



# Base Bulletin

Vandenberg AFB, CA 93437-0759



9 June 2004

No. 23

The Base Bulletin is published each Wednesday (except holidays). Send proposed bulletin items via e-mail to [publishing.vafb@vandenberg.af.mil](mailto:publishing.vafb@vandenberg.af.mil) or to Publishing VAFB on the Global, or via fax to DSN 276-6614 or 805-606-6614 to arrive at 30SCS/SCSP by noon on Monday (by noon the preceding Friday if a holiday occurs on Monday or Tuesday), to meet the Wednesday publishing date. Be sure to include your name, office symbol, and office phone number. Remember to include your home phone number for personal items. Your items will run for two consecutive weeks, and may be resubmitted one week after the last date it was published. Bulletins are valid for 90 days unless rescinded or superseded. Note: If an article requires a 30SW Form 400, this form must be submitted with the article, or it will not be published.

## SECTION I — ADMINISTRATIVE DUTIES

Duty Chaplain: Duty phone, 6-5773. After hours, 6-9961.

Safety Hazard: Dial 5-SAFE (If off base, dial 605-SAFE).

## SECTION II — OFFICIAL

### 1. Team Vandenberg:

**a. Retirement Ceremony:** Lt Col William E. Prenot, Commander of the 30th Range Maintenance Squadron, and Lt Col David D. Thompson, Commander of the 2d Space Launch Squadron cordially invite you to the retirement ceremony of TSgt Jeffrey L. Sirk, honoring his 22 years of distinguished service, on 10 Jun 04, at 1400, Bldg 8500 in the RRC Rm. For more information contact MSgt Givens at 5-5318. (2SLS/MAFA)

**b. Retirement Ceremony:** Lt Col Bart H. Hedley, Commander of the 30th Civil Engineer Squadron, cordially invites you to the retirement ceremony of TSgt Robert K Tuttle, honoring his 20 years of distinguished service, on Friday, 11 Jun 04, at 0900 at the base theater. (30CES/CEC-1, 6-1931)

**c. Retirement Ceremony:** Please join the 381st Training Support Squadron in honoring MSgt Ron Forsythe for his 20 years of distinguished service at his retirement ceremony, 11 Jun 04, at 1000, in the 381TRG auditorium, Bldg 8290, Nevada Ave. A farewell luncheon will also be held at 1100, 9 Jun 04, at the Pacific Coast Club. If you can attend the luncheon please RSVP to Maj Spillar at 6-8270 or [charles.spillar@vandenberg.af.mil](mailto:charles.spillar@vandenberg.af.mil). If you have any questions please contact SSgt Eryn McConnell at 5-2550. (381TRSS/TSM)

**d. Retirement Ceremony:** The retirement ceremony honoring Mr. Dave Renshaw from the 30th Civil Engineering Squadron, Horizontal Section has been changed to 11 Jun 04, at 1200, in Bldg 10715. (30CES/CEOHH)

**e. Change of Command:** Lieutenant Colonel Jeffery E. Follansbee will relinquish command of the 2nd Range Operations Squadron to Lieutenant Colonel Richard L. Schoonmaker on Friday, the eleventh of June at two o'clock in the afternoon at the Pacific Coast Club, Vandenberg AFB CA. Contact Lt. Krepsky at 6-0756 (2ROPS/DOUT)

**f. Retirement Ceremony:** A retirement ceremony honoring Lt Col Jeffrey E. Follansbee, the Commander of the 2d Range Operations Squadron will be held on 18 Jun 04 at 0900 at the Pacific Coast Club, main ballroom. Please RSVP to Lt Cisney at 6-3048 or by e-mail to [eric.cisney@vandenberg.af.mil](mailto:eric.cisney@vandenberg.af.mil) no later than 14 Jun 04. (2ROPS/DOOA)

**g. Retirement Ceremony:** Please join the 30th Logistics Readiness Squadron in honoring MSgt Mark A. Losoya for his 23 years of distinguished service at his retirement ceremony, 18 Jun 04, 1000, outside Bldg 1749, Airfield Road, VAFB. Refreshments will immediately follow. Please RSVP to TSgt Cisney at 6-5757 or by e-mail at [cinnamon.cisney@vandenberg.af.mil](mailto:cinnamon.cisney@vandenberg.af.mil) NLT 11 Jun 04. (30LRS/LGRRR)

**h. Office Closure:** The legal office will be closed on 18 Jun 04 from 1100 to COB, for an official function. We apologize for any inconvenience this may cause. If you need emergency legal assistance, you can contact the on-call attorney at 588-2822. (30SW/JA, 6-6232)

**i. Retirement Ceremony:** Major Karen L. Taylor, Commander of the 30th Mission Support Squadron, formally invites you to attend a retirement ceremony honoring one of Vandenberg's long-standing members,

**TEAM VANDENBERG**

MSgt Barbara Henson, on **18 Jun 04**, at 1500, at the Pacific Coast Club, ballrooms 1&2. Please join the Henson's in celebrating the closure of a long, distinguished career and embrace the adventures that come with new beginnings. Reception will take place at the same location immediately following the retirement ceremony. For more information, contact TSgt Scantlebury-Hall at 6-2902. (30MSS/DPMPE)

**j. Change of Command:** Lieutenant Colonel Paul E. Irwin, Jr., will relinquish command of the 532d Training Squadron to Lieutenant Colonel Stephen A. Ray on Tuesday, the twenty-second of June at half past ten o'clock in the morning, in the High Bay of Bldg 8250, 597 7th Street. Contact Dolores Matney, 5-2137. (532TRS/CCS)

**k. Retirement Ceremony:** The 30th Launch Group will hold a retirement ceremony honoring CMSgt James Lewis' 30 years of dedicated service to our nation. The ceremony will be held on 28 Jun 04, at 1400, in Bldg 8500, RRC conference room. A reception will follow immediately in Rm 210 of Bldg 8500. Please RSVP to Ms Louise Briggs, 30LCG/CCSS, at 6-6771, NLT 18 Jun 04. (30LCG/CCSS)

**l. Farewell Dinner:** A farewell dinner for Lt Col David D. Thompson, Commander, 2d Space Launch Squadron, will be held on 28 Jun 04 at Bldg 8310, the corner of 8th and New Mexico, starting with social hour at 1730 and dinner at 1830. The catered menu includes BBQ tri-tip and chicken, sides and a beverage. Dress is smart casual. Tickets are \$10.00 each. Please RSVP to: SLC-4/SCC at 5-4465, Bldg 7000—Bobbie Moore at 6-9725 and Bldg 8500—Bonnie Purvis at 6-3863, NLT 24 Jun 04. (2SLS/DOUP, 6-1253)

**m. Retirement Ceremony:** Col Frank Gallegos, Commander, 30th Space Wing cordially invites all interested Vandenberg base members to the retirement ceremony for Col David Thompson, Vice Commander, 30th Space Wing. The event will be held at 1500 in the Pacific Coast Club ballroom on 30 June 04. Contact TSgt Stephen McMillan at 6-4885 if you have any questions. (30SW/SEGP)

**n. Change of Command:** Lieutenant Colonel Arthur T. Beisner II will relinquish command of the 533d Training Squadron to Lieutenant Colonel Catherine M. Perro on Tuesday, the sixth of July at ten o'clock in the morning at the Pacific Coast Club, Vandenberg AFB CA. Contact SSgt A. Langhorne 6-1541 x3505. (533TRS/DOA)

**o. Customer Service Hours Change:** The 30th Comptrollers Squadron, Financial Services Office Customer Service hours have changed. Our Monday, Tuesday, Thursday and Friday hours of operation will be 0800—1530 and Wednesday hours will be 1000—1530 due to training. This change is necessary to successfully implement the new Defense Travel System (DTS). Additionally, a drop box will be installed outside the Customer Service lobby in the near future to assist those customers who wish to just drop off their documents. (30CPTS/FMFC, 6-4630)

**p. Attention All Personnel:** Breakers Dining Facility is closed until 30 Nov 04 to renovate the Heating, Ventilation, and Air Conditioning (HVAC) system. Consolidated dining will be at Beachcomber Dining Facility Bldg 9190, on Nevada St in the 381st Training Group area. See schedule below: (30SVS/SVMF, 6-5496)

**Monday - Friday:**

Breakfast:	0500—0600	AETC Students Only
	0600—0830	All Personnel
Lunch:	1100—1200	AETC Students Only
	1200—1400	Permanent Party
	1300—1400	Retirees
Dinner:	1630—1900	All Personnel
Midnight:	2300—0100	All Personnel

**Weekends and Holidays:**

Brunch:	0600—1300	All Personnel
Supper:	1600—1800	All Personnel
Midnight:	2300—0100	All Personnel

**q. Quarterly Awards Announcement:** The deadline for all Quarterly Awards Package submissions will be 14 Jul 04 at 1630. Packages requirements & drop locations are as follows:

**Awards Category****Package Length****Drop Location**

CGO/Enlisted/Volunteer packages

15 lines ONLY

Public Affairs (PA) Office, Bldg 10577

Civilian (Cat I &amp; II) packages

One full page (front only)

MPF Awds &amp; Decs, Bldg 11777, Rm C-212

All packages MUST include the following: 1) Original Copy of the Nomination Letter (normally signed by Sq/CC). 2) One copy of the Short Bio (NMT 5-7 lines) 3) Ten copies of the Awards package. 4) Floppy Disk with electronic copies of all of the above (Nomination Letter, Short Bio, Awards Package). Please contact SMSgt Brian Robertson at 6-9815 for additional information. (30SW/JA, 5-5228)

**r. Interested In Going TDY?** The MPF's Personnel Readiness Function is looking for volunteers, in the rank of E-5 and below, to go TDY for approx 90 days working as a Third Country National (TCN) Escort. We are currently looking to fill 30 tasking for the AEF 3, AEF 5 and AEF 7 cycles. The benefits include traveling to another country and receiving a tax-free reenlistment bonus if you are eligible for reenlistment during that time. All TDY tasking are on a first come, first serve basis. Eligibility criteria as follows: Must not be obligated to fulfill an AEF requirement for your current AFSC and must remain eligible to support this tasking for the entire AEF cycle. Must have a Secret or Interim Secret Clearance. Must be an E-5 or below.

Must have your commander's approval in writing to be eligible to volunteer for the TCN Escort deployments. For more information, please contact TSgt Leduc at 6-7574. (30MSS/DPMDX)

**s. Military Equal Opportunity (MEO):** The primary objective of the Equal Opportunity and Treatment (EOT) program is to improve mission effectiveness by promoting an environment free from personal, social, or institutional barriers that prevent Air Force members from rising to the highest level of responsibility possible based on their individual merit, fitness, and capability. The EOT program encourages members to use the chain of command to identify and correct unlawful discriminatory practices. This includes processing and resolving complaints of unlawful discrimination and sexual harassment. For more detailed information contact the 30th Space Wing MEO office at 6-0370. (30SW/ME)

**t. Dormitory Residents:** Charge of Quarters (CQ) has begun. CQ hours are 2100—0500, Friday & Saturday nights (and will be adjusted for three & four day weekends). Please contact the CQ office located at Bldg 13400, Rm 110 at 6-8469/6-8487 for any dormitory issues during these times. Any questions, contact SSgt Molina at 6-3933 or SSgt Chaney at 5-2590. (30MSG/CCH)

**u. Motorcycle Safety Day:** This event is scheduled for Wednesday, 23 Jun 04 from 0900—1500 at the Base Parade Grounds. Speakers, vendors, food booth, Poker Run, motorcycle/rider checks, etc. are some of the activities. Who should attend: All USAF and Dept of the Air Force civilian motorcycle riders. For more info, contact Mr. Doug Harmon at 6-8806. (30SW/SEGB)

**v. Driving Safety:** What motivates young drivers to speed--Overconfidence in one's driving abilities? Emotional rush? Poor driving habits? Calculated odds that a Highway Patrolman won't catch them? Whatever the reason, these drivers need to know the risks they're taking; the consequences--legal, misdemeanor or felony--and financial. Research has deducted, and statistics substantiate that young males, aged 18-25 years, are the most at risk. Our young Airmen don't have to die, especially if all it takes is a "talking to", which will reach some, if not all of them. Bottom-line: If you know a driver that has a "lead foot", inform his/her supervisor--someone out there who loves that speed demon will thank you for trying to stop the carnage! (30SW/SEGB, 6-8804)

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

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

**a. Capitalization of Airmen:** General John P. Jumper, Air Force Chief of Staff (AF/CC) has requested capitalization of the term "Airman" or "Airmen" in all of his written products. His intent is to use the term as a proper noun, similar to the Marine Corps' capitalization of the term "Marine." Please apply this guidance as appropriate. (30SCS/SCSP, 6-7892)

**b. Air Force E-Pubs Service Desk Hours Change:** Service Desk hours of operation have changed to 0700—1700 EST! For more information go to the web site [www.e-publishing.af.mil/customer\\_service.asp](http://www.e-publishing.af.mil/customer_service.asp) (30SCS/SCSP, 6-7692)

**c. Rescission of AFMAN 37-139:** AFMAN 37-139, Records Disposition Schedule, has been rescinded and replaced by the Air Force Records Disposition Schedule (RDS), accessible on-line at <https://webbrims.amc.af.mil/>. Remember the Records Disposition Schedule (RDS) available to you via WebRIMS is now the most current up-to-date information to be applied to your records. (30SCS/SCBR, 6-4212)

**d. Draw Down for Access to FormFlow Forms:** Just a reminder, effective 3 Jun 04, the Air Force Departmental Publishing Office (AFDPO) removed FormFlow forms from the e-Publishing web site only leaving the Information Management Tools (IMTs). This is in accordance with previous HQ USAF/ILC announcement of their transition period from FormFlow forms to IMTs. Customers may contact the e-Pubs help desk DSN: 754-2438 to obtain archived FormFlow forms or for further information. You may also contact the AFSPC IMT Content Management Office, DSN 692-6802/3157 or COMM: 554-6802/3157 for assistance in obtaining the archived FormFlow products. (30SCS/SCSP, 6-7892)

**e. FormFlow Draw Down:** Draw Down for Access to Command and Subordinate Unit FormFlow Forms on the AFSPC Forms Library Web Site. All Command and Subordinate Unit FormFlow forms will be removed from the AFSPC web site on 30 Jun 04. It is highly recommended that users of these FormFlow forms download those forms that they frequently use and place them on their own personal drive before 30 Jun 04. (30SCS/SCSP, 6-7892)

**f. IMT/Forms Product Expected Delivery Date:** The following physical product will be available in the Air Force Publishing Distribution Center on 04 Jun 04: SF44, Purchase Order - Invoice Voucher (Storage Safeguard). (30SCS/SCSP, 6-7892)

**3. Traffic Management Office:** (30LRS)

**a. Attention TMO Customers:** If you have recently arrived PCS and have household goods in storage awaiting quarters, schedule delivery of your personal property as soon as you have a firm address and move in date. Local agents may not be able to provide prompt delivery services if they are not provided sufficient lead-time. Please contact SSgt Soria, 6-0906. (30LRS/LGRT)

**b. 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. (30LRS/LGRT, 6-0904)

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

**a. Voluntary Leave Transfer Program:** Timothy L. Lovelace - 30CES/CEOF2 Vandenberg AFB, Tony Wright - Mildenhall AB, Starlene Holley - Clear AFS, Ronald Mosley - Selfridge ANGB, Michael Baca - HQ ARPC/MS, Sandra Jernigan, Betty O'Herlihy, Howard Brown, & Tim Jones - Luke AFB, Glenda Bennet & Lori J. Anderson - Peterson AFB, Herlene Thurman & Cheryl Scott - Los Angeles AFB, Carolyn DeLaGarza - Langley AFB, Johnna DeSimone - Schriever AFB, Dionisio Esteban - Onizuka AFS, Contine Francis & Janice Shinkle - MacDill AFB, Delores Green - Dobbins ARB, Wilson Holloway & Frank Valentik - Avon Park AFR, Charles Howard - Vance AFB, Jane Kelsey & Earle Tasse - Eglin AFB, Roberta Clark, Eileen Clemmons, Theresa Currier, Jennifer Mac Davitt, Mary Maurer, & Lisa Wiggs - Patrick AFB, Earl Mikula - Buckley AFB, Dotsy Parnell - Shaw AFB, D'Sitra Scott - Willow Grove ARS, PA, Sue Sommers - Scott AFB, Jeneke Lacy, Jacquelyn Schmidt, Carol Vilcek, Linda Solomon, & Rebecca Barner - USAF Academy, & Mike Weatherly - Homestead ARB are all in need of leave donations. Civilian employees who would like to donate a portion of their annual leave must complete an OPM 630-A. Go to Bldg 11777, Rm B-103 to pick-up and/or turn in your form. 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)

**b. Thrift Savings Plan (TSP) Open Season: Reminder:** The open season ends 30 Jun 04. FERS employees may elect to contribute up to 14 percent of their basic pay and CSRS employees may contribute up to 9 percent of their basic pay. The new contribution amounts will be effective dependent upon the date the employee makes their contribution election. **FERS** employees 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. The Internal Revenue Service annual limit on elective deferrals increased to \$13,000 in 2004. Federal civilian employees can use the Benefits and Entitlements Service Team (BEST) automated system, **1-800-616-3775**, or the **TDD number, 1-800-382-0893**. They may also access it through the EBIS website, which is a secure web program. As a result, before you can access EBIS you must log into the AFPC Secure Web via CAC card or regular User ID and password. Go to [http://www.afpc.randolph.af.mil/dpc/BEST\\_GRB/EBIS.htm](http://www.afpc.randolph.af.mil/dpc/BEST_GRB/EBIS.htm). Once within EBIS, you'll enter your social security number (SSN) and BEST personal identification number (PIN) -- another method of ensuring the security of your personal records and benefits transactions. Your **BEST** PIN is the same for both EBIS and the BEST phone system. To allocate the funds you are contributing to, access the TSP website at <http://www.tsp.gov/>. (30MSS/DPCE, 6-5847)

**c. Catch-Up Contributions:** If you are age 50 or older and you are already contributing the maximum amount of regular TSP contributions for which you are eligible, you may elect to make up to \$3,000 in catch-up contributions for 2004. Since this limit changes each year, you must make a new election each calendar year. (30MSS/DPCE, 6-5847)

**d. Civilian TSP Participant Members of the Ready Reserve:** If you are a civilian TSP participant with an outstanding TSP loan and are placed in a non-pay status to perform military service, make sure your agency provides the TSP with documentation to certify your status and suspend loan payments. The Internal Revenue Code allows the TSP to suspend loan payments for all participants placed in non-pay status for up to one year of non-pay. However, participants placed in non-pay status to perform military service for more than one year are authorized suspension of loan payments for the entire period of military service. For more information, see the Fact Sheet, [Effect of Non-pay Status on TSP Participation](#). (30MSS/DPCE 6-5847)

**5. 30th Medical Group:** (30MDG)

**TRICARE Online:** To gain access to TRICARE Online, you simply logon to the Internet, at <http://www.tricareonline.com>. Once you build your profile and establish a password, you are on your way to making your routine, wellness, and follow-up appointments with the click of a mouse. (30MDG/SGO, 6-3308)

**6. 30th Security Forces Squadron: (30SFS)**

**a. Firearms Registration:** IAW 30 SWI 31-101, Installation Security Program, Paragraph 14.3.1, states all base residents who own or possess firearms must register them with the Pass and Registration Office. To initiate the process, request an AF Form 1314, Firearms Registration, from your orderly room. After completing in triplicate, take the signed form to Bldg, 11777, Rm C-111. For more information, contact your Resource Protection Monitor, or call 5-0797. (30SFS/SFOSP)

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

**7. 30th Civil Engineering Squadron: (30CES)**

**a. Attention All Facility Managers:** Please ensure that Civil Engineering (CE) Customer Service has the correct Primary and/or Alternate Facility Manager assigned to your building. Call A1C Rodriguez at 6-3152 or CE Customer Service at 6-0010 to verify the correct information is in our system. If you need to assign a Facility Manager, do so by using the form located in the 30th Space Wing Pamphlet 32-3 attachment 1. The form must be signed by Unit Commander or equivalent and forwarded to CE Customer Service. Facility Manager training is on the third Wednesday of the month at 1000 in Bldg 11439, Rm 109, CES Conference room. (30CES/CEOFP, 6-0010).

**b. Base Civil Engineer Work Request:** The New 30SW Form 35, Base Civil Engineer Work Request, dated 1 Nov 03 is available on the [VEPDL](#). All other previous 30SW Form 35's are no longer valid. (30CES/CEOFP, 6-0010).

**c. Home Buying Workshop:** Military Family Housing is sponsoring a Home Buying Workshop on 17 Jun 04 from 1800—2000 at the Vandenberg Center, Bldg 11008. Please come and learn more about first-time home buying, VA & FHA financing, title, escrow and more. Seats are limited to 60 people. Please make your reservations by COB 14 Jun 04. Call Maria C. Rasay at 6-3434 or e-mail [maria.rasay@vandenberg.af.mil](mailto:maria.rasay@vandenberg.af.mil) (30CES/CEH)

**OFFICIAL**

**FRANK GALLEGOS**  
Colonel, USAF  
Commander

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

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

**a. Base Theater Marquee:** The following movies will be shown at the Base Theater, Bldg 13750 the weekend of 11—13 Jun 04. Call 606-5565 for recorded movie information only.

Day	Date	Movie	Rating	Opens	Starts
Friday	11 Jun 04	“Kill Bill Vol. 2”	R	1830	1900
Saturday	12 Jun 04	“Envy”	R	1830	1900
Sunday	13 Jun 04	“Ella Enchanted”	PG	1330	1400

E-mail Vanessa Probert at [ProbertV@aafes.com](mailto:ProbertV@aafes.com). (AAFES)

**b. The Vandenberg AFB/Central Coast Chapter of Tuskegee Airmen Inc. General Membership Meeting:** Thursday, 10 June 04, at 1000, in the Services Center Small Conference Room. All active duty members, spouses, civilians, and retirees are welcome. For more information, contact Lt Ike Wright, 5-4910 or Capt John Lofton, 6-9519. (2SLS/MAFD, 5-4910)

**c. Special Needs Information Network:** Having a family member with special needs is a challenge. The Special Needs Information Network meets at the Base Library on the 3rd Wednesday of every month to share information, experiences and support. The next meeting is 16 Jun 04, from 1830—1030. For more information call Debbie Drap at 734-2282.

**d. VAFB vs. Santa Maria:** Golfers are needed for the annual "Hi Neighbor" Golf Tournament. The event will take place beginning at 1045 with sign in and lunch, and shotgun start at 1130. It will be held at the base Marshallia Ranch Golf Course on Friday, 18 Jun 04. This year it is Vandenberg's turn to host Santa Maria. Cost is \$60, which covers lunch, green fees, cart, and snacks for you and a Santa Maria player who will be selected by the Santa Maria Chamber of Commerce. This is a full handicap; medal play tournament and players will be paired up by handicaps. If you don't have an established handicap you can use the average of your last 3 scores. There will be door prizes and a chance to win a new vehicle with a hole-in-one. Santa Maria players will host VAFB players next year at a Santa Maria course. To join this opportunity to meet some of the Santa Maria community and business leaders who provide so much support for VAFB events, please call Public Affairs at 6-3595 and provide name, organization, duty phone and handicap/average. (30SW/PA, 6-3595)

**e. Touch-A-Truck/Basewide Garage Sale:** The 30LRS Booster Club will be sponsoring a Touch-A-Truck/Basewide Garage Sale on Saturday, 19 Jun 04 in the 30LRS parking lot, Bldg 10728, from 0900 to 1400. Garage sale booths are \$10 each or 3 for \$25. Booth includes 6ft to 8ft table. Booths are for individuals or groups. Contact MSgt Harold Sullivan, 6-9069, or TSgt Scadlock, 6-6223. (30LRS/LGRD)

**f. Disaster Training Classes:** The Santa Barbara County Chapter is offering a number of courses to train volunteers to assist in a disaster. To register for any of these classes call the local office, or e-mail to [disaster@sbaco-redcross.org](mailto:disaster@sbaco-redcross.org).

#### Training Course

**Santa Maria Office**, 222 W. Carmen Lane, 928-0778

Mass Care Overview #3068-1

Shelter Operations # 3068-11

Shelter Simulation #3068-12

Providing Emergency Assistance to Families #3072

Disaster Assessment # 3067-1

DAT Team Workshop/Communications in Disaster

All of the above courses are free of charge. They are designed to prepare individuals and groups to participate as volunteers in Red Cross activities. Be part of the solution!

#### Day/Date

#### Time

Thurs. 10 Jun 04 1800—2200

Tues. 15 Jun 04 1800—2200

Tues. 14 Jun 04 1800—2200

Sat. 19 Jun 04 0900—1700

Tues. 22 Jun 04 1800—2200

Thurs. 24 Jun 04 1800—2200

**Health And Wellness Center:** (30MDG/HAWC, 6-2221)

**a. Quarterly Classes:** The following classes are offered on a quarterly basis at the Health And Wellness Center, Breastfeeding and Infant Care Class - Learn how to properly breastfeed and take care of your newborn. Exercise During Pregnancy - Learn what exercises are appropriate during your pregnancy. For information regarding any of these classes, please call the HAWC at 6-2221.

**b. HAWC On-line Class Sign-ups:** Please go to [www.php-ids.com](http://www.php-ids.com) to register as a new student and sign up: Fitness Improvement Program (FIP), Healthy Living Workshop (HLW), and Body Composition Improvement Program (BCIP). For information regarding any of these classes, please call the HAWC at 6-2221.

**c. Tobacco Cessation Classes:** The HAWC now offers evening Tobacco Cessation classes from 1600—1700 at the HAWC, the class dates are: 17 Jun 04—2 Jul 04. For those individuals unable to attend the day or evening classes, a take home CD-Rom version of the class is also available. For more details please contact the HAWC at 6-2221.

**Chapel:** (30SW/HC, 6-5773)

**a. Worship Schedule: Catholic Mass:** Saturday, 1615—1645 confessions; 1700 Chapel 2; Sunday, 1000, Chapel 1, Daily Mass 1130 M-F, Chapel 2. **Protestant:** Praise & Worship 0830 Sunday, Chapel 2; Gospel 1130 Sunday, Chapel 2; Traditional 1130 Sunday, Chapel 1.

**b. The Vandenberg Jewish Community:** Hebrew and Bar Mitzvah classes are ongoing here on base. These classes are open to all children with base access. Please call Randee Van Ness at 734-3311.

**c. Monthly Prayer Breakfast:** Come and join us for our monthly prayer breakfast on Thursday, 10 Jun 04 at 0630 at the Chapel 1 annex. Maj Thomas A. Reppart, Commander, 30th Services Squadron will be our guest speaker.

**Family Support Center:** (30MSS/DPF, 6-0039) To pre-register for all classes, workshops, and seminars, call the designated point of contact, or visit [www.php-ids.com](http://www.php-ids.com).

**a. Office Hours:** Family Support Center's customer service hours are from 0800—1600 except on Monday when the center will be closed for staff training from 0730—0930. Personnel requiring *emergency* Air Force Aid will be assisted. Call 6-0039.

**b. Computer Resource Room:** The Family Support Center's Computer Resource Room is now open to customers needing to access the Internet for job searches, relocation assistance, or to stay in touch with the family if separated because of military obligations. Walk-ins are accepted from 0800—1530.

**c. Financial Basics:** Tuesday, 15 Jun 04, 1100—1200 at the Family Support Center. To register call 6-0039 or go on-line to [www.php-ids.com](http://www.php-ids.com)

**d. Special Needs Information Network:** Wednesday, 16 Jun 04, 1830—1930 at the Base Library, Conf Room A. For more information call Debbie at 734-2282.

**e. BabyMeet:** If you are pregnant or the parent of a baby between the age of newborn to 2 years, this is an opportunity to get together with other families for discussions and socialization. This group meets every Wednesday, 0900—1000 at the Base Library. For more details call Katie at 734-6758 or Anna at 734-6606.

**f. Playtime for Tots:** They meet Friday mornings at 1000—1100 at the Religious Education Center. This playgroup is for parents and the children ages 2 to 5. For more information call Jill at 757-9044.

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

**a. Auto Hobby Shop:** (30SVS/SVRA, 6-6014)

- **Used Car Lot:** Try selling your used vehicle through the Auto Hobby Shop. Place your vehicle on the used car lot for \$6 per two weeks. You also have the option of listing your vehicle on the Services Squadron web site.

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

- **Airmen's Night:** Thursday, 1700—2100. Every Thursday night at the Bowling Center, E-4's and under bowl for just \$1 per game.
- **Thunder Alley:** Friday, 2200—0100, Saturday, 2100—2400. Catch the ultimate glow-in-the-dark bowling experience!

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

- **Breakers Renovations:** Starting 1 Jun 04, the Breakers dining facility will be closed for renovations to the heating, ventilation and air conditioning system. Consolidated dining will be available at the Beachcomber (Bldg 9190) on Nevada St in the 381st Training Group area.

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

- **Give Parents a Break:** This program offers parents one evening of childcare per month for parents who need a break. Give us a call and find out how you can qualify.
- **Drop-in Care Available:** The Child Development Center is open to active duty military, DOD civilians, and DOD contractors, as well as reservists placed on active duty for training. The CDC has drop in care for \$3.50 an hour on a space available basis.

**e. Family Child Care:** (30SVS/SVYD, 6-3255)

- **Provider Training:** The need for Child-care Providers has never been greater! Help make a difference and become a licensed child-care provider. Call Gwendolyn Jones at 6-4639 or 6-3255.

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

- **Lazy Man Biathlon:** Self-paced fitness program for June. Track your progress as you try to run 26 miles and bike 100 miles for the month of June. Sign up at the Fitness Center.
- **Pick-up Basketball:** Monday-Friday from 1100—1300, and Tuesday-Thursday from 1600—1700 at the Fitness Center.

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

- **Women's Reading Club:** 21 Jun 04.
- **Patch Club Meeting:** 25 Jun 04, 1700, at the Library. The Patch Club is a book club for students from grades 2 to 5. Each month we pick a theme and participants read a book relating to that theme. Call the library for more information on how you can be involved.
- **Pre-School Storytime:** Thursday at 1000. It is appreciated if you can sign up if you are attending to help plan for supplies, but walk-ins are welcome.
- **Dial-a-Story:** The phone number is 606-4300 for this free story-telling service. Available 24/7, story changes Friday afternoons.
- **Summer Reading Program:** This program for kids ages 3 to 12 will kick-off 26 Jun 04. This year's theme will be the ocean.

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

- **Father's Day Sale:** 10—20 Jun 04. The Golf Course pro shop will offer its Father's Day sale, 10% off any item from the men's department over \$10.00 and not already on sale (excludes club sets). A Special "Thank You Sale" of an extra 5% off of all Nike and Cutter & Buck shirts will also be offered during this time. Do your shopping for the "SPECIAL" man in your life at the golf course pro shop.
- **Marshallia Ranch Scramble:** 11—13 Jun 04. Sign up at the Pro Shop.

- **BBQ Lunch Special:** 17 Jun 04, 1100-1330.
- **Hi Neighbor Shotgun Tournament:** 18 Jun 04, 1200. Open play shotgun at 0730.
- **Nike Demo Day:** 26 Jun 04, 1000—1500. The Marshallia Ranch Golf Course will host a Nike Demo Day on the driving range. All golfers are invited to test drive the latest Nike Golf Equipment.
- i. Outdoor Recreation/Equipment Checkout:** (30SVS/SVRO, 6-5908)
  - **Whitewater Rafting:** 12, 26 Jun 04. Hit the rapids of Kern River with Outdoor Rec. Rafting trips will run through the summer. Cost is \$60 for one-day trip including transportation, lunch, and a full day of rafting with our own guides.
- j. Pacific Coast Club:** (30SVS/SVRMC, 734-4375 or 734-4376)
  - Entertainment/Events:**
    - **Around The World:** Join us as we explore 20 beers from 20 different countries. A new beer will be available every Friday for a two-week period. Pick up your passport today!
    - **Over the Hump Night:** Wednesday in the E-Lounge. Free wings and things starting at 1700 until gone. DJ and drink specials from 2000—2400.
    - **Mongolian BBQ:** 9 Jun 04, 1800—2000.
    - **Latino Night:** 11 Jun 04, 2100—0200, in the E-Lounge.
    - **Karaoke Night:** 11 Jun 04, 1900—2300, in the Officers' Lounge.
    - **18 & Over Night:** 12 Jun 04, 2100—0300.
    - **Boss & Buddy Night:** 16 Jun 04, 1700-2000.
    - **Father's Day Brunch:** 20 Jun 04, 1000-1300.
  - Menu:**
    - **Weekly Lunch Buffets:** Tuesday - Mexican, Italian, or Oriental Buffet (rotates weekly), Wednesday - Santa Maria BBQ Buffet, Thursday - Chicken and Ribs Buffet, Friday - Seafood Buffet.
    - **Monday Madness:** Monday evenings. All-you-can-eat pizza buffet with drink. Regular - \$7.00, Members - \$5.00, children under 12-years of age - \$3.00. (No coupons)
    - **Fried Chicken Buffet:** Tuesday evenings, Pacific Fried Chicken Buffet with dessert. Regular - \$8.95, Members - \$6.95, children under 12-years - half-price, children 4-years and under - free.
    - **Kids Night:** Wednesday evenings. Children under 12-years-old get a 6-inch mini pizza with choice of toppings and soda - \$1.50. (No coupons)
    - **Pasta Mania Buffet:** Thursday evenings. Regular - \$8.95, members - \$6.95, children under 12-years of age - half-price, children 4-years and under - free.
- k. Rod & Gun:** (30SVS/SVRR, 6-4560)
  - **Open Shoot:** Open Trap & Skeet shoot every Wednesday, Friday and Saturday morning at 0830.
- l. Services Center:** (30SVS/SVYR, 6-7976)
  - **Natural Knead Massage Relocation:** Natural Knead will be closed 17—18 Jun to relocate. As of Monday, 21 Jun, we will reopen in the new temporary location in the Health & Wellness Center (HAWC), Bldg 8505. Father's Day gift certificates are available.
  - **Touch-A-Truck:** 19 Jun 04, 1000—1400. Stop by the 30LRS/TRANS parking lot, Bldg. 10728 for the annual Touch-A-Truck event.
  - **Sierra Summit Lift Tickets:** Sierra Summit ski lift tickets are available at the Information, Ticket and Travel (ITT) office. Cost is \$38.50 per person.
  - **Discovery Dining Books:** Now available at the Services Center for just \$15.00.
- m. Skills Development:** (30SVS/SVRS, 6-6438)
  - **Stained-Glass Workshop:** 9 Jun 04, 1800—2000. \$2.50 per hour + cost of materials.
  - **Scrapbooking Workshop:** 10 Jun 04, 1800—2000. \$2.50 per hour + cost of materials.
- n. Swimming Pool:** (30SVS/SVRO, 6-3581)
  - **Pool is Currently Closed:** Due to repairs, the pool is closed until further notice.
- o. Veterinary Clinic:** (30SVS/SVRV, 6-3019)
  - **Clinic Day:** Thursday is the normal clinic day. Pets can be seen by appointment only by calling us at 6-3019. The appointment schedule is released every Friday for the following Thursday.
  - **Pet Protection:** Protect your pets against fleas, ticks and heartworms with Frontline Plus and Heartgard, both available at the Vet clinic.
- p. Youth Center:** (30SVS/SVYY, 6-2152)
  - **Super Fun Fitness Club:** 16 Jun 04 to 18 Aug 04. The Fitness Club runs Wednesday from 1400—1600 and is for youth ages 10 to 13. Sign up at the Youth Center.
  - **Colossal Cookie Challenge:** 30 Jun 04, 1130—1330, at the Youth Center Gym. Don't miss this recipe competition for cookies 4" or larger, any shape or design. Sign up at Youth Center age

categories: under 12 or 13—18 years old. Contest features five categories of cookies: Holiday/Special Occasion, No-Bake, Healthy, Cookie Makers Special, and the most unique “Space Cookie.”

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

**a. Summer Algebra Class:** Allan Hancock College offers a summer Algebra class at VAFB Center. Math 131, College Algebra (ticket #0040), will be offered at Allan Hancock College’s Vandenberg AFB Center as part of the college’s 2004-summer session of classes. This is an eight-week class that will meet on Tuesday and Thursday from 1700—2120 beginning 22 Jun 04. For more information, call toll free 1-866-DIAL AHC.

**b. Embry Riddle Aeronautical University:** ERAU offers associate and bachelor degree programs in Professional Aeronautics (ASPA/BSPA) and Technical Management (ASTM/BSTM). We also offer three graduate programs: Master of Science in Management (MSM), Masters of Business Administration in Aviation (MBA/A) and Master of Aeronautical Science (MAS). The MAS has eight specializations including Safety and Space. The graduate classes are offered at our off base location at 3875F Constellation Road, Lompoc. For the month of **June 2004**, Embry Riddle will waive all application fees. This is a limited time offer, so get your application in before 1 Jul 04 to save \$50.00! Our fall term begins 2 Aug 04 and registration begins 19 Jul 04. The term schedule will be available on our website at [www.erau.edu/vandenberg](http://www.erau.edu/vandenberg) by 12 Jul 04. For current information regarding registration, admissions and our programs call the office at 805-734-4076 or 6-6557. We have an extensive online catalog and over 150 locations worldwide. Embry-Riddle is in the Education Complex, 144 Wyoming Ave. Rm A-1. Office hours are Monday—Thursday 0830 to 730 and Friday 0900 to 1200. Our e-mail is [Vandenberg.Center@erau.edu](mailto:Vandenberg.Center@erau.edu). (ERAU)

**Computer Training:** (InDyne, 6-3771)

**a. Personal Computer Systems Training:** Call for info 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/Advanced; Excel 2000/Advanced; PowerPoint 2000; Access 2000 Beginning; Access 2000 Intermediate; Access 2000 Advanced; Access Lab; Palm PDA Beginning; Project 2000; Publisher 2000; Front Page 2000; Outlook 2000; and Outlook Email Only (a class specifically for those in process of getting an email account). In addition to the existing traditional demonstration/lecture courses offered at the Computer Training Facility located within Bldg 9360, InDyne, Inc. also reserves 4 hour blocks of time specifically for those students interested in completing Computer Based Training (CBT) Courseware. This provides an alternate method for those who are unable to satisfactorily complete CBTs at their Personal Computer in their work environment. Slots are available both in the morning and afternoon time frames. Call 6-3771, or e-mail: [lexi.schwartz@vandenberg.af.mil](mailto:lexi.schwartz@vandenberg.af.mil)

**b. First Tip: Quick Selection Of Formulas In An Excel Worksheet** - If you want to know which cells contain formulas and which don't, do the following: 1) Choose Edit + Go To (or press Ctrl + F5), 2) Select Special, 3) Select Formulas, 4) Click OK. Excel selects all your formulas; they appear in black. **Second Tip: Using The Word Spike** - A neat feature of Word 2000 is the ability to hold up to 12 items in the Clipboard simultaneously. This vast storage space should be plenty for all your cut and copy needs, but if somehow you find that you want to cut or copy more than 12 items of text onto the Clipboard at one time, there's another Word tool for you: It's called the Spike. Fear not, the Spike is not dangerous! The Spike is merely a specialized clipboard that allows you to cut an unlimited amount of material to it. The catch is, though the Spike can hold as much text as you like, it will always paste everything that has been copied to it at one time, in the order that you copied to it. To cut text to the Spike, select text and press **Ctrl + F3**. Continue to load the Spike in this manner until you've copied all the text you need. When you've finished moving the text into the Spike, press **Ctrl + Shift + F3** to empty the Spike in one vast chunk into your document.

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

Class	Date(s)	Time
Intro to Computers	9 Jun 04	0800—1100
Photo - Cropping and Cloning	9 Jun 04	1130—1230
LAN Access Training	10 Jun 04	0800—1100
Internet Explorer - Using Search Engines	11 Jun 04	1130—1230
Toolbar Mastery	11 Jun 04	0800—1100
PowerPoint 2000	14-18 Jun 04	1300—1600
Internet Explorer - Tips and Tricks	16 Jun 04	1130—1230
Information Technology EC Training	16 Jun 04	0900—1100
LAN Access Training	18 Jun 04	0800—1100
Outlook - Rules & Organizing Email	21 Jun 04	1130—1230
Word 2000	21-23 Jun 04	1300—1600

Access 2000 Basic	21-25 Jun 04	0800—1100
Photo - Special Effects II	23 Jun 04	1130—1230
IAAP Managers	23 Jun 04	0800—1130

**Note:** Walk-ins are always welcomed!

#### Items For Sale:

**For Sale:** 2002 Chevrolet Avalanche 4WD Z71 SUV/Pickup, off-road package, heated leather seats, On-Star, integrated phone, factory cover, bike rack, ski/snowboard rack, fully loaded. GMAC financing available, better than buying new. \$22,425, call 734-1927.

**For Sale:** 2001 Ford Mustang, 43,000 miles, has transferable 7/70,000 ext warranty (valued at \$325, can negotiate); 5-speed V-6, KBB \$9,900, asking \$9,500. Diamond cut aluminum toolbox in excellent condition, asking \$150. For more information call 734-0215.

**For Sale:** 2001 Chevy S-10 4cyl automatic, custom bumper, bedliner, only 50k miles, 29mpg (great for a time like now) \$7,450. Call 734-2299.

**For Sale:** 2001 Ford F150 Supercrew like brand new, beautiful truck. 4 full size doors, excellent condition, custom rims and tires, tinted windows, bedliner, too much to list. Call for details, a must see. NADA value \$20,200. Hurry, I will sacrifice for \$17,500/obo. Call 734-6734.

**For Sale:** 1997 Nissan Pickup XE red, 5 speed, 2WD, CD player, CB radio, 123K miles, good condition. Asking \$2,400/obo. Must sell due to PCS. Needs brake work. Call Brian, 735-3673 or 291-0375.

**For Sale:** 1993 Lexus GS 300 low miles, fully loaded, not a scratch or ding, a must see. Runs and looks beautifully. \$9,950. Call 734-2299.

**For Sale:** 1986 Honda Civic automatic, completely stock. Blue, original paint. 160,000+ miles. Asking \$500/obo. Call Rhea at 734-5692 after 1630.

**For Sale:** 1973 VW Van, good tires, runs great. Asking \$995, call 734-1927.

**For Sale:** 2002 Yamaha Quad, Raptor 660, \$4,300/obo. Moving, must sell! Call Matt at 588-5100/734-1404.

**For Sale:** 20-inch Diablo DS5 Spinning Rim Kit. These Battle Axe style spinners that come from the Spot Lowrider are the top of the line spinners that will fit most cars and trucks \$1000/obo. Call 735-7239.

**For Sale:** Car Audio/Video, 10" flip down TV w/DVD player, never used only, \$550. In-dash 6" TV w/DVD player, \$395. (2) 15" Kicker L7 Solo-Baric subwoofers 1000 watts continuous (RMS) each, \$550 for pair or \$275 for one. Call 734-2299.

**For Sale:** Queen size sofa bed with Oakwood-finish armrests, earth tone, multicolor, in very good condition; paid \$770 new, asking \$180. Call 349-7568 day, or 934-4239 eves, leave message.

**For Sale:** Complete walnut finish bedroom set w/brand new Simmons Beauty rest (Dream Well series) Olympic Queen mattress. Set includes: (2) nightstands, dresser w/mirror, armoire, lighted headboard & heavy-duty frame. Mattress was \$1,900 new by itself, sacrifice for \$995 firm. Contact Mark at 734-0014.

**For Sale:** Computer desk (Busch) medium oak finish, like new condition, was \$495 when purchased, sacrifice for \$199. Contact Mark at 734-0014

**For Sale:** Whirlpool heavy-duty extra large capacity electric dryer, \$100. Please call 736-4925.

**For Sale:** Bissell canister steam cleaner, \$90. Microwave cart, \$25. Dk grn loveseat, \$65. Basketball hoop, \$45. New large dog carrier, \$40. Baby car seat, \$10. All in great condition. Call 934-9928 or 478-0563.

**For Sale:** Solid walnut locking gun cabinet holds 8 guns w/glass front doors and a large bottom drawer. 62" H x 31" W x 9 1/2" D, \$250. Please call 733-4356.

**For Sale:** Redwood burl coffee table top. 48" by about 36", irregular shape. Asking \$300. Some at this size sell in the \$1000-range in N California. Coated w/resin and needs a base. Call 934-1051 after 1700.

**For Sale:** (4) Jessica Simpson tickets at the CA Mid-State Fair 1 Aug 04, Great seats! Deploying; can't go! \$150 for all 4, or \$36 each. Buy all 4 or buy separately! Call Julie at 588-8878.

**For Sale:** Foosball table, heavy duty, pro quality, furniture finish, for \$200. Call Steve evenings at 735-2994.

**For Sale:** Carter's vibrating bouncer, \$15, Kaz cool mist humidifier w/extra filter cartridge, \$10, Baby Bjorn carrier, \$50, Safety First padded infant bathtub, \$10, Diaper Genie w/liners, \$10, Graco 6-speed infant swing w/songs & timer, \$40, portable changing pad w/safety belt, \$10. Call Bernice at 734-0566/588-5839.

**Wanted:** French tutor to teach conversational French through June and July. Fee negotiable. Contact Sharon at 734-5559.

**Wanted:** Moped or motor scooter. Looks no problem, must run and be registered. Call Ron at 736-1023.

**Yard Sale:** Saturday, 12 Jun 04, at 214 Chaparral Dr, Family Housing, from 0730—1130. Huge PCS sale, everything must go. Household goods, baby furniture, clothes, toys, books, and much more.