



# Base Bulletin

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04 Aug 2004

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The Base Bulletin is published each Wednesday (except holidays). Send proposed bulletin items via e-mail to [publishing.vafb@vandenberg.af.mil](mailto:publishing.vafb@vandenberg.af.mil) or to Publishing VAFB on the Global, or via fax to DSN 276-6614 or 805-606-6614 to arrive at 30SCS/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 Bulletins are valid for 90 days unless rescinded or superseded. Note: If an article requires a 30SW Form 400, this form must be submitted with the article, or it will not be published.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. 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 CO, Reagan Test Site U.S. Army Kwajalein Atoll and others discussing range instrumentation, maintenance, operations schedules and related topics. Contact is Bob Corser at 6-8987. (2ROPS/DOUS)

**b. Office Closure:** The 30th Comptroller Squadron will be closed on 5 Aug 04 from 1130 to COB for an official function. We apologize for any inconvenience this may cause. If emergency finance assistance is needed, please contact us at 588-0701. (30CPTS/FMFC)

**c. Power Outage:** Power to the Building 7000 Complex will be shut down from 0700 on 7 Aug 04 until 1900 on 8 Aug 04. This includes buildings 7000, 7011, and 7050. Essential equipment will be powered by alternative means but the buildings will not support normal habitation during the outage. Please contact Mitch Hardin at 6-2202 if you have input or questions. (30RMS/RMR)

**d. Office Closure:** The Defense Reutilization and Marketing Office (DRMO) will be closed the week of 9-13 Aug 04, for turn-ins and Reutilization Transfer Donation (RTD) shipments. The office will be open for RTD screening. We apologize for any inconvenience this may cause. For information call 6-9851. (DRMO)

**e. Attention All Technical & Master Sergeants:** The 30th Mission Support Group has an immediate opening for a Dorm Manager. The position is for Chief, Unaccompanied Housing and is a 2-year controlled tour with the award of the 9D000 Reporting Identifier. Come join a dynamic dorm management team that makes an everyday difference in the quality of life for dorm and unaccompanied housing residents! Only highly motivated Technical & Master Sergeants are encouraged to apply by sending a letter of recommendation from their commander, and copies of their last three EPRs to 30MSG/CD. Submission deadline is COB, 16 Aug 04. For more details, please contact SSgt Raul Molina at 6-3933. (30MSG/CCH)

**f. Retirement Ceremony:** The 30th Space Communications Squadron/Optical Instrumentation Section cordially invites you to attend a retirement dinner honoring Mr. James Royal on 20 Aug 04 at 1830, at Pea Soup Andersen's in Buellton. If you would like further information, please contact Ms Roylan Damwyk at 6-8462 or Ms. Pamela Lane at 6-6153. (30SCS/SCOI)

**g. Office Closure:** The 30th Comptroller Squadron, Financial Services Office, Customer Service section will be closed on 20 Aug 04 from 1300 to COB for an official function. We apologize for any inconvenience this may cause. If emergency finance assistance is needed, you can reach us at 588-0701. (30CPTS/FMFC)

**h. Office Closure:** The 30th Comptroller Squadron, Financial Services Office, Customer Service section will be closed all day 24 Aug 04 due to the exercise. We apologize for any inconvenience this may cause. If emergency finance assistance is needed, you can reach us at 588-0701. (30CPTS/FMFC)

**TEAM VANDENBERG**

**i. Military Equal Opportunity (MEO):** The Equal Opportunity and Treatment (EOT) complaint process is a means for military members, their families, and military retirees to present allegations of unlawful discrimination and sexual harassment to the offending party, someone in a position of authority, or both. When appropriate, complainants should be encouraged to resolve complaints informally before filing formal complaints within supervisory and chain of command channels. For more detailed information contact the 30th Space Wing MEO office at 6-0370. (30SW/ME)

**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. Communications and Information (C&I) System Requirements:** Personnel with .mil e-mail addresses are reminded they must submit all C&I system requirements for processing through Project Workflow Requirement Resource (PWRR) Manager <https://pwrr.afspc.af.mil/tm2k/>, the AFSPC web-based tool. This tool replaces the AF Form 3215 (for \*.mil users). If you have any questions, please call the Requirements Processing Section at 6-8888. (30SCS/SCXPR)

**b. New Hours of Operation:** The 30SCS Communications and Information System Requirements Processing Section, the Base POC for PWRR Manager and AF Form 3215s, is open from 0900—1500, Monday-Thursday and 0900—1200, on Friday. If you have any questions, please call the Requirements Processing Section at 6-8888. (30SCS/SCXPR)

**c. To Revise or Not to Revise:** At this time of the year with many changes of command occurring, Publishing is asked if documents must be revised as a result. The following is from AFI33-360V1 paragraph 4.50.1. and should assist in determining any need to revise publications. "Do not revise a publication merely to update FASs, organizational titles, distribution lists, series numbers and titles, signature elements, or references (unless these items cause significant problems)." (30SCS/SCBP, 6-7892)

**d. Emission Security Announcement:** If you have classified processors and have a need to switch classified and unclassified signal wire lines or share one monitor, keyboard, and mouse with a classified central processing unit (CPU) and an unclassified CPU, an A/B switch can be used. Contact TSgt Greene at 5-2352 for more information. (30SCS/SCBI)

**e. Revised Publication:** [30SWI31-105](#), Base Destruction Facility (BDF) is available on the VEPDL. (30SCS/SCBP, 6-7892/4)

**f. New Publication In The House:** [30SWCL 33-22](#), Functional Area Records Manager (FARM) is now available on the Self Inspection Program web site. Effective immediately, Base Records Management will use this checklist when conducting records staff assistance visits. (30SCS/SCBR, 6-0261)

## 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)

**c. NCO Retraining Program:** Air Force officials have announced the start of the FY05 NCO retraining program. The FY05 NCORP will target approximately 1,098 NCOs (SSgt, TSgt, MSgt) to retrain from AFSCs with NCO overages to AFSCs with NCO shortages. The voluntary phase of the program runs from 3 Aug 04 through 30 Sep 04. Some restrictions apply, depending on your grade and AFSC, if necessary, an involuntary phase will be implemented on any AFSC that did not meet voluntary retraining-out program objectives. Contact Personnel Employment at 6-8739 or 6-7681 for complete details. (30MSS/DPMAE)

#### 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 and 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 & Emily Knecht - Dobbins ARB, Wilson Holloway & Frank Valentik - Avon Park AFR, Charles Howard - Vance AFB, Jane Kelsey & Earle Tasse - Eglin AFB, Melanie Brown, Roberta Clark, Eileen Clemmons, Theresa Currier, Jennifer Mac Davitt, Mary Maurer, Lisa Wiggs & Richard Hinshaw - 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, Carolyn Wallace - McConnell AFB, Mike Weatherly - Homestead ARB, and Bernadette Stein - Randolph AFB 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 at: [http://www.opm.gov/FORMS/PDF\\_FILL/opm630A.pdf](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.

#### 6. 30th Medical Group: (30MDG)

**a. Annual School/Sports Physicals:** Annual mass school/sports physicals will be offered at the Family Practice Clinic by appointment only on 6 Aug 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—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 are 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 questions, contact SSgt Nora Lerner at 606-5695. (30MDG/SGO)

**b. TRICARE Outreach:** Free flowing opportunity to learn about your TRICARE options and address any concerns in an open-forum environment. Children are welcome and no RSVP is required. Beginning 4 Aug 04, every Wednesday through Sept 04 from 1400—1600 in the Staff Auditorium at the 30th Medical Group. The following is a list of topics on specific dates: 4 Aug 04: TRICARE in transition. 11 Aug 04: Access Standards and Accessing Care. 18 Aug 04: New Claims Processors (Health Care Claims/TRICARE for Life/Pharmacy). 25 Aug 04: Preventative Care (Well visits/Immunizations). Subject will repeat every 15 minutes. Direct questions to Ms Bonnie Robles, Beneficiary Counseling and Assistance Coordinator, 6-7483.

**c. TRICARE Management Agency:** The Fiscal 2000 National Defense Authorization Act mandated the establishment of Beneficiary Counseling and Assistance Coordinator positions, full time at Military Treatment Facilities 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 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 and DCAO contacts are Ms Judith Monroe (805) 606-6785, [judith.monroe@vandenberg.af.mil](mailto:judith.monroe@vandenberg.af.mil) or Ms Bonnie Robles (805) 606-7483, [bonnie.robles@vandenberg.af.mil](mailto:bonnie.robles@vandenberg.af.mil), Fax (805) 605-4785. TRICARE counseling available. (30MDG/SGO)

**d. Attention TRICARE Prime Beneficiaries:** If you need urgent or non-emergency care during non duty hours or you are traveling outside of the local area, you must obtain prior authorization from your primary care manager (PCM) at 1-888-252-3299 or 606-CARE. If you see a civilian provider without authorization for a non-emergency problem, you are covered for medically necessary care under the point-of-service (POS) option. The POS option only pays 50 percent of the allowable charges for covered care and you are held accountable for the other 50 percent of the cost, after the \$300 deductible is paid. If emergency care is needed, please go to the closest emergency room, or call 911. If you are in an Emergency Room waiting to be seen, take the time to contact your PCM during this wait time (if you have not already called). Questions, please call Ms. Bonnie Robles in the Health Benefits Office at 606-7483. (30MDG/SGO)

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

**a. Base Obstacle Course Access:** The Base Obstacle Course is **off limits** to all personnel who have not received the required obstacle course training from the 30th Security Forces. All personnel wishing to use the obstacle course must contact SSgt Chris Correia at 5-2087. (30SFS/SFTT)

**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)

**c. 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)

**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/CEFP, 6-0010).

**b. Termination of Family Housing for Downtown Home or Apartment:** Housing occupants are required to submit a request of termination of Housing Office at least 30 days prior to termination and receive counseling and assistance before entering into any lease or sale contracts per AFI 32-6001 chapter 9 of paragraph 9.4. Members are required to have a pre-final and final inspection in order to terminate housing. Contact Ms Rasay, 6-3434. (30CES/CEH)

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

**Briefing:** The next Air Force Reserve briefing is 10 Aug 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 the weekend of 6—8 Aug 04. Call 6-5565 for movie information only. E-mail Vanessa Probert at [ProbertV@aafes.com](mailto:ProbertV@aafes.com). (AAFES)

Day	Date	Movie	Rating	Opens	Starts
Friday	6 Aug 04	"White Chicks"	PG-13	1830	1900
Saturday	7 Aug 04	"The Notebook"	PG-13	1830	1900
Sunday	8 Aug 04	No Showing			

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

Day	Date	Event	Start Time	Location(s)
Wednesday	4 Aug 04	National Chocolate Chip Day	All Day	Beachcomber & SLCs
Monday	16 Aug 04	National Lemon Meringue Pie Day	1100/1630	Beachcomber & SLCs
Tuesday	24 Aug 04	National Peach Pie Day	1100/1630	Beachcomber & SLCs

**c. CGOC Golf Tournament:** The 30SW Company Grade Officers' Council will sponsor a Golf Tournament on Friday, 6 Aug 04. Tri-Tip BBQ begins at 1130, shotgun start at 1230 at Marshallia Ranch Golf Course. The cost of the tournament is \$40 per 4-person team. This cost also includes the BBQ. Individuals must pay their own green and cart fees. Fabulous prizes for all who participate. Get your teams together and call CGOC President, 2d Lt Jason Miller, at 6-0804 to sign up or for more details. (576FLTS/TMGE)

**d. AFSA Chapter 1356 General Membership Meeting:** Air Force Sergeant's Association, Chapter 1356 is conducting a general membership meeting at 1530, 10 Aug 04, Supply, Bldg 8339, 2nd Floor, Rm 2, located on the corner of 8th St and New Mexico Avenue. AFSA membership is open to all active duty and retired enlisted military. AFSA lobbyists continue to inform members of Congress of the sacrifices those who wear and have worn the uniform, (and their families) make on a daily basis for the protection of the American way-of-life. From fighting for full pay raises for those still wearing the uniform, to full on-time cost of living allowances (COLA) for retirees, AFSA continues to lead the way to preserve and improve the quality-of-life for its members. AFSA Chapter 1356 needs Team Vandenberg's support. For additional information, please contact the AFSA President, SMSgt Williams, 6-1568. (30SCS/SCBH)

**e. 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. For more details contact A1C Veronica Atis at 588-5491 or by e-mail: [veronica.atis@vandenberg.af.mil](mailto:veronica.atis@vandenberg.af.mil). (30SFS/CCA)

**f. NBA Players Visit Cancellation:** The NBA players get together with base Airmen scheduled for 13 Aug 04 from 1200—1345 at the Vandenberg Center has been **cancelled** due to a conflict in schedules. (30SW/PA, 6-3595)

**g. Scuba Diving Class:** Sign-up at the Base Pool for the next Scuba Diving class from now until 9 Aug 04. Cost is \$100.00, plus the cost of the certification package. Class start date is 10 Aug 04. Completion date is 29 Aug 04. There will be 2 classes per week, Wednesday and Friday from 1700—2000. Final ocean check-out dives will be 28-29 Aug 04. This is a fully certified scuba course. All books and materials will be provided. Equipment and certification package available from local dive shop. For more information call Bob Johnson at 452-6218.

**h. Community Arts Festival:** Excellent volunteer opportunity and a way to get involved in the community! Need volunteers to help set up and take down equipment on 14 & 15 Aug 04, in support of the Annual Brushes & Blues Community Arts Festival. Location: La Purisima Mission State Historic Park. Times: Set-up: 14 Aug 04, at 1200. Take down: 15 Aug 04 at 1700. Personnel wishing to assist please contact TSgt Bruce French at 6-1702, for more information. (30SFS/SFOR)

**i. Volunteers Needed:** The Lompoc Valley Chamber of Commerce's Annual Brushes and Blues Community Arts Festival will be held on August 15 at La Purisima Mission State Historic Park. Volunteers are needed to assist with monitoring the parking for the all day event. Shift times are as follows: 0900—1130, 1130—1400, 1400—1600 and 1600—1800. Approximately 10 people per shift are needed, all of whom must be 18 years of age or over. For more information, or to volunteer, please call 736-4567. (30SW/PA, 6-3595)

**j. Learn Adult CPR:** Super CPR Saturday will be held 14 Aug 04 at the Able Maldonado Community Youth Center, 600 S. McClelland Street, Santa Maria. Choose from sessions beginning at 0900 or 1330. Each session lasts 4 hours. Cost is \$10 pre-registered, \$12 after 12 Aug 04. Call 928-0778 or 925-0951 ext 260 to register. (30SCS/SCBP, 6-7892)

**k. NCOA Meeting:** There will be a Non Commissioned Officers Association (NCOA) meeting in the Quiet Room of the Enlisted Club at 1500 on 20 Aug 04. All members and prospective members are invited. For more information contact SSgt David J. Najera at 6-2104. (30OSS/OSOC)

**l. Catholic Single Young Adults:** Are you Single? Between the ages of 21 and 40-yrs-old? And looking for a place to meet other Catholics with similar interested? Join the new Central Coast Catholic Young Adult Singles, the 2nd and 4th Thursdays (at local parishes) of every month. Our next bi-monthly events are Thursday 12 Aug 04, 1830—2030 at St Louis de Montfort in Orcutt (bring a dish to share) and Thursday 26 Aug 04, at St Mary's in SM, 1830—2030 (cost \$5 at door for drinks & snacks). Along with our regular bi-monthly events we will be going to a Concert in the Plaza in SLO, Friday, 20 Aug 04. Call or e-mail for information about our bi-monthly events, and upcoming Concert in the Plaza, October Wine Tasting/Tour in the CSN Cruise to Ensenada from 29 Oct 04 to 1 Nov 04. Contact: Kellee Bartha at 264-4659 or e-mail [CentralCoastCatholicYoungAdults@yahoo.com](mailto:CentralCoastCatholicYoungAdults@yahoo.com). (CCCYA)

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

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

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

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

**a. Worship Schedule:**

<b>Catholic Mass:</b>	Saturday	1700	Chapel 2	<b>Protestant Services:</b>			
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.

**c. Monthly Prayer Breakfast:** Come and join us for our monthly prayer breakfast Thursday, 12 Aug 04 at 0630 at the Chapel 1 Annex. Our speaker will be Lt Col Walt Lauderdale, Commander of the NRO.

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

**a. Office Hours:** Family Support Center's customer service hours are from 0800—1500 except on Monday when the center will be closed for staff training from 0930—1500. Personnel requiring *emergency* Air Force Aid will be assisted.

**b. Family Support Center's Computer Resource Room (ATWIND Event 10 Aug 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. Deployed Spouses Support Group:** Tuesday, 10 Aug 04, 1130—1300 at the Family Services area. On site child care as well as lunch will be provided to any spouse who is coping with TDY, Remote or deployments. Call to register, 6-0039.

**d. Financial Basics:** Thursday, 12 Aug 04, 1100—1200 at the Family Support Center. The topic will be basic investments. To register call 6-0039 or go on-line to [www.php-ids.com](http://www.php-ids.com).

**e. Bundles for Babies (ATWIND Event):** Friday, 13 Aug 04, 1400—1600 at the Family Support Center. This class is open to all ranks who are expecting a baby. Financial preparation, child seat safety, stress management are some of the topics that will be covered. All parents will receive a layette donated by you Air Force Aid Society. Registration is required, call 6-0039 or go on-line to [www.php-ids.com](http://www.php-ids.com).

**f. 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.

**g. 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)

- **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)

- **5 On 5 Dodgeball Tournament:** 6 Aug 04, 1200.
- **1.5 Mile Family Walk/Fun Run:** 20 Aug 04, 1200, at the Fitness Center.
- **Pick-up Basketball:** Monday-Friday from 1100—1300, and Tuesday-Thursday from 1600—1700 at the Fitness Center.

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

- **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:** 7 Aug 04, 1500—1700. Final party for the summer reading program.

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

- **Open Play Shotgun:** 6 Aug 04, 0730.
- **CGOC Shotgun Tournament:** 6 Aug 04, 1230.
- **Base/Club Championship:** 7, 14 & 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)

- **Whitewater Rafting:** 7 Aug 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:** 21 Aug 04, 1000—1800. Explore the beautiful Santa Barbara coastline during this leisurely tour. Cost is \$35.
- **Horseback Ride:** 28 Aug 04, 1030—1145. Enjoy a ride at Pacific Dunes Ranch. Cost is \$35. Sign up by 20 Aug 04 at Outdoor Recreation.

**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:** Wednesdays in the E-Lounge. Free wings and things starting at 1700.
- **Chicken & Steak Fajita Dinner:** 4 Aug 04, 1800—2000. Members - \$6.95.
- **DJ Night:** 6 Aug 04, 2100—0200, in the E-Lounge.

- **Karaoke Night:** 6 Aug 04, 1900—2300, in the Officers' Lounge.
- **18 & Over Night:** 7 Aug 04, 2100—0300. The party is back with DJ Guy, Saturday nights in the E-Lounge.
- **Mongolian BBQ:** 11 Aug 04, 1800—2000.
- **Latino Night:** 13 Aug 04, 2100—0200.

**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 and spaghetti buffet with drink and soon to be famous pizza dessert. Regular - \$7.95, Members - \$5.95, 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)
- **New Woodworking Class:** 14 & 21 Aug 04. Catch this introductory woodworking class with our new instructor Ted Denesha. This two-part class meets on Saturdays. Cost is \$35 and includes materials. Choose from three separate projects.
  - **Basic Framing & Matting:** 17 Aug 04, 1800—2000. Work on an 8" by 10" project. Cost is \$20 plus materials.
  - **Advanced Stained Glass:** Four-part class runs the first four Saturdays in August from 1100—1400. Cost is \$25 for all 4 sessions. Sign up at the Skills Development Center
  - **Frame Sale:** 1—28 Aug 04. The Skills Development Center will offer 10% off on selected frames and mats.
  - **Children's Ceramics:** Saturdays from 1100—1330. This class is designed to introduce children to the art of ceramic casting. Cost is \$15.
- n. Swimming Pool:** (30SVS/SVRO, 6-3581)
- **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.
  - **Water Aerobics:** 2—30 Aug 04. Water aerobics runs Monday, Wednesday and Friday from 1130—1215. Cost is \$3 per session or \$20 for the month of August.
  - **Family Fun Swimming Night:** 7 Aug 04, 1830—2030. Enjoy a family evening of swimming and fun. An adult must accompany all children. Bring a picnic dinner to the pool and use one of our three barbeque pits.
  - **Dive-In Movie Night:** 13 Aug 04, 1930—2130. Enjoy a movie on the big screen while lounging in the pool. An adult must accompany children under the age of 10. Movies are rated PG-13 or under. Cost is \$2 (includes popcorn and soda.)
- 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)
- **Life Skills Summer Camp:** Now through 13 Aug 04. Check with the Youth Center for details and sign up today.

- **School Age Priority Registration:** Now through 6 Aug 04. Open registration runs from 9—13 Aug 04. Orientation Night is 20 Aug 04.
- **Kung-Fu Lessons:** Sign up for these self-defense classes on Tuesdays and Thursdays at the Youth Center. For youth ages 8—18. Interview required for enrollment. Cost is \$15 per month (\$10 for members).

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

**a. Airman Education and Commissioning Program FY 05:** The deadline for FY 05 AECF Academic Evaluation and application submission is 1 Mar 05. The first step for interested applicants is to contact the Education Office! The Education Office will assist the applicant in completing the academic planning for the program. As part of the board process, applicants will be evaluated on their ability to put their package together in the proper format in accordance with the AECF Package Checklist and the directions on the website at <http://www.afaots.af.mil/AFROTC/EnlistedCommissioning/Default.htm>. Major emphasis has been placed on college/university accreditation for completed coursework. Only course credits received from regionally accredited colleges/universities will be accepted. Credits earned from nationally accredited programs **will not be accepted**. Remember, interested applicants need to stop by the Education Office, Bldg 14001, 144 Wyoming Ave. (30MSS/DPHE, 5-5903)

**b. Embry Riddle Aeronautical University:** ERU 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 resident fall term begins 02 Aug 04 . The term schedule is available on our website at [www.erau.edu/vandenberg](http://www.erau.edu/vandenberg). 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. The registration deadline for online classes beginning 15 Aug 04 is 30 Jul 04. Our application is now available online at <https://app.applyyourself.com/?id=erau-ec> making applying to our Embry-Riddle a snap! 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](mailto:Vandenberg.Center@erau.edu).

**c. Air War College Seminar:** The Air War College (AWC) Nonresident Program is enrolling eligible officers and federal employees for the new 2004—2005 Seminar method. If you are interested, you should apply online, indicating your preference for group learning at: <http://www.au.af.mil/au/awc/awc-ns.htm>. Senior Developmental Education is more important than ever in today's complex military environment. The AWC nonresident curriculum closely parallels the resident program, and emphasizes joint operations, senior leadership issues, national security strategy, regional studies, and the employment of air and space power. Student seminars have proven to be the most successful approach to completing AWC. This method combines self-study with informal gatherings conducive to adult learning. Not only can you draw knowledge from the course materials, but also you can exchange concepts and experiences with other seminar members, greatly enhancing your learning process. Seminar classes usually meet weekly, starting in late August and running until the end of June. This program is open to active duty, National Guard, and reserve O-5 selectees or above, of any component of the US Armed Forces, and DoD civilian employees above GS-13. Enroll online no later than 8 Aug 04 to receive your books in time. The first seminar session will be an introductory meeting on 31 Aug 04 at 1630 in the PME Bldg, 11025. The class will establish the location and time for the weekly meetings. (30MSS/DPHE, 5-5903)

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

**a. Personal Computer Systems Training:** Learn Introduction to Computers -- A basic class for beginners; Word 2000; Word Advanced; Excel 2000; Excel Advanced; PowerPoint 2000; Access 2000; Palm PDA Beginning; Project 2000; Publisher 2000; Outlook 2000; and LAN Access Training (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 3 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: [james.wooding@vandenberg.af.mil](mailto:james.wooding@vandenberg.af.mil). **Note:** Walk-ins are always welcomed!

**b. First Tip: A quick and easy way to turn a PowerPoint presentation into a slide show file** is to simply rename the file extension from .ppt to .pps in Windows Explorer. Now you can launch it in one click! **Second**

**Tip: Quickly Copy Access Data to New Records** - The Paste Append feature is often overlooked in Access. This feature lets you quickly create new records that copy existing information from other records. To see one way to use the feature, open a table in Datasheet view. While holding down the SHIFT key, select adjacent fields with data you want to copy. You can also select fields from adjacent records. When you've finished, press CTRL + C to copy the data. Then, choose Edit/Paste Append and click **Yes** when Access asks for confirmation. You'll now have an appropriate number of new records in the table that contains the information you copied.

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

Class	Date(s)	Time
Excel - Macros	4 Aug 04	1130—1230
LAN Access Training	5 Aug 04	0800—1100
Excel Advanced	6 Aug 04	0800—1100
Photo - Image Correction	6 Aug 04	1130—1230
Photoshop Elements	9-13 Aug 04	0800—1100
Windows - Tips and Tricks	9 Aug 04	1130—1230
Word 2000	9-11 Aug 04	1300—1600
Acrobat Reader	11 Aug 04	1130—1230
Intro to Computers	12 Aug 04	1300—1600
Outlook - Rules & Organizing Email	13 Aug 04	1130—1230
LAN Access Training	13 Aug 04	1300—1600
PowerPoint 2000	16-20 Aug 04	1300—1600
Workgroup Managers Course	16-20 Aug 04	0800—1600
Word - Styles & Table of Contents	16 Aug 04	1130—1230
LAN Access Training	16 Aug 04	0800—1100
Project 2000	17-20 Aug 04	0800—1100
EMSEC Training	18 Aug 04	0800—1130
Office - Customizing Toolbars	18 Aug 04	1130—1230
Information Technology EC Training	18 Aug 04	0900—1100
Photo - Special Effects I	20 Aug 04	1130—1230

#### Items For Sale:

**For Sale:** 2000 Toyota Tundra, V8 Automatic w/overdrive, PW, PL, CC, single disc player w/cassette, bench seat, Snug top, Linex bed liner & custom wheels. Only 50K mi. Extended warranty to 85K mi or May 07. Well maintained. Just had a baby—need to sell. Asking \$17,000/obo. Call Dan/Jen at 735-1935/294-9292.

**For Sale:** 2000 Oldsmobile Silhouette GL, extended minivan, sand metallic w/beige interior, V6 3.4 Liter, automatic, front wheel drive, AC, PS, PW, PDL, CC, AM/FM stereo cassette, tilt wheel, dual front/front side air bags, ABS 4-wheel, & roof rack. Well kept, all service records, 82K highway miles. \$9,200. Call 736-9976.

**For Sale:** 1997 Jeep Grand Cherokee Laredo, 6-Cyl 4.0 Liter, automatic, 2-wheel drive, AC, PS, PW, PDL, CC, AM/FM stereo cassette, tilt wheel, dual front air bags, ABS 4-wheel, roof rack, alloy wheels. White w/red pin striping & gray interior, 84K mi. Xlnt condition. KBB \$6,615 asking \$5,850. Call 937-1889/345-5408.

**For Sale:** 1995 Pontiac Bonneville V6, only 85k miles, white w/black leather interior, moon-roof, spoiler, great condition all around. Can be seen at the Base Used Car Lot. Asking \$3850. Please call 734-0507.

**For Sale:** 1994 Ford Escort LX, 4-Cyl 1.9 Liter, automatic, white, 2-door, hatchback, AM/FM/cassette. Runs great for \$1,950. Please call 736-4925.

**For Sale:** 1993 Ford Explorer XLT 4X4, Gray w/gray interior, automatic, PW, PDL, PS, CC, cold AC, AM/FM cassette, all new tires, new brakes front & back, recent tune-up/oil change, new starter, interior looks new, premium wheels, very dependable/reliable vehicle, 137K miles. Must sell, \$3,800/obo. FMI call 734-0115.

**For Sale:** 1990 Mazda Miata, white, 4 cyl 1.6L DOHC, 5-spd, 163K mi, AC, PW, CC, driver airbag, new performance brake pads/rotors, new 15" Konig rims w/Goodyear tires, new soft top w/glass window, custom black/white interior, new JVC CD/mp3cd player w/Infinity door/headrest speakers. Tagged/05. Hot! Must see! Asking \$4,200. Call Phillip at 264-3439.

**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 245-0073.

**For Sale:** Solid oak sunburst dining table w/4 chairs, round, extra leaf, bear claw feet. Very nice, \$150. Children's matching dresser w/mirror & chest drawers \$50. Kitchen dinette set w/4 chairs, less than 1 year old, \$60. Call 734-2339.

**For Sale:** Double recliner forest green couch. Excellent condition, very comfortable, recently steam cleaned. Paid \$700, will sacrifice for \$250. Please call 734-0786.

**For Sale:** Sears, Whirlpool large white under-counter microwave. Very nice w/bracket for \$35. Ping-pong table, \$25. Call Tom at 934-1051 after 1700.

**For Sale:** DCM "Time Windows" stereo speakers. Frequency range: 25 Hz to 18 kHz. Power requirement: 10 watts minimum-200 watts RMS maximum. \$100 for the pair. Call Carl at 733-4245 between 1700—2000.

**For Sale:** Day bed, black, w/mattress, \$50. Coffee table, oak & glass, \$20. Call 734-1642.

**For Sale:** Crate furniture style china hutch. Top detaches from the base. Very good condition, \$100. Please call 734-6670.

**For Sale:** Whirlpool heavy-duty extra large capacity electric dryer, \$100. Oak entertainment center that holds a 27-inch TV, \$75. Please call 736-4925.

**For Sale:** Step 2 picnic table, \$15, Little Tike pink toy box, \$20, LT pink toy bassinet, \$10, LT pink toy vanity table, \$5, fertilizer spreader, \$7 all like new. Radio Flyer wagon, \$5, swing set, \$15 (5-yrs-old) Call 734-1159 and leave a message.

**For Sale:** Lawn mower, weed eater, (2) small gas cans, all items for \$175 total. Contact Brian at 735-6779.

**For Sale:** Shih-Tzu purebred pups, (2) handsome males, 8-weeks old w/shots and papers. One is gold and the other is brindle. \$450 each, call 734-0507.

**For Sale:** Custom Oklahoma roping trailer, almost 19' hitch to rear, 2' nose for cargo, 6' covered w/2 horse stalls, and 8' open for calves, hay, etc. Needs paint, \$1,500/obo. Hardwood maple T&G antique flooring, from 1916 San Diego International Exposition, make offer. (8) male, blue, \$300, (1) female, \$400 (some tri) Queensland heelers, good working bloodlines, ready 12 Aug 04. Call (805) 717-3337.

**For Sale:** Craftsman electric lawn edger, barely used, paid \$85, want \$40. Dining Set, wood/tile, very attractive, \$85. Sofa, good condition: \$85. Call 928-3329.

**For Sale:** New Stiga Prestige table tennis table w/edgebanded tournament top and cover, \$300. Please call 733-5538 after 1900.

**Lost Dog:** White, English bulldog, lost in the vicinity of Concepcion Court in Family Housing on 1 Aug 04, Reward . Please call 734-14589.

**Wanted:** Acoustic electric hollow body guitar. Will pay cash. Call 934-1051 after 1700.

**Yard Sale:** Saturday, 7 Aug 04 at 404 Hermosa Ct. in Main Base Family Housing from 0800—1200.

**Yard Sale:** Saturday, 14 Aug 04 & Sunday, 15 Aug 04 at 1832 N. Western Ave, in Santa Maria from 0900—1500. Lots of scrapbooking, rubber stamps & crafts supplies. Microwave, electronics, software, furniture, & women's clothing. Moving sale, questions, call Lexi at 598-2103.