

MARCH 2023

AT EASE

Who run the world...



A group of military women and their children are posing outdoors. Two women in military uniforms are holding a large white sign with black text. They are surrounded by several children of various ages. The background shows a grassy field and some trees.

**EMPOWERED
WOMEN
EMPOWER
WOMEN.**



LADIES IN ENGLAND

See how the ladies of RAFL are making the most of their time overseas in honor of Women's History Month!

Page 20

ST PATRICK'S DAY

Looking forward to the big green holiday? Check inside this issue to see all the specials going on around the base!

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MARCH FEATURES

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Look out for this logo for free and discounted fun!



Look for this logo to find FSS Gives Back specials.



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48 MSG Commander
Col Shonry O. Webb

48 FSS Commander
Lt Col Mary E. Hossier

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Mr. Mark Lowry

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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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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 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!

ATTENTION: MSG Training Day will be every third Wednesday of the month. FSS facilities will be closed or minimal manning for training. Please check the directory for the most up-to-date information.

Look closely...

In this issue of At Ease, we have hidden 32 clovers throughout the pages! When you find one, circle it, mark it, or box it in. Once you have found them all, bring your magazine copy into the Marketing Office in Building 977! If you're lucky, we may have a special prize for you...





Meet your FSS!

If you've arrived in Lakenheath recently, your room at the TLF might have been serviced by Tiffany! She is a housekeeper at Liberty Lodge. Staying with 48 FSS facilities builds the community that we all enjoy and allows people like Tiffany to further their career while at RAF Lakenheath.

Employee Spotlight: Tiffany Coons

Tiffany is a military spouse who was born and raised in Okinawa! She works hard at the TLF, turning a hotel into to a warm welcome to our community! One of the things she loves most about working for Liberty Lodge is the amount of face-to-face interaction she has with the guests - and their pets! Every single one has traveled so far to arrive here, and Tiffany loves hearing all the backstories of the people who are settling into their new lives in England! Even though the stay in lodging is only temporary, Tiffany and the team take pride in being able to provide a transitional home.

Working for the 48 FSS has helped Tiffany feel at home in the community. She loves working in such a positive environment and participates in hotel trainings that are offered! While the work is tough, she says there is nothing more rewarding than a supportive team and looking at all the neatly set-up rooms at the end of the day. Plus, Tiffany has the scoop on all the local spots. She can tell you where to go shopping - even share some book recommendations, like from her recent favorite author, Colleen Hoover!

Housekeeping is a tough, often behind-the-scenes job. Next time you're checking in, remember the role everyone plays in our community and thank your housekeeper!



Scan for more info!

Using the facilities on base allows for our community to grow and support each other!

Something for the foodie in all of us:

By patronizing the food spots on base, the FSS can continue to hire go-getters like Tiffany, who can continue welcoming newcomers to our RAFL community!

The Bistro at The Liberty Club is open every day but Sunday to satisfy your cravings, and every month there's Southern buffets on Tuesdays and rotating buffets on Wednesdays at The Grill. So, there's always something new coming right to you!

In March, the theme is Mexican cuisine! The lunchtime special is the Torta, and the buffet will have all of your favorites in one place!



Liberty Club Buffets

Tue & Wed | 11am - 1:30pm

Adult \$13.95 · Child (5 - 12) \$8.95

Check out the QR code on page 5 to see our most up-to-date information!

Liberty Lodging

The one-stop-shop for any and all incoming or outbound travel! Family coming to visit, or just looking for a night away?

Call 01638 52 6713 to make a reservation.



**Spouse
Employment**

AT EASE • MARCH 2023



The Bistro

**Finally St Patrick's Day
falls on a Friday, and
we are here for it!**

Lunchtime Special • Irish Nachos
March 17 | 11am - 2pm

Irish Buffet
March 17 | 5pm - 7pm

Come in for the food, and then get
decked out in green and head to our
bar for an ice-cold brew to finish off
the week.

Make your own luck, not your own

DINNER



Steak Night at The Grill

UK Mother's Day

Sunday • March 18 | All day

Order a pick-up afternoon
tea to-go to celebrate mom!
Sandwiches, sausage rolls,
crisps, and desserts can be
ordered from MemberPlanet.

Steak Night at The Grill

Friday • March 24 | 5pm - 8pm

Prices vary

Get your favorite steak cooked
your way, topped your way,
and accompanied your way!
This will be a steak night to top
all others, so don't miss out
and be at The Grill.

Wednesday Specials

Waffle Wednesdays

6:30am - 10:30am

March's waffle special - s'mores!

Mid-week roast

5pm - 8pm

Adult \$13.95

Child (5 - 12) \$8.95

Craving Sunday roast? Get your
fix in The Bistro on Wednesdays!
Children under five eat FREE!

Lunchtime Special

Mexican Tortas

Mon - Fri | 11am - 2pm

Fried chicken, beans, onions,
cheese, tomatoes, avocados,
cilantro lime mayo, and jalapeños
all come together for a mouth-
watering meal sure to get you
through that midday slump!

Filipino Fridays

Fridays | 11am - 2pm

\$12.95 per platter

Make Fridays extra special by
stopping in The Bistro for some
beef bulgogi, rice, and lumpia!

Mongolian BBQ

Thursday • March 16 | 5pm - 8pm

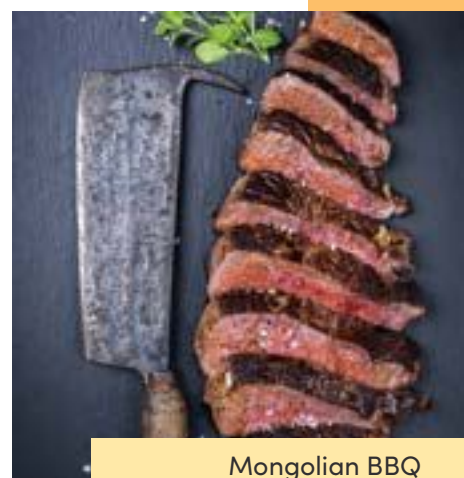
Don't miss out on this once-a-
month dinner buffet!



Sunday Roast



Mexican Tortas



Mongolian BBQ

Liberty Club Buffet



Tuesday • Southern Buffet



Wednesday • Mexican Buffet

11am - 1:30pm

Adult \$13.95

Child (5 - 12) \$8.95

Looking for a delicious lunch break? Join us on Tuesdays and Wednesdays in The Liberty Club Grill!

Children under five eat **FREE!**



Pizza of the Month



The Mediterranean

Feel the salty sea air on your face with this pizza topped with sun-dried tomatoes, fresh basil, feta, & mozzarella cheese

Small \$13.25

Medium \$15.25

Large \$18.75



Knights Table

Thursdays

- March 2 • German Lunch
- March 9 • Caribbean Special
- March 16 • Mongolian BBQ
- March 23 • Italian Cuisine

Fridays

- March 10 & 24 • Wing Nights

HOT PIT

Mondays

- March 6 • Taco Bar
- March 13 • Oriental Wok
- March 20 • Hawaiian Meal
- March 27 • Caribbean Meal

Fridays

- March 3 • Curry Bar
- March 10 • Italian Special
- March 17 • Southern Meal
- March 24 • Mediterranean Meal

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OPENING TIMES

SAT - SUN 10am - 6pm

WEEKDAYS Please Ring to Confirm



To
travel
is to
live

Hans Christian Andersen

Brugge Extended Day

Saturday, March 18

Adult £99, Child (2-11) £60, Infant £30

Coach transportation, channel crossing, & free time in Brugge

Dover Castle

Sunday, March 19

Adult £48, Child (5-17) £39, Infant £15

Transportation & Dover Castle entry

Jack the Ripper & Late Night London

Saturday, March 25

Adults Only £47

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

York Chocolate Festival

Saturday, April 8

Adult £52, Child (3-14) £50, Infant £15

Transportation only

Cadbury World

Sunday, April 9 (Easter)

Adult £47, Child (3-15) £42, Infant £15

Transportation & Cadbury World entry

To book trips, scan the QR code on page 5!



Harry Potter Studio

Saturday, March 25

Adult £72, Child (5-15) £61, Infant £15

Transportation & Harry Potter

Studio tour entry

Thorpe Park

Sunday, March 26

Check with ITT for pricing!

Transportation & Thorpe Park entry

Wandsworth Gravity

Monday, March 27

Adult £29, Child (3-14) £27, Infant £15

Transportation only

Chessington World of Adventure

Tuesday, March 28

Check with ITT for pricing!

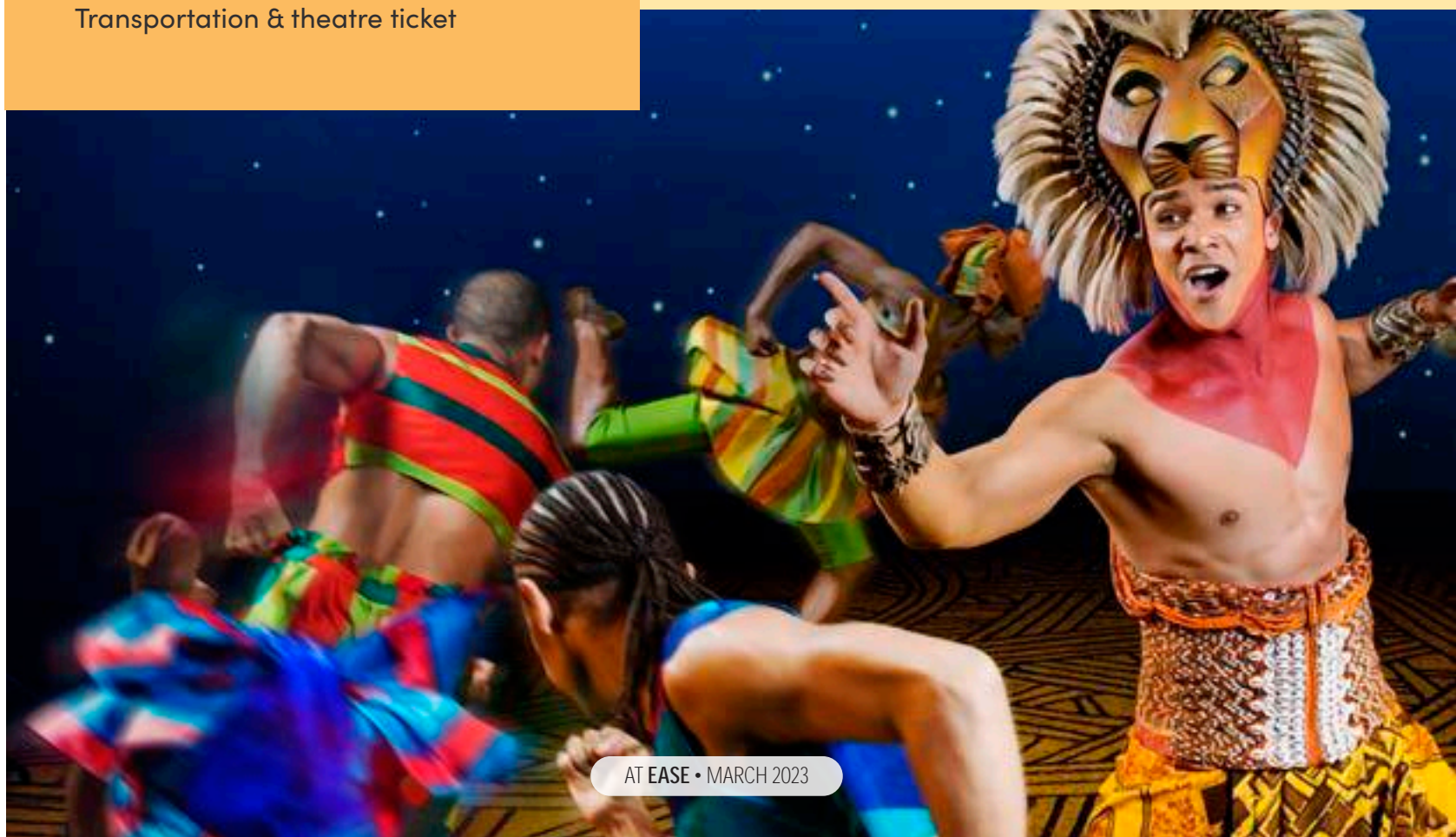
Transportation & CWOA entry

Lion King

Wednesday, March 29

All £87

Transportation & theatre ticket



Warwick Castle

Thursday, March 30

Check with ITT for pricing!

Transportation & Warwick Castle entry

LEGOLAND®

Friday, March 31

Check with ITT for pricing!

Transportation & LEGOLAND entry

Disney Paris 3-Day

Friday, March 31 – Sunday, April 1

Adult £409, Child (3-11) £359, Child (2) £249, Infant £90

Coach transportation, 2-night bed & breakfast accommodation, 1-day/2-park ticket for Disneyland Paris, & a visit to Sacré-Coeur & Place du Tertre.

Single Supplement £90

To book trips, scan the QR code on page 5!



Information
Tickets
& Travel



Travel
for
Spring
Break



QUIZ NIGHT

Wednesday • March 29 | 6:30pm

The last Wednesday of every month, challenge your trivia skills with us in The Liberty Club Bar. Gather all your smartest friends for a 6:30pm start!

SATURDAYS AT THE CLUB

9pm - 1am • FREE Entry!

Country Night • March 11 & 25 | Boot scoot your way over to the club and line dance the night away!

Karaoke Night • March 4 & 18 | When singing karaoke - you don't choose the song, the song chooses you!

Latin Night • March 4 | Dance like no one is watching!

R&B Hip-Hop Night • Every Thursday | Enjoy the best mix of hip-hop and R&B around!

THE
LIBERTY CLUB
BISTRO & GRILL BAR FUN
After Dark

SUNDAYS AT THE BAR

4pm - 8pm • FREE!

Free-play cards, dominoes, pool, & music

Tired of feeling Sunday sadness because the weekend is almost over? Come over for games, freshly-made sandwiches or pizza, and of course - our specialty drinks at the bar.



Every Thursday

Wings | 9pm - 11pm • Music 9pm - 1am

Come catch the vibe. Our DJ will be bringing you a variety of hip-hop and R&B. Don't forget we'll have your favorite wings - hot, hot, hot - all night!



Get Home Safely

Phoenix Taxi service is available for on- or off-base transportation, ensuring you enjoy your night from beginning to end - safely!

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Exciting News!

You spoke, we listened... Refurbishments coming soon to The Liberty Club. Follow our Facebook page for additional information and relocation of our restaurants and bar.

Hello Spring!

Jurassic Coast Fossil Hunt

Sunday - Monday • March 26 - March 27 (Family Day)

Reg: £195 | Rec•On £60

Single Supplement £45

Includes: transportation, one-night bed & breakfast accommodation, guided hike, & guided fossil hunt



Spring Break *activities*



Laser Tag

Monday • March 27 (Family Day)

11am at Page Community Center

Must sign up in advance* • \$12

Includes: 30-minute laser tag session, state-of-the-art equipment, & referee

*Call ODR to sign up one week prior to event



Inflatable Party

Wednesday • March 29 | 11am - 1pm

at Page Community Center

Must sign up by March 15 • \$10

Includes: 2-hour session with bouncy castles, sumo suits, corn hole, DISCO dome, surf simulator, and more!

AIR FORCE



OUTDOOR RECREATION



Stanage Edge & Robin Hood's Cave

Saturday • April 1

Adult £60 | Child £50

Rec•On £18 | Child £8

Includes: transportation & guided hike

Celebrate the Month of the Military Child with a fun and educational hike to the famous Robin Hood's Cave!



Need extra storage during spring cleaning?

Inquire at ODR for pricing!

RAF Lakenheath ODR has you covered with our safe and secure storage units located on RAF Feltwell.

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rustic chalkboard

Encourage your creative side with this stylish chalkboard perfect for that “to do” list or sharing messages with family and visitors to your home!

*Must register two days before class to allow kits to be assembled
Also available as take-home project with three-days notice



MoN & TuE
In MaR*
5Pm - 7:30Pm
\$65 R4R \$20

IMAGE NOT TO SCALE. FOR ILLUSTRATIVE PURPOSES ONLY.

AT EASE • MARCH 2023



GLOW GOLF

Friday, March 17th | 7pm tee-off

• • •

Members \$20 | Non-Members \$30



SWING INTO SPRING



The start of golf season is nearly upon us and we have a full calendar of events planned for the Tri-base community! Glow Golf is our 2023 season's opening event.

This April, tee-up for the **Breckland Pines Masters Tournament** on **Sunday, April 16**. Mark your calendars and start perfecting your swing, chip, and putt now!

Members \$15
Non-Members \$39

To register for either of these great events, contact the Golf Club Pro-Shop to book your tee-time. Check out the QR code on page 5 to follow us on Facebook and stay up-to-date!



Ladies in england



@FSS_women

WOMEN IN THE WORKFORCE

In between collecting great England memories and experiences, lots of women are working to support the 48th Fighter Wing. With an amazing combination of Active Duty members, civilians, and local nationals – the women of 48 FSS work tirelessly to support essential services within the RAF Lakenheath community.



@kendall_r • 351 ATC spouse

History in the Making

Some major milestones occurred in 2022, and we can expect a few more in 2023! Kendall and her husband are seen here paying their respects to the late Queen during her Platinum Jubilee celebrations. England is rich with history, and there are so many ways to experience the culture. Attending nationwide events are sure to teach you so much about the country around you!

A Woman & Her Horse



@lindsey_c • 48 FSS AD

Our furry friends hold our hearts, and they are always one of the family. Shipping them over can be a hassle, but there is nothing that compares to the companionship our pets can offer us. Major Lindsey Colburn poses with her horse Sibelius MB (AKA "Sig"), who flew to the UK back in 2021. Sig provides a much needed source of comfort, especially during demanding mortuary cases. Maj Colburn has had Sig for five years and competes with him in show jumping.

In celebration of Women's History Month, we took some time and talked with our three female commanders on base; read up on British women at war in WWII; and reached out to ladies in the Tri-base community to tell us about their experiences in England. The quote featured on the cover - "Empowered women empower women" - relates to our female commanders as they work hard to support and lead each of their squadrons every day and then go home to support and raise their daughters to be strong women. As we read up on British women in WWII, one thing stuck out to us the most - "When you see a girl in khaki or air-force blue with a bit of ribbon on her tunic - remember she didn't get it for knitting more socks than anyone else in Ipswich." Women in WWII - and all women - had, and still must, work for the respect of their peers. Whether they're fighting for our freedom, raising tomorrow's generation, living out their dreams, conquering their goals, or all of the above, women are writing their own stories and shaping the future of the world every day. Keep reading to see some of our favorite submissions from our Tri-base ladies!



Source: Instructions for American Servicemen in Britain 1942



@korrina_s • 48 EMS spouse

TRIPS ON TRIPS ON TRIPS

Korrina will be the first to tell you that traveling around Europe is her favorite part about being stationed OCONUS - but let's not forget about the amazing monuments that are a short drive or train ride away. London has so much to offer and has enough activities and restaurants to make each visit special. Whether you are still exploring tourist hotspots or looking for hidden experiences, ITT can get you there on a London DYO trip (see page 11)!



@adrianne_h • 748 AMXS 495th Weapons spouse

Wilderness Exploring

Adrianne Hill is quite the adventurer. She is seen here conquering the Three Peaks Challenge with her friends in 2022. This challenge goes across the highest peaks in Scotland, England, and Wales. The views are unbeatable, but your legs will be burning after a whopping 23 miles and a total ascent of 3,064 meters completed in just three days. Adrianne's advice for this challenge and other hikes is: invest in good attire and boots, layer up but don't be afraid to "be bold and start cold," and take lots of pictures! Looking to start hiking? Get started with Outdoor Recreation - see page 16 for their next hike!



@bre_y • 48 OMRS

Afternoon Tea Time

Sipping tea on a cloudy UK afternoon is a favorite past-time for Breanna & it can be for you, too! A fan favorite tearoom is in Ely, and it is the perfect way to finish off a day of exploring local shops or visiting the city's famous cathedral.

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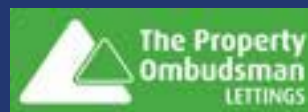
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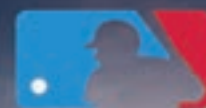
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March Classes



09 – Wood & Words: Mandala Lazy Susan

6pm - 8pm
Reg \$45 | **R4R** \$22



11 – NEW! Stained Glass: Beginners

10am - 4pm
Reg \$135 | **R4R** \$34



09 – Sewing Project: Headband

6pm - 8pm
Reg \$20 | **R4R** \$10 [+fabric supplies]

21 – Sewing Project: Zipper Pouch

6pm - 8pm
Reg \$20 | **R4R** \$10 [+fabric supplies]

14 – Clay Wheel Throwing: Taster

10am - 1pm
Reg \$75 | **R4R** \$19

25 – Kids & Canvas: Monkey

10am - 11:30am
Reg \$20 | **R4R** \$10

18 – Clay Wheel Throwing

10am - 4pm
Reg \$135 | **R4R** \$34

25 – Resin Pouring: Cake Stand, Coasters, or Tray

1pm - 3pm
Reg \$65 | **R4R** \$32

21 – Clay Hand Building: Your House

6pm - 8pm
Reg \$20 | **R4R** \$10



*27 – Harry Pottery: Make a Wand

11am - 12pm
Reg \$10 | **R4R** \$5

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Ceramics

Our Ceramics Department offers a drop-in and paint studio & other hand-building classes.



To see the full class listing and reserve your spot, see the QR code on page 5!



25 – Paint & Sip: Zebra

6pm – 8pm

Reg \$30 | **R4R** \$15

27 – Lino Block Printing: Beginners

6pm – 9pm

Reg \$35 | **R4R** \$18

* 28 – Super Heroes: Painting & Mask Making

11am – 12pm

Reg \$10 | **R4R** \$5

* 29 – Bunny Dish Painting & Bunny Craft

11am – 12pm

Reg \$10 | **R4R** \$5

* 30 – Clay Play: Highland Cow

11am – 12pm

Reg \$20 | **R4R** \$10

* 31 – Wooden Bunnies

11am – 12pm

Reg \$10 | **R4R** \$5



MONTH OF THE MILITARY CHILD: *Art Contest*

Military kids are invited to create a 2D art piece showing what it means to them to be a "Military Child."

Entry deadline: March 24

Submit via the RAFL Arts & Crafts Facebook with name, age, and title of artwork.

First place will be chosen from two age groups: age 5-9 & age 10-16.

Both winners will have their design printed onto a mug and a t-shirt for them to show off during April – the Month of the Military Child.



DODEA Spring Break Classes

Embroidery

We can embroider name tapes, flight patches, Air Force patches, & custom embroidery.

Printing

We print on t-shirts, banners, vinyl, mugs, plates, & more.

Craft Store

We sell everything from art supplies and fabric to seasonal decor & planners.

MOT PITFALLS



LEE WHITFIELD

Automotive Mechanic & MOT Inspector

Lee has been a mechanic for 14 years, eight of which were working at a Vauxhall Dealership in Cambridge. Outside of work, Lee spends his time playing with his 5-year-old daughter and going on walks with his fiancée, Emma, and dog, Bella. Lee also likes to relax by gaming online.

MOT in a Nutshell

The UK Government mandated annual vehicle roadworthy inspections, similar to what you will find in some places in the US.

Mechanics work from a computer manual, which provides details on what to inspect and how to inspect it, along with the pass/fail criteria for each area.

All MOT mechanics are monitored and evaluated regularly for the quality of their testing.

Warning Lights

It is now mandated that any illuminated warning light is a failure or advisory (depending on the age of the vehicle). For example, a check engine or ABS light can fail a car. In newer vehicles (2012 onwards), a Tire Pressure Monitoring Light can fail a car. An older vehicle may pass if it has warning lights illuminated, but will still get an advisory.

Use Your Parking Brake

Most cars on base are automatics and many people don't bother to use the parking brake. All that's doing is using engine braking. When we test the handbrake for efficiency during an MOT, all of a sudden it doesn't work because everything is seized up from lack of use. We encourage everyone who comes in to use their handbrakes - not just for obvious safety reasons, but also to keep everything working.

Vehicle Lighting

MOT regulations focus on having proper lighting on a vehicle, which impacts the base community. Many vehicles from the US have red turn signals and no rear fog lights. This is where the required light conversions come in. They bring your US-spec vehicle in line with UK regulations. Depending on the vehicle it can be expensive, but you want to make sure it's executed correctly to avoid any electrical issues in the future. Speaking of lighting, the most common light we see failing MOTs is the brake light, so get a friend to help you test regularly.

Regular Vehicle Checks

Auto Hobby does a 16-point health check with oil changes, which helps catch issues before you hit the road and they become a problem. You will also be less likely of MOT failures if your vehicle has been properly maintained during the year. Call to set up a FREE safety check!



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of Sponsors Intended.



Retire Your Ride

If you are trying to dispose of your vehicle, you need to ensure you are doing it legally and in an environmentally safe way. Save yourself the time and hassle of complicated paperwork by calling us to tow your vehicle for FREE and to make the proper arrangements to take it off your hands.

Tires & Wheels

When conducting a quick visual inspection, you can only see a limited amount of the tire tread. However, when you see the tires from underneath, there can be worn edges on the inside from things like alignment problems. If left too long, tires can bulge or explode! Make sure you're checking tires thoroughly as part of your regular vehicle maintenance.

Shop Our Retail Store

We have it all! Come in and shop our retail store for your car today. We have oil, light bulbs, filters, car brakes, car accessories, and more. Keep safe and stock up on windshield de-icer, windshield washer fluid, and de-icing rock salt.

DIY Auto Repairs

We have great facilities and equipment that are available to rent on a first-come, first-serve basis. We have six lift stalls, two flat stalls, tools, reference materials, and more. The last sign up is 60 minutes prior to closing and clean up is 30 minutes prior to closing. Ask our staff how to get started.



FITNESS & SPORTS

GROUP FITNESS CLASSES

Stop in and join a class! The most up-to-date schedule can be found on our Facebook page – scan the QR code on page 5 to go there!



Contractors are available for personal training, massage, tumbling, and tennis! See the front counter for more information about setting up an appointment.

Or, are you looking for work? Contact the Fitness Center for more information about fitness class or sports skill instruction, officiating, and personal training opportunities. We are currently seeking certified gymnastic/tumbler/cheer instructors for our programs starting in June and beyond.



NAFTA NCCA Group Exercise Instructor Certification

Sat • Mar 18 | 9:30AM
RAFM Hardstand | \$199



NAFTA Power Cycle Instructor Certification

Sun • Mar 19 | 9:30AM
RAFM Hardstand | \$159



Spring Tennis Course

Mar 2023 | Ask front desk for information | \$150

Don't forget: flag football intramural sports start March 2023

AT EASE • MARCH 2023



Page Community Center

RAF Lakenheath

Mid-Week Skate

Mar 22 | 1pm - 4pm | \$5 Entry, \$2 Rental

Make the most of the kids' early release day and join us for a family-friendly after-school skate!

Spring Break Skate

Mar 31 | 1pm - 4pm | \$5 Entry, \$2 Rental

An open skate for all ages to enjoy, with music and fun for everyone!

Ward Community Center

RAF Feltwell

Spring Crafts

Mar 20 | 5pm - 6:30pm | FREE

Pizza Cinema Night

Mar 17 | 5:30pm - End of Movie

\$2.50 for slice of pizza and bottled water

\$2.00 per extra slice of pizza

Sign up & payment required by Mar 13

Scan QR code on page 5 for more information on various dance classes we offer, or to book your little one's birthday party!



Spring Break Fun Week *at Liberty Library*

Mar 28 – 31

Each day, the library will be offering a fun, free activity for children to enjoy. Join us each day for a great time starting at 10:30am. Tuesday will start at 10:15am. Open to all ages.

Tuesday Storytimes

Wednesday STEAM Activities

Thursday Craft Day

Friday Game Day



Upcoming Closures

15th CLOSED for Staff Training
24th CLOSED for Family Day
27th CLOSED for Family Day

March Events



Baby Rhyme Time

Every Tue | 10:15am | Open to ages 0-2

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

Storytime

Every Tue | 10:45am | Open to ages 3-5

We will sing, dance, read, and play with a focus on early literacy skills.

Crafternoon at the USO

Mar 8 | 3pm - 4:30pm | 12 and under

Stop by and make two crafts with us. While supplies last. Due to small parts and safety concerns, parental supervision will be required.

STEAMWorks

Mar 29 | 3pm - 4pm | Ages 13-18

Come by the library and have fun learning with some STEAM (Science, Technology, Engineering, Art, and Mathematics) activities. Sign-ups not required.

Craft and Chat

Mar 29 | 5pm - 7pm | 18+

Come work on your latest craft masterpiece and meet some new like-minded friends! Crafters of all types are encouraged. Sign-ups not required.

Page Turners Book Chat

Apr 5 | 5pm - 6:30pm | 18+

This spring, we are encouraging our adult patrons to read whatever they want. Then, they can connect with other readers while we discuss our latest reads and talk books in general!



Youth Center Classes

Call for registration & more information at 01638 52 5437



Rock Climbing

\$60/month | Ages 5 - 12

Mon, Tue, & Wed 5pm - 6pm



Touch Rugby

\$20/month | Ages 8 - 12

Thur 5pm - 6pm



Youth Soccer

\$60/month | Ages 7+

Wed 5:45pm - 6:45pm

Tennis

\$55/month | Ages 5 - 13

\$65/month | Ages 14+

Tue 3:30pm - 4:15pm

& 4:15pm - 5pm

Thur 5:30pm - 6:30pm

Jiu Jitsu

\$45/month | Ages 4 - 14

Thur 4:15pm - 5pm

& 5pm - 5:45pm



Ballet

\$45/month | Ages 5+

Thur 5pm - 5:45pm

& 5:45pm - 6:30pm

Family Child Care (FCC) provides an alternative to care at the CDC, where providers work under their own contracts with the parents of the children they care for.

Benefits in becoming a provider:

- Earn a great income
- Set your own hours and childcare fees
- Transferable career
- Lending Library available (check out furniture, toys, etc.)

Incentives:

- Receive a one-time payment of \$300 for just becoming a FCC provider or renewing your certification
- Receive a one-time payment of \$200 per child when you open up your doors for full-time care to any child that is on the CDC waiting list.

Call 01638 52 2170 for more information

FCC

CDC

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

Scan the QR code on page 5 to learn more!

Start With FSS

Help kids as they grow in the new year and receive a discount on your own childcare!

Child and Youth Program staff who spend at least 75% of their time in the classroom can enroll one child for free. Every additional child receives a 25% discount on enrollment.

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

Interested? Call NAF Human Resources at 01638 52 4417

DEPARTMENT OF AIR FORCE



CHILD AND YOUTH PROGRAMS



AT EASE • MARCH 2023

March Events

R4R Special Nights

Mar 16 | Airmen Night | 4pm - 8pm

Mar 19 | Family Fun | 11am - 3pm

St Patrick's Day

Mar 17 | 5:30pm - 7:30pm & 8pm - 10pm

Wear green and pay \$39.95 per lane

Reservations recommended

Friday Family Cosmic

Mar 24 | 11am - 4pm | \$39.95

2 adults and 4 kids for two hours of bowling with shoes for standard and special games

Bowling Specials

Beat the Clock:

Every Wed | 11am - 4pm

Starts \$2.95 - Increases \$1 every additional hour

Student Hourly Rate:

Wed - Fri | 11am - 4pm | \$5.95

Unlimited Bowling

2-hr Sessions:*

Adult Rent-a-Lane | \$44.95

Family Rent-a-Lane | \$39.95

Cosmic Bowling | \$45.95

Cosmic Bowling Single | \$12.95

All our bowling sessions include shoe rentals!

*Max 6 bowlers per lane

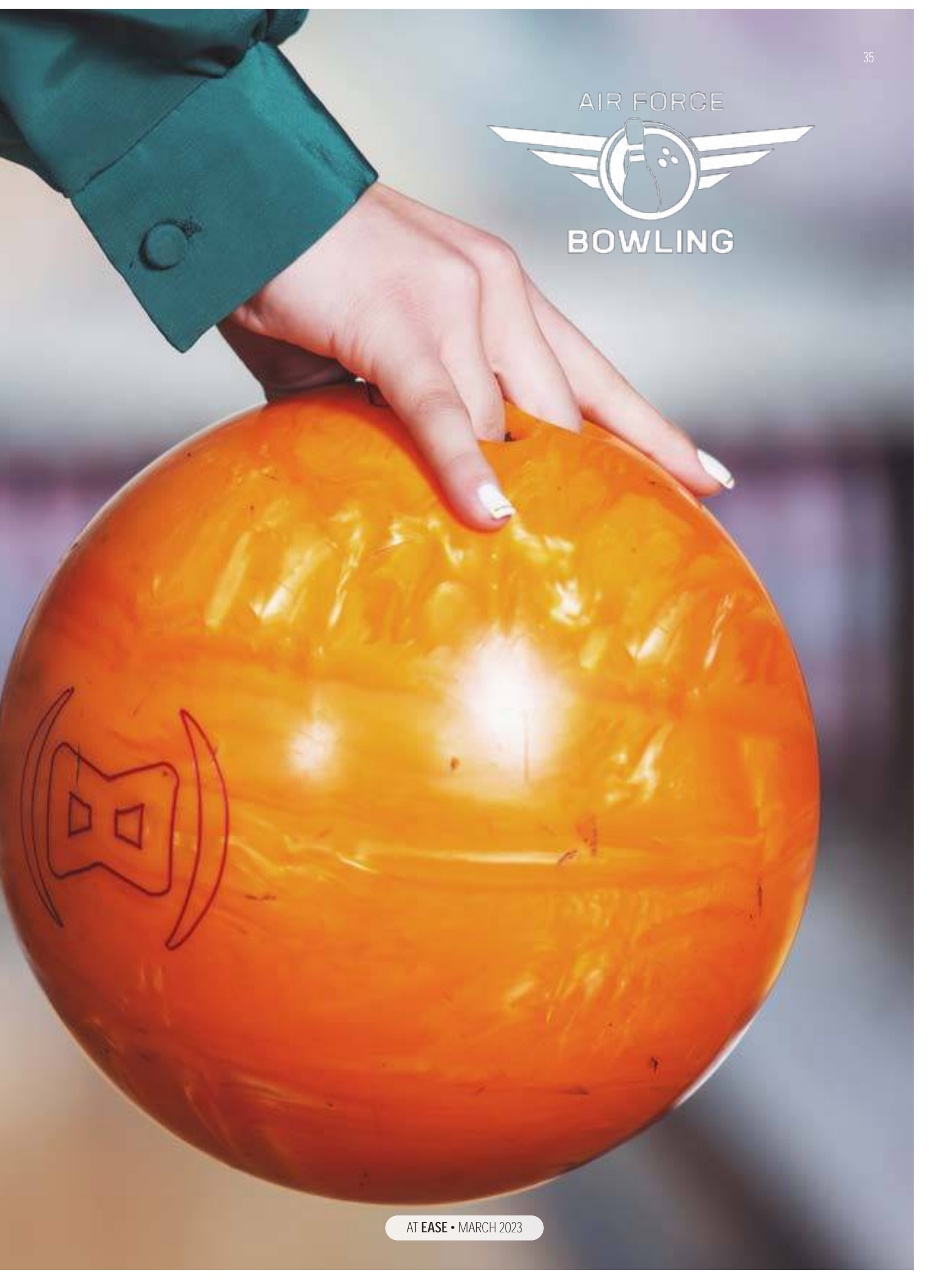
Bowling Deals

Adult Hourly Rate | \$9.95

½ price 2nd Hour | \$4.95

Youth Hourly Rate | \$7.95

½ price 2nd Hour | \$3.95



FOOD TRUCK Rally

St. Patrick's Special

Friday, Mar. 17
11 am – 7 pm

RAFM GALAXY CLUB PARKING LOT

Featuring a variety of global-inspired cuisine

• LIVE ENTERTAINMENT • FREE LASER TAG • OUTSIDE BAR •



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AIR FORCE GAMING



GAMING CONVENTION

Saturday, Apr. 22 · 10 am – 8 pm

RAFM BOB HOPE COMMUNITY CENTER

▪ **FREE EVENT** ▪ **FREE SIGN UPS** ▪ **GREAT PRIZES**

TABLETOP

- Magic the Gathering
- Warhammer 40k
- Dungeons & Dragons

E-SPORTS

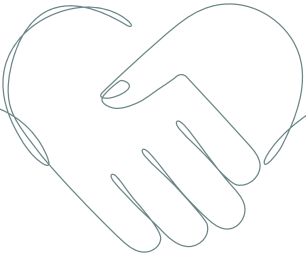
- Overwatch 2 Finals
- Super Smash Bros
- Goldeneye 007 (Xbox)

▪ **Vendors (Alpha Games)** ▪ **Food Concessions** ▪ **Sponsors**

Sign up preferred, walk-ins welcome

Sign up at the Bob Hope Community Center

Military & Family Readiness center



- **Pre-Deployment Briefing**
Thur | 10am - 11am

- **Pre-Separation Counseling**
Tue • Mar 7 & 14 | 9am - 12pm

- **Reintegration Briefing**
Mon & Thur | 9am - 10am

- ✿ **Manage Your Move**
Thur • Mar 9 & 16 | 9am - 12pm

- **Transition Assistance Program (TAP) Workshop**
Mon - Wed • Mar 20 - 22 | 8am - 4pm

- **Department of Labor Employment Track**
Thur - Fri • Mar 23 - 24 | 8am - 4pm

Spouse Orientation

Tue • Mar 7 | 9:30am - 2:30pm

This event is designed to welcome all spouses to the RAF Lakenheath community and introduce the Air Force's culture. Contact the M&FRC to sign up.



Arts & Crafts

Bldg 906 • x2194
Mon-Fri: 10am-5pm
Sat: 11am-3pm
Goal Days: Closed
Family Days: 10-4
Framing
Mon-Thur: 10am-3pm
Fri: Appointment only
Closed Holidays.

Auto Hobby Complex

Bldg 1108 • x2454
Mon-Fri: 7:30am-5:30pm
Sat-Sun: 9am-5pm
Holiday/Family/Goal Days: Closed
DIY Hours
Mon-Fri: 10am-5:30pm | Last Sign in:
4:30pm | Clean up: 5pm
Sat-Sun: 9am-5pm | Last Sign-in: 4pm
Clean Up: 4:30pm

MOT Testing

Mon-Fri: 7:30am-5:30pm
Sun: 9am-5pm

Motorcycle MOT Testing

Tue-Wed: 7:30am-5:30pm

Auto Tire & Lube Center

Bldg 1030 • x2278 or x2279
Mon-Fri: 7:30am-5:30pm
Holiday/Family/Goal Days: Closed

Breckland Pines Golf Course

Bldg 1320 • x2223
Open all year - including family days
& holidays!

Golf Shop

Every Day: 8am-5pm

Golf Course

Mon-Fri 8am-5pm
Sat-Sun 8am-4pm

Ministry of Meat

Mon-Fri: 7am-2pm

Child Development Centers (CDC)

CDC East

Bldg 659 • x3285
Mon-Fri: 6:30am-6pm

CDC West

Bldg 439 • x5812
Mon-Fri: 6:30am-6pm

Community Activities Centers (CAC)

Page @ Lakenheath
Bldg 900 • x1627
Open for special programs only.

Ward @ Feltwell

Bldg 94 • x7023
Mon-Fri: 10am-6:30pm
Sat: Reservations Only
Family/Goal Days: 9am-3pm
Closed Sundays and Holidays

Rainy Day Play Café:

Mon-Fri: 9am-6:30pm
Family/Goal Days: 9am-3pm
Sat: Reservations Only

Play Area:

Mon-Fri: 9am-6:30pm
Family/Goal Days: 9am-3pm
Sat: Reservations Only

Base Education & Training

Bldg 948 • x3851
Mon-Thur: 8am-4:15pm
Fri: 8am-3:45pm
Closed Family, Goal, & Federal Holidays

Eagles' Landing

Bldg 958 • x2489
Mon-Fri: 9am-5:30pm

Jolly Olde Eagle Pub

226-2326 | Fri: 5-10pm

Taxi (Phoenix)

01638 53 3060 | Open 24 Hours

Liberty Wings

01638 53 2103 | Mon-Sat: 11am-8pm

Catering Office

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

Family Child Care

Bldg 250 • x2170
Mon-Fri: 7am-4pm

Fitness & Sports Center

Bldg 904 • x3607
Mon-Thur: 5am-9pm
Fri: 5am-6pm
Sat-Sun: 8am-4pm
Holidays/Goal/Family Days: 8am-4pm
After hours access available.
See Front Desk.

Juice Bros @ Fitness

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

Hard Copies Print Shop

Bldg 977 • 1st Floor • x1719
Mon-Fri: 9am-4:30pm

HOT PIT: Flight line

Bldg 1224 • x3184
Mon-Fri:
Breakfast: 5am-8am
Lunch: 11am-2pm
Dinner: 5-8pm
Sun-Fri Midnight Meal: 11pm-2am
Between Meal Hours
for Grab & Go Options
8-11am • 2-5pm
8-11pm • 2-5am

Human Resources

NAF HRO RAFL
Bldg 977 • Room G45
226-4417
Mon-Fri: Appointments Only from
9am-1pm, Walk-ins from 1pm-4pm
Closed Holidays, Goal, Family Days.

Civilian Personnel RAFL

RAFL Bldg 435 • 238-2111
Mon-Wed: 8am-3pm
Appointment only after 3pm

Information, Tickets & Travel (ITT)

RAF Lakenheath BX
x2979
Mon-Fri: 10am-5pm
Sat/Goal/Family Days: 10am-1pm
Closed Sundays & US Holidays

Knights Table Military Dining Facility

Bldg 934 • x3214
Mon-Fri
Breakfast: 6-8am
Lunch: 11am-1pm
Dinner: 4:30-6:30pm
Weekends/Holidays/Family/Goal Days:
Brunch: 8am-12:30pm
Dinner: 4:30-6:30pm

Liberty Club

Bldg 648 • x1611

Bistro

Bldg 648 • x1603
Mon-Tue: 6:30am-2pm
Wed-Fri: 6:30am-8pm
Sat: 6:30am-2pm

Cashier's Cage

Mon-Fri: 10:30am-4pm
Holidays & Down Days: 11am-4pm

Casino Lounge/Bar

Sun-Tue: 4pm-8pm
Wed: 4pm-10pm
Thur-Sat: 4pm-1am

Slots

Sun: 7am-10pm
Mon-Tue: 7am-4pm
Wed: 7am-10pm
Thur-Sat: 7am-11pm

Liberty Lanes Bowling Center

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

Liberty Library

Bldg 907 • x3713
Mon-Tue, Thur-Sat: 10am-6pm
Wed: 10am-7pm
Sun: Closed on Sundays, Federal
Holidays, Family and Goal Days. Closed
for training every 3rd Wednesday

Liberty Lodge

Bldg 984 • x6700
Front Desk 24 Hours a Day
Check-In: 2pm | Check-Out: 11am

Military & Family Readiness Center

Bldg 950 • x3847
Mon-Thur 7:30am-5pm
(12-2pm app. only)
Fri: 7:30am-2pm
Closed Holidays, Goal, Family Days

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 • x3939

Career Development:

Promotion & Retention

Phone & Email Support • x1079

Force Management

Phone & Email Support • x5138

Passport Services

Phone • x1210
For emergency personnel support while
closed on training day, call x3610

Outdoor Recreation & Equipment Rental

Bldg 1109 • x2146
Mon-Fri: 10am-5pm
Goal/Family Days: 10am-1pm
Closed Weekends & US Holidays.

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
Down Days: 11am-8pm

Delivery

Mon-Tues: Not available
Wed-Thurs: 4pm-8pm
Fri-Sat: 4pm-9pm
Sun: 4pm-8pm
Subject to change.

Post Office

Bldg 1025 • x2370

Finance/Mailing out

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

Package Pick Up:

Mon, Wed, & Friday: 10am-4pm
Tues & Thurs: 11am-4pm
Sat: 10am-2pm
Sun: Closed

Night Shift Package Pickup:

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-Noon
By Appointment Only

Wood Shop

Bldg 1104 • x3367
Wed-Thur: 11am-7pm
Fri-Sat: 11am-5pm
Closed Sun-Tue

Youth Center

Bldg 250 • x5437
Mon-Fri: 7:30am-6pm
Closed Weekends/Family/Goal Days

School Age Care (SAC)

Bldg 250 • x5437
Closed Federal Holidays.

Youth Sports

Bldg 250 • x5452
Refer online for season dates.

Hours Subject to Change

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

Please check with the facility before
making plans.

Commercial: 01638 52-XXXX

DSN: 226-XXXX



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