



Base Bulletin

Vandenberg AFB, CA 93437-0759



5 March 2003

No. 10

The Base Bulletin is published each Wednesday (except holidays). Send proposed bulletin items via email to publishing.management.dci@vandenberg.af.mil or to Publishing Management DCI on the Global, or via fax to DSN 276-6614 or 805-606-6614 to arrive at 30SCS/SCSP-DCI 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 Bulletins are valid for 90 days unless rescinded or superseded. Note: If an article requires a 30 SW Form 400, this form must be submitted with the article, or it will not be published.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. VAFB Gate Information: Starting 3 Mar 03, **Lompoc Gate** will be open from 0600 through 1900, Monday through Friday. Starting 3 Mar 03, the **Solvang Gate** will be closed until further notice. Those normally using Solvang Gate should detour to Lompoc Gate. **Titan Gate** will be closed until approximately 15 Apr 03 due to a construction project. Those normally using Titan Gate should detour to the Santa Maria Gate. **Utah Gate:** effective 3 through 7 Mar 03 hours of operation are as follows: 0700-0820 and 1215 to 1315. The adjusted time is to accommodate the Elementary and Middle School half-day schedule this week. The hours will return to 1430-1530 the following week. POC: 30SFS, 5-0794.

b. Base Legal Office Closure: Will be closed for legal assistance on 6-7 Mar 03. Normal Legal assistance hours are Mon, Wed, and Fri 0830 - 0930 and Tues and Thurs 1530 - 1630. Powers of Attorney and Notaries are available during normal duty hours Mon - Fri 0730 - 1630. POC: 30SW/JAC MSgt Rosson at 5-6200.

c. 30CPTS Office Closure: The 30CPTS will close on 7 Mar 03 at 1500 for an official function. If you have an emergency please contact Lt Swiderski at 588-0701. POC: MSgt Pfoser, 30CPTS/FMFC, 6-4630.

d. Monte Carlo Night at the PCC: 8 Mar 03, casino opens at 1830. Enjoy a night of fun and camaraderie with your unit as we participate in unit games and take a chance at Black Jack, Craps, Roulette and Bingo for this membership night/theme night. Tickets are \$5 for E-4 and below and \$7 for all other ranks. We are still soliciting volunteers to be dealers/games people for the evening. POC: 30SW/PA, Major Bako, 6-3595.

e. Women's History Month: "Women Pioneering the Future": Women's History Month Committee weekly meetings are held in the PCC quiet room on the enlisted side, from 1200-1300 every Wednesday. Join us to remind our community of the history of Women's struggle for advancement and explore our female leaders of the future. POC: 2Lt Korinne Houston, 30 SFS/SFS, 6-3284.

- ★ **Essay and Coloring Contest for Women's History Month.** Enter by 11 Mar 03. Elementary through High School students may enter. The three winners will receive a savings bond! Express yourself and show pride in your roots! For more information and contest rules, call 6-3284.
- ★ **Self Defense for Dummies!** 12 Mar 03. Come learn three easy and useful self-defense techniques in the Services Center at 1830-1930. FREE. RSVP 6-3284. Sponsored by Women's History Month Committee. (Pending approval)
- ★ **Women's Film Festival!** 20 Mar 03. Come have a relaxing evening with the Women's History Month Committee and watch the Devine Secrets of the Ya-Ya Sisterhood. Eat, Drink, and be Merry! Free refreshments and movie style popcorn. Seating starts at 1700 in Chapel 1. Free! All genders are welcome. For more information call 6-3284. (Pending approval).

- ★ **WHM are looking for Female DoD or Military** members to be shadow chaperons! 26 Mar 03. Please volunteer a day to introduce female high school seniors to the world of women in the military environment. March is Women's History Month; be a role model for your community! For more information call 6-3284. (Pending approval).
- ★ **Women's History Luncheon:** 26 Mar 03, 1130-1300 in the PCC Ballroom. Guest Speaker: Lt. Col Angela Thompson. Tickets are \$10 for members/\$12 for non-members. Luncheon includes Women's History Month memorabilia, choice of Chicken Cordon Bleu or Beef Taco Salad and desserts. RSVP and order tickets now, call 6-3284. (Pending approval).

f. 30MDG Operation Baby Launch: 10 Mar 03, 1700, at the VAFB, Clinic Auditorium located at 338 South Dakota St. Pregnant??? Planning a family? A great opportunity to learn valuable information on resources available from civilian representatives from our two local hospitals, TRICARE financial concerns, Vandenberg AFB Family Practice Clinic and much more. Receive a free formula kit, gifts and a free raffle from representatives. Spouses and partners are welcome, no registration is necessary. POC: Captain Rosales, 5-8254 or Nancy Sias, 6-8217.

g. Career Day: 20 Mar 03, 0745-1140. Volunteers wanted for Career Day at Fesler Junior High in Santa Maria. To volunteer contact 2Lt. Ferguson by 6 Mar 03 at 6-3595.

h. Accountability of Record: (Base Records Management) strongly urge all Records Management personnel to get a little closer to their Records Management Information System (RIMS) program and review the "Office of Record Listing for all Offices" module. If necessary, start conducting hands-on inspections for all office file plans your agency maintain and if your unit underwent organizational restructuring ensure all records reflect that fact, can be located and are accounted for because that is one of the many things the IG want to see-Records Management accountability! RIMS will give you a complete unit file plans listing and if you are uncertain on what you have or do not have do not hesitate to contact 30 SCS/SCBR in Bldg 9340. Because what we have on file should match with your documentation. (30SCS/SCBR-DCI, 6-4212)

i. Kick it Up a Notch (Records Management): This is a mandatory function at all Air Force levels. Commanders and staff agency chiefs must implement records management programs in order to comply with AFI 33-322 and protect the rights of the Government and persons directly affected by Air Force actions. This provision also applies to commanders of those combatant commands supported by Air Force records management and it even applies to contractors performing records management support and to the records of any contractor operating under an Air Force contract. Performance work statements must include records keeping requirements. (30 SCS/SCBR-DCI, 6-4212)

2. 30th Space Communications Squadron:

a. Emission Security: EMSEC is a base-level program requiring compliance with equipment and system installation standards as outlined in AFMAN 33-214V2, Emission Security Countermeasures Reviews. This applies only to classified computers, systems, or facilities. (30SCS/SCBI, 5-5087)

b. Base Wide Implementation of Pure Edge: The approximate implementation of this program is Mar or Apr 03. 14AF and 30SW forms are now being converted, with availability via the VEPDL expected over the next few months. OPRs should respond quickly once they receive their new IMTs for review. (30SCS/SCSP-DCI, 6-7892-4)

3. Traffic Management Office:

a. Separating, Retiring or PCSing? PLAN AHEAD! Within 30 days of receipt of orders, stop by TMO, Bldg 11777, Rm C-103 to schedule an appointment for your household goods pick up dates. Remember, the earlier you meet with us, the greater your chances of moving on the date you initially select. As always, we will work with you to the greatest extent possible. POC: SSgt Papa, ext 6-0904 (30LRS/LGRT)

b. It's Your Move: If you are scheduled to make a Government sponsored move this message is for you. The Traffic Management Office (TMO) would like to send you information to assist you with your move. Along with the briefings, an "E" package of tips and information on your upcoming move can be emailed to your computer. POC: Maureen Burt, 6-6932/33 (30LRS/LGRT)

4. Security Forces Squadron: (30SFS/SFTC, 5-5025)

Combat Arms Range Off Limits: IAW AFI 36-2226, 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. For entry, contact the Combat Arms Section at 5-5025. POC: SSgt Barry, Combat Range Instructor, 5-5025.

OFFICIAL

Robert M. Worley II
Colonel, USAF
Commander

Mary E. Meyer
Chief, Publishing Management

SECTION III — UNOFFICIAL**General Information:**

a. Aqualliers Dive Club Meeting: 5 Mar 03, 1800 at our Club House which is located at Bldg. 6436, 13th and Nevada, VAFB. Mr. Mercer (Vandenberg AFB Game Warden) will be the Guest Speaker and will cover topics such as ocean fishing regulations and will provide a question and answer session. POC: Roy Wurzbach, 733-5026. Our Club website: <http://members.tripod.com/aqualliers/aqualliers.html>.

b. Base Scuba Diving Class: 6 Mar 03. The warm weather is approaching, now is the time to enroll in underwater adventure. Cost is \$175.00. All books and materials and most of the equipment will be provided. If interested please contact Bob Johnson at 452-6218.

c. DAPS Print Facility Office Closure: 6 through 11 Mar 03. For assistance contact Mark Shadinger at (805) 982-2476, DSN 551 or (805) 982-4310, DSN 551 or e-mail him at mshadinger@daps.dla.mil.

d. Base Motorcycle Club Meeting: 7 Mar 03, 1500 in the Services Center (Across from the Base Fitness Center). Spring is in the Air and it's time for a good Motorcycle ride on the Central Coast! Have you heard about the "On Base Motorcycle Club"? Membership is FREE and ALL style bikes are welcome! Come join the club! If you have questions please contact SSgt Sherri Jones at 5-0751 or sherri.jones@vandenberg.af.mil. Keep The Shiny Side Up! (30SFS/SFMT)

e. Movie Schedule: 7 Mar 03: Confessions of a Dangerous Mind, Rated R. Showtime at 1930 with doors opening at 1910. 8 Mar 03: Narc, Rated R. Showtime at 1930 with doors opening at 1910. 9 Mar 03: Darkness Falls, Rated PG-13. Showtime at 1930 with doors opening at 1910. Please note: The 15-person minimum person requirement has been waived. POC: Vanessa Probert.

f. NCOA Chapter # 62 Membership Drive: 14 Mar 03, 0900-1500 at the Base Exchange. A sign up table NCOA will also be barbecuing in the parking lot. Meals are \$6.00 and include a half chicken, beans, bread, salad, and a drink. The barbecue is open to all. Presale tickets are available, POCs are SSgt Kelly Williams at extension 6-1265 or MSgt Mike Brown at 6-3897. Meals are FREE to all who sign up for an NCOA membership.

g. First Time Home Buying Seminar: Military Housing is sponsoring this seminar and will be held on 27 Mar 03 at Vandenberg Center Bldg 11008 from 1800-2000. POC is 30CES/CEH, Maria C. Rasay at 6-1840.

h. 30th Medical Group Deployment: Has been given the honor of participating in a Humanitarian Mission to Guatemala from 15 through 29 Mar 03. The 13-member team will consist of 5 physicians, 1 physician assistant, 1 dentist, 1 optometrist, 1 pharmacist, 1 nurse, and 3 additional medical personnel. During the deployment, the Family Practice Clinic's staff will consist of 1 physician reservist and 3 staff physicians. Clinic hours and medical services will not change significantly during this deployment. We will primarily offer ACUTE care and ask patients with anticipated needs (refills, check-ups, etc.) to make arrangements for care either before or after the deployment period. This will enable access to appointments for those patients with more urgent needs. Thank you very much for your cooperation. POC: Capt Swinton at 6-9076

i. Air Force Enlisted Foundation Charity Golf Tournament: 28 Mar 03 at Marshallia Ranch Golf Course, VAFB. 4-person team scramble (best ball). Registration is 1030-1145, Shotgun start at 1200. Cost is \$10 Per Person Entry Fee plus Green Fees. Green fees will be based on rank and carts are not included. Prizes will be awarded for 1st, 2nd, 3rd place and closest to the pin. POC: 381st TRNG, MSgt Blevins, 5-4893 or email at bradley.blevins@vandenberg.af.mil.

j. DITY Move for 2002: If you did a DITY move in 02 please check your W-2 for verification and state of residence. If the information is incorrect please stop by the Finance Customer Service to request a corrected W-2. POC: 30CPTS/FMC TSgt Lyzenga, 6-1993.

k. Vandenberg Officer Christian Fellowship (OCF): Is a non-denominational bible study meeting Thursday nights, 1900, at the home of Capt Keith and Christy Keana, 612 Cherry St, VAFB. Come join us for

a time of study, fellowship and prayer. Please contact Capt Keana or Christy at 734-0696 (home) or 6-6461 for more information. Keith.keana@vanderberg.af.mil.

1. Attention Military Service Station Customers: When refueling vehicles, please do not use the hold open latch on the fueling nozzle (IAW AFOSH STD 91-38). Customers using the hold open latch while refueling have been responsible for two recent fuel spills when the automatic shut off function did not work. If there is a fuel spill while refueling, please put down absorbent material ("kitty litter") provided before the fuel soaks in to the ground. Thank you for not using the hold open latch. POC is Mr. B.K. Ficklin, Fuels Manager, 30LRS/LGRDMF, 6-8710.

m. Attention all Facility Managers. Service contracts are "performance-based." This means if your facility is receiving contracted custodial and grounds maintenance services, your facility should be clean and your grounds should be well maintained at all times. We no longer provide special events services for "GC prep" because of this new contract methodology. However, if your facility is not being maintained up to standard, please contact CE Service Contracts immediately (via customer complaint AF Form 714) to identify problem areas for corrective action. Don't wait until the last minute to do your GC prep work. Guardian Challenge is just around the corner. (POC: CE Service Contracts, 30 CES/CEOEC, 6-2330).

Health and Wellness Center: (To Pre-Register for classes call 6-2221)

a. Tobacco Cessation Classes: 6-week program that includes medication.

b. Sensible Weigh: 4-week weight/fitness class. Call for schedule and to sign up.

c. Risk Reduction Classes: Weekly classes meeting at the MDG, which address Cholesterol, Diabetes, Hypertension and Weight. Topic varies call for schedule and to sign up.

d. Prenatal Exercise Class: Quarterly class. Next class 21 Feb 03, 1200-1300.

e. Breastfeeding and Infant Care Education Class: Quarterly class. Next class 28 Feb 03, 1400-1600

Chapel: (30 SW/HC, 65773)

a. Worship Schedule: Catholic Mass Sat, 1700 Chapel II; Sun 1000, Chapel I, Daily Mass 1130 M-F, Chapel II -- Protestant – Praise & Worship 0830 Sun, Chapel II; Gospel 1130 Sun, Chapel II; Traditional 1130 Sun, Chapel I. Ash Wednesday SVC 5 March Protestant 1830 Chapel 2 Catholic 1130 Chapel 2, 1700 Chapel 2.

b. Upcoming Lent Devotions: 12, 19, 26 Mar 03 and 2 and 9 Apr 03. Protestant: Lent Devotions will be held on these Wednesday's at 1130 Chapel 1. Catholic will hold Mass at 1130 at Chapel 2. Then both groups will meet at PCC at 1200 for soups and bread.

c. Married and Engaged Couples: Come and take a day off together and enhance your relationship! You are all invited to attend "Real love in the real world" Couples Conference. This event will be held at the Chapel 1 Annex on the 15 Mar 03 from 0800-1600. The cost is \$25.00 per couple. Scholarships are available, call for details. There is a discounted rate of \$10.00 for spouses of deployed members. There will be a Continental Breakfast and Lunch included. POC: Tamra Collins at 6-5773 or Sharon Egan at 6-2523.

d. Prayer Breakfast: The monthly prayer breakfast will be held on 13 Mar 03, 0630 in the Chapel 1 Annex. Capt Milo Quesinberry is the guest speaker.

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

a. Office Closure: The Family Support Center will be closed for staff training every Monday from 0730-0930. Personnel requiring emergency Air Force Aid will be assisted. POC: Sally Galligan, 30 MSS/DPF, 6-0801.

b. Thrift Savings Plan: 7 Mar 03, 1100-1200 at the Family Support Center. This 401k-type plan will allow accumulate long-term, tax-deferred savings. Get the information you need on enrollment, investment vehicles, and much more. Contact Jimmy Camacho at 6-4491 or visit www.tsp.gov.

c. Pre-Separation Briefing: Required 90-120 days prior to leaving the service for military members scheduled to retire or separate. This mandatory counseling session consists of service member benefits. Spouses are welcome and encouraged to attend. This session is offered every Tuesday morning, 0800-0900 (except TAP seminar week). Call 6-0801 for more information.

d. Single Parents Support Group: Meets the second and fourth Tuesday every month, 1130 to 1300 at the Services Center. This is an opportunity for single parents to meet other single parents as well as discuss any stressors with their responsibilities at home or at work. Contact Linda Bastine at 6-9958. No registration is required.

e. Heart Link: 12 Mar 03, 0830-1400 at the Family Support Center. This workshop is for all Air Force spouses, regardless of rank or gender, who have been married 5 years or less, and is not limited to a first

marriage. Purpose is to strengthen military families and enhance mission readiness. This workshop will enable spouses to make better use of the community resources supporting them and their families. This is a great opportunity to meet other new spouses and learn about your valuable role as a military spouse. This workshop increases spouse awareness of Air Force Mission, Customs, Traditions, Protocols, Support resources, Services, and Acronyms. Hear briefings from Protocol, Legal Services, Finance, Military Personnel Flight, Family Support Center, Services Squadron, Health & Wellness Center, Family Advocacy, and the Chapel. Lunch will be provided. Air Force Aid Society will provide funding for childcare expenses in Air Force Licensed Family Day Care homes for this event. Reservations are required so register early! Contact Teresa Orozco at 5-8557 or <mailto:teresa.orozco@vandenberg.af.mil>

30th Services Squadron: (30SVS/SVK, 6-0276)

a. Pacific Coast Club: (For information on any Club functions, please call 734-4375 or 734-4376).

\$ Club Card Drawing: The drawing is every Friday between 1700 and 2000. \$50 giveaway in each lounge each week. Must be present to win.

Entertainment/Events:

♫ **70's & 80's Music:** 7 Mar 03, 2100-0200 in the Enlisted Lounge.

♫ **Karaoke & DJ:** 7 Mar 03, 1800-2200 in the Officers' Lounge.

♫ **Monte Carlo Night:** 8 Mar 03, doors open at 1830 in the ballroom. \$5 for E4 and below, \$7 for E5 and above. \$3 cover for non-members. Includes all games, \$100 is funny money, snacks, DJ and door prizes.

Menu:

🍷 **Mongolian BBQ:** 12 Mar 03, 1800-2000.

🍷 **Pizza Party:** Planning a party? Get 15% off any order of five or more pizzas, plus Members First discount.

🍷 **March Pizza Special:** Large Garlic Chicken Pizza - \$9.95.

🍷 **Pasta Mania Buffet:** Thursday Nights, 1700-2000. Cost is \$8.95 (MFP - \$6.95). Children under 10yrs - free. Children age 11-12 - half price.

🍷 **Weekly Lunch Schedule:** Tuesdays-Mexican, Italian, or Oriental Buffet (on a rotating schedule), Wednesdays-Santa Maria BBQ Buffet, Thursdays-Chicken and Ribs Buffet, and Fridays-Seafood Buffet.

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

🥊 **Boxing Training:** Mon-Fri, 1800-2000. Free Boxing training is available at the Boxing Annex (Bldg 14019).

🏐 **Blind Man's Volleyball:** 6 Mar 03, 1200. 4 man teams.

🏐 **Shamrock 5K Fun Run:** 14 Mar 03, 1200.

🏐 **Slam Dunk Contest:** 26 Mar 03, 1700. Slam Dunk Contest will run right before the Basketball All-Star game at 1800.

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

🎳 **Airmen's Night:** 6 Mar 03, 1700-2100. Every Thursday night at the Bowling Center, E-4's and under bowl for just \$1 per game.

🎳 **Name the Bowling Center Contest:** From now until 15 Mar 03, you can enter the 'Name the Bowling Center' contest. Get an entry form each time you bowl and suggest your new name.

d. Youth Center: (30SVS/SVYY, 6-2152)

⚾ **Youth Softball:** Vandenberg Youth softball is currently looking for young ladies age 11-14 to fill the league teams. Registration will continue until teams are full.

⚾ **Donations for Deployed Troops:** The Youth Center will be accepting donations through 25 Mar 03.

e. Marshallia Ranch Golf Course: (30SVS/SVRG, 6-6262)

🏌️ **2-Person Best Ball:** 22 Mar 03. Cost is \$10, sign up at the Pro Shop by 20 Mar 03.

f. Services Center: (30SVS/SVYR, 6-7976)

🏍️ **Motorcycle Club Meeting:** 7 Mar 03, 1500. Membership is free and all bike styles are welcome! Stop by the Services Center and catch our next meeting.

🎵 **"Sea Chanters" Tickets:** Don't miss the US Navy Band's 'Sea Chanters Chorus' free performance, 12 Mar 03, in Lompoc. Tickets are available at the Services Center.

🌿 **Aromatherapy Class:** 21 Mar 03, 1700. Limited space available, sign up today. \$15 per person

🌿 **Free Dance Lessons:** Wednesdays, 1830-2100. Free country-western line dancing lessons.

🌿 **Natural Knead Massage:** Gift baskets and gift certificates are available.

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

👨 **Give Parents A Break:** 14 Mar 03, 1800-2200. Next scheduled break for parents at the Child Development Center (CDC). Give us a call and find out if you can qualify.

🍦 **Ice Cream Social:** 21 Mar 03, 1430-1630 at the CDC.

h. Outdoor Recreation/Equipment Checkout: (30SVS/SVRO, 6-5908)

🪚 **Bass Club:** 5 Mar 03, 1700. Next meeting of the Bass Club at the equipment checkout building. Next tournament date is 9 Mar 03 from 0630-1230.

🪚 **Rock Climbing Trip:** 22 Mar 03, 1000-1600. Indoor rock climbing at the Crux Climbing Gym in San Luis Obispo. Cost is \$25.

i. Family Aquatics Center: (30SVS/SVRO, 6-3581)

🏊 **Pool Opening:** 10 Mar 03. The pool is scheduled to re-open.

j. Library: (30SVS/SVMG, 6-4202)

📖 **Pre-School Story Time:** Every Thursday at 1000.

📖 **Library Closure:** 18-19 Mar 03. The library will be closed for inventory shelving installation.

k. Skills Development: (30SVS/SVRS, 6-6438)

🔪 **Classes & Workshops:** Woodworking, Ceramics, Stained Glass, Framing, and Auto Skills classes are available. Stop by for a complete schedule.

l. Information, Tickets & Travel: (30SVS/SVYR, 6-7976)

🎭 **Glory Of Easter:** 5 April 03. Cost is \$80 per person. Catch this amazing performance at the Crystal Cathedral. \$25 deposit to hold a seat.

🎭 **Price Is Right:** 8 April 03. Cost is \$42 per person. Includes transportation and guaranteed seating.

🎭 **CATS:** 12 April 03. Catch this award-winning musical! Cost is \$95 with transportation and orchestra seating at the Pantages Theater.

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

🍽️ **Menu Planning Meeting:** 12 Mar 03, 1000 at Breakers.

🍽️ **Birthday Meal:** 26 Mar 03, 1700. For all enlisted personnel on BAS or SIK (meal card) and a guest. This meal covers Birthdays in Jan, Feb and Mar 03. Contact SSgt Lopez or SSgt Miller for more details at 6-3219.

n. Rod & Gun: (30SVS/SVRR, 6-4560)

🦅 **Open Shoot:** Open Trap & Skeet shoot every Wed, Fri and Sat morning at 0830.

🦅 **Sporting Clays:** 9 Mar 03, starting at 0800.

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

Embry Riddle Aeronautical University is offering three Bachelor courses: MGMT 320-Business Information Systems; MGMT 411-Logistics Management for Aviation/Aerospace and MGMT 420-Management of Production and Operations. We are also offering two Master Degree classes at our off base location at 3875-F Constellation Road: ASCI 608-Accident Investigation and MGMT 521-Global Information and Technology Management. Open registration is 3 Mar 03 through 14 Mar 03. Embry-Riddle is in the Education Complex, 144 Wyoming Ave. Bldg 14004 Room A-1. Office hours are Monday through Thursday 0900 to 1730 and Fridays 0900 to 1200. If you have any questions or are interested in our degree programs please call us at 6-6557, 734-4076 or email us at erau@sbceo.org.

Computer Training: (MCA, 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 classes for beginners; Word 2000; Word Advanced; Excel 2000; Excel Advanced; PowerPoint 2000; Access 2000 Beginning; Access 2000 Intermediate; Access Lab, Palm PDA Beginning, and Project 2000; Publisher 2000, Front Page 2000, Outlook, and Outlook Email Only. In addition to the existing traditional demonstration/lecture courses offered at the Computer Training Facility located within Bldg. 9360, MCA Engineers, 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 CBT's at their Personal Computer in their work environment. Slots are available both in the morning and afternoon time frame. Call 6-3771 for more information, or e-mail: lexi.schwartz@vandenbergh.af.mil.

b. Computer Tip: SKIP THE WEEKENDS - We often use Excel's automatic fill option when developing worksheets. For example, if you enter "Monday" (or, "Mon") in cell A1, then grab the Autofill handle (the little "J" looking handle in the bottom right corner of the cursor) and drag it to the right to fill the other cells with the rest of the weekdays. This works well, but you may run into a problem. If you enter the following into cells A1 through A6:

6/1/03

6/2/03

6/3/03

6/4/03

6/7/03

6/8/03

...and then, select all the cells and drag downward, you will get the same dates repeated over and over again. What is happening here? You were expecting Excel to fill the cells with all the weekdays of the month! Auto fill is a great option, and we use it frequently. The problem here is that Excel has no way of knowing you want the weekdays. The way to do the weekdays is to enter a start date; for example; 6/1/03. Then select that date, along with all the other cells you want to fill with dates, (A1 through A22 for June), and choose Edit \ Fill \ Series. When the Series dialog box opens, select the Date and Weekday radio buttons. Click **OK** to close the dialog box and insert your date selection. POC Lexi Schwartz 6-3771

c. Available Classes: The following classes currently have room and are available on a "first come-first serve" basis. Email us to register for classes you would like to attend.

| Course Name | Date(s) | Time |
|-----------------------------------|---------|-------------|
| Photo-Selecting What You Want | 3/5 | 11:30-12:30 |
| Palm PDA-Beginning | 3/5 | 13:00-16:00 |
| Pocket PC | 3/6 | 13:00-16:00 |
| Outlook Email Only | 3/6 | 08:00-11:00 |
| Word Advanced | 3/7 | 13:00-16:00 |
| Internet Explorer-Tips and Tricks | 3/7 | 11:30-12:30 |
| FormFlow | 3/7 | 08:00-11:00 |
| Word-Forms | 3/10 | 11:30-12:30 |
| Photoshop Elements | 3/10-14 | 08:00-11:00 |
| Outlook Email Only | 3/10 | 13:00-16:00 |
| Windows Tips and Tricks | 3/12 | 11:30-12:30 |
| IAAP Managers | 3/12 | 08:00-11:30 |
| Word-Columns | 3/14 | 11:30-12:30 |
| Excel 2000 Advanced | 3/14 | 13:00-16:00 |

Note: Walk-ins are always welcomed!

American Red Cross

March is Red Cross Month: Be prepared through information gathering and sharing.

| Course | Date | Time |
|-------------------------------|----------|-----------|
| Serving the Diverse Community | 8 Mar 03 | 0900-1700 |

The only pre-requisite for this course is Intro to Disaster, which can be taken home if you haven't taken it yet - a workbook and video]. All classes are free. The class will be held at the Buellton Senior Center, 164 West Hwy 246 [behind the Post Office 2 blocks west of Avenue of the Flags] from 0900 till 1700. To register or for more information, call 928-0778, or 736-5110.

Items For Sale or Wanted

Wanted: Anyone need a temporary roommate? The Optometry clinic has a California Berkeley school Optometry Extern (Student) who will be doing an externship at the Optometry Clinic. The student (Female) will stay 15 March-30 May 2003 and is in need of a place to stay while here at Vandenberg. If interested in helping her out please call the Optometry clinic at 606-0468 or e-mail TSgt Alex Amavisca.

For Sale: Electric Dryer, 220 volt, with power cord. Three cycle, white, like new condition. \$150 or best offer. Must sell. If interested please call 5-6420 or 734-7602.

For Sale: Xerox Work Centre XL2140df Copier. Used for home business, made approximately 1500 copies. Toner cartridges available at office Supply Stores. Comes with parallel cable and software for PC hookup, and a users guide. Paid \$850.00, will sell for \$450.00. For detailed information, pictures, and specifications, visit http://a1851.g.akamaitech.net/f/1851/2996/24h/cache.xerox.com/downloads/usa/en/f/file_prod_xl_spec_s.pdf. If interested call Gary or Debi Goodman at 734-4732 or e-mail goodmang@member.afa.org.

For Sale: Little Tikes Country Kitchen, in excellent condition, comes with accessories, \$50. Wicker Etageres, \$5, wooden boat toy box, \$25. Girl clothes sizes 6-8, great condition. If interested please call 734-0215.

For Sale: Gold 2001 Isuzu Rodeo LS, 6 cylinder, power everything, privacy glass, 6 disc in dash stereo system, \$18,000 take over payments. If interested please call 733-0927.

For Sale: Electric Dryer, 220V. Auto-dry, delicate, and regular cycles, almond, excellent condition. \$100 or best offer. 5-piece mirror/glass/black w/ gold trim wall unit that contains two end units with glass lit shelves, a center unit with slide out shelving (Stereo components) and a rotating pull out area for TV (up to

27"). Above is a lighted overhead wine glass holders with a back mirror glass piece. \$500 or best offer. If interested please call 6-8806 or 348-3305.

For Sale: 97 Dodge Dakota, SLT, Club Cab, red w/ matching shell, V6, auto, power everything, AM/FM/CD w/ new speakers, towing package, 98k mostly highway miles, immaculate condition, asking \$9650. Call Wayne Cook at 215-9984 for information.

For Sale: King Size bed, \$200. If interested please call 736-9988.