

THE BEACON

TEAM MARCH MONTHLY MAGAZINE



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THE BEACON IS THE OFFICIAL MAGAZINE OF MARCH ARB. ALL QUESTIONS ARE DIRECTED TO THE MARCH ARB PUBLIC AFFAIRS OFFICE AT 9516554137.

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HERE TO SERVE THE MARCH ARB COMMUNITY

COMMANDER'S CORNER

Knights,

This weekend, we are more than a Reserve unit conducting another UTA—we are center stage for Air Force Reserve Command. Our wing is on full display.

As our Air Force shifts its strategic focus toward the INDOPACOM theater, March Air Reserve Base is uniquely postured to lead the way. We are the most strategically located base in AFRC, and we play a critical role as a national power projection platform. From coast to coast and across the globe, the capabilities we bring to the fight matter. We are READY NOW—not just to support, but to deter and, if needed, decisively defeat our adversaries.

This UTA weekend, we'll demonstrate exactly what that looks like. While executing a full spectrum of operations—including BAMBOO EAGLE, our persistent alert commitments, and ongoing worldwide taskings—we're also hosting a lineup of critical events. We'll welcome the CAFR, and every wing command team from across AFRC. To top it off, we'll also host the Fourth Air Force Change of Command—a moment of both transition and opportunity. We are busy!

This is not business as usual. This is a showcase of readiness, combat power, and professionalism. You're making it happen, and I am damn proud to be on your team!

Recently, we welcomed home a group of deployers who proudly represented March overseas. Meanwhile, others are already packing bags for their next assignment. And with IRON KNIGHT just two UTAs away, our battle rhythm isn't slowing down—it's ramping up.

But even as we grind, we also make time to connect, recharge, and celebrate—and that's just what we'll do next month at our annual base picnic, hosted in partnership with Riverside County. For decades, this community has stood shoulder to shoulder with us, not only recognizing our service but embracing our mission and our people. Their continued support is a testament to the strength of our military-community partnership. This picnic is more than just food and fun—it's a celebration of camaraderie, heritage, and shared purpose.

So, bring your families, enjoy the fellowship, and take pride in the fact that you are part of something bigger than yourself.

Because that's what this wing is all about. To every Airman, civilian, and partner who makes March the powerhouse it is: thank you. Your tireless effort, your excellence in execution, and your passion for service are what set us apart.

Remember our mission—DEFEND. MOBILIZE. FIGHT.

It's a call to action. It's what I need you to do every single day—and it's exactly what you've been delivering.

Stay sharp. Stay focused. Stay proud.
We're just getting started.

– Colonel Bryan “BAM” Bailey
March ARB Installation Commander

JOINT EXPLOSIVE DETECTION TRAINING ABOARD USS MIDWAY

BY: WENDY DAY

USS Midway Museum, San Diego – June 18, 2025. More than a dozen explosive detection K-9 teams gathered aboard the USS Midway Museum June 18 to conduct a large-scale mass odor multi-agency training exercise designed to strengthen joint operational readiness and interagency communication.

Hosted by the Transportation Security Administration (TSA), the quarterly event featured canine units from across Southern California, including the FBI, harbor police, U.S. Air Force explosive ordnance disposal (EOD) personnel from March Air Reserve Base, and U.S. Marine Corps handlers from Marine Corps Recruit Depot San Diego.

“Today, we’re supporting our local agencies at the TSA in San Diego, detecting explosives,” said Tech. Sgt. Eddie Castro, EOD technician assigned to March ARB. “We’re providing explosive scent samples to help the K-9s detect what they’re trained to find.”



The USS Midway, a decommissioned aircraft carrier turned public museum, provided a complex training environment with narrow passageways, stairwells, and active visitors, adding to the realism of the detection scenarios.

“We were running a dog as if there was a bomb placed on a shipped vessel,” Castro said. “The dogs were tracking and alerting—exactly what you want to see in real-world applications.”

Marine Corps Sgt. Solee Ibarra, kennel master for Headquarters and Services Battalion at MCRD San Diego, emphasized the unique benefits of the event.



JOINT EXPLOSIVE DETECTION TRAINING ABOARD USS MIDWAY

BY WENDY DAY

"We don't get to go off base too often," Ibarra said. "So this gives the handlers an opportunity to train in a new environment and see how other agencies operate. It builds rapport and teaches new techniques."

The day's training scenarios included simulated bomb threats aboard harbor vessels and in multiple locations throughout the Midway, all designed to enhance coordination among agencies that often work together during emergencies.

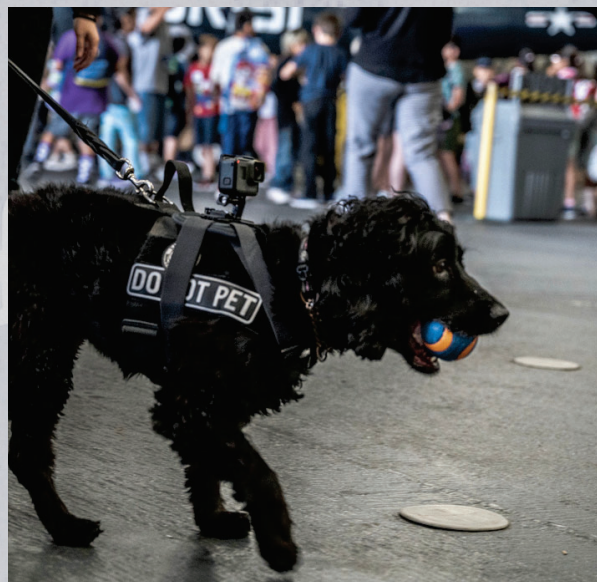
"It's important to do training like this so we can see each other's capabilities and help each other out," Castro said. "We work alongside each other pretty often, so it's good to have that relationship already in place."

Canine teams also support civilian entities during large events or emergencies. Ibarra noted that her Marines frequently assist the Secret Service during visits by high-level government officials.

"If San Diego PD or harbor police had a bomb threat downtown, we'd probably be one of the teams to assist," she said. "We also send our handlers out with the Secret Service for VIP support—President, Vice President, First Lady."

Joe Brown, TSA canine training instructor at San Diego International Airport, said the Air Force and Marine Corps support plays a critical role.

"They bring a capability we don't have organically, and it's so appreciated," Brown said. "These partnerships make sure we can respond quickly and cover each other's blind spots."



Brown, who began his canine career in 2002 with the U.S. Air Force, now leads joint training efforts for TSA in Southern California.

"This is my dream job," he said. "Every day is different. I get to work with dogs. I couldn't imagine doing anything else."

Ibarra agreed, with a smile. "Canine is the coolest thing ever. I'm definitely a little biased, but I think it's a very unique opportunity. If people can support us—even just by spreading the word—it makes a difference."

For the agencies and handlers involved, the message was clear: real-world readiness begins with partnership, practice, and a deep respect for the capabilities of man's best friend.

PROTOCOL IN ACTION: THE LEGACY KEEPER BEHIND THE SCENES

BY WENDY DAY

MARCH AIR RESERVE BASE, Calif. — At nearly every major event on base—retirements, changes of command, award ceremonies, and annual picnics—there's one constant quietly ensuring excellence: Ms. Irene Paredes, March ARB's Protocol Officer.

As a civil servant and Marine Veteran, Paredes is more than a planner—she's the keeper of tradition, a behind-the-scenes architect who weaves together precision, professionalism, and legacy into every ceremony.

"What I do is bring military traditions to life," said Paredes. "There's a way to do things—and doing them the right way matters."

Protocol offices across the Department of Defense provide guidance and structure for official functions. These duties include advising commanders and other leadership on all things protocol, arranging distinguished visitor itineraries, ceremonial standards, drafting scripts, and maintaining decorum through strict adherence to Air Force customs and courtesies.

At March ARB, Paredes manages a wide range of responsibilities—from intimate reenlistment ceremonies to large-scale community events and official luncheons. But to her, every task holds the same weight: "Each event is unique," she explained. "Even if you have three retirements in a row, each one is different in its own way."

Paredes compares her job to solving a complex puzzle. "You have to plug every piece into the right place," she said. "If you don't see the whole picture, you won't know where to start."

One of her primary challenges? Misinformation and the tendency of others to say, "Well, that's the way we've always done it."

To that, Paredes firmly responds with regulation and respect.

"I go to the regs and I do the research. I adhere to the rules, and I try to ensure events are tasteful and memorable," she said. "Things don't just happen. They are the way they are because people like me ensure compliance," she said. "Not for me—but for the command, them, their families, and their legacy."

Contrary to popular belief, protocol is not about stifling creativity or fun. In fact, Paredes is passionate about making events meaningful. However, she emphasizes that traditions and standards must be upheld—not just for the honoree, but for those who follow.



PROTOCOL IN ACTION: THE LEGACY KEEPER BEHIND THE SCENES

BY WENDY DAY

People think protocol ruins the party, wants to take charge of their events...to the contrary. I want them to experience what it takes to make these events happen and to learn from the guidance I provide and the tools I share. And yes.... to have a great time doing it," she said. "I also want them to show that customs and traditions can be enjoyable—and unforgettable."

Her goal is for service members to walk away from their events with pride, knowing they've honored the institution and left a positive legacy for the next generation.

"When they leave the service, I want them to go out with a bang," Paredes added. "Something that will set a milestone for their troops and get the thinking to themselves. 'I want to get there someday not only for myself but for those around me and for my family.'"

Every script Paredes writes is customized, thoughtful, and rooted in research and experience. From attire to timing, she considers every detail, drawing from her military service, formal protocol training, and years of firsthand planning.

She doesn't do it for applause; she does it because she loves her career. No matter how challenging or exhausting it may be, to her it's about the member and about those they share these moments with. "I flex... that's what I do and I'm good with that. Deviations are ok within reason".

"I don't feel like this is a thankless job," she said. "I just need to see people enjoy their events, walk away proud, and feel respected. I want them to walk away knowing that their sacrifice is so greatly appreciated by all that witness their special day."

Despite staffing shortages, resource constraints, and evolving expectations, Paredes remains steadfast in her mission: to preserve the dignity, discipline, and distinction of military traditions at March ARB.

To the Project Officers, "I'm not here to do the event for you—I'm here so you can do the event yourself and to guide you on how to do it right."

With a steady hand, keen eye, and unwavering heart, Ms. Irene Paredes keeps the timeless heartbeat of the Air Force alive—one ceremony at a time.

For more information on protocol support or event coordination at March ARB, contact the 452 AMW Protocol Office.

CHIEF'S ON LEADERSHIP

A MARCH ARB LEGACY IN SECURITY FORCES

BY WENDY DAY

MARCH AIR RESERVE BASE, Calif. — For Chief Master Sgt. Christopher Jugas, the senior enlisted leader for the 452nd Security Forces Squadron, leadership isn't just a responsibility—it's a legacy. With nearly three decades of military service, Jugas exemplifies resilience, consistency and a deep commitment to Airmen and the mission.

Jugas began his career in the 163rd Civil Engineering Squadron, California Air National Guard, but a chance conversation during a drill weekend at March ARB changed everything.

"I was coming through the gate one UTA and struck up a conversation with the gate guard," Jugas said. "He invited me to check out the unit. That's when I met with the Commander, and she asked if I'd consider going full time in security forces."

That opportunity led Jugas to cross over to the Air Force Reserve, where he joined the 452nd Security Forces Squadron and began a long and steady rise through the ranks.

Jugas arrived at March ARB on Oct. 1, 1999, as a Senior Airman. He served on active orders, deployed to Al Jaber Air Base before the Sept. 11th attacks, and was later activated in support of post-9/11 operations. He became an Active Guard Reserve Airman in 2006.

Since his arrival, Jugas has held nearly every position in the squadron and was promoted to Chief Master Sergeant on April 1, 2024.

"This is home," Jugas said. "My sister, my brother and both of my sons are here. One serves in CSS, and the other is in intelligence at Kadena Air Base, Okinawa. I never pushed them into it, but I'm proud they chose to serve."

Jugas believes effective leadership starts with example.

"I've never believed in the 'do as I say, not as I do' model," he said. "I'm not above anyone—I'm with them."

He credits both strong and flawed mentors with shaping his leadership style.

"You can learn just as much from bad leadership as good," he said. "It shapes the kind of leader you want to be—and how you want to be remembered."



CHIEF'S ON LEADERSHIP

BY WENDY DAY

Jugas promotes servant leadership and the importance of knowing your people.

"You can't lead everyone the same way. Some respond to directness; others to compassion. The key is understanding how to connect."

Now the senior enlisted leader of the squadron, Jugas oversees training, development and mission readiness. While he no longer conducts hands-on instruction, he plays a critical role in shaping the unit's annual training plan and ensuring every Defender is prepared.

He's also passionate about mentoring Airmen, especially those who didn't experience the post-9/11 era firsthand.

"Some of our troops were born after 9/11," he said. "They ask more questions—they want to know the 'why.' Helping them understand the seriousness of our mission helps them grow as Defenders."

Jugas is transparent about his journey.

"I haven't had a perfect career," he said. "But I've learned from every step. Resiliency is everything. One or two mistakes don't define you. What matters is how you grow from them."

He encourages junior leaders to allow Airmen the space to learn and lead.

"Let them make decisions. Let them make mistakes—as long as they're not costly—and help them get back on the path. That's how growth happens."

Jugas is known for his consistency and integrity.

"You always know what you're going to get with me," he said. "If I don't know something, I'll find the answer. That's what matters."

Now nearing retirement, Jugas says he'll finish his career where it started.

"I started here, and I'll end here," he said. "This base, this squadron—it's been my life. And I hope I've left it better than I found it."

FUEL EXTRACTION

BY WENDY DAY

MARCH AIR RESERVE BASE, Calif. — Airmen from the 912th Air Refueling Squadron (ARS) and the 452nd Maintenance Squadron (MXS) recently conducted a confined space extraction exercise, testing their emergency response skills inside the fuel tanks of a KC-135 Stratotanker.

The exercise, held on the flight line at March Air Reserve Base, simulated a "man-down" scenario inside the narrow confines of the aircraft's fuel cell—a high-risk maintenance environment that demands precise coordination and swift action.

"We went through our emergency response procedure—an extraction exercise where we simulate a man going down inside of a fuel tank," said Tech. Sgt. David Scannell, 452nd MXS. "We have to go through a series of safety checks, attempt a self-rescue, and then call March emergency services."

Fuel cell maintenance is one of the most dangerous maintenance tasks in the Air Force, requiring Airmen to operate in confined spaces with potential exposure to toxic fumes. To ensure safety, March ARB teams regularly rehearse extraction procedures to maintain readiness for real-world emergencies.

"This is really important because in a real-world scenario, you want to have had the practice, because things can get out of control really fast," Scannell explained. "We like to rotate guys who do this so that everybody is familiar with the different roles—entrant, attendant, and runner. It increases trust among the team, so if I happen to go down, they know what to do to get me out safely."

For the active duty team assigned to the 912th ARS fuel shop, this year's training introduced process improvements designed to cut response times.

"Over the last couple of years, our rescue time was at around five minutes," said Tech. Sgt. Hammond, noncommissioned officer in charge of the active duty section, 912th ARS. "Now we've cut that time by about a minute and a half using shortcuts and route changes to get the doors open faster and check air quality more efficiently."

Hammond credited Master Sgt. Perola, section chief for fuel systems, for recommending adjustments to streamline the air quality checks during the extraction sequence. "Instead of checking door-to-door and then checking air on the way to the other door, we check the air along the way. That helped a lot," Hammond said.

The exercise is also a critical part of upgrade training for 5-level and 7-level fuel system maintainers, ensuring that every Airman is prepared to lead or assist in emergency rescues.



FUEL EXTRACTION

BY WENDY DAY

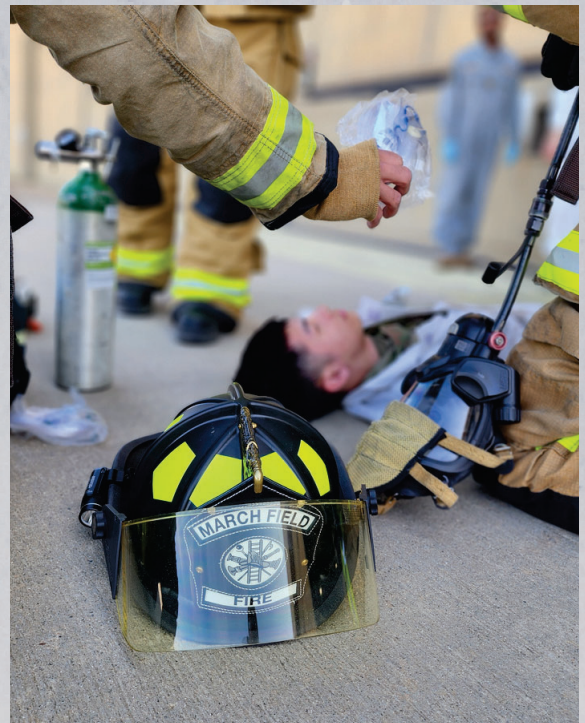
"We all have pretty well-defined roles," Hammond added. "The goal is that all of our 7-levels are able to run an in-tank emergency, and even our 5-levels are getting their first experience with these real-world scenarios."

Throughout the exercise, team members closely monitored each phase to ensure compliance with established procedures and safety standards.

"I'm timekeeping today," said one team member overseeing the exercise. "I'm tracking when each component arrives, making sure they're following procedures safely and that the victim gets taken care of."

Every maintenance entry into a fuel tank at March ARB follows a Master Entry Plan, which outlines roles and documentation procedures for entrants, attendants, and runners during both routine maintenance and emergency extractions.

Exercises like this fuel tank extraction scenario underscore the ongoing commitment by Team March to ensure mission readiness, safety, and teamwork across both reserve and active duty components.





What is the Yellow Ribbon Reintegration Program (YRRP)?

The mission of YRRP is to promote the well-being of National Guard and Reserve Service members and their families by connecting them with resources throughout and beyond the deployment cycle. Through YRRP, Service members and those who support them have access to programs, services, resources and referrals to minimize stress and maximize resiliency during all phases of deployment and reintegration.

What kind of information is provided by YRRP?

Information and activities are offered at key stages and throughout the deployment cycle: Pre-Deployment, Deployment (for families and designated representatives), Demobilization and Post-Deployment. YRRP offers information on benefits, such as:

- Health Care
- Education
- Financial Legal
- Counseling

The YRRP works with a network of key organizations, including Military OneSource, Employer Support of the Guard and Reserve, Small Business Administration, the Departments of Labor and Veterans Affairs and others. This collaboration provides informative and interactive seminars and resources relevant to members of both the National Guard and Reserve community.

ELIGIBILITY

Reservists called to active duty to support a contingency operation (deployment) for 90 days or more, or 90 days accumulated during 24 months, resulting in separation from their families.

Eligible members and guests may attend up to 3 events.

Pre-Deployment: Within 120 days before deployment

Post 1 Deployment: Eligible for one year after deployment
Eligible for one-year after deployment (Not all events are open for Post 2)

YELLOW RIBBON EVENTS FOR FY 2025

25-27 July 2025 - Orlando, FL

08-10 August 2025 - Seattle, WA

22-24 August 2025 - San Diego, CA



SAMUEL MUNOZ MARTINEZ, MSgt, USAF
Yellow Ribbon Representative 452d Air
Mobility Wing (Bldg. 470) March ARB, CA
Office: 951.655.7722 | DSN: 447.7722 |
Cell: 760.881.9979

25-27 July 2025



Hilton Orlando
Orlando, FL



Scan the QR Code To Register

22-24 August 2025



Sheraton
San Diego, CA



Scan the QR Code
To Register



8-10 August 2025



Hyatt Regency
Bellevue (Seattle)
WA



Scan the QR Code
To Register



Don't miss out! SIGN UP NOW!

RECRUITMENT



Video Release: Recruit the Recruiter



PILCH, ROBERT F MSgt USAF AFRC 367 RCG/PA
NCOIC

As we continue to get after our annual recruiting goal of **7,600** and attract top talent into the force, we need the internal talent to help make it happen. Here, you will find the released "Recruit the Recruiter" video link on AFRC's YouTube channel and a corresponding QR code, both of which can be used for communicating recruiting opportunities to our internal Citizen Airmen audience of Senior Airman through Tech Sgts.

To maximize audience reach and engagement, this video may benefit from being shown at Commander's Calls and focused events, while following up with any required package information that can be passed along to interested candidates.

Additionally, we have provided a downloadable ad poster to be utilized in communicating opportunities to join our team.

Contact Email: 367RCG.RTR.RTR@us.af.mil

SEEKING TOP TALENT FOR A CRITICAL MISSION

BECOME A RECRUITER

FORGE THE LINE THAT BUILDS THE FORCE



BENEFITS

- Active duty experience: three years with a possible two-year extension
- Active duty benefits and entitlements, including free medical and dental coverage
- Paid moves
- 30 days of leave per year
- Special duty pay of \$450 per month

REQUIREMENTS

- Currently seeking Senior Airmen, Staff and Technical Sergeants
- **Contact** your local recruiting Flight Chief
- Complete your application
- HQ Review of your application
- If approved, attend a virtual Evaluation & Selection Board interview
- If selected, attend the six-week Air Force Recruiting School at Lackland AFB, Texas



AIR FORCE RESERVE



Recruit the Recruiter video QR code

EVENTS

MARCH ARB AIRMAN'S ATTIC

**WE ARE
OPEN**

Bldg 405
Hours of Operation:
Wed: 14:00-15:00
UTA: 11:00-12:00



SCAN ME

Interested?

Primary POC: TSgt Romualdo 909-283-0242 or send an email at Kathleen.romualdo.2@us.af.mil

ALT POC: MSGT "Motivate" Davidson 786-238-5708

VOLUNTEERS NEEDED

"WE KINDLY REQUEST THE ASSISTANCE OF AT LEAST TWO MEMBERS EACH TIME WE ARE OPEN, AND CAN COMMIT ON A REGULAR BASIS. YOUR SUPPORT IS GREATLY APPRECIATED!"

- Rounding up contributions
- Organizing household/clothing items
- Greeting members to sign in and providing help
- Displaying and Storing Donations

VOLUNTEERING AT THE AIRMAN'S ATTIC BUILDS SKILLS, SUPPORTS AIRMEN, EARN BULLET AND YOU CAN EARN THE MILITARY VOLUNTEER SERVICE MEDAL WITH 500 HOURS. MILITARY AND CIVILIAN VOLUNTEERS WELCOME!

DONATE

*Donations Drop-Off:
Mondays, from 14:00 to 14:30

- ACCEPTED DONATIONS:
- MILITARY UNIFORMS
 - HOUSEHOLD GOODS
 - CLOTHING (CLEAN)
 - BABY ITEMS
 - KITCHENWARE
 - FURNITURE (GOOD CONDITION)
 - WORKING ELECTRONICS
 - TOYS

ITEMS WE'RE UNABLE TO ACCEPT:

- SHOES AND BOOKS

*DUE TO LIMITED SPACE/MANPOWER, WE CAN ONLY ACCEPT A SMALL SELECTION OF DONATIONS AT THIS TIME. WE APPRECIATE YOUR UNDERSTANDING AND GENEROSITY!"



COMPOSITE SQD. #45 CIVIL AIR PATROL

CADETS ARE IN DIRE NEED
OF DONATED USED ABU's.

CONTACT MSGT. BREAZEALE
909-238-2625
ALAWDOG7@AOL.COM

MARCH ARB CHAPLAIN CORPS

Every Warfighter... Spiritually Fit and Ready!



SUNDAY WORSHIP SERVICES

PROTESTANT:

0630 - 50 & 56 APS Large Classroom (Bldg 2340)

0730 - 701 Auditorium (Bldg 601)

1200 - Chapel Sanctuary (Bldg 468)

CATHOLIC:

1100 Catholic Mass - Chapel Sanctuary (Bldg 468)

*Confession 30 Min Prior to Mass

ADDITIONAL OPPORTUNITIES

Unit Engagement * Confidential Counseling
Resilience Programs * Religious Observances
Facilitated Discussions * Weddings * Memorials
Invocation Requests * Commander Calls
Leadership Advisement * Religious Accommodation

Phone: 951-655-4105

Email: 452AMW.HC.MarchChapel@us.af.mil

Address: 880 Baucom Ave, Bldg 468; NW March ARB, CA 92518

EVENTS

First Sergeant Councils Present:

5K RUN

Armed Forces Run



Open to all military personnel, civilians and children
Free T-shirt for first 150 sign-ups

** See your First Sergeant for Formation
Run sign-ups

Saturday

September 13, 2025

Reporting time: 07:15 hrs

Run time: 07:30 hrs

Awarded 1st Sgt trophy to Squadron with best time

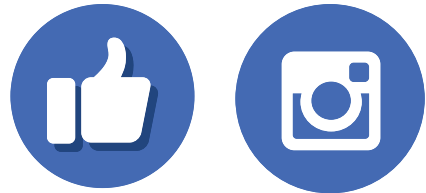
March ARB, CA, accross building 395

**Formation run: min 4 participants, all members
need to be in PT/Sq uniform and end as a formation

Sign-up:



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FSS MONTHLY CALENDAR




Morale, Welfare, and Recreation (MWR) Programs

August 2025

MarchFSS.com

f @MarchFSS

SUN	MON	TUE	WED	THU	FRI	SAT
31 of August					1	2
					• Sally's Alley (1600)	• Sally's Alley (1600)
3	4	5	6	7	8	9
	• Spin Class 1100 (Gym)	• Mixxed Fit 0600 (Gym) • Lunchtime Volleyball & B-Ball 1100 (Gym) • Pick up Pickleball 0800 (Gym)	• Social Hour at Sally's (1600) • Grill of the Night! (Hap 1700) • Spin Class 1100 (Gym)	• Mixxed Fit 0600 (Gym) • Yoga Class 1200 (Gym) • Grill of the Night! (Hap 1700) • Lunchtime Volleyball & B-Ball 1100 (Gym) • Ice Cream Social (1400, Backstreet Grill)	• Sycamore Canyon Wilderness Park Trail Hike 0700. Meet at Fitness Center at 0630 (Gym)	• Recipes by Luca Manfe Online Cooking Class! (ODR) SCAN BELOW FOR LINK
10	11	12	13	14	15	16
	• Spin Class 1100 (Gym)	• Mixxed Fit 0600 (Gym) • Lunchtime Volleyball & B-Ball 1100 (Gym) • Pick up Pickleball 0800 (Gym)	• Social Hour at Sally's (1600) • Grill of the Night! (Hap 1700) • Spin Class 1100 (Gym) • Extramural Golf Meeting 1100 at the Fitness Center (Gym)	• Mixxed Fit 0600 (Gym) • Yoga Class 1200 (Gym) • Grill of the Night! (Hap 1700) • Lunchtime Volleyball & B-Ball 1100 (Gym) • Ice Cream Social (1400, Backstreet Grill)		
17	18	19	20	21	22	23
	• Spin Class 1100 (Gym)	• Mixxed Fit 0600 (Gym) • Lunchtime Volleyball & B-Ball 1100 (Gym) • Pick up Pickleball 0800 (Gym)	• Social Hour at Sally's (1600) • Grill of the Night! (Hap 1700) • Spin Class 1100 (Gym) • National Friendship 5K 0700 Fire Department Course (Gym)	• Mixxed Fit 0600 (Gym) • Yoga Class 1200 (Gym) • Grill of the Night! (Hap 1700) • Lunchtime Volleyball & B-Ball 1100 (Gym) • Ice Cream Social (1400, Backstreet Grill)		
24	25	26	27	28	29	30
	• Spin Class 1100 (Gym)	• Mixxed Fit 0600 (Gym) • Lunchtime Volleyball & B-Ball 1100 (Gym) • Pick up Pickleball 0800 (Gym)	• Social Hour at Sally's (1600) • Grill of the Night! (Hap 1700) • Spin Class 1100 (Gym)	• Mixxed Fit 0600 (Gym) • Yoga Class 1200 (Gym) • Grill of the Night! (Hap 1700) • Lunchtime Volleyball & B-Ball 1100 (Gym) • Ice Cream Social (1400, Backstreet Grill)		

Details & Future Upcoming Events

FITNESS CENTER EVENTS

- National Friendship Day 5K Run/Walk - **August 20th at 0700**, at the Fire Department Course. Please sign up at [Startbooking.me/452fitness](https://startbooking.me/452fitness), use personal device for sign up.
- **Aug 8th 0700:** Sycamore Canyon Wilderness Park Trail Hike. **Meet at the fitness center at 0630.** Use own vehicles to get to the site.
- Extramural Golf meeting **Aug 13th 1100** at the Fitness Center
- Pickup Pickle Ball Games - **Tuesdays at 0800**
- **Modified Hours** are currently **0500-1330 daily**. After Hours Program is available for registered members.
- After Hours Program - **Please sign up before 1300 to register**

BACKSTREET GRILL/HAP ARNOLD CLUB EVENTS

- Social Hour at Sally's! Every Wednesday; **Open at 1600**
- Grill of the Night to include Steaks on Weds and Thurs **1700-2000 Hap Arnold Club**
- Sally's Alley Open **UTA Friday August 1 & UTA Saturday August 2 at 1600**
- Black Bean Burger & Veggie Burger **NOW AVAILABLE!**

- **Yoga in the Park** participants receive **\$1.00 off on Salads and Wraps! Stop by the Backstreet Grill after Yoga!**
- Ice Cream Social **EVERY THURSDAY at 1400**

OUTDOOR RECREATION/ITT EVENTS

- **August 9:** Recipes by Luca Manfe, "Lobster Fettucini" Virtual Cooking Class! Contact ODR for more details!
- Outdoor Recreation has **Snow Cone, Popcorn, Cotton Candy Machines** for Rent.
- Your Base ITT office is now offering **iFLY vouchers**.
- Voucher is valid at all participating US iFLY locations.

Reminder: NO COST CHILDCARE is available during UTA weekends. For more info, reach out to Debra McCoy at x5144

- New NAF Positions **AVAILABLE**
Cashier, Cooks, Bartender, ODR
Scan QR code for more details!



Information of FSS Services on the back

MARCH FSS EVENTS

WHAT'S COOKING? PRESENTS

2025 VIRTUAL Cooking Classes

WITH LUCA MANFE
WINNER OF MASTER CHEF SEASON FOUR

05. 03 @ 1600 CT Steak Night
05. 31 @ 1600 CT Strawberry Tiramisu
06. 14 @ 1600 CT Crispy Salmon
07. 12 @ 1600 CT Pork Chops
07. 20 @ 1300 CT Fried Shrimp Taco
08. 09 @ 1600 CT Lobster Fettuccini

09. 07 @ 1400 CT Short Ribs
10. 11 @ 1600 CT Veal
11. 02 @ 1200 CT Eggs Benedict
11. 22 @ 1600 CT Fish and Chips
12. 14 @ 1300 CT Soufflé & eclairs
01. 10 @ 1600 CT Rack of Lamb

**ATTEND FOR A CHANCE
TO WIN ONE OF TWO
GRAND PRIZES***

*TERMS AND CONDITIONS APPLY



SCAN QR CODE TO LEARN MORE OR GO TO
[MYAIRFORCELIFE.COM/MASTERCHEF](https://myairforcelife.com/masterchef)



MARCH FSS EVENTS



SYCAMORE CANYON WILDERNESS PARK TRAIL HIKE

AUG 8 0700

*Meet at the Fitness Center at 0630
Use own vehicles to get to the site*



Extramural Golf Meeting



AUG 13TH · 1100 at the
fitness center



National Friendship Day **5K Run/Walk**

Aug 20th 0700 · Fire Department Course



MARCH FSS EVENTS

A photograph showing a person's hands painting a sneaker with a brush. The sneaker has a colorful, abstract design. Other sneakers are visible in the background.

Shoe Painting

Dec 5, 2025
Sign-up at ODR
Design your style!
Info: 655-2816

The logo for the Air Force ODR (Officer Development and Readiness) program, featuring a shield with a mountain, a person, and a bicycle, with the text "AIR FORCE" above and "ODR" below.The logo for the Air Force ODR (Officer Development and Readiness) program, featuring a shield with a mountain, a person, and a bicycle, with the text "AIR FORCE" above and "ODR" below.

Resin Workshop

Oct 25, 2025

Sign-up at ODR
Bldg. 434

Learn Art with Resin
Info: 655-2816

The logo for the Air Force ODR (Officer Development and Readiness) program, featuring a shield with a mountain, a person, and a bicycle, with the text "AIR FORCE" above and "ODR" below.

Team Challenge

Dec 6, 2025

Sign-up at ODR

**Which Unit Cooks?
Who Has What It Takes?**

