



Base Bulletin

Vandenberg AFB, CA 93437-0759



18 February 2004

No. 7

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 Bulletins are valid for 90 days unless rescinded or superseded. Note: If an article requires a 30SW Form 400, this form must be submitted with the article, or it will not be published.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. Interested In Deploying? The Military Personnel Flight's (MPF) Personnel Readiness Function is looking for Active Duty Air Force, Guard and Reserve volunteers, in the rank of Master Sergeant (E-7), to go TDY July 2004 for approx 179 days as a Bilateral Affairs Officer (BAO) and Office of Defense Cooperation (ODC) in Ukraine. The following AF requirements apply: secret security clearance, meet service height and weight standards, passed appropriate service PT test within the last 90 days. Specific requirements for the BAO position 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 20 February 2004. For more information regarding this TDY and Volunteer package criteria, please contact TSgt Leduc at 6-7574. (30MSS/DPMDX)

b. Government Travel Card (GTC) Information: Split Disbursement for the GTC is now mandatory for all civilian personnel. Starting 17 Feb 04, travel vouchers will be rejected if split disbursement is not used on all TDY travel vouchers unless the TDY orders exempt personnel from using the GTC. For questions or concerns, please contact 1Lt Sarah Armstrong at 6-7082. (30CPTS/FMF)

c. 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 until 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)

d. Promotion Ceremony: Lt Col Lee-Volker Cox, Commander, 30th Operations Support Squadron, invites you to a promotion ceremony honoring Capt Milo Quesinberry Jr., as he is promoted to the rank of Major on Friday, 27 Feb 04, at 1530 in the Warrior Room at the Pacific Coast Club. Military: Duty Uniform. Civilian: Daily attire. RSVP no later than 25 Feb 2004: by email david.najera@vandenberg.af.mil or by phone 6-2104 or DSN: 276-2104. (30OSS/OSOC)

e. Retirement Ceremony: After 35 years in federal service, Rodney Schnetzler is retiring from Quality Assurance. His Retirement Ceremony will occur 1 Mar 04, 1000, at building 7025, the WROC, in the auditorium. All are welcome to attend. (30RMS/RMQ, 5-8117)

f. Attention All Staff Sergeants: The 30th Mission Support Squadron 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 the duration of tour). Come join a dynamic dorm management team that makes an everyday difference in the quality of the life for dorm and unaccompanied housing residents! Highly motivated Staff Sergeants are encouraged to apply by sending a letter of

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recommendation from their commander, and copies of their last three EPRs to 30MSG/CD. For further information, please contact SSgt Raul Molina at 6-3933. (30MSG/CCH)

g. New One-Stop™ Kiosks: Customer Service for both Financial and Personnel matters will be available by 15 Mar 04 through the new One-Stop™ Kiosks at three locations on base: BX, Hospital, and the 381st TRG Dormitory. MyPay, vMPF, printable DoD and Air Force forms, and access to local information via the Internet are just a few of the functions the Kiosk will perform. For questions or concerns, please call 1Lt Sarah Armstrong at 6-7082. (30CPTS/FMF)

h. Are You A Dangerous Driver? When you reach a STOP sign and perceive that no one is coming from the other direction, do you roll through, or do you stop? According to the Fatality Analysis Reporting System, approximately 24% of all vehicular fatalities occurred at intersections. (30 SW/SEGB, 6-8804)

i. 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)

j. Air Force Junior Reserve Officer Training Corps (AFJROTC) Has Employment Opportunities: AFJROTC is seeking active duty members retired within the past 5 years or less with at least 20 years of service or members within 6 months of retirement for instructor positions. To learn more about AFJROTC and obtain an application, visit www.afoats.af.mil (select "AFJROTC"). In addition to positions worldwide, an immediate instructor vacancy is available at Adolfo Camarillo High School in Camarillo, CA. If you have any questions, please contact Instructor Management toll free at 1-866-235-7682, ext 35300 or 35275 (HQ AFOATS/JRI/TSgt Dearbone/32615)

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

a. E-mail Display: Government civilians have the option to use the abbreviation "Civ" on their e-mail display instead of a pay grade. Civilians requesting the change should contact their unit Workgroup Manager (WM). (30SCS/SCB, 6-3078)

b. VAFB Mailing Guidelines: Due to heightened security and safety measures the US Post Office requirement is to have all boxes/packages weighing 16oz or more, received directly from the sender to Base Information Transfer Center (BITC). Therefore, we cannot pick up boxes left in the Activity Distribution Office (ADO) mailroom. [30SCS/SCBAP, 6-7028]

c. APO Addresses: Per 30SCS/SCBAP, 6-7028, please be advised that geographic locations should not be included on the envelope's address side with the APO number. The APO number is all that is required. By placing the geographic location along with an APO number, the USPS optical readers and scanners immediately pick up the name of the country and send the item to the international processing section. This delays the mail and provides an avenue for lost mail. A proper address would be:

Sgt XYZ
1 CS/CSX
APO AE 09301

d. Subdivisions To The ZZZ³ Power: Avoid limitless file plan subdivisions. Too many subdivisions will do nothing but cause confusion/problems for records custodians. If you have three letter subdivisions e.g., AAA or ZZZ many of those files should be filed with their own Table and Rule. The triple digit breakout could become an illegal file and have the wrong disposition therefore being destroyed prematurely or being staged at some point (and not ever being disposed of as required). Bottom line: The Records Manager has the authority to exercise discretion. (30SCS/SCBR, 6-4212)

3. Traffic Management Office: (30LRS)

a. Cargo Movement Operations: Attention all those who ship through base Cargo Movement Operations in Bldg 5500. As of 5 Apr 04 shippers will be required to process shipping requests (DD Form 1149) via a specialized website. There will be mandatory training to set up required accounts and educate shippers on these new procedures. Training will be conducted on 19 Feb 04 at 0800 and 1300 in Bldg 8339, second floor conference room. Failure to attend this training will prevent units from shipping through our organization. (30LRS/LGTT, 6-6015)

b. 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)

4. Military Personnel: (30MSS/DPMPE, 6-1845)

New Reenlistment Policy: In our effort to shape the force we continue to seek areas that will give us greater flexibility and visibility over our force. Currently, second term and career airmen may reenlist up to 12 months prior to their Expiration Term of Service (ETS) as long as they obtain a minimum of 4 years of new obligated service. Effective, 5 Mar 04, the reenlistment eligibility window for all enlisted members (including first term) will be reduced to 3 months. The only exceptions to this policy are if the member is reenlisting early due to a service directed reason (i.e., PCS, training, promotion, etc.). Questions may be directed to the Reenlistment/Extension Office at 6-1845/4821. (30MSS/DPMPE)

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

a. Voluntary Leave Transfer Program: Michael Baca - HQ ARPC/MSC, Sandra Jernigan, Betty O'Herlihy, Howard Brown, and Tim Jones - Luke AFB, Glenda Bennet - Peterson AFB, Herlene Thurman and Cheryl Scott - Los Angeles AFB, Carolyn DeLaGarza - Langley AFB, Johnna DeSimone - Schriever AFB, Dionisio Esteban - Onizuka AFS, 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, 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

b. Benefits and Entitlements Service Team (BEST) Has A New 1-800 Phone Number: As the result of an Air Force Customer Transformation effort to link together personnel and payroll call centers, the Air Force has established a new 1-800 number (1-800-616-3775). This change is effective immediately. To reach the BEST telephone automated system dial 1-800-616-3775. As you enter the system you'll hear "Welcome to the Air Force Customer Service Center". Press 2 for Air Force serviced civilian employee, then 2 for BEST benefits and entitlements services. You'll hear several clicks and a short period of silence - don't hang up. You'll hear "Welcome to the Air Force Personnel Center", press 2 to access the Benefits and Entitlements service system, then press 1 for current Air Force-serviced employee, then press 1 again to enter your social security number and PIN or press 2 if you have forgotten your PIN. Once you have cleared the PIN and telephone verification modules, you'll be at the main menu where you will select the program area related to your question. The number for hearing impaired employees has not changed (TDD 1-800-382-0893). This link also explains how to contact the BEST automated telephone system: http://www.afpc.randolph.af.mil/dpc/best/docs/How_to_Access_the_System-Phone.pdf.

c. Weingarten Right: Federal civilian employees who are members of a bargaining unit have the qualified right to union representation during investigatory interviews/meetings. This Weingarten right is mandatory when the following four (4) conditions are met: **a.** The meeting between the employee and management official(s) must be an examination; **b.** The examination must be in connection with an investigation; **c.** The employee must reasonably believe that disciplinary action may result from the meeting; and **d.** The employee must request representation.

6. 30th Medical Group: (30MDG)

a. Clinic Closure: The Vandenberg Clinic will be closed 26 Feb 04 for Mandatory Medical Readiness Training. For urgent needs please call 606-CARE or 888-252-3299. Please plan ahead for appointments and pharmacy refills. For more information contact Capt Starks at 6-3308. (30MDOS/SGO)

b. Your Opinion Matters: We want to hear "your opinions" regarding your medical care and our services. Located in the clinic lobby, the "OpinionMeter" is a new survey tool that will make your voice count. Please provide us this valuable feedback each time you visit the clinic! (30MDOS/SGO, 6-3308)

c. Women's Health Clinic Information: The Women's Health Clinic practitioner will not be available after 1 Mar 04 as she will be retiring. It will be approximately 90-120 days before her replacement arrives. Eligible beneficiaries will still have options for obtaining their annual well woman exams. Active duty members can still schedule their exam with their PCM by calling the central appointment line at 6-2273. Family members will still have two options available for the annual well woman exams. They may self refer through the TRICARE office or by calling 1-800-242-6788 and receive a current listing of network providers

offering GYN services. We appreciate your understanding during this temporary interruption in services. (30MDG/SGO, 6-3308)

d. National Children's Dental Health Month: February is National Children's Dental Health Month. Did you know that dental sealants could help protect teeth and save money? Dental sealants form a safe, thin protective barrier that helps prevent bacteria from causing tooth decay. Ask your dentist about sealants. This is a message from Vandenberg Dental Clinic. (30MDOS/SGGD, 6-1846)

7. 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. Off Limits Area: The 30th Security Forces Squadron Combat Arms Range Complex located off San Antonio Road West, is **off limits** to all unauthorized personnel. Danger signs are posted around the hazardous area of the range complex and entering into this area is not only illegal, but is also dangerous. For authorized entry, please, contact the Combat Arms Section at 5-5025. (30SFS/SFTC)

OFFICIAL

FRANK GALLEGOS
Colonel, USAF
Commander

Mary E. Meyer
Chief, Publishing Management

SECTION III — UNOFFICIAL

General Information:

a. Vandenberg Bass Club Membership Drive: The Vandenberg Bass Club will be hosting a membership drive in Feb of 2004. If you are an avid fisherman or just want to learn, then come to the membership drive which has been rescheduled for 21 Feb 04, at 0900 in the BX area. We will have the club sign up forms and club membership cards available. Membership dues for the year will be \$10. Dependents over 16 are eligible to participate in the club's activities. Last year over 182 pounds of fish were caught during the tournaments. The club currently has 3 boats that have been donated to the club and we are in the process of upgrading them for the club's use. There are more boats available through Recreation checkout. If you're interested in some friendly competition from fellow anglers then come out to the membership drive. Date and time are subject to change without notice depending on availability of BX area. For information call Calvin Long at 6-3013. (30MDG/SGOM, 6-3013)

b. Youth Baseball: Youth Baseball registration is being taken now at the Youth Center, Monday-Friday, from 0700-1700. 20 Feb 04 is the last day to register for youth baseball. Don't miss out on the fun. (30SVS/SVYY, 6-9374)

c. Caribbean/Jazz Fest: Come celebrate the sounds of the Ellington Street Band and other jazz music on Friday, 20 Feb 04 from 1400—1800 on the Parade Ground in celebration of Black History Month. Good music, good food and great fun! For more information contact TSgt Karon Williams at 5-3544. (30CES/CEOEA)

d. Cultural Arts Expo: Come and be enlightened on various cultures on Saturday, 21 Feb 04 starting at 1200 at the Lompoc Recreation Center. Beautiful displays and exhibits in honor of Black History Month. For more information contact Ms. Vesta McFadden at 736-5394. (2SLS/DOB, 5-1338)

e. Play: "The Veil": Based on the concepts of W.E.B. Dubois, on Saturday, 21 Feb 04 from 2000—2200 at the Lompoc Civic Center. Witness the unforgettable struggle of a people, in honor of Black History Month. For more information contact Lt. Isaac Wright at 6-4910. (2SLS/DOB)

f. Krispy Kreme Doughnut Sale: The Flying Tigers Booster Club is sponsoring a base wide Krispy Kreme Doughnut sale on 25 Feb 04 to help offset the cost associated with the annual 14th Air Force Heritage Ball in

March 2004. Glazed doughnuts will be sold for \$6 a dozen and assorted doughnuts for \$7 a dozen. We are still looking for unit representatives to help take orders and distribute the doughnuts. Anyone interested in helping can contact Jim Argeny at 734-2713. (14AF/A33L, 6-9016)

g. Soulfood Festival: Experience a variety of food samples on us, on Thursday, 26 Feb 04 from 1100-1300 at the Services Center. Come out, eat, and enjoy in celebration of Black History Month. For more information contact Lt. Anthony Raphael Jr., at 5-1338. (2SLS/DOB)

h. Black History Month Banquet: Join us for an evening of fine dining and entertainment, on Saturday, 28 Feb 04 from 1800—2000 at the Pacific Coast Club. An exquisite end to such a special month, come out and enjoy! For more information contact Capt. Kendall Jordan at 6-3349. (2SLS/DOB)

i. Quarterly Birthday Meal: The Breakers Dining Facility will be hosting the Quarterly Birthday Meal for January, February and March, on Thursday, 18 March 04. The doors will open at 1700 and dinner will be served at 1730. Please contact SSgt Bethany Lopez at 6-5496 for more information. (30 SVS/SVMF)

j. GSA Approved Safe Needed: 2 ROPS is in need of a 2 or 4 drawer safe for classified storage. If you have an available safe, please contact Capt Scot DeWerth at extension 5-8550 or via email at scot.dewerth@vandenberga.af.mil. (2ROPS/DOOA)

k. 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)

l. Interested in Swordplay? New group just started! The Association of Renaissance Martial Arts (ARMA) is an educational non-profit organization dedicated to the study and practice of historical swordsmanship and the exploration and promotion of Western martial heritage. The ARMA focuses on the interpretation and legitimate reconstruction of Medieval and Renaissance combat systems as a modern discipline. The ARMA's efforts are directed toward resurrecting and reconstructing a legitimate craft of European fighting skills in a manner that is historically valid and martially sound. See the ARMA website at www.theARMA.org and if you are interested in being part of Vandenberg's group call Tim Merritt at 440-9519 or 6-3732. (30CES/CECE)

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. 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@vandenberga.af.mil

d. National Prayer Luncheon: The Chapel will be hosting our annual National Prayer Luncheon on Wednesday, 18 Feb 04 at 1130 at the Pacific Coast Club. The guest speaker is Chaplain, Brig Gen Charles Baldwin, Deputy Chief of the Air Force Chaplain Service. There is a choice of: Vegetarian Salad, Chicken Caesar Salad, or Turkey Croissant. The price of the tickets is \$3.00 for club members and \$5.00 for non-members. Tickets may be purchased from your First Sergeant or at Chapel 1. Everyone is invited to join us for this event. For more information, please contact Chaplain Terrinoni at 6-5773. (30SW/HC)

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. Computer Resource Room: The Family Support Center's Computer Resource Room is now open to customers needing to access the Internet for job searches, relocation assistance, or to stay in touch with the family if separated because of military obligations. Walk-ins are accepted from 0800—1600.

c. Manage Your Move Workshop: Wednesday, 18 Feb 04, 0845 to 1100 at the Family Support Center. This workshop is for active duty and spouses who are expected to be PCSing within 90—120 days. Topics

covered will be legal/claims, TMO, finance, TRICARE, and tips for the packing-out days. For those going overseas at 1100—145 there is a video on cultural adaptation. To register call 6-0039 or go on-line to www.php-ids.com.

d. Winning Interviews: Wednesday, 18 Feb 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. This workshop is open to all active duty, spouses, family members, retirees, and DoD civilians. To register call 6-0039 or go on-line to www.php-ids.com

e. CAL-Vet Home Loan Briefing: Friday, 20 Feb 04, 1330-1530 at the Family Support Center. Learn about this veteran's home loan guaranty, which is given to active duty members, retirees and veterans. To register call 6-0039 or go on-line to www.php-ids.com.

f. 2004/2005 General Henry H Arnold Education Grant Program: You picked up an Air Force Aid Society Education Grant application... then promptly forgot about it. It's not too late to apply. The deadline is 12 Mar 04. To go on-line at www.afas.org, look under Education and Arnold Grant. Print, fill out the application and put it in the mail today.

g. BabyMeet: This group is in need for a volunteer to oversee this fun activity. If you are interested call Lora. They meet 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.

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

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)

- **Surf Lanes Invitational Tournament:** Trios and Singles Event coming in April! Stop by Surf Lanes for more details and entry forms.
- **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:** Friday, 2200—0100; Saturdays, 2100-2400. Catch the ultimate glow-in-the-dark bowling experience!

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 childcare 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)

- **Fitness Improvement Programs (FIP):** These classes are designed for those who do not meet Air Force fitness standards. Step-n-Strength Interval - Monday from 1730—1830. Step - Tuesday from 0830—0930. Total Body Conditioning - Wednesday from 1730—1830. Step-n-Strength Interval - Thursday from 0600—0645. Indoor Cycling - Saturday from 0800—0845.
- **Pick-up Basketball:** Monday-Friday from 1100—1300, and Tuesday-Thursday from 1600—1700 at the Fitness Center.
- **Bench Press Competition:** 20 Feb 04, 1800. Three attempts to reach max weight, body mass divided by weight put up will determine the winner. Event is open to all and will be held in the main

weight room.

- **Volleyball Tournament:** 22 Feb 04, 1100.
- **All-American Shootout:** 28, 29 Feb 04. Don't miss this third annual varsity basketball tournament. Game times to be announced. Come out and support your Vandenberg Hawks as they defend their home court against other Armed Forces teams!
- g. Library:** (30SVS/SVMG, 6-6414)
 - **Pre-School Storytime:** 19 Feb 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.
 - **BBQ Lunch:** 19 Feb 04, 1100—1330. Enjoy a BBQ sandwich with beans, chips and a drink for \$5.
 - **Florida FourBall Signup Deadline:** 19 Feb 04, 1500. Tournament date is 22 Feb 04. Cost is \$10 per player. Sign up at the Pro Shop.
- i. Outdoor Recreation/Equipment Checkout:** (30SVS/SVRO, 6-5908)
 - **Sailing/Whale Watching:** Santa Barbara sailing trips are back! The next sailing dates are 6 and 7 Mar 04. The sign up deadline for either trip is 3 Mar 04. Cost is \$45. Trips depart VAFB at 1030 and return at 1730 with a sailing time of 1200—1600.
- 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!
 - **Classic Rock:** 20 Feb 04, 2000—0200, in the Enlisted Lounge.
 - **Karaoke Night:** 20 Feb 04, 1900—2300, in the Officers' Lounge.
 - **18 & Over Night:** 21 Feb 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-aways. Club members - Free, Others - \$3.**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.
 - **Monday Madness:** Monday evenings. Get \$3 off any large pizza at Foggio's. Members - \$5 off.
 - **Fried Chicken Buffet:** Tuesday evenings. Regular - \$8.95, Members - \$6.95, children under 12 years - half-price, children 4 years and under - free.
 - **Kids Night:** Wednesday evenings. Children under 12 years old get a 6-inch mini pizza with choice of toppings and soda - \$1.50. (No coupons)
 - **Pasta Mania Buffet:** Thursday evenings. Members - \$6.95, children under 12 years - half-price, children 4 years and under - free.
 - **Boss & Buddy:** 18 Feb 04, 1700—2100, in the Enlisted Lounge.
 - **Mongolian BBQ:** 25 Feb 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)
 - **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:** 18 Feb 04, 1700. \$2.50 per hour + cost of materials.
 - **Scrapbooking Workshop:** 19 Feb 04, 1800—2000. \$2.50 per hour + cost of materials.
- 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 ends 20 Feb 04. Baseball - boys and girls age 5 to 13. Sign up at the Youth Center, Monday through Friday, from 0700 to 1700.
 - **Congressional Award:** This award is designed to recognize youths age 14-23 for achievement in four areas: Volunteer public service, personal development, physical fitness and expedition/exploration. For more information, call Michael Renner at 6-2152.

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

a. 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)

b. Community College of the Air Force Spring Graduation: The deadline for the spring CCAF graduation is fast approaching. If you completed your CCAF degree requirements with Allan Hancock courses or courses from another school, you will need to send a transcript from that school directly to CCAF. The CCAF address to send transcripts to is: CCAF/DFRS, ATTN: Transcript Dept, 130 W. Maxwell Blvd, Maxwell AFB, AL 36112-6613. The deadline for transcripts to be at CCAF is 25 Feb 04 for the Spring CCAF Graduation. Once CCAF has all the documentation for your CCAF degree, you need to notify Base Education so you can be submitted for degree candidacy. You must be submitted for degree candidacy by 26 Feb 04 to meet the cut off. You may view your CCAF progress report by going to the following website <https://afvec.langley.af.mil/afvec>. You will need to register at the site and then log on to access your information. If you need more information feel free to contact Kathy Moran at 5-5905. (30MSS/DPHE)

c. 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. Our March term schedule is available on our website at www.erau.edu/vandenberg. For current information regarding admissions and our programs call the office at (805) 734-4076 or 6-6557. We have an extensive online catalog and have 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 6-6557/734-4076. 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: Point Mode Madness - Here's how to create a formula by pointing to ANOTHER SHEET! 1. Select the cell in which you want to enter the formula: 2. Type the beginning of your formula, such as =average. 3. With your mouse, click the worksheet tab of the sheet containing the cells you want to reference. 4. Drag to select the cells. Notice that, although you can't see the formula in its cell, you can see it, complete with the selected range address, in the formula bar. 5. Type your closing parenthesis ')' and press Enter to enter the formula. Pointing isn't only easier; it also prevents mistakes resulting from typos. When you point, you don't type! **Second Tip: Getting Information on FrontPage Component Errors** - FrontPage's Component Errors report lists any pages where components such as hit counters or form handlers are malfunctioning. You can access this report in FrontPage 2002 by choosing View | Reports | Problems | Component Errors. In FrontPage 2000, the command is View | Reports | Component Errors. The problem with the Component Errors report is that its columns aren't wide enough to display all the details on a given error. To see the whole description of an error, right-click anywhere on the entry and choose Properties from the shortcut menu. At this point, the page's Properties dialog box appears; its Errors property sheet explains the errors in some detail.

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

Class	Date(s)	Time
Project 2000	17-20 Feb 04	0800—1100
LAN Access Training	17 Feb 04	1300—1600
Information Technology EC Training	18 Feb 04	0900—1100
Excel 2000	18-20 Feb 04	1300—1600
EMSEC Training	18 Feb 04	0800—1130
Internet Explorer - Tips and Tricks	18 Feb 04	1130—1230
Acrobat Reader	20 Feb 04	1130—1230
Workgroup Managers Course	23-27 Feb 04	0800—1600
PWRR	23 Feb 04	0800—1100
Office -- Routing Documents	23 Feb 04	1130—1230
Photoshop Elements	23-27 Feb 04	1300—1600
Defense Message System 3.0	24 Feb 04	0800—1100
Word - Styles & Table of Contents	25 Feb 04	1130—1230
Outlook	25-27 Feb 04	0800—1100
Excel - Headers and Footers	27 Feb 04	1130—1230
Word - Forms & Tables	1 Mar 04	1130—1230
LAN Access Training	1 Mar 04	1330—1430
LAN Access Training	1 Mar 04	1500—1600
Intro to Computers	1 Mar 04	0800—1100
Acrobat Writer Basics	1-2 Mar 04	1300—1600
LAN Access Training	2 Mar 04	0800—1100
Outlook - Rules & Organizing Email	3 Mar 04	1130—1230
Word 2000	3-5 Mar 04	0800—1100
Front Page 2000	3-5 Mar 04	1300—1600
Photo - Special Effects I	5 Mar 04	1130—1230

Note: Walk-ins are always welcomed!

American Red Cross: (SBARC)

The American Red Cross Lompoc Valley District Office is located at 312 North H Street, Lompoc CA. All of the courses below are free of charge. They are designed to prepare individuals and groups to participate in American Red Cross disaster relief operations. Be a part of the solution! Give the office a call to reserve your spot and class materials call us in Lompoc at 736-5110 or Santa Maria at 928-0778 or e-mail us: disaster@sbaco-redcross.org

Class Information	Date	Time
Disaster Action Team (DAT) Workshop #4001	19 Feb 04	1800—2000
Communications For Disaster Workers #3058-A	19 Feb 04	2000—2200
Disaster Action Team Pot Luck Meeting	25 Feb 04	1800—2000

Items For Sale:

For Sale: 2001 Nissan Frontier crew cab SE 2x4, 43k miles, silver, loaded w/6 disc changer. Priced below value at \$13,400. Serious buyers call 733-2339

For Sale: 2000 VW Jetta GLS-VR6, 5-spd, P/S, P/B, P/W, keyless entry, moonroof, alloy whls, premium sound, all service records, clean, 1 owner, 59K. \$12,700 OBO. Call 735-4506. Leave message.

For Sale: 2000 Honda Prelude. Only 42,000 miles with \$3,000 in extras. Beautiful, over 230 horsepower, 5-speed, garaged, dealer-maintained sports car. Only \$15,900 OBO, or take over payments. Please call 734-0786 for a test drive. Serious inquires only.

For Sale: 2000 Nissan Xterra, red, V6, A/C, CD, PW, PD, cruise, 59k miles. Asking \$12,900, call 734-0601.

For Sale: 1999 Ford F-150 Black, 4.2L V6 w/Supercharger, 4, 6 drop, hard Tonneau cover, bed rug, 2 10" speakers behind the seat (no amp), 17" Wheels (front and back), 57,730 miles on the truck, the engine only has 5,700 miles. \$13,000 OBO. Please ask for Jeremy, Cell: 588-8601.

For Sale: 1997 Jeep Grand Cherokee Laredo, 77k miles, white, A/C, P/B, P/W, P/S, cruise, excellent shape, credit union will loan up to \$9,000. Asking \$7,500 OBO. Call 937-1889.

For Sale: 2000 Kawasaki 1500cc Vulcan Nomad, 19,200mi., EFI, Shaft drive, silver on red with gold trim, beautiful bike, Easy to open hard bags, smooth as glass with brand new tires, Most comfortable, least expensive big twin cruiser to own and operate. Tune-up-\$8, oil change-\$16; clean air filter-\$0. Always covered in garage. \$8,395 OBO. Call 937-9026 after 1630.

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: 2002 Kawasaki Jet Ski 900 STS, red and white, with trailer and cover, low hours -- runs well, always kept in garage, asking \$5200, call Todd at 922-7170.

For Sale: 17" polished aluminum American Racing "Atlas" wheels and Goodyear tires. I had them on my 1996 Dodge Ram. The wheels need to be polished and the tires are in awesome shape. Paid nearly \$2000 for the set from the Service Station on base, asking only \$500. Please call Chad at 734-4213 or 588-1264.

For Sale: Samsung SynchronMaster 753DF 17" computer monitor, flat screen in conventional housing, almost new - only used for about a month, \$110. Please call Rick at 934-0397

For Sale: PS2 video game (Sims Bustin' Out). Excellent condition (only played twice). \$35. Contact Brian at 348-3729.

For Sale: 4-person Jacuzzi with redwood deck. Includes all chemical to get you started, and childproof cover. Asking \$300, call 734-3311.

Garage Sale: Saturday, 21 Feb 04 from 0700—1400, at 4436 Sirius Avenue, Lompoc, near Cabrillo High in Vandenberg Village. Furniture, kitchenware, household items, knick-knacks, books, clothes. Lots of stuff. Please contact Mike McElligott at 733-5111.

Garage Sale: Saturday, 21 Feb 04 from 0800—1200, at 845 Union Avenue, Orcutt, west on Clark, south on Norris, east on Union. Literally tons of stuff! Come on down. Let's make a deal. Everything is priced to sell.