



Base Bulletin

Vandenberg AFB, CA 93437-0759



22 September 2004

No. 38

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 Bulletins are valid for 90 days unless rescinded or superseded. Note: If an article requires a 30SW Form 400, this form must be submitted with the article, or it will not be published.

SECTION I — ADMINISTRATIVE DUTIES

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

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

SECTION II — OFFICIAL

1. Team Vandenberg:

a. 2004 Combined Federal Campaign (CFC) Kick Off: The 2004 Combined Federal Campaign kicks off on 23 Sep 04 at the Pacific Coast Club. Campaign runs from: 23 Sep 04 to 5 Nov 04. Contact your squadron and group POCs for details. **Every 1 of Us Can Make a Difference.** (2SLS/MAO, 5-1909)

b. Office Closure: The Military Personnel Flight will close early on 24 Sep 04 at 1100 in support of a squadron function. Please contact Capt Karla Heren, Military Personnel Flight Commander at 588-9337 for emergencies only. Thank you. (30MSS/DPM-1, 6-7719)

c. Office Closure: The Family Support Center will be closed for an official function on Friday, 24 Sept 04 from 1100—1300. Contact the Command Post, 6-9961 for emergency Air Force Aid assistance. (30MSS/DPF, 6-0039)

d. Retirement Ceremony: The 30th Launch Group cordially invites you to attend a retirement ceremony honoring MSgt John E. Goodson, Mission Assurance Superintendent, 2nd Space Launch Squadron, after 22 years of dedicated service, on Friday, 24 Sep 04, at 1400, in Bldg 8500, Readiness Review Center, Conference Rm. Reception to follow. Military attire: Uniform of the Day. Civilians: Business attire. (2SLS/DE)

e. Retirement Ceremony: Please join the 30th Space Wing Command Post in honoring MSgt Mark Woodbury for his commitment to the USAF at his retirement ceremony on 30 Sep 04, 1530—1700 at the WROCC. Reception will immediately follow. (30SW/CP)

f. Office Hours Change: New hours for Pass & Registration will be effective on 27 Sep 04: Monday, 0830—1600; Tuesday, 0800—1600; Wednesday, 1000—1500; Thursday, 0800—1600; Friday, 0830—1500. Automated Entry Control Cards (ECCs) will not be processed between 1100—1300 and after 1500 daily. After hour appointments are handled on a case by case basis. Contact SrA Katz at 6-1853. (30SFS/SFOXI)

g. Retirement Ceremony: The 30th Space Wing cordially invites you to attend a retirement ceremony honoring MSgt Quinn A. Johnson on Friday, 1 Oct 04, at 1500, in Chapel 2. The reception will follow at the Chapel 1 Annex. The attire is Uniform of the Day for military personnel; daily attire for civilians. Please RSVP and/or provide presentation information NLT 24 Sep 04 to SMSgt Tenita Williams at 6-3077, Ms. Yolanda Colon at 5-0171, or via e-mail. (30SW/XPO)

h. Retirement Ceremony: Lt. Col William G. White, Commander, Defense Threat Reduction Agency, requests the pleasure of your company at a retirement ceremony in honor of MSgt Anthony R. Norris' 22 years of dedicated service on Tuesday, 5 Oct 04 at 1000 in the RRC room of Bldg 8500. Reception immediately following. Military attire: Uniform of the Day. Any questions please contact SMSgt Samuel L. Warren at 5-6317 or MSgt Stephen W. Davison at 5-7915. (576FLTS/TMOE)

i. Quarterly Awards Announcement: The deadline for ALL Quarterly Awards Package submissions will be 13 Oct 04 at 1630. Packages requirements and drop locations are as follows:

TEAM VANDENBERG

Awards Category**Package Length****Drop Location**

CGO/Enlisted/Volunteer Packages

15 Lines Only

Public Affairs (PA) Office, Bldg 10577

Civilian (Cat I & II) Packages

One full page (front only)

MPF Awards & Decs , Bldg 11777/C-212

All packages must include the following: 1) Original copy of the Nomination Letter (normally signed by Sq/CC); 2) One copy of the Short Bio (NMT 5-7 lines); 3) Ten copies of the Awards Package; 4) Floppy Disk with electronic copies of the Nomination Letter, Short Bio, and Awards Package. The luncheon is scheduled for Thursday, 28 Oct 04 at 1100 at the Pacific Coast Club . Please contact SMSgt Brian Robertson at 6-9815 for additional information. (30SW/CCP)

j. Office Closure: The 30th Comptroller Squadron, Financial Services Flight (Customer Service, Customer Support, and Accounting Liaison) will be closed on Friday, 22 Oct 04, from 1200 to COB for an official function. We apologize for any inconvenience this may cause. If emergency financial assistance is needed, you can reach us at 588-9282. (30CPTS/FMFC)

k. Military Equal Opportunity (MEO): Under the Equal Opportunity and Treatment (EOT) Program when necessary, military members, their families, and military retirees can file formal complaints. Complaints should be filed within 60 days, unless there is justification or extenuating circumstances. Formal complaints are processed in 20 duty days (sexual harassment complaints are processed in 14 duty days and have additional reporting requirements). The MEO Office conducts a complaint clarification in nine duty days, and the report is submitted to the legal office for a legal review in six duty days, and the commander has five duty days to outline intended action in confirmed cases. For additional information relating to the EOT complaint process please call the 30th Space Wing MEO Office at 6-0370. (30SW/ME)

l. Airmen Against Drunk Driving (AADD): Think Safety Before You Start!! Here are your choices for a safe ride home: Call AADD at 605-AADD/606-AADD for an anonymous free ride home, or get a complimentary ride from your First Sergeant when you have to be picked up. Tough decision? (30CES/CEOM, 6-7760)

2. 30th Space Communications Squadron: (30SCS)

a. Don't Be A Dead Functional Area Records Manager (FARM) Walk'n: AFMAN 37-139 was rescinded back in June 2004 and replaced by the Air Force Records Disposition Schedule (RDS) accessible on-line in Web RIMS. It provides the most up-to-date tables and rules approved by the National Archives and Records Administration. This info was disseminated to FARMs. Please spread the word now. (30SCS/SCBR, 6-4212)

b. Don't Believe The Hype: Apparently, there is word going around stating the National Personnel Records Center (NARA) is scanning all Official Military Personnel Records (OMPR) and destroying paper copies. This is not true. The NARA, responsible for maintaining archives of our OMPRs, is automating their storage and management of these records. When this is complete, they plan to destroy hard copies unless requested by the veteran or a deceased veteran's family to instead send those records to them. (30SCS/SCBR, 6-4212)

c. Revised Publication: AFMAN33-326_30SWSUP1 **Preparing Official Communications** is now available on the [VEPDL](#) and E-Pubs. (30SCS/SCBP, 6-7894)

3. Traffic Management Office: (30LRS)

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. (30LRS/LGRT, 6-0904)

b. Shipping Your Pet: If you are PCSing overseas with your pet, the following website contains useful information and web links: <https://amclg.scott.af.mil/cgi-bin/index.pl?dd=/don/lgtp&ti=HQ+AMC/LGTP+-+Passenger+Policy>. HQ AMC Pet Brochures are available at TMO Passenger Travel, Bldg 11777, Rm C-113. (30LRS/LGRT, 6-6932/33)

4. Military Personnel Flight: (30MSS/DPMP)

a. Military Personnel Flight (MPF) Customer Walk-in Hours: The MPF Customer Service (ID Cards & Records), located in Bldg 11777/C-114, walk-in hours are: Monday, Tuesday & Thursday from 0800—1500, Wednesday from 1000—1600, and Friday from 0800—1600. All other MPF Office walk-in hours are from 0900-1500. Appointments may be made outside the times listed, by contacting the appropriate office. The MPF has mandatory Warfit Monday, Tuesday & Thursday afternoons and will stop taking new customers at 1500. For further information call SMSgt Walker at 6-7719. (30MSS/DPM1)

b. MPF Weekly: For the most current Military Personnel information, please check out the *MPF Weekly*. The 17 Sep 04 edition is now posted on the Vandenberg Intranet,

https://intranet.vandenberg.af.mil/organization/30msg/30MSS/mpf/mpf_weekly/2004_archive/sep-04-17.doc. (30MSS/DPM)

c. Master Personnel Record (MPR) Changes: There will be a temporary suspension of providing documents from the Master Personnel Record (MPR). Effective 15 Sep 04, AFPC will start the conversion of their current database to a new and improved storage and retrieval system. The conversion will last for approximately 45 days in which AFPC will be unable to access documents from MPRs. If anyone is working projects requiring documents from their MPR prior to the conversion process, they should make the request as soon as the need is identified. Customer Service will assist all Airmen as best as possible during this AFPC conversion. Contact Customer Service at 6-2276. (30MSS/DPMP)

5. Civilian Personnel Flight: (30MSS/DPCE)

a. Voluntary Leave Transfer Program: Christine Holly-Vickers, 30SW/JA and Timothy L. Lovelace, 30CES/CEOF2, Vandenberg AFB; Tony Wright, Mildenhall AB; Starlene Holley, Clear AFS; Ronald Mosley, Selfridge ANGB; Michael Baca, HQ ARPC/MSC; Sandra Jernigan, Betty O'Herlihy, Howard Brown, & Tim Jones, Luke AFB; Glenda Bennet & Lori J. Anderson, Peterson AFB; Herlene Thurman & Cheryl Scott, Los Angeles AFB; Carolyn DeLaGarza, Langley AFB; Johnna DeSimone, Schriever AFB; Lonnie Dunbar, AF Pentagon; Dionisio Esteban, Onizuka AFS; Contine Francis & Janice Shinkle, MacDill AFB; Delores Green & Emily Knecht, Dobbins ARB; Wilson Holloway & Frank Valentik, Avon Park AFR; Charles Howard, Vance AFB; Jane Kelsey & Earle Tasse, Eglin AFB; Melanie Brown, Roberta Clark, Eileen Clemmons, Theresa Currier, Jennifer Mac Davitt, Mary Maurer, Lisa Wiggs & Richard Hinshaw, Patrick AFB; Earl Mikula, Buckley AFB; Dotsy Parnell, Shaw AFB; D'Sitra Scott, Willow Grove ARS, PA; Sue Sommers, Scott AFB; Fred Haas, Jeneke Lacy, Jacquelyn Schmidt, Carol Vilcek, Linda Solomon, Rebecca Barner, & Kenneth Pearce, USAF Academy; Traci Teachout & Carolyn Wallace, McConnell AFB; Mike Weatherly, Homestead ARB; Barbara Holley, Pittsburg IAP ARS; William Held, AF Audit Agency; Julie Martin, Dyess AFB; & Bernadette Stein, Randolph AFB are all in need of leave donations. Civilian employees who would like to donate a portion of their annual leave must complete an OPM 630-A. Go by Bldg 11777, Rm B-103 to pick-up and/or turn in your form or access this form at: www.opm.gov/FORMS/PDF_FILL/opm630A.pdf. (30MSS/DPC)

b. Federal Employees Group Life Insurance (FEGLI) - 2004 Open Season: For the first time in five years, the FEGLI Program is having an Open Season. The Open Season has begun and ends on Thursday, 30 Sep 04. This Open Season gives Federal civilian employees, who are eligible, the opportunity to enroll in the Program for the first time, or to change or increase their current FEGLI coverage. Eligible employees may elect FEGLI coverage without having a physical examination or answering any medical questions. You may visit www.fegli2004.opm.gov/ for more details about FEGLI Open Season. (30MSS/DPC, 6-5847)

6. 30th Medical Group: (30MDG)

a. Clinic Closure: The Vandenberg Clinic will be closed 23 Sep 04 for Mandatory Medical Readiness Training. For urgent needs please call 606-CARE or 888-252-3299. Please plan ahead for appointments and pharmacy refills. For more information contact Capt Clemens at 6-7440. (30MDSS/SGSAP)

b. Women's Health Clinic: Please join the 30th Medical Group for the grand opening of the Women's Health Clinic on 1 Oct 04 from 0930—1500. Come meet our new women's health provider, Capt Joann Mitchell, and staff. Lots of info, free promotional items and cake. October is Breast Care Awareness Month. (30MDG/SGSP, 6-7440)

c. Attention Vandenberg Patients: Beginning 1 Oct 04, to be compliant with Air Force requirements, the Vandenberg Clinic will close at 1530 and in order for the Pharmacy to participate, the following changes have been made: The Pharmacy hours have changed to 0730—1630, Monday through Friday. We will no longer accept new prescriptions after 1530 Monday through Friday. The new refill cut-off time will be 1330, Monday through Friday. Please plan accordingly. Thank you for your patronage! (30MDG/SGSP, 6-7440)

d. Inhalers 101: To review proper technique in the use of inhalers: It is very important to follow the directions on the label because if you overuse the medication, it will cause a problem with the refills and possibly be harmful to you as well. Basic steps for inhalers: (1) hold the inhaler with the mouthpiece at the bottom and shake-this mixes the medication (2) hold mouthpiece 2-3 finger widths apart from your mouth - this improves the delivery of medication to the lungs (3) tilt your head back slightly and open your mouth wide (4) gently breathe out (5) press the inhaler and at the same time take a slow, deep breath. Continue this slow breathing for 3-5 seconds and then hold your breath for about 5 seconds-this delivers the medication deep into the airways (6) resume normal breathing and (7) repeat steps 2-6 if more than one puff is prescribed. *Note: This technique can be used with most inhalers, except: Advair & Serevent Diskus. For these two "dry powdered inhalers", place the mouthpiece in your mouth and breathe in quickly. Keep these inhalers away from water or moisture and never blow into them because saliva particles will destroy the

integrity of the medication. If there are any further comments/questions, contact the Pharmacy at 6-7440. (30MDG/SGSP)

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

a. Firearms Registration: IAW 30 SWI 31-101, Installation Security Program, Paragraph 14.3.1, states all base residents who own or possess firearms must register them with the Pass and Registration Office. To initiate the process, request an AF Form 1314, Firearms Registration, from your orderly room. After completing in triplicate, take the signed form to Bldg, 11777, Rm C-111. For more information, contact your Resource Protection Monitor, or call 5-0797. (30SFS/SFOSP)

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

8. 30th Civil Engineering Squadron: (30CES)

a. Attention All Facility Managers: Please ensure that Civil Engineering (CE) Customer Service has the correct Primary and/or Alternate Facility Manager assigned to your building. Call A1C Rodriguez at 6-3152 or CE Customer Service at 6-0010 to verify the correct information is in our system. If you need to assign a Facility Manager, do so by using the form located in the 30th Space Wing Pamphlet 32-3 attachment 1. The form must be signed by Unit Commander or equivalent and forwarded to CE Customer Service. Facility Manager training is on the third Wednesday of the month at 1000 in Bldg 11439, Rm 109, CES Conference room. (30CES/CEOFF, 6-0010)

b. Recreational Vehicles, Boats and Trailers: A recreational vehicle (RV) is defined as that which could reasonably be judged to be one or more of the following: boat, camper, cargo truck, motor home, or pickup camper if the camper or camper shell is wider or longer than the pickup bed or trailer. Store recreational vehicles and pickup trucks with campers not used as daily transportation in the RV storage area, located in the northeast corner or 13th Street and New Mexico Ave. The Outdoor Recreational Center controls the storage lot. Recreational vehicles may be parked in the housing area for a period not to exceed 72 hours for loading, unloading, or cleaning purposes. Contact Capt Jokinen, 6-3477. (30CES/CEH)

OFFICIAL

FRANK GALLEGOS
Colonel, USAF
Commander

Karen L. Dean
Chief, Publishing Management

SECTION III — UNOFFICIAL

General Information:

a. Base Theater Marquee: The following movies will be shown at the Base Theater, Bldg 13750, 24—26 Sep 04. Call 6-5565 for movie information or e-mail Vanessa Probert at ProbertV@aafes.com. (AAFES)

Day	Date	Movie	Rating	Opens	Starts
Friday	24 Sept 04	Collateral	R	1830	1900
Saturday	25 Sept 04	Yu-Gi-Oh! The Movie	PG	1830	1900
Sunday	26 Sept 04	Princess Diaries 2	G	1330	1400

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

Day	Date	Event	Start Time	Location
Thursday	30 Sep 04	Hispanic Heritage Month Meal	1100	Beachcomber
Wednesday	6 Oct 04	National German-American Meal	1100	Beachcomber
Wednesday	13 Oct 04	Columbus Day Meal	1100	Beachcomber

c. Rescheduled Quarterly Birthday Meal: On Thursday, 23 Sept 04, we will be holding The Quarterly Birthday Meal for Enlisted BAS or Meal Card holders that celebrated birthdays in July, August or September, at the Beachcomber Dining Facility. Doors open at 1700 and the meal is served at 1730. Each birthday

member is allowed to bring one guest. You will be served by Commanders, Chiefs and First Sergeants from Team Vandenberg. There will be entertainment, prizes and a sundae bar. The menu choices are: Prime Rib, Shrimp Scampi, Cornish Hen or Pasta and Vegetable Medley. All meals include: soup or salad, baked potato or rice pilaf, vegetable medley, fresh bread, cake and beverages. Please contact the Food Service Office at 6-3219 or 6-5496 by 21 Sept 04 to sign up! (30SVS/SVMF)

d. Big Brothers Big Sisters: Big Brothers Big Sisters 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 a little magic into both of your lives. Our new Volunteer Orientation and Training will be held on 06 Oct 04 from 1130—1300 at the Family Support Center office located at 723 Nebraska Ave, Bldg. 10525 Vandenberg AFB CA. Or, please call Charlie Guzman at 735-4376 ext. 26 to learn more about becoming a Big Brother or Big Sister. RSVP!

e. Special Olympics Volunteers Needed: Volunteers are needed to assist with the regional Special Olympics Soccer, Softball and Volleyball tournaments 9—10 Oct 04 in Santa Maria. Volunteers are needed for set-up, tear-down, scorekeeping, providing refreshments, etc. If interested, please contact Capt Jeremy Olson at 5-6345 or jeremy.olson@vandenberg.af.mil. (576FLTS/TEO)

f. Santa Maria Memory Walk: Come take steps to end Alzheimer's! This year's Santa Maria Memory Walk benefiting the Alzheimer's Association will be Saturday, 16 Oct 04, from 1500—1900 at beautiful Waller Park. Adults, children, and dogs are all encouraged to register online at www.centralcoastalz.org/ or contact the event coordinator, Kari Kwinn, at 922-4132 for more information.

g. Private Organization Participation: If you are a part of a Private Organization, are in compliance, and want to earn money at the Western Space & Missile Air Show on 30-31 Oct 04 contact louise.brown@vandenberg.af.mil NLT 22 Oct 04. (30SVS/SVF, 6-0416)

h. Volunteer Opportunity for Animal Lovers: Companion Animal Placement Assistance(CAPA), a non-profit organization, works directly with the animals that pass through the County's Lompoc Animal Shelter. Volunteers are needed to assist the county staff with adoptions, exercise the dogs, groom cats and dogs or foster cats and dogs. Volunteers must attend a County orientation. The shelter is currently full with over 50 cats and 40 dogs some of which are from Vandenberg residents. The shelter is located at 1501 West Central Avenue (at V Street). Contact CAPA at 737-7754 or County Animal Services at 737-7755.

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

a. Breastfeeding/Child Care and Prenatal/Postpartum Exercise Education: When it comes to breastfeeding and childcare, not everyone is a natural and even those that are have questions that need to be answered. The HAWC offers several, in-depth books and videos which cover everything from your baby's health to your health, including exercising during your pregnancy. Come in during our duty hours to view the videos or pick-up the informative books and pamphlets that the HAWC offers.

b. Risk Reduction Series for Cholesterol, Diabetes and Blood Pressure Education: Weekly classes, Thursdays 1300—1500, 120 minutes each, instructed by a Registered Nurse, Registered Dietitian and Diet technician. Topics covered include: Diabetes Life Style and Meal Planning, Cholesterol Risk and Heart Healthy Eating, High Blood Pressure Education and the DASH Diet. 1st Thursday of the month is Diabetes, 2nd Thursday of the month, Cholesterol, and the 3rd Thursday of the month is the High Blood Pressure Education. The follow up classes for these topics are also on Thursdays from 1200—1300.

c. Tired of Fad Diets and No Results? Then come on in and learn from scratch about fitness, behavior change and nutrition. See how you can improve your body, mind and soul. Three classes to choose from, Fitness Improvement (FIT) at the Services Center - 2 hours covering exercise, Healthy Living Workshop (HLW) at the HAWC - 2 hour class covering a little bit of fitness, behavior change and nutrition, and Body Composition Improvement (BCIP) - a 2 part 2 hour class covering nutrition. Sign up at www.php-ids.com/.

d. Shape Your Future...Your Weigh! Help to keep yourself in shape right from your own home! Try this link that includes sites for a 7-day Food and Exercise log, BMI calculator and table, http://airforcemedicine.afms.mil/idc/groups/public/documents/webcontent/knowledgejunction.hcst?functionalarea=ShapeYourFuture&doctype=subpage&docname=CTB_018453

e. New To The HAWC: The Gastric Bypass Support Group is a peer support group for individuals who have had or are interested in learning more about bariatric weight loss surgery. Meets in the HAWC conference room the last Monday of each month at 1900—2000. Contact Mrs. Randee VanNess at 734-3311.

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

a. Worship Schedule:

Catholic Mass:	Saturday	1700	Chapel 2	Protestant Services:			
Confessions	Saturday	1615—1645	Chapel 2	Praise & Worship	Sunday	0830	Chapel 2

Mass	Sunday	1000	Chapel 1	Gospel	Sunday	1130	Chapel 2
Daily Mass	Mon-Fri	1130	Chapel 2	Traditional	Sunday	1130	Chapel 1

b. Jewish High Holiday Observance Schedule:

Day	Date	Jewish High Holiday	Time	Location
Friday	24 Sep 04	Yom Kippur & Kol Nidre	1830	Chapel 1
Saturday	25 Sep 04	Yom Kippur & Break-Fast to follow	1000	Chapel 1

c. Vandenberg Jewish Community Classes: The Vandenberg Jewish Community is offering the following classes: Children's Hebrew and Bar Mitzvah classes, adult Hebrew and religion classes. Classes start again on 21 Sep 04 at the Vandenberg Religious Education Center and are held every Tuesday night at 1800. Please call Randee Van Ness at 734-3311, for more information or to enroll.

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

a. Office Hours: Family Support Center's customer service hours are from 0800—1600 except on Monday when the center will be closed for staff training from 0730—0930. Personnel requiring *emergency* Air Force Aid will be assisted. Call 6-0039.

b. BabyMeet: If you are pregnant or the parent of a baby between the age of newborn to 2 years, this is an opportunity to get together with other families for discussions and socialization. This group meets every Wednesday, 0900—1000 at the Base Library. For more details call Katie at 734-6758 or Anna at 734-6606.

c. Playtime for Tots: They meet Friday mornings at 1000—1100 at the Religious Education Center. This playgroup is for parents and the children ages 2 to 5. For more information call Jill at 757-9044.

d. PALACE CHASE (Force Shaping) Separatees: Are you separating under the newest PALACE CHASE (Force Shaping) program? If so, you need to get to the Family Support Center (FSC) now! You must accomplish your mandatory Pre-Separation Briefing at least 90 days prior to separation. You can schedule yourself for this briefing by accessing www.php-ids.com. Do not wait until you have your out-processing checklist to get this briefing. If you need assistance please call the FSC at 6-0039.

e. Heart Link: Monday, 27 Sept 04, 0830—1200 at the Pacific Coast Club. Heart Link is offered monthly in conjunction with Newcomer's Orientation. Personnel and spouses attend together for the formal briefings that address the 30 SW mission and base services. After the Community Fair, spouses break off to continue the Heart Link agenda. This is an ideal way for spouses new to the Air Force or just new to Vandenberg to learn about the Air Force way of life on the Central Coast of California. We will have FREE giveaways. Schedule yourself for this briefing by accessing www.php-ids.com or call 6-0039 for more information.

f. Sponsorship Training: Tuesday, 28 Sept 04, 1500—1600 at the Family Support Center. Learn sponsor responsibilities, relocation resources, and tips to assist your newcomer. Call 6-0039 for more information.

g. Military Spouse Survey: Military.com has posted a survey on military spouse licensing and certification issues that will greatly help the Department of Defense identify how many spouses hold state-based licenses and certifications, and the extent of their employment in their career fields. The survey can be found at www.military.com/survey/spouse/.

30th Services Squadron: (30SVS/SVK, 6-0276)**a. Auto Hobby Shop:** (30SVS/SVRA, 6-6014)

- **Used Car Lot:** Try selling your used vehicle through the Auto Hobby Shop. Place your vehicle on the used car lot for \$6 per two weeks. You also have the option of listing your vehicle on the Services Squadron web site.

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

- **Youth Leagues Kick-Off:** 26 Sep 04. Sign up for the Youth Bowling (YABA) leagues at Surf Lanes.
- **Airmen's Night:** Thursday, 1800—2100. Every Thursday night at the Bowling Center, E-4's and under bowl for just \$1 per game.
- **Thunder Alley:** Friday, 2100—2400, Saturday, 2100—2400. Catch the ultimate glow-in-the-dark bowling experience!

c. Breakers/Beachcomber Dining: (30SVS/SVMF, 6-7540/734-1901)

- **Breakers Renovations:** The Breakers dining facility is currently closed for renovations to the heating, ventilation and air conditioning system. Consolidated dining will be available at the Beachcomber (Bldg 9190) on Nevada St in the 381st Training Group area.
- **Quarterly Birthday Meal:** The Birthday meal schedule for 16 Sep 04 has been postponed to 23 Sep 04, 1730. Doors will open at 1700.

d. Child Development Center: (30SVS/SVYC, 6-1555)

- **Give Parents a Break:** This program offers parents one evening of childcare per month for parents

who need a break. Give us a call and find out how you can qualify.

- **Drop-in Care Available:** The Child Development Center is open to active duty military, DOD civilians, and DOD contractors, as well as reservists placed on active duty for training. The CDC has drop in care for \$3.50 an hour on a space available basis.
- e. **Family Child Care:** (30SVS/SVYD, 6-3255)
 - **Provider Training:** The need for child-care providers has never been greater! Help make a difference and become a licensed child-care provider. Call Gwendolyn Jones at 6-4639 or 6-3255.
- f. **Fitness Center:** (30SVS/SVMP, 6-3832)
 - **Fitness Assessments:** 28 Sep 04, 1000—1400.
 - **'Operation Stay Fit' Triathlon:** The triathlon scheduled for 25 Sep has been postponed to 16 Oct 04.
- g. **Information, Tickets & Travel:** (30SVS/SVRO, 6-7976 or 6-1675)
 - The ITT office and Leisure Travel are now located at Outdoor Rec (Bldg 10250).
- h. **Library:** (30SVS/SVMG, 6-6414)
 - **Story Time:** 23 Sep 04, at 1000. It is appreciated if you can sign up if you are attending to help plan for supplies, but walk-ins are welcome.
 - **Dial-a-Story:** The phone number is 606-4300 for this free story-telling service. Available 24/7, story changes Friday afternoons.
- i. **Marshallia Ranch Golf Course:** (30SVS/SVBG, 6-6262)
 - **Course Aerification:** 20—24 Sep 04. Aerification of greens, tees and fairways. Twilight rates all day during the aerification.
 - **Scotch Foursome:** 26 Sep 04, 1030.
- j. **Natural Knead Massage:** (30SVS/SVMP, 5-4748)
 - Natural Knead massage is now open in its new location at the Health & Wellness Center (HAWC), Bldg 8505. Watch for our Squadron of the Month Special. Just make an appointment and then stop by with an item (hat, coin, etc.) showing your squadron emblem, and you can get a discount price on any massage (except 30-minute). The squadron for Sep 04 is 30 CES.
- k. **Outdoor Recreation/Equipment Checkout:** (30SVS/SVRO, 6-5908)
 - **Hiking at Montaña De Oro:** 25 Sep 04, 0800. Sign up by 23 Sep 04. Cost is \$15.
- l. **Pacific Coast Club:** (30SVS/SVBO, 734-4375 or 734-4376)
 - **Entertainment/Events:**
 - **Mongolian BBQ:** 22 Sep 04, 1700—2000.
 - **DJ Night:** 24 Sep 04, 2100—0200, in the E-Lounge.
 - **Karaoke Night:** 24 Sep 04, 1900—2300, in the Officers' Lounge.
 - **Comedy Night:** 25 Sep 04. Doors open at 2000, laughs begin at 2100. BET Comedy View & Def Jam All-Stars featuring Tommy Chunn and Smokey Deese. Hosted by D'Militant, with music and after party by DJ Krazy J. Cost is \$10 at the door. Call the PCC for more information.
 - **Football Frenzy:** 27 Sep 04, tailgate party starts at 1700. Catch the Monday Night Football action as the Cowboys vs Redskins.
 - **Kids Night Out:** 27 Sep 04, 1700—2000. Special buffet and entertainment.
- **Menu:**
 - **Monday Madness:** Mondays from 1700—2000. Enjoy our all-you-can-eat pizza and spaghetti buffet with drink and soon to be famous pizza dessert. Regular - \$7.95, Members - \$5.95, children under 12-years of age - \$3.00. (No coupons)
 - **Fried Chicken Buffet:** Tuesdays from 1700—2000. Pacific Fried Chicken Buffet with dessert. Regular - \$8.95, Members - \$6.95.
 - **Kid's Night:** Wednesdays from 1700—2000. Children under 12-years-old get a 6-inch mini pizza with choice of toppings and soda - \$1.50. (No coupons)
 - **Pasta Mania Buffet:** Thursdays from 1700—2000. Regular - \$8.95, members - \$6.95, children under 12-years of age - half-price, children 4-years and under - free.
- m. **Rod & Gun:** (30SVS/SVBR, 6-4560)
 - **Open Shoot:** Open Trap & Skeet shoot every Wednesday, Friday and Saturday morning at 0830.
 - **Sporting Clays:** 25 Sep 04, 0830.
 - **Pistol Action Shoot:** 26 Sep 04, 0830.
- n. **Skills Development:** (30SVS/SVRS, 6-6438)
 - **Stained Glass Instruction:** Saturdays from 1100—1300. Sign up 2 days prior to first class.
 - **Children's Ceramics:** Saturdays from 1100—1330. This class is designed to introduce children to the art of ceramic casting. Cost is \$15.

o. Swimming Pool: (30SVS/SVRO, 6-3581)

- **Lap Swim Schedule:** Monday-Friday, 0630—0800, 1045—1245, 1745—1900; Mon/Wed/Fri, 1745—1900 and Saturday-Sunday, 0800—0945.

p. Veterinary Clinic: (30SVS/SVBV, 6-3019)

- **Notice:** Due to the loss of the computer at the vet clinic, we are asking patrons to reconfirm appointments made for September.
- **Pet Registration:** All cats and dogs residing on Vandenberg AFB must be registered with the Veterinary Treatment Facility (VTF). All vaccinations including rabies and distemper combinations, must be up to date and kept on file. Please bring your animal's medical records to the VTF on an off-clinic day to register you pet.
- **Pet Protection:** Protect your pets against fleas, ticks and heartworms with Frontline Plus and Heartgard, both available at the Vet clinic.

q. Youth Center: (30SVS/SVYY, 6-2152)

- **Space Play Day:** 1 Oct 04, 1330-1600, at the Base Track. For youth ages 6—12.
- **Basketball Leagues:** Registration for Youth Basketball begins 20 Sep 04 at the Youth Center. Cost is \$55 (Members \$50) includes uniform and team pictures. Sign-ups will be taken Mon through Fri from 1100—1300 and 1600—1800.
- **Donation Drop Box:** The Torch Club Members at the Youth Center are asking for donated items to send to the troops serving in Iraq. Stop by the Youth Center with any donated items.

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

a. Allan Hancock College Fee Increase - Military Tuition Assistance: Effective 31 Aug 04, the state of California increased the enrollment fee for its community colleges from \$18 per unit to \$26 per unit. Contrary to previous guidance, students who used military tuition assistance to pay for Fall 2004 courses **will** receive a bill for the difference. Students **do not** have to get additional tuition assistance forms but must **personally** go to any Allan Hancock College location to **clear** the bill. **Do not ignore the bill. Failure to clear it will prevent any future registration requests either in person or on-line.** For more information please call 5-5915 or 734-3500. (30MSS/DPH)

b. Education Fair: Come one, Come all, to the Annual Education Fair on Wednesday, 29 Sep 04, from 0900—1400 in the Education Center Student Lounge, Bldg 14002, 144 Wyoming Avenue! Representatives from base and local area colleges and universities will be present. Contact the Education Center at 5-5904 for more information. (30MSS/DPHE)

c. Civilian Tuition Assistance (TA): We have an abundance of FY04 civilian TA funds remaining for use by DoD civilians. It's not too late to have the Air Force assist you in paying for those classes you need to get your Associates, Bachelors, Masters or Doctorate degree. The Air Force will pay tuition costs, not to exceed \$187.50 per semester hour or \$124.50 per quarter hour and up to a maximum of \$3,500.00 per fiscal year. Stop by the Education Center today to sign-up and use TA for your classes or call 5-5904 for additional information. (30MSS/DPHE)

d. Caveat Emptor (Buyer Beware): An old scam has resurfaced, once again preying on unsuspecting junior enlisteds. Epic International advertises itself as a CLEP exam preparatory program. In reality, they sell overpriced encyclopedias and promise students if they simply read their books and follow their "study guides" they can earn a college degree through testing without further course work. They usually direct students to Excelsior College, implying they have some sort of agreement with the school (totally false). They also use Servicemembers Opportunity College (SOC) literature whenever they can obtain it and tell students to call SOC if they have any questions. SOC usually receives these calls after the service member has signed a contract and been given a non-working phone number so the contract cannot be cancelled. Remember, if it sounds too good to be true, it probably is! If you're unsure, check with the Education Center, 5-5904 before you commit yourself. (30MSS/DPHE)

e. CLEP/DANTES/Excelsior Exam Information: For those students who want to earn a college degree through testing and without further or limited coursework, **free** CLEP (14 tests are offered), DANTES Subject Standardized Tests (DSST) or Excelsior study information can be found at www.freeuniv.com/, www.getcollegecredit.com/ (click on Fact Sheets) and www.excelsior.edu/, respectively. Tests can be scheduled by calling the Education Center 5-5904. Tests are administered at 1300 on Mondays/Wednesdays and 0800 on Tuesdays/Thursdays in classroom B-1, Bldg 14005 of the Education Center. The tests are free for active duty military, National Guard and reservists. The cost for civilians to take CLEP tests is \$120.00 and \$60.00 for DSSTs. Excelsior College and Prometric Technology Centers have an exclusive agreement for testing of civilians through Prometric Technology Centers in CONUS. (30MSS/DPHE)

Computer Training: (InDyne, 6-3771)

a. Personal Computer Systems Training: Learn Introduction to Computers -- A basic class for beginners; Word 2000; Word Advanced; Excel 2000; Excel Advanced; PowerPoint 2000; Access 2000; Palm PDA Beginning; Project 2000; Publisher 2000; Outlook 2000; and LAN Access Training (a class specifically for those in process of getting an e-mail account). In addition to the existing traditional demonstration/lecture courses offered at the Computer Training Facility located within Bldg. 9360, InDyne, Inc. also reserves 3 hour blocks of time specifically for those students interested in completing Computer Based Training (CBT) Courseware. This provides an alternate method for those who are unable to satisfactorily complete CBTs at their Personal Computer in their work environment. Slots are available in the morning and afternoon time frames. Call 6-3771 for details, or e-mail: james.wooding@vandenbergh.af.mil. **Note:** Walk-ins are always welcomed!

b. First Tip: Zoom on the fly while designing a PowerPoint slide - It's often helpful to zoom in for more precision while creating or placing objects on your slide. You could use the Zoom dropdown list on the Standard toolbar to select a magnification percentage, but there's an easier way if you have a mouse with a roll wheel. Simply press and hold down the CTRL key as you roll the mouse wheel and the slide will zoom in and out accordingly. To focus your zoom on a particular object, select the object prior to zooming and it becomes centered in your work area as you zoom in on it. **Second Tip: Did you know that you can open a web page from the Windows Start menu?** - Let's say that to want to visit Hewlett-Packard's website while you're working in a program, such as Word or Excel. All you have to do is click **Run** on the **Start** menu, then type in (without the quotes): "www.hp.com" and press Enter. Your default browser will open at Hewlett-Packard's website!

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

Class	Date(s)	Time
Office - Customizing Toolbars	22 Sep 04	1130—1230
IAAP Managers	22 Sep 04	0800—1130
LAN Access Training	24 Sep 04	0800—1100
Excel - Filtering, Sorting, and Subtotals	24 Sep 04	1130—1230
LAN Access Training	27 Sep 04	0800—1100
Access 2000 Basic	27-1 Oct 04	1300—1600
Workgroup Managers Course	27-1 Oct 04	0800—1600
Internet Explorer - Tips and Tricks	27 Sep 04	1130—1230
Outlook	28-30 Sep 04	0800—1100
Windows Explorer - Tips and Tricks	29 Sep 04	1130—1230
LAN Access Training	1 Oct 04	0800—1100
Excel - Conditional Formatting	1 Oct 04	1130—1230
Photoshop Elements	4-8 Oct 04	0800—1100
PowerPoint 2000	4-8 Oct 04	1300—1600
Outlook - Rules & Organizing Email	4 Oct 04	1130—1230

Items For Sale:

For Sale: 2003 Nissan 350Z, Touring Edition, pearl white. All options except navigation, 6-speed, 20K miles, excellent condition. Asking \$29,000/obo. Call 737-1621.

For Sale: 2002 Toyota Camry LE, beige exterior/interior, excellent condition, P/S, ABS, dual-side airbags, cruise control, CD and cassette player, and more! Keyless entry and alarm systems (not standard on LE. Both were installed by Toyota—not aftermarket). 35K+ miles. Asking \$12,500/obo. Call 588-1604.

For Sale: 1997 Ford Expedition (gold), 5.4L 8 cyl., 4x4, 61K miles, automatic, P/S, D, W, cruise, premium sound, alarm, ABS, dual air bags, tinted glass, trailer connections, F/S spare, New tires, shocks and brakes! Excellent condition! Asking \$12,250/neg. Call Rich at 588-7530.

For Sale: 1997 VW Golf GTI VR6 – 5-speed, PW, PS, PL, AC, sun/moon roof, new clutch, sound system, exhaust, intake, larger rotors, and 17" rims included. Asking \$5,700. Call 734-1364

For Sale: 1996 Chevrolet Blazer LS 4X4, red, loaded w/everything but leather seats, remote start keyless entry, Kenwood CD Player, CC, PW, PDL, power seats, lumbar support, anti lock brakes, air bag, tinted windows, factory roof rack, well maintained, have receipts, a must see. Asking \$5,995/obo. Call 734-0203.

For Sale: 1995 Acura Integra, black with spoiler and special edition rims, auto, full stereo system with 2 10" Fosgate & 2 Fosgate amps, 4 extra profile tires, leather, keyless remote car alarm entry, 119K & well maintained. Asking \$5,000. Call Sang for more info at 588-9442/734-2739.

For Sale: 1993 Toyota Previa LE, Kelly Blue Book value \$4,500, asking \$3,500/obo. Runs great, near new condition. Can be seen at VAFB Car Lot. Call 734-7465/588-4031 for more information.

For Sale: 1991 Toyota Celica, red 2-door coupe, runs well but is a "fixer-upper." 5-speed, sun roof, cassette player. Needs body work & will need a new or rebuilt transmission. Only asking \$500/obo. Call 588-1742.

For Sale: 1970 Plymouth Duster, yellow w/black top, 340 w/Holley 650 carb/Edelbrock LD 340 intake, AT, bucket seats, 8 3/4 rear-end w/3:91 gears Mopar Rallye wheels. Many new parts, have all receipts. Runs good, asking \$6,350/obo. Call Dave Wagle at 734-0990/757-1736.

For Sale: 2002 Special construction Harley Davidson motorcycle, shovel top, lower pan combo, 1600cc bored out to 98", 180 rear end, 4" open belt primo, electric kick start, awesome paint job. Only 54 miles and has never been registered. Asking \$12,000/obo. Located in Lompoc. Call 886-5049.

For Sale: 1992 Honda Shadow 1100cc, has new voltage regulator, needs a new back tire. Runs very well. Asking \$1,800. Ask Steve at 934-7882.

For Sale: (2) Boats: (1) 1973 Larson, 18', sturdy construction, needs inboard engine \$990. (1) 1974 Thunderbird, 18', 75HP off board. Asking \$1400. See at Base Used Car Lot. Flip Down TV w/DVD player 10" brand new, excellent viewing for the family in the car/van/SUV. Asking \$470. Call 734-2299.

For Sale: Murray women's mtn bike \$50, Nishiki men's mtn bike, paid \$350, sell \$125, Hoover upright vacuum, needs belt, \$15, roll-top desk w/drwrs \$150, steel storage shelf, 6' tall 5 shelves \$15, call 736-9697.

For Sale: 1930's antique gas pump model Tokheim 36B, 1930's GE refrigerator with compressor mounted on top, neon clock, 1950s Coca-Cola machine, other items, call for info 736-9697.

For Sale: 1.5 ct. tw. certified platinum engagement ring (ER), and matching wedding band (WB). ER has one center diamond and 10 round channel set (CS) diamonds. WB has 11 round CS diamonds. Never worn, can be sized. \$3,125 new, will sacrifice at \$1,800/obo. Ask about matching men's WB. Call Ryan at 588-7690.

For Sale: Mission style couch table, coffee table, and 3 matching end tables, \$150 for all. Small oak roll top desk with matching oak chair, \$75. Call 733-5538 after 1900.

For Sale: Burgandy leather sleeper sofa. Excellent condition. Wood slats instead of springs for pull out bed and thicker mattress, \$800. Belgian dining room table & chairs. Heavy oak table that opens up to seat 12. Has 8 padded oak chairs, \$2,900/obo. Belgian oak coffee table, \$700/obo. Please call 734-1767, leave msg.

For Sale: Belgian oak wall unit, 1-2-3 system. Has mini-bar, book case, display cases, entertainment ctr, etc. Use any config. or pieces stand alone. Buy all for \$15,000 or in pieces. Price negotiable. Call 734-1767.

For Sale: English bedroom suite includes white dresser, mirrored wardrobe, queen size bed w/drawers. Padded headboard w/shelf, mirror & light, w/wardrobe & drawers on each end. \$1,500/obo. Call 734-1767.

For Sale: Kid's white bedroom furniture. Good condition, chest, dresser, desk, toddler bed including mattress, only \$100. Call 588-3909.

For Sale: Baby crib & blankets, \$75. Unopened baby stroller, \$80 paid \$180. Baby swing, \$20. Computer desk, \$50. Computer chair, \$20. new dresser, \$50. Maytag washer/elect. dryer, \$400. Black w/smoke glass table & (4) chairs, \$75. Small TV/VCR Combo, \$20. Call Jennifer Abbott at 588-4899.

For Sale: Graco 6-speed infant swing with songs and timer. "Winnie the Pooh" theme for boys or girls. In like new condition, has been lightly used and cleaned thoroughly, only \$40. Contact Bernice at 588-5839.

For Sale: Evenflo Exersaucer Ultra, three height settings & 11 separate activities. For use by children from 4 months of age until they can walk. Great condition! Purchased new, \$80 asking \$60. Call 934-8451.

For Sale: Hewlett Packard 48G Scientific Graphing Calculator, \$50/obo. Call 734-1133.

For Sale: Char-Broil, charcoal/gas grill. Just over a year old. Must be able to pick up in Lompoc. \$75 includes gas tank and grill cover. Call Gary or Danielle at 735-1175.

For Sale: 50-Pack DVD+Rs, \$20. Call 717-1255, from 0730—1630 and 734-6765 after 1630.

For Sale: 50 Gallon Seaclear acrylic aquarium with black stand. Comes with lots of rocks and accessories. \$160/obo. Can e-mail picture. Please call Joe at 739-0880/264-3103.

For Sale: Chihuahua puppy, male, 5-months-old, brown and white, full pedigree papers. Food, book toys included, \$400 negotiable. Call Jennifer Abbott at 588-4899.

Free: Looking for the perfect home for a male golden retriever, approx. 3-yrs-old. Great w/kids. Needs lots of space for running. Call 734-1180 after 1800 FMI.

Wanted: Interested in joining a gaming club? From board games to role-playing. Any thoughts about dues or locations for meeting would be welcome. Contact Brendon Robertson at brenrober@hotmail.com.