



# Base Bulletin

Vandenberg AFB, CA 93437-0759



6 May 2003

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The Base Bulletin is published each Wednesday (except holidays). Send proposed bulletin items via email to [publishing.management.dci@vandenberg.af.mil](mailto: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 Bulletins are valid for 90 days unless rescinded or superseded. Note: If an article requires a 30 SW Form 400, this form must be submitted with the article, or it will not be published.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. Operation Baby Launch:** 12 May 03, 1700 in the 30<sup>th</sup> Medical Group Auditorium. This is a great opportunity to learn valuable information on resources available from local hospital representatives, TRICARE financial concerns and our Family Practice Clinic. Receive a free formula kit and gifts. There will also be free raffle. Spouses and partners are welcome and registration is not required. POC: 30MDG/SG, Captain Rosales, 5-8254 or Nancy Sias, 6-8217.

**b. Health Care Consumer Advisory:** The next Health Care Consumer Advisory (HCCA) Council meeting will be held 12 May 03 at 1030 in the Medical Group Auditorium. POC: Capt Fowler, 30MDG/SGSB, 6-3012.

**c. AFSA Chapter 1356 General Membership Meeting:** Air Force Sergeant's Association, Chapter 1356 is conducting a general membership meeting at 1530 hours, 13 May 03, Services Center, Bldg 10122, corner of Washington Ave and Calif Blvd. AFSA membership is open to all active duty and retired enlisted military. AFSA lobbyists continue to inform members of Congress of the sacrifices those who wear and have worn the uniform, (and their families) make on a daily basis for the protection of the American way-of-life. From fighting for full pay raises for those still wearing the uniform, to full on-time cost of living allowances (COLA) for retirees, AFSA continues to lead the way to preserve and improve the quality-of-life for its members. AFSA Chapter 1356 needs Team Vandenberg's support. For additional information, please contact TSgt Astrosky at 6-8700.

**d. 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.

**e. 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/SEGB, 6-8804.

**f. Unit Security Manager Formal Training Course:** 21-22 May, 0830 at bldg 11025. In accordance with DoD 5200.1-R and AFI 31-401, newly assigned security managers are required to attend a formal information security training course. Please contact your current unit security manager for enrollment. For more information, contact the 30 SFS/SFAI at 6-4615

**g. 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.

**h. NCO Retraining Program:** Air Force officials have announced the start of the FY03 NCO retraining program (NCORP). The FY03 NCORP will target approximately 1,400 NCOs (SSgt, TSgt, MSgt) to retrain from AFSCS with NCO overages to AFSCS with NCO shortages. The voluntary phase of the program runs through 6 Jun 03. Formal FY04 program objectives (AFSC/grade) will be announced early Oct 03 targeting approximately 2,000 - 2,500. Some restrictions apply, depending on grade and AFSC. Please contact SSgt Gomez at 6-7681 or Sra Stringer at 6-8617 in the MPF for complete details. (30MSS/DPMA)

**i. 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.

**j. Summer Safety Tips: Heat, Storms, Vacations, Picnics:** Heat often impairs driving ability. Heat can make you tired, fatigued, and less alert. Solutions: Keep cool while driving by running your air conditioner. Switch drivers on longer trips to avoid driving when drowsy or fatigued. When you're not behind the wheel, keep your car cooler by parking in the shade. Summer storms can create slippery road surfaces and cause vehicles to hydroplane or skid out of control. Solution: Release the accelerator and avoid braking until the car slows. Control should return in a few seconds. When people drive to a vacation destination, they're usually very unfamiliar with the road systems. As a result, they often make sudden turns and other last-minute maneuvers. This can be dangerous for everyone on the roadway. Solutions: Study a map beforehand and know exactly where you're going. Accommodate for delays caused by summer road construction. While picnics and parties are an important part of summer fun, they also tend to increase alcohol consumption. Don't drink and drive. POC: Florence Pangelinan, 30SW/SEGB, 6-8804.

**k. 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? (30CES/CCS/DP, 6-3612)

## 2. 30<sup>th</sup> Space Communications Squadron:

**a. Need EMSEC training?** Look out for a global e-mail announcement called: "PC, Security & ADPE Classes" by Ms. Lexi Schwartz, from our MCA Contractor. In addition to EMSEC, you will find other security training opportunities for: Unit Computer Security Manager, Computer Certification and Accreditation, and IAAP (SATE) training courses. To register, or for additional information, contact Ms. Lexi Schwartz (Lexi.Schwartz@vandenberg.af.mil). For questions only, not reservations, call MCA at extension 6-3771.

**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](mailto:joseph.jiles@vandenberg.af.mil). (30SCS/SCBR-DCI)

**c. Records Management Appointment Memorandums:** The Base Records Management Office is currently reviewing its RM appointment memorandums and asks that all units update their RM appointment correspondence and send to 30 SCS/SCBR (Base Records Management). In addition, request for RM training can be incorporated in the appointment memorandum, faxes accepted at 6-0261. (30SCS/SCBR, 6-4212)

## 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:

**a. Recruitment for Individuals with Disabilities Program Manager:** The Department of Defense and the United States Air Force have been steadily working toward increasing employment opportunities for individuals with disabilities. To support this initiative, Vandenberg AFB will be accepting applications for a Special Emphasis Program Manager to run the Individuals with Disabilities Program. This is a highly visible program with positive results. It is considered a collateral duty to an employee's normal position and will

require supervisory approval before being appointed. The individual must be able to devote at least 20% of their time to the program while fulfilling the duties of their present position. Responsibilities of the program manager include educating and assisting supervisors and managers with providing reasonable accommodations (accessibility, availability of resources and assistive technology) for prospective and current employees with disabilities, evaluating progress and reporting data. Interested applicants must be current appropriated fund civil service employees serviced by the Vandenberg AFB Civilian Personnel Office. To obtain an application, please e-mail Rhonda Dean, [rhonda.dean@vandenberg.af.mil](mailto:rhonda.dean@vandenberg.af.mil). Completed applications should be delivered to Bldg 11777, Suite B-102. (30 MSS/DPCS, 6-9049)

**b. Voluntary Leave Transfer Program:** Jeannette H. Parker - Vandenberg AFB, Anonymous (employee does not wish to be identified) - Tyndall AFB, Janet Brown, Ethel Carter, Richard Porterfield, and Sue Sommers - Scott AFB, Denise Christopher - Luke AFB, Kaye Ferguson - Los Angeles 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](http://www.opm.gov/FORMS/PDF_FILL/opm630A.pdf). (30MSS/DPCE, 6-5847)

**c. 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](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. (30MSS/DPCE, 6-5847)

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

**School Zone Parking on Vandenberg AFB:** The 30 SFS, in accordance with 30th Space Wing Instruction 31-109 and the California Vehicle Code 22500, Chapter 9, will continue strict enforcement of prohibited parking in all school zones. It is prohibited for vehicles to park in zones marked as no parking or in zones designated for school buses. Vehicles parked in these areas, whether drivers or passengers are in the vehicle or not, are in violation of the wing instruction and the California Vehicle Code. Observation indicates this is a greater problem in the afternoon. Safety near schools is paramount to the SFS and the Wing. Violators will be cited, towed or both. For more information, contact 30 SFS/SFOP at ext 5-2585.

## 6. Air Force Reserves: (30 MSS/ISR)

**Briefing:** 13 May 03, 1300, Bldg. 11777, Room C-114. If you are interested in applying for this program, you must first attend the **Palace Chase** briefing. Contact MSgt Kartheiser, AF Reserve Recruiter at 6-2704.

## 7. Civil Engineering: (30 CES/CECS, 6-7158)

**a. MFH Spring Cleaning:** In an effort to keep our base looking beautiful, we will be conducting a MFH wide spring-cleaning weekend on May 9<sup>th</sup> through May 11<sup>th</sup>. To accomplish this successfully, we will require all MFH residents to conduct the following checklist:

- Mow all lawn areas to a maximum of 3 inches.
- Perform weeding in areas where mowing is not possible.
- Edge around all lawn borders, including pavements, gardening, and structures.
- Trim hedges, shrubs, and bushes. They should not be high enough to block any windows and should be at least 12 inches below any roof eaves. They should be at least 4 inches from walls.

**b. Resources:** In addition to the checklist, please note the following:

- A Military Family Housing bulk pick-up date is schedule for 12 May. Please have your bulk items ready for collection the evening before.
  - The Self Help center, located in Building 11462, can provide you with Weed-X, grass seed, decorative bark, fertilizer, and more. Stop by and see what they have available.
  - Inspectors will be going around to check on progress.
- c. Cooperation:** With everyone's help, we can ensure that our families can live, work, play, and grow together in a community, which we may all take pride in. Thanks in advance for all your efforts and for your contributions to making Vandenberg one of the Air Forces finest places to live.

**OFFICIAL**

**Robert M. Worley II**  
**Colonel, USAF**  
**Commander**

**Mary E. Meyer**  
**Chief, Publishing Management**

**SECTION III — UNOFFICIAL****General Information:**

- a. Aqualiers Dive Club Meeting:** 7 May 03, 1800-2000, Bldg. 6436, 13th & Nevada. Our Club website is: <http://members.tripod.com/aqualiers/aqualiers.html>. (OL Det. 3, WR-ALC/AFTLE, 733-5026)
- b. Scuba Diving Class:** Starting 8 May 03. The Warm weather and warmer waters are almost here. So come join us in learning to have some underwater fun. Call me about the next scuba diving class. Cost is \$175.00. All books, materials, and most of the equipment will be provided. For more information call Bob Johnson, 452-6218.
- c. The Vandenberg Air Force Base Motorcycle Riders Club:** This month's meeting will be on 9 May 03 at 1500 in the second floor meeting room of the Services Building (Corner of California and Washington). Active and retired military, civil service, and contractors are encouraged to join. All types and brands of bikes are welcomed. All are encouraged to ride to the meeting. Photo of bikes and riders will be taken for the club web site now in development. (30SFS/SFMT, 5-0751)
- d. Military Appreciation Day:** Cal Poly is hosting Military Appreciation Day, Saturday 10 May 03 at Cal Poly San Luis Obispo with a baseball game against Cal State Northridge. Game time is 1300 and one cardholding active duty military and one guest will be admitted free of charge. The stadium is located at Highland Dr. and Via Carda off the Highway 1 exit to Cal Poly. For information call Nick Wynne at 756-0141.
- e. Commissary Drawing Contest:** Children, please assist us by decorating for spring. Just draw a picture of your favorite flower and submit it to the Customer Service Center NLT 15 May 03. Judging will take place on 16 May 03 and will be comprised of three age groups: age 4 and under, ages 5 through 8 and ages 9 through 12. Pictures will be judged on originality, creativity and colorfulness. (DECA, 734-3354, ext. 225)
- f. Classroom Available:** Does your unit need a classroom or a meeting place? The 30 SW/MO office has a room available with a whiteboard, TV, VCR, stereo, and other training aids. It can accommodate 25 people and is located in building 9360. POC: TSgt Murray, 5-6459 or MSgt Fox, 5-6468 (30 SW/MO)

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

- a. New Classes:** The Health and Wellness Center now offers 2 new classes on a quarterly basis, *Breastfeeding and Infant Care*, and *Exercising During Pregnancy*. These classes will aid you in what type of exercise is allowable during your pregnancy and tips and techniques on how to successfully breastfeed and take care of your new baby. The next classes will be held on 22 May 03. The Breastfeeding and Infant Care will take place from 1000 - 1200 and the Exercise Class will be from 1400 - 1530 (this class is informational only, you will not be exercising during this class). For information or registration call the HAWC at 6-2221.
- b. Civilian Fit Time Approved:** The long desired Civilian Health and Fitness Program has been approved on a 6-month trial basis. Call the HAWC for details at 6-2221.

**Chapel:** (30SW/HC, 65773)

- a. Monthly Prayer Breakfast:** Will be held on Thursday 8 May 03 at 0630 at Chapel One Annex. The speaker will be Chaplain Major General Potter, who is the Chief of the USAF Chaplain Service. Everyone is welcome to attend.
- b. Catholic Mass For The Troops:** Please join us on 6 May 03 at 1900 in Chapel One as we pray for the troops serving overseas and their families and friends.
- c. Community Prayer Service:** All Vandenberg is invited to a Service for our Nation, Troops, and families of those deployed. On 13 May 03 at 1900 in Chapel One.
- d. New Chapel Hours:** The Chapel is open from 0700-1700 Monday — Friday. Any questions, call 6-5773.
- e. Daily Prayer:** Every morning from 0715-0725 at Chapel I. All Vandenberg is invited to pray for our Nation, Troops & Families.
- f. 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.
- g. 381 Training Group Chapel Events:** Please come and join us for the following weekly events: Bible Study & Prayer on Wednesday's from 1130-1230 Group Conference room (Bldg 8290). Friday from 1730-1830 Praise & Worship Service at the Group Auditorium (Bldg 8290). Friday from 1830-2000 Pizza/Game Social in the Group Foyer (Bldg 8290). These events are open to all. For those desiring to volunteer in Group Chapel Ministry's please coordinate with the 381 Training Group Chaplain. POC: Ch Beeman 6-8963.
- h. 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. Located in the Delta Dayroom across the street from Breakers Dining 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 POC)

- a. Marriage Enrichment Counseling:** Offered on a one-on-one basis for couples married or planning to marry. Contact Linda Bastine at 6-9958 to make an appointment.
- b. 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.
- c. Investment Planning Class:** Friday, 9 May 03, 1100-1200 at the Family Support Center. Get the information you need on enrollment, investment vehicles, and more. Call 6-4491.
- d. Global Hearts Group Event:** "Ice Cream Social" on Saturday, 10 May 03, 1400 at the Education Center. Call 6-1607.
- e. Single Parents Support Group:** Meets the 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.
- f. Separations and Retirements (Stop Loss Effect):** Now that Stop Loss is in full swing and you are wondering about your future, we are here to help. The Family Support Center is still conducting the "mandatory" Pre-separation Briefing and the Transition Assistance Program (TAP) Seminar. Don't let Stop Loss hold you up from continuing your future plans. We are here to help and want you to be ready when Stop Loss is lifted. Don't wait until the last minute, stop by the FSC or call Larry Davis at 5-0134.

**30<sup>th</sup> Services Squadron:** (30SVS/SVK, 6-0276)

- a. Auto Hobby Shop:** (30SVS/SVRA, 6-6013)
  - **Auto Skills Classes:** By appointment. Tune-up and maintenance class for non-mechanics and equipment safety classes.
- b. Bowling Center:** (30SVS/SVRB, 6-3209/734-1310)
  - **Airmen's Night:** 8 May 03, 1700-2100. Every Thursday night at the Bowling Center, E-4's and under, bowl for just \$1 per game.
  - **Bowl With Your Buddy:** 11 May 03. Any child can bring in their mother who bowls for free. For every paid game a child bowls, mom gets a free matching 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.
- d. **Child Development Center:** (30SVS/SVYC, 6-1555)
  - **Give Parents a Break:** 9 May 03, 1800-2200. This program offers parents one evening of child-care per month for parents who need a break. Give us a call and find out if you qualify.
  - **Parent Appreciation Day:** 9 May 03, 1430-1600. Art activities will be on display outside the rooms with lemonade and crackers to snack on. Thank you to all our parents!
- 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. Call Gwendolyn Jones at 6-4639 or 6-3255.
- f. **Fitness Center:** (30SVS/SVMP, 6-3832)
  - **All Night Softball Tournament:** 9 May 03, 1800.
- 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).
  - **Military Professional Reading Group:** 9 May 03, 1500, at the library conference room. The first book discussion will be "Band Of Brothers" by Stephen Ambrose. For info contact 2Lt Miller at 5-4850.
- h. **Marshallia Ranch Golf Course:** (30SVS/SVRG, 6-6262)
  - **Two-Person Scramble:** 10 May 03. Cost is \$10, entry deadline is 8 May at 1500.
  - **Youth Golf Lessons:** Saturdays at 1:30pm. For youths 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)
  - **Santa Barbara Sailing:** 31 May 03, 1030-1730. Cost is \$46 each. Make an escape for the high seas with Outdoor Rec! Limited space is available.
- 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.
  - **"My 80's - My 90's - My Music":** 9 May 03, 2100-0200. KSMY radio 106.7 will be in the Enlisted Lounge with prizes, T-shirts, fun music and more! Grand prize drawing - just in time for Mother's Day - a romantic getaway package to Cambria! Winner will receive a one-night accommodation for two at the Cambria Pines Lodge Hotel (with fireplace), gourmet dinner for two with a bottle of wine, breakfast for two, and one dozen long-stemmed roses delivered to your room! *(no federal endorsement intended)*
  - **Karaoke & DJ:** 9 May 03, 1800-2200, in the Officers' Lounge.
  - **Mug Night:** 10 May 03, 2100-0200, in the Enlisted Lounge.

**Menu:**

  - **Pacific Fried Chicken Night:** Tuesdays, 1700-2000. Four pieces for \$7.95, 8 pieces for \$12.95, 16 pieces for \$17.95. Show club card for MFP.
  - **Pasta Mania Buffet:** Thursday, 1700-2000. Children 4 years and younger free, age 5-11 half price.
  - **Mongolian BBQ:** 7 May 03, 1800-2000.
  - **Mother's Day Brunch:** 11 May 03, 1000-1400. Cost is \$20.95, children age 4-12 are 75¢ per year, children under 4 years eat free. Reservations are required: 734-4375 or 6-3330.
  - **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:** Custom gift baskets and gift certificates are available for Mother's Day.
- 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.
  - **Children's Ceramic Painting:** 10 May 03, 1100-1400.
  - **Basic Framing and Matting:** 13 May 03, 1800-2030. Cost is \$15.

**n. Swimming Pool:** (30SVS/SVRO, 6-3581)

- **Lap Swim:** Mon-Fri, 1000-1300.
- **Water Safety:** Looking for a great summer job as a swim lesson instructor? Sign up for the American Red Cross water safety instruction course at the pool. Must be at least 17 years old. Course runs May 24, 25, 26, 31 and June 1.

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

- **Vandenberg Flyers:** Cheerleading/Dance Team for ages 4 and up. Sign up at the Youth Center.
- **Summer Camp:** Open registration runs through May 16. Please call the youth center for information.
- **Hoops Registration:** 5-30 May 03. Sign up for the Operation Teen Night Hoops this summer at the Youth Center. Cost is \$ 25 (\$20 for Youth Center members). Season will run from 9 Jun through 28 July. Limited slots available per division.
- **T.R.A.I.L. Triathlon:** 17 May 03. Registration start at 0900, the triathlon starts at 1000. Kids age 10-18 are eligible. This event can be done as a team or an individual.

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

**a. 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.

**b. 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 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, 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 CBTs at their Personal Computer in their work environment. Slots are available both in the morning and afternoon time frames. Call 6-3771 for more information, or e-mail: [lexi.schwartz@vandenberg.af.mil](mailto:lexi.schwartz@vandenberg.af.mil)

**b. Computer Tip:** MY FAVORITE SHAPE - Is there a certain AutoShape that you really, really like to use in your worksheets? Well, instead of having to poke through your AutoShape palettes every time you want to draw the shape, we recommend you just add the shape to your Standard toolbar so it's always handy:

1. Choose "Customize" on the Tools menu.
2. Click the "Commands" tab.
3. Under Categories, choose "AutoShapes".
4. Under Commands, find the AutoShape you like to use most and drag it on to the Standard toolbar.
5. Click the Close button.

There's your favorite AutoShape, whenever you need it! 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.

| Class | Date(s) | Time |
|-------|---------|------|
|-------|---------|------|

|  |         |             |
|--|---------|-------------|
| Internet Explorer - Tips and Tricks      | 5/7     | 11:30-12:30 |
| Certification & Accreditation            | 5/7     | 08:00-11:30 |
| Word - Styles                            | 5/9     | 11:30-12:30 |
| Outlook Email Only                       | 5/9     | 08:00-11:00 |
| Word 2000                                | 5/12-14 | 13:00-16:00 |
| Office - Customizing Toolbars            | 5/12    | 11:30-12:30 |
| Photo - Cropping and Cloning             | 5/14    | 11:30-12:30 |
| Outlook Email Only                       | 5/16    | 13:00-16:00 |
| Internet Explorer - Using Search Engines | 5/16    | 11:30-12:30 |

Note: Walk-ins are always welcomed!

### American Red Cross:

Lompoc Valley District Office, 312 H Street, Lompoc (805) 736-5110. All Disaster Preparedness classes are free! Email us: <mailto:disaster@sbaco-redcross.org>.

**a. Mass Care Overview #3068-1:** 8 May 03, 1800-2100. Overview of immediate Mass Care services on chapter administered disaster relief operations, as well as *on* larger relief operations.

**b. Damage Assessment # 3067:** 13 May 03, 1800-2100. 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.

**c. ERV Ready, Set, Roll! #4002:** 17 May 03, 0900-1500. Prepares participants to drive the Emergency Response Vehicle and its function during a disaster.

**d. Shelter Operations # 3068-11:** Tues., 20 May 03, 1800-2200. Part 1 of a two-part class that teaches participants to open, maintain, and close a shelter. Includes management of equipment and supplies, space allocation, and problem solving.

**e. Shelter Simulation #3068-12:** Thurs., 22 May 03, 1800-2200. Part 2 of a two-part course that teaches participants to open, maintain, and close a shelter. The simulation is a tabletop exercise conducted under the guidance of the instructor.

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

**For Sale:** Bedroom set, includes dresser, mirror, chest, headboard, bedrails, nightstand, lamp and bedding. Asking \$150. If interested call 734-2205.

**For Sale:** 1987 Saab 900S, Red, sunroof, AM/FM cassette, A/C, power windows, 150,000 mi (but a Saab can go for 300,000 miles EASY), Great car, very reliable. Can be seen at the Base Auto Sales Lot (Across from the Auto Skills Shop). Asking \$2,999.99 or best offer. If interested call 736-0954.

**For Sale:** Motorcycle 1993 BMW K1100LT in excellent condition, 29,000 miles, Dark Green. ABS, full compliment of bags including saddlebag liners and 27-liter tank bag. Refreshed Corbin seat and unused stock seat, AM-FM Stereo Cassette, adjustable windshield, throttle lock cruise. Needs new rear tire. Asking \$6500. If interested call Mike at 733-0834.

**For Sale:** Classic 1987 Pontiac Fiero GT mid-engine 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 and draws attention wherever it goes; reliable transportation, adult owned; can be seen at base auto sales lot. \$3900 OBO; 734-7198.

**For Sale:** 2002 Chevy Avalanche 4WD SUV/Truck, only 22,000 miles, leather seats front and back, loaded with everything, Z71 off-road package, towing package, \$27,500. Call 734-1927.

**For Sale:** Electric Dryer, 220 volt, with power cord. Three cycle, white, like new condition. \$75 or best offer. PCSing to Europe, must sell. If interested call 928-6889.

**For Sale:** Boy's 24' 15-speed bike-\$20. Girl's 20' 5-speed bike-\$25. Barbie doll house-\$15. For more information call 734-1044.

**Ride Swap:** Need to drop off vehicle at the Vehicle Processing Center in LA the around the first week of June. Anyone needing to pick up a vehicle and willing to swap rides contact SMSgt Michael Tierney @ 6-9815 or 734-3560.

**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.