



Base Bulletin

Vandenberg AFB, CA 93437-0759



6 August 2003

No. 32

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 Bulletins are valid for 90 days unless rescinded or superseded. Note: If an article requires a 30 SW Form 400, this form must be submitted with the article, or it will not be published.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. 30th MSG Commander's Call: 7 Aug 03, 0800 and 1530 at the Pacific Coast Club. POC: 30MSG/CCE, 2Lt Mercer, 6-8700.

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

c. 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 Kwajaleiin Atoll and others discussing range instrumentation, maintenance and operations schedules and issues: POC: 30RANS/DOUS, Russell Johnson, 6-8985.

d. 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.

e. AFSA Membership Meeting: 12 Aug 03, Services Center, Bldg 10122, corner of Washington Ave and California Blvd. 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. POC: 30MSG/CCE, MSgt (Sel) Astrosky, 6-8700.

f. Retirement Dinner: Detachment 9, Space and Missile Systems Center requests the pleasure of your company at the Retirement Dinner of Lieutenant Colonel and Mrs. Rodney E. Reed on 14 Aug 03, at 1800 in the evening for social hour and at 1900 for dinner in Bldg 8310 High Bay. Cost is \$8 per person and dress is casual. Please RSVP NLT 6 Aug 03. POC: DET 9/RNV, Louise Briggs, 6-6771 or email Louise Briggs at louise.briggs@vandenberg.af.mil.

g. Retirement Ceremony: Colonel John F. Wagner III, Director of Staff, Space and Missile Systems Center, cordially invites you to attend the ceremony in honor of Lieutenant Colonel Rodney E. Reed, Vice Commander, Detachment 9, Space and Missile Systems Center on 15 Aug, 03, 1000 in Readiness Review Center, Bldg 8500. Please RSVP NLT 12 Aug 03. POC: Det 9/RNV, Louise Briggs, 6-6771 or email Louise Briggs at louise.briggs@vandenberg.af.mil.

TEAM VANDENBERG

h. New Travel Voucher Policies Effective 18 Aug 03: Military members are required to split disburse all charges made on the government travel card when they file their travel voucher. All travel vouchers for military members must be signed by either the member's supervisor or approving official. Both are highly encouraged for civilians. Travel vouchers without split disbursement must have the supervisor's signature or it will not be accepted by Finance Customer Service after 18 Aug 03. Members without a Government Travel Card are still required to have the supervisor or approving official's signature on their travel voucher. POC: 30CPTS/FMA, 2Lt Finan, 6-4606.

i. Base Safety Motorcycle Day: 21 Aug 03, 1000 at the Parade Grounds. Events planned are: as follows: motorcycle show, information booths, Poker Run (for USAF military and civilian personnel only), skills demo and food booth. Come and join the fun. POC: 30SW/SEGB, Florence Pangelinan, 6-8804.

j. 30MDG Clinic Closure: 28-29 Aug 03 and 1 Sept 03. The Clinic will be back to normal operations on 2 Sep 03. POC: 30MDG/SGAH, Capt Starks, 6-6281.

k. Equal Opportunity Poster: This poster may be picked-up at the Equal Opportunity Office, Bldg, 11777, 2nd floor, Rm. B-206. POC: 30SW/CCD, Alinda Nelson, 6-6029.

l. 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.

m. 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.

n. Highway Fatalities: According to the National Highway Traffic Safety Administration (NHTSA), Highway fatalities in 2002 reached the highest level since 1990; crash-related injuries hit an all-time LOW. Alcohol-related fatalities remained at 41% of the total with 17. Deaths increased to 419 deaths- from 2001 and 59% of passenger vehicle occupants killed in crashes were not wearing safety belts. Other factors that attributed in the decline of injuries were tougher federal safety standards and improved vehicle design. 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.

b. New Publications: New instruction 30SWI21-201, Munitions Accountability Procedures, is now available on the VEPDL. POC: 30SCS/SCSP, Mary Meyer, 6-7892.

c. 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. 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.

6. 30th Medical Group: (30MDG/SGAH)

Access Is Power: TRICARE Online is a link to the Internet to provide its beneficiaries with an unbelievable service. It's portable, universal, and secure with the ability to access anytime, anywhere, from any laptop or PC. TRICARE beneficiaries will have the ability to schedule online routine, wellness, and follow-up appointments with their Primary Care Manager and access 18 million pages of health and wellness information with the click of a button. Tricareonline.com was designed in response to the beneficiaries needs for greater access and convenience. TRICARE Online will be available to the 30th Medical Group TRICARE Beneficiaries beginning 1 September 2003. In order to schedule appointments, each person must build a profile and establish a password. For security reasons, should a beneficiary forget or lose their password, he/she must come into the clinic to retrieve the password. You can regain your password information from the Information Systems Department. Their number is 606-9252. To gain access to TRICARE Online, you simply logon to the Internet, type in www.tricareonline.com on your web browser, and click go! Once you build your profile and establish a password, you are on your way to making your routine, wellness, and follow-up appointments with the click of a mouse. POC: 30MDG/SGAH, Capt. Teresa Starks, 6-3308.

OFFICIAL

Frank Gallegos
Colonel, USAF
Commander

Mary E. Meyer
Chief, Publishing Management

SECTION III — UNOFFICIAL**General Information:**

a. Scuba Diving Class: 7 Aug 03. Cost is \$175. All books, material and most of the equipment will be provided. If you sign up now you can get in on the mid summer special. Bring a friend and receive a \$25 discount on registration fee. Please register as soon as possible as class sizes are limited. POC: Bob Johnson, 452-6218.

b. Operation Kids Understanding Deployment Operations (KUDO): 19 Aug 03, 1200-1630. Volunteers are needed to assist with set-up, tear down, making ID Cards. Approximately 200 children will process through a simulated deployment processing line; receive a concept briefing and experience tent city. (30MSS/DPMA, 5-8481)

c. 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)

d. 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)

e. 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)

f. 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)

g. 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)

h. Available School Supplies: Jump Start the school year for students at HE/LP, Homeless Education Liaison Project, in Lompoc. HE/LP runs an after school program for homeless families in Lompoc. Drop off points are at the Base Pharmacy, Base Library and the Base Exchange. 30th Med Group Spouses will deliver school supplies on 21 Aug 03. POC: Brian Wethington, 734-0409.

i. Computer Games: Counter-Strike, Battlefield 1942, Ghost-Recon, War Craft III, some of the Hottest Computer Gaming in the World. If you play online and wish to show your skills to the Base, contact Kanoa at EK9Bullitt@Msn.com or AIM: HAWAIIanPopo. Once we get enough players we will setup a LAN party at the Vandenberg Center. All ages, ranks are welcome! POC: SrA Kanoa, 734-4199.

j. The Facility Excellence Plan & Standards: This is an official document issued by the Facilities Excellence Flight of the 30th Civil Engineer Squadron. It outlines general design and construction guidelines for all facilities at VAFB. The main goal in implementing these standards is to achieve consistency and pleasant working or living environments that are functional and aesthetically accommodating. Adherence to these standards is important to achieve this goal. This document is to be used by all Facility Managers, Architect-Engineer firms, designers, maintenance personnel, and construction self-help users. These guidelines cover a wide range of areas, such as interior furnishings, landscaping, site improvements, architecture, signage, lighting, roads, parking, etc. Standards not covered in the book can be found in the publications listed in the appendix. Once printing of the publication is accomplished, a hardcopy version of the document will be available upon request. This plan is now posted at the following: <https://intranet.vandenberg.af.mil/organization/30MSG/ces/Pages/index.htm>. POC: 30CES/CECE, Victoria Ham-Hainsworth, 6-5358.

k. Personal Safety and Self-Defense Two-Day Workshop: 11 & 14 Aug 03, 1830-2030. If you are putting off taking a self-defense class, we encourage you to start today. The North County Rape Crisis and Child Protection Center is sponsoring a workshop that focuses on effective self-defense techniques against assault, muggings, rapes, and more. You will learn how to protect yourself, be more aware of your surroundings, and prevent potentially dangerous situations from happening. To pre-register for this workshop or for more information, please contact Chris at 736-8535. If you want to schedule a private class for your group or business, please feel free to give us a call.

l. Volunteer Advocate Training: 3 Sep 03, 1800-2030, the North County Rape Crisis and Child Protection Center in Lompoc. Training will last for ten weeks and will be held on Monday and Wednesday evenings from 1800-2030 hours. For more information and to receive an application, please call Alison at 736-8535.

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. Big Brothers Big Sisters Volunteer Orientation: 6 Aug 03, 1500-1630 at the Family Support Center. 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. Call Charlie Guzman at 735-4376 ext. 26 to learn more about becoming a Big Brother or Big Sister.

b. Bundles for Babies: 8 Aug 03, 1400-1600 at the Family Support Center. This AFAS Program covers proactive informational topics such as financing for expectant parents, lifestyle changes, infant CPR, and Give Parents a Break Program. Learn parenting skills, meet other expectant parents and receive a free gift for your little bundle. Class is open to all ranks. Please be advised not to bring children to the program. Advanced registration is required. Contact Lyn Smith at 6-0039. This is an ATWIND Event!

c. How to Start Your Own Business Seminars: 13 Aug 03, 1330-1530 at the Family Support Center. Have you always wanted to own your own business but really don't know how to get things going? This is an on-going presentation offered once a month. This month, we will have "Business Plan Development," which will cover special licensing, legal forms, and business structure. Call 6-0039. This is an ATWIND event!

d. Deployed Spouses Support Group: 19 Aug 03, 1130-1230 in the Family Services area. Come have lunch with other spouses. Topics will be understanding power of attorneys, chat with a first sergeant, stress management for yourself and kids, tips for successful reunions, etc. On-site childcare will be provided. Reservations are required! Contact Linda Bastine at 6-0039. This is an ATWIND Event!

e. Marriage Enrichment Counseling: Offered on a one-on-one basis for couples, married or planning to marry, who would like to enrich their relationship. Education and coaching on communication, personality/temperament styles, and stress management at home will be provided. Call Linda Bastine at 6-0039 to sign up. This is an ATWIND Event!

f. Family Readiness Reunion Briefings: The purpose of reunion briefings is to provide information to service members and families, which will ease family's transition and readjustment. It will address planning the homecoming, reuniting and relationship building with all members of the family. This briefing is for both service and family members who may have questions or concerns about reunion. Please call MSgt LeFebvre at 6-0039 to schedule an appointment. This is an ATWIND Event!

g. 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. POC: Sally Galligan, 30 MSS/DPF, 6-0039.

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.
- **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:**

- **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.

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:** 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:** 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.

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

a. 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.

b. University of La Verne Information Meeting: 13 Aug 03, 1730 at Bldg. 14004, Room B3. Obtain information on our Bachelors or Masters Degrees. We offer Bachelors in Business Administration or Organizational Management. We also offer a Masters of Business Degree or get a Masters with a concentration in Management and Leadership or Information Technology. Summer II registration begins on 4 Aug 03 and classes start on 18 Aug 03.

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. Navigate Excel worksheets with shortcuts - You may know that you can quickly move your cell selector to the last or first cell in a filled column by pressing CTRL and the appropriate cursor arrow key. This also works for moving to the last or first cell in a filled row (press CTRL and the left or right arrow key). However, a lesser-known feature of Excel is the ability to do this with just your mouse. All you need to do is double-click on the border of the cell selector. Excel will move the selector to the last filled cell in the direction corresponding to the edge you clicked on.

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

Class	Date(s)	Time
Photo - Panorama	8/6	11:30-12:30
PWRR	8/6	13:00-16:00
PWRR	8/7	13:00-16:00
PWRR	8/8	13:00-16:00
Internet Explorer - Using Search Engines	8/8	11:30-12:30
PWRR	8/11	13:00-16:00
Access 2000 Basic	8/11-15	13:00-16:00
Outlook	8/11-13	08:00-11:00
Photo - Restoration and Red Eye	8/11	11:30-12:30
PWRR	8/12	13:00-16:00
PWRR	8/13	13:00-16:00
Excel - Formatting Worksheets	8/13	11:30-12:30
EMSEC Training	8/13	08:00-11:30
Outlook Email Only	8/14	08:00-11:00
Word - Columns	8/15	11:30-12:30
Defense Message System 3.0	8/15	08:00-11:00

Walk-Ins are always welcomed!!

Items For Sale

For Sale: 1997 Mediterranean Blue Mazda Miata MX-5, soft convertible top, 51,000 miles, 4 cylinder, 1.8 liter, 5 speed manual transmission, CC, AC, PB, PS, PW, alloy wheels, cloth interior, dual front air bags, rear wheel drive, 1 year old tires. Brand new Pioneer AM/FM/CD/MP3 player, XM radio ready with detachable faceplate. Also, a removable windscreen to control the wind sheer within the car. Excellent condition! Asking \$9,500 OBO. Call Anna at 734-0144.

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.

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: 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: 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: 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.

For Sale: Oversized love seat, chair and ottoman. 3 piece matching set-South West Fare. Off-white with terra cotta and turquoise colored diamond shapes. Lots of matching pillows. Great for apartment or starter. Call 734-2269 after 1630.

For Sale: Dark blue sofa, love seat, and a stationary chair. The set is two years old and in great shape. Asking \$600 and paid over \$1200. Call 734-1157.

For Sale: Double reclining couch, \$100.00, OBO, call 734-2419.

Garage Sale-Retirement/Moving: 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!