



Base Bulletin

Vandenberg AFB, CA 93437-0759



7 Jul 2004

No. 27

The Base Bulletin is published each Wednesday (except holidays). Send proposed bulletin items via e-mail to publishing.vafb@vandenberg.af.mil or to Publishing VAFB on the Global, or via fax to DSN 276-6614 or 805-606-6614 to arrive at 30SCS/SCBP 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 Bulletins are valid for 90 days unless rescinded or superseded. Note: If an article requires a 30SW Form 400, this form must be submitted with the article, or it will not be published.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. Change of Command: Lieutenant Colonel Marc DiCocco will relinquish command of the 1st Air and Space Test Squadron to Lieutenant Colonel Gary N. Henry on Thursday, the eighth of July at ten o'clock in the morning at the Pacific Coast Club. Contact Capt. Hernandez at 5-0555. (1ASTS/DOO)

b. Change of Command: Lieutenant Colonel John E. Coulahan, Jr. will relinquish command of the 30th Comptroller Squadron to Major James Bell on Thursday, the eighth of July at three o'clock in the afternoon at the Pacific Coast Club. Contact 1Lt Cunningham at 6-9767. (30CPTS/FMA)

c. Change of Command: Major Karen L. Taylor will relinquish command of the 30th Mission Support Squadron to Major Richard T. Lindlan on Friday, the ninth of July at ten o'clock in the morning at the Pacific Coast Club, Vandenberg AFB CA. Contact Ms. Ruth Clark at 6-6200. (30MSS/CCS)

d. Retirement Ceremony: Lt Col Daniel G. Knox, Commander of the 30th Security Forces Squadron, cordially invites you to attend the retirement ceremony of MSgt James D. Peters honoring his 22 years of dedicated service to the United States Air Force on Friday, 9 Jul 04 at 1400, at the Base Theater, Vandenberg AFB, CA. Attire is duty uniform for military and daily attire for civilians. Contact TSgt Vince Cerda at 5-0791. (30SFS/SFOXM)

e. Retirement Ceremony: Chief Master Sergeant Archie Mitchell, 9th Space Operations, retires at 1030, Saturday, 10 Jul 04, in the Vandenberg Center. All base members are invited. Contact TSgt Tom Baker at 5-4484 for more information. (9SOPS/DOI)

f. Retirement Ceremony: The 17th Test Squadron, Detachment 3, Operating Location Alpha will hold a retirement ceremony honoring MSgt Tom Seward's 20 years of dedicated service to our nation. The ceremony will be held on 16 Jul 04, at 1000, in Bldg 8500, RRC conference room. A reception will follow immediately after the ceremony. Please RSVP to MSgt Eugene LeChien, 17TS, Det 3/OL-A, at 6-1464, NLT 9 Jul 04. (17TS, Det 3/OL-A)

g. Change of Command: Lieutenant Colonel Angela Thompson will relinquish command of the 30th Medical Operations Squadron to Lieutenant Colonel Lorna Westfall, Thursday, the twenty-ninth of July at three o'clock in the afternoon at the Pacific Coast Club, Ballroom. RSVP by 15 Jul 04 with Karlene.Kneeling@vandenberg.af.mil or 6-6761. (30MDG/SGO)

h. Range Scheduling Hours Change: New office hours for Range Scheduling (2ROPS/DOUS) are: Monday thru Friday from 0700—1600. The late shift of 0900—1800 has been discontinued until further notice. For more information please call Ron Wiley at 6-8825. (2ROPS/DOUS)

i. 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

TEAM VANDENBERG

Civilian (Cat I & II) packages One full page (front only) MPF Awds & 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)

j. Quarterly AFOSH Council: The Commander's Quarterly AFOSH Council will be held on Wednesday, 21 Jul 04 from 1400—1500 at the WROCC Theater. All Team Vandenberg Commanders are required to attend; USRs and interested persons are highly encouraged to attend, as well. Purpose of the AFOSH Council is to address all safety, health and fire protection issues. Col Wolf, 30SW/CV, will preside as Chairman of the Council. (30SW/SEGB, 6-8804)

k. Military Equal Opportunity (MEO): Under the Equal Opportunity and Treatment (EOT) Program when necessary, military members, their families, and military retirees can file formal complaints. Complaints should be filed within 60 days, unless there is justification or extenuating circumstances. Formal complaints are processed in 20 duty days (sexual harassment complaints are processed in 14 duty days and have additional reporting requirements). The MEO Office conducts a complaint clarification in nine duty days, and the report is submitted to the legal office for a legal review in six duty days, and the commander has five duty days to outline intended action in confirmed cases. For additional information relating to the EOT complaint process please call the 30th Space Wing MEO Office at 6-0370. (30SW/ME)

l. 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. Office Symbol Change: Please be advised the office symbol for the Publishing Management Office and the Base Bulletin has changed to 30SCS/SCBP. Please make corrections to any relevant documentation. (30SCS/SCBP, 6-7892/4)

b. Revised Publications: [SWI 31-106](#), Curfew Procedures; [SWI 31-107](#) Pet Control; [SWI 31-204](#) Installation Motor Vehicle Code Rules of the Road (PA), are available on the VEPDL. (30SCS/SCBP, 6-7892/4)

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. Military Personnel Flight: (30MSS/DPMP)

a. Military Personnel Flight (MPF) Customer Walk-in Hours: The MPF Customer Service (ID Cards & Records), located in Bldg 11777/C-114, walk-in hours are: Monday, Tuesday & Thursday from 0800—1500, Wednesday from 1000—1600, and Friday from 0800—1600. All other MPF Office hours are from 0900—1500. Appointments may be made outside the times listed, by contacting the appropriate office. The MPF has mandatory Warfit Monday, Tuesday & Thursday afternoons and will stop taking new customers at 1500. For further information call SMSgt Walker at 6-1085. (30MSS/DPM1)

b. 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)

5. Civilian Personnel Flight: (30MSS/DPCE)

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/MSC, 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 by 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

b. Weingarten Right: Federal civilian employees who are members of a bargaining unit have the qualified right to union representation during investigatory interviews/meetings. This Weingarten right is mandatory when the following four (4) conditions are met: a. The meeting between the employee and management official(s) must be an examination; b. The examination must be in connection with an investigation; c. The employee must reasonably believe that disciplinary action may result from the meeting; and d. The employee must request representation. (30MSS/DPCE, 6-5847)

c. Military Reservists: The following information is provided for reservists and their supervisors. Employees must be in an appropriate leave status from their Federal civilian position while serving on active duty. Appropriate leave(s) includes: military leave, annual leave, compensatory time, leave without pay (LWOP) or combinations of these leave categories. When an employee requests military leave a copy of the certified orders, with Statement of Tour of Duty (when available), must be attached to the applicable timesheet as supporting documentation and a copy faxed to the Civilian Payroll Office at 6-9147. Employees interrupting a period of paid civilian employment, to perform military duty, must be placed on Leave Without Pay - Uniformed Services (LWOP-US) unless they choose to be separated (Separation-US). A Request for Personnel Action, SF 52, requesting LWOP-US or Separation-US must be submitted, with a copy of the active duty orders, to the local Civilian Personnel Flight. An SF 52 is required for all periods of LWOP-US regardless of the duration. Additional information can be found on the Benefits and Entitlements Service Team (BEST) web site: <http://www.afpc.randolph.af.mil/dpc/BEST/res-emp-full.htm>. Please contact the Work Force Effectiveness Section, 30MSS/DPCE, at 6-5847, prior to entering active duty. (30CPTS/FMFC, 6-1851 & 30MSS/DPCE, 6-5847)

6. 30th Medical Group: (30MDG)

a. New Hours of Operation For Thursday: Effective immediately, the 30th Medical Group's hours of operation for the first, second, third and fifth (if applicable) **Thursday** of the month are 0800—1630. The phone lines will open at 0745 for active duty and 0830 for dependents and retirees. Please remember the clinic is closed on the 4th **Thursday** of the month for training. (30MDG/SGO, 6-3308)

a. Operation Baby Launch: Pregnant??? Planning a family? You are invited to attend Operation Baby Launch sponsored by the 30th Medical Group. A great opportunity to learn valuable information on resources available from civilian representatives from our two local hospitals, TRICARE financial concerns, Vandenberg AFB Family Practice Clinic and much more. Receive a free gift and a free raffle from representatives. Spouses and partners are welcome no registration is necessary. 12 July 04 at 1700 at the Vandenberg AFB Clinic Auditorium located at 338 South Dakota St. Contact is Nancy Sias, at 6-8217. (30MDG/SGO, 6-3308)

b. Annual School/Sports Physicals: Annual mass school/sports physicals will be offered at the Family Practice Clinic by appointment only on 16 July 04 from 1600 to 1800. Children must be enrolled in TRICARE Prime at Vandenberg AFB in order to make an appointment. Appointments may be scheduled by calling 606-2273 Monday through Friday from 0730 to 1600. Please bring the school's physical examination requirements (if any) along with your child's immunization record to the appointment. It is highly recommended that children be taken to the immunization clinic prior to their appointment date to have their immunization record reviewed and receive any necessary immunizations. No TB tests will be placed during physical. Students should be dressed in T-shirts and gym shorts or sweats; students not dressed appropriately may have to be rescheduled. A parent or legal guardian must accompany any child under 18 years of age and children 10 years or older must have their ID card with them. For any questions, please contact SSgt Nora Lerner at 6-5695. (30MDG/SGO, 6-3308)

c. 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)

d. TRICARE Services: TRICARE counseling is available. Contacts are Judith Monroe, 6-6785, or e-mail judith.monroe@vandenberg.af.mil and Bonnie Robles, 6-7483, or e-mail bonnie.robles@vandenberg.af.mil. The Fax is 5-4785. (30MDOS/SGO, 6-3308)

e. TRICARE Services: TRICARE Management Agency—The Fiscal 2000 National Defense Authorization Act mandated the establishment of Beneficiary Counseling and Assistance Coordinator (BCAC) positions, full time at lead agent office and collaterally at Military Treatment Facilities (MTF) worldwide. BCACs are a congressionally mandated initiative, implemented by the TRICARE Management Activity to improve customer service satisfaction, enhance beneficiary education, and help reduce the volume of Congressional inquiries from beneficiaries. Also, to assist TRICARE beneficiaries with resolving debt collection issues, the Under Secretary of Defense for Personnel and Readiness has established a Debt Collection Assistance Officer Program at every lead agent office and at every MTF worldwide. BCACs will provide priority assistance when presented documentation verifying that a collection action has been started or that negative information is reflected on beneficiaries credit reports as a result of late or non-payment for medical or dental care received through TRICARE. BCACs act as a preventive mechanism for trouble-shooting all TRICARE and Military Health System Health System issues and concerns. The local BCAC contacts are Judith Monroe, 6-6785, judith.monroe@vandenberg.af.mil and Bonnie Robles, 6-7483, bonnie.robles@vandenberg.af.mil. The Fax is 5-4785. (30MDOS/SGO, 6-3308)

7. 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)

8. 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. Attention Military Family Housing Residents Electronic Waste Disposal: Did you know your unwanted TVs, computers monitors, microwave ovens, stereo's are considered electronic waste and cannot be disposed of in your trash or the landfill. If you live in MFH and are looking to dispose of these e-waste items, bring them to the Collection Accumulation Point, Bldg 6830, for recycling. Office hours are Mon-Fri, 0800-1600. Contact is Mr. Hehe, 62808. (30CES/CEOEC)

c. Water Quality: For information on the quality of Vandenberg's drinking water, the Annual Consumer Confidence Report on the base-wide drinking water system is available for review on the base Intranet website at: <https://intranet.vandenberg.af.mil/organization/30msg/ces/Environmental/index.html> To obtain an electronic or hard copy of the report, please contact Mr. Alex VanDellen, Tetra Tech, Inc. at 805-739-2600, ext. 238, or alex.vandellen@tetrattech.com. Contact is Garry Sanchez, 6-7541. (30CES/CEV)

9. Air Force Reserves: (30MSS/ISR)

Briefing: The next Air Force Reserve briefing is **13 Jul 04**, at 1300, in Bldg 11777, Rm C-206. If you are interested in applying for this program, you must contact MSgt Brenda Kartheiser to schedule a briefing. (AF Reserve Recruiter, 6-2704)

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 9—11 Jul 04. Call 6-5565 for movie information only. E-mail Vanessa Probert at ProbertV@aafes.com. (AAFES)

Day	Date	Movie	Rating	Opens	Starts
Friday	9 Jul 04	"The Day After Tomorrow"	PG-13	1830	1900
Saturday	10 Jul 04	"Shrek 2" Day Prizes. Carnival at 1600.	PG	1730	1800
Sunday	11 Jul 04	"Raising Helen"	PG-13	1330	1400

b. Food Service Events: Upcoming Food Service Events are as follows. For more details contact SSgt Bethany Lopez at 6-5496. (30SVS/SVMX)

Day	Date	Event	Start Time	Location
Wednesday	7 Jul 04	National Strawberry Sundae Day	1100/1630	Beachcomber
Friday	23 Jul 04	National Hot Dog Day	1100/1630	Beachcomber

c. African-American Association Membership Drive: The African-American Association is dedicated to spreading the wealth of the African-American culture and heritage. We are poised at promoting diversity in the military and the local community. We have learned to embrace diversity and use it to improve ourselves as individuals, as Americans. We, the African-American Association, welcome you to our membership drive on 7 Jul 04 at the Base Library from 1130 to 1230, to join us in our contributions to our United States Air Force and the Central Coast community. Sandwiches and drinks will be provided. Contact for this event is SrA Shamena Nurse, 6-4606. (576FLTS/TMW, 6-7967)

d. LMI Laser Demonstration: OO-ALC/OL will be hosting the LMI Laser Division demonstration on 8 Jul 04 at 0930 in Bldg 9320. Anyone may attend. LMI produces a portable laser marking system that is used for tools and other equipment. It will mark high detail: text, alphanumeric, barcodes, 2 D Matrix codes, graphics and logos. They also have a GSA Schedule contract number. The marking system is: compact, desktop size, user friendly, easily integrated, easily mobilized and fast. Please contact John Palmer (OO-ALC/OL Logistics) at 6-8065 if you have any questions. (OO-ALC-OL/MAKL)

e. The Vandenberg AFB/Central Coast Chapter of Tuskegee Airmen Inc. General Membership Meeting: The next meeting is Thursday, 8 Jul 04, at 1200, at the PCC in the Enlisted Heritage Quiet Room. All active duty members, spouses, civilians, and retirees are welcome. For more information, contact Lt Ike Wright at 5-4910 or Capt John Lofton, 6-9519. (2SLS/MAFD)

f. Vandenberg Enlisted Action Team (VEAT): Junior enlisted, come out and join your fellow peers in a monthly forum to discuss with Vandenberg Wing leadership representatives critical quality of life issues on Vandenberg and discuss new ways to work smarter and play harder! We meet every 3rd Thursday, 1000—1200 in the Enlisted Lounge of the Pacific Coast Club and will have various guest speakers addressing various issues. Please contact: President SSgt Keen, 5-6456; Vice President SSgt Russell, 6-1299; Secretary SSgt Ward, 6-3076 or Treasurer TSgt Mann, 5-2433, for any questions or concerns. (30SCS/SCBA)

g. Red Cross Training Class: The Santa Barbara County Chapter of the American Red Cross is offering courses to train volunteers. To register for this class call the local office, or e-mail to disaster@sbaco-redcross.org. The course is free of charge. Shelter Management Workshop is scheduled on Saturday, 10 Jul 04. This class is taking place in Buellton at the Buellton Senior Center, 164 West Hwy 246, Buellton. (ARC)

h. Scuba Diving Class: Scuba Diving Class sign up started 1 Jul 04. Class start date is 8 Jul 04. Summer has started and the real hot weather is not faraway. The ocean water temp is on the way up as well. So now is the time to take that plunge into the cool underwater world of fun and excitement. This is a fully certified PADI open water diving course costing \$185.00. All books, equipment, materials and certification will be provided. Call Bob Johnson to sign up or for more details at 737-6201/452-6218.

i. Thrift Shop Donations/Hours: When donating items to the Base Thrift Shop, please do not leave items outside when we are closed. We only accept donations during operating hours. Our current summer hours are Tuesday 0900—1400, and 1600—1800. It is against facility policy to have unwanted misc. items outside a building and we just do not have the volunteers to keep driving by. Call the Thrift Shop to schedule a special delivery if our opening hours are hard to meet. All of your donations are welcomed and the money we make goes back into the base and local community. Come by and see what we have and bring us your donations. We are located in Bldg 11180, on the corner of New Mexico and Iceland, behind the Arts and Crafts Center. Contact Trish Keen at 5-6456 or the Thrift Shop at 6-3128. (30SW/MO)

j. Are You Interested In Making a Difference? Habitat for Humanity is a nonprofit organization that builds/repairs homes for families in need. The next housing project for Lompoc is scheduled for July/August timeframe. If you are interested in helping, please e-mail richard@habitatforhumanity-nsbc.org and provide your name and contact number. You will receive an invite to their organizational meeting. (30MSS/DPMPS)

k. Catholic Single Young Adults: Are you single and between the ages of 21 and 40-yrs-old? Looking for a place to meet other Catholics with similar interests? Join the new Central Coast Catholic Young Adult Singles the 2nd and 4th Thursdays (at local parishes) of every month. We will have our first event on Thursday, 29 Jul 04 from 1830—2030 at St Louis de Montfort in Orcutt. Other social events to be announced. Call Kellee Barthar at 264-4659 or e-mail kelnspc@yahoo.com. (CCCYAS)

l. Peacekeeper Association (PKA) Golf Tournament: The PKA Golf Tournament will be held on Friday, 13 Aug 04, at Marshallia Golf Course VAFB. Check-in is from 1030—1200 and the shotgun start is at 1230. The cost is \$15.00 per person entry fee. Fee does not include greens fee, cart rental or golf club rental. The format is a 4-person scramble. Mulligans and string will be sold at registration. Please send your team notification as soon as possible. For more details contact A1C Veronica Atis at 588-5491 or by e-mail: veronica.atis@vandenberg.af.mil. (30SFS/CCA)

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 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.

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

a. Worship Schedule:

Catholic Mass:				Protestant Services:			
Confessions	Saturday	1700	Chapel 2	Praise & Worship	Sunday	0830	Chapel 2
Mass	Saturday	1615—1645	Chapel 2	Gospel	Sunday	1130	Chapel 2
Daily Mass	Sunday	1000	Chapel 1	Traditional	Sunday	1130	Chapel 1
	Mon-Fri	1130	Chapel 2				

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 Thursday, 8 Jul 04 at 0630 at the Chapel 1 Annex. Col Deidre Briggs, 30MSG/CC 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.

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. 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.

d. 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.

e. Palace Chase (Force Shaping) Separatees: Are you separating under the newest Palace Chase (Force Shaping) program? If so, you need to get to the Family Support Center (FSC) now! You must accomplish your mandatory Pre-Separation Briefing at least 90 days prior to separation. You can schedule yourself for this briefing by accessing www.php-ids.com. Do not wait until you have your out-processing checklist to get this briefing. If you need assistance please call the FSC at 6-0039.

f. CSB-REDUX/Career Status Bonus: Thursday, 15 Jul 04, 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? Would you like to trade retired pay for a lump sum today? Get the help you need now to make your decision and better understand your payment options. Visit www.php-ids.com to register for this class.

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/SVBB, 6-3209/734-1310)

- **Senior PBA Tournament:** 23—25 July 04.
- **New Summer Hours of Operation:** Monday—Wednesday, 0630—1900; Thursday, 0630—2100; Friday, 0630—2400; Saturday, 0800—2400; Sunday & Holidays, 1200—1900.
- **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, 2100—2400, Saturday, 2100—2400. Catch the ultimate glow-in-the-dark bowling experience!

c. Breakers/Beachcomber Dining: (30SVS/SVMF, 6-7540/734-1901)

- **Breakers Renovations:** The Breakers dining facility is currently 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)

- **Softball All-Star Game:** 9 Jul 04, 1800.
- **Pick-up Basketball:** Monday-Friday from 1100—1300, and Tuesday-Thursday from 1600—1700 at the Fitness Center.

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

- **Patch Club Meeting:** 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 is underway. This year's program will have an ocean theme, 'Explore New Worlds — Read!' Participants will bring in their reading logs weekly for prizes and their name on the Reading Wall.

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

- **American Junior Golf Association:** 11—15 July 04, 0630—1130.
- **BBQ Lunch Special:** 15 Jul 04, 1100—1330.
- **Summer Open Tournament:** 17—18 Jul 04. Sign up at the Pro Shop.

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

- **Whitewater Rafting:** 10 and 24 Jul 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.

- **Kayaking Tour:** 17 Jul 04. Enjoy a leisurely day of kayaking along the Santa Barbara coastline with local guides. No experience is necessary. Price includes transportation and equipment. Cost is \$35, sign up by 10 Jul 04.
- **3-Day Santa Cruz Trip:** 22—25 Jul 04. Join Captain Steve Renz for a 3-day sailing tour around Santa Cruz Island.

j. Pacific Coast Club: (30SVS/SVBO, 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.
- **Latino Night:** 9 Jul 04, 2100—0200, in the E-Lounge.
- **Karaoke Night:** 9 Jul 04, 1900—2300, in the Officers' Lounge.
- **18 & Over Night:** 10 Jul 04, 2100—0300, with DJ Guy in the E-Lounge.
- **Mongolian BBQ:** 14 Jul 04, 1800—2000.

Menu:

- **Weekly Lunch Buffets:** Monday - Home-Style Luncheon Buffet; 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.
- **Kid's 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.
- **Saturday Pizza Special:** Every Saturday, buy one large pizza and get a second pizza at half-price at Foggio's (ATWIND event).

k. Rod & Gun: (30SVS/SVBR, 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 massage is now open in its new temporary location at the Health & Wellness Center (HAWC), Bldg 8505.
- **Information, Tickets & Travel (ITT) Relocation:** The ITT office and Leisure Travel are now located at Outdoor Rec (Bldg 10250).
- **Discovery Dining Books:** Now available at the Services Center for just \$15.00.

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

- **Art Instructors:** The Skills Development Center is looking for contract instructors to teach various art techniques. Call 6-9487 or stop by for details.
- **New Woodworking Class:** The Skills Development Center has a new woodworking instructor and will be offering a beginning woodworking class. This class will introduce the beginners to the wood shop machinery while creating a cutting board. Cost is \$25 which includes materials and laser engraving of the final project. Call 6-8885 for details and to sign up.
- **Stained-Glass Workshop:** 7 Jul 04, 1800—2000. \$2.50 per hour + cost of materials.
- **Basic Framing & Matting:** 13 Jul 04, 1800—2000. Work on an 8" by 10" project. Cost is \$20 plus 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/SVBV, 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:** Now through 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.
- **Art Smart Workshop:** 12—16 Jul 04. Registration ends 30 Jun 04. Explore the use of color in art masterpieces and discover the painting techniques of artists like Paul Gauguin, Vincent Van Gogh and George Seurat. Sessions meet from 0930—1045 for ages 6 to 9, and 1100—1215 for ages 10 and up. Cost is \$30 (\$25 for Youth Center members) plus \$10 for supplies.
- **Missoula Children's Theater:** 19—24 Jul 04.

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

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. 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 by 19 Jul 04. For current information regarding registration, admissions and our programs call the office at 805-734-4076 or 606-6557. 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—1730 and Friday 0900—1200. Our e-mail is Vandenberg.Center@erau.edu.

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

b. First Tip: Generate "random text" in Word - The original Word developers built into Word the **=rand()** function so it would be easy to create a quick document, so they could test it. The basic idea's pretty cool. Open any document, in any version of Word, type, "**=rand()**" (*without the parenthesis*). Immediately three paragraphs of five sentences each of "The quick brown fox jumps over the lazy dog." will be produced. Try the following: **=rand(x)** (Where 'x' is a number) generates that many paragraphs of "The quick brown fox jumps over the lazy dog." Also, try, **=rand(x,x)** The first 'x' is the number of paragraphs; the second 'x' is the number of sentences within the paragraph(s). **Second Tip: Keep text within the boundaries of your AutoShape in PowerPoint** - If your AutoShape isn't formatted correctly, your text may flow over the edges and distract from the overall design of your slide. To keep the text within an AutoShape, right-click on the AutoShape and choose Format AutoShape from the hidden menu. Next, click on the 'Text Box' tab and select the 'Word Wrap Text In AutoShape' and 'Resize AutoShape To Fit Text'. Now your text will use the AutoShape boundaries as margins until the shape is filled. It will also force the AutoShape's size to increase if necessary to accommodate all of the text. You can still use the AutoShape's editing handles to further refine the size and shape of the AutoShape

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

Class	Date(s)	Time
ISSO Training	7 Jul 04	0800—1130
Excel - Macros	7 Jul 04	1130—1230
LAN Access Training	9 Jul 04	1300—1600
Word - Mail Merge	9 Jul 04	1130—1230
Workgroup Managers Course	12-16 Jul 04	0800—1600
LAN Access Training	12 Jul 04	1300—1600
Photoshop Elements	12-16 Jul 04	0800—1100
Excel - Conditional Formatting	12 Jul 04	1130—1230
Publisher 2000	13-16 Jul 04	1300—1600

Word - Forms & Tables	14 Jul 04	1130—1230
Internet Explorer - Tips and Tricks	16 Jul 04	1130—1230
Word Advanced	19 Jul 04	1300—1600
Photo - Cropping and Cloning	19 Jul 04	1130—1230
LAN Access Training	19 Jul 04	0800—1100

Items For Sale:

For Sale: 2002 Lexus IS 300, \$26,000/obo. 24K miles. Garaged, non-smokers, well maintained. 4 new tires, full spare. Power everything. Leather/suede seats. Automatic E-shift, drive in automatic or manual. KBB valued at \$25,235. Asking more because of great condition w/very low miles! Call 588-8878/734-0068.

For Sale: 2001 Honda CBRF4i, 4k miles, red\white\black, garaged, great condition asking \$6,500 firm b/c low miles; 1986 Camaro, red in good condition, just needs a tune up and a paint job; Kenmore washer/dryer, call 734-0472 after 1730 and leave a message.

For Sale: 1994 Cadillac Eldorado, excellent condition, one owner, 76.4K miles. Recent belts, all hoses, battery, brakes. Air conditioning new at 76K. KBB Retail, \$8,190. Asking \$6,700/obo. Can be seen later in the week at VAFB resale lot. Please call 733-1762.

For Sale: 1993 Mazda Miata, 79K miles overhauled at 73K. All new upgrades including paint w/warranty, clutch/timing belt, wheels, tires, soft top, & CD. Items included/not installed: new traction sway bar, superflo air filter system & reverse glow instrument kit. Asking \$3,790 firm. Call 733-2339/637-6587.

For Sale: 1993 Ford Explorer XLT 4x4. Runs & looks great. Silver/gray two-tone w/gray cloth interior. 130K miles. New tires & brakes, recent tune-up. PS/PW/PDL/CC/AC. Great buy! \$3,800/obo, FMI call 734-0115.

For Sale: 1966 Chevy Chevelle Malibu, white, in excellent condition. All original except 700R4 trans. 283 engine and rally wheels. Original owner/original power glide trans & parts. \$12,500/obo. Call 805-245-0073.

For Sale: 2002 Honda XR70R dirt bike; great condition; have full set-up gear to get child started. For more information call 734-0215.

For Sale: 2002 Kawasaki ZX9R, gold/black, new rear tire, 5k miles, in great condition. Jardine slip on, lots of accessories including (2) med size helmets: a Shoei Piccote replica RF900 & a HJC helmet. Selling for \$7,100. Please only serious buyers. Contact Jesse J. Martinez at 734-0233/717-6263.

For Sale: 1980 CB900 Custom motorcycle, good condition, low miles, runs great, dual range transmission, new seat, orig seat available, backrest, windshield, saddle bags, 3 different style helmets available. Asking \$700. Contact Mike Henson at 757-7085/736-8720.

For Sale: Late 60s era solid walnut china hutch. Has 2 top shelves w/glass doors and 2 doors on bottom with 2 shelves inside, 69"H x 44"W x 16"D. Good condition, \$200/obo. Solid walnut locking gun cabinet, holds 8 guns \$150/obo. Please call 733-4356.

For Sale: Electronic keyboard w/stand, paid \$250, asking \$100. New (w/tags) dog carrier (airline approved), fits med-sized dog \$35. Microwave cart, \$20. Dark green loveseat w/oak trim, \$65. Entertainment center \$25. (3) torch lamps, \$5 ea. Small black telephone stand, \$10. All in good condition. Please call 934-9928.

For Sale: GE Washer, large capacity, white, excellent condition \$75. Proform electric treadmill, excellent condition, was \$400 new-asking \$125. Call 734-2339/588-9103.

For Sale: Blinds for older base housing, vertical blinds for sliding door, \$35, vinyl blinds for 3 bedrooms, \$5 each. Call 734-7019.

For Sale: Small rolltop desk with file drawers, \$150. Also available, small student desk \$30. Round multi-colored neon clock, \$300. Vintage embossed Coca-Cola bottles stamped w/plant name on bottom, \$10/6-pack. Call 736-9697.

For Sale: DCM "Time Windows" Stereo Speakers. Frequency range: 25 Hz to 18 kHz. Power requirement: 10 watts minimum-200 watts RMS maximum. \$150 for the pair. Call Carl at 733-4245 between 1700 & 2000.

For Sale: Maltese & Japanese Chin Mix/male. Adorable, a very cute little puppy. This litter is selling off base for \$500, will sacrifice for \$300. FMI Call 734-1854.

Free: Free to good home! (2) Lab mix well-behaved, trained adult dogs (male - 6 yrs; female - 5 yrs). They love kids, attention, running and swimming! Great family dogs, but due to PSCing we need to find them a home. If interested, please call Kelly at 734-6688.