



Base Bulletin

Vandenberg AFB, CA 93437-0759



21 January 2004

No. 3

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 Bulletins are valid for 90 days unless rescinded or superseded. Note: If an article requires a 30SW Form 400, this form must be submitted with the article, or it will not be published.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. 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)

b. Parking Lot Closure: Weather permitting, the parking lot for Bldg 5500, Bay A, (Transportation TMO & Base Supply Storage & Distribution) and the VAFB MIB (Milwaukee Institute of the Blind) 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)

c. 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)

d. Interested In Deploying? The Military Personnel Flight's Personnel Readiness Function is looking for Active Duty Air Force, Reserve and Guard volunteers, in the rank of captain (O-3), to go TDY Mar 04 for approx 179 days as an Operations Officer, Bilateral Affairs Officer (BAO) and Office of Defense Cooperation (ODC) in Georgia. The following AF requirements apply: pinned on captain (O-3), secret security clearance, meet service height and weight standards, passed appropriate service PT test within the last 90 days. Specific requirements for the Operations Officer include: must possess a high level of interpersonal skills, exceptional maturity, flexibility, and self-discipline. An official volunteer package will need to be submitted NLT 23 Jan 04. For more information regarding this TDY and Volunteer package criteria, please contact TSgt Leduc at ext. 6-7574. (30MSS/DPMDX)

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)

TEAM VANDENBERG

f. Promotion Ceremony: Lieutenant Colonel David Thompson, Commander, 2nd Space Launch Squadron, invites you to a promotion ceremony honoring Major Thomas M. Steele as he is promoted to the rank of Lieutenant Colonel on Thursday, 29 Jan 04, at 1300 in the WROCC Theater. UOD for military, daily, attire for civilians. Refreshments served immediately following ceremony. (2SLS/DOB, 5-3044)

g. 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)

h. 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)

i. 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 Mr. Kurt Dulka from Naval Air Warfare Center, Point Mugu on aeronautical programs Hyper-X and Hypersonic Flight 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. Contact Bob Corser at 6-8987. (2ROPS/DOUS)

j. Attention all Staff Sergeants: The 30th Mission Support Group has two immediate openings for Dorm Managers. These positions are a 2-year controlled Special Duty tour with the award of the 9D000 Special Duty Identifier (no SKT testing required for duration of tour). Come join a dynamic dorm management team that makes an everyday difference in the quality of life for dorm and unaccompanied housing residents! Highly motivated Staff Sergeants are encouraged to apply by sending a letter of recommendation from their commander, and copies of their last three EPRs to 30 MSG/CD. For further information, please contact SSgt Raul Molina at 6-3933. (30MSG/CCH)

k. Airmen Against Drunk Driving (AADD): Think Safety Before You Start!! Here are your choices for a safe ride home: Call AADD at 605-AADD/606-AADD for an anonymous free ride home, or get a complimentary ride from your First Sergeant when you have to be picked up. Tough decision? (30CES/CEOM, 6-7760)

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

a. Reviewing Publications: If your office is revising publications in preparation for the ORI in Feb 04, the Publishing Management Office can provide some assistance. First, review the [OPR Help Pages](#) on the VEPDL. Then e-mail [Publishing VAFB](#) to request the Word version of the document so the prior edition can be edited. Be sure to use the AFSPC Overprint versions of AF Form 673 or DD Form 67 for coordination. Finally, document that your publication is in the review process by submitting AF Form 1382 to Publishing Management. (30SCS/SCSP, 6-7892/4)

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 and Cheryl Scott - 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, Mary Maurer, 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 (30 MSS/DPCE)

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. TRICARE Survey: The TRICARE Management Activity has contracted with Westat Incorporated, a survey research firm in the Washington, D.C. area, to conduct a telephone survey of TRICARE beneficiaries on behalf of the Communications and Customer Service Directorate. The survey will gather information about beneficiary information needs, preferred sources, and information-seeking strategies. Results will be used to develop a new national suite of beneficiary education products and services. We expect pilot testing to begin on 13 Jan 04 and full survey operations to be conducted between 19 Jan 04 and 18 Feb 04. The study design calls for 10-minute phone interviews with representatives from five groups: 1) active duty, 2) active duty family members, 3) retirees and their family members under age 65, 4) retirees and their family members 65 and over, and 5) spouses of activated Reserve Component members. The goal is 3,400 completed interviews, which we expect might require calling approximately 10,000 beneficiaries. Contact Ms Bonnie Robles, 30MDG/SGSB, 6-7483 (30MDOS/SGO, 6-3308)

c. 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. Installation Entry Gate Hours: The Santa Maria Gate and Timber Lane Gate are both open 24 hours a day. The Utah Gate is open from 0600—2200, Monday thru Sunday. The Lompoc Gate is open from 0600—1900, Monday thru Friday. The Solvang Gate is closed until mid-March 04. The Titan is closed as well. (30SFS/SFOC, 6-3911)

b. 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)

Mary E. Meyer
Chief, Publishing Management

SECTION III — UNOFFICIAL

General Information:

a. Scuba Diving Class: The next scuba diving class starts on 22 Jan 04. Welcome back everyone from your holidays. It's a new year and time to do new things. Why not make scuba diving one of them? The underwater world is waiting for you to discover it, so come and take a class. Call Bob Johnson at 737-6201 for information.

b. 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)

c. 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)

d. Montessori School Military Open House: Children's Montessori School of Lompoc is having a Military Open House, on Monday, 26 Jan 04, from 1830 to 2000, at 4010 Jupiter Ave, Lompoc, CA (Vandenberg Village). This open house is specifically targeted for military personnel to share information about the Montessori full-day and half-day programs. Children from 2-years-old are eligible to attend the pre-school full- or half- day programs, along with children attending grades K - 8. Current military families (including their children) will be available at the open house for those interested in learning first-hand the benefits of the Montessori School. For more information, please contact Jim Murphy at 733-2290. (14AF/A33S)

e. Lompoc Concert Association Presentation: The Moscow Chamber Orchestra on Monday, 26 Jan 04, at 1930 in The Trinity Church of the Nazarene at 500 E. North Avenue in Lompoc. The Moscow Chamber Orchestra under the direction of American born Constantine Orbelian has a special "luminous" sound and that they play "with one voice" according to the London Daily Telegraph. They've sold-out U.S. tours, performed worldwide and their recordings have received international acclaim. Guest flute soloist will be Raffaele Trevisani, playing Concerto for Flute and Strings in D minor by C.P.E. Bach. He is recognized as one of the outstanding flutists of his generation and plays a 14 carat gold Muramtsu flute. Violin soloist, Ripsime Airapetyants will be playing Gypsy Airs by Spanish composer Pablo de Sarasate. Single tickets may be purchased for this special concert at the door - \$20.00 for adults and \$10.00 for students. Adult season subscriptions for the complete series will also still be available. For more information, contact Subscription Chairman, Vivian Dew at 733-4006 or co-chairman Jean Jacoby at 736-8713.

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. 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)

h. 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)

i. Air Force Sergeants Association (AFSA) Annual Election: The annual election for AFSA positions is scheduled to take place in February. If you are interested in running for the position of President, Vice-President, Plans and Programs Chair or Legislation Chair, please send your nomination via email to: debra.wheeler@vandenberg.af.mil by COB Friday, 6 Feb 04. If you plan to nominate an AFSA member for any

of the positions, please ensure they are aware of their nomination. For questions, contact MSgt (sel) Scott Astrosky, 6-9308. (30 SCS/SCBH)

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

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. 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.
- c. 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.
- d. CAL-Vet Home Loan Class:** 23 Jan 04, 1330-1530 at the Family Support Center. Learn about the application procedures and understand the basic CAL-Vet Home loan process and potential pitfalls. Call 6-0039 to register.
- e. HeartLink & Newcomers Orientation:** 26 Jan 04, 0830 to 1000 spouse are welcome to attend the Newcomers Orientation at the Pacific Coast Club to learn about Vandenberg and its programs. Then from 1000-1200, spouse can attend Heart Link, an informative workshop to help spouse become familiar with the military lifestyle and also meet representatives from all the helping agencies. For more information call 6-0039.
- f. Single Parents Support Group:** 27 Jan 04, 1130-1300 at the Services Center. This is an opportunity to bring your lunch and meet other parents to discuss any particular concerns regarding the role of a single parent. Facilitators are Linda Bastine and Nancy Sias. No registration is required.
- g. The Mechanics of Resume Writing:** 28 Jan 04, 0900-1100 at the Family Support Center. Learn about the do's and don'ts, resources, tips on building a powerful resume that will get you an interview. Participants are asked to bring pertinent information needed for building a resume (i.e., job history experience, education, training, skills, position descriptions). Call 6-0039 to register.

h. 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!

i. 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.

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

k. 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 meeting the 2nd Tuesday of every month, 1830—1930 at the Base Library. For further information contact Karen Duncan at 734-1654 or KSDDSM@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.

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:** 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)

- **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)

- **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.
- **Intro to Full Circle:** 31 Jan 04, 1000, at the Services Center.
- **Air Force Sports Program:** Do you excel in boxing, bowling, cross-country, golf, fencing, rugby, shooting, tae kwon do, track & field, triathlon, wrestling, marathon, basketball, soccer, softball or volleyball? Then the Air Force Sports Program is for you! Go to www.usafsports.com or contact Rod or Darren at the Fitness Center (606-3832) for more information.
- **Skate Park Competition:** 7 Feb 04, 1000. Best trick and Open run categories. Open to all ages. Contact the Fitness Center for more details.

g. Library: (30SVS/SVMG, 6-6414)

- **Pre-School Storytime:** 22 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)
 - **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!
 - **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.
 - **80s & 90s Night:** 23 Jan 04, 2000—0200, in the Enlisted Lounge.
 - **Karaoke Night:** 23 Jan 04, 1900—2300, in the Officers' Lounge.
 - **18 & Over Night:** 24 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.
 - **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.
 - **Kids Night:** 21 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:** 22 Jan 04. Members, \$6.95. Children 4 years and under are free.
 - **Fried Chicken Buffet:** 27 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.
 - **Mongolian BBQ:** 28 Jan 04, 1800—2000.
- 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:** 21 Jan 04, 1700. \$2.50 per hour + cost of materials.
 - **Scrapbooking Workshop:** 22 Jan 04, 1800—2000. \$2.50 per hour + cost of materials.
 - **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.
 - **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)
 - **Youth Sports Advisory Meeting:** 22 Jan 04, 1700, at the Youth Center Annex (Bldg. 16170).

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>. Please call Kathy Moran, CCAF Advisor, 5-5905, to set up an appointment. (30MSS/DPHE)

i. Community College of the Air Force Spring Graduation: The cutoff date for the Community College of the Air Force Spring Graduation Class is 20 Feb 04. To be considered in the spring graduation class, CCAF at Maxwell AFB must receive all documentation (transcripts, etc.) for degree requirements on or before this date. Once CCAF has received all of your documentation and your requirements have been met, you need to

contact Base Education so you can be submitted for degree candidacy. Base Education needs to submit you for degree candidacy by 26 Feb 04. For more information contact Kathy Moran. (30MSS/DPHE, 5-5905)

j. Embry Riddle Aeronautical University: ERAU offers two undergraduate degree programs in Professional Aeronautics (BSPA) and Technical Management (BSTM). We also offer two graduate programs: Master of Science in Management (MSM) and Master of Aeronautical Science (MAS). The MAS has seven specializations including Safety and Space. The graduate classes are offered at our off base location at 3875F Constellation Road, Lompoc. Visit our website at www.erau.edu/vandenberg or call the office for current information regarding admissions and our programs. We have an extensive online catalog and are located at 150 locations worldwide. Embry-Riddle is in the Education Complex, 144 Wyoming Ave. Rm A-1. Office hours are Monday - Thursday 0830 to 1730 and Friday 0900 to 1200. Our phone numbers are 606-6557/734-4076. Our email is Vandenberg.Center@erau.edu. (ERAU)

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. First Tip: Automatically display Page Breaks in Excel - Automatically display page breaks in Excel and get a better idea of how your worksheet will print out. On the TOOLS menu, click "Options", and then select the "VIEW" tab. In the Windows Options Box, select the Page Breaks option, and then click OK. Also, pull down the View menu and click on "Page Break Preview". You will notice a dotted line on your worksheets where the page breaks will be when you print the worksheet. **Second Tip: Sort Access data using multiple fields** - If you've used the toolbar buttons or Records | Sort menu commands to sort data, you've probably been frustrated to find that it appears as though you can only sort on one field at a time. Although this is true when you're working with data in Form view, you can sort on multiple fields when the data is in Datasheet view. To sort using multiple fields, switch to Datasheet view, then select the appropriate column headings. Then, use your usual method for issuing the Sort command. Note that the fields you sort on need to be adjacent to each other when in Datasheet view, so you may need to rearrange the field order to get the results you need. Also, the order of the fields you select determines the sorting priority. For example, if you want to sort by State and then City within state, you'll need to arrange the fields so that the State field comes first.

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

Class	Date(s)	Time
Project 2000	20-23 Jan 04	1300—1600
LAN Access Training	20 Jan 04	0800—1100
Word - Columns	21 Jan 04	1130—1230
Certification & Accreditation	21 Jan 04	0800—1130
Information Technology EC Training	21 Jan 04	0900—1100
Outlook - Delegating/Out of Office Assistant	23 Jan 04	1130—1230
LAN Access Training	23 Jan 04	0800—1100
Photoshop Elements	26-30 Jan 04	1300—1600
Defense Message System 3.0	26 Jan 04	0800—1100
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
Word 2000	2-4 Feb 04	1300—1600
Windows - Tips and Tricks	2 Feb 04	1130—1230

Front Page 2000

2-4 Feb 04

0800—1100

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: 1999 Chevy Silverado Extended Cab Z71 4x4 V8, Automatic, PS, PB, PW, AC, AM/FM/, Cassette/, Single CD, amp & subwoofer, tow package, Sliding Rear Window, 74K miles, exterior and interior excellent condition, asking \$16,700 OBO. Please call 734-1453.

For Sale: 1999 Dodge Grand Caravan, V6, 3.3L, timing belt (1,600 miles of use)/transmission (54,000 miles of use)/brakes (1,600 miles of use) warranted, AC, PS, tilt, CC, AM/FM, CD, Roof Rack. \$6,800. Call Home Phone, 938-9830 or Cell Phone, 478-3694, please leave message.

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: Sears Kenmore 18 CF Refrigerator/Freezer, auto defrost, icemaker. Top mounted freezer. Purchased February 1999...like new. \$200. Call 714-1080 (cell) after 1700 Monday-Friday, all day Saturday/Sunday.

For Sale: Vibrating Recliner. Tan/Beige color. \$100 OBO. Call 714-1080 (cell) after 1700 Monday-Friday, all day Saturday/Sunday.

For Sale: Yakima fiberglass Space Case with lock (for vehicle roof top); dimension 90" x 36" x 12", \$150. GT tandem bicycle, 20" front/18" back frame, Shimano DX group, excellent condition, \$500 OBO. Call Joe at 739-0880.

For Sale: Woman's engagement ring, size 7, jeweler evaluation value of \$850. Will sell for \$750. For inquiries call 937-8016.

For Sale: Rims and Tires, 15-inch, set of 4, for a 1999 Cougar, original from factory, \$50 OBO. Please call 734-4910.

For Sale: Adjustable coil lowering kit for a 1999 Cougar. Brand new, never been used. \$100 OBO. Please call 734-4910.

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.

For Sale: Two men's Diamondback mountain bikes, \$100 each. Call 733-5538 after 1900.

Wanted: A dependable adult or older teenager to baby-sit twin boys for "taking a break" trips that parents desperately require. Normally 2 to 3 day trips. If you can offer your assistance please call 734-1137.