



BEALE
AIR FORCE BASE

WEEKLY

HighFlyer

FaceBook:

[Beale AFB](#)

[Beale 9 FSS](#)

[Beale 9 MDG](#)

[Beale Question
and Answer](#)

Websites:

[Beale.af.mil](#)

[Bealefss.com/connect](#)

[CGOC Events](#)

APP:

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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 Airmen from Beale Air Force Base, California, and Edwards AFB, California, stand onboard a C-17 Globemaster III assigned to the 97th Air Mobility Wing in preparation for the Altus Demo Team performance at the Beale Air & Space Expo at Beale AFB, June 7, 2025. The performance included parachutists wearing a full pressure suit highlighting unique high-altitude capabilities. (U.S. Air Force photo by Charles Borsos)



U.S. Air Force Airmen from the 60th Inpatient Operations Squadron, support the Beale Air & Space Expo at Beale AFB, California, June 7, 2025. Medical personnel stood ready to respond to any heat injuries, emergencies or other medical incidents throughout the day-long event. (U.S. Air Force photo by Tech. Sgt. Shaei Rodriguez)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8	9	10	11 Exceptional Family Member Program Resource Fair	12	13	14
15	16 Crucial Conversations for Mastering Dialogue	17 Crucial Conversations for Mastering Dialogue	18	19	20	21

BASE EVENTS

Exceptional Family Member Program (EFMP) Resource Fair

Wednesday, 11 June

1100 – 1300

Community Activity Center (CAC)

On and off base agencies will be available to offer information regarding Tricare covered services for family members with special needs. Agencies that provide speech therapy, behavioral therapy, physical therapy, occupational therapy, equine therapy, play therapy, and additional services will be present. For further details, please reach out to Jessica Foster or April Harris at 634-2863.

Crucial Conversations for Mastering Dialogue

Monday & Tuesday, 16-17 June

0830-1600

Recce Point Club

Learn how to hold effective conversations to achieve better results and improve relationships. Open to all Airmen, Guardians, and Civilians. **Future class date: 14-15 July
To register: Email the Integrated Resilience Office: 9RW.A1Z.IRO@us.af.mil or call 530-634-6227

UNITE Event Planning Training

Tuesday, 17 June

1400-1530

Recce Point Club Ballroom

Summer is here and it is a great time to plan an UNITE event for your work team! Please join me for the first UNITE training to learn all the program's details. The Unite program empowers unit commanders to create new opportunities for recreational and cohesive activities to strengthen the bond between members within the unit. All assigned Air Force and Space Force Active Duty, Reserve, Guard and Civilian (appropriated and non-appropriated) members are authorized Unite funds. For more information, please contact the Community Cohesion Coordinator at 530 634-4042. Active-duty members and civilians are welcome.

Mental Health First Aid for Military, Veterans, and their Families

Tuesday, 24 June

0800-1700

Recce Point Club

Presented by National Trainers from the National Council for Mental Wellbeing: An evidence-based program that teaches how to support members of the community who may be experiencing a mental health challenge. Open to all Airmen, Guardians, and Civilians
To register please scan the QR Code:



Family Advocacy Program

FAP offers several services to assist families in successful communication, educate on healthy relationships, classes on parenting, and more! Call your local FAP office today to find out about the classes and resources available to you! Beale FAP: 530-634-3423

New Parent Support Program

The New Parent Support Program (NPSP) offers parenting education and support and can help you navigate life's demands and welcome your new child successfully. It is a free, voluntary program staffed with home visitation professionals designed to help families thrive. NPSP is part of the Family Advocacy Program. Learn more about the new parent support program on this Military OneSource page: <https://www.militaryonesource.mil/benefits/new-parent-support-program/>

Military and Family Life Counseling

The Military and Family Life Counseling (MFLC) Program provides free, confidential counseling to service members, their families and survivors on or near installations. Counselors help service members and their families navigate issues such as improving relationships at home and work, stress management, adjustment difficulties, parenting, and grief or loss. Beale General MFLC: 530-777-8170; 9 MXG Embedded MFLC: 530-416-4362.

Essentials for Parenting Toddlers and Preschoolers:

There are many things you can do to help build a safe, stable, and nurturing relationship with your child. Learn parenting skills, tips, and techniques at: <https://www.cdc.gov/parenting-toddlers/about/index.html>

Safe Sleep Resources for Parents with Infants

- [Safe Infant Sleep MilLife Guide](#): Review this guide that includes up-to-date guidance from the American Academy of Pediatrics, explains the risks of bed-sharing and tips for creating a safe sleep environment while traveling.
- [Safe Infant Sleep podcast episode](#): Learn about safe sleep guidelines, including myths associated with recommendations for safe sleep and the importance of registering sleeping products with the manufacturer.
- [Safe Infant Sleep: Tools for Service Providers fact sheet](#): View this fact sheet for important information and resources to share with new parents about providing a safe sleep environment for their baby.
- [New Parent Support Program benefit page](#): Learn how the NPSP can help military parents by offering parenting education and support.

VOLUNTEER OPPORTUNITIES

Be a Part of Chico's 4th of July Parade!

Join the fun and bring your patriotic spirit to Downtown Chico's 4th of July Parade! Whether you're rolling in a decorated float, bike, or classic car, marching with a band, dancing with a group, or walking proudly with friends and family—there's a place for you in this community celebration. Businesses, organizations, families, and individuals are all welcome!

🌟 Deadline to apply: June 20th

📍 Secure your spot now: [chicorec.gov/parade-entries]chicorec.gov/parade-entries

Let's make this Independence Day unforgettable—sign up today and help us light up Downtown Chico with red, white, and blue!

Website Link:

www.chicorec.gov/parade-entries

Key details

- Parade starts promptly at 9 am
- Check in begins at 7 am

Questions can be sent to Lindsey Barrett, lbarrett@chicorec.gov.

Sacramento International Airport (SMF) K9 Decoy Volunteers Needed

The Transportation Safety Administration / Sacramento Sheriff's EDC Unit needs volunteer K9 decoys in support of the K9 Unit at the Sacramento International Airport. As a K9 decoy, you will work directly with the Sacramento County Sheriff K9 deputies. For more information and to sign up, go to Sign Up Genius:

(<https://www.signupgenius.com/go/805094DAEAA22A1FA7-sacramento>). For any questions contact SrA Valentin jimmy.valentin@us.af.mil or A1C Knox jackson.knox@us.af.mil.

MISCELLANEOUS

EA Family Services

EA Family Services is a Nonprofit Foster and Adoptions Agency with 15 offices in California with an office nearby - in Yuba City. EA is always in need of Foster Parents to provide care for children in need. We value each family who is interested in providing care for children and do our best to equip and support them through the entire process. There are so many kids that need a strong and supportive family. If you have questions or would like to find out more about how you can foster a child, please contact us today! Our Yuba City Office can be reached at (530) 741-2800 or you can see us at 620 Bridge Street, YC. CA. 95991. You can also visit our website at ea.org for more information!

Motor Vehicle Awareness Survey

DAF Safety is requesting your voluntary help in completing this anonymous Motor Vehicle Awareness Survey to better target motor vehicle mishap prevention efforts in the future. Please use the QR code below or the direct link to access the survey. It takes less than 10 minutes to complete. We need your help to ensure the safety of all Airmen and Guardians

Click or scan QR Code to take survey



Direct link to Motor Vehicle Awareness Survey: <https://afcmrs.org/survey/9601041>

Successful FOD Walk

162 pounds of debris were collected during our 9 June Wing FOD Walk. As the 9 RW FOD/DOP Monitor, I would like to extend a sincere message of appreciation to all the participants. We had a very strong turnout, and personnel took the task seriously, diligently seeking to clear the airfield and aprons of hazards, safeguarding the mission here at Beale as well as the departure of numerous airshow aircraft. Amazing work! – TSgt Arrington, Quality Assurance Inspector



101 CRITICAL DAYS OF SUMMER 2025

LAWN CARE

DID YOU KNOW?

Over the past decade, 3.2 million U.S. residents have been injured while working on their lawns or in their gardens. Lawn mower accidents cost patients an average of \$37,000 in medical treatment.

DO

- ❖ Walk yard before mowing
- ❖ Wear appropriate clothing
- ❖ Allow engine to cool before storing
- ❖ Follow Manufactures instructions
- ❖ Stretch your muscles

DO NOT

- ❖ Start without a plan
- ❖ Bypass safety features
- ❖ Mow a wet lawn
- ❖ Dig without approval
- ❖ Overfill bags
- ❖ Pull the lawn mower backwards















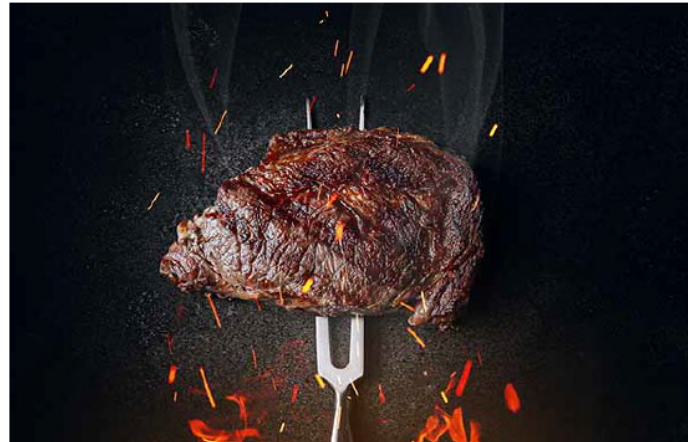


Beale Air Force Base Commissary

EXPRESS LINE

JUNE 2025

VOLUME 16/ISSUE 06



Thrill of the Grill:

Summer is here, time to get your grill on

DeCA Marketing Division

We're bringing grilling back! The Thrill of the Grill campaign, now through Sept. 8, invites all grill warriors to take part in a friendly competition between service branches to see who grills it best. Go to the [Thrill of the Grill webpage](#) for grilling recipes, tips and more. Read the entire news release online [HERE](#).



June Highlights:

- National Olive Day, June 1
- National Egg Day, June 3
- National Cheese Day, June 4
- D-Day, June 6
- National Chocolate Ice Cream Day, June 7
- National Egg Roll Day, June 10
- Corn on the Cob Day, June 11
- Peanut Butter Cookie Day, June 12
- U.S. Army Birthday, June 14
- Father's Day, June 15
- National Eat Your Veggies Day, June 17
- International Sushi Day, June 18
- Juneteenth, June 19
- Summer Solstice, June 20
- National Onion Ring Day, June 22
- National Catfish Day, June 25

Stay Cool:

Watch for extreme heat and your health

Courtesy Centers for Disease Control and Prevention

Extreme heat is defined as summertime temperatures that are significantly hotter and/or humid than average. Because some places are hotter than others, this depends on what's considered average for a particular location at that time of year. Humid and muggy conditions can make it seem hotter than it really is. To read more, click [HERE](#).

HEAT STROKE SYMPTOMS AND PREVENTION





Recipe of the Month:

Say yes to this refreshing chicken and cantaloupe salad

Directions:

Wash the outside of the cantaloupe and pat dry. Cut the melon in half; clean out the seeds and pulp. Scoop out the flesh of the cantaloupe aiming for about five 2" pieces the shape of a ball for each half. Leave about ½ inch of flesh in the shell. Peel the cantaloupe and apple pieces. Dice the chicken strips into 1-inch pieces and then gently fold into the fruit. Fill the empty shells of the melons with half of the mixture; sprinkle with balsamic vinegar, if desired. Serve immediately.

Ingredients:

- 1 cantaloupe (chilled)
- 1 Granny Smith apple
- 6 ounces precooked, chicken strips (southwestern or fajita)
- 1/2 cucumber (peeled, seeded, and diced)
- *Optional: 2 tbsp. balsamic vinegar

Click [HERE](#) for the full recipe.



Looking for nutrient-rich foods? Look for the DAT

Choosing nutrient-rich foods from your commissary just got a whole lot easier with the relaunch of the Nutrition Guide Program. The Dietitian Approved Thumb (DAT) is a point-of-purchase nutrition identification program that makes it easier for shoppers to find products based on many nutrition attributes. These products are identified by the DAT. It's a unique resource to us, no other retailer has this type of program. To learn more, click [HERE](#).

Store Director's Scoop:

Global summer, local flavor

Eric Jenkins | eric.jenkins@deca.mil | 530-956-6114

New Store Hours In efforts of delivering better services to our patrons, store hours are extended on Mondays. We will now close at 1700. Limited services available on Mondays.

Store Webpage: Did you know our store has its own pages on the commissary website? Click here [Beale AFB | Commissaries](#) for the Beale Commissary Web pages.

Subscribe to Express Line: If you would like to subscribe to Express Line, send an email to: deca.gregg-adams.store-ops-grp.list.websitez14beale@mail.mil. Include "Subscribe me to Express Line" in the subject line.

Store Hours

Sunday 1000 to 1700
Monday 0900 to 1700
Tuesday 0900 to 1900
Wednesday 0900 to 1900
Thursday 0900 to 1900
Friday 0900 to 1900
Saturday 1000 to 1700

Contact Us

Customer Service	3025
Store Manager	3002
Grocery	3009
Produce	3008
Meat	3007
Secretary	3004

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