



**BEALE**  
AIR FORCE BASE

WEEKLY

# HighFlyer

## FaceBook:

[Beale AFB](#)

[Beale 9 FSS](#)

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[Beale Question  
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## Websites:

[Beale.af.mil](#)

[Bealefss.com/con  
nect](#)

[CGOC Events](#)

## APP:

[AF Connect](#)

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

### Women's History Month Photo Highlight of the Week:



U.S. Air Force Lt. Col. Danielle Merritt, currently serving as the 9th Operational Medical Readiness Squadron commander, sits in a High Mobility Multipurpose Wheeled Vehicle (Humvee) with other medics while on deployment in Iraq, 2010. Merritt was a lieutenant at the time. (Courtesy photo provided by Lt. Col. Danielle Merritt)



### Calendar of Events

March

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18	19 Skill-Bridge Briefing	20 Sharepoint Training	21 AA Meeting	22	23
24	25	26	27 Tuition Assist. Briefing Sharepoint Training Parenting Workshop	28 AA Meeting	29	30

## 9 LRS PCS Helpful Tips and Reminders

### **The 9 LRS Passenger Travel Office**

Personnel PCS'ing OCONUS can submit a request for flights, circuitous travel, pet spaces, and travel to Vehicle Processing Centers (VPC) from CAC-enabled devices.

Passenger Travel Access Point: [Passenger Travel Access Point - Home \(dps.mil\)](#)

## BASE EVENTS

### **Alcoholics Anonymous Meeting**

Every Thursday

1700-1800

Community Activity Center (Theatre Room)

Civilian Attire Strongly Preferred

### **SharePoint and Microsoft Power Platform Trainings!**

Wednesdays

0900

9 CS Network Training Center, Bldg. 2445

Weekly SharePoint and Microsoft Power Platform (Power Automate, Power Apps, Power BI) trainings for hands on, guided workshops. Open to all personnel

POC: [knowledge.operations@us.af.mil](mailto:knowledge.operations@us.af.mil), 634-2611

Registration: <https://usaf.dps.mil/sites/9MSG/9CS/CSP/SCOK/TR/SiteAssets/Training%20Registration/SharePointTrainingCenter.aspx>

### **Family Advocacy Anger and Irritability Management Skills (AIMS)**

Wednesdays, March 20 – May 15; June 12 – Aug 21; Sept. 25 – Nov. 13

1500-1600

Clinic (Family Advocacy)

Anger and Irritability Management Skills: 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

### **Women's Air and Space Power Symposium (WASP) Watch Party 2024**

Where: Community Activity Center – Theater Room

When: 26 and 27 Mar – 07-1130

28 Mar – 12-1430

POC: SrA Megan Hibbard @ [megan.hibbard@us.af.mil](mailto:megan.hibbard@us.af.mil) / 634-2224

### **1-2-3 Magic Parenting Workshop**

Wednesday, March 27

0900-1100

Child and Youth Resource Center (CYRC)

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

#### ***Movie Event***

Monday, April 1

1700-1900

CAC theater

Playing "I am Vanessa Guillen" with refreshments.

#### ***Red flags in Dating***

Monday, April 8

1100-1300

Flag Room  
Prizes to be won for those that attend.

***Male Victimization***

Friday, 5 April	Tuesday, April 9
1000-1200	1000-1200
CAC Ballroom	Bldg. 1025 Conference Rm

Prizes to be won for those that attend.

***Substance Abuse and Sexual Trauma***

Tuesday, April 16	Monday, April 22
1500-1600	1500-1600
CAC Ballroom	Bldg. 1025 Conference Rm

Prizes to be won for those that attend.

***Trauma Informed Care***

Wednesday, April 3	Friday, April 12	Tuesday, 30 April
1300-1500	1000-1200	1000-1200
CAC Ballroom	Bldg. 1025 Conference Rm	CAC Ballroom

Prizes to be won for those that attend.

***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

**Holocaust Remembrance Event**

Thursday, May 2  
1500-1600  
Reece Point Club

**The Beale Auto Expo**

Saturday, May 18  
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](http://bealeautoexpo.com) | FB: <https://fb.me/e/fk482H4uS> | POC: [bealeautoexpo@gmail.com](mailto:bealeautoexpo@gmail.com)

**VOLUNTEER OPPORTUNITY**

**Interested in volunteering?** We need you! Contact the Military & Family Readiness Center to find out about several amazing opportunities coming up in the next few months. Various events, dates, times, and roles. POC: (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 634-2863

**Volunteers needed for Color Run**

Thursday, March 28  
8:30-11:30  
Linda Elementary School



Volunteers could help set up, shoot colors on the students, bubble guns, run with students, and help with cleaning up at the end. POC: Patrick O'Brien at [pobrien@mjud.k12.ca.us](mailto:pobrien@mjud.k12.ca.us)

### **Day For Kids Event - Volunteers Needed**

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

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

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

We are looking for volunteers to help set up, working the day of the event, and/or clean up.

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

### **Volunteers Needed for Hispanic & Latino Heritage Council**

The H&LHC provides several events throughout the year and are 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](mailto:byron.fonseca@us.af.mil)

## **MISCELLANEOUS**

### **SEPARATING/RETIRING SOON?**

The VA Northern California is hosting a Resource Fair at Beale AFB on 12 April from 1000-1400 in the parking lot of The Chicken Coop. The first 200 attendees will receive a free chicken sandwich! Open to all servicemembers and veterans with base access.

### **Commute with Enterprise NEW Vanpool Promotion!**

Now through June 1 (*First two weeks FREE\*\* for new vanpools*)

Commute with Enterprise vanpool includes:

- Recent model van or SUV (2021 and newer)
- Full Insurance Included (\$0 deductibles)
- 24/7 Roadside assistance
- Full maintenance plan

\*All new vanpools with 6 or more riders receive \$300 subsidy the first six months

\*Vanpools for residents in North Natomas receive ongoing \$600/month subsidy

Contact Sarah Corrigan for details: [Sarah.a.corrigan@em.com](mailto:Sarah.a.corrigan@em.com) 320-287-0147

### **UNITE Program**

Unite is a resilience program to support unit cohesion, team building and morale. The Unite program offers a way to increase unit cohesion without pulling from your squadron funds. The Unite program is open to Active Duty, Reserves, both APF and NAF Civilians, and family members of the squadron. <https://www.bealefss.com/unite/>

### **Be a part of ACC SWORD ATHENA 2024!**

Submit your Topic ideas here <https://forms.osi.apps.mil/r/cmg5tBizfi>

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](mailto:diana.kane@us.af.mil) or [9rw.di.swordathenawit@us.af.mil](mailto:9rw.di.swordathenawit@us.af.mil).

### **VFW 4095 Armed Forces Day Golf Tournament**

Friday, May 17

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, May 18

0800-1400

Nevada County Airport

The GGVCC has an action-packed itinerary planned that includes honoring distinguished junior enlisted and officer's, military bands, static displays, and various military aircraft fly overs.

### **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 2<sup>nd</sup> Thursday of the month at 0930 at the Education Center, room 118, starting 11 April.

### **Tax Solutions for Military Members**

**MilTax** is a suite of free tax services for active duty, air reserve component, and their immediate family. MilTax can address combat and training pay, deployments, housing, and other unique military issues. It's completely FREE! For more information, visit <https://www.militaryonesource.mil/financial-legal/taxes/miltax-military-tax-services/>.

### **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 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> 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.

### **Add Expectant Mother Parking spots to your parking lots!**

(1) You or your Facility Manager (FM) will submit a "Service Request" in Tririga with justification. (2) Workforce Management (WFM) Shop will review the request & validate. (3) Shops prioritize jobs based on mission impact and update the status in Tririga. WIT Team [Beale.Sword.Athena@WIT](mailto:Beale.Sword.Athena@WIT). POC: Maj Kane, [diana.kane@us.af.mil](mailto:diana.kane@us.af.mil)