



BEALE
AIR FORCE BASE

WEEKLY

HighFlyer

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FSS EVENTS - www.bealefss.com; <https://www.facebook.com/Beale9FSS>; <http://www.bealefss.com/recce-magazine>.

Photo Highlight of the Week:



U.S. Air Force Lt. Col. Dave Williams, 940th Operations Support Squadron director of operations, and U.S. Air Force Capt. Amy Zemaitis, 314th Air Refueling Squadron pilot, flew a KC-135 Stratotanker from Beale Air Force Base, California, April 4, 2024. The KC-135 flew to conduct mid-air refueling in southern California for a C-130 Hercules. (U.S. Air Force photo by Senior Airman Alexis Pentzer)



Calendar of Events

April

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14	15	16	17	18 AA Meeting LEAP Info Session	19	20
21	22 Substance Abuse and Sexual Trauma	23	24 Tuition Assist. Briefing College 101 Denim Day	25 AA Meeting Independence Pride Meeting 5/6 Meeting	26 INDY08 Memorial Event	27

CHECK YOUR IMR

Check your IMR, if you complete the Online PHAQ or DHA (Deployment Health Assessment) and you have not scheduled an appointment for a DHA, an MHA, or a flight Physical, you can self-schedule with Mr. Stephens or call Super Dave. Remember there is 3300 of you and only one of me. Also, I can check your IMR (Individual Medical Readiness) for all things going yellow(due) or RED (overdue). I work from 0730 to 1600 Monday thru Friday, you can Email me at david.a.bickford10.ctr@health.mil, or leave a Voicemail and I will call as soon as I can during working hours. Thank You Super Dave. Call My Cell 530-645-9196

BASE EVENTS

Language Enabled Airman (LEAP) Informational Session

Thursday, 18 April

1300-1400

Beale Community Activity Center (CAC)

TDY to study foreign languages and support partner nation engagements and earn additional pay! LEAP session will cover program details, application timelines, tips/tricks for essays, etc.

Contact Capt Dickson chad.dickson.2@us.af.mil, 634-8021 & Lt Nordmark

samantha.nordmark.1@us.af.mil, 634-2464

Independence 08 Memorial Event

Friday, 26 April

1000-1100

Base Theater

All are invited to attend.

Sexual Assault Awareness and Prevention Month (SAAPM) Events (no RSVP required)

Movie Event

* Prizes to be won for those that attend the following events*

Trauma Informed Care

Tuesday, 30 April

1000-1200

CAC Ballroom

Substance Abuse and Sexual Trauma

Monday, 22 April

1500-1600

Bldg. 1025 Conference Rm

Denim Day

Wednesday, 24 April

1000-1400

Reece Point Club - Keynote Speaker: Chaplain De Leon

Open to all base members. Enjoy food and meeting with Team Beale Community Partners

National Test Center Grand Opening

01 May 2024 at 1200-1300

Beale Education Center

Beale Airmen will now be able to take DANTES and Pearson Vue exams on base. CLEP exams are still offered at Yuba College. The event will include light refreshments courtesy of

Grand Canyon University. Please contact the Education Center at bealeeducation@us.af.mil for more info.

Holocaust Remembrance Event

Thursday, 2 May
1500-1600
Recce Point Club

Family Advocacy Anger and Irritability Management Skills (AIMS)

Wednesdays 15 May; 12 June – 21 Aug; 25 Sept. – 13 Nov.
1500-1600
Clinic (Family Advocacy)

Participants will complete 8 online modules and meet for 8 group sessions to enhance learning and practice skills. Registration required. POC: Family Advocacy, 530-634-3423

The Beale Auto Expo

Saturday, 18 May
Flightline Horseshoe

Open to the public. Featured static aircraft, show cars, military vehicles, food trucks, and stuff for the kids! To register your vehicle, visit our site. Registration begins 1 March.

Site: bealeautoexpo.com | FB: <https://fb.me/e/fk482H4uS> | POC: bealeautoexpo@gmail.com

VOLUNTEER OPPORTUNITY

Interested in volunteering? Find out about several amazing opportunities coming up. Various events, dates, times, and roles. Contact the Military & Family Readiness Center (530) 634-2863

Volunteers Needed for SAPR Denim Day event or upcoming EFMP and deployment affected family events. Volunteers needed for set-up, decorations, day of support, and tear-down.
POC: Amy Oliveri-Ash, M&FRC at 634-286

Volunteer Request for A Grateful Nation Remembers & Freedom's Heroes

Outdoor Memorial Ceremonies, Yuba City, Apr – May The organizer for A Grateful Nation Remembers & Freedom's Heroes Outdoor Memorial Ceremonies in Yuba City are looking for volunteers to help set up, tear down and perform memorial escort duties at their events. 9 RW Leadership has approved event participation. The Freedom's Heroes Memorial is an outdoor monument honoring those American heroes who gallantly died serving our country. A Grateful Nation Remembers is an indoor ceremony with dramatic reenactments and speeches honoring and Recognition of Veterans and Military Personnel.

Sat, 20 Apr - Sandbag Day - 0930-1130 - 8 Airmen -- Filling sandbags for simulated bunker.

Fri, 17 May - Memorial Setup - 0700-1600 - 8-12 Airmen

Sun, 21- Mon 29 May - Memorial Escorts - 0700-2100 - 2-hour shifts - 2-4 Airmen per shift to escort guests to names of heroes on large panels

Tues, 28 May - Memorial tear down - 0600-1200 - 10-12 Airmen

***All events will take place at 2620 Colusa Highway, Yuba City, 95993

For questions or to volunteer, please reach out directly to:

Cherese James
Administrative Assistant
cherese@emailccyc.net
530.673.6035

Day For Kids Event - Volunteers Needed

Thursday, 25 April (set up at the Youth Center)

Friday, 26 April (work during the event, cleanup after event)

Times included in the Sign-up Genius. Youth Center, Beale AFB

Register on Signup Genius: <https://www.signupgenius.com/go/10C0F4BAEA92EA6F8C61-47492273-dayfor>. POC: 530-634-4953

Volunteers Needed for Hispanic & Latino Heritage Council (H&LHC)

H&LHC is looking for motivated members for both high-impact and lesser time commitment roles. Meetings held once a month. POC: TSgt Byron Fonseca, byron.fonseca@us.af.mil

MISCELLANEOUS

Rivercats Salute to Armed Forces Night

Games Fri, 17 May – Sun, 19 May

Special ticket offers for Beale AFB

Ticket link remains the same at rivercatsgroups.com/bealeafb

Independence Pride Meeting

Last Thursday of every month

1530-1630

Community Activity Center (CAC)

Alcoholics Anonymous Meeting

Every Thursday

1700-1800

Valley Chapel Annex Room (follow signs to the “Office Entrance”)

Civilian Attire Strongly Preferred

Recce Town 5/6 General Meetings

Thursday, 25 April

1100-1200

Recce Point Club

Follow us on Facebook Page: <https://www.facebook.com/profile.php?id=61558035032801>

Lake Wildwood Tribute to our Troops

Sunday, 19 May 2024

Lake Wildwood Golf Club

Invite for Beale Airman to a complimentary day of golf and dinner. Open to active duty, ANG, and Reserve. Email request to Robert.tomasino.1@us.af.mil by 10 May.

Be a part of ACC SWORD ATHENA 2024!

Submit your Topic ideas here <https://forms.osi.apps.mil/r/cm5tBizfi>

The focus is to identify root causes, potential barriers to diversity, equal opportunity, equity, inclusion, and accessibility, while devising plans to eliminate them.

POC: Maj Kane at diana.kane@us.af.mil or 9rw.di.swordathenawit@us.af.mil.

VFW 4095 Armed Forces Day Golf Tournament

Friday, 17 May

6:30am Check In • 7:30am Shotgun Start

Plumas Lake Golf Course

Contact 916-370-1349

3rd Annual Grass Valley Armed Forces Day (GVAFD)

Saturday, 18 May

0800-1400

Nevada County Airport

"Each year, GVAFD selects one outstanding member from each branch of service, with one individual being recognized as the Lieutenant Commander Lou Conter GVAFD Military Ambassador. The documents to nominate top contracted cadets, ranks E-1 through E-6, WO-1 or WO2, and/or O-1 through O-3 can be found at <https://www.grassvalleychamber.com/armed-forces-day/> or can be requested by reaching out to Clinton Shifflett at 530-557-0179 or clinton.shifflett@nevadacountyca.gov."

Palace Chase

Looking to Separate Early? Call MSgt Bryan Csik or MSgt Kortney Jones at 530-624-2909 to see if you're eligible. Briefings are held on the 2nd Thursday of the month at 0930 at the Education Center, room 118, starting 11 April.

Health Promotion Group Classes

No Referral Needed! Call the Appointment Line at 530-634-2941 to register. All classes are located at the Education Center, Main Base.

- **BEST Self**- *Classes held 1st, 2nd, & 3rd Tuesday of the month from 0800-0900 (must attend all three sessions).* A 3-class program designed to help individuals seeing to lose or maintain their weight and enjoy an overall healthy lifestyle. For those who are high-risk with the fitness test, or anyone interested in healthy lifestyle modifications.
- **Active Families**- *Class held every 1st Tuesday from 1300-1400*
- Discover the art of balancing nutrition, fitness, and stress management for your little ones. Engage in a whole-body approach to family health that fosters life-long health.
- **Heart Healthy**- *Class held every 2nd Tuesday from 1300-1400.* Delve into the foundations of cardiovascular wellness and explore nutrition essentials and lifestyle choices that support a strong heart.
- **Diabetes Wellness**- *Class held every 3rd Tuesday at 1300-1400.* A comprehensive guide to managing diabetes through the pillars of nutrition, fitness, and stress management.
- **FIT IN 42**: *Starts April 1! Occurs: Mon, Wed, Fri from 0600-0700 at Base Track.* A run-based, strength conditioning program that will progress over six weeks. This is a cyclic program, so a person may join at any time. A great option for people who are high risk for their fitness test, recently off profile and unconditioned, or interested in improving their fitness for an upcoming test. AF or civilian PT gear and bring water.
- **RUN CLINIC**: *Occurs 1st Thursday of the month from 0600-0700 at Base Track.* An interactive running clinic to help you understand the muscular strength needed to run and correct running form to help improve your cardiovascular training. AF or civilian PT gear and bring water.