

BEALE High High Eyer

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. FaceBook:

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

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Photo Highlight of the Week:



U.S. Air Force Airman 1st Class Jorge Reyes and U.S. Air Force Airman Basic Isaac Rutledge, 9th Logistics Readiness Squadron fuels technicians, inspect a type 2 fueling station as part of on-the-job training (OJT) near the flightline March 25, 2024, at Beale Air Force Base, California. The type 2 fuel station is one of two stations of that kind remaining in the Air Force inventory. (U.S. Air Force photo by Staff Sgt. Shaei Rodriguez)



Websites:

Bealefss.com/con nect

CGOC Events

APP:

FConnect

Calendar of Events

May

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7	8	AA Meeting CDC Book Reading	10	11
12	13	14	Tuition Assist. Briefing Vendor Fair 1-2-3 Magic Parenting Workshop	AA Meeting	17	18 Auto Expo

WILDLIFE FIRE SEASON & PRESCRIBED FIRE BURNS

- Preparation is key to staying safe during this season. Know your safety evacuation zones and prepare a Go-Bag.
- Prescribed Fire Burns: tentatively scheduled May 27 July 19
- Notifications will be sent through AtHoc, AF Connect App, Base Marquee, and Beale social media accounts.

BASE EVENTS

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 September – 13 November 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

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

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

Friday, 10 May

0730-1200

Virginia School, 801 Olive Street, Wheatland, CA

Needs: set up and break down for event (chairs/tables/pop ups), parking attendants, art stations, provide water and snacks provided for volunteers. POC: Courtney Coburn, 530-649-7357

Beale Auto Expo

Volunteer Briefing – 15 May & 16 May

Event Date – 18 May

Volunteers are needed to support this historic event with 500+ vehicles registered to show support for the base and community. Volunteers will receive commemorative lanyards with badges, free food, and are working on commemorative patches. Volunteers are also authorized day passes at the unit commander's discretion.

Sign up link: https://www.signupgenius.com/go/20F0A4BAFAB2AAA8-49427719-beale. Tasks will be assigned at the volunteer briefing at the Base Theater Wednesday, 15 May, at 1500, and Thursday, 16 May, at 0900. Volunteers will receive their lanyards and parking pass at these briefings. PLEASE ATTEND AT LEAST ONE BRIEF.

Asian American Native Hawaiian Pacific Islander Heritage: Island Life Celebration

Wednesday, 22 May

1000 – 1400 @ Community Activity Center

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

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

New Recce Town 5/6 Club Facebook link:

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

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

17-19 May

Special ticket offers for Beale AFB. Ticket link: rivercatsgroups.com/bealeafb

Beale Deer Tag Lottery

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

Hunt Date: 17 August – 3 November

Lottery Date: 16 May 1000 @ 9 CES Courtyard, Building 25390 Eligible Participants: Active Duty & Retired Military Members

Tag Costs: 1st Tag \$38.88 / 2nd Tag \$48.41. 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, 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

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.

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.