



Base Bulletin

Vandenberg AFB, CA 93437-0759



23 April 2003

No. 17

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 805-6-6614 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 Bulletins are valid for 90 days unless rescinded or superseded. Note: If an article requires a 30 SW Form 400, this form must be submitted with the article, or it will not be published.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 — OFFICIAL7

1. Team Vandenberg:

a. 30 LRS Vehicle Maintenance Section Closure: 23 Apr 03, will be closed for training. Only priority and safety related maintenance problems will be accepted. POC: MSgt Benesh, 30LRS/LGRVM, at 6-8696.

b. Community Antiterrorism Night: Colonel Robert M. Worley II will host a community antiterrorism night at the Main Chapel Annex on 23 Apr 03 at 1900 hours. Topics will include installation security, individual and family protective measures, Weapons of Mass Destruction (WMD) detection capabilities, food security and safety, disease surveillance, table displays and will be followed by a question and answer session. All Team Vandenberg, Tennant units and family members are encouraged to attend. POC: 30MDG/SGGM, TSgt Randy Martinez, Military Public Health, at 6-0648.

c. Fish and Wildlife Section Operational: As directed by the 30 MSG/CC the Fish and Wildlife Office has been ordered to close Area 4 to all outdoor recreational activities from 23 through 25 Apr 03 due to military operations. POC: 30SFS/SFOW, Doug Lemp, 6-6804.

d. 30SW PA/Closure: 28 Apr 03, Public Affairs will be closed for an official function. For emergencies or to contact an on-call PA representative contact the Command Post at 6-9961. (30SW/PA, 6-3595)

e. Family Liaison Training (FLO): 1 May 03, 1000-1200 and 1400-1600 at the Vandenberg Center's Auditorium. All personnel appointed as a FLO for their squadron must attend one of these sessions. IAW AFI 34-1101, it is recommended every unit provide a minimum of two FLO representatives (one officer and one senior enlisted). Units must have a current letter on file not to exceed 6 months. If units do not have current letter on file please accomplish and forward to Mr. Tucker. 30SVS/SVMX, Mr. Tucker at 6-3653.

f. JPASO Scheduling Conference: 1 May 03 at 1000 in Bldg. 7025, WROCC Auditorium. There will be a special Delta IV EELV program presentation during this meeting. In addition several range scheduling briefings are planned with presentations by representatives from JPASO Pacific area ranges including PMRF Barking Sands Hi, Naval Air Pt. Mugu CA, 22 Space Operations Squadron, U.S. Army Kwajelein Atoll and others discussing range instrumentation, maintenance and operations schedules and issues. (30RANS/DOUS, 6-8985)

g. Vandenberg African-American Association General Membership Meeting: 1 May 03, 1530 at the Chapel 1Annex. Topics of discussion will include all facets of the scholarship drive to include the official presentation. Other topics of discussion will be upcoming fund-raisers, and activities in conjunction with surrounding communities. Membership is open to all DoD employees and their dependents. Meetings are held on the first Thursday of every month. For more information, contact 2SLS/MAFA, Lt Isaac Wright, 5-4910 or Lt Kendall Jordan, 6-3593.

h. Retirement Ceremony: Colonel Samuel W. Fancher, Chief of Logistics, Fourteenth Air Force cordially invites you to attend a retirement ceremony in honor of Senior Master Sergeant Linda M. Delgado on

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Distribution: F

TEAM VANDENBERG

2 May 03, 1000 at the 381st Training Auditorium, Building 8290 Vandenberg Air Force Base, California. POC: SPACEAF/A14, TSgt Ramos at 6-8206.

i. 9th SOPS Change of Command Ceremony: 2 May 03 at 1000 at the Pacific Coast Club with reception to follow. Major Lois Diggs will be relinquishing command and Major Patrick Assayag will be assuming command. All Team Vandenberg and Tennant units welcome to attend. POC: 9SOPS/CCA, MSgt Taft at 5-4484.

j. 30MSS/Office Closure: 16 May 03 from 1400-1630 for an official function. An emergency phone number will be posted on each customer service office door. POC: 30MSS/DPMAR, SSgt Wilfong at 6-3969.

k. 101 Critical Days of Summer Campaign Mandatory Briefing: 19 May 03 at the Pacific Coast Club at the following times: 0800, 1000, 1300 and 1500. Attendance is mandatory for all 30SW personnel. Associate units will be provided video copies one week after the event. (30SW/PA, 6-3595)

l. Airmen Against Drunk Driving: Looking for a free, safe ride home with no questions asked? Call us and we will come get you! 605-AADD is the number. We care, do you?

m. Stop Loss: Affected by Stop Loss? Want to apply for a waiver? Information regarding Stop Loss and waiver requests are now available on the Base intranet at the Military Personnel Flight Web Page. POC: 30MSS/DPMPS. 2Lt Miller at 6-4948.

n. Dorm Manager Positions: The 30MSG 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 Senior Airmen, Staff Sergeants, and Technical 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. POC: 30MSG/CCH, SMSgt Joseph at 6-2990.

o. Motorcycle Riding Statistics: During the summer months, more motorcyclists take to the roadways. Unfortunately, motorcyclists are about 16 times more likely to be in a fatal accident, and 3 times more likely to be injured than those in passenger cars. However, wearing a helmet lowers a motorcycle rider's risk of fatal injury by 29 percent and reduces the risk of traumatic brain injury. (30SW/SEGB, 6-8804)

p. Airfield Fencing: The electric fence installed around the entire airfield has been activated permanently. The fence is six feet high and consists of 7 white nylon strands and if touched will feel like a pulsating household current. For safety reasons please stay away from this area. POC: 30OSS/OSAA, Capt Horowitz at 6-4129 or TSgt Gunther at 6-6941.

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. For information on what the VAFB EMSEC program has to offer, check out our website at the following address: <https://milnet/wiao/emsec.htm>. (30SCS/SCBI, 5-2352)

b. Web Enabled Records Information Management System (RIMS) Version 3.0 will be implemented at Vandenberg. The purpose of this program is to provide assistance with Records Management. This is a mandatory Air Force-wide Information Management Standard Automated System and supersedes version 2.1. Base Records Management will be soliciting units to assist with the implementation of this program. Our goal is to have all office records operational with RIMS V3.0 by December 03.. For questions or concerns call the Base Records Management Office at 6-4212 or e-mail: joseph.jiles@vandenberg.af.mil. (30SCS/SCBR-DCI)

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

a. Voluntary Leave Transfer Program: Doris Vogel and Jeannette H. Parker - Vandenberg AFB, Anonymous (employee does not wish to be identified) - Tyndall AFB, Janet Brown, Ethel Carter, and Sue Sommers - Scott AFB, Denise Christopher - Luke AFB, Debra Bucheck, Kevin Hanson, Anthony Karas, and Gail Knitter - General Mitchell IAP WI, Lora Hudson - Kirtland AFB, Jane Kelsey - Eglin AFB, Jeff Moody - Patrick AFB, Jacquelyn Schmidt - AF Academy, Mary Shepherd - Robins AFB, Yvonne Williams - Dobbins ARB, and Michael Zarbo - Ramstein AB are all in need of leave donations. Civilian employees who would like to donate a portion of their annual leave must complete an Optional Form 630-A. You can go by Building 11777, Room B-105 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. Thrift Savings Plan (TSP) Open Season: The TSP open season began 15 Apr 03 and will end 30 Jun 03. During this next open season, FERS employees may elect to contribute up to 13 percent of their basic pay and CSRS employees may elect to contribute up to 8 percent of their basic pay. Federal civilian employees can use the Benefits and Entitlements Service Team (BEST) automated system, 1-800-997-2378, or the EBIS website <http://www.afpc.randolph.af.mil/dpc/>BEST GRB/EBIS.htm>. To allocate which funds you want to contribute to, access the TSP website at <http://www.tsp.gov>. This site also provides rates of return, guide booklets, forms, and much more. The IRS elective deferral limit for 2003 is \$12,000. FERS employees who are affected by the annual limit on elective deferrals should be cautious regarding the effective date of an increase in their contribution amount. Timing is extremely important to ensure these employees do not reach their annual limit prior to the end of the year. **Catch-up Contributions:** The President signed legislation (P.L. 107-304) on 27 Nov 02, authorizing a program of "catch-up" contributions for TSP participants who are age 50 and over, and are already contributing the maximum amount to the TSP without exceeding the \$12,000 IRS limit. The maximum allowable amount for catch-up contributions for 03 is \$2,000. Eligible participants will be able to elect catch-up contributions in Jul 03, or anytime thereafter. Elections made in July will be effective in August. The TSP Loan interest rate for new loans is 4%. Loan agreements and withdrawal requests must be approved by 30 Apr 03 for payments to commence in May 03 and must be approved by 30 May 03 for payments to commence in June 03. (DPCE, 6-5847)

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

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

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 Security Forces Dispatch Bldg. 13730. For more information, call 6-3911 or 5-0792 (30SFS/SFOR)

OFFICIAL

Robert M. Worley II
Colonel, USAF
Commander

Mary E. Meyer
Chief, Publishing Management

SECTION III — UNOFFICIAL**General Information:**

a. Free Money Management Workshop: 24 April 03, 1100-1200, Catholic Charities Office, 118 No. G St., Ste. B (directly behind the Toyota car dealership). Presented by Carmella Vignocchi, Consumer Credit Counseling Service Educator. Do you know what is in your credit report and how to receive a copy? Do you know why it is important to have a good credit rating? What do creditors look for in potential credit applicants? What are some of the potential reasons of being denied credit? If there are errors in your credit report, do you know how to correct them? Credit is a part of life. At this workshop you will learn about credit histories, credit scores and ways to protect your credit records. POC: Bobbi Thompson, Catholic Charities, 736-6226.

b. Career Day at UCLA: 2 May 03, 1500-1800. Career Day has always proven to be a motivating experience for cadets who can share their experiences with college students. Officers of all AFSCs are welcomed. If interested contact 30SW/PA, 2Lt Janet Webb, Public Affairs Office at 6-3595.

c. Free Admission Circus Chimera: Scheduled to visit the greater Santa Ynez, Lompoc and Santa Maria Valleys and wish to show their appreciation by inviting all current cardholding active duty military dependents to be their guests with free admission on the dates, times, and locations listed: Solvang, Santa Ynez Mission Grounds: 28 Apr 03 at 1930, and 29 Apr 03 at 1630 and 1930. Lompoc at Central and O Street on 30 Apr 03 and 1 May 03 at 1630 and 1930. Santa Maria, Santa Maria Fairpark on 2 May 03 at 1930, 3 May 03 at 1330, 1630, and 1930, and 4 May 03 at 1230, 1530 and 1830. (30SW/PA, 6-3595)

d. The Vandenberg Thrift Shop: Thursdays, 1600 through 1800 is bag night in the Bargain Area. Anything that can be stuffed in a paper sack is \$4.00 per sack. Global Heart Members show their Global Hearts card and/or spouse's Orders and receive their first bag free! Thrift Shop Hours: Tuesday: 0930-1400, Consignments: 0930 through 12:30, Thursday: 1100 through 1800, Consignments from 1100 through 1700. During the summer months we will only be open once a week on Tuesdays, hours to be determined. Bldg 11180, phone 6-3128. POC: SSgt Keen, 30SW/MO, 5-6456.

e. VAFB Chess Club: Is affiliated with the United States Chess Federation, USCF, and meets every Thursday at 1630 in the Services Building. All ages and ability are welcome. POC: Joel Parney at 734-3345.

f. Medical Group Closure: As a reminder, the 30th Medical Group is closed the 4th Thursday of each month for training. Routine service resumes the following Friday. During our training, we conduct various activities ranging from team specific to wartime medical readiness. We truly appreciate your cooperation as our training allows us to better serve Team Vandenberg. POC: 30MDG/SG, Captain Swinton, 6-9076.

g. Volunteers Wanted - Global Hearts Group Lawn Mowing Volunteers: Request volunteers to assist deployed and remote families by volunteering to mow their lawn. This is a great way to make a difference in someone's life. If interested please call the Chapel 6-5773 or MSgt Lefebvre 6-0039 for more information.

h. Free Money Management Workshop: 24 April 03, 1100-1200, Catholic Charities Office, 118 No. G St., Ste. B (directly behind the Toyota car dealership). Presented by Carmella Vignocchi, Consumer Credit Counseling Service Educator, Credit Problems-Credit Solutions. Do you know what is in your credit report and how to receive a copy? Do you know why it is important to have a good credit rating? What do creditors look for in potential credit applicants? What are some of the potential reasons of being denied credit? If there are errors in your credit report, do you know how to correct them? Credit is a part of life. At this workshop you will learn about credit histories, credit scores and ways to protect your credit records. POC: Bobbi Thompson, Catholic Charities, 736-6226.

i. Vandenberg Women's Arena Soccer Seeking Players: Soliciting women who are interested in playing Arena Soccer. E-Mail crystal.shaffer@vandenberg.af.mil. (30OSS/CCA, 6-6171)

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 22 May 03, 1400.

Chapel: (30SW/HC, 65773)

a. Monthly Prayer Breakfast: 8 May 03, 0630 at Chapel One Annex. The speaker will be Lt Col Dave Thompson. Everyone is welcome to attend.

b. 381 Training Group Chapel Events: Please come and join us for the following weekly events: Bible Study & Prayer on Wednesday's 1130-1230 Group Conference Room (Bldg 8290), Friday's 1730-1830 Praise & Worship Service at the Group Auditorium (Bldg 8290), and 1830-2000 Pizza/Game Social in the Group Foyer (Bldg 8290). For those desiring to volunteer in Group Chapel Ministry's please coordinate with the 381 Training Group Chaplain. These events are open to all.

c. New Chapel Hours: The Chapel is open 0700-1700 Monday-Friday. POC: Chaplain Beeman, 6-8963.

d. Daily Prayer: Every morning 0715-0725 at Chapel I. All Vandenberg is invited to pray for our Nation, Troops & Families.

e. Worship Schedule: Catholic Mass Sat, 1700 Chapel II; Sun 1000, Chapel I, Daily Mass 1130 Monday-Friday, Chapel II. **Protestant** - Praise & Worship 0830 Sun, Chapel II; Gospel 1130 Sun, Chapel II; Traditional 1130 Sun, Chapel I.

f. G.I Java: Need a shot of Caffeine? All dorm and Billeting residents are invited to come and enjoy FREE lattes, frappicinos, sodas, chips, and fellowship at a world-class CYBERNET CAFÉ!! Open 7 days a week,

1700-2100. G.I Java is located in the Delta Dayroom across the street from Breakers Dinning Facility. For further information, contact SSgt Jennifer Wilkins or Chaplain Mike Martin at 6-5773.

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 0730-0930. Personnel requiring emergency Air Force Aid will be assisted. POC: Sally Galligan, 30 MSS/DPF, 6-0801.

b. Healthy Snacking Party: 23 Apr 03, 1130-1230 at the Family Support Center. It's fun! It's easy! Learn secrets to having a healthy diet and prevention of chronic diseases. Receive free gifts and enter in drawings. Call 6-0039 to RSVP.

c. How to Start Your Own Business: 23 Apr 03, 1330-1530 at the Family Support Center. This workshop is tailored to assist individuals who are interested in starting their own full-time or part-time business. Topics include general licensing requirements; business plans, applying for the VA backed (up to 85%) small Business Administration (SBA) loans. components of a business plan and resources available in every state. Contact Larry Davis 5-0134 to register.

d. Women, Infants, & Children (WIC), 24 April 03 0800-1630 at the satellite office in the Family Support Center for Vandenberg personnel who meet the established criteria. WIC is a nutrition education program that provides supplemental food that promotes good health for pregnant, breastfeeding, and postpartum women, infants and children up to age five. For more information call 6-0039 or the Lompoc Office at 737-6470 to schedule an appointment.

e. Understanding the REDUX/Career Status Bonus: 25 Apr 03, 1100-1200 at the Family Support Center. Did you know that the new Career Status Bonus offers a one time \$30,000 payment in exchange for a lifetime of reduced retirement benefits. Eligible members who first committed to military service on or after 1 Aug 86 must make the irrevocable decision on the 15th active duty anniversary. Would you like to trade retired pay for a lump sum today? Get the help you need now to make your decision. Call Jimmy Camacho at 6-4491.

f. Babysitter Training: 26 Apr 03, 0800 through 1700. Designed for today's 11-15 year-old, Babysitter's Training gives participants the knowledge, skills, and confidence to care for infants through school-aged children. This course addresses safety issues, basic childcare, first aid, and more. Contact MSgt Todd LeFebvre at 6-0039 or the Lompoc American Red Cross office at 736-5110 to sign up.

g. 3rd Annual Volunteer Recognition Ceremony: 29 Apr 03, 1100 through 1300 at the Pacific Coast Club ballroom. Join us to celebrate Vandenberg Volunteers! For more information, please contact Sally Galligan at 6-0801.

h. Sponsorship Training: 29 Apr 03, 1500 through 1600 at the Family Support Center. Learn sponsor responsibilities, relocation resources, and tips to assist your newcomer. Also offered as a tutorial on the Intranet or website <http://intranet/sponsor/index.htm>. Contact Sally Galligan at 6-0801 for more information.

i. The Mechanics of Resume Writing: 30 Apr 03, 0900 through 1200 at the Family Support Center. Many people launch into resume writing without preparation. In this workshop, participants will learn about the different types of resumes, hear about resume dos and don'ts, learn resources, and get tips on building a powerful resume that will get you an interview. Hear from a guest speaker who will give tips on what employers are looking for on a resume. Participants are asked to bring pertinent information needed for building a resume. Registration is necessary. Contact Teresa Orozco at 5-8557.

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

a. Auto Hobby Shop: (30SVS/SVRA, 6-6013)

- **Auto Skills Classes:** By appointment. Tune-up, maintenance class for non-mechanics, and equipment safety classes.

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

- **Airmen's Night:** 24 Apr 03, 1700-2100. Every Thursday night at the Bowling Center, E-4's and under bowl for just \$1 per game.
- **Deployed Spouses Day:** Tuesdays, 0900-1200. Deployed spouses can play for just \$1 per game. All pre-school age children bowl for free with a paying parent.

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

- **Extended Dining:** Breakers has extended the Saturday dinner hours to 1600-1900 on a trial basis. These hours will run through 31 May 03.
- **Deployed Spouses:** Thursdays, starting at 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.

- **Take Your Son or Daughter to Work:** 24 Apr 03. We would like to invite eligible patrons to bring one child to the Breakers for breakfast or lunch in recognition of Take Your Son or Daughter to Work Day.
- **'Turbo Chef Food Demo:** 28 Apr 03.
- 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 if you qualify.
- e. Family Child Care:** (30SVS/SVYD, 6-3255)
 - **Providers:** 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, 6-4639 or, 6-3255.
- f. Fitness Center:** (30SVS/SVMP, 6-3832)
 - **Body Composition Testing:** 23 Apr 03, 1100.
 - **Everything you want to know about a cardio bike:** 24 Apr 03, 1200.
 - **30-Mile Road Bike Race:** 26 Apr 03, 0900.
- g. Library:** (30SVS/SVMG, 6-4202)
 - **Pre-School Story Time:** Every Thursday at 1000.
 - **Dial-a-Story:** The phone number is 6-4300 (Available 24/7, changes each Sunday).
 - **Women's Reading Group:** 24 Apr 03, 1200. Meets the last Thursday of each month in the Library Conference room. Bring a brown-bag lunch.
- h. Marshallia Ranch Golf Course:** (30SVS/SVRG, 6-6262)
 - **Two-Person Scramble:** 10 May 03. Cost is \$10, entry deadline is 8 May 03 at 1500.
 - **Youth Golf Lessons:** Saturdays at 1330 ages 8 years and up. Cost is \$5 each session, includes use of rental club set and range balls.
- i. Outdoor Recreation/Equipment Checkout:** (30SVS/SVRO, 6-5908)
 - **Day in Santa Barbara:** 26 Apr 03, 1000-1600. Cost is \$10 each.
- j. Pacific Coast Club:** (30SVS/SVRMC, 734-4375 or 734-4376)

Entertainment/Events:

 - **Club Card Drawing:** The drawing is every Friday between 1700 and 2000. \$50 giveaway in each lounge each week. Must be present to win.
 - **Country Night:** 18 Apr 03, 2100-0200, in the Enlisted Lounge.
 - **Karaoke & DJ:** 25 Apr 03, 1800-2200, in the Officers' Lounge.
 - **All Nighter:** 26 Apr 03, 2100-0400. All Nighter with Mug Night in the Enlisted Lounge

Menu:

 - **April Special:** Get a dozen hot wings for just \$3.95 with purchase of 1 large pizza of your choice.
 - **Secretary's Day:** 23 Apr 03. Free dessert with lunch for secretaries.
 - **Pasta Mania Buffet:** Thursday Nights, 1700-2000.
 - **Weekly Lunch Schedule:** Tuesday-Mexican, Italian, or Oriental Buffet (on a rotating schedule), Wednesday-Santa Maria BBQ Buffet, Thursday-Chicken and Ribs Buffet, and Friday-Seafood Buffet.
- k. Rod & Gun:** (30SVS/SVRR, 6-4560)
 - **Open Shoot:** Open Trap & Skeet shoot every Wed, Fri and Sat morning at 0830.
 - **Intramurals:** Season is underway. See your sports unit rep for details.
 - **Sporting Clays:** 2nd and 4th Sundays each month.
- l. Services Center:** (30SVS/SVYR, 6-7976)
 - **Free Dance Lessons:** Wednesdays, 1830-2100. Free country-western line dancing lessons.
 - **Natural Knead Massage:** Special gift baskets and gift certificates are available.
- m. 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.
 - **Creative Beadwork:** 26 Apr 03, 1100-1400. Basic bead-working skills for kids, sign up by 24 Apr 03.
- n. Swimming Pool:** (30SVS/SVRO, 6-3581)
 - **Lap Swim:** Mon-Fri, 1000-1300.
- o. Youth Center:** (30SVS/SVYY, 6-2152)
 - **Vandenberg Flyers:** Cheerleading/Dance Team program, ages 4 and up. Sign ups at Youth Center.
 - **Music Lessons:** Lessons from the Coehlo Academy of Music. Learn guitar, flute, keyboard and voice. Group and individual lessons available. Sign up at the Youth Center.

- **Kempo Karate:** Openings are available in the family class for youth 6 years and older with their parents.
- **Summer Camp:** Registration commences 21 Apr 03 and ends 16 May 03. Please contact the Youth Center for more information.
- **Salute to Youth:** 26 Apr 03, 1200-1600. Don't miss this free informational fair. Tri-tip sandwiches, Bake Sale, Youth Center snack bar will be open. Demonstrations include Kempo Karate, Vandenberg Jets gymnastics, Vandenberg Flyers Cheer/Dance squad, Lompoc Surf Connection Skate Team and the Vandenberg K-9 Unit.
- **Hoops Registration:** 23 Apr 03 through 2 May 03. Sign up for the Operation Teen Night Hoops this summer At the Youth Center. Cost is \$ 25 (\$20 for Youth Center members). For teen's age 13 through 18 still attending high school.

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

a. Civilian Management Training Committee (MTC): 24 Apr 03. If you wish to have a civilian training request considered for funding at the next meeting please have your packages submitted to 30 MSS/DPHE, Civilian Training, bldg 14002 (across from the Commissary). All packages must include an original DDFM 1556, course information, and a letter of justification and registration information. POC: Ms. Barbara LeFebvre, Civilian Training Office at 5-5913.

b. Air & Space Basic Course (ASBC) and Squadron Officer School (SOS) For Civilians: The call for nomination packages for civilians to attend ASBC and SOS in residence is out. Nomination packages must be submitted to the Careers Program Office at AFPC by 28 May 03. Packages must be routed through the Civilian Training Office for Wing/CC endorsement. ASBC is open to all PAQ, Copper Cap, and Base Level Interns who have at least six months continuous federal service. SOS is open to GS-9 to 12. Both courses require that the attendee meet the same physical standards as the military. Information on both courses and nomination procedures can be found at <http://www.afpc.randolph.af.mil/cp/guide/sec-4.htm>. Point of contact is Ms. Barbara LeFebvre at 5-5913.

c. Career Enhancement Plans (CEP): The CEP is primarily designed to document required training and development needs for registrants in Air Force Civilian Career Programs. It replaces the individual development plan (IDP) and provides an in-system interface between individual training requirements and the career program training budget process. The CEP is also a mentoring tool. In preparing the CEP, the supervisor and employee tailor enhancement activities to individual needs. The supervisor may also use the CEP to help evaluate an employee's short and long-term training requirements that will help the employee reach a certain goal. The Civilian Training Office is required to have all CEP training inputs updated by 27 Jun 03. Therefore, the suspense for CEPs to be returned to the Civilian Training Office is 13 Jun 03. Point of contact is Ms. Barbara LeFebvre at 5-5913.

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@vandenberg.af.mil.

b. Computer Tip: Do you need to keep track of telephone calls? You can use the Phone Call feature in your Outlook Journal to be the best way to gather this information. To track your calls in the Journal: Go the Contacts folder and double-click the contact you are going to call. On the Actions menu, click "New Journal Entry for Contact". When you begin the call, click the "Start Timer" button. While you're talking, you can record notes from your call in the space provided in the Journal Entry. When you're done, click "Pause Timer" and save your entry (click the "Save and Close" button at the top-left of the Journal Entry window). To view a list of all the phone calls in your journal, go to the Journal folder. From the View menu, choose Current View (or, simply drop the Current View list on the Advanced toolbar), and then click Phone Calls. In Outlook 2000, you can also use the new Contact Activity Tracking feature to get a list of all the phone calls, e-

mails, or meetings related to a contact. To view all the Journal items related to a contact: Open the contact you want to view. Click the Activities tab. In the Show list, click Journal. 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
Outlook	4-22-24	13:00-16:00
Excel-Conditioning	4-23	11:30-12:30
Photo-Special Effects II	4-25	11:30-12:30
Defense Message System	4-25	13:00-16:00
Access Lab	4-25	08:00-11:00
Publisher 2000	4-28-1 May	13:00-16:00
Front Page 2000	4-28-30	08:00-11:00
Excel-Formatting Worksheets	4-28	11:30-12:30
Office-Object Linking and Embedding	4-30	11:30-12:30
Acrobat Writer Basics	5-1-2	08:00-11:00
Windows-Tips and Tricks	5-2	11:30-12:30
Outlook Email Only	5-2	13:00-16:00

Note: Walk-ins are always welcomed!

American Red Cross:

Lompoc Valley District Office, 312 H Street, Lompoc (805) 736-5110, Email us: disaster@sbaco-redcross.org.

Training Courses

	Date	Time
Introduction to Disaster Services #3066 & Orientation to Red Cross Introduces participants to the American Red Cross and Disaster Services. Provides basic information about disasters & their effects and how the Red Cross assists.	6 May 03	1800-2100
Mass Care Overview #3068-1 Overview of immediate Mass Care services on chapter administered disaster relief operations, as well as <i>on</i> larger relief operations.	8May 03	1800-2100
Damage Assessment # 3067 Prepares participants to conduct the damage assessment that is used as the basis for Red Cross family assistance. Covers the kinds of damage to be assessed, how to document damage & submit reports.	13 May 03	1800-2100
ERV Ready, Set, Roll! #4002 Prepares participants to drive the Emergency Response Vehicle and its function during a disaster.	17 May 03	0900-1500

Items For Sale, Wanted and Free To A Good Home:

For Sale: Boy's 24' 15-Speed Bike, \$20; Girl's 20' 5-Speed Bike, \$25; Barbie Doll House, \$15. If interested please call 734-1044.

For Sale: (Motorcycle) 1999 Yamaha V-Star 1100, 12,000 miles, very good condition, NADA retail \$5,900. Asking \$5,600 O.B.O. Please call 734-1897.

For Sale: Classic 1987 Pontiac Fiero GT sports car, black with silver ground effects & trim; auto, sunroof, A/C, power windows & mirrors, tilt steering wheel, power locks, cruise control, rear window defroster, 4 wheel disc brakes, rear spoiler, new tires, custom factory wheels w/locking lugs. This car handles like its on rails (mid-engine design) and looks like a mini-Ferrari; reliable transportation, adult owned. This can be seen at Base auto sales lot. Asking \$3900 or make me an offer. Call 734-7198.

For Sale: 2000 Suzuki Hayabusa GSX-1300R: Garage kept, never been down, only 4500 miles, 40 pounds lighter than stock. Purchased for \$10,700 in Aug 02 plus \$5,000 worth of trick parts. Asking \$11,000. Call 734-0132.

For Sale: Heavy-duty washer and dryer. Asking \$150 for both. If interested call 734-1364.

For Sale: Very nice contemporary brown and cream striped chair and ottoman. Asking \$25. If interested call 736-3953.

For Sale: Small freezer, works great. Asking \$60 firm. If interested call 734-0777.

For Sale: 1995 Ford Windstar LX, loaded, 7,000 miles on rebuilt engine. Asking \$4,500 or best offer. May be viewed at the Base Car Lot. If interested call 734-0777.

Wanted: 2-Drawer Safe. The RF Spectrum Management Office needs a functioning 2-drawer container to store Secret material. You call and we haul. POC: 30SCS/SCMK, Mr. Jordan, 6-6695.