



Base Bulletin

Vandenberg AFB, CA 93437-0759



30 Jul 2003

No. 31

The Base Bulletin is published each Wednesday (except holidays). Send proposed bulletin items via email 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/SCSP by noon Friday, the week before you want your item to appear. Be sure to include your name, office symbol, and office phone number. Remember to include your home phone number for personal items. Your items will run for two consecutive weeks, and may be resubmitted one week after the last date it was published. Bulletins are valid for 90 days unless rescinded or superseded. Note: If an article requires a 30 SW Form 400, this form must be submitted with the article, or it will not be published.

SECTION I — ADMINISTRATIVE DUTIES

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

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

SECTION II — OFFICIAL

1. Team Vandenberg:

a. Retirement Ceremony: Captain Richard W. Branson requests the pleasure of your company at the retirement ceremony honoring MSgt Allen Saheim on 31 Jul 03, 1000 in Bldg 8415. Reception to follow at Cocheo Park. Please RSVP NLT 20 Jul 03. POC: 576FLTS/TMWMI, TSgt Danet or TSgt Camargo, 6-4199.

b. Unit Security Manager Formal Training Course: 31 Jul 03 through 1 Aug 03, 0800-1630 at Airman Leadership School, Bldg 11025. In accordance with AFI 31-401, newly assigned security managers are required to attend a formal information Security Training Course within 90 days of appointment. Please contact your current Unit Security Manager for enrollment. POC: 30SFS/SFAI, SSgt Jason J. Rowe, 6-4354.

c. Office Closure: The 30 CPTS will close at 1400 hours on 31 Jul 03 for an official function. They will re-open 1 Aug 03, 0800. If you have a financial emergency, please call Lt Swiderski at 588-0701. POC: 30CPTS/FMFC, MSgt Pfofer.

d. Retirement Ceremony: The Chief Nurse and the health care team of the 30th MDG cordially invites Team Vandenberg to the retirement ceremony to honor Mrs. Florence Padgett on 1 Aug 03. The luncheon will begin at 1130 at the Pacific Coast Club; cost is \$9 for members, \$11 for non-members. Seating is limited so please RSVP by 25 Jul 03. POC: 30MDG/SGAH, Sandy Castillo, 6-0468 or Sandra Conley, 5-2120.

e. Retirement Ceremony: Lt Col Lee-Volker Cox, 30 OSS/CC, cordially invites you to the Retirement Ceremony of MSgt Tedd Nettleton, honoring his 22 years of distinguished service, 1 Aug 03, 1100 at Building 7025 in the Western Range Operations Control Center (WROCC) Auditorium. POC: 30OSS/OSOC, MSgt Richard Chavez-Hatton, 6-2940.

f. August Promotion Ceremony: Team Vandenberg's Promotion Ceremony will be held 1 Aug 03, 1500 at the PCC. All Inductees/Promotees must be in place at 1400. SSgt inductees will wear Service Dress and all others will wear a blue service uniform with tie/tab and ribbons. Questions should be directed to your First Sergeant. POC: 30CES, MSgt Dennis L. Wingett Jr., 6-7358.

g. Annual School Sports Physical: 1 Aug 03, 1600-1800 by appointment only. Please bring the school's physical examination requirements (if any) along with your children (s) immunization record to the appointment. It is recommended that children are brought to the Immunization Clinic prior to 1 Aug 03 to have their immunization record reviewed in order to receive required immunizations. No TB tests will be placed or immunizations administered on 1 Aug 03. The appropriate attire for the students are as follows: T-shirts, gym shorts or sweat pants. Students that are not dressed in the attire mentioned may have to be rescheduled. Children must be enrolled in TRICARE Prime at Vandenberg AFB in order to make an appointment. A parent or legal guardian must accompany any child under 18 years of age. Appointments may be scheduled by calling 6-7707 Monday - Friday from 0730 - 1600. POC: 30MDG/SGAH, Capt Rosales.

h. 30SFS 2003 National Night Out: 5 Aug 03, 1800-2000. Schedule of events are as follows: 1645: Convoy of Police, Ambulance, and Fire Department vehicles through Base Housing and finishing behind the

TEAM VANDENBERG

Youth Center. 1800: Security force members will deploy from a helicopter and deliver the National Night Out proclamation to the Wing Commander. 1830: Puppet Show. 1900: K-9 Demonstration. 1930: Puppet Show. There will also be free games, free prizes, free hot dogs, chips and soda, face painting, child fingerprinting, a rock wall and softball speed throw and much more. Kids will have the opportunity to meet Crime Dog, McGruff, The Fire Prevention Dog, Sparky and Hawk Man. POC: 30SFS/SFMQ, SSgt Gorchess, 5-0785.

i. 30th MSG Commander's Call: 7 Aug 03, 0800 and 1530 at the Pacific Coast Club. POC: 30MSG/CCE, 2Lt Mercer, 6-8700.

j. African American Membership Drive: 7 Aug 03, 1130 at the Services Center. Lunch will be provided. POC: 30CES/CEOEA, SSgt Williams. 5-3544.

k. JPASO Scheduling Conference Meeting: 7 Aug 03, 1000 in Bldg. 7025, Western Range Operations Control Center Auditorium (WROCC). There will be a special Falcon TACSAT-1 presentation by Gwen Gurevich of Space Exploration Technologies during this meeting. Several range scheduling briefings are planned with presentations by representatives from JPASO Pacific area ranges including PMRF Barking Sands, HI, Naval Air Pt. Mugu, CA, 22 Space Operations Squadron, Peterson AFB, CO, U.S. Army Kwajeleini Atoll and others discussing range instrumentation, maintenance and operations schedules and issues: POC: 30RANS/DOUS, Russell Johnson, 6-8985.

l. Retirement Ceremony: Lt Col Donald W. McGee, Jr., invites you to the Retirement Ceremony for MSgt Kevin Carlisle, honoring his 22 years of distinguished service on 8 Aug 03, 1300 at the P-40 display in front of the Headquarters Building. Reception to follow in the 614 SOPS Conference Room. POC: 614SOPS/DOS, SMSgt Palmer or TSgt Ficklin, 6-2684.

m. 30 OG/MSG Quarterly Award Winners: Lt Col Richard E. Lamb, 30 OG/CD, announces both the 30th Operations and 30th Maintenance Group Quarterly Award winners for the second quarter of 2003.

30 OG:	Category	Squadron
Capt Joseph Augustine	CGO	76 HF
MSgt Stephen LeBrun	SNCO	30 WS
SSgt Tonya Jones	NCO	30 OSS
SrA Michael Smith	Amn	30 WS
Peter Hedges	Civilian (Cat II)	30 RANS
MSgt Robert McCarty	Volunteer	2 SLS
30 MXG:	Category	Squadron
2Lt Bryan Carlson	CGO	30 SCS
MSgt Robin Fuller	SNCO	30 SCS
SSgt Darren Yingling	NCO	30 SCS
SrA Alex Wilkerson	Amn	30 SCS
Melissa Dekker	Civilian (Cat I)	30 SCS
Steven Olsen	Civilian (Cat II)	30 SCS

n. Airmen Against Drunk Driving: Call for a safe, free, no questions asked ride home. 605-AADD, 1700-0500, Thursday through Sunday. POC: 30CES/CCS, SSgt Lima, 6-3612.

o. Office Move: Please note the 30 MDG PRP office has moved to the 1st floor, directly across from the elevators. The temporary phone number is 6-1409. This number will be in effect until phone lines can be changed. POC: 30 MDG/PRP, Calvin R. Long.

p. Preventing a Static Electricity Fire: Static electricity is a naturally occurring phenomenon and is not unique to the service station environment. Before using the pump, touch metal on the car such as the door with your bare hand. This will discharge static electricity on your body and will prevent possible fire. One way to remember is to get into the habit of touching the metal frame of your car as you're getting out from the car. Once the gasoline is pumping, do not get back in your vehicle. This can re-charge your body with static electricity. If you must get back in your vehicle, discharge static electricity again before touching the pump nozzle. If you're getting some gas for your mower, ATV, etc., always put the container on the ground to fill. This establishes the needed grounding and keeps the pump nozzle in contact with the container until you are done filling fulfills the bonding requirement. This is why a metal gas container is recommended over plastic ones. Please be aware that it is unlawful and dangerous to put gasoline into unapproved containers. Credit: Exxon Mobil. POC: 30SW/SEGB, Florence Pangelinan, 6-8804.

2. 30th Space Communications Squadron:

a. Emission Security: If you do electronic processing of classified information, please ensure you have a current EMSEC evaluation or inspection on file with the Wing Information Assurance Office (WIAO). Call TSgt Sergio Jimenez at extension 5-2352 for assistance. POC: 30SCS/SCBI, 5-2352.

b. Records Management Requirements: Commanders and staff agency chiefs must implement records management programs to comply with AFI 33-332, and protect the rights of the government and persons

directly affected by Air Force actions. The provision also applies to commanders of combatant commands and contractors performing records management support and to the records of any contractor operating under an Air Force contract. Performance work statements must include records keeping requirements. POC: 30SCS/SCBR, Joseph Jiles, 6-4212.

c. New Publications: Revised AFMAN23-110 V2 30SWSUP1, The Air Force Supply Manual Volume 2, is now available on the VEPDL. POC: 30SCS/SCSP, Mary Meyer, 6-7892.

d. AFSPC Publishing: Currently, Space Command Publishing is having difficulty updating the AF E-Publishing Web Site with HQ AFSPC publications (Forms portion is okay). It is recommended that in the interim, you access the HQ AFSPC Publishing Web Site for current HQ AFSPC publications (<https://midway.peterson.af.mil/pubs>) until this issue is resolved. AFSPC Publishing will let you know when the AF web site is up-to-date with the HQ AFSPC publications. POC: 30SCS/SCSP, Mary Meyer, 6-7892.

3. Traffic Management Office:

a. Separating, Retiring or PCSing? PLAN AHEAD! Within 30 days of receipt of orders, stop by TMO, Bldg 11777, Rm C-103 to schedule an appointment for your household goods pick up dates. Remember, the earlier you meet with us, the greater your chances of moving on the date you initially select. As always, we will work with you to the greatest extent possible. POC: 30LRS/LGRT, SSgt Papa, 6-0904.

b. It's Your Move: If you are scheduled to make a Government sponsored move this message is for you. The Traffic Management Office (TMO) would like to send you information to assist you with your move. Along with the briefings, an "E" package of tips and information on your upcoming move can be emailed to your computer. POC: 30LRS/LGRT, Ms. M. Burt, 6-6932/33.

4. Civilian Personnel:

Voluntary Leave Transfer Program: Carl A. Boettger - Vandenberg AFB, Anonymous (employee does not wish to be identified) - Tyndall AFB, Glenda Bennet - Peterson AFB, Jennifer Biller - NAS Keflavik, Janet Brown, Ethel Carter, Richard Porterfield, and Sue Sommers - Scott AFB, Denise Christopher - Luke AFB, Betty Dean - Dyess AFB, Carolyn DeLaGarza - Langley AFB, Kaye Ferguson and Gloria Watkins - Los Angeles AFB, Debra Bucheck, Kevin Hanson, Anthony Karas, and Gail Knitter - General Mitchell IAP WI, Lora Hudson - Kirtland AFB, Jane Kelsey and Earle Tasse - Eglin AFB, Roberta Clark, Theresa Currier, Lester Mirabel, and Jeff Moody - Patrick AFB, Earl Mikula - Buckley AFB Robert Doom and Jacquelyn Schmidt - AF Academy, Frederick Shamonsky - Pittsburgh IAP-ARS, Mary Shepherd - Robins AFB, Delores Green and Yvonne Williams - Dobbins ARB, and Michael Zarbo - Ramstein AB are all in need of leave donations. Civilian employees who would like to donate a portion of their annual leave must complete an OPM 630-A. You can go by Building 11777, Room B-103 to pick-up and/or turn in your form. You can access this form on the web at: http://www.opm.gov/FORMS/PDF_FILL/opm630A.pdf. POC: 30 MSS/DPCE, Chris Rose, 6-5847

5. Military Personnel:

Military Personnel Flight offers Training classes for Virtual MPF and AFPC Web Page: Have you ever needed to handle a personnel matter, but you didn't have time to go to the Military Personnel Flight? The Air Force Personnel Center (AFPC) has created a Virtual Military Personnel Flight (MPF) so that members can find information and review their personal information on-line from the convenience of their work or home computer. Some examples of applications available include the virtual record of emergency data, data verification record, duty history inquiries, templates for applications for humanitarian reassignment, etc. Another great resource is the AFPC web page that provides links with promotions information, assignments and reenlistments information, etc. If you haven't had a chance to visit the MPF and AFPC page, but would like to learn more about them, please email catherine.braxton@vandenberg.af.mil to sign up for one of our three separate introduction classes. The classes are available on: 30 Jul 03 at 1100, 7 Aug 03 at 0800, 8 Aug 03 at 1500. All classes are being held at the Computer Labs at Bldg 9360. POC: 30MSS/DPMA, 1Lt Catherine M. Braxton, 5-8481.

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

a. Briefing: 12 Aug 03, 1300, Bldg. 11777, Room C-114. If you are interested in applying for this program, you must first attend the Palace Chase briefing. POC: 30MSS/ISR, MSgt Kartheiser, 6-2704.

b. 381TRG USAF Reserve Part-Time Openings: Transitioning to the "Real World"? Want to keep and continue using your Air Force skills? There is a way thanks to a new presence in the Total Force at the 381st Training Group. AETC recently authorized the first ever USAF Reserve positions in Space training. If working with the Next Generation of Space Leaders, if being a part of a premier group of professionals and if

producing the AF's only Space Specialty Code graduates intrigues you, please call MSgt Brenda Kartheiser, 6-2704, or SMSgt Dave Fuentes, 6-4820, for information. POC: 381TRG/IMA, Lt Col Johnston, 5-8937.

OFFICIAL

Frank Gallegos
Colonel, USAF
Commander

Mary E. Meyer
Chief, Publishing Management

SECTION III — UNOFFICIAL**General Information:**

- a. Santa Barbara Southern California Institute of Law Open House:** 31 Jul 03, 1800-1900 at the Holiday Inn Express, 1417 H St, Lompoc. Complete a Bachelor of Science (BSL) or Juris Doctor (JD) at the same time and at the same cost. Application, Financial Program information will be available. If interested please call (805) 963-4654. (So. CA Institute of Law)
- b. Vandenberg AFB Girl Scouts:** 5 Aug 03. We are looking for girls entering grades K-12 and adult volunteers to register for SY03-04. (30CPTS/FMA, 6-1119)
- c. CGOC:** The CGOC meets the third Friday of every month in the PCC alcove at 1600. For more information contact 2d Lt JoAnne Finan at ext. 6-4031. (30CPTS/FMA)
- d. Operation KUDO:** 19 Aug 03, 1300 at Chapel 1. A unique opportunity for children (ages 5 through 16) of Airmen (all ranks) to experience first hand what their parents do to prepare for and deploy. Pre register at the MPF (Customer Service), Chapel, Youth Center, Family Support Center or online at <http://www.php-ids.com>. (30CES/CEX, 6-4022)
- e. NCOA/Motorcycle Riders Club BBQ:** 21 Aug 03, 100-1300 at the Base Parade Grounds. All proceeds will be donated to Operation Kids Christmas. (30SFS/SFMT, 5-0751)
- f. Brushes & Blues Arts Festival Volunteers:** Soliciting 20 volunteers to assist for set-up on 23 Aug 03, 1700 and tear down on 24 Aug 03 at 1700. (30SFS/SFP, 6-1450)
- g. USAF Marathon:** 20 Sep 03, Dayton Ohio. Anyone interested in going to Ohio for the USAF Marathon? Want to be part the many activities surrounding the Wright Brothers Centennial of Flight? This is not just for marathoners, as they are having several different races for every level or runner. If you are interested in training and getting involved with the team, contact Paul Onderwater at 6-1541 x 3723. For more information check the Marathon Web site at: <http://afmarathon.wpafb.af.mil/>. (533TRS/DOC)
- h. Attention Housing Residents:** Lawn, garage and carport sales are permitted twice a year or prior to vacating quarters. Sales are limited to daylight hours only and may not last more than three consecutive days. Residents may display only 2 signs for each four-foot square on your property for advertisement and must be displayed during the hours of the sale. Residents must remove the signs at the end of each sale day. Signs may not be posted at the following locations: telephone or power line poles, streetlights, trees, or fireplugs. Residents may advertise their sale in the Space and Missile Times, Base Bulletin, or by calling the Lompoc Record. Do not leave unsold items out on your front lawn after the sale. Please verify that the satellite dish is within Housing Regulations. If the system does not comply with regulations, please take the appropriate steps to correct the discrepancy: This can be accomplished by reading the satellite dish instruction that is located in the Base Housing Brochure. Residents must also fill out an AF Form 332. (30CES/CEH, 6-3795)
- i. Base Supply Customers:** Base Supply has fifty-five 10 CF refrigerators (apartment size) available for free issue to authorized supply customers. These refrigerators would be perfect for the small office. To obtain a refrigerator you must have a valid supply and organization and shop code. The refrigerators are available for inspection in the main Supply Warehouse, Bldg 5500, Bay A, 0800 through 1530, Mon-Fri. (30LRS/LGRDMS, 6-4745)

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

a. G.I. Java: Is in need of your help. We are in need of Cookies/Snacks, and Soda donations. Sign up sheets are available after the service. Please help us support our troops at home. For information or to sign up, please call SSgt Wilkins at 6-5773. Thank you for your support in this vital ministry to our troops.

b. Worship Schedule: Catholic Mass—Sat, 1700 Chapel II; Sun 1000, Chapel I, Daily Mass 1130 M-F, Chapel II. **Protestant**—Praise & Worship 0830 Sun, Chapel II; Gospel 1130 Sun, Chapel II; Traditional 1130 Sun, Chapel I.

c. G.I Java: Time for a Break! All dorm and Billeting residents are invited to come and enjoy **FREE** lattes, frappicinos, sodas, chips, and fellowship at a world-class **CYBERNET CAFÉ!!** Open 7 days a week, 1700-2100. Located in the Delta Dayroom across the street from Breakers Dining Facility. For further information, contact SSgt Jennifer Wilkins or Chaplain Mike Martin at 6-5773.

d. 381 Training Group Chapel Events: Come and join us for the following weekly events: Bible Study & Prayer on Wednesday's from 1130-1230 Group Conference room (Bldg 8290). Friday's from 1730-1830 Praise & Worship Service at the Group Auditorium (Bldg 8290). Friday's from 1830-2000 Pizza/Game Social in the Group Foyer (Bldg 8290). These events are open to all. Anyone who wants to volunteer in Group Chapel Ministries please coordinate with Ch Beeman, 6-8963.

Family Support Center: 30MSS/DPF (Call the listed contact to pre-register for all classes, workshops, etc.)

a. Heart Link: 31 Jul 03, 0830-1400 at the Family Support Center. Designed for the spouse new to the military, 5 years or less, to learn about the military lifestyle, mission, customs, traditions, protocols, services and resources. This is an opportunity to have fun and meet other spouses with breakfast and lunch included. Reservations are required. Ask about free childcare. Contact Teresa Orozco at 6-0039 for information or to register. This is an ATWIND event!

b. 3-Day TAP Seminar: 5-7 August 03, 0800-1600 at the Family Support Center. This is a highly recommended seminar for those who are separating or retiring from the military service within the one-year window. Speakers will brief on job search, networking, resume writing, interview technique, Federal employment opportunity, relocation, education and vocational opportunities, and other topics. Call 6-0039 to sign up. This is an ATWIND Event!

c. Stress/Self Management Course: 5 Aug 03, and will run for 6 weeks, on Tuesdays through 9 Sep 03, 1400-1600 at the HAWC. You will learn skills on dealing with conflict, relaxation techniques, and positive lifestyle choices. Contact Linda Bastine at 6-0039 to sign up. This is an ATWIND Event!

d. Big Brothers Big Sisters: Come learn how to broaden a child's horizon and bring some magic into both of your lives. Big Brothers Big Sisters matches kids with adult volunteers who share friendship, fun and a positive role model. Our New Volunteer Orientation will be on 6 Aug 03 from 1500-1630 at the Family Support Center. Call Charlie Guzman, 735-4376 ext. 26, to learn about becoming a Big Brother or Big Sister.

e. Office Closure: The Family Support Center will be closed for staff training every Monday from 0730-0930. Personnel requiring emergency Air Force Aid will be assisted. For information call, Sally Galligan, 6-0039.

f. Volunteer Opportunity: Volunteers are needed at the Visitor Control Center to coordinate base tours and issue base passes. Volunteers must be prior military and will be interviewed by 30 SFS. If selected, a background check will be required. Contact SSgt Watson at 6-7662.

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

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

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

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

- **Deployed Spouses Day:** Tuesdays, 0900-1200. Deployed spouses can play for just \$1 per game. All pre-school age children bowl for free with a paying parent.
- **Airmen's Night:** Thursdays, 1700-2100. Every Thursday night at the Bowling Center. E-4's and under bowl for just \$1 per game.
- **Thunder Alley:** Thursdays, 1800-2100, Fridays, 2200-0100 and Saturdays, 2100-2400.
- **Peak Performer:** Come into Surf Lanes with your report card or peak performer certificate and receive a free game (with shoes) with one paid game.
- **Fall League:** Surf Lanes is currently forming teams for its fall league. Stop in soon to sign up.
- **Retiree League:** Surf Lanes is forming teams for a military retiree league. Sign up now and enjoy a winter of bowling with retirees and their families.

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

- **Dial-a-Menu:** Call our telephone menu service at 6-8234 and find out what's being served in your Dining Facility.
- **Deployed Spouses:** Thursdays, starting at 1800. Open to all spouses and dependents of deployed members. This offers spouses a chance every week to socialize with other spouses and gives them a break from cooking. E-4 and below pay cost of food only, E5 and above include surcharge.
- d. **Child Development Center:** (30SVS/SVYC, 6-1555)
 - **Give Parents a Break:** This program offers parents one evening of childcare per month for parents who need a break. Give us a call and find out if you qualify.
- e. **Family Child Care:** (30SVS/SVYD, 6-3255)
 - **Providers:** The need for Child Care Providers has never been greater! Help make a difference and find out how you can become a licensed childcare provider. Call Gwendolyn Jones at 6-4639 or 6-3255.
- f. **Fitness Center:** (30SVS/SVMP, 6-3832)
 - **3 On 3 Basketball:** 6 Aug 03, 1800. It's time to hoop it up for our 3 on 3 half-court Basketball Tournament. Sign up at the Fitness Center front counter.
 - **Bench Press Competition:** 12 Aug 03, 1200. How much can you bench? Find out at our Fitness Center competition. Sign up at the Fitness Center front counter.
- g. **Library:** (30SVS/SVMG, 6-6414)
 - **Pre-School Story Time:** Every Thursday at 1000.
 - **Dial-a-Story:** The phone number is 6-4300 (Available 24/7, changes each Sunday).
- h. **Marshallia Ranch Golf Course:** (30SVS/SVRG, 6-6262)
 - **Youth Golf Lessons:** Saturdays at 1330. For youths ages 8 years and up. Cost is \$5 each session, includes use of rental club set and range balls.
 - **AFA Shotgun Tournament:** 1 Aug 03, 0730. Open play starts at 1300.
 - **Base/Club Championship:** 9, 16-17 Aug 03. Sign up at the Pro Shop.
- i. **Outdoor Recreation/Equipment Checkout:** (30SVS/SVRO, 6-5908)
 - **Whitewater Rafting Trips:** 9 Aug 03. Departs at 0600 and returns at 2100 same day. Includes transportation and lunch. Cost is \$65 per person.
 - **Santa Barbara Sailing:** 16 Aug 03. Departs VAFB at 1100 and returns around 1730. Sailing time is 1200-1600. Cost is \$45 per person.
- j. **Pacific Coast Club:** (30SVS/SVRMC, 734-4375 or 734-4376)

Entertainment/Events:

 - **Country Night:** 1 Aug 03, 2100-0200, in the Enlisted Lounge. Country Western Night with DJ Jay Turner from Sunny Country 102.5 FM.
 - **Karaoke & DJ:** 1 Aug 03, 1900-2300, in the Officers' Lounge.
 - **Mug Night:** 2 Aug 03, 2100-0300, in the Enlisted Lounge.

Menu:

 - **Fried Chicken Night:** 29 Jul 03, 1800-2000.
 - **Foggio's Pizza Night:** 30 Jul 03, 1800-2000. All-you can-eat pizza buffet. Children 4 years and younger are free, children age 5-11 are half price.
 - **Pasta Mania Buffet:** Every Thursday, 1700-2000.
 - **August Specials:** Foggio's Meal Deal - Get one 10-inch pizza with two toppings, two garlic bread sticks and unlimited soda for \$5.95 (MFP). Get two 10-inch pizzas with two toppings, four garlic bread sticks and unlimited soda for \$9.95 (MFP). In-house only, no coupons please.)
 - **Mongolian Barbecue:** 6 Aug 03, 1800 to 2000.
 - **Sunday Brunch:** 10 Aug 03, 1000 to 1400.
 - **Weekly Lunch Schedule:** Monday-Lunch Special, Tuesday-Mexican, Italian, or Oriental Buffet (on a rotating schedule), Wednesday-Santa Maria BBQ Buffet, Thursday-Chicken and Ribs Buffet, and Friday-Seafood Buffet.
- k. **Rod & Gun:** (30SVS/SVRR, 6-4560)
 - **Open Shoot:** Open Trap & Skeet shoot every Wed, Fri and Sat at 0830.
 - **Intramurals:** Season is underway. See your sports unit rep for details.
 - **Sporting Clays:** 2nd and 4th Sundays each month.
 - **Bowling Pin Shoot:** 3 Aug 03, 800 sign up, shooting starts at 900. Classes for revolver, semi-auto and .22 rim fire. Cost is \$5 per class.
- l. **Services Center:** (30SVS/SVYR, 6-7976)
 - **Free Dance Lessons:** Wednesdays, 1830-2100. Free country-western line dancing lessons.
 - **Natural Knead Massage:** Custom gift baskets and gift certificates are available.
- m. **Skills Development:** (30SVS/SVRS, 6-6438)

- **Classes & Workshops:** Woodworking, Ceramics, Stained Glass, Framing, and Auto Skills classes are available. Stop by for a complete schedule.
 - **Advanced Stained Glass:** 2, 9, 16 and 23 Aug 03, 1100-1400 and is a 4-part session. Cost is \$25.
 - **Pottery & Clay:** 5 Aug 03, 1800-2000. Class one of two-part session. Cost is \$30.
 - **Basic Framing & Matting:** 5 Aug 03, 1800-2030. Cost is \$15.
 - **Basic Framing & Matting:** 12 Aug 03, 1800-2030. Work on an 8" by 10" project. Cost is \$20.
 - **Advanced Framing & Matting:** Thursdays, by appointment.
- n. Swimming Pool:** (30SVS/SVRO, 6-3581)
- **Lap Swimming:** Mon-Fri 0630-0800, 1045-1245, 1745-1900; Sat-Sun 0800-0945.
 - **Open Swim:** Mon-Fri, 1300-1600; Sat-Sun, 1300-1700.
 - **Family Fun Night & BBQ:** 9 Aug 03, 1830-2030. Enjoy an evening of family fun and swimming. BBQ pits are available on the grounds. Entry is regular daily admission or family pool pass.
- o. Veterinary Clinic:** (30SVS/SVRV, 6-3019)
- **Evening Clinic:** 06 Aug 03, 1400 to 1900. This clinic is for vaccinations and sick call and is by appointment only. Call 6-3019 to make an appointment.
- p. Youth Center:** (30SVS/SVYY, 6-2152)
- **Vandenberg Flyers:** Cheerleading/Dance Team for ages 4 and up. Sign up at the Youth Center.
 - **National Kids' Day:** 2 Aug 03, 1100 to 1400. Games, prizes, hamburger and hotdog lunch plates available for \$2.50. Sponsored by the Vandenberg Boys & Girls Club.

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

- a. Air War College (AWC) Seminar** will **not be** held this year on Vandenberg, due to the lack of enrollment. Those eligible individuals seeking enrollment may still sign up for correspondence. Please direct any questions to Ms. Jacquelyn Estrada at 5-5903.
- b. Scholarship:** Aerospace Education Foundation (AEF) will award a \$1,000 scholarship this year to an active duty full time guard or reserve (officer or enlisted) who is pursuing a Master's degree in a non-technical field. The deadline for application is 31 Jul 03 (postmarked) and the scholarship will be awarded in Sept 03. Please stop by the Education Services Office for an application, or call 5-5904.
- c. CCAF Fall Graduation Deadline:** If you are planning on graduating in the fall CCAF Graduation Class please ensure that all graduate required documentation is submitted to the Base Education NLY 22 Aug 22, 03. There is a website where you can view your degree completion status. <https://afvec.langley.af.mil/afvec>. Even if the website shows that all of your requirements have been met, graduation is not automatic. Please contact us so we can submit for degree candidacy. POC: Kathy Moran, 5-5905.

Computer Training: (MCA, 6-3771)

- a. Personal Computer Systems Training:** Call for information and dates for our new classes, Adobe Acrobat Writer, Photoshop Elements, and Advanced Access. Learn Introduction to Computers -- A basic class for beginners; Word 2000; Word Advanced; Excel 2000; Excel Advanced; PowerPoint 2000; Access 2000 Beginning; Access 2000 Intermediate; Access 2000 Advanced; Access Lab; Palm PDA Beginning; Project 2000; Publisher 2000; Front Page 2000; Outlook 2000; and Outlook Email Only (a class specifically for those in process of getting an email account). In addition to the existing traditional demonstration/lecture courses offered at the Computer Training Facility located within Bldg. 9360, MCA Engineers, Inc. also reserves 4 hour blocks of time specifically for those students interested in completing Computer Based Training (CBT) Courseware. This provides an alternate method for those who are unable to satisfactorily complete CBTs at their Personal Computer in their work environment. Slots are available both in the morning and afternoon time frames. Call 6-3771 for more information, or e-mail: lexi.schwartz@vandenberg.af.mil.
- b. Computer Tip:** Keep formula details in Excel hidden from users. You may be aware that you can prevent users from overwriting formulas by protecting a worksheet, but you should also know that it's possible to keep formulas totally hidden from view. When you hide a formula, the formula result still displays in the worksheet. However, the Formula bar remains empty when a user selects the particular cell (the formula also isn't revealed if a user double-clicks the cell). To hide a formula, select the appropriate cell and choose Cells from the Format menu. Then, switch to the Protection sheet. Select the Hidden check box and click OK. At this point, the formula is still visible when you select the cell. To hide it, you must activate worksheet protection. To do so, choose Tools\Protection\Protect Sheet. Change any protection settings you want (if you're using versions prior to Excel 2002, protect the cell contents) and specify a password if you want. Upon completion click OK. Note that the password doesn't prevent people from accessing the worksheet. It just stops them from changing your protection settings.
- c. Available Classes:** Following are classes scheduled for the next two weeks and have available slots:

Class	Date(s)	Time
PowerPoint - Custom Animation	7/30	11:30-12:30
Certification & Accreditation	7/30	08:00-11:30
Defense Message System 3.0	7/31	13:00-16:00
Acrobat Writer Basics	7/31-1	08:00-11:00
Photo - Image Correction	8/1	11:30-12:30
Outlook Email Only	8/1	13:00-16:00
Windows Explorer - Tips and Tricks	8/4	11:30-12:30
PowerPoint 2000	8/4-8	08:00-11:00
Access Lab	8/4	13:00-16:00
Project 2000	8/5-8	13:00-16:00
Photo - Panorama	8/6	11:30-12:30
Internet Explorer - Using Search Engines	8/8	11:30-12:30

Walk-In's are always welcomed.

Items For Sale

For Sale: 2001 Ford Focus SE, 24k miles, 3 yr/36k bumper-bumper warranty, one owner, 4 cylinder, auto, AC, AM/FM w/CD, power locks, windows, disc drum brakes, roadside assist. Excellent condition! Asking only \$9,500. Don't miss this deal! Call Joy at 588-3290.

For Sale: 1998 Suzuki Swift, AC, AT, AM-FM-CD, 48,000 miles (low mileage). Asking \$4,000, OBO. Call 734-1897.

For Sale: 1995 Ford Probe, 5-speed, A/C, PW, and PL. Asking \$4000. Call 734-0379.

For Sale: 2001 Harley Davidson Hugger (883cc's), less than 3300 miles, includes all extras valued at \$14,000. Asking \$7,000, OBO. Call 734-9663.

For Sale: 1999 Yamaha V-Star 1100 motorcycle, 12,000 miles, and excellent condition. Asking \$5,600, OBO. Call 734-1897.

Peacekeeper De-Activation Coins are in: Cost is \$7.00 each. Buy as many as you want. Morale Fund fundraiser. (576FLTS/TMGPS, MSgt Brian Church, 6-0285)

NAF Used & Excess Items For Sale: Bldg 10250 at the equipment check out. Items are for sale are as follows: Queen and twin mattresses and box springs; faux crystal goblets and glasses; ice buckets; limited edition artwork; lamp bases and other items all at rock bottom prices. (30SVS/SVML, Sheila Carrol, 6-5908)

For Sale: Great Condition—Black Motorcycle helmet (Small) \$45. Grill with tank \$30. Color TV, \$40. Motorola Cell Phone with all accessories, \$50. Call 734-0017 after 1730.

For Sale: Moving To Small Apartment, Must Sell! 22 cu ft Amana refrigerator, excellent condition \$200; Kenmore Washer, older model, excellent condition \$100; Kenmore large capacity dryer, used 6 months, \$175; brand new Craftsman mulching mower w/grass bag; paid \$250 asking \$180. Call 928-2366.

For Sale: New Olympic weight set, includes 2 each-45, 35, 2 1/2 lbs plates, a 45lb straight bar, one each large & small used bench, a steal at \$150. Pick up—delivery available. Serious inquiries only. 740-1882.

For Sale: Sleeper blue love seat, approximately one year old and in great condition. Asking \$125 OBO. This is less than half of the new price. Call (719) 440-5017.

For sale: 6 drawer cherry-wood armoire \$125.00. Large computer desk, \$65.00. 6 string electric/acoustic guitar, \$175.00. Call 734-2145.

For Sale: 1988 Gold-Wing GL1500/6. Phantom Gray. Immaculate, meticulously cared for, garaged. Has CB, AM/FM/ Cassette Stereo, reverse, driver backrest, passenger armrests, trailer hitch, safety, comfort, and tasteful chrome additions too numerous to list here. For complete details and photos, email me at jaxwing2@aol.com. Asking \$5800.00. Call 736-6995.

For Sale: Noah's Ark Nursery bedding includes comforter, bumper, 3 sheets, bed-skirt, valance, changing pad, mobile and lamp, excellent condition. Suitable for boy or girl. \$50,OBO. Call 735-4102.

For Sale: 7 piece bedroom set to include dresser, mirror, chest, end table lamp, floor lamp, and headboard. Asking \$150. Call 734-2205.

For Sale: Moray Wet Suit (1/4), Size 4SD, Royal Blue, good condition, \$30. TUSA Buoyancy Comp Vest, size Med, like new, \$45. Full Face SHOEI Motorcycle Helmet (White); size Med, like new, \$65. MOHN Ski Rack for Jeep Wrangler, like new, \$25. Contact Eddie at 260-0966 if interested.

Garage Sale-Retirement/Moving: 2 & 9 Aug 03, 0800-?? at 1105 Catalpa St, East Housing, 734-3899. Kenmore 16 Cu Ft Chest Freezer, China Hutch, End Table, Entertainment Center, Large Desk, Tables, Video Cabinet, Shelves, Ski Machine, Bikes, Little Tikes Toys, Precious Moments Cards & Gift Wrap, and more!