



**BEALE**  
AIR FORCE BASE

WEEKLY

# HighFlyer

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[Beale Question and Answer](#)

## Websites:

[Beale.af.mil](#)

[Bealefss.com/connect](#)

[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>.

### Photo Highlight of the Week:



U.S. Air Force Maj. Patrick Livingstone, 9th Security Forces commander, salutes for reveille during the 9th Mission Support Group open ranks inspection at Beale Air Force Base, California, April 10, 2024. Open Ranks inspections promote discipline, professionalism and readiness as leadership ensures dress and appearance standards are maintained. (U.S. Air Force photo by Staff Sgt. Frederick A. Brown)



### Calendar of Events

April

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	8	9	10	11 AA Meeting	12 Trauma Informed Care	13
14	15	16 Skill-Bridge Briefing Substance Abuse and Sexual Trauma	17 Tuition Assist. Briefing	18 AA Meeting	19	20

## 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](mailto: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, April 18

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](mailto:chad.dickson.2@us.af.mil), 634-8021 & Lt Nordmark

[samantha.nordmark.1@us.af.mil](mailto: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***

Friday, April 12

1000-1200

Bldg. 1025 Conference Rm

Tuesday, 30 April

1000-1200

CAC Ballroom

#### ***Substance Abuse and Sexual Trauma***

Tuesday, April 16

1500-1600

CAC Ballroom

Monday, April 22

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

### **Holocaust Remembrance Event**

Thursday, May 2

1500-1600

Reece Point Club

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

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

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, 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?** 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 634-2863

### **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

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](mailto:byron.fonseca@us.af.mil)

## **MISCELLANEOUS**

### **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](mailto:Robert.tomasino.1@us.af.mil) by 10 May.

### **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/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](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

"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](mailto: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 2<sup>nd</sup> 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 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](#). POC: Maj Kane, [diana.kane@us.af.mil](mailto:diana.kane@us.af.mil)