



Base Bulletin

Vandenberg AFB, CA 93437-0759



14 Jul 2004

No. 28

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 Bulletins are valid for 90 days unless rescinded or superseded. Note: If an article requires a 30SW Form 400, this form must be submitted with the article, or it will not be published.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. 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 contact MSgt Eugene LeChien at 6-1464. (17TS, Det 3/OL-A)

b. Change of Command: Lieutenant Colonel Alan Claypool will relinquish command of the 30th Space Communications Squadron to Lieutenant Colonel Daniel Birrenkott on Monday, the nineteenth of July at ten o'clock in the morning at Building 12000. Colonel Stephen Tanous Presiding. Contact 2d Lt Robert Peel at 6-9154. (30SCS/SCMM)

c. 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 call 6-6761. (30MDG/SGO)

d. 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)

e. 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 & 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)

f. 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)

g. JPASO Scheduling Conference: The next quarterly Joint Pacific Area Scheduling Office (JPASO) Scheduling Conference will be held Thursday 5 Aug 04 at 1000 in Bldg 7025 WROCC auditorium. There will be several range scheduling briefings planned with presentations by JPASO Pacific area range representatives including PMRF Barking Sands Hi, Naval Air Point Mugu CA, 22 Space Operations Squadron, Peterson AFB

TEAM VANDENBERG

CO, Reagan Test Site U.S. Army Kwajelein Atoll and others discussing range instrumentation, maintenance, operations schedules and related topics. Contact is Bob Corser at 6-8987. (2ROPS/DOUS)

h. Military Equal Opportunity (MEO): Under the Equal Opportunity and Treatment (EOT) program an appeal process is available to both the complainant and the accused. Appeals must be in writing and submitted through the MEO office. Appeals can only be filed by military members. Note: Civilian employees are referred to the Chief, Equal Employment Opportunity (EEO) counselor 6-8780, regardless of the status of the alleged offender for complaint processing. For additional information relating to the EOT appeals process please call the 30th Space Wing MEO Office at 6-0370. (30SW/ME)

i. Congratulations Team V!! During the 4th of July weekend, we did not incur any injuries that caused time away from work--you are to be commended for a **job well done!!** Continue to think out your plans and have contingencies for unexpected events. (30SW/SEGB, 6-8804)

j. 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. New Publication: [SWI 36-111](#), Senior Airmen Below-The-Zone (BTZ) Promotion Program, is available on the VEPDL. (30SCS/SCBP, 6-7892/4)

c. Processing Administrative Communications: Sealed First Class letters marked "RETURN SERVICE REQUESTED" must be safe guarded after duty hours just as controlled mail. Do not leave these communications unattended overnight. For more details contact Julio Newman at 6-6545. (BITC)

d. Emission Security: EMSEC is a base-level program requiring compliance with equipment and system installation standards as outlined in AFMAN 33-214V2, Emission Security Countermeasures Reviews. This applies only to classified computers, systems, or facilities. For information on what the VAFB EMSEC program has to offer, check out our website at the following address: <https://milnet/wiao/emsec.htm>. (30SCS/SCBI, 5-2352)

3. Traffic Management Office: (30LRS)

a. 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 you upcoming move can be e-mailed to your computer. (30LRS/LGRT, 6-6932/33)

b. Shipping Your Pet: If you are PCSing overseas with your pet, the following website contains useful information and web links: <https://amclg.scott.af.mil/cgi-bin/index.pl?dd=/don/lgtp&ti=HQ+AMC/LGTP++Passenger+Policy>. HQ AMC Pet Brochures are available at TMO Passenger Travel, Bldg 11777, Rm C-113. (30LRS/LGRT, 6-6932/33)

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)

c. Dress and Appearance Updates: The Chief Staff of the Air Force has rendered a decision concerning the 96th AF Uniform Board that met on 18—19 Jun 04. Voting members included representatives from designated Air Staff Directorates, each major command, AF Reserve, National Guard and the Chief master Sergeant of the Air Force. Non-voting members included representatives from the Army and AF Exchange Services (AAFES), AF Clothing Office and Defense Supply Center Philadelphia (DSCP). To review the entire document, please go to the 30th Military Personnel Flight Weekly at [MPF Weekly](#). Additional guidance on all approvals will be forthcoming in the next update of AFI 39-2903, which is currently being reviewed by Air Staff and should be released this summer. Contact SSgt Sharon Heard NCOIC, Customer Service/DPMPS at 6-7997 for more details. (30MSS/DPMPS)

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

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 (30MSS/DPCE, 6-5847)

6. 30th Medical Group: (30MDG)

a. New Hours of Operation On 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)

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—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—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)

7. 30th Security Forces Squadron: (30SFS)

a. Installation Entry Gate Hours: The Santa Maria Gate, Solvang Gate, South Gate and Timber Lane Gate are open 24 hours a day. The Utah Gate is open from 0600—2200, Monday thru Sunday. The Lompoc Gate is open from 0600—1900, Monday thru Friday. The Titan is closed. (30SFS/SFOC, 6-3911)

b. Vacation Quarters Check: If you live in base housing and plan to take leave or go TDY, have Security Forces check your home while you are gone. To make arrangements, stop by the Law Enforcement Desk, Bldg 13675. For more information call 5-0792. (30SFS/SFOS)

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

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. Appliance Safety: Any person who discards, abandons or leaves in any place accessible to children refrigerators, freezers, clothes dryers, washing machines or other appliance having a capacity of one and one-half cubic feet or more and that have not had the door removed to prevent closing and latching of the door, is guilty of a misdemeanor. Any person who knowingly permits such an appliance to remain on premises under his or her control without having the door removed to prevent closure and latching is also guilty of a misdemeanor. Therefore, the refuse contractor will not pick up any appliances in the housing area that have not had the door removed. Contact Capt Jokinen, 6-3477. (30CES/CEH)

c. Wildland Training Burns: The Vandenberg Fire Department is scheduled to conduct prescribed burns from 0800—1700, Monday through Friday, now through 30 Jul 04, on Vandenberg AFB. The objective of the burn is to train firefighters, dozer operators and helicopter pilots on wild land firefighting techniques. It will take place on 136 acres along 13th Street and Watt Road and 191 acres on the hillside along Santa Ynez Road. The burns will be incremental in nature covering one-fourth to five acres at a time. Favorable weather conditions will also determine when the burns occur. For more details contact Mark Smith at 6-2965. (30CES/CEFHS)

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 16—18 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	16 Jul 04	"The Chronicles of Riddick"	PG-13	1830	1900
Saturday	17 Jul 04	"The Stepford Wives"	PG-13	1830	1900
Sunday	18 Jul 04	"Harry Potter and the Prisoner of Azkaban"	PG	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
Friday	23 Jul 04	National Hot Dog Day	1100/1630	Beachcomber

c. Vandenberg Enlisted Action Team (VEAT): Junior enlisted, come out and join your fellow peers in a monthly forum to discuss with 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 (PCC) and will have guest speakers addressing various issues. Please contact: President SSgt Keen, 5-6456; Vice President SSgt Russell, 6-1299; Secretary SSgt Ward, 6-3076; Treasurer TSgt Mann, 5-2433, for any questions or concerns. (30SCS/SCBA)

d. Scuba Diving Class: Scuba Diving Class started on 8 Jul 04. There is still time to sign-up! 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.

e. 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)

f. 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 by 2 Aug 04. 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:	Saturday	1700	Chapel 2	Protestant Services:			
Confessions	Saturday	1615—1645	Chapel 2	Praise & Worship	Sunday	0830	Chapel 2
Mass	Sunday	1000	Chapel 1	Gospel	Sunday	1130	Chapel 2
Daily Mass	Mon-Fri	1130	Chapel 2	Traditional	Sunday	1130	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.

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 0800—1500 except on Mondays when the center will be open 0930—1500. Personnel requiring *emergency* Air Force Aid will be assisted.

b. Computer Resource Room (ATWIND Event): Wednesday, 14 Jul 04 for any customer coming in to use this resource area for 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. People Helping People (ATWIND Event): Wednesday, 14 Jul 04, 0800—1500. Come to your Family Support Center to receive information about your People Helping People (Integrated Delivery Service).

d. CSB-REDUX: 15 Jul 04, Thursday, 1100—1200. This briefing is about Career Status Bonus which will help you make a decision on your payment options. Call 6-0039 to register or go on-line www.php-ids.com.

e. Financial Basics (ATWIND Event): Tuesday, 20 Jul 04, 1100—1200 at the Family Support Center. Call 6-0039 to register or go on-line to www.php-ids.com.

f. Pre-Separation Briefing: Tuesday, 20 Jul 04, 0800—0930 at the Family Support Center. This is mandatory for all separating or retiring 90 days or later. No registration is required.

g. Manage Your Move (ATWIND Event): Wednesday, 21 Jul 04, 0845—1130 at the Family Support Center. Call 606-0039 to register or go on-line to www.php-ids.com.

h. 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 will be meeting every Wednesday, 900—1000 at the Base Library. For more information you can call Katie at 734-6758 or Anna at 734-6606.

i. 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/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)
- **Rock Wall Climb:** 28 Jul 04, 1500—1700.
 - **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:** 30 July 04, 1700. For students from grades 2 to 5.
 - **Women's Book Group:** 19 Jul 04, 1830.
 - **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.
 - **Golf 4 Kids:** Learn how to play the game with our youth instructional courses. Limited space is available in the August session for youth ages 11 to 14. Sign up at the Pro Shop, class runs from 9—15 Aug 04.
 - **Long Drive Competition:** 8 Aug 04, 1300—1700. Catch the local qualifying event for the Re/Max World Long Drive Competition.
- i. Outdoor Recreation/Equipment Checkout:** (30SVS/SVRO, 6-5908)
- **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.
 - **Whitewater Rafting:** 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.
 - **Horseback Ride:** 31 Jul 04, 1030-1145. Enjoy a ride at Pacific Dunes Ranch. Cost is \$35.
- 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.

- **Mongolian BBQ:** 14 Jul 04, 1800—2000.
- **DJ Night:** 16 Jul 04, 2100—0200, in the E-Lounge.
- **DJ Night:** 16 Jul 04, 1900—2300, in the Officers' Lounge.
- **18 & Over Night:** 17 Jul 04, 2100—0300. The party is back with DJ Guy, Saturday nights in the E-Lounge.
- **Club Advisory Meeting:** 20 Jul 04, 1500. Discussion will include Club coupons.
- **Boss & Buddy:** 21 Jul 04, 1700—Close, in the E-Lounge.
- **Kid's Night Out:** 26 Jul 04, 1700—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).

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:** 17 Jul 04, 1100—1400. 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.
- **Ceramics Classes:** Classes run the 1st, 2nd and 3rd Wednesday of the month from 1730—2030. August sessions will teach the art of antiquing with various media. Cost is \$35 for all 3 classes. Sign up at the Skills Development Center by 21 Jul 04.
- **Children's Ceramics:** Saturdays from 1100—1330. This class is designed to introduce children to the art of ceramic casting. Cost is \$15.
- **Basic Framing & Matting:** 27 Jul 04, 1800—2000. Work on an 8" by 10" project. Cost is \$20 plus materials.
- **Art Instructors:** The Skills Development Center is looking for contract instructors to teach various art techniques. Call 6-9487 for more information.

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

- **Junior Lifeguarding:** 19 Jul 04 to 3 Aug 04, 1000—1400. Get a jump start into American Red Cross lifeguarding for ages 11 to 14. This program offers a foundation for future successful completion of the Red Cross Lifeguard Training Program.
- **Water Aerobics:** 19—30 Jul 04. Water aerobics runs Monday, Wednesday and Friday from 1130—1215. Cost is \$3 per session, \$10 for July session, or \$20 for August session.
- **Dive-In Movie Night:** 23 Jul 04, 1930—2130. Enjoy a movie on the big screen while lounging at the pool. Cost is \$2 (includes popcorn and soda). Movies are rated PG-13 or under.
- **Youth Water Polo:** 27 Jul—12 Aug 04. Class runs Tuesday and Thursday from 1745—1845. For boys and girls ages 8 to 14 who want to learn the fundamentals and training of water polo. Cost is \$20.
- **Adult Swim Lessons:** 28 Jul—18 Aug 04. Lessons run Monday and Wednesday from 1745—1830.

Class is designed for adults who want to learn to swim or just improve their current abilities.

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—13. Sign up at the Youth Center.
- **Missoula Children's Theater:** 19—24 Jul 04. Auditions will be held 19 Jul 04, 1000—1200, at the Youth Center. Open to 1st to 12th grade students. Performance date is 24 Jul 04, 1400, at the Base Theater. This year's show will be 'Alice In Wonderland.' Tickets are \$3. This is an ATWIND event.

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. Room A-1. Office hours are Monday - Thursday, 0830—1730 and Friday from 0900—1200. Our e-mail is 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 E-mail 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. Note - Correction to last week's First Tip: "=rand()" (without the parenthesis) should have read "=rand()" (without the quotes) First Tip: Speed Up Object Design in Access By Grouping Controls - As you design a form or report, you probably work with blocks of related controls, such as a group of controls pertaining to contact information. When you make a formatting or placement change to one of the controls, you probably want to change all of the related controls as well. You can, of course, use your mouse to draw a selection box around the controls you want to modify. However, if you're frequently selecting the same set of controls, you can permanently group them to save time. To create a group, select the controls you want included. Then, select 'Group' from the **Format** menu. Access displays a rectangle around the controls whenever you select a control from that group. You can then move, size and format all of the controls in the group at once. Note that you can have multiple groups within a form or report. To remove a group (but retain the individual controls), select a control to display the grouping rectangle and choose 'Ungroup' from the **Format** menu. **Second Tip: Use Excel's AutoFill Handle to Copy Formats** - You've probably used the Format Painter to copy and paste an existing format to another part of a worksheet. However, you may find it easier to select the cell(s) from which you wish to copy the format, then point to the AutoFill Handle and **Right-click**, *holding down the right mouse button*, drag through the adjacent cells to which you want to apply the format. Let go of the mouse button and click on "Fill Formats" on the pop-up menu.

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

Class	Date(s)	Time
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
LAN Access Training	19 Jul 04	0800—1100
Word Advanced	19 Jul 04	1300—1600
Photo - Cropping and Cloning	19 Jul 04	1130—1230
Palm PDA - Beginning	20 Jul 04	1300—1600
PWRR	20 Jul 04	0800—1100
Information Technology EC Training	21 Jul 04	0900—1100
Outlook	21-23 Jul 04	0800—1100
Pocket PC	21 Jul 04	1300—1600
Certification & Accreditation	21 Jul 04	0800—1130
Office - Customizing Toolbars	21 Jul 04	1130—1230
Access Lab	22 Jul 04	1300—1600
Photo - Restoration and Red Eye	23 Jul 04	1130—1230
LAN Access Training	23 Jul 04	1300—1600
Excel - Headers and Footers	26 Jul 04	1130—1230
Access 2000 Basic	26-30 Jul 04	1300—1600
PowerPoint 2000	26-30 Jul 04	0800—1100
Photo - Panorama	28 Jul 04	1130—1230
Excel - Filtering, Sorting, and Subtotals	30 Jul 04	1130—1230

Items For Sale:

For Sale: 2003 Nissan 350Z Touring Edition, pearl white, 6-speed manual with only 18K miles. All available options except navigation, including heated leather seats, Bose premium sound w/6-CD changer and all available air bags. Asking \$30,000. Call Tim Ayala at 737-1621.

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, \$450, call 734-0472 after 1730 and leave a message.

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 Acura Integra, Alpine stereo with 4 Pioneer speakers and 10-inch Pioneer sub. Asking \$3,500/obo. Contact Jason at 734-0092 for more info or see it at VAFB car lot.

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: 1980 Honda 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: 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 with 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: Tickets for Blink 182 at the California Mid-State Fair on Friday, 30 Jul 04 at 1930. The seats are Plaza Floor, row/box: PP, Seat 10 & 11, Section 6A3. To view exact seats see [Mid-State Fair Seating Chart](#). Cost is \$60.50 for concert admittance for two. Contact Carly Meyer at 805-264-6294 and leave a message.

For Sale: PowerPro (Kmart) self-propelled 22" cut, 5.5hp lawn mower, \$130. Black & Decker 2.0hp electric edger, \$35. Weed Eater 14" electric trimmer, \$18. Weed Eater electric ground-sweeper (blower), \$12. Scotts lawn feeder, \$6. Multi-purpose "Big Shot" 2-gallon sprayer, \$6. Call 733-0608.

For Sale: Round glass top patio table (42" in diameter) & 4 chairs, \$40. Decorative Samurai black sword set w/wooden stand - 40" and 27"-length swords, \$30. Reebok aerobic step with video tape, \$25. Rubbermaid beige 5-shelf, 72"high, 35"wide, 18"deep, utility shelf unit, \$35. Call 733-0608.

For Sale: Awesome wood entertainment center. Stores TV, DVD player, VHS player, cable box, a significant movie library, books, and 2-lighted top bookshelves to display collectibles, plus room for stereo on top of unit. 70" wide, 60" tall, 19 1/2" deep. TV insert is 31" wide X 29 1/2" tall. \$200/obo. Call Amy at 734-2102.

For Sale: 5-piece dinette set, wood chairs, light blue tile top, \$75. Couch, white with bright floral, \$75. Maytag gas stove, all black, digital, and self-cleaning, \$200. Call 928-3329.

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For Sale: 5.6 MHZ VTECH 2-ext phone, w/wall mount, 4-mos old, Xlnt condition. New \$120. Selling for \$60. Sears car topper, white w/gray. Great condition, \$20, strap kit can be purchased at Sears. Kids mink blanket, hunter green, \$20/obo. Tractor garden hose, \$20/obo. Serious inquiries only. Call 588-8153.

For Lease: One slot at the Child Development Center in the 3- to 5-year-old range from 4-20 Aug 04. If interested, please call Amy at 734-9585.

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.