



**BEALE**  
AIR FORCE BASE

WEEKLY

# HighFlyer

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[Beale 9 FSS](#)

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[Beale Question  
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## Websites:

[Beale.af.mil](#)

[Bealefss.com/connect](#)

[CGOC Events](#)

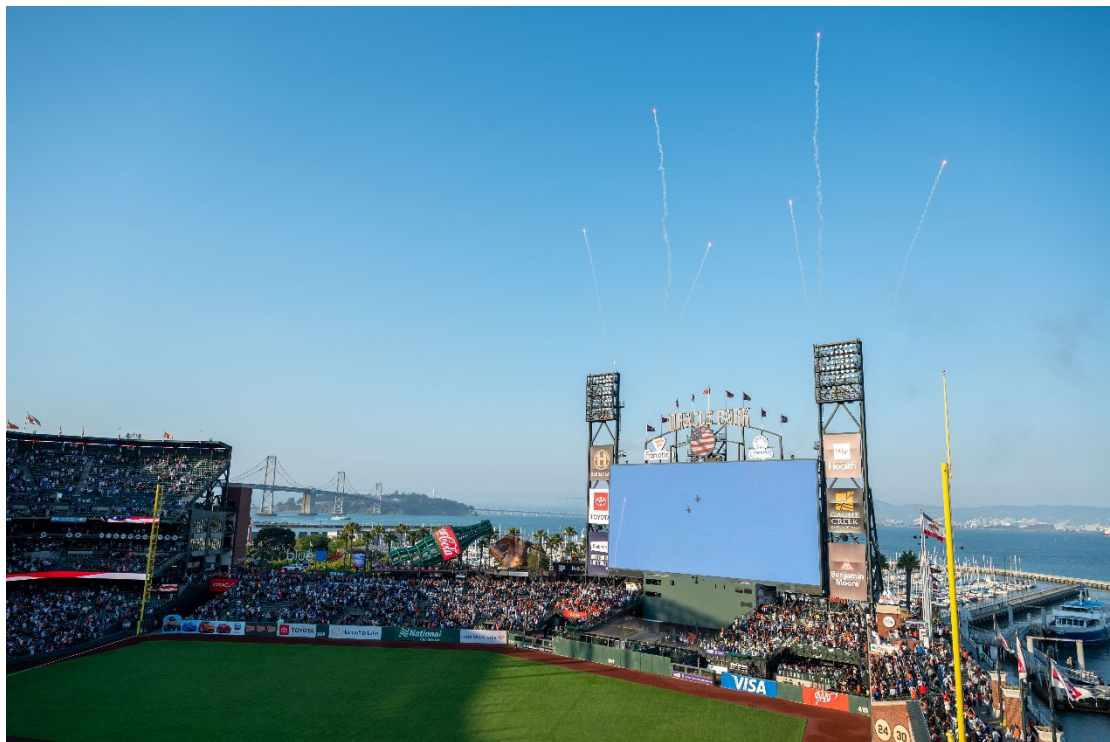
## APP:

[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:



Two U.S. Air Force T-38 Talons from Beale Air Force Base, California, perform a flyover at Oracle Park, San Francisco, California, July 11, 2025. During the singing of the national anthem, Beale conducted a flyover for the Giants vs. Dodgers game. (U.S. Air Force photo by Airman 1st Class Chelsea Arana)



## July

## 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13	14	15	16	17 Toastmasters Meeting	18 Christmas in July!	19
20	21	22	23	24	25	26

## **BASE EVENTS**

### **Toastmasters Meetings**

Thursday, 17 July

1200

Education Center Rm 110

We provide a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self- confidence and professional development.

### **Christmas in July!**

Friday, 18 July

1500-1800

Neighborhood Center, 33001 Ridge Dr. Beale AFB

Join your community partners in celebrating social wellness month with Christmas in July. There will be a water slide, craft table, splash pad, snacks and more!

### **Back to School Brigade Backpack/School Supply Giveaway Event and Resource Fair**

Friday, 8 August

0900-1030

Community Center (main base)

(For eligible families: E1-E6 Active Duty assigned to Beale AFB or Post 9/11 wounded, ill or injured service members of any rank, both currently serving and those no longer serving in the military); eligible families must register at:

<https://www.signupgenius.com/go/10C084FADAF22AAF9C07-57441348-back>

Registration for this event opens on 7 July 2025 and closes on 7 August 2025 at Noon. \*This event is for families who have students PreK – 12<sup>th</sup> grade.

Walk-in Time: 1100-1130 Walk-Ins are welcome the day of the event from 1100– 1130 (includes all ranks and civilians assigned to or that work on Beale AFB), first come, first serve; supplies are limited! There will also be a Resource Fair for families to visit agency/school tables. For questions, please call: 530-634-3539.

### **2nd Annual Beale vs Travis Sports Day**

Thursday, 28 August

Beale AFB Fitness facilities

All Beale AFB and Travis AFB DoD members and GS civilians

To provide our DoD members and GS civilians with opportunities to strengthen their four pillars of resilience, enhancing overall combat readiness

### **Recce Town Air Force Ball**

Friday, 5 September

1800-2300

Hard Rock Hotel & Casino – Wheatland, CA

Beale Civilians, Airmen, and Local Community Partners are invited to celebrate Air Force Heritage and the people of Beale Air Force Base, as well as the local community

### **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**

### **Beale Thrift Store- Rising 4**

Thursday, 17 July

1000-1130

Beale Thrift Store

Help us keep the base thrift store's Free Uniform Room organized and ready for Airmen in need. This resource provides essential uniform items at no cost, and we need your help to sort the donated Air Force uniforms. Your time and effort directly support fellow service members while keeping our thrift store running smoothly and efficiently. To register scan the QR code:



### **Volunteers Needed for Christmas in July**

Friday, 18 July

1500-1800

Neighborhood Center, 33001 Ridge Dr. Beale AFB

If interested, email POC: Tiffany Atwell [tiffany.atwell@us.af.mil](mailto:tiffany.atwell@us.af.mil)

### **Air Force Ball Auditions**

Tuesday, 22 July

1230

Base Theatre

The 2025 Air Force Ball Committee is looking for a charismatic Master of Ceremonies! We are also looking for a talented singer to perform the National Anthem! If interested in auditioning, please sign up here: <https://www.signupgenius.com/go/10C0B4EAEA823A0FECF8-57317418-airforce>

### **AF Ball Volunteer Opportunity: Sacramento River Cats Game**

The 2025 AF Ball committee is looking for enthusiastic volunteers to assist with various upcoming Sacramento River Cats games. Your support will directly contribute to raising funds for this year's AF Ball, making it a memorable event for all. If you would like to volunteer, please sign up at: <https://www.signupgenius.com/go/70A0B48AEA92CA0FF2-57491898-rivercats#/>

POCs: SMSgt Tiffany Cannon, MSgt Mikhail Mikhaylevskiy or MSgt Lawrence Beers.

### **Volunteers Needed for the Back-to-School Brigade**

We are looking for volunteers to help count/sort school supplies, set up venue, be Backpack Buddies to help students/parents pick out appropriate school supplies, stock supply tables and tidy up after the event. If interested in volunteering, please visit the link at: <https://www.signupgenius.com/go/10C084FADAF22AAF9C07-50171512-back>. For questions, please call the School Liaison Office at 530-634-3539. Thank you for your support!

### **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](mailto:jimmy.valentin@us.af.mil) or A1C Knox [jackson.knox@us.af.mil](mailto:jackson.knox@us.af.mil).

## **MISCELLANEOUS**

### **Alzheimer's Association: Walk to End Alzheimer's**

Saturday, 6 September

0800

Plumas Fountain at Town Square

Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support and research.

To register scan the QR code:



### **Air Force Ball Photo Submissions**

The 2025 Air Force Ball Committee is taking photo submissions to be featured during the Air Force Ball! Please submit your favorite Air Force memories from the past year at: <https://forms.osi.apps.mil/r/iAUTKmmR5W>

### **Don't risk your career**

Prohibited ingredients in supplements can lead to a positive drug test. The DDR office wants you to be informed and protected. Scan the QR code or click the link below to quickly verify your supplements are DoD-approved using the OPSS website. Don't let a supplement sabotage your career.



Or click here: <https://www.opss.org/dod-prohibited-dietary-supplement-ingredients> ]

***Check your supplements. Protect your career.***

Questions? Contact the DDR office at [9RW.DDRP.A1D@us.af.mil](mailto:9RW.DDRP.A1D@us.af.mil) or 530-634-2072

### **Recce Town 5/6 Rising Star Award & General Meeting Information**

We are currently seeking nominations for our Rising Star Award for the month of June! This award recognizes outstanding Airmen who demonstrate exceptional leadership, professionalism, and dedication to the Air Force Mission. If you know someone who exemplifies excellence and inspire others, submit your nomination! The nomination form can be found on the Recce Town 5/6 Teams page, and submissions are due by COB Fri 11 Jul to any member of the executive council. The award will be presented at our next general meeting, which is 16 Jul @ 1100L inside the flag room at Contrails Dining Facility. ALL Recce Town E5s/E6s are welcome to attend our meetings, so come find out what the organization is up to and meet fellow NCOs from around the base!

### **Become a Resident Council Representative**

Do you live in base family housing?

Seeking Neighborhood Representatives to serve as the resident voice on the Resident Council. The Beale Resident Council is a forum for the military members and their family members living in Beale Family Housing to: Discuss health & safety concerns, suggest improvements, present solutions to problems, keep leadership informed of issues that impact quality of life at quarterly Resident Council meetings, establish positive interaction between residents, installation leadership and housing stakeholders

Ready to get involved? Contact the Beale AFB Resident Advocate to volunteer or to request more information. Katie Salcido: 530-634-2795, Text: 530-799-8683, Email:

[kathryn.salcido@us.af.mil](mailto:kathryn.salcido@us.af.mil)

### **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](http://ea.org) for more information!

### **Limited Legal Assistance at Beale Legal Office**

Due to office renovations, the Beale Legal Office will have limited services from 30 June – 30 September 2025. Please read below for details and plan accordingly:

#### **30 June – 4 August 2025**

- No walk-in notary or Power of Attorney (POA) services.
- Deployers needing notaries or POAs should call the main line at 530-634-2928 to schedule an appointment.

#### **4 August – 30 September 2025**

- Legal assistance attorney appointments will be limited to deployers only.
- Walk-in notary and POA services will resume and be open to all eligible clients.

#### **Alternative Options for Notary Services:**

- **Travis AFB Legal Office**  
510 Mulheron Street, Bldg. 383, Travis AFB, CA 94535., Tel: (707) 424-3251, email: [60AMW.JAG.LegalAssistance@us.af.mil](mailto:60AMW.JAG.LegalAssistance@us.af.mil), Hours: 0900-1600 (M-F). For more information regarding services at Travis AFB, please visit: <https://www.travis.af.mil/Units/Judge-Advocate/>
- **Local Notary Options (no federal endorsement intended)**  
The UPS Store – Yuba City: 1040 Lincoln Rd, Yuba City, CA 95991, Phone – (530) 839-3933  
The UPS Store – Roseville: 1420 E Roseville Pkwy STE 140, Roseville, CA 95661, Phone – (916) 772-6245  
The UPS Store – Lincoln: 69 Lincoln Blvd STE A, Lincoln, CA 95648, Phone – (916) 408-0319

Thank you for your patience and understanding during this time. Please contact the Beale Legal Office with any questions.


#### **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

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

Click or scan QR Code to take survey:





## 101 CRITICAL DAYS OF SUMMER

### 2025

#### Physical Training

**Let's be honest** – There's a lot of Airmen out there busting the seams of their original blues. Some of that is a fact of aging. For others, it's a lifestyle choice...where they made no effort to exercise. Don't be those Airmen.

**Things to DO**

- ❖ Get an exercise check-up
- ❖ Stretch prior to Activity
- ❖ Start physical activity gently
- ❖ Spread activity over the wk
- ❖ Keep fitness fun
- ❖ Hydrate
- ❖ Be patient
- ❖ Set goals

**Exercise Effects**

- ❖ Lowers blood pressure
- ❖ Alleviates anxiety
- ❖ Controls weight gain
- ❖ Lessens risk of stroke
- ❖ Lowers Type 2 Diabetes risk
- ❖ Improves mood
- ❖ Boosts energy
- ❖ Promotes better sleep

