



Base Bulletin

Vandenberg AFB, CA 93437-0759



13 August 2003

No. 33

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 Bulletins are valid for 90 days unless rescinded or superseded. Note: If an article requires a 30 SW Form 400, this form must be submitted with the article, or it will not be published.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 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.

b. 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.

c. 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.

d. Base Motorcycle Safety 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.

e. Retirement Ceremony: Lt Col Bolz Squadron Commander of the 17 Test Squadron cordially invites you to attend the retirement ceremony of MSgt Sydney J. Sheridan, honoring his 24 years of distinguished service on 26 Aug 03, 1000 in the Readiness Review Center (RCC) Bldg 8500. POC: 17 TS/Det 3/OLA, MSgt Seward, 6-4226.

f. Going Away Luncheon: SMSgt Doug Fischer, 30 SCS/SCB, is leaving Vandenberg for Gunter Alabama. Please join 30SCS in wishing him well at the Pacific Coast Club on 3 Sep 03, 1130. Menu is the Tri Tip buffet; cost is \$8.95 for members and \$10.95 for non-members. Please RSVP NLT 28 Aug 03. POC: 30SCS/SCBN, Mr. Greg Walton, 5-7785.

g. 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.

h. 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.

TEAM VANDENBERG

i. Highway Statistics: According to the National Highway Traffic Safety Administration (NHTSA), highway fatalities in 2002 reached the highest level since 1990, while crash-related injuries hit an all-time LOW. Alcohol-related fatalities remained at 41% of the total, with 17, 419 deaths--UP slightly from 2001. 59% of passenger vehicle occupants killed in crashes were not wearing safety belts. Among other factors, the decline in injuries can be attributed to tougher federal safety standards and improved vehicle design. POC: 30SW/SEGB, Florence Pangelinan, 6-8804.

j. Combat Arms Range Complex Off Limits: IAW AFI 36-2226, 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. POC: 30SFS/SFTA, TSgt Skrudland, 5-5025.

2. 30th Space Communications Squadron:

a. 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. POC: 30SCS/SCBI, TSgt Jimenez, 5-2352.

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, everyone 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 everyone 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, Eileen Clemmons, Theresa Carrier, Lester Mirabel, and Jeff Moody - Patrick AFB, Stephanie Manning - Sheppard AFB, Earl Mikula - Buckley AFB, Dotsy Parnell - Shaw 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 http://www.opm.gov/FORMS/PDF_FILL/opm630A.pdf.

5. 30th Medical Group: (30MDG/SGAH)

a. 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.

b. 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.

c. Combined Federal Campaign Kickoff/Charity Expo: 4 Sep 03, 1000 at the Pacific Coast Club. POC: 30MDG/SGAH, Capt Coleman, 6-3216 or Capt Lofton, 6-9519.

d. 30 MDG Operation Baby Launch: 8 Sep 03, 1700, at the Main Clinic Auditorium. Pregnant??? Planning a family? A great opportunity to learn valuable information on resources available from civilian representatives from our two local hospitals, TRICARE financial concerns, Vandenberg AFB Family Practice Clinic and much more. Receive a free formula kit, gifts and a free raffle from representatives. Spouses and partners are welcome. Registration is not necessary. POC: 30MDG/SGAH, Capt Rosales, 5-8254 or Nancy Sias, 6-8217.

e. Dead Bird Procedure: Report all dead birds to the Game Warden, Fish and Wild Life office at 6-6804. The Game Warden will ask questions such as; has the bird died recently (24-48 hours)? Has it been bitten, partially eaten or smashed (bird needs to have died of mysterious circumstance)? What type of bird is it? Does it belong to the corvid family (crows, ravens, magpies, jays) or is it a finch or sparrow? Based on these questions the Game Warden will arrange pick-up of the bird. Protect it from direct sunlight. If any of the birds test positive for West Nile Virus the Base Veterinarian will notify the Public Health Office at 6-0648. Public Health will then perform mosquito surveillance on various areas on base. Public Health will also make a public notification and provide information on how to reduce your risk of getting the virus. POC: 30MDG/SGAH, Capt Starks, 6-6281.

OFFICIAL

**Frank Gallegos
Colonel, USAF
Commander**

**Mary E. Meyer
Chief, Publishing Management**

SECTION III — UNOFFICIAL

General Information:

a. Lady Hawks Softball Tryouts: 14, 20 and 21 Aug 03, 1730 on Field 1, (behind Fitness Center). The Lady Hawks represent Vandenberg AFB in the Santa Maria league, and in tournaments throughout California. Any Base affiliated female (AD, civilian, contractor, spouse, etc.) over 18 years of age may tryout and play for the women's Base varsity softball team! For information call Jose Dorado 734-2445 or Kenney Gates 734-6894. (576 FLTS/TEMC)

b. Company Grade Officers Club: The CGOC meets the third Friday – 15 Aug 03 - of every month in the PCC alcove at 1600. For more information contact 2d Lt JoAnne Finan at ext. 6-4031. POC: 30CPTS/FMA, 2Lt JoAnne Finan, 6-7082.

c. 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)

d. 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)

e. 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)

f. Seeking Donations of 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. Donation points are at the Base Pharmacy, Base Library and the Base Exchange. 30th Med Group Spouses will deliver the school supplies on 21 Aug 03. Brian Wethington, 734-0409. (HE/LP, Lompoc)

c. 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! For information call SrA Kanoa, 734-4199. (30SFS/SFOXI)

d. 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>. (30CES/CECE, 6-5358)

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. (NCRC and CPC)

e. 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. (NCRC and CPC)

f. Red Cross National Disaster Fund Nears Zero: The national disaster relief fund that the American Red Cross depends upon to assist victims of earthquakes, fires, tornadoes and floods is nearing zero. A recent accounting showed that the Red Cross had \$1.2 million on hand, far below the \$56 million it hopes to have on reserve at all times for disasters. All Red Cross disaster assistance is free, made possible by voluntary donations of time and money from the American people. You can help the victims of disasters across the country each year by making a financial gift to the American Red Cross Disaster Relief Fund, which enables the Red Cross to provide shelter, food, counseling and other assistance to those in need. Call 1-800-HELP NOW or 1-800-257-7575 (Spanish). Contributions to the Disaster Relief Fund may be sent to your local American Red Cross chapter or to the American Red Cross, P.O. Box 37243, Washington, DC 20013. Internet users can make secure online credit card donations by visiting www.redcross.org. (ARC)

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. 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!

b. 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!

c. Pre-Separation Briefing (DD Form 2648): 19 Aug 03, 0800-0900 every 3rd Tuesday of the month at the Family Support Center. This mandatory briefing is for military members scheduled to retire or separate and must be completed at least 90-120 days prior to departure. Subjects covered include benefits in employment, relocation, and education/training, medical, financial, disability, and more. The DD Form 2648 acts as a checklist to identify Pre-Separation subjects of interest as a basis for development of an Individual Transition Plan (ITP). The completed form is required for final out-processing. No registration is required! Contact Larry Davis at 6-0039. This is an ATWIND Event!

d. Manage Your Move: 20 Aug 03, 0845-1100 at the Family Support Center. For adults on the move, includes briefings from Housing, TMO, Finance, Legal Office, and tips form TRICARE. An overseas cultural adaptation segment follows at 1100-1130. Have your questions ready and plan to attend within 90-120 days prior to departure. Spouses are encouraged to attend. Call 6-0039 for more information. 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. 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 other retirees and their families.

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

- **AETC Dining Closure:** Effective 15 Aug 03, the 'Launch Pad' Dining Facility will undergo renovations lasting about 4 months. This closure will impact the meal periods scheduled at Breakers.
- **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)
 - **Bench Press Competition:** 12 Aug 03, 1200.
 - **Fitness Center Staff Challenge:** 20 Aug 03, 1200.
- g. **Library:** (30SVS/SVMG, 6-6414)
 - **Kids Reading Group:** 14 Aug 03, 1400, in the Base Library.
 - **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:** 16-17 Aug 03. Sign up at the Pro Shop.
 - **Callaway Demo Day:** 16 Aug 03, 1000-1500.
- i. **Outdoor Recreation/Equipment Checkout:** (30SVS/SVRO, 6-5908)
 - **Whitewater Rafting Trips:** 23 Aug 03. Cost is \$65 per person. Departs at 0600 and returns at 2100 same day. Includes transportation and lunch.
 - **Horseback Riding:** 23 Aug 03. Cost is \$35 per person. Departs at 1145 with riding time from 1330-1445. Enjoy the Pacific Dunes Ranch from the Oceano preserve. Sign up by 18 Aug 03.
 - **Santa Barbara Sailing:** 30 Aug 03. Departs VAFB at 1100 and returns around 1730. Sailing time is 1200-1600 and cost is \$45. Sign up with Outdoor Rec by 22 Aug 03.
 - **Volkssport:** 20-21 Sep 03. Events include a walk, bike and swim. Contact Curtis at 6-5908 for more details or to register.
- j. **Pacific Coast Club:** (30SVS/SVRMC, 734-4375 or 734-4376)
 - Entertainment/Events:**
 - **DJ:** 15 Aug 03, 2100-0200, in the Enlisted Lounge.
 - **Karaoke & DJ:** 15 Aug 03, 1900-2300, in the Officers' Lounge.
 - **Mug Night:** 16 Aug 03, 2100-0300, in the Enlisted Lounge.
 - **Holiday Parties:** The Pacific Coast Club still has dates available for your holiday party.
 - Menu:**
 - **Kids Pizza Special:** 13 Aug 03, 1600-2100.
 - **Pasta Mania Buffet:** 14 Aug 03, 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.)
 - **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 morning at 0830.
 - **Intramurals:** Season is underway. See your sports unit rep for details.
 - **Bowling Pin Shoot:** First Sunday of the month, 800 sign up, shooting starts at 0900. \$5 per class. Classes for revolver, semi-auto and .22 rim fire.
- 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.
 - **Scrap booking Workshop:** Thursdays, 1800-2100. \$2 per hour + cost of materials.
 - **Advanced Framing & Matting:** Thursdays, by appointment.
 - **Creative Mat Decorating:** 16 Aug 03, 1100-1400.
- 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.
- **Dive-In Movie Night:** 15 Aug 03, 1930-2130. Enjoy a movie on the big screen while lounging around the pool. Bring your own flotation device.
- 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 program for ages 4 and up. Sign up at the Youth Center.
 - **VAFB Jets Gymnastics:** This class has current openings. Call 6-2152 for more information.
 - **Youth Soccer:** Registration is still open for the upcoming youth soccer season, but time is running out! Stop by the Youth Center Mon-Fri, 0700-1700 to sign up. For children ages 5-13. Cost is \$55 for registration fee (Youth Center members \$50).
 - **Before & After School Programs:** Spots are still available in these Youth Center programs. Enroll your child at the Youth Center. The school year is almost here!

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

- a. 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 4 Aug 03, with classes starting 18 Aug 03.
- b. Allan Hancock College Registration:** 12, & 13 Aug 03, 0900-1900. Late registration will be 18-21 Aug 03, 1100-1900 and 22 Aug 03, 1100-1600 for 8-week classes. Registration for semester length classes will be as follows: 25-28 Aug 03, 1100-1800 and 29 Aug 03, 100-1600. Registration is at Bldg 14002 (Vandenberg Center). Call Allan Hancock College, 5-5915 or 734-3500 for more information.

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:** Shadowed Text - PowerPoint sometimes produces odd-looking and seemingly unpredictable effects when you apply shadow formatting to your text. Actually, the result is quite predictable. PowerPoint selects the shadow color based on the slide background color. The problem is that it doesn't always choose well, and it doesn't give you any control over the decision. Instead of applying a shadow attribute to your text formatting, use an object shadow instead. If your text already has a text shadow, remove it. Select the text, choose Font on the Format menu, and remove the check box next to Shadow (or click the Text Shadow button on the Formatting toolbar). Now apply an object shadow to the text. With the text still selected, click the Shadow button on the Drawing toolbar and pick the shadow style you'd like from the pop-up menu. Or, pick "Shadow Settings" from the pop-up menu to bring up the Shadow Settings toolbar. You can use the Shadow Settings toolbar to turn the shadow on and off, change the shadow direction and depth, or set the shadow's color.
- c. Class Schedule:** Following are classes scheduled for the next two weeks which have open slots:

Class	Date(s)	Time
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
Windows - Tips and Tricks	8/18	11:30-12:30
Photoshop Elements	8/18-22	13:00-16:00
Palm PDA - Beginning	8/18	08:00-11:00
Outlook Email Only	8/19	08:00-11:00
Word 2000	8/20-22	08:00-11:00
Photo - Cropping and Cloning	8/20	11:30-12:30
ADPE EC Training	8/20	09:00-11:00
Office - Customizing Toolbars	8/22	11:30-12:30

Note: Walk-ins are always welcomed!

Items For Sale/Moving Sale

For Sale: 1998 Jeep Wrangler SE, 61,000 miles. Asking \$8,200, below blue book value price. Call 735-8091 or 588-8449.

For Sale: 1991 Mazda RX-7. Good condition, new muffler and new stereo. Asking \$3,500. Call 734-0290 and ask for Antuan or email antuanmcneal@yahoo.com.

For Sale: 1956 Cadillac Eldorado. Professionally restored w/350 & Auto, Tilt PS, Few miles since restored. Asking \$22,000. Call 733-1622 or rmiller6@prodigy.net.

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: 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.

For Sale: Black lacquer trim Entertainment Center, \$125, black lacquer Queen Bedroom Set with mattress, \$200, and navy blue recliner, \$100. Call 735-7669 after 1700 and leave message.

For Sale: Moving must sell: Queen size waterbed w/mirrored bookcase/headboard \$60, toddlers bike w/ training wheels, bathroom organizer \$10, 4 chair pecan dining set \$50, infant car seat \$30, toaster oven \$10, clothes, 110v \$150 & 220v \$300 A/C. Also able to temporarily board one horse, etc. Call 733-1622 or rmiller6@prodigy.net.

Moving Sale: Entertainment Center, China Hutch, Shelves, Video Cabinet, Weed Trimmer, End Table, Clothes, 16 Cu Ft Chest Freezer, Computer Desk, Computer, Large Desk, Tables, Video Cabinet, Plants, Ski Machine, Little Tikes, Bikes, Toys, and Much More! Saturday, 16 & 23 Aug 03, 0800 until ????. The sale will be at 1105 Catalpa St, East Housing. Call 734-3899 for more information.