



BEALE
AIR FORCE BASE

WEEKLY

HighFlyer

The information in this document is provided as a resource and does not constitute an endorsement by Beale Air Force Base, the United States Air Force, or the Department of Defense of the external website, or the information, products, or services contained therein. Requests must be submitted to PA office no later than noon on Wednesday. Please provide text. Only essential information and no graphics or PDF's will be included.

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

Photo Highlight of the Week:



The Beale Air Force Base Honor Guard lays wreaths on the Indy 08 memorial at the Independence Theater on Beale AFB, California, April 26, 2024. A wreath is placed at the base of each side of the memorial to honor the crew members of the Indy 08 flight. (U.S. Air Force photo by Senior Airman Alexis Pentzer)

FaceBook:

[Beale AFB](#)

[Beale 9 FSS](#)

[Beale 9 MDG](#)

[Beale Question and Answer](#)

Websites:

Beale.af.mil

Bealefss.com/connect

[CGOC Events](#)

APP:

[AF Connect](#)



Calendar of Events

April

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2 AA Meeting Holocaust Remembrance	3 AANHPI Heritage Group Photo First Friday	4
5	6	7 Skill Bridge Brief Youth Craft Day	8 Tuition Assist. Briefing	9 AA Meeting CDC Book Reading	10	11

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.

- **BEST Self-** *1st, 2nd, & 3rd Tuesday, 0800-0900* (must attend all 3 sessions).
A 3-class program designed to help individuals seeing to lose or maintain their weight and enjoy an overall healthy lifestyle.
- **Active Families-** *1st Tuesday, 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-** *2nd Tuesday, 1300-1400*
Delve into the foundations of cardiovascular wellness and explore nutrition essentials and lifestyle choices that support a strong heart.
- **Diabetes Wellness-** *3rd Tuesday at 1300-1400*
A comprehensive guide to managing diabetes through the pillars of nutrition, fitness, and stress management.
- **FIT IN 42:** *Mon, Wed, Fri, 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. AF or civilian PT gear and bring water.
- **RUN CLINIC:** *1st Thursday, 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.

BASE EVENTS

First Friday

Friday, 3 May
1509-1700
Moos & Brews

1-2-3 Magic Parenting Workshop

Wednesday, 15 May
0900-1100
Child and Youth Resource Center
Learn to stop your child's whining in a "flash", leap for joy when your child does his/her homework without yelling, and more. Register at 9FSS.CYES.SLO@us.af.mil

Family Advocacy Anger and Irritability Management Skills (AIMS)

Wednesdays, 15 May; 12 June – 21 August; 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

Base Supply Center Customer Appreciation / Vendor Fair

Wednesday, 15 May
1100-1500
IBVI Supply Store, 19501 Edison Ave, Bldg. 1086 Room 494

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! Register your vehicle at our site bealeautoexpo.com

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

VOLUNTEER OPPORTUNITY

Interested in volunteering? Contact the Military & Family Readiness Center (530) 634-2863

Volunteers: Asian American Native Hawaiian Pacific Islander (AANHPI) Heritage

- AANHPI Heritage Group Photo
Fri, 3 May
0900 @ Heritage Park
- Youth Craft Day
Tues, 7 May
1545 – 1645 @ Youth Center
- CDC Book Reading
Thurs, 9 May
0930 – 1030 @ CDC
- Island Life Celebration
Wed, 22 May
1000 – 1400 @ Community Activity Center

POC: TSgt Lam, samantha.lam@us.af.mil

Volunteers Needed for Spouse Appreciation Event

9 & 10 May

Recce Point Club

Help needed: set-up and tear down for event (chairs, tables, decorations).

POC: Jessie Antrobus or Amy Oliveri-Ash, 530-634-2863

Volunteers Needed for Very Special Arts Festival for YCOE Moderate/Severe Special Education Students

Friday, 10 May

0730-1200

Virginia School, 801 Olive Street, Wheatland, CA

Help needed: set up and break down for event (chairs/tables/pop ups), parking attendants, assist at art stations from 9:00-11:00; water and snacks provided for volunteers.

POC: Courtney Coburn, cell 530-649-7357

Volunteer: A Grateful Nation Remembers & Freedom's Heroes Outdoor Memorial

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

Volunteers are needed to set up, tear down and perform memorial escort duties. 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.

POC: Cherese James, 530.673.6035 cherese@emailcccyc.net

- 17 May - Memorial Setup - 0700-1600 (8-12 Airmen)
- 21-29 May - Memorial Escorts - 0700-2100 (2-hr shifts - 2-4 Airmen per shift)
- 28 May - Memorial tear down - 0600-1200 (10-12 Airmen)

MISCELLANEOUS

Motorcycle Training and Skills Competition Day

Thursday, 23 May

1100-1500

Base Exchange Parking Lot

Beale Green Knights, Base Safety and Yuba City PD are hosting a Motorcycle Skills Training and Competition Day. Compete against Yuba City Motor Officers. Level 3 training offered, followed by group ride at 1400. POC: Thomas Mihalyi, thomas.mihalyi@us.af.mil, or SSgt Richard Simpson richard.simpson.14@us.af.mil

California Commissaries

The Beale commissary will no longer have single use paper and plastic bags available to patrons beginning June 20, 2024, in all California commissaries. Customers are encouraged to bring reusable bags.

Rivercats Salute to Armed Forces Night

17 May – 19 May

Special ticket offers for Beale AFB

Ticket link: rivercatsgroups.com/bealeafb

New Recce Town 5/6 Club Facebook link:

<https://www.facebook.com/profile.php?id=61558035032801>

Beale Deer Tag Lottery

HUNT DATES: 17 August – 3 November

LOTTERY DATE: 16 May, 1000 @ 9 CES Courtyard, Building 25390

Eligible Participants: Active Duty & Retired Military Members

Submit a copy of your 2024-2025 CA hunting license & your military ID by **15 May**

Hand-deliver, postal mail, or email: 9 CES-CEIEC/6425 B Street/Beale AFB, CA 95903

Tag Costs: 1st Tag \$38.88 / 2nd Tag \$48.41 (16 tags drawn for AD & 4 tags for Retired). POCs:

Geoff McGinnis geoffrey.mcginis@us.af.mil | Tamara Gallentine tamara.gallentine.2@us.af.mil

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 service, with one individual being recognized as the Lieutenant Commander Lou Conter GVAFD Military Ambassador.

The documents to nominate top contracted cadets, E-1 - E-6, WO-1 or WO2, and/or O-1 - O-3 can be found at <https://www.grassvalleychamber.com/armed-forces-day/>

POC: Clinton Shifflett at 530-557-0179 or clinton.shifflett@nevadacountyca.gov

Lake Wildwood Tribute to our Troops

Sunday, 19 May

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.

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

Click box below for Study Guide Page

24E5 Promotion Test Cycle

The 24E5 promotion test cycle is scheduled 1 May to 30 June 2024. Airmen must be prepared to test on the first day of the test cycle.

The below test preparation resources are available at <https://www.studyguides.af.mil/>

- Study Guide for Testing to Staff Sergeant
- Enlisted Promotions References and Requirements Catalog (EPRRC)
- CDC/SKT References
- Situational Judgement Information Guide

Please contact your Unit WAPS Monitor for additional information.