



BEALE AIR FORCE BASE

WEEKLY

HighFlyer

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FaceBook:

[Beale AFB](#)

[Beale 9 FSS](#)

[Beale 9 MDG](#)

[Beale Question
and Answer](#)

Websites:

[Beale.af.mil](#)

[Bealefss.com/con
nect](#)

[CGOC Events](#)

APP:

[AF Connect](#)

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 Lt. Col. Joshua, 1st Reconnaissance Squadron student flight commander, and Cory Bartholomew, 1st RS U-2 Instructor pilot, stand in front of U-2 Dragon Lady 80-1066 following its final flight April 17, 2024, at Beale Air Force Base, California. Lt. Col. Joshua, the pilot who retired the aircraft, contributed to its 43 years of service, accumulating 24,268.2 flight hours for the aircraft. (U.S. Air Force photo by Staff Sgt. Shaei Rodriguez)



Calendar of Events

April / May

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				25 AA Meeting Independence Pride Meeting 5/6 Meeting	26 INDY08 Memorial Event	
21	22	23	24	25 AA Meeting Independence Pride Meeting 5/6 Meeting	26 INDY08 Memorial Event	27

CHECK YOUR IMR

If you complete the Online PHAQ or DHA and have not scheduled an appointment for a DHA, an MHA, or a flight Physical, you can self-schedule with Super Dave at 0730 to 1600, Monday - Friday at david.a.bickford10.ctr@health.mil, or call/leave a voicemail at 530-645-9196.

BASE EVENTS

Independence 08 Memorial Event

Friday, 26 April
1000-1100
Base Theater
All are invited to attend.

Sexual Assault Awareness and Prevention Month: Trauma Informed Care Briefing

Tuesday, 30 April
1000-1200
CAC Ballroom

National Test Center Grand Opening

Wednesday, 1 May
1200-1300
Beale Education Center
The event will include light refreshments courtesy of Grand Canyon University. Beale Airmen will now be able to take DANTES and Pearson Vue exams on base. CLEP exams are still offered at Yuba College. POC: Education Center at bealeeducation@us.af.mil

Holocaust Remembrance Event

Thursday, 2 May
1500-1600
Recce Point Club

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
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? 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: Asian American Native Hawaiian Pacific Islander (AANHPI)

Heritage Celebrations:

- 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

Volunteer Request for A Grateful Nation Remembers & Freedom's Heroes

Outdoor Memorial Ceremonies, Yuba City

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

Volunteers are needed to help 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. Volunteer POC: Cherese James, 530.673.6035 cherese@emailccyc.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

California Commissaries

The Beale commissary will no longer have single use paper and plastic bags available to patrons. Beginning June 20, 2024, DeCA will be phasing out single use plastic and paper bags 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

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 to: 9 CES-CEIEC/6425 B Street/Beale AFB, CA 95903

Tag Costs: 1st Tag \$38.88 / 2nd Tag \$48.41 (16 tags drawn for Active-Duty military & 4 tags for Retired military). POCs: Geoff McGinnis geoffrey.mcginnis@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, 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 contact 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

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 or 9rw.di.swordathenawit@us.af.mil.

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 2nd 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 1st, 2nd, & 3rd Tuesday of the month from 0800-0900 (must attend all three sessions).* A 3-class program designed to help individuals see to lose or maintain their weight and enjoy an overall healthy lifestyle.
- **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.

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.

Click above box for study guide page.