

**All About You Day, 1/12/2013**

| <b>Topic</b>                      | <b>Start time - End Time</b> | <b>Speaker</b>                  |
|-----------------------------------|------------------------------|---------------------------------|
| Welcome Intro/Unit Brief/Mission  | 0800-0830                    | Col McGuire                     |
| EFS/Re-Blueing Video              | 0830-0900                    | CCMSgt Clark                    |
| Team Building/Mentorship          | 0900 – 0930                  | CMSgt Gonzales                  |
| <b>Break</b>                      | <b>0930 - 0945</b>           |                                 |
| Education/Career/Records          | 0945 - 1045                  | MSgt Switzer                    |
| UCA                               | 1045 - 1100                  | UCA's                           |
| ESGR                              | 1100 - 1130                  | Mr. Lawrence Wise               |
| <b>LUNCH</b>                      | <b>1130 – 1230</b>           | <b>DM Facility or Snow Bird</b> |
| Fitness-Fit for Life              | 1230-1300                    | Capt Jefferson                  |
| Medical/LOD's                     | 1300 – 1315                  | TSgt Walker/ CMSgt Silvas       |
| Urinalysis Program                | 1315 - 1330                  | SSgt Karinka Preston            |
| <b>Break</b>                      | <b>1330-1345</b>             |                                 |
| HRO/ Status/ Jobs                 | 1345-1400                    | TSgt Alicia Archie              |
| Financial Planning/Responsibility | 1400 - 1530                  | Mr. Frank A. Molinar, CFP       |

**Your Family Day, 1/13/2013**

|                                  |                    |                             |
|----------------------------------|--------------------|-----------------------------|
| Welcome                          | 0800 - 0815        | Col Maxwell                 |
| Resiliency                       | 0815-0900          | CMSgt Silvas/MSgt Jorgensen |
| <b>Break</b>                     | <b>0900-0915</b>   |                             |
| Psychological Health             | 0915-0930          | Ms. Diane Schiff            |
| First Sergeants                  | 0930-0945          | MSgt Jason Handa            |
| Chaplin Services                 | 0945-1000          | 1Lt Mestler                 |
| <b>Break</b>                     | <b>1000-1015</b>   |                             |
| Military One Source              | 1015- 1045         | Mr. Garland/Paul Smith      |
| TriCare Reserve Select           | 1045- 1100         | Undecided                   |
| <b>Break (Snacks)</b>            | <b>1045 - 1115</b> |                             |
| USAA                             | 1115 – 1130        | Mr. Jim Collander           |
| Airmen & Family Readiness        | 1130 - 1145        | Mrs. Barb Gavre             |
| Jimmy Jet Foundation             | 1145-1200          | Lt Col Knutson              |
| <b>Break</b>                     | <b>1200- 1215</b>  |                             |
| Wrap Up (Survey's & Door Prizes) | 1215- 1230         | CCMSgt Clark                |

\* Uniform of the Day Saturday and Sunday is ABU's (Student Flight uniform for student flight)

\*\* Sign In / Sign Out Sheets