



Base Bulletin

Vandenberg AFB, CA 93437-0759



20 August 2003

No. 34

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 Bulletins are valid for 90 days unless rescinded or superseded. Note: If an article requires a 30 SW Form 400, this form must be submitted with the article, or it will not be published.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. Motorcycle Day: Parade Grounds, 21 Aug 03, 1000-1430. Guest speakers: Colonel Gallegos, Colonel Thompson and Mr. Reichenberg. PPE Checkpoint: Mandatory for Military and Civil Service Personnel. Sign-in starts at 1030 at the Parade Grounds. Unit Safety Representatives (USR) check to ensure that personnel have the appropriate PPE using 30SWI CL 91-2, MOTORCYCLE, MOTORSCOOTER, AND MOPED OPERATIONS SAFETY (WING/GROUP/SQUADRON/UNIT). A copy will be given to your supervisor and Ground Safety Office. Military personnel on TDY or leave, and Civil Service Personnel who do not ride their motorcycles on 21 Aug 03 must make arrangements to be checked out for appropriate PPE (using the above checklist) when your motorcycle is next on Base. A copy of the checklist must be on file with the unit's USR and Ground Safety Office NLT 21 Sep 03. Personnel will also learn about the ATV Skills Course, Motorcycle Skills Course, and participate in the Bike Show. Open to Military, Civil Service and Contractor Personnel. Poker Run: Open to Military and Civil Service Personnel. POC: 30SW/SEGB, Florence Pangelinan, 6-8804.

b. Solvang Gate Closure: 22 Aug 03 through 19 Jan 04 due to construction on the 13th Street Bridge. POC: 30SFS, SMSgt Gutierrez or MSgt McKinney, 5-2585.

c. 13SXX Top Hand Selection Board Briefing: 26 Aug 03, 1530-1630 at the Western Range Operations Control Center (WROCC). Wish to join the ranks of AFSPC elite test and evaluation officers? The TOP HAND board is your way in! Entry into the 17th Test Squadron and the 576th Flight Test Squadron is now gained through the TOP HAND board. Lt Col Richard Boltz, 17 TS/CC, and Lt Col Anthony Blaylock, 576 FLTS/CC invite all 13S officers to an informal briefing. Become a TOP HAND tester and be recognized as one of the best in AFSPC. POC: Det3/OL-A, Capt Mike Hillman, 6-2938.

d. 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: 17TS/Det 3/OLA, MSgt Seward, 6-4226.

e. Base-Wide Blood Drive: 26 Aug 03 from 0900-1400 at the Services Center. This event is open to everyone. Tri-Counties Blood Bank will be on hand to conduct the drive. All donors will receive donuts, cookies, coffee or juice as long as supplies last. Please take the time out of your busy schedules to donate and give the gift of life! POC: 576FLTS/TMGE, MSgt LaPlant, 6-0278.

f. AETC 381st Food Pantry Drive: 30 Aug 03, 1000-1700 in front of the Base Commissary. 381st personnel will be handing out lists of the most needed items. Receptacles will be located in the front of the Commissary so you can drop off your donations as you leave. The Vandenberg Food Pantry assists over 30 Base families every month and countless others during emergencies. The families and volunteers of the Food

TEAM VANDENBERG

Pantry deeply appreciate your support. Call Jodie Blevins, 734-2734 for more information. POC: 595SG/LGQ, CMSgt Blevins, 6-3562.

g. 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.

h. AFSA Chapter 1356 General Membership Meeting: 9 Sep 03, 1530 in the 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/CCIM, MSgt (Sel) Astrosky, 6-8700.

i. 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.

j. Lompoc Gate Hours Operation: 24 hours, Mon-Sun until 14 Sep 03. POC: 30SFS/SFO, MSgt Asleson, 5-0549.

k. Titan Gate Hours Operation: 0600-1900, Mon-Sun. POC: 30SFS/SFO, MSgt Asleson, 5-0549.

2. 30th Space Communications Squadron:

a. Need EMSEC training? Look out for a global e-mail announcement called: "PC, Security & ADPE Classes" by Ms. Lexi Schwartz, from our MCA Contractor. In addition to EMSEC, you will find other security training opportunities for: Unit Computer Security Manager, Computer Certification and Accreditation, and IAAP (SATE) training courses. To register, or for additional information, contact Ms. Lexi Schwartz (Lexi.Schwartz@vandenberg.af.mil). For questions only, not reservations, call MCA at extension 6-3771.

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

c. New Publishing Service Desk Hours of Operation: 0700-1900 EST. Effective immediately Vandenberg does not have access to a Customer Service Desk representative at AF E-Pubs after 1600. POC: 30SCS/SCSP, Mary Meyer, 6-7892.

d. Information Management Call: 25 Aug 03, 1000, Bldg 7025 at the Western Range Operations Control Center (WROCC). This will be our 3A FAM and will be SMSgt Fischer's last meeting prior to his next assignment. POC: 30SCS/SCBH, TSgt Wheeler, 6-5403.

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 Currier, 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. POC: 30MSS/DPCE, Chris Rose, 6-5847.

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

a. 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.

b. 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.

c. 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.

OFFICIAL

**Frank Gallegos
Colonel, USAF
Commander**

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

SECTION III — UNOFFICIAL

General Information:

a. Lady Hawks Softball Tryouts: 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! POC: Jose Dorado 734-2445 or Kenney Gates 734-6894. (576 FLTS/TEMC)

b. Scuba Diving Class: 21 Aug 03. Cost is \$175. This is a fully certified PADI Course. All books, materials, and most of the equipment will be provided. This is your last chance to get in on my mid-summer special of 15% off if you bring a friend. POC: Bob Johnson, 452-6218.

c. 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)

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. Santa Barbara Search and Rescue Recruiting Meeting: 27 Aug 03, 1900 at Allan Hancock South Campus, 800 South Drive (on College just south of Stowell St, Bldg. P. Learn new skills such as Hiking, Repelling, Navigation, Man Tracking, First Aid, CPR, 4x4 Driving, Communications, Helicopter Ops and much more! You must be 18 years or older and have a desire to help others. POC: Eva Korientz at (805) 934-1810 evenings or 6-1499.

g. Commissary Farmer's Market: 31 Aug 03, 1000-1800. POC: DECA, Paige Zuniga, 5-8814.

h. 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. POC: Alison at 736-8535. (NCRC and CPC)

i. Big Brother Big Sisters Volunteer Orientation Training: 6 Sep 03, 1500-1630 at the Family Support Center located at 723 Nebraska Ave, Bldg 10525. Matches kids with adult volunteers who share friendship, fun and a positive role model. Come learn how to become a Big Brother or Big Sister, broaden a child's horizon, and bring some magic into both of your lives. POC: Charlie Guzman at 735-4376.

j. Base Supply Customers Located on South Base: The planned closure of the 13th Street Bridge for repairs necessitates Phoenix Management, Inc., Base Supply modifying our scheduled delivery and pickup runs to South Base. Effective the day the bridge is closed; Base Supply will only deliver parts issued/due out released, pick-up and turn-ins (due-in from maintenance (DIFM) assets) on Tuesday and Thursday between 1330 and 1600. Emergency requirements will be handled on a case-by-case basis. Customers also have the option to pickup or turn-in items whenever they are on the Main Base at Bldg 5500, Bay A (2010 New Mexico Avenue) during normal duty hours. We apologize for any inconvenience this delivery schedule may cause our customers. POC: 30 LRS/LGRDMP-PMI 6-9064, or email: donald.hornick@vandenberg.af.mil.

k. Veteran's In Need: Veterans at the Los Angeles Veterans Hospital are in need of socks and undergarments. When you are at the Main Base Exchange please purchase a package of underwear (large or extra large) and/or a package of socks (10-13) and put them in the container provided in the Base Exchange (BX). The Santa Maria Elks Club will transport these items to the hospital in Sept 03. POC: Chief or Jodie Blevins, 6-3562 or 734-2734.

l. Housing Residents: Odd numbered houses water only on odd numbered days and even numbered houses water only on even numbered days. Lawn watering should only take place between 0600 -1000 and 1600-2000 hours to prevent rapid water evaporation in the hot afternoon sun. Sprinklers should only water lawns not buildings, sidewalks or streets. The lawn should be watered sufficiently to keep the top three inches of soil moist, the root zone. We recommend 5 to 10 minutes of watering three times per week depending upon the weather conditions and the type of sprinkler system you use. The use of mulch around your young trees and plants for moisture retention will also reduce the amount of water required. POC: 30CES/CEH, 6-3477.

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

a. G.I. Java Needs Goodies: This Coffeehouse is an outreach ministry for our single airman living in the dormitory. You can be part of this ministry by making baked goods. Please drop off your baked goods at Chapel 1. POC: SSgt Wilkens, 6-5773.

b. Vandenberg Jewish Community: Will be starting Hebrew and Bar Mitzvah. These classes will be open to all children that have access to the Base.

c. Guitar Player Needed: The 0830 Praise and Worship Service is seeking a guitar player. POC: Rebeka Medina, 734-1150.

d. 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.

e. 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. Women, Infants, & Children (WIC): 21 Aug 03. A satellite office is at the Family Support Center from 0800-1630 for Vandenberg personnel who meet program requirements. WIC is a nutrition Education Program that provides supplemental food. This program also promotes good health for pregnant, breastfeeding, and postpartum women, infants and children up to age five. For more information call 6-0039 or the Lompoc WIC office at 737-6470 for an appointment.

b. CAL-VET Home Loan: 22 Aug 03, 1330-1530 at the Family Support Center. One of the major Veterans' benefits is the Veteran's Home Loan Guaranty. It is made to Active Duty members, Retirees, and Veterans for the purchase of homes, townhouses and condominiums. Learn the application procedures & understand the basic CAL-VET Home Loan process and be cognitive of potential pitfalls. Contact Larry Davis at 6-0039 to register. This is an ATWIND Event!

c. Single Parents Support Group: Meets the fourth Tuesday every month, 1130 to 1300 at the Services Center. This is an opportunity for single parents to meet other single parents as well as discuss any stressors with their responsibilities at home or at work. Contact Linda Bastine at 6-0039. Registration is not required. This is an ATWIND Event!

d. Sponsorship Training: 26 Aug 03, 1500-1600 at the Family Support Center. Learn sponsor responsibilities, relocation resources, and tips to assist your newcomer. Also offered as a tutorial on the "Intranet" or website <http://intranet/sponsor/index.htm>. Call Sally Galligan at 6-0039 for more information. This is an ATWIND Event!

e. CSB-REDUX/Career Status Bonus: 26 Aug 03, 1100-1200 at the Family Support Center. Did you know that the new Career Status Bonus offers a one time \$30,000 payment in exchange for a lifetime of reduced retirement benefits? Would you like to trade retired pay for a lump sum today? Get the help you need now to make your decision and better understand payment options. Call Jimmy Camacho at 6-0039 to sign up. This is an ATWIND Event!

f. The Mechanics of Resume Writing: 27 Aug 03, 0900-1130 at the Family Support Center. Prepare or update your resume for your job search, separation, or retirement! Learn about different types of resumes, resume do's and don'ts, and tips on building a powerful resume that will get you an interview. Participants will compile a rough draft of their selected format. Workshop is open to all Active Duty personnel, Family Members, Retirees, and DoD Civilians. Contact Teresa Orozco at 6-0039 to register for this informative workshop. This is an ATWIND Event!

g. How to Start Your Own Business Seminars: 27 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 will cover developing a Sound Business Plan. Pre-registration is required! Five participants are required to hold the class. Call Larry Davis at 6-0039. This is an ATWIND Event!

h. 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!

i. 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, 1700-210 at the Bowling Center, E-4's and under bowls for just \$1 per game.
- **Thunder Alley:** Thursdays, 1800-2100, Fridays, 2200-0100 and Saturdays, 2100-2400.
- **Lane Closure:** 23-24 Aug 03. Surf Lanes will be closed this weekend while the lanes are being resurfaced.
- **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 the 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)
- **Fitness Center Staff Challenge:** 20 Aug 03, 1200.
 - **Pre-Season 5K/10K Fun Run:** 29 Aug 03, 1200.
- 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.
 - **BBQ Lunch Special:** 21 Aug 03, 1100-1330. BBQ sandwich with beans, chips and beverage for \$5.
 - **Scotch Foursome:** 24 Aug 03, 1030.
- 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.
 - **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. POC: Contact Curtis at 6-5908
- j. Pacific Coast Club:** (30SVS/SVRMC, 734-4375 or 734-4376)
- Entertainment/Events:**
- **Holiday Party Planning:** Stop by the PCC and check on available dates. Spots are filling fast!
 - **70s and 80s Night:** 22 Aug 03, 2100-0200, in the Enlisted Lounge with guest DJ Layto, 106.7 FM.
 - **Karaoke & DJ:** 22 Aug 03, 1900-2300, in the Officers' Lounge.
 - **Mug Night:** 23 Aug 03, 2100-0300, in the Enlisted Lounge.
 - **Holiday Parties:** The Pacific Coast Club still has dates available for your holiday party.
- Menu:**
- **Mongolian BBQ:** 20 Aug 03, 1800-2000.
 - **Pasta Mania Buffet:** 21 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:** Mondays-Lunch Special, Tuesdays-Mexican, Italian, or Oriental Buffet (on a rotating schedule), Wednesdays-Santa Maria BBQ Buffet, Thursdays-Chicken and Ribs Buffet, and Fridays-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, 0800 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 plus cost of materials.
 - **Advanced Framing & Matting:** Thursdays, by appointment.
 - **Ukrainian Egg Painting:** 23 Aug 03, 1100-1400. Cost is \$12.
- 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.
- o. Veterinary Clinic:** (30SVS/SVRV, 6-3019)
- **Clinic Days:** Thursdays are the normal clinic days. Pets can be seen by appointment only by calling us at 6-3019. The appointment schedule is released every Friday for the following Thursday.
- p. Youth Center:** (30SVS/SVYY, 6-2152)
- **Vandenberg Flyers:** Cheerleading/Dance Team Program, ages 4 and up. Register at Youth Center.
 - **Youth Soccer:** The open registration period (through 15 Aug 03) has ended for the upcoming Youth

Soccer season. A few slots are still available. Check with the Youth Center Mon-Fri, 0700-1700. For more information contact Kristi at 6-9374.

- **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)

Allan Hancock College Registration: Late registration will be 20-21 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 Tips: IMPORT ARCHIVED ITEMS - The biggest advantage to archiving old e-mails rather than deleting them is that you can retrieve them if necessary. So how do you go about getting them back? On the "File" menu, click "Import and Export...". Choose "Import from another program or file", and click "Next". On the next screen, choose "Personal Folder File (.pst)", then click "Next". In "File To Import", enter the name of your archive file. If it's not automatically displayed, click "Browse" to find it. Click "Next". Under "Select the folder to import from", click on "Archive Folders" if you want everything. But if you know which folder's archives you want to restore, choose only that folder. If you want to send it back to that folder, choose "Import items into the same folder in", and make sure that Personal Folders is selected in the box. Click "Finish". RESIZING WORD TABLE CELLS - If you know that you want your table columns to be precisely the width of your widest cell entry, you can tell Word 2000 to adjust the columns automatically. Place your insertion point somewhere within your table, select Table, Table Properties, and click Options. Check the Automatically Resize To Fit Contents box and click OK, and your table will continually adjust the width of its columns to fit your unwrapped text.

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

Class	Date(s)	Time
PWRR	8/19	13:00-16:00
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
Word - Styles & Table of Contents	8/25	11:30-12:30
PWRR	8/25	08:00-11:00
Outlook Email Only	8/25	13:00-16:00
Acrobat Writer Basics	8/25-26	13:00-16:00
Windows Explorer - Tips and Tricks	8/27	11:30-12:30
Front Page 2000	8/27-29	13:00-16:00
Photo - Selecting What You Want	8/29	11:30-12:30
Excel 2000 Advanced	8/29	08:00-11:00

Note: Walk-ins are always welcomed!

Items For Sale/Moving Sale/Free to Good Home

For Sale: 2001 Ford Explorer Sport, excellent condition, running boards, Am/FM, Single Compact Disc, tilt wheel, cruise control and much more. Asking \$14,500 OBO. Call 734-1292.

For Sale: 2000 Mitsubishi Montero Sport XLS, V-6, and 3.0 liter with 44,300 miles. Is fully loaded, and has all routine maintenance records. Asking \$14,200. Call Doug at 588-5932.

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: 1997 Mediterranean Blue Mazda Miata MX-5, soft convertible top, 51,000, 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. Removable windscreen to control the wind sheer within the car. Excellent condition! Asking \$9,000 OBO. Call 734-0144 or email Anna.Keck@vandenbergh.af.mil.

For Sale: 1996 Camaro Z28 convertible, full power, leather, custom exhaust, chrome wheels, new tires and brakes, loaded. Asking \$12,000 OBO. Call 734-2112.

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

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.

For Sale: Great Condition-Twin bed in cherry wood with mattresses only a year old, hardly used, \$50 OBO, matching large bookshelf only a year old, \$25 OBO, matching small bookshelf only a year old, \$15 OBO. Glass computer desk, \$15 OBO, Gas grill with tank \$10 OBO, Computer chair, good condition, \$10 OBO. Call 588-8644.

For Sale: 1yr old bearded dragon lizard, 49 gallon reptile aquarium, 10 gallon cricket aquarium, UVA/UVB lamp with holder, and other accessories. Asking \$250.00. Call Dan or Teresa at 734-1364.

For Sale: Full set King Cobra golf clubs including: 1 Cobra Ti Driver, 5 wood Cobra Ti, King Cobra II oversize irons, Bobby Grace King Cobra putter, King Cobra staff bag, pull cart, miscellaneous balls, tees. Asking \$600 OBO. Call 734-7335.

For Sale: Schwinn Rocket 88 DISC bike, 27 Speeds, XT/LX components, front and rear suspension (Fox Floar R rear, Manitou Mars Elite front), Hayes hydraulic disc brakes front and rear. Small dent in lower rear frame does not affect performance. Price: \$600 obo 805-734-7335

For Sale: Portable Basketball Hoop: Lifetime World Class portable basketball hoop with 48" break-resistant acrylic backboard. Good condition. \$175 OBO. Call 733-5562.

Carpet Sale: 21 Aug 03, 1300-1500 at Bldg 11175, Warehouse. Excess NAF carpet and padding for sale. Carpet off the roll: \$2.00 per square yd. Max per customer 48 square yards. Carpet pad .50 cents per square yd. Max per customer 48 square yards. Carpet pieces, various sizes: \$2.00 per square yd. Sale is open to all Base personnel with a Military, Civilian, Contractor ID and military retirees). Terms: Cash and carry (checks accepted). Customer must remove and transport purchases immediately upon sale, no refunds, and no returns. Call Mr. Infante at 5-0123 if you have any questions.

Moving Sale: 23 & 30 Aug 03, 0800-1200 at 742 Pecan Ct (East Housing). Bunk bed, dressers, couch piece w/hideaway bed (cheap!), VCRs, DVD player, stereo components, classic low-miles 87' Pontiac Fiero GT w/cold A/C, 30 gal complete aquarium w/fish, clothes, lawn mower (cheap!), extra Pontiac Fiero parts, books, bikes, dishes, bread maker, baby items, infant car seat/stroller combo, 233 computer w/monitor, toys, Sears Kenmore Upright freezer. Call 734-7198 for more information.

Moving Garage Sale: 23 Aug 03 at 516 Baywood St. Lawnmower, Queen Size Bed, children clothes, lots of children toys. Call 734-4767.

Free to a Good Home. Max is a male, 4-year-old, golden/white, Sheba Inu Mix dog brought from Japan. He has been fixed and all of his shots are up to date. Max is an extremely well behaved dog and is fully house trained. Max is the most loving dog you will ever meet and is an inside pet. Will not give him away if he is to be tied up outside. Please call Doug at 588-5932.