



Base Bulletin

Vandenberg AFB, CA 93437-0759



14 January 2004

No. 2

The Base Bulletin is published each Wednesday (except holidays). Send proposed bulletin items via e-mail to publishing.vafb@vandenberg.af.mil or to Publishing VAFB on the Global, or via fax to DSN 276-6614 or 805-606-6614 to arrive at 30SCS/SCSP by noon Friday, the week before you want your item to appear. Be sure to include your name, office symbol, and office phone number. Remember to include your home phone number for personal items. Your items will run for two consecutive weeks, and may be resubmitted one week after the last date it was published. Bulletins are valid for 90 days unless rescinded or superseded. Note: If an article requires a 30SW Form 400, this form must be submitted with the article, or it will not be published.

SECTION I — ADMINISTRATIVE DUTIES

Duty Chaplain: Duty phone, 6-5773. After hours, 6-9961.

Safety Hazard: Dial 5-SAFE (If off base, dial 605-SAFE).

SECTION II — OFFICIAL

1. Team Vandenberg:

a. Retirement Luncheon: Due to mission requirements, the retirement luncheon for Mr. Terry Schafer, Chief Range Scheduling, is re-scheduled for 16 Jan 04, 1130, at Jack's in Old Orcutt. Questions? Call Gordon Maness at 276-8825 or 6-8825. (30ROPS/DOUS)

b. Team Vandenberg 2003, Annual Awards Suspense: All Company Grade Officer, Enlisted, Civilian, and Volunteer packages are due NLT 1630, Tuesday, 21 Jan 04. Hand Carry all packages to MSgt Smith, Rm C-104 of Bldg 10577 (Wing Legal Office). Address packages to 30SW/CGO Board Facilitator, 30 SW/Enlisted Board Facilitator, 30SW Volunteer Board Facilitator, or 30SW Civilian Board Facilitator. Rules of Engagement/Criteria are found at http://www.vandenberg.af.mil/awards_promotions/guidance/index.htm. Do not forget to use the new IMT FORM 1206, as we can no longer accept the FormFlow version. (30SW/JAE, 5-6207)

c. Parking Lot Closure: Weather permitting, the parking lot for Bldg 5500, Bay A, (Transportation TMO & Base Supply Storage & Distribution) and the VAFB MIB Service Store will be closed from 1200 on Wednesday, 21 Jan 04 to 0730 on Friday, 23 Jan 04, for cleaning, resurfacing, and line painting. Parking outside the fenced area will be limited to non-existent during this period. Customers are requested to postpone trips to these three areas until Friday morning if at all possible. Thank you. If you have any questions, please contact Mr. Bill Mobley at 6-4745. (30LRS/LGRDMS)

d. Commander's Quarterly AFOSH Council: The Commander's Quarterly AFOSH Council will be held on Wednesday, 21 Jan 04 from 1430—1600 at the WROCC Theater. All Team Vandenberg Commanders are required to attend. USRs and interested persons are highly encouraged to attend, as well. Purpose of the AFOSH Council is to address all safety, health and fire protection issues. Col David "DT" Thompson, 30SW/CV, will preside as Chairman of the Council, and will present the Annual Team Vandenberg Safety Awards at this quarter's forum. (30SW/SEB, 6-8804)

e. 2004 Internal ECAMP Audit: The Environmental Compliance Assessment and Management Program (ECAMP) audit will be conducted 26—30 Jan 04. This audit will cover the environmental protocols as found in AFI 32-7045. ECAMP team members will be visiting Wing, Tennant, and Contractor organizations during the audit. The Team Guides will be posted on the 30CES/CEV web page. Please contact Ileana Speer at 6-3919 for additional information. (30CES/CEVV)

f. NCO Retraining Program: Air Force officials have announced the start of the FY04 NCO retraining program. The FY04 NCORP will target approximately 1,100 NCOs (SSgt, TSgt, MSgt) to retrain from AFSCs with NCO overages to AFSCs with NCO shortages. The voluntary phase of the program runs from 5 Jan 04 through 23 Feb 04. Some restrictions apply, depending on your grade and AFSC, if necessary, an involuntary phase will run from 8 Mar 04 through 26 Apr 04. Contact SSgt Camacho at 6-7585 or SSgt Gardner at 6-8671 for complete details. (30MSS/DPMAE)

TEAM VANDENBERG

g. Volunteer Tour Guides Needed: Public Affairs is in need of NCO and CGO tour guides for groups visiting and touring the base. Tour guides would be responsible for "cradle to grave" tour itinerary preparation for their assigned groups to include: coordination and approval of facilities to tour; all logistics support (transportation requests, entry authorization lists, occasional dining arrangements); meeting and clearing groups at the Main Gate Visitor Control Center; briefing script presentation; and escorting groups for their entire stay on Vandenberg AFB. Tours are conducted Monday through Thursday between 0800 and 1530 only. PA will be the initial point of contact for the groups, providing pertinent information, and assigning tour guides who take over the tours from that point. PA supplies necessary materials and briefings for tour guides. If interested, please contact Public Affairs at 6-3595. (30SW/PA)

h. JPASO Scheduling Conference: The next quarterly JPASO Scheduling Conference will meet on Thursday, 05 Feb 04 at 1000 in the Bldg 7025, WROCC Auditorium. There will be a special presentation by the Naval Air Warfare Center, Point Mugu on aeronautical programs Hyper-X and Hypersonic Flight programs planned for the West Coast Offshore Operating Areas. In addition several range scheduling briefings are planned with presentations by JPASO Pacific area range representatives including PMRF Barking Sands HI, Naval Air Pt. Mugu CA, 22 Space Operations Squadron, Peterson AFB CO, Reagan Test Site U.S. Army Kwajalein Atoll and others discussing range instrumentation, maintenance, operations schedules and related topics. For further information contact Bob Corser at 6-8987. (2ROPS/DOUS)

i. Airman Against Drunk Driving (AADD): Call us and we will come get you. 605-AADD/606-AADD. We care, do you? (30CES/CCS, 6-3612)

2. 30th Space Communications Squadron: (30SCS)

a. Attention Telephone Control Officers (TCOs): The December 2003 Lompoc and Santa Maria/5 Cities Commercial Verizon Telephone Directories have arrived and are ready for distribution to government organizations only. For any organizations in need of Santa Maria/5 Cities Directories in addition to Lompoc, do not delay in picking these up as we have a limited supply. You may pick these up at 867 Washington Ave, Bldg 12000, Rm 202, Monday - Friday between 0900-1100 & 1330-1430. Any questions may be directed to Cheryl Jones, 6-5678. (WROCI/InDyne)

b. Think Records. Records play a vital role in managing and operating Air Force activities. Air Force units at all levels must document their organization, function, and activities and preserve their records by implementing effective life-cycle management procedures within their areas of responsibility. Commanders and staff agency chiefs must implement records management programs in order to comply with AFI 33-322. This also applies to contractors operating under an Air Force contract. (30SCS/SCBR-WROCI, 6-4212)

3. Traffic Management Office: (30LRS)

a. Shipping/Receiving Packages Via Federal Express: Attention all base organizations that ship and/or receive packages via Federal Express: Under the DOD approved GSA contract, FedEx is authorized to transport unmarked classified packages up to a classification of SECRET. Any packages you receive from FedEx must be treated as classified material until it is determined to be otherwise. When shipping classified items, they must be processed through Cargo Movement, Bldg 5500 Bay B, unless other arrangements have been made. Cargo Movement must be advised on the classification level. Any questions may be directed to TSgt Scott, 6-3381. (30LRS/LGRDC)

b. Attention TMO Customers: If you have recently arrived PCS and have household goods in storage awaiting quarters, schedule delivery of your personal as soon as you have a firm address and move in date. Local agents may not be able to provide prompt delivery services if they are not provided sufficient lead-time. Contact SSgt Agcaoili, 6-0906. (30LRS/LGRT)

4. Civilian Personnel: (30MSS/DPCE, 6-5847)

Voluntary Leave Transfer Program: Johnna DeSimone - Schriever AFB, Sandra Jernigan, Betty O'Herlihy, Howard Brown, and Tim Jones - Luke AFB, Michael Baca - HQ ARPC/MS, Glenda Bennet - Peterson AFB, Herlene Thurman - Los Angeles AFB, Carolyn DeLaGarza - Langley AFB, Contine Francis and Janice Shinkle - MacDill AFB, Delores Green - Dobbins ARB, Wilson Holloway and Frank Valentik - Avon Park AFR, Charles Howard - Vance AFB, Jane Kelsey and Earle Tasse - Eglin AFB, Roberta Clark, Eileen Clemmons, Theresa Currier, Jennifer Mac Davitt, and Lisa Wiggs - Patrick AFB, Earl Mikula - Buckley AFB, Dotsy Parnell - Shaw AFB, Sue Sommers - Scott AFB, Jeneke Lacy, Jacquelyn Schmidt and Carol Vilcek - AF Academy, and Mike Weatherly - Homestead ARB are all in need of leave donations. Civilian employees who would like to donate a portion of their annual leave must complete an OPM 630-A. You can go by Bldg 11777, Rm B-103 to pick-up and/or turn in your form. You can access this form on the web at: http://www.opm.gov/FORMS/PDF_FILL/opm630A.pdf.

5. 30th Medical Group: (30MDG)

a. New Flight/Missile Medicine Sick Call Hours: Beginning 1 Jan 04, Flight/Missile Medicine's new Active Duty sick call times will be from 0730—0800. Friendly reminder: sick call is designed for patients who are unable to wait for an appointment. Examples would be vomiting, diarrhea, severe pain, etc. For more routine ailments, such as, soreness, medication refills, and waiver renewal appointments, please continue to make scheduled appointments by calling Flight/Missile Medicine at 606-5560. When using Flight/Missile Medicine sick call, we ask that patients arrive between 0715 and 0730 to ensure that we can see you in a timely manner. Dependents needing a sick call appointment should call Flight/Missile Medicine at 606-5560 for further instructions. (30MDG/SGSB)

b. Clinic Closure: The Vandenberg Clinic will be closed 22 Jan 04 for Mandatory Medical Readiness Training. Urgent needs: 606-CARE or 1-888-252-3299. Please plan ahead for appointments and pharmacy refills. Capt Starks 6-3308. (30MDG/SGO)

6. 30th Security Forces Squadron: (30SFS)

a. Neighborhood Watch Program: This program is run by you and designed to help ensure a safe and secure neighborhood. If interested in starting this program in your area call 5-0792. (30SFS/SFOS)

b. Vacation Quarters Check: If you live in base housing and plan to take leave or go TDY, have Security Forces check your home while you are gone. To make arrangements, stop by the Law Enforcement Desk, Bldg 13675. For more information call 5-0792. (30SFS/SFOS)

c. Firearms Registration: IAW 30 SWI 31-101, Installation Security Program, Paragraph 14.3.1, states all base residents who own or possess firearms must register them with the Pass and Registration Office. To initiate the process, request an AF Form 1314, Firearms Registration, from your orderly room. After completing in triplicate, take the signed form to Bldg, 11777, Rm C-111. For more information, contact your Resource Protection Monitor, or call 5-0797. (30SFS/SFOSP)

OFFICIAL**FRANK GALLEGOS
Colonel, USAF
Commander****Mary E. Meyer
Chief, Publishing Management****SECTION III — UNOFFICIAL****General Information:**

a. Dining Facility Advisory Board Meeting: The next Dining Facility Advisory Board meeting will be 14 Jan 04, 1000, at Breakers Dining Facility. (30SVS/SVMX, 6-3219)

b. Dr. Martin Luther King Jr. Celebration Program: The African-American Association would like to invite everyone to the Dr. Martin Luther King, Jr. celebration program on Wednesday, 14 Jan 04 at 1200 at Chapel 1. The guest speaker will be Mr. Calvin M. Tucker, Food Service Officer and Functional Area Chief of the 30th Services Squadron. Free ethnic food samples will be provided immediately following the program. (30CES/CEOEA, 53544)

c. Quarterly Birthday Meal: The Quarterly Birthday Meal will be held at the Breakers Dining Facility on 15 Jan 04. Members with birthdays in the months of October, November and December are invited. The doors will open at 1700 and Team Vandenberg Commanders, Chiefs and First Sergeants will serve the meal at 1730. (30SVS/SVMX, 6-5496)

d. Vandenberg Enlisted Action Team (VEAT) Meeting: Do you have suggestions to improve quality of life on Vandenberg? The next VEAT meeting will be 22 Jan 04 at 1000 at GI Java. The purpose of VEAT is to mutually support the enlisted force and to keep Wing leadership apprised of enlisted issues at Vandenberg AFB. Members are challenged to take action in identifying critical issues and developing new ways to work smarter and play harder. (30ADOS/SGGD, 6-1846)

e. Free Throw Championship: All boys and girls ages 10 to 14 are invited to participate in the local level of competition for the Knights of Columbus Free Throw Championship. The local competition will be held Sunday, 25 Jan 04 at 1300 at the base gymnasium. Contact Jeff Greenwood for questions or registration at 734-1700. (392TRS/DOC. 5-8344)

f. Free Calendars: Free America Recycles Day 2004 calendars available at 30CES/CEV. Student artwork from Crestview and Los Padres Elementary Schools helped comprise this year's calendar. Calendar contains recycling tips and other pollution prevention information. Call 6-5726 to obtain your free 2004 calendar, or stop by Bldg 7015, first floor, Suite 116. (Tetra-Tech)

g. 2-Drawer Safe Needed: The Radio Frequency Spectrum Management Office needs a working (not locked out) security container. You call - we'll haul. (30SCS/SCMI, 6-6695)

h. Safe Wanted: The Range Scheduling Office needs an operational security container (2, 4, or 5 drawer) approved for classified material. We'll haul! (2ROPS/DOUS 6-8826)

i. American Red Cross Class: Specialized Course on Public Affairs in Disaster will be held at the Buellton Senior Center, 164 West Hwy 246 on Saturday, 31 Jan 04, from 0900—1700. Please contact any office for information. Santa Barbara Office, 687-1331, Lompoc Office 736-5110, Santa Maria Office 928-0778. Email us: disaster@sbaco-redcross.org (ARC)

Health and Wellness Center: (30MDG/HAWC, 6-2221)

a. Tobacco Cessation Class: This is a six-week class held on Tuesday, from 1200—1300 geared toward helping individuals quit tobacco for good. For class dates and more information contact the HAWC at 6-2221.

b. Get Fit in 2004 Contest: The Health and Wellness Center & Fitness Center are having a before and after contest called "Get Fit for 2004". The Contest will start on 26 Jan 04. Initial assessments on these individuals will be performed at the Fitness Center on 21 Jan 04 from 0800-1000, 22 Jan 04 from 0800-1000 and 23 Jan 04 from 1200-1400. For more information or to sign-up, please call the HAWC at 6-2221

c. Breastfeeding and Infant Care: This class is offered to help new Moms with the proper tips and techniques of breastfeeding as well as Infant Care (Dads are highly encouraged to attend). Class is offered quarterly for more information please call the HAWC at 6-2221.

d. Exercising During Pregnancy: This class gives expectant Moms the guidelines for staying fit while pregnant and is offered quarterly. For more information please call the HAWC at 6-2221.

e. Risk Reduction Series: A series of 3 classes offered on Thursday at the HAWC from 1400—1600. The first Thursday covers Diabetes, the second Thursday covers Cholesterol/Heart Disease and the third Thursday covers High Blood Pressure. For more information or to sign-up please call the HAWC at 6-2221.

Chapel: (30SW/HC, 6-5773)

a. Worship Schedule: Catholic Mass: Saturday, 1615—1645 confessions; 1700 Chapel II; Sun 1000, Chapel I, Daily Mass 1130 M-F, Chapel II. **Protestant:** Praise & Worship 0830 Sunday, Chapel II; Gospel 1130 Sunday, Chapel II; Traditional 1130 Sunday, Chapel I.

b. The Vandenberg Jewish Community: Hebrew and Bar Mitzvah classes are ongoing on base. These classes are open to all children with base access. Please call Randee Van Ness at 734-3311.

c. Vandenberg Officer Christian Fellowship: Vandenberg Officer Christian Fellowship (OCF) is a non-denominational bible study meeting Thursday nights, 1900, at the home of Maj Keith and Christy Keana, 612 Cherry St. Come join us for a time of study, fellowship and prayer. Please contact Maj Keana or Christy at 734-0696 (home) or 6-6461 for more information. Keith.keana@vandenberg.af.mil

d. Monthly Prayer Breakfast: Come and join us for our monthly prayer breakfast Thursday, 15 Jan 04 at 0630 at the Chapel I annex. Col Wayne Louis, former Vice Commander of the 30th Space Wing will be our guest speaker.

Family Support Center: (To pre-register for all classes, workshops, and seminars, call the designated point of contact, 30MSS/DPF, 6-0039).

a. Office Closure: The Family Support Center is closed for staff training every Monday from 0730—0930. Personnel requiring **emergency** Air Force Aid will be assisted. Call 6-0039.

b. CBS-REDUX/Career Status Briefing: 16 Jan 04, 1100—1200 at the Family Support Center. Did you know that the new Career Status Bonus (CBS) offers a one time \$30,000 payment in exchange for a lifetime of reduced retirement benefits? Get the help you need now to make your decision and better understand your payment options. Call 6-0039 to sign up for this briefing.

c. 7 Habits of Highly Effective Air Force Families: This workshop will meet for 3 Friday evenings, 1700—2100, beginning 16 Jan 04 at the Family Support Center. The workshop is tailored made to the Air Force by

addressing issues around family relations, financial, relocation and separation issues. Call 6-0039 to register for this class.

d. Pre-separation Briefing: 20 Jan 04, 0800—0900 at the Family Support Center. This mandatory briefing is for military members scheduled to retire or separate and must be completed at least 90—120 days prior to departure. Topics covered included employment benefits, relocation, educational training, medical, financial, disability and more. No registration is required to attend this briefing.

e. Winning Interviews: 21 Jan 04, 1300—1500 at the Family Support Center. Receive information on preparing before the interview up to the follow up letter. Learn the fundamentals of interviewing, necessary preparations, types of interviews, and what to expect. Workshop is open to all active duty, spouses, family members, retirees, and DoD civilians. Call 6-0039 to register.

f. Manage Your Move: 21 Jan 04, 0845—1100 at the Family Support Center. This workshop is for active duty military and their spouses, which will include briefings from Housing, TMO, Finance, Legal (Claims), TRICARE and tips for the packing out days. An overseas cultural adaptation segment follows from 1100—1130. Call 6-0039 to register.

g. 2004/2005 General Henry H Arnold Education Grant Program: Last year the Air Force Aid Society awarded \$5.25 million in college education grants to Air Force dependents. Your son, daughter, or spouse could be an eligible candidate. Visit your Family Support Center or the Society's web site www.afas.org for information and application for this grant. Don't automatically think you won't qualify. What have you got to lose? A \$1500 college grant!

h. BabyMeet: Meets Tuesday and Thursday at 0900 at the Religious Education Center, Bldg 16140. If you are pregnant or the parent of a baby between the age of newborn to 2 years, this is an opportunity to get together with other families for discussions and socialization. Contact Lora at 734-1461.

i. Playtime for Tots: Meets Wednesday mornings at 1000. This playgroup is for parents and children ages 2 to 5. Contact Sully at 734-2089.

j. VAFB Mothers of Twins Group: If you would like to get together with other parents of multiples to discuss everything from bed rest and triple strollers to potty training and separate classrooms, please join us. We are forming a new support group for families. For further information contact Karen Duncan at 734-1654 or KSDSM@aol.com

30th Services Squadron: (30SVS/SVK, 6-276)

a. Auto Hobby Shop: (30SVS/SVRA, 6-6014)

- **Early Bird Shop:** Tuesday - Thursday, shop opens at 1000.
- **Upcoming Class:** 19 Jan 04, 1100—1300. Basic tune-up and maintenance. Cost is \$10.

b. Surf Lanes Bowling Center: (30SVS/SVRB, 6-3209/734-1310)

- **Airmen's Night:** Thursday, 1700—2100. Every Thursday night at the Bowling Center, E-4's and under bowl for just \$1 per game.
- **Dollar Days:** Every Thursday, 1800—2100. \$1 per person per game.
- **Thunder Alley:** Thursday, 1800—2100; Friday, 2200—0100; Saturday, 2100—2400. Catch the ultimate glow bowl experience 3 nights a week!

c. Breakers Dining: (30SVS/SVMF, 6-7540)

- **Birthday Meal:** 15 Jan 04. Doors open at 1700, meal served at 1730. For birthdays in the months of Oct, Nov and Dec 03.
- **Dial-a-Menu:** Call our telephone menu service and find out what's being served in your dining facility. The number is 6-8234.
- **Deployed Spouses:** Thursday, 1800. Open to all spouses and dependents of deployed members. This offers spouses a chance every week to socialize with other spouses and gives them a break from cooking. E-4 and below pay cost of food only, E5 and above include surcharge.

d. Child Development Center: (30SVS/SVYC, 6-1555)

- **Give Parents a Break:** This program offers parents one evening of child-care per month for parents who need a break. Give us a call and find out how you can qualify.
- **Drop-in Care Available:** The Child Development Center is open to active duty military, DOD civilians, and DOD contractors, as well as reservists placed on active duty for training. The CDC has drop in care for \$3.50 an hour on a space available basis.

e. Family Child Care: (30SVS/SVYD, 6-3255)

- **Provider Training:** The need for Child Care Providers has never been greater! Help make a difference and find out how you can become a licensed childcare provider. Contact Gwendolyn Jones at 6-4639 or 6-3255.

f. Fitness Center: (30SVS/SVMP, 6-3832)

- **Family 1.5 Mile Walk:** 14 Jan 04, 1200.
 - **Tennis Tournament:** 18 Jan 04, 1200.
 - **Martin Luther King Fellowship Run:** 20 Jan 04, 1200.
 - **Pre-Season Basketball Tournament:** 24 Jan 04, starting at 1000.
 - **Fitness Improvement Programs (FIP):** These classes are designed for those who do not meet Air Force fitness standards. Step-n-Strength Interval - Tuesday from 0900—1000. Total Body Conditioning - Wednesday from 1730—1830. Indoor Cycling - Saturday from 0800—0845.
 - **Get Fit For 2004:** 26 Jan 04. Sign up today for this eight-week program run through the Fitness Center and the HAWC. Participants will receive an initial fitness assessment, which will decide their fitness "prescription". After eight weeks with that prescription, each person will take another fitness assessment to determine his or her progress.
- g. Library:** (30SVS/SVMG, 6-6414)
- **Pre-School Story Time:** 15 Jan 04, 1000.
 - **Dial-a-Story:** The phone number is 6-4300. Available 24/7, story changes each Sunday.
- h. Marshallia Ranch Golf Course:** (30SVS/SVRG, 6-6262)
- **Santa Maria BBQ:** 15 Jan 04, 1100—1330.
 - **Youth Golf Lessons:** Saturdays, 1330. Lessons are available for youth ages 8-years and up. Cost is \$5 each session including use of rental club set and range balls.
- i. Outdoor Recreation/Equipment Checkout:** (30SVS/SVRO, 6-5908)
- j. Pacific Coast Club:** (30SVS/SVRMC, 734-4375 or 734-4376)
- Entertainment/Events:**
- **Around The World:** Join us as we explore 20 beers from 20 different countries. A new beer will be available every Friday for a two-week period. Pick up your passport today!
 - **Hot Latin Sounds:** 16 Jan 04, 2000—0200, in the Enlisted Lounge. Free dance lessons at 2000. Music by DJ New York Pete.
 - **Karaoke Night:** 16 Jan 04, 1900—2300, in the Officers' Lounge.
 - **18 & Over Night:** 17 Jan 04, 2200—0300, in the Enlisted Lounge. The best of R&B, Hip-Hop and old school with "Danny G & Company" featuring Davey D and DJ Cyber Kid. Drink specials and give-a-ways. Free to Club members, all others \$3.
 - **Martin Luther King Jr. Day:** 19 Jan 04. Club and Foggio's Closed.
 - **Boss & Buddy Night:** 21 Jan 04, 1700, in the Enlisted Lounge. Bring your boss or buddy to the E-Lounge for beer specials, free snacks and a karaoke contest.
 - **Super Bowl Party:** 1 Feb 04, two hours before game time. Club members free - all other \$5. All-you-can-eat taco bar, hot wings and hot dogs before the game. Football toss, giveaways, drink specials and a raffle for special prizes!
- Menu:**
- **Weekly Lunch Buffets:** Tuesday - Mexican, Italian, or Oriental Buffet (rotates weekly); Wednesday - Santa Maria BBQ Buffet; Thursday - Chicken and Ribs Buffet; Friday - Seafood Buffet.
 - **Mongolian BBQ:** 14 Jan 04, 1800—2000.
 - **Kids Night:** 14 Jan 04. Children under 12 years old get a 6-inch mini pizza with choice of toppings and soda - \$1.50. (No coupons)
 - **Pasta Mania Buffet:** 15 Jan 04. Members \$6.95. Children 4 years and under are free.
 - **Fried Chicken Buffet:** 20 Jan 04. Now enjoy Pacific Fried Chicken in a buffet! Chicken entrees, mashed potatoes and gravy, corn-on-the-cob and rolls. Members \$6.95.
- k. Rod & Gun:** (30SVS/SVRR, 6-4560)
- **Open Shoot:** Open Trap & Skeet shoot every Wednesday, Friday and Saturday morning at 0830.
- l. Services Center:** (30SVS/SVYR, 6-7976)
- **Indoor Cycling:** Saturday from 0800—0845 at the Services Center. (FIP Class)
 - **UPS Shipping:** Stop by the Services Center for your UPS shipping. Available Monday through Friday from 0800—1700.
- m. Skills Development:** (30SVS/SVRS, 6-6438)
- **Stained-Glass Workshop:** 14 Jan 04, 1700. \$2.50 per hour + cost of materials.
 - **Scrapbooking Workshop:** 15 Jan 04, 1800—2000. \$2.50 per hour + cost of materials.
 - **Basic Framing:** 20 Jan 04. Basic framing make-up class by appointment.
 - **Ceramics Course:** 4, 11, 18 Feb 04. Sign up for the three-part ceramics course in February. Cost is \$35. Classes meet the first three Wednesdays in February from 1730—2030. Topics include hand forming slab clay, cleaning and painting hand formed items, and finish painting & glazing.
- n. Swimming Pool:** (30SVS/SVRO, 6-3581)

- **Pool is Currently Closed:** Due to repairs, the pool is closed until further notice.
- o. Veterinary Clinic:** (30SVS/SVRV, 6-3019)
 - **Clinic Day:** Thursday is the normal clinic day. Pets can be seen by appointment only by calling us at 6-3019. The appointment schedule is released every Friday for the following Thursday.
- p. Youth Center:** (30SVS/SVYY, 6-2152)
 - **Youth Baseball/Softball:** Registration for the upcoming 2004 season begins 15 Jan 04 at the Youth Center, Monday through Friday, from 0700 to 1700. Baseball - boys and girls age 5 to 13. Softball - girls age 8 to 13. Coed Teen Slow-Pitch Softball - boys and girls age 14 to 16.
 - **Bowl By Mail:** 19 Jan 04, 1200—1500. Ages 5 to 8 - cost is \$2.25 for a three game series. Ages 9 to 18 - cost is \$3 for a three game series. Sign up at the Youth Center or at Surf Lanes.
 - **Passport To Manhood:** Starting 21 Jan 04. This program for boys age 11-14 is designed to promote responsibility and provide mentoring to young males making the transition from adolescence to manhood. Cost is free to Youth Center Club members and \$10 for nonmembers. This program has 14 sessions of 60-90 minutes with participants 'graduating' at the end. Informational brochures are available at the Youth Center.
 - **Teen Job Search 101:** 22 Jan 04, 1300—1600, at the Youth Center. Snack lunches will be available for \$2 each (includes sandwich, chips and drink)

Education Center: (30MSS/DPHE, 5-5904)

a. Spouse Scholarship Available: Please stop by the Education Services Center to pick up information on the Spouse Scholarship Program funded by the Aerospace Education Foundation. Applications can be found at Bldg 14001, 144 Wyoming Avenue, Education Office (across the street from the Commissary). Applications are accepted now until 30 Jan 04. The 30, \$1,000 scholarships will be awarded in March. Applicants will receive a notification of their application status by the Aerospace Education Foundation. For more information, please call Ms. Jacquie Estrada at 5-5903. (30MSS/DPHE)

b. Attention - Schedule Change: The Education Flight will be closing our doors every Friday until 31 Jan 04. Please make adjustments to stop by our offices prior to Friday. Thanks for your understanding during this time. (30MSS/DPHE, 5-5903)

c. Attention Team Vandenberg Members: Due to the advancement of the Computer Age and the goal of a "Paper-less Air Force" the Education Center will be releasing hard copies of Education Records to all members. Please stop by and pick up your education records. The suspense of complete disbursement is 30 Jan 04. Note: Remaining Education Records will be shredded after Suspense date. Any questions or concerns can be directed to the Education Office at Bldg 14001 (across the street from the Commissary) or contact A1C Starks at 5-5904. (30MSS/DPHE)

d. Pre-Retirement Seminar for Civil Service Employees: If you are a civil service employee and are 5 years or less from retirement, you should attend the Pre-Retirement Seminar. The Base Civilian Training Office will be hosting the seminar on 3-4 Feb 04 from 0800-1600, on both days. The subject matter will include both CSRS and FERS retirement plans, estate planning, Social Security, financial planning, applying for retirement, Medicare, as well as other topics. There is no cost for the course. It will be held at the Education Center, across from the Commissary, in Bldg 14007, Rm D-4. To reserve a seat please contact Ms. Barbara LeFebvre at 5-5913 or e-mail Barbara.Lefebvre@vandenberg.af.mil

e. Scholastic Aptitude Test (S.A.T.) Information: Are you wondering where you can take the S.A.T.? For active duty military only, 1 free S.A.T. per lifetime is offered. The next scheduled date is 6 Feb 04 at 0800. Must have a three-person minimum. Other tentative dates will be set in April, June, Oct, and Dec 04. To schedule an appointment or further questions call the Base Education office at 5-5904. (30MSS/DPHE, 5-5904)

f. Who Needs Money?!? The Military Officers Association of America (MOAA) is again giving away scholarship money. The scholarship is for all students who are dependent children of Active duty personnel. This Scholarship is a MOAA program to honor 50 college-bound or current undergraduate students with individual \$1000 Scholarship grants for the 2004-2005 school year. Students will be selected by random drawing among applicants. Membership in MOAA is not required and there are no need-based criteria, no GPA minimum, no essays and no fees. Interested students can easily apply by completing the on-line application located on the MOAA website: <http://www.moaa.org>. Applications must be received by noon, 1 Mar 04 (No Exceptions) (30MSS/DPHE)

g. Air Command and Staff Course Version Change: All Major or Major selectees of all service components, (Active, Guard, Reserve) Civil Air Patrol (CAP), and Civilian GS-11 and above are invited to enroll in the latest release of the ACSC Distance Learning Program. The ACSC Distance learning program provides eligible candidates with an excellent opportunity to complete important intermediate development education and

closely parallels the ACSC In-resident program. Enrollment for the current v3.2 version will close 1 Dec 03 and enrollment in version 4.0 will officially open 1 Jan 04. Students have 18 months from time of enrollment to complete all course requirements. To enroll, please stop by the Education Services Office, Bldg. 14001 Monday - Thursday 0900—1500. We are located across the street from the Commissary. For further information please call, 5-5903. (30MSS/DPHE)

h. Community College of the Air Force Information: CCAF graduates from the fall 2003 graduation class may pick up their graduation photos at the Base Education Office. If you were in the graduation class but were unable to attend the graduation you may pick up your diplomas at Base Education. CCAF will only accept civilian transcripts directly from civilian institutions. This should help eliminate lost transcripts and give students more control over the process. Students can then check the Web site to ensure transcripts were received and follow up with their education counselors. Students can already order CCAF transcripts, view their progress report, CCAF transcript ordering history and CCAF receipt of civilian transcripts at <https://afvec.langley.af.mil/afvec>. The deadline for paperwork for the Spring graduation is 22 Feb 04. If you have met the requirements for your CCAF degree you need to be submitted for degree candidacy by Base Education. Please call Kathy Moran, CCAF Advisor, 5-5904, to set up an appointment. (30MSS/DPHE)

Computer Training: (InDyne, 6-3771)

a. Personal Computer Systems Training: Call for information and dates for our new classes, Adobe Acrobat Writer, Photoshop Elements, and Advanced Access. Learn Introduction to Computers -- A basic class for beginners; Word 2000; Word Advanced; Excel 2000; Excel Advanced; PowerPoint 2000; Access 2000 Beginning; Access 2000 Intermediate; Access 2000 Advanced; Access Lab; Palm PDA Beginning; Project 2000; Publisher 2000; Front Page 2000; Outlook 2000; and Outlook Email Only (a class specifically for those in process of getting an email account). In addition to the existing traditional demonstration/lecture courses offered at the Computer Training Facility located within Bldg 9360, InDyne, Inc. also reserves 4 hour blocks of time specifically for those students interested in completing Computer Based Training (CBT) Courseware. This provides an alternate method for those who are unable to satisfactorily complete CBTs at their Personal Computer in their work environment. Slots are available both in the morning and afternoon time frames. Call 6-3771, or e-mail: lexi.schwartz@vandenberg.af.mil

b. Computer Tips: First Tip: Clearing a Range - You probably know all about the fill handle, you can use it to repeat a string or a series across a range of cells. Did you realize you could also use the fill handle to clear a range? Here's how to clear a range using the fill handle: First, select the range you wish to clear. Next, grab the fill handle, the small black square at the bottom-right corner of the selected range, and pull it back over the cells you want to clear. When you release the mouse, the cells will be cleared of any color and data!
Second Tip: Renaming Your Quick Launch Toolbar Icons - When you hover your mouse pointer over the icons on the Quick Launch toolbar in Windows, you see the names assigned to the items as pop up ToolTips. If you've added items, such as Web page URL shortcuts, to the Quick Launch toolbar using the drag-and-drop method, the Tooltip box shows the (sometimes long) default text. Fortunately, you can edit this text so it's shorter and more meaningful to you. When you do, the Tooltip is cleaner and takes up less space. To make this change, simply right-click on the item and select "Rename" from the shortcut menu, enter your new text over the old in the New Name text box, and then click OK. Now, when you hover your mouse over the icon on your toolbar, the new name appears in the screen tip.

c. Available Classes: Following are classes scheduled for the next two weeks, which have open slots:

Class	Date(s)	Time
Office - Customizing Toolbars	16 Jan 04	1130—1230
Outlook Email Only	20 Jan 04	0800—1100
Project 2000	20-23 Jan 04	1300—1600
Information Technology EC Training	21 Jan 04	0900—1100
Certification & Accreditation	21 Jan 04	0800—1130
Outlook - Delegating and Out of Office	23 Jan 04	1130—1230
LAN Access Training	23 Jan 04	0800—1100
Defense Message System 3.0	26 Jan 04	0800—1100
Photoshop Elements	26-30 Jan 04	1300—1600
Acrobat Reader	26 Jan 04	1130—1230
Workgroup Managers Course	26-30 Jan 04	0800—1600
Toolbar Mastery	27 Jan 04	0800—1100
PWRR	28 Jan 04	0800—1100
PowerPoint - Custom Animation	28 Jan 04	1130—1230
Excel 2000 Advanced	29 Jan 04	0800—1100

Word - Forms & Tables	30 Jan 04	1130—1230
LAN Access Training	30 Jan 04	0800—1100
Front Page 2000	2-4 Feb 04	0800—1100
Word 2000	2-4 Feb 04	1300—1600
Windows - Tips and Tricks	2 Feb 04	1130—1230
Photo - Panorama	4 Feb 04	1130—1230

Note: Walk-ins are always welcomed!

Items For Sale:

For Sale: 2003 GMC 2500HD, 4x4 crew cab short bed pick up, green w/neutral leather int., 6.0L, 4-speed auto, loaded, 10-way power seats, w/heat and memory, Bose system w/6-disc in dash CD changer, rear seat audio controls, power adj/extending camper mirrors, tow package, only 15,000 miles, \$30,990. Call Rose at 588 9858.

For Sale: 1998 Infiniti QX4, leather, heated seats, 4-wheel drive, tow package, 6-disc changer, sunroof, 67,000 miles. All maintenance and logged by dealer, Kelley blue book \$17,165 asking \$15,900 OBO 734-1289.

For Sale: 1997 Dodge Dakota, Red Club Cab SLT, V6, Auto, 116k miles, PS, PB, PW, AC, CD w/ XM satellite radio & subwoofer/upgraded speakers, tow package, matching shell, \$7,000 OBO, call Wayne at 215-9984.

For Sale: 1995 BMW 325i convertible, new tires and brakes, trip computer, steptronic transmission, Kelley blue book \$16,585, asking \$10,900 OBO, 734-1289.

For Sale: 1983 Saab, PW, sunroof, automatic. Great car for base. \$900 OBO. 734-0379

For Sale or Trade: 2003 Harley Davidson DXF, \$18,000. Home phone: 925-4616 Cell: 260-6095

For Sale: 1994 Honda Magna 750, 4,500 miles, red, comes with windshield and cover. Always garaged, in excellent condition \$4,000 OBO. Call 734-1700.

For Sale: 1976 Honda CB 750, only has 55,500 miles. \$450 OBO. Helmet/neon sash included. Call Arthur at 734-0454.

For Sale: Huge lot of women's uniform items in sizes 12—20. Includes mess dress, blues, BDUs, coats, boots, and accessories. Make offer on any item. For info, please call Nicole at 734-1700 or email jnggreenwood@earthlink.net

For Sale: Four women's 100% silk Chantung solid color blouses in sizes XL and L. Worn once or never. Make offer. Call Nicole at 734-1700.

For Sale: Matching beige & green flower print couch and loveseat and chair, \$150, computer desk, \$20; black frame, full-size daybed w/mattress, \$20.00, 9-inch color TV w/remote, \$20, 8-pc oblong smoked glass dinette, \$200, 4 used Goodyear Wrangler tires - P255/70R-16, \$20. Call 937-4553 after 1800, Monday thru Friday.

For Sale: White Kenmore dryer w/electrical hookups. Purchased new in May 03; Sears warranty still valid, must sell due to moving. Perfect for anyone in the older housing on base (officer or East housing). Asking \$200 OBO. Please call Bret or Shannon at 734-5525.

For Sale: 290 lb Olympic weight set with bench, \$170 OBO. Call 742-0068.