



Base Bulletin

Vandenberg AFB, CA 93437-0759



29 September 2004

No. 39

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 Bulletins are valid for 90 days unless rescinded or superseded. Note: If an article requires a 30SW Form 400, this form must be submitted with the article, or it will not be published.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): The Campaign runs from: **27 Sep 04 to 12 Nov 04.** Contact your squadron and group POCs. **Every 1 of Us Can Make a Difference.** (2SLS/MAO, 5-1909)

b. Office Hours Change: New hours for Pass & Registration effective 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)

c. 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)

d. 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 and daily attire for civilians. (30SW/XPO)

e. 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)

f. Retirement Ceremony: Lt Col Lee W. Rosen, Commander, 4th Space Launch Squadron, cordially invites you to the retirement ceremony of MSgt Joseph M. Purcell, 5 Oct 04, at 1300. The ceremony will be at Bldg. 8500 (PMC Rm), 1515 Iceland Ave, VAFB. Refreshments will immediately follow. Please RSVP to MSgt Shrum at 5-4316 or by e-mail: joseph.shrum@vandenberg.af.mil or Lt Hernandez at 5-4992, or by e-mail to carrie.hernandez@vandenberg.af.mil NLT 1 Oct 04. (4SLS/DOOB)

g. Workgroup Managers (WM) Meeting: A WM meeting is scheduled for Wednesday, 6 Oct 04, at the 381 TRG Auditorium from 1000—1100. The agenda for this meeting is: Windows XP Deployment, Windows XP Training, Exchange Server Upgrade, and QEB/AFWAY. Representatives from the 30th Space Communications Squadron as well as InDyne will be briefing these areas during this meeting. Attendance is mandatory for one representative from each squadron/unit - but everyone is welcome. Please contact TSgt Wheeler, Base Workgroup Management Program Manager, at 6-5403 with questions. (30SCS/SCBH)

h. 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:

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

TEAM VANDENBERG

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, Pacific Coast Club. Contact SMSgt Brian Robertson at 6-9815 (30SW/CCP)

i. Retirement Ceremony: Lt Col Anthony L. Blaylock, Commander, 576th Flight Test Squadron, cordially invites you to attend a retirement ceremony honoring SMSgt Daniel F. Cook, First Sergeant, 576th Flight Test Squadron, after 21 1/2 years of dedicated service, on Friday, 15 Oct 04 at 1100 in Bldg 8314, 576 FLTS High-Bay. Bar-B-Que to follow. Military Attire: Uniform of the Day. Civilians: Business Attire. For more information, please contact Maj Stephen Kravitsky at 6-2509. (576FLTS/CCA)

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

b. Do Not Destroy: The Air Force (AF) and the Department of Justice are in the process of defining a class action lawsuit alleging discrimination of Air Force civilian employees. Plaintiffs have indicated they will challenge appraisals, promotion decision, awards, and other employment related documents over the past several years. The trial will begin soon. Since the potential for a worldwide class action exists, all AF activities MUST retain all documentation regardless of its characteristic. (30SCS/SCBR, 6-4212)

c. EMSEC, COMPUSEC, IAAP, COMSEC, Network Security? Find out more on the Air Force Space Command (AFSPC) Information Assurance web page at <https://halfway.peterson.af.mil/infoassurance/>. (30SCS/SCBI, 5-2352)

3. Traffic Management Office: (30LRS)

a. Attention TMO Customers: If you have recently arrived PCS and have household goods in storage awaiting quarters, schedule delivery of your personal property as soon as you have a firm address and move in date. Local agents may not be able to provide prompt delivery services if they are not provided sufficient lead-time. Please contact SSgt Soria, 6-0906. (30LRS/LGRT)

b. Separating, Retiring or PCSing? PLAN AHEAD! Within 30 days of receipt of orders, stop by TMO, Bldg 11777, Rm C-103 to schedule an appointment for your household goods pick-up dates. Remember, the earlier you meet with us, the greater your chances of moving on the date you initially select. As always, we will work with you to the greatest extent possible. (30LRS/LGRT, 6-0904)

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

a. Military Personnel Flight (MPF) Customer Walk-in Hours: The MPF Customer Service (ID Cards & Records), located in Bldg 11777/C-114, walk-in hours are: Monday, Tuesday & Thursday from 0800—1500, Wednesday from 1000—1600, and Friday from 0800—1600. All other MPF Office 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 24 Sep 04 edition is now posted on the Vandenberg Intranet link: https://intranet.vandenberg.af.mil/organization/30msg/30MSS/mpf/mpf_weekly/2004_archive/sep-04-24.doc (30MSS/DPM)

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

a. Voluntary Leave Transfer Program: Bruce Dufresne, 2ROPS/DOUS, Christine Holly-Vickers, 30SW/JA, & Timothy L. Lovelace, 30CES/CEOF2 Vandenberg AFB; Roseann Bianco, FAS Division CPMS; 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 & Karla Weaver, 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; Julie Norman & Angel Sablan, Andersen 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; Jill Rector, Misawa AB; Traci Teachout & Carolyn Wallace, McConnell AFB; Mike Weatherly, Homestead ARB; Barbara Holley, Pittsburg IAP ARS; William Held, AF Audit Agency, Julie Martin, Dyess AFB; and Bernadette Stein, Randolph AFB are all in need of leave donations. Civilian employees who would like to donate a portion of their annual leave must complete an OPM 630-A. You can go by Bldg 11777, Rm B-103 to pick-up and/or turn in your form or access this form at: <http://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 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. 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)

b. 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)

c. Operation Baby Launch: Operation Baby Launch will meet 4 Oct 04, 1700, in the 30MDG Auditorium. A health care information meeting for expectant parents or anyone anticipating starting a family. Get information on healthcare options and benefits. No registration required. For more information contact Family Advocacy at 6-8217. (30MDG/SGOH)

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/CEOFP, 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 of 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)

c. Moving or Relocating Offices? Not sure what to do with all those blue recycling containers? Contact 30CES/CEV at 606-5726 and notify them of your departure plans. 30CES/CEV will recommend one of the following options: 1) Transport the containers to your new office; 2) Call 30CES/CEV at 606-5726 and arrange for your containers to be picked up; or 3) Leave the containers in place for usage by the next occupant. Thank you for your cooperation and participation in the Vandenberg AFB Recycling Program! (30CES/CEV)

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

Briefing: The next Air Force Reserve briefing is 12 Oct 04, at 1300, in Bldg 11777, Rm C-206. If you are interested in applying for this program, you must contact MSgt Brenda Kartheiser to schedule a briefing. (AF Reserve Recruiter, 6-2704)

OFFICIAL

FRANK GALLEGOS
Colonel, USAF
Commander

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, 1—3 Oct 04. Call 6-5565 for movie information or e-mail Vanessa Probert at ProbertV@aafes.com. (AAFES)

Day	Date	Movie	Rating	Opens	Starts
Friday	1 Oct 04	Open Water	R	1830	1900
Saturday	2 Oct 04	Alien Vs. Predator	PG-13	1830	1900
Sunday	3 Oct 04	Without A Paddle	PG-13	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. Red Cross Disaster Training Classes: The Lompoc Office began its new Intro to Disaster series last night. If you know anyone interested in taking the classes they can call the office and we'll see to it that they get the Intro video and workbook and to catch up with the class and we meet again on Wednesday evening at 1800 at 312 North H Street. The Santa Barbara series begins on 13 Oct 04 at 1800 and the Santa Maria series begins on 25 Oct 04 at 1800. Please call 736-5110 for details and location addresses. (ARC)

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. ROTC Career Day Volunteers: Volunteers are needed for the Loyola Marymount event scheduled for Friday, 8 Oct 04, from 1530 to 1745. Officers in the following specialties are being requested: Missile Maintenance; Satellites; Missile Operations; Pilots (helo); Medical; Nurse 46N; Security Forces; OSI; Supply; and Weather. Sign ups may either be phoned directly to Lt John Holt at (310) 338-5394 or to the 30SW Public Affairs at 6-3595. Dress is UOD with flight suits requested for the Helo pilots and Space & Missile personnel. Should enough people be interested, a UDI van may be checked out from 30LRS/LGTO at 6-5714. (30SW/PA, 6-3595)

f. 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@vanderberg.af.mil. (576FLTS/TEO)

g. Small Business Success Workshop Fall 2004: Workshop runs from 11 Oct 04 to 15 Nov 04 on Mondays from 1800–2100 at the Allan Hancock College Lompoc Campus for a fee of \$150.00 per person (scholarships available on sliding scale) This six-week (3 hours/session) workshop is designed specifically for both the existing and future small business owner to develop a business and strategic plan for the purpose of starting/growing their business. Guest speakers from local area businesses will be part of the workshop sessions. The workshop is being conducted by Timothy J. Harrington of TerraLink Consulting and is the Lead Consultant for the Santa Barbara SBDC in the Lompoc Valley. The workshop is a cooperative venture with the City of Lompoc Economic Development Office, Lompoc Valley Chamber of Commerce, and hosted by Allan Hancock College Lompoc Campus. For an application (\$50.00 deposit required at time of application) and/or further information on the course and scholarships; please contact the Lompoc Valley Chamber of Commerce at 736-4567 or toll free 800-240-0999. Last day to register is 4 Oct 04. (30SW/PA, 6-3595)

h. BIG V Golf Tourney: The 40th Annual BIG V Community Relations Golf Tournament is scheduled for 15 Oct 04, sign-ups and BBQ Tri-Tip lunch at 1030 and shotgun start at 1130. This year it's Team Vandenberg's turn to host Lompoc Community leaders and business owners at the base Marshallia Ranch Golf Course. Cost is \$65 per Team Vandenberg player which will pay to host a Lompoc player (selected by the Lompoc Chamber) for lunch, beverages, heavy hors d'oeuvres following play, green fees and a cart, and door prizes. This is a full handicap, medal play tournament. If a handicap has not been established, an average of the last three scores will be used. Two TEAM V and two Lompoc players will be matched up according to handicap, and assigned to each hole. Please provide your current handicap at the time of sign-up. For more details call Jack Hokanson at 6-3595. (30SW/PA)

i. 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.

j. Moms, Pops & Tots: A new base group sponsored by the all-ranks Vandenberg Spouses' Club, we are geared towards spouses with children ages 0-5. The playgroup meets at the Fitness Center Annex every Tuesday, from 0930–1130. The Fitness Center Annex is on Wyoming Street across from the commissary. A small snack is provided so bring your sippy cups. Lots of toys and room to run! This group is meant to be informal & meet your needs. Also includes field trips, speakers and holiday parties. For details call Linda Benz, 734-2448 or e-mail: benz3.0@netzero.com.

k. Air Show 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@vanderberg.af.mil NLT 22 Oct 04. (30SVS/SVF, 6-0416)

l. Halloween Haunted Trail 2004: If you want to be really scared and have fun doing it, come out to the now infamous Eighth Annual Halloween Haunted Trail hosted by the 30LRS Booster Club. Prepare to be scared starting Friday and Saturday 22-23 Oct 04 from 1800–2330 and again Friday, Saturday and Sunday, 29-31 Oct 04 from 1800–2330. It's an experience you will never forget! The Halloween Haunted Trail starts at Washington Ave and Airfield Road. Beverages and baked goods will be sold at the trail entrance. Appropriate footwear must be worn. Entrance fee to the Halloween Haunted Trail is \$4.00 per person, per trip, if you dare. For more details call SrA Acosta at 6-6223. (30LRS/LGRVOS)

m. 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: 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 informative books and pamphlets.

b. Risk Reduction Series for Cholesterol, Diabetes and Blood Pressure Education: Weekly classes, Thursdays 1300-1500, instructed by a 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, Cholesterol, and the 3rd Thursday is the High Blood Pressure Education. The follow up classes for these topics are also on Thursdays from 1200-1300.

c. Fit-to-Fight Activity Tracker: Individuals and Units can track fitness activities on-line. <https://warfit.vandenberg.af.mil/>

d. 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. 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 have started 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)

- **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.

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)

- **Intro to the Weight Room:** 5 Oct 04, 1000.
- **Columbus Day Fun Run:** 13 Oct 04, 1200.
- **'Operation Stay Fit' Triathlon:** 16 Oct 04, 0900. Registration deadline is 13 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:** 31 Sep 04, 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)

- **Home & Home with Nellis AFB:** 9—10 Oct 04.
- **Columbus Day:** 11 Oct 04, course open. (Course will be close 12 Oct 04.)
- **Big 'V' Tournament:** 15 Oct 04.
- **Golf 4 Kids Parent & Child Outing:** 17 Oct 04, tee times starting at 1500.
- **BBQ Lunch Special:** 21 Oct 04, 1100—1330.

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 Oct 04 is 30SFS.

k. Outdoor Recreation/Equipment Checkout: (30SVS/SVRO, 6-5908)

- **Santa Barbara Sailing:** 2 Oct 04, 1030—1800. Cost is \$45.
- **Kayaking Tour in Santa Barbara:** 16 Oct 04, 0830—1430. Cost is \$35.
- **Surfing Trip to Pismo Beach:** 23 Oct 04, 0800—1700. Cost is \$20.

l. Pacific Coast Club: (30SVS/SVBO, 734-4375 or 734-4376)

Entertainment/Events:

- **Fajita Night:** 29 Sep 04, 1700—2000.
- **DJ Night:** 1 Oct 04, 2100—0200, in the E-Lounge.
- **Karaoke Night:** 1 Oct 04, 1900—2300, in the Officers' Lounge.
- **DJ Guy:** 2 Oct 04, 2100—0300. Hip-Hop, R&B, Old Skool and New Skool with DJ Guy.
- **Football Frenzy:** 4 Oct 04, tailgate party starts at 1700. Catch the Monday Night Football action! Next game is Chiefs vs Ravens.
- **Mongolian BBQ:** 6 Oct 04, 1700—2000.

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 ears 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:** 10 Oct 04, 0830.
- **NSSA:** 16—17 Oct, 0830.

n. Skills Development: (30SVS/SVRS, 6-6438)

- **Applying Formica:** 6 & 7 Oct 04, 1900—2000. Cost is \$10, no materials required.
- **Beginning Woodworking:** 16 & 23 Oct 04. Two-part class covering operation and safety of various wood shop machinery. Cost is \$35.
- **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)

- **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, 1300—1600, at the Base Track. For youths age 6—12, call the Youth Center for more details.
- **Harvest Festival:** 30 Oct 04, 1900—2100.
- **4H Projects:** Registration is underway at the Youth Center for our various 4H projects. Cost is \$10 each plus supplies. Projects include photography, sewing, quilting and animal care (Dairy cows, rabbits chickens, goats). Contact Kristi at 606-2152 for more details.
- **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. 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)

b. Embry Riddle Aeronautical University: ERAU offers associate and bachelor degree programs in Professional Aeronautics (ASPA/BSPA) and Technical Management (ASTM/BSTM). We also offer three graduate programs: Master of Science in Management (MSM), Masters of Business Administration in Aviation (MBA/A) and Master of Aeronautical Science (MAS). The MAS has eight specializations including Safety and Space. The graduate classes are offered at our off base location at 3875F Constellation Road, Lompoc. For current information regarding registration, admissions and our programs call the office at 805-734-4076 or 606-6557. Registration for resident classes begins 27 Sep 04, and lasts until classes begin 11 Oct 04. We have an extensive online catalog and over 150 locations worldwide. The registration deadline for online classes beginning 15 Oct 04 is 31 Sep 04. Our application is now available online at <https://app.applyyourself.com/?id=erau-ec> making applying to our Embry-Riddle a snap! Wednesday, 29 Sep 04 we will be participating in the Education Fair in the student lounge (Bldg 14002). Stanley will be there to answer all your questions. If you can not attend the Education Fair stop by and see us in the Education Complex, 144 Wyoming Ave. Room A-1. Office hours are Monday—Thursday 0830—1730 and Fridays 0800—1200. Our email is Vandenberg.Center@erau.edu. (ERAU)

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, or Masters 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 \$3500.00 per fiscal year. Stop by the Education Center today to sign-up and use TA for your classes or call 5-5904. (30MSS/DPHE)

d. Allan Hancock College Fee Increase - Military Tuition Assistance: 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 details call 5-5915 or 734-3500. (30MSS/DPH)

e. Pitsenbarger Award for Fall CCAF Graduates: Pitsenbarger Awards provide a one-time grant of \$500 to selected top USAF enlisted personnel graduating from the Community College of the Air Force (CCAF) who plan to pursue a baccalaureate degree. The grants coincide with the CCAF graduation ceremonies held each spring and fall. All CCAF fall graduates may pick up an application at Base Education. A Commander's endorsement and proof of current enrollment or intent to enroll in an accredited program leading to a baccalaureate degree must be submitted with application. Applications may be picked up at Base Education. Deadline for applications is COB 8 Oct 04. Contact Kathy Moran at 5-5905. (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: Need to generate random text in Word? - This is excellent for filling pages with random text when you need it. First, type '=rand(x)' (Without the single quotes, and, where X is a number from 0 to 200). Then, press **ENTER**. The phrase, "The quick brown fox jumped over the fence" will be repeated X number of times! **Second Tip: Reverse direction when searching in an Excel worksheet** - When you're using the Find or Replace feature in Excel, it's easy to accidentally click the Find Next button one too many times. Fortunately, you don't have to cycle through all of the matches in the worksheet to get back to ones you missed the first time. Instead, just hold down the **SHIFT** key when you click the Find Next button. Excel searches in the opposite direction through the worksheet as it hunts for matches to your search string.

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

Class	Date(s)	Time
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
Excel - Headers and Footers	6 Oct 04	1130—1230
ISSO Training	6 Oct 04	0800—1130
Word - Forms & Tables	8 Oct 04	1130—1230
LAN Access Training	12 Oct 04	1300—1600
Word 2000	12-15 Oct 04	0800—1100

Items For Sale:

For Sale: 2004 Ford Expedition Eddie Bauer, Wedgwood blue, 5.4 2x4, fully loaded (no nav), DVD system, tow package, only 10,600 miles. PCSing must sell. New \$44,570 asking \$32,500. Have title for quick sale. Mint condition. Please call and leave message at 934-8499.

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: 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: 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: 2003 Rubicon (TJ) wheels/tires (5) each, bumpers, drive shaft, rocker panels, coil springs and shocks. Take all for \$400. Call 934-4458/260-1419.

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: BodySolid 2500 EXM2500S Home Gym. Won on Price is Right. Over 16 work out stations. Bench press, chest flys, leg extension, leg curls, etc. Comes w/optional knee/dip & leg press/calf stations. 210 pound weight stack. Assembled in excellent condition. Retail for \$2,200, asking \$800/obo. Call 733-0263.

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: 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: Hewlett Packard model MX704 17" CRT flat screen with speakers. New, in box never used, paid \$120, asking \$65. Call SSgt Mendoza at 734-2601.

For Sale: Bissell canister steam cleaner, great condition, \$70. 3 torch lamps, \$3 each. 27" TV w/cabinet surround, works great, \$50. 2 hanging light fixtures, one Art Deco style, the other more modern, \$20 ea. Entertainment center, \$35. 2 metal storage containers w/doors, approx 6' tall, \$10 ea. Please call 478-0563.

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: 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: Portable basketball hoop, large 48-inch backboard, 35-gallon base that accepts water or sand, high quality construction and in great condition, Paid over \$300 new, asking \$100/obo. Call 733-5562.

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: Whirlpool, heavy duty, large capacity washer and electric dryer set. Dryer has had new drum parts installed recently. \$200, will deliver and set up! Call 733-4110.

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: Free to good home, 1-year-old male dog. He is a beautiful boxer/Australian Sheppard mix who loves to be around people. Great family pet & enjoys walks. Current on shots. Call Debbie at 733-4870/588-1820.

Wanted: Looking for individual/handyman with home fence knowledge to put up 60 by 6 foot redwood fence with gate. Please call 736-6398 after 1600.

Yard Sale: Saturday, 2 Oct 04 at 0800, 204 Entrada Ct, main base family housing. PCSing sale with lots of baby items, furniture, clothes, kitchenware, lawn items, movies, CDs and much more!

Yard Sale: Saturday, 2 Oct 04 from 0730—1200 at 409 Cedar Street, main base family housing. Moving sale items include clothing, bikes, scooter, furnishings, etc.