUST 2024



# Community and Event Centers | RAF Lakenheath



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



**August 9 • Back-to-School Block Party**  
**4pm - 8pm | Freedom Field**  
Enjoying the holidays and not ready to go back to school? The summer isn't over just yet! Come out and learn about all the new school services available. Have fun on the bouncies, play games, and enjoy some delicious food truck grub!

## MONDAY FUNDAYS

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

### August 12 • Play date | Free

We will provide a fun activity for kids (ages 2-8) to play together! Keep an eye on our Facebook page for details of the activity.

### August 19 • Music Madness | \$2 each

Get the kids (ages 5-11) out to sing and dance to their favorite songs at this fun karaoke event! This event isn't just for kids - parents are encouraged to join in on the musical fun, too!







### Open Rec: REC IT Saturday!

Sat • Jul 20 | 10am - 2pm • \$5

Come on out to the Youth Center for our monthly Saturday activities, including ice breakers, board games, VR systems, and plenty of SNACKS!



### Youth Program Sports

#### Football & Cheerleading Season



Registration is open NOW for both flag football and cheerleading until August 16, with the season beginning August 26.

*Interested in coaching? Call the Youth Center to inquire.*

### Field Trips

RAGE Room Norwich | \$25

Aug 8

Aqua Park | \$25

Aug 15

### Bowling

Aug 24

*For children enrolled in Youth Center programming.*



*New classes start every month!*

### Instructional Classes

#### Open Registration for:

Gymnastics | Indoor Soccer | Rugby | Rock Climbing

### Kids Color Run

Sat • Sep 14 | 10am start • FREE

Join us at Chief's Trail behind the high school for a day full of color!





# Career Expo 2024

Thursday • August 29 | 8:30am - 2:30pm

Join us for the annual Career Expo to explore resources available to assist you with career planning and job searching.

The day will consist of an expert roundtable, structured networking, an employer panel, and a resource fair. We hope to see you there! Sign up via [rafl-mfrc.timetap.com](http://rafl-mfrc.timetap.com) or by calling the M&FRC at 226-3847 or 01638 52 3847.



## Dad to Dad Support Group

Friday • August 23 | 3pm - 4pm

Open to all dads and husbands to include active duty members, civilians, dependents, and contractors with installation access!



## Upcoming Briefings & Workshops

- Pre-Deployment Briefing ..... Mondays & Wednesdays | 9:30am - 10am
- Reintegration Briefing ..... Mondays & Wednesdays | 9am - 9:30am
- Newcomers' Orientation Briefing ..... Tuesdays & Wednesdays | 8am - 5pm
- 101 Spouse Orientation ..... Wednesdays | 1pm - 2:30pm
- Manage Your Move ..... Thursdays • August 8 & 22 | 8:30am - 11:30am
- Commander and Senior NCO Immersion ..... Thursday • August 15 | 8:30am - 3:30pm
- Interview Skills Workshop ..... Tuesday • August 6 | 12:30pm - 2pm
- Evening Federal Resume Writing Workshop ..... Wednesday • August 14 | 5:15pm - 7pm
- Daytime Federal Resume Writing Workshop ..... Wednesday • August 28 | 9am - 11am
- Civilian Resume 101 ..... Friday • August 23 | 12:30pm - 2pm
- Bundles for Babies ..... Friday • August 9 | 10am - 12pm
- Key Support Liaison Immersion Training ..... Thursday • August 22 | 12pm - 1pm
- 5 Voices Workshop ..... Thursday • August 29 | 12pm - 2pm
- Pre-Separation Briefing ..... Thursdays • August 1 & 8 | 8pm - 4pm
- Transition Assistance Program (TAP) Workshop ..... Monday - Wednesday • August 12-14 | 8am - 4pm
- Department of Labor Employment Track ..... Thursday & Friday • August 15 & 16 | 8am - 4pm





# Back-to-School Puzzle Story

exclamation -  
 adjective -  
 verb -  
 adjective -  
 food -  
 color -  
 noun -  
 adjective -  
 adjective -  
 friend -  
 her/him/them -  
 favorite school subject -  
 skill or hobby -

Welcome to the new school year! We have created a fun word puzzle for you to complete in anticipation of your first day in the classroom. Before reading the story below, write in the appropriate part of speech to the left. Then, fill out the blanks below to see how your silly story unfolds!



(Exclamation) ! Today is the first day of school! What a (adjective) adventure it's going to be! I will wake up early, then (verb) before having (adjective) (food) for breakfast. With my (color) (noun) and my (adjective), (adjective) supplies, I feel ready to take on the day! I hope I see (friend) before school starts, so I can tell (her/him/them) about summer break. I can't wait to learn more about (favorite school subject) this year, and improve my (skill or hobby) skills. It's going to be a great year!





INSIDE EAGLES' LANDING - CEC

INSIDE THE FITNESS CENTER

Mon - Sun 11am - 8pm

Mon - Fri 7am - 5pm  
Sat 9am - 4pm  
Sun Closed

# RAFL OUTDOOR REC SHUTTLE SERVICE



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

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HEATHROW \$300 • GATWICK \$300

LUTON \$190 • STANSTED \$150

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

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

Outdoor Recreation  
BLDG 1109 • 01638 52 2146  
takenheathfss.com

[RAFLODRSHUTTLE@GMAIL.COM](mailto:RAFLODRSHUTTLE@GMAIL.COM)



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[europe.umgc.edu](http://europe.umgc.edu)

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# TEAM MILDENHALL

# HERITAGE

*Join us for the first ever Heritage Day event, celebrating RAF Mildenhall's 90th Anniversary. Enjoy a variety of family-friendly activities, live entertainment, and a vintage static plane display as we celebrate the history and legacy of The Bloody Hundredth!*

## HANGAR 814

- ★ Vintage planes on display
- ★ WW2 props/photo opportunities
- ★ WW2 interactive bunker
- ★ Food trucks
- ★ Land train
- ★ Free kid's crafts

11 am – 7 pm

- ★ Live entertainment
- ★ Face painters

2 pm – 7 pm



# E DAY



## FRIDAY, AUG. 16

### 9 am - 7 pm



#### HANGAR 803 PANEL DISCUSSIONS

**9 am** - Dan Rosenthal, Lt Col Robert "Rosie" Rosenthal's son. Rosie is well known as a 100 Bomb Group pilot with the crew most notably as Rosie's Riveters.

**10:15 am** - A behind the scenes look at Apple TV's "Masters of the Air" and Q&A with producer, Kirk Saduski.

**1 pm** - Stories of the 100th Legacy.

**2 pm** - Remembering the Chindits: Presented by the 352 SOW.

V O L V O

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# Facility Directory

- f Arts & Crafts**  
Bldg 906 | x2194  
Mon-Fri: 10am-5pm  
U.S. Holidays & Family/Goal Days, & Weekends: Closed
- Auto Hobby Complex**  
Bldg 1108 | x2454  
Mon-Fri: 7:30am-5:30pm  
Sat & Sun: 9am-5pm  
U.S. & U.K. shared Holidays: Closed
- DIY Hours**  
Tue-Fri: 10am-5:30pm  
Last sign-in: 4:30pm | Clean-up: 5pm  
Sat & Sun: 9am-5pm  
Last sign-in: 4pm | Clean-up: 4:30pm  
Mon, U.S., & U.K. Shared Holidays: Closed
- Light Conversion Pre-Inspection**  
Mon & Fri | 1pm-2pm
- MOT Testing**  
Mon-Fri: 7:30am-5:30pm  
Sun: 9am-5pm  
U.S. & U.K. shared Holidays: Closed
- Motorcycle MOT Testing**  
Tue & Wed: 7:30am-5:30pm  
U.S. & U.K. shared Holidays: Closed
- Auto Tire & Lube Center**  
Bldg 1030 | x2279 or x2278  
Mon-Fri: 7:30am-5:30pm  
U.S. Holidays: Closed
- 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-7pm  
Family/Goal Days: 8am-5pm  
Christmas Day & New Year's Day: Closed
- f Child Development Centers (CDC)**  
**CDC East**  
Bldg 659 | x3285  
Mon-Fri: 6:45am-5:15pm  
**CDC West**  
Bldg 439 | x5812  
Mon-Fri: 6:45am-5:15pm
- f Community Activities Center (CAC)**  
**Page @ Lakenheath**  
Bldg 900 | x1627  
Closed for renovations  
**Ward @ Feltwell**  
RAFF Bldg 94 | x7023  
Mon-Fri: 9am-6pm  
Sat: Reservation only  
Family/Goal Days: 9am-3pm  
Sun & U.S. Holidays: Closed  
**Play Area:**  
Mon-Fri: 9am-6pm  
Sat: Reservation only  
Family/Goal Days: 9am-3pm  
Sun & U.S. Holidays: Closed  
**Community Child Care Coordinator/  
Family Child Care**  
Bldg 250 | x2170  
Mon-Fri: 8am-5pm
- Eagles' Landing -  
Community Event Center**  
Bldg 958 | x5113  
Mon-Fri: 9am-5pm  
Sat: Reservation only  
Sun & U.S. Holidays: Closed
- f Jelly Olde Eagle Pub**  
Bldg 958 | x2326  
Last (Fini) Fri: 5pm-10pm
- f Phoenix Taxi**  
Bldg 958 | x2306  
Open 24/7
- Liberty Wings**  
Bldg 958 | x2103  
Mon-Sun: 11am-8pm
- f Fitness & Sports Center**  
Bldg 904 | x3607  
Mon-Thur: 5am-9pm  
Fri: 5am-6pm  
Sat & Sun: 8am-4pm  
U.S. Holidays & Family/Goal Days: 8am-4pm  
See front desk for after-hours access
- Juice Bros @ Fitness**  
Bldg 904 | 01638 53 2927  
Mon-Fri: 7am-5pm  
Sat: 9am-4pm  
Sun: Closed
- Hard Copies Print Shop**  
Bldg 977 - Ground Floor | x1719  
Mon-Fri: 9am-5pm  
U.S. Holidays, Family/Goals Days, & Weekends: Closed
- f Hot Pit: Flight Line**  
Bldg 1224 | x3184  
**Mon-Fri:**  
Breakfast: 5am-8am  
Lunch: 11am-2pm  
Dinner: 5pm-8pm  
U.S. Holidays, Family/Goals Days, & Weekends: Closed  
**Between-meal hours for  
grab & go options:**  
8am-11am • 2pm-5pm
- f Human Resources NAF/HRO RAFL**  
Bldg 977 | Room G45 | x4417  
Mon-Fri: Appointments only from 9am-1pm,  
walk-ins from 1pm-4pm  
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
- Knights Table  
Military Dining Facility**  
Bldg 934 | x3214  
Closed for renovations
- f Liberty Lanes Bowling Center**  
Bldg 657 | x2108  
Mon: Closed  
Tue, Wed, & Thur: 11am-8pm  
Fri & Sat: 11am-10pm  
Sun: 11am-6pm
- f Liberty Club**  
Bldg 648 | x1611  
**Bistro**  
Bldg 648 | x1603  
Mon-Fri: 6:30am-8pm  
Sat: 8am-8pm  
Sun: Closed  
**Cashier's Cage**  
Mon-Sat: 10:30am-4pm  
U.S. Holidays & Family/Goal  
Days: 11am-4pm  
Sun: Closed  
**Casino Lounge & Bar**  
Sun-Wed: Closed  
Thur: 4pm-10pm  
Fri & Sat: 4pm-2am  
Thanksgiving, Christmas, & New Year's  
Day: Closed  
**Catering Office**  
Bldg 958 | x2489  
Mon-Fri: 9am-5:30pm  
**Slots**  
Mon-Wed: 7am-8pm  
Thur: 7am-10pm  
Fri & Sat: 7am-2am  
Sun, Thanksgiving, Christmas, & New  
Year's Day: Closed
- f Liberty Library**  
Bldg 907 | x3713  
Mon & Tue, Thur & Fri: 10am-6pm  
Wed: 10am-7pm  
Fri & Sat: 7am-2am  
U.S. Holidays, Family/Goal Days, & Weekends: Closed
- Liberty Lodge**  
Bldg 984 | x6700  
Front desk: Open 24/7  
Check-in: 2pm | Check-out: 11am
- Military & Family Readiness Center**  
Bldg 950 | x3847  
Mon-Thur: 7:30am-5pm  
Fri: 7:30am-2pm  
U.S. Holidays, Family/Goal Days, & Weekends: Closed
- Military Personnel Flight**  
Bldg 977 | x1713  
Mon-Fri: 8am-3pm  
**Customer Support & ID Cards**  
Schedule an appointment via  
lakenhealthfss.com | x5131  
**Career Development: Relocations**  
Phone & email support | x5131  
**Career Development:  
Promotion & Retention**  
Phone & email support | x1079  
**Force Management**  
Phone & email support | x5138  
**Passport Services**  
Phone | x1210
- f Outdoor Recreation**  
Bldg 1109 | x2146  
Mon-Fri: 10am-5pm  
Sat & Family/Goal Days: 10am-1pm  
Sun & U.S. Holidays: Closed
- f The Lil' Pizza Place**  
Bldg 670 | x2181 or x2497  
Mon: Closed  
Tue: 2pm-8pm  
Wed & Thur: 11am-8pm  
Fri: 11am-9pm  
Sat: 2pm-9pm  
Sun: 4pm-8pm  
**Delivery**  
Sun-Wed: Unavailable  
Thur-Sat: 4pm-8pm  
Subject to change
- f Post Office**  
Bldg 1025 | x2370  
**Finance/Mailing Out**  
Mon, Wed, & Fri: 10am-5pm  
Tue & Thur: 11am-5pm  
Sat: 10am-2pm  
Sun: Closed  
Priority Express not accepted after 3pm  
**Package Pick-up**  
Mon, Wed, & Fri: 10am-4pm  
Tue & Thur: 11am-4pm  
Sat: 10am-2pm  
Sun: Closed  
**Night Shift Package Pick-up:**  
Mon-Fri: 7am-8am  
**Customer Service/In & Out  
Processing/Claims:**  
Mon, Wed, & Fri: 10am-4pm  
Tue & Thur: 11am-4pm  
Sat & Sun: Closed  
**VAT Relief Program Office**  
Bldg 977 - Ground Floor | x3166  
Mon-Fri: 8:30am-11:30am  
Walk-ins only
- f Wood Shop**  
Bldg 1104 | x3367  
Wed & Thur: 10am-7pm  
Fri: 10am-5pm  
Sat: Class day only  
Mon, Tue, 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  
Closed U.S. Holidays  
**Youth Sports**  
Bldg 250 | x1182  
Refer online for season dates
- Hours Subject to Change**  
Please check with the facility before making plans.
- The MSG Training Day will be every 3rd Wednesday of the month. FSS facilities will be closed or at minimal manning.

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DSN: 226-XXXX



Bath



Christmas Market



Disney on Ice



Spain



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Tickets  
& Travel



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**WHERE:**  
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Harry Potter Dark Arts Tour



Information, Tickets, & Travel (ITT)  
BX Main Store Mall · 01638 52 2979  
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◀ SCAN FOR MORE INFO!

