

SEPTEMBER 2021



**BUILD-A-BOAT
REGATTA**

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BEALE AIR FORCE BASE
halfMARATHON or 5K

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www.BealeFSS.com Your guide to services and events provided by the 9th Force Support Squadron.

BUILD-A-BOAT REGATTA

SEPTEMBER 8

1-3:30PM • MAIN POOL



Using nothing but cardboard boxes and duct tape (provided by Recce Point Club), build a sea-worthy craft to get your crew from one side of the pool to the other. Gather your team, grab your supplies, and develop a skit to wow the judges, and start building! 1st Place Squadron gets bragging rights and the traveling trophy. Youth and adult categories, free to participate. For details call 634-2833.

BEALE AIR FORCE BASE
halfMARATHON **or** 5K

2 - 0 - 2 - 1

SEPTEMBER 24

6am • Flightline (Bldg 1086)

**Sign up early at the HFC
or 5am, the day of.**

**FREE
PERFORMANCE
T-SHIRT**
for the first 100
to register!

HALF MARATHON

Scenes from 2019 Half Marathon



Open to Active Duty and their dependents, Reservists, AF National Guard, DoD civilians and retirees.



*Specialty Cocktails,
Sweet Treats &
Non-Alcoholic
Beverages for Sale*

Cash recommended!
ID is required.

COWABUNGA COCKTAILS IS HEADED YOUR WAY!

9 FSS will have an adult beverage cart driving through base housing selling specialty cocktails and other beverages.

Meet us at the stop closest to your house!

Friday, September 10
5:05–8:15pm

COWabungas Stops

Times are approximate.

- 1 Corner of Texana Way and E Garryanna Dr. ~5:05–5:20pm
- 2 Corner of Allegheny Dr. and Tyburn Dr. ~5:25–5:45pm
- 3 Corner of Tyburn Dr. and E Garryanna Dr. ~5:50–6:10pm
- 4 Corner of Danbury Dr. and Tannen Way ~6:15–6:35pm
- 5 Corner of Delmar Dr. and Ridge Rd. ~6:40–6:55pm
- 6 Middle of Troutman Dr. ~7–7:15pm
- 7 Corner of Ridge Rd. and Ilex Way ~7:20–7:40pm
- 8 Lakeview Dr. ~7:45pm

You must walk to our COWabungas stops in order to be served alcoholic beverages. We reserve the right to refuse service to anyone.





9TH FORCE SUPPORT SQUADRON

Lt Col, Bobby Hale, *Commander*
 Jim Buck, *Deputy Director*

MARKETING

Tiffany Moreno, *Marketing Director*
 Ricky Villegas, *Sponsorship*
 Tom Tennies, *Visual Information*
 Cathy Rodgers, *Visual Information*

The **RECCE MAGAZINE** is published monthly by the Beale AFB 9th Force Support Marketing Department. Contents of the RECCE Magazine are not necessarily the official views of, or endorsed by, the U.S. Government, the DoD, or the Department of the Air Force. The appearance of advertising in this publication does not constitute endorsement by the federal government.

ALL PROGRAMS, DATES AND TIMES ARE SUBJECT TO CHANGE.

For information regarding advertising in the Recce Magazine or to sponsor a program or event contact:
 9th Force Support Marketing Office
 6249 C Street, Beale AFB, CA 95903
 530.634.5407/634.2283



www.BealeFSS.com



www.facebook.com/Beale9FSS



www.instagram.com/Beale9FSS



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An Equal Opportunity Employer
NON-APPROPRIATED FUND JOBS AVAILABLE
 Steady Employment | Full & Part Time | Enjoy Benefits



CURRENTLY HIRING*:
Recreation Aids
Child & Youth Program Assistant
Guest Services Representatives
**Jobs listing at time of print*

HOW TO FIND NAF POSITIONS FOR BEALE AFB STEP BY STEP INSTRUCTIONS

- Logon to USAJobs.gov
- Type "Air Force Services" into the Keywords box
- Type Beale AFB into the Location box
- Select Search
- Select the More Filters tab
- Under Distance within, change to 0 miles



For assistance, email 9FSS.FSMH@us.af.mil.
NAF Human Resources • 634-2240
www.BealeFSS.com/naf www.facebook.com/Beale9FSS

ARE YOU



R4RELIGIBLE!

WHAT IS R4R?

RECHARGE FOR RESILIENCY (R4R) ARE PROGRAMS THAT PROVIDE SUPPORT FOR SPECIFIC GROUPS TO BUILD RESILIENCY



SINGLE AIRMEN (SAI)

- OPEN TO SINGLE AIRMEN (UNMARRIED) AIR FORCE ACTIVE DUTY MEMBERS & ONE GUEST



REC-ON (RECON)

- OPEN TO AIR FORCE ACTIVE DUTY, RESERVISTS, & THEIR IMMEDIATE FAMILY MEMBERS



DEPLOYED AFFECTIVE (DAP)

- OPEN TO AIR FORCE ACTIVE DUTY & THEIR IMMEDIATE FAMILY MEMBERS
- OPEN TO SPOUSE PLUS ONE GUEST WHILE MEMBER IS DEPLOYED

>> SEPTEMBER OUTDOOR ADVENTURE R4R TRIPS <<

Special funding allows for greatly discounted trips for those eligible!

Explore Sierra Camping & ATV Tour

We'll head to the High Sierra for an amazing outdoor experience. Camp under the stars at night, and explore the majesty on ATVs during the day.

September 4-5 • 8am-6pm

\$20 (trans./gear) • Sign up by August 31

San Francisco Bay Boat Tour

Enjoy the spectacular views and sites of the Bay. Includes iconic views of Alcatraz, Fort Point, and an awesome trip under the Golden Gate Bridge.

September 11 • 8am-6pm

\$20 (trans./ticket) • Sign up by September 7

iFly Indoor Skydiving

Experience the sensation of flying in state-of-the-art vertical wind tunnels. Safe for all ages, experience levels and abilities, and perfect for team building.

September 19 • 8am-6pm

\$20 (trans./ticket) • Sign up by September 14

SeaQuest Snorkeling with Stingrays

Snorkle right alongside the stingrays and other tropical fish at their indoor aquarium in Folsom.

September 25 • 10:30am-7:30pm

\$20 (trans./ticket) • Sign up by September 21

Trips are scheduled to change due to air quality and new COVID protocols. R4R trips must be paid at the Outdoor Adventure Center.

INFORMATION, TICKETS & TRAVEL

Adventures for all to explore!

Chinatown Autumn Moon Festival

Join the ITT as we enjoy the parades, entertainment, colors and food of Chinatown's Autumn Moon Festival!

September 12 • 8am–8pm

\$40 (transportation only) • Sign up by September 7

Sacramento Farm-to-Fork Festival

The Farm-to-Fork experience allows you to taste locally-grown food and drinks, along with crafts, activities and live music.

September 18 • 11am–9pm

\$15 (transportation only) • Sign up by September 14

San Francisco Walt Disney Museum

The Walt Disney Museum in San Francisco is one of the newer additions to the Bay Area museum scene. This modern, high-tech attraction is a perfect attraction for the entire family.

September 26 • 8am–7pm

\$45 (transportation & admission) • Sign up by September 21

Tickets for ITT trips must be purchased from ITT, located in the Community Center.

ITT also sells discounted tickets for Disneyland, Universal Studios Hollywood, Seaworld San Diego, Legoland, San Diego Zoo/Safari Park and more!

For the safety of our patrons, trips may be canceled or re-scheduled due to air quality or new HPCON COVID levels.

Information, Tickets, & Travel • 634-4882

www.BealeFSS.com/Information-Tickets-Travel

www.facebook.com/BealeITT

BEALE AFB VENTURE PARK

Beale's New Adventure Park!

Located near the old Golf Pro Shop.



AXE THROWING



CORN HOLE



DRIVING RANGE



DISC GOLF
(TEMPORARILY CLOSED)



HORSESHOES



PAINTBALL
(COMING SOON)

Equipment available to rent.

Call 788-0192 or stop by the Pro Shop to reserve time for your activity.

OPEN WEDNESDAY–SUNDAY, 11AM–6PM

NOTHING VENTURED...NOTHING GAINED!

Venture Park • 788-0192

www.BealeFSS.com/VenturePark

DORM FREE BOWLING NIGHT



SEPTEMBER 17 • 7PM-12AM

GET OUT OF THE DORMS AND JOIN US FOR AN EVENING OF
FREE BOWLING!

JUST PAY FOR \$3 SHOE RENTAL. BOWLING LIMITED TO
3 HOURS PER PERSON IF WAIT LIST IS FORMED,
OTHERWISE EVERYONE ENJOYS UNLIMITED BOWLING.

BEALE LANES BOWLING CENTER



MONTE CARLO

B O W L I N G

MORE COLOR. MORE CASH. MORE FUN!

KNOCK DOWN COLORED PINS TO WIN CASH!

SEPTEMBER 18 • 7PM

9-Pin No-Tap | Bowl 3 Games | Entry fee \$16
Limited to the first 24 paid entrants. Reserve your spot for \$10.

Current Hours: Wednesday–Saturday, 1–7pm

Beale Lanes • 634-2299

www.BealeFSS.com/Beale-Lanes • www.facebook.com/BealeLanes

JOIN US FOR SATURDAY MOVIE NIGHT

Doors open at 6:30pm **SHOWTIME at 7pm**



INDEPENDENCE CINEMA

SEPTEMBER 11



SPIRIT UNTAMED

Rated PG

PAJAMA RAMA
SEPTEMBER 25

Come dressed in your PJs, bring your stuffed rabbit or stuffed animal and join the fun!

FEATURING!
PETER RABBIT 2 PG

FREE POPCORN FOR EVERYONE!
(While supplies last)

Reservations are no longer required, however, due to social distancing the theater can accommodate no more than 80 patrons. First come, first served.



Independence Cinema • 634-3140





Drs. Insiya & Raj Zanzi

*"A Healthy Smile
is A Beautiful Smile!"*
We Welcome Beale AFB Families



- **WE ACCEPT MILITARY INSURANCE** •
- Evening & Saturday Appointments Available
- New Patients & Emergencies Welcome
- Flexible Payment Plans
- Crowns, Root Canals, Implants, Veneers and Dentures
- Digital X-rays, IntraOral Camera, Massage Chairs, and NETFLIX
- Braces & INVISALIGN for adults & kids



Gentle Family & Cosmetic Care
Raj Zanzi, DMD • Insiya Zanzi, DDS
Allen Sanders, DDS (Orthodontics)

\$50 CREDIT
Towards Dental Work
(Excluding exam, x-rays, cleaning & deductible)*
New patients only, one per family
*Not valid with any other offer.
Expires: September 30, 2021

916-797-0825 YouTube

1424 Blue Oaks Blvd., Roseville (Hwy 65 & Blue Oaks exit)

www.12BridgesDental.com

Paid Ad. No Federal Endorsement of Advertisers Intended.

ROD & GUN CLUB PRESENTS



Virtual

BASS TOURNAMENT

October 1-31

Pick up a set of rules, and your **FREE** official fish measuring tape at the FSS Marketing office. Winner will be chosen by the longest fish measured when posted on the Marketing Facebook page.

Follow us on www.facebook.com/BealeFSS

Hub Zemke Library Celebrates

Hispanic Heritage Month



Story Time

September 16 • 10am

Toddlers and pre-school children are invited to a story and craft. This month's theme revolves around Hispanic Heritage.

Monthly Craft Bags

Pick up a craft bag at the library for your kids and teens (*while supplies last*). This month's kit features miniature piñatas. Email hzlstaff@gmail.com to reserve your child's craft bag.

Friday Game Nights

Friday Nights • 4:30-6:30pm

Table top games, *D&D*, *Call of Cthulhu*, and more!
If you have a group interested in gaming, share the news and come on out!



Opening night at Bella Morte's Italian restaurant and it seems the whole town has turned up - but before anyone can say mamma mia, rival restaurant owner and chef Karl Ickbread is found dead in the pantry, sliced up by a pizza wheel! But whodunit?

Murder at the Pizzeria

September 24 • 4:45pm

Come alone or bring some friends to this murder mystery party — a great way to meet people and have some fun! Sign up early, this game will accommodate 6–14 adult players.

Finish your Bachelor's Degree in **2 Years or Less!**

**CCAF degree guaranteed to cover
AT LEAST HALF** of the required degree credits!

BAS in Technology & Management



Air University AU-ABC
Category 1 Partner



PAID ADVERTISEMENT - NO FEDERAL ENDORSEMENT OF ADVERTISER INTENDED

Oregon **TECH**

Oregon Institute of Technology

Jeff Smith
USAF, Retired

Want more Info?

USAF@oit.edu
oit.edu/au-abc

UFC 266

TO FOLLOW

Complimentary Nacho Bar & VIP Seating for Club Members

WORLD FEATHERWEIGHT CHAMPIONSHIP
VOLKANOVSKI ORTEGA

WORLD FLYWEIGHT CHAMPIONSHIP
SHEVCHENKO MURPHY

SEP 25
Pre-Fights 5:30pm
Main Event 7pm
MOOS & BREWS
FREE
for Club Members
\$5 for
Non-Members
Limited Seating

DIAZ LAWLER 2
WELTERWEIGHT BOUT

Recce Point Club • 634-5831
www.BealeFSS.com/Recce-Point-Club www.facebook.com/ReccePointClub

ARTS & CRAFTS



Macramé Class

September 16 • 4pm

\$15 includes all supplies and instruction. Learn the basic macramé knots and techniques by making a hanging plant holder. Sign up by September 9.



Buy 2 Get 1 FREE T-Shirt Special

We have lots to choose from — colors, sizes, designs, finishes. This September sale is for in-stock items only, featuring heat sublimation, vinyl and even rhinestones!

NOW LARGE FORMAT PRINTING

@ Arts & Crafts
Posters
Canvas
Calendars



Kodak Photo Kiosk Pricing

4x6	5x7	8x10	Cards	Posters	Canvas <small>(print only)</small>	Canvas <small>(20' double roll)</small>	Canvas <small>(36" roll material)</small>	Calendar
\$0.35	\$2.75	\$4.75	<small>8x7 (hard cardstock) \$0.50</small>	11x14 \$9.00	11x14 \$11.00	11x14 \$16.00	11x14 \$21.00	8.5x11 \$20.00
				12x18 \$10.00	12x18 \$12.00	12x18 \$20.00	12x18 \$25.00	11.5x14 \$28.00
				16x20 \$15.00	16x20 \$17.00	16x20 \$29.00	16x20 \$34.00	
				20x30 \$22.00	20x30 \$24.00			

Take your first step to getting your pilot license.

PRIVATE PILOT GROUND SCHOOL

September 8–November 10 • Wednesdays • 6–8:30pm • \$620

This 10-week course encompasses Aircraft Systems, Aerodynamics, Airport Layouts & Markings, Communications & Navigation, Physiology, Weather Regulations, and Cross-Country Planning. Ask about R4R discounts for Single Airmen and Deployed Affected.

Open to both Military & Civilians

Have you always
wanted to fly?

YUBA COUNTY AIRPORT
Fleet Location
1364 Sky Harbor Dr. Olivehurst, CA

Stay Fit With Virtual Instructors!
Wellbeats™
 OFFERED VIA THE FITNESS CENTER KIOSK

SEPTEMBER AEROBICS SCHEDULE

FREE ACCESS!

Important Information:

Most classes are taught by a virtual instructor via Kiosk at the HFC.

All classes are first come, first serve (8 max per class)

Aerobics Schedule POC:
SrA Raeven Williams

For all questions or details, please call the Fitness Center at
(530) 634-2258

Monday	Tuesday	Wednesday	Thursday	Friday
		1 6am: Fit 2 Fight 10am: Energy Reboot 3pm: Rock Your Core	2 6am: Kettle Ball 10am: Prenatal 2 3pm: Long & Lean	3 Family Day 10am: Rock Your Core 3pm: Let's HITT It
6 Holiday 10am: Postnatal 2 3pm: Tabata Strength	7 6am: Let's HITT It 10am: Gentle Yoga 3pm: Upper Body Express	8 6am: Fit 2 Fight 10am: Tabata Pyramid 3pm: Cardio Blast	9 6am: Cardio Blast 10am: Prenatal 1 3pm: Chisel Flow	10 6am: Circuit Training 10am: HITT Cardio 3pm: Circuit Ladder & Core
13 6am: Total Body Power 10am: Let's HITT It 3pm: HITT & Tabata	14 6am: Body Fuel 10am: Fusion Basic 3pm: Total Body Power	15 6am: Fit 2 Fight 10am: In the Zone 3pm: Energy Reboot	16 6am: Lean Legs & Core 10am: Prenatal 3 3pm: Long & Lean	17 6am: Circuit Training 10am: HITT Cardio 3pm: Circuit Ladder & Core
20 6am: Total Body Power 10am: Postnatal 3 3pm: HITT & Tabata	21 6am: Standing Core 10am: Fusion Basic 3pm: HITT & Tabata	22 6am: Fit 2 Fight 10am: In the Zone 3pm: Tabata Pyramid	23 6am: Body Factor 10am: Step It Up 3pm: HITT Cardio	24 6am: Circuit Training 10am: Rock Your Core 3pm: Fusion HITT Circuit
27 6am: Kenetic Basics 10am: AMPED 3pm: Crazy Cardio Core	28 6am: Step It Up 10am: Standing Core 3pm: Knee Mobility Leg Strength	29 6am: Kenetic Basics 10am: AMPED 3pm: Crazy Cardio Core	30 6am: Step It Up 10am: Standing Core 3pm: Knee Mobility Leg Strength	



LUAAU FUN!

Membership Drive!

FREE! September 10
Youth Center • 4:30–6:30pm

Come and enjoy the tropical fun!

Games • Music • Activities • Food
AND LOTS OF FUN!!

>> **OPEN TO EVERYONE!** <<

SPORTS & FITNESS

LEGO Masters
September 1

Hockey Drills
September 7

Hockey Game
September 8

Mighty Ducks
September 9

ULU Maika Gym Game
September 10

Minute to Win It!
September 15

Fidget & Sharing
September 17

Flag Football Week
September 20–24

THE ARTS

Duct Tape Pen Tops
September 1

Duct Tape Wallets
September 2–3

Hibiscus Pastels
September 8

Lava Lamps
September 9

DIY Infinity Cubes
September 14

DIY Pop-Its
September 15

Polymer Clay Jewelry/Figurines
September 20

Air Dry Clay
September 22

KIDS NIGHT OUT Camping Fun!



SEPTEMBER 17

6-9PM • \$20 • AGES 5-12

Bring a blanket or sleeping bag and
WATCH A MOVIE ON THE BIG SCREEN!

**Enjoy art, STEM activities, fitness fun,
dramatic play, free pizza and drinks.**

Classes and Workshops

Via Zoom!

Call 634-2863 to register and receive your Zoom invitation.

Ditching the Dorms

SEPTEMBER 2 • 7–8:30pm

For Airmen who have never lived on their own and want to move out of the dorms.

Bundles for Babies

SEPTEMBER 10 • 9am–12pm

Budgeting for your baby from conception to college, plus other valuable information.

California State Employment

SEPTEMBER 16 • 8am–4pm

Information on applying for California State employment opportunities.

Federal Resume Tips

SEPTEMBER 23 • 9–11am

A workshop for those interested in federal job opportunities and resume tips.

In-person Classes!

Classes are held at the A&FRC. Call 634-2863 to register.

Ditching the Dorms

SEPTEMBER 2 • 9–10:30am

For Airmen who have never lived on their own and want to move out of the dorms.

Retirement Planning Starter

SEPTEMBER 13 • 9–10am

Meets financial touchpoint requirement for Airmen, mandatory prior to reaching two years of service.

Marriage Financial Planning

SEPTEMBER 13 • 11am–12pm

A class to help you and your spouse as a newly married couple organize your finances efficiently and work through many other changes that come with your new status.

A&FRC • 634-2863 • www.BealeFSS.com/AFRC

Recce Town USA



MISSION TOUR FOR SPOUSES

OCTOBER 15 • 9am–12:30pm

JOIN US AS WE LEARN ABOUT BEALE'S UNIQUE MISSIONS. GET OUT ON THE FLIGHT LINE WITH THE U-2 & RQ-4, SEE THE SUITS OUR PILOTS WEAR TO THE EDGE OF SPACE & SO MUCH MORE

MUST REGISTER BY CALLING AIRMAN & FAMILY READINESS CENTER
(550) 634-2863 // SPACE IS LIMITED // ATTENDEES ELIGIBLE TO WIN A CHASE CAR RIDE

Meet at A&FRC at 0900 for mission briefing & light refreshments.

Bus departs 0950 & returns 1250

Some standing & walking on the tour

EXPANDED CHILD CARE

Family Child Care needs YOU!

If you love children, this is an opportunity that can't be missed!

- All training provided
- Work out of your own home
 - Set your own hours
 - Toys & equipment provided by the Air Force
 - Build your resume
 - Set your own rules
- Provide much needed help to service members and their children

Contact the FCC office to start your application process today!



Family Child Care • 530-634-4418
9FSS/FSFF@us.af.mil



MILITARY SPOUSE APPOINTMENT CARE

A **NEW** TYPE OF EXPANDED CHILDCARE IS BEING OFFERED IN OUR FAMILY CHILD CARE HOMES!

ELIGIBILITY REQUIREMENTS FOR THE PROGRAM

- Spouse of Military Member.
- Active Duty or Reserve/Guard in activated status.
- Sponsor must be at work, on directed crew rest, or must attend the appointment with the spouse.
- No other adult in the household available to provide care.
- Spouse must be attending an approved appointment.

*An ECC form with the active duty members supervisor's signature along with verification of an appointment is needed to qualify.



EXAMPLES OF APPROVED APPOINTMENTS ARE:

- Medical appointments
- Classes offered by:
 - Airmen & Family Readiness Center
 - Chaplain & Family Advocacy
 - Medical Agencies

EMPLOYMENT OPPORTUNITIES

- Job interviews
 - Initial job training/new employee orientation
- (Volunteer opportunities are not an approved appointment)

All requests must be turned into the Beale Family Child Care Coordinator at least **72 hours** in advance of appointment.

Requests can be sent to:
✉ BealeFCC@gmail.com

Family Child Care • 530-634-4418
9FSS/FSFF@us.af.mil

The Beale Child Development Center is looking for Early Childhood Professionals, entry through leadership levels!



Employment offers:

Great Starting Wages • Accredited Education & Training
Military Spouse Preference • Good Benefits
Guaranteed 20 Hours per Week

HOW TO APPLY

Log on to www.usajobs.gov and create an account.
Search KEYWORD: **Child and Youth Program Assistants**
Enter LOCATION: **Beale AFB**
Follow direction to apply and wait for a response.

FOR ASSISTANCE

Email: 9FSS.FSMH@us.af.mil
or call Beale NAF Human Resources at **530-634-2240**

www.BealeFSS.com/NAF • www.facebook.com/BealeFSS

Child Development Center • 634-4717

www.BealeFSS.com/CDC • www.facebook.com/BealeYouthPrograms

EFMP & RESPITE CARE PROGRAM

Receive 40 hours per month of free child care for military families with a disabled child.



If your child has a disability, your family may qualify to be Q Coded and registered with the EFMP program with the Air Force.

If you are verified as an EFMP family, you can qualify for Respite Care for the child with a disability, and for all the siblings as well. The hours and the respite care providers are scheduled monthly through the FCC Coordinator.



Contact the FCC Coordinator at 530-634-4418 or 9FSS/FSFF@us.af.mil for Respite Care.

To learn more about the EFMP Program, please contact **Kim Hogue** at kimberly.hogue.1@us.af.mil or the EFMP Medical Specialist, **Melissa Gardner** at melissa.gardner.ctr@us.af.mil.



Recce U Professional Development

FOR MORE INFORMATION ABOUT PROFESSIONAL DEVELOPMENT OPPORTUNITIES, PLEASE CONTACT YOUR RECCE U TEAM

Career Assistance Advisor

SMSgt Anthony "Hawk" Hawkins
anthony.hawkins.1@us.af.mil • 634-3644

Wing Professional Development NCOIC

SSgt William Everard
william.everard@us.af.mil • 634-4747

FTAC NCOIC

SSgt Mary Senko
mary.senko@us.af.mil • 634-4747



KEEP IT REAL

A realistic approach to functional fitness for the military retiree community.

The Beale and Travis Retiree Activities Offices invite military retirees and family members to a special presentation by Dale Collins on a fitness program adapted to the real needs of older people—activities that give confidence and skill in meeting the needs of daily living.

SEPTEMBER 21 - 6PM

FITNESS PROGRAMS AT HOME/FITNESS EQUIPMENT AT THE GYM

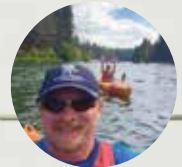
Beale Retiree Activities Office

(530) 634-2157
bealerao@gmail.com, www.facebook.com/
bealeretireeactivitiesOffice

Travis Retiree Activities Office

(707) 424-3904
raotravis@yahoo.com, www.facebook.com/
travis-AFB-Retiree-Activities

DALE COLLINS is an Exercise Physiologist and the Health Promotion Manager for the 9th Medical Group at Beale AFB. Most importantly, Dale recognizes the needs of older people for having a program that can be used in the home, without special equipment, and that can accommodate a range of mobility, stability, and strength concerns.



No federal endorsement intended.

YOU ASK, WE LISTEN!

Your feedback is important to us.

Suggestions and feedback help us make improvements and address issues.



We also love recognizing excellent service!



BEALE AFB ICE SITE



Visit ice.disa.mil to leave comments about any of our FSS facilities. A manager will respond to your feedback if you leave your contact information.



ice.disa.mil

Anyone Can Dine! **FAMILY, FRIENDS and CO-WORKERS**

Remember everyone is eligible to dine at the
EXCHANGE





• LUNCH MENU •

Served Wednesday–Sunday, 11am–1pm

WEDNESDAYS

Steak Sandwich w/beans & potato salad

THURSDAYS

Pulled Pork Sandwich w/beans & potato salad

FRIDAYS

Chili Dogs & Hot Dogs

• HAVE LUNCH ON THE HILL! •

Rod & Gun Club • 788-2473 www.BealeFSS.com/Rod-n-Gun

Friday Pizza Special
Fridays • 3–7pm

**Large 2-Topping Pizza
+ 2 Fountain Sodas**

\$12



Dine-in or To Go
@ Moos & Brews

Call-in orders
at 634-0936.

Moos & Brews • 634-0936

www.BealeFSS.com/Recce-Point-Club www.facebook.com/ReccePointClub



QUICK GLANCE FOOD GUIDE

Spare Time Grill

Serving Breakfast & Lunch

Monday–Friday, 7am–1pm

Breakfast Platters • Breakfast Burritos • Pancakes
French Toast • Biscuits & Gravy

•••••

Hand-pressed Hamburgers • Veggie Burgers
Chicken Sandwiches • Hot Dogs
Salads • Appetizers • Beer & Wine



Serving Lunch

Wednesday–Friday, 11am–1pm

WEDNESDAYS: Steak Sandwich

THURSDAYS: Pulled Pork Sandwich

FRIDAYS: Chili Dogs & Hot Dogs



CONTRAILS RESTAURANT

Serving Breakfast, Lunch & Dinner

Daily Entree Specials • Soups & Salads

Assortment of Sides • Pizza • Pasta • Sub Sandwiches

Hours of operation and food choices subject to change.



OPEN

WED-SUN: 11AM-7PM

BAR OPEN UNTIL 9PM FRI. & SAT.

**FORMERLY COYOTE PUB & GRILL
LOCATED ON RIGHT SIDE
BEHIND THE RECCE POINT CLUB**

BURGERS/SANDWICHES

Moo Burger
Cheesy Moo Burger
Bacon Moo Burger
Spicy Moo Burger
BBQ Moo Burger
Double Moo Burger



Crispy Chicken Sandwich
Grilled Chicken Sandwich
Spicy Black Bean Burger
BLT
Club Sandwich
Pulled Pork Sandwich

FIT EATS

Chef Salad
Large Garden Salad
Healthy Moo Burger
Turkey Wrap

KIDS MEAL

Served with a drink, and choice of fries, carrots & celery, or fruit cup
Moo Burger, Cheesy Moo Burger, Hot Dog, Chicken Nuggets (4), Grilled Cheese Sandwich, or Individual Cheese or Pepperoni Pizza

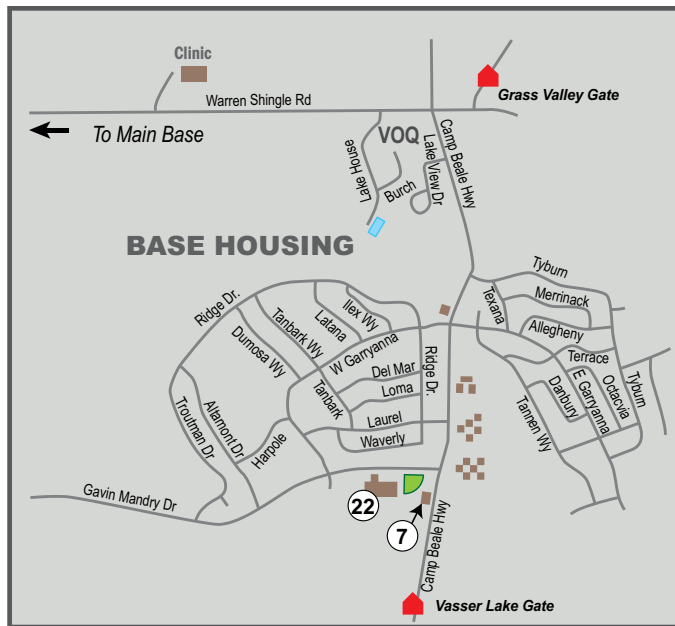
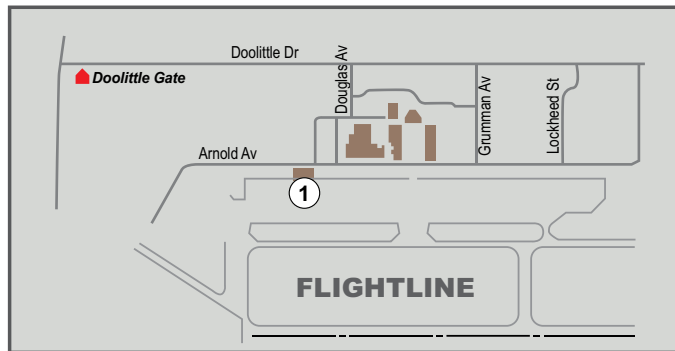
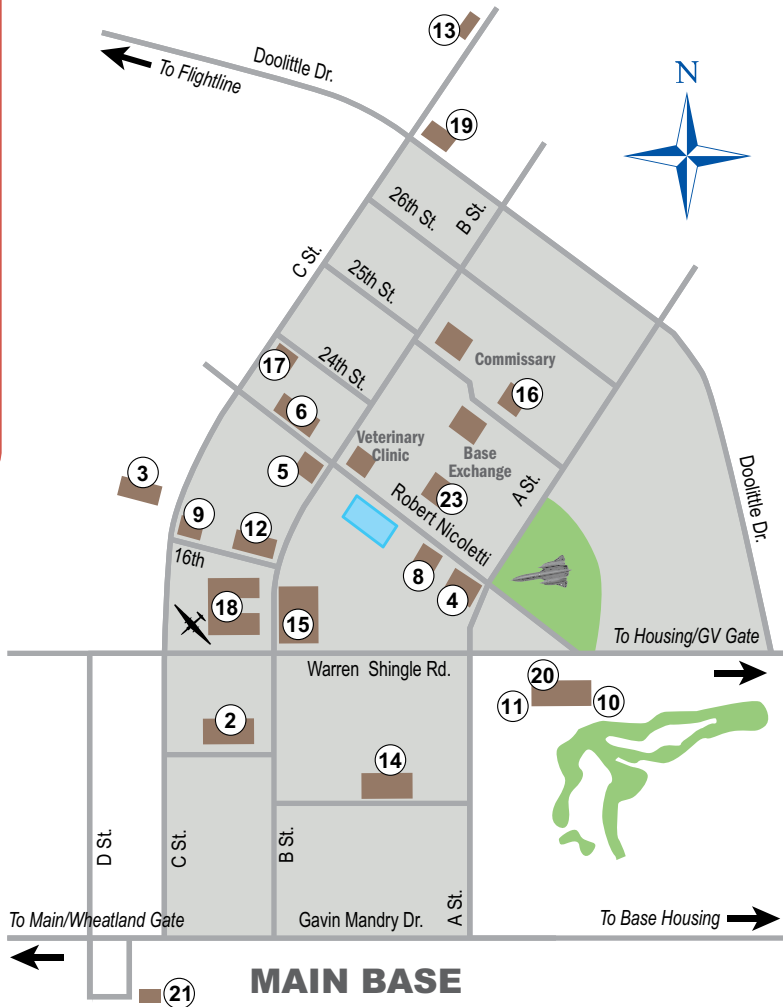
MILKSHAKES

Chocolate, Vanilla or Strawberry
Black & White (cookies & cream)
Black Cow (ice cream w/root beer)



**Milkshakes not
ESM approved*

Menu also includes an assortment of appetizers, pizzas and side items



9 FSS HOURS OF OPERATION

- 1 Aero Club Flight Training** 530-749-7696
1232 Arnold Street
9am–2pm M–Th
Aero Club Members 24/7
Closed holidays
- 2 Airman & Family Readiness** 634-2863
17800 B Street
7:30am–4:30pm M,T,Th,F
7:30am–1:30pm W
Closed weekends/holidays/family days
- 3 Airman Leadership School** 634-3332
2401 C Street
7:30am–4:30pm M–F
Closed weekends/holidays/family days
- 4 Arts & Crafts Center** 634-2294
17651 Warren Shingle Road
9am–4pm Tu–F
Closed weekends/holidays
- 4 Auto Hobby Center** 634-2296
17651 Warren Shingle Road
7am–6pm M–F
9am–5pm (no mechanic) Sat
Closed Sundays/holidays
- 5 Beale Lanes** 634-2299
17800 Robert Nicoletti Way
1–7pm W–Sat
Closed Sundays/holidays/family days
- 6 Child Development Center** 634-4717
18000 Robert Nicoletti Way
6:15am–6pm M–F
Closed weekends/holidays
- 7 Child/Youth Resource Center** 634-4418
5190 Camp Beale Hwy, Bldg. 3308
9am–3pm M–F
Closed weekends/holidays/family days
- 8 Community Center** 634-3140
17700 Robert Nicoletti Way
12–8pm M–F
12–6pm Weekends
Closed holidays
- 9 Contrails (DFAC)** 634-2537
17853 16th Street
Simply to Go: 5:30am–7pm M–F
Simply to Go: 7:30am–6:30pm Wkd/hol/fam day
Breakfast: 5:30–8am M–F
Breakfast: 7:30–9am Wkd/hol/fam day
Lunch: 10:30am–1:30pm Daily
Dinner: 4:30–7pm M–F
Dinner: 4:30–6:30pm Wkd/hol/fam day
Midnt Meal: 10:30pm–12:30am Daily/fam day/hol
- 12 Education Center** 634-2525
17849 16th Street
8am–3pm M–F
Closed weekends/holidays/family days
- 13 Fam Camp** 634-3382
220 Cedar Lane
9am–12pm/1–4:30pm M–F
0900-1200 Sat
(Contact Camp Host) Sat, Sun, Hol 812-3117
- 7 Family Child Care**
5190 Camp Beale Hwy, Bldg. 3308
By appt. M–F
634-2953
Open 24/7
634-2258
- 14 Gold Country Inn**
24112 A Street
5am–10pm M–F
8am–5pm Wkd/hol/fam days 634-2314
- 15 Harris Fitness Center**
2418 B Street
8am–6pm M–Th
8am–4pm F
9am–2pm Sat
Closed Sundays/holiday/family days 634-3140
- 16 Independence Cinema**
25th Street, Bldg. # 2474
(Doors open 30 min. prior) 7pm Sat
634-4882
- 8 Information, Tickets, Tours**
17700 Robert Nicoletti Way
12am–5pm M–F
Closed weekends/holidays
- 17 Marketing Office** 634-5407
6249 C Street
8am–4:30pm M–F
Closed weekends/holidays/family days
- 11 Moos & Brews (Formerly Coyote Pub & Grill)** 634-0936
17440 Warren Shingle Road
11am–7pm W–Sun
Bar open until 9pm F & Sat
Closed holidays
- 18 NAF Human Resources** 634-2240
17852 16th Street
7am–4pm M–F
Closed weekends/holidays/family days
- 23 Omni Fitness Center** 634-2258
5am–10pm M–F
8am–5pm Wkd/hol/fam days
- 19 Outdoor Adventure Center** 634-2054
17630 Doolittle Drive
9am–5pm M–F
9am–1pm Sat/Fam Days
Closed Sundays/holidays
- 20 Recce Point Club** 634-2833
17440 Warren Shingle Road
Office hours: 7:30am–4:30pm M–F
Closed weekends/holidays/family days
- 21 Rod & Gun Club** 788-2473
7950 D Street
9pm–4pm W–Sun
Closed holidays
- 5 Spare Time Grill** 634-2304
17800 Robert Nicoletti Way
7am–1pm M–F
Closed Weekends/holidays/family days
- 10 Venture Park** 788-0192
17440 Warren Shingle Road
11am–6pm W–Sun
- 22 Youth Programs** 634-4953
15160 Gavin Mandry Drive
Office: 6:15am–6pm M–F
School-Age: 6:15am–6pm M–F
Closed weekends/holidays/family days

COPY, PRINT & DESIGN CENTER

9 FSS MARKETING OFFICE · 6249 C STREET, BLDG 2440
 634-5407 · 9FSS.FSK@US.AF.MIL · WWW.BEALFSS.COM

COPY AND PRINT SERVICES

QUANTITY	LETTER*				LEGAL				11x17			
	BLACK/WHITE		COLOR		BLACK/WHITE		COLOR		BLACK/WHITE		COLOR	
	1 SIDE	2 SIDE	1 SIDE	2 SIDE	1 SIDE	2 SIDE	1 SIDE	2 SIDE	1 SIDE	2 SIDE	1 SIDE	2 SIDE
1-100	.10	.15	.25	.35	.15	.25	.30	.40	.25	.35	.40	.50
100+	.08	.13	.23	.33	.13	.23	.28	.38	.23	.33	.38	.48

*CARD STOCK - ADD .10 PER SHEET

POSTERS

UNMOUNTED		MOUNTED**		BUSINESS CARDS	
24"x36"	18"x24"	24"x36"	18"x24"(2)*	200	\$15***
\$25	\$15	\$40	\$45	500	\$25***

*2 IMAGES ON 24"x36", CUT IN HALF. MIX OR MATCH.

**LAMINATED ON 1/4" FOAM CORE BOARD.

***FILE MUST BE PRINT-READY.
 SIMPLE BUSINESS CARD DESIGN: \$25

OTHER SERVICES

BANNERS			NEW PRICES!		LAMINATING		LETTER	.50
WATERPROOF CANVAS	24"x4'	\$23	LAMINATING	11x17	\$1			
WATERPROOF CANVAS	24"x6'	\$28	SPIRAL BINDING	CALL FOR QUOTE				
WATERPROOF CANVAS	24"x8'	\$33	FOLDING	CALL FOR QUOTE				
INCLUDES UP TO 6 GROMMETS.			CUSTOM GRAPHIC DESIGN	\$50 PER HOUR				

NOTE: FILE(S) MUST BE PRINT-READY. ADDITIONAL CHARGES IF ARTWORK NEEDS MANIPULATION.

LARGE FORMAT PRINTING



- POSTERS OPTIONAL FOAM CORE MOUNTING
- BANNERS WEATERPROOF CANVAS

COPY/PRINTING SERVICES



- BLACK & WHITE OR COLOR
- BUSINESS CARDS
- BROCHURES, MANUALS & PROGRAMS

DESIGN SERVICES




- PROFESSIONAL & EXPERIENCED GRAPHIC DESIGNERS
- SIMPLE TO COMPLEX

OTHER SERVICES



- LAMINATING
- CUTTING & FOLDING
- BINDERY SERVICES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>September</h1>			1	A&FRC: Ditching the Dorms, 9–10:30am and 7–8:30pm via Zoom	2	Library: Friday Game Nights, 4:45pm OAC: Explore Sierra Camping and ATV Tour (R4R), Depart: 9am
OAC: Explore Sierra Camping and ATV Tour (R4R), Arrive at OAC 5pm	6	7	Aero: Ground School Begins, 6–8:30pm Community Center: Build-A-Boat Regatta, 1:30pm, Main Pool	8	9	A&FRC: Bundles for Babies, 9am–12pm (via Zoom)  See page 4
OAC: Chinatown Autumn Moon Festival, 8am–8pm	13	14	15	Arts & Crafts: Macramé Class, 4pm Library: Preschool Story Time, 10am A&FRC: California State Employment Workshop, 1–4:30 (via Zoom)	16	Library: Friday Game Nights, 4:45pm Bowling: Dorm Night Free Bowling, 7pm–12am Youth Center: Kids Night Out, 6–9pm
OAC: iFly Indoor Skydiving (R4R), 10am–2pm	20	21	22	A&FRC: Federal Resume Writing via Zoom, 9–11am (via Zoom)	23	Library: Murder at the Pizzeria, 4:45pm Library: Friday Game Nights, 4:45pm
OAC: Walt Disney Museum, 8am–7pm	27	28	29	30	<i>Event dates and times are subject to change. Please visit www.bealefss.com for the latest information. Some events may require advanced registration. Please visit facility pages for more details.</i>	
OAC: Explore Sierra Camping and ATV Tour (R4R), Arrive at OAC 5pm	5	OAC: Explore Sierra Camping and ATV Tour (R4R), Depart: 9am	6	Cinema: "Spirit Untamed" (Rated PG), 7pm OAC: San Francisco Bay Boat Tour (R4R), 7am–8pm	10	11
OAC: Retirement Planning Starter, 9–10am A&FRC: Marriage Financial Planning, 11am–12pm	12	OAC: Farm-to-Fork Festival, 11am–9pm	13	OAC: SeaQuest Snorkeling with the Stingrays (R4R), 10:30am–7:30pm Moos & Brews: UFC 266, Pre-Fights 5:30pm / Main Fight 7pm.	17	18
OAC: Pajama Rama, "Peter Rabbit 2: The Runaway" (Rated PG), 7pm	19	OAC: SeaQuest Snorkeling with the Stingrays (R4R), 10:30am–7:30pm Moos & Brews: UFC 266, Pre-Fights 5:30pm / Main Fight 7pm.	20	OAC: SeaQuest Snorkeling with the Stingrays (R4R), 10:30am–7:30pm Moos & Brews: UFC 266, Pre-Fights 5:30pm / Main Fight 7pm.	24	25

OCTOBER SNAPSHOT

Fitness Center

Re-scheduled Sports Day and Zombie 5K Run

Recce Point Club

Texas Hold 'Em and COWabunga Cocktails

Information, Tickets & Travel

**Marshall Gold Discovery Museum,
Sacramento Oktoberfest, Apple Hill Trip,
Old Sacramento, and Winchester Mystery House**

Beale Lanes Bowling

**Dorm Night Free Bowling, Monte Carlo
Bowling, and Halloween Bowling Special**

Library

Spooky Story Time and Terror Trivia

Arts & Crafts Center

Learn to Sew

Rod & Gun Club

Hallows Eve Shoot and Monster Bass Fishing

Youth Center

6 Flags Fright Fest Trip

First Annual

Pumpkin Chunkin' Competition

For updates and more details, follow us at
www.Facebook.com/Beale FSS

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