



Base Bulletin

Vandenberg AFB, CA 93437-0759



1 October 2003

No. 40

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 Bulletins are valid for 90 days unless rescinded or superseded. Note: If an article requires a 30 SW Form 400, this form must be submitted with the article, or it will not be published.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. Publishing Office E-Mail: Please note that you are receiving the Base Bulletin via the new e-mail account at publishing.vafb@vandenberg.af.mil. Please submit all new notices and advertisements to this new account. The old e-mail account will be obsolete as of 1 Oct 03. POC: 30SCS/SCSP, Mary Meyer, 6-7892.

b. Team Vandenberg's October Promotion Ceremony: 1 October 03, 1500 hrs at the PCC. All Inductees/Promotees must be in place at 1400 hrs. All inductees and promotees will wear Service dress. Questions should be directed to your First Sergeant or MSgt Wingett, 6-7358. POC: 30CES/CCF, MSgt Dennis Wingett, 6-7358.

c. Main Gate Closure: CALTRANS paves the intersection of Highway 1 and the Main Gate on Thursday night, 2 Oct 03 at 2100 until 0600 Friday. As a result the Main Gate (Santa Maria Gate) is closed during that time. All base personnel must use the Lompoc or Utah gates during these times. All Northbound base traffic to Santa Maria will be directed to Firefighter Road. All Southbound base traffic to Lompoc should use the Lompoc Gate. All East Housing traffic should use the Utah Gate exit and enter as normal through Timber Lane Gate. Call 5-2585 for more information. POC: 30SW/PA, SSgt Danet, 5-2585.

d. San Antonio Road West Closure: CALTRANS finishes paving the intersection of Highway 1 and San Antonio Road West Monday, 6 Oct from 10 a.m.-3 p.m. Access to North Base is limited during that time. Call 6-4749 for more information. POC: 30SW/PA, SSgt Danet, 5-2585.

e. Lompoc Gate To Remain Open: The Lompoc Gate is open this weekend. This is a change from the 29 Sep Hot Launch. Call 5-2585 for more information. POC: 30SW/PA, SSgt Danet, 5-2585.

f. Entitlements: Congress is currently deciding whether or not certain entitlements for deployed members will change on 1 Oct 03. As a result, the Imminent Danger Pay (IDP), formerly know as Hostile Fire Pay, **may** change from \$225.00 per month back to \$150.00. The Family Separation Allowance (FSA) **may** change as well from \$250.00 per month back to \$100.00. Until Congress makes a final decision regarding FSA and IDP, there will be no changes made to deployed members' pay records. If Congress does decide to reduce the entitlements, IDP will be reduced by \$75.00 per month, and FSA by \$150 per month. If you have any questions regarding this, please contact Military Pay Customer Service at 6-4606/4608. POC: 30CPTS/FMFC, MSgt Pfoer, 6-4630

g. Volunteer Tour Guides Needed: 30th Space Wing Public Affairs is in need of CGOs and NCOs to conduct base tours for visiting groups. This duty requires some advanced training and orientation, but would only take short periods of time from your regular duties. Group tours would include, but are not limited to: AFROTC, AFJROTC, potential recruits, college, reunion and civic leaders groups. Volunteers are needed by 2 Oct 03. For more information and to sign up please contact PA at 6-3595. POC: 30SW/PA, Jack Hokanson, 6-3595.

TEAM VANDENBERG

h. Team Vandenberg 2003, 3rd Quarter Awards Suspense: All Company Grade Officer, Enlisted, Civilian, and Volunteer packages are due NLT 1630 Hrs, 10 Oct 03. HAND CARRY packages (except Civilian Category) to Bldg 10577, Room C-104, 30 SW/JAE, addressed to 30 SW/CGO Board Facilitator, 30 SW/Enlisted Board Facilitator, and 30 SW Volunteer Board Facilitator. Deliver Civilian nomination packages to 30 MSS/DPMP, Bldg 11777, Room C-216. Rules of Engagement/Criteria can be found at the following link: http://www.vandenberg.af.mil/awards_promotions/guidance/index.htm. DO NOT FORGET TO USE THE NEW [IMT FORM 1206](#), AS WE CAN NO LONGER USE THE OLD FORMFLOW 1206. POC: 30SW/JAE, MSgt Smith, 5-6207.

i. Air Force Occupational Safety and Health (AFOSH) Council: The AFOSH Council will meet on Wed., 15 Oct 2003, in the WROCC Theater from 1430-1630. All Team Vandenberg Commanders are required to attend; USRs and interested persons are highly encouraged to attend, as well. Purpose of the AFOSH Council is to address all safety, health and fire protection issues. Col Louis, 30 SW/CV, will preside as Chairman of the Council. POC: 30SW/SEGB, Ms. Pangelinan, 6-8804.

j. Romanian Translator Needed: Public Affairs is seeking a person who speaks fluently and can translate Romanian for a tour group visiting on Monday, 20 Oct 03. Please contact Jack Hokanson of Public Affairs at 6-3595 if qualified. POC: 30SW/PA, Jack Hokanson, 6-3595.

k. Airman Against Drunk Driving (AADD): Call us and we will come get you. 605-AADD/606-AADD. We care, do you? POC: 30CES/CCS, SSgt Jayme Lime, 6-3612.

l. 30CPTS New Customer Service Hours: Effective 1 Oct 03 the hours will be as follows: Monday, Tuesday, Thursday and Friday: 0800-1700, Wednesday: 1000-1700. The entire CPTS will be closed for training every Wednesday from 0800-1000. POC: 30CPTS/FMFC, TSgt Pfooser, 6-4630.

2. 30th Space Communications Squadron:

a. NCC Reminder: We are improving the way we do business and we need all network computers to be powered on, even during all non-duty hours. The NCC has upgraded their ability to protect your computer from viruses, meaning you won't have to lose time due to an outage. We will now be loading a majority of the security patches and upgrading software from a central location. This should—dramatically reduce the workload for your local workgroup manager(s)—increase protection for your data,—reduce your computers downtime for patch loads and virus cleaning. As we implement this new capability we ask you to please "log off" the network (not "shut down") and turn off your monitor at the end of your day. This central management will only work if there is power to your Central Processing Unit (CPU). Please turn off your "power save" functions with respect to the hard drives--meaning leave your hard drives powered and spinning. POC: 30SCS/SCB, Capt Sample, 6-3078.

b. Need EMSEC training? Look out for a global e-mail announcement called: "PC, Security & ADPE Classes" by Ms. Lexi Schwartz. 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 more information, contact Ms. Lexi Schwartz Lexi.Schwartz@vandenberg.af.mil. For questions only, not reservations, call 6-3771. POC: 30SCS/SCBI, TSgt Jiminez, 5-2352.

c. Records Management Training Anyone? Effective October 2003, the Base Records Management Office (Bldg 9340) will conduct Base RM training on the second Tuesday and Thursday of the month. Due to limited seating, walk-ins are not allowed and start time for training is 0830. If you plan to attend, call 6-4212 or e-mail Base Records Management, [Joe Jiles](#) or [Rosalinda Torres](#), at least one week before scheduled training to reserve a spot. POC: 30 SCS/SCBR, Joe Jiles, 6-4212.

d. AFDPO Customer Service Desk Toll Free Number: In order to provide a continuing level of superior support, the AFDPO Customer Service Desk is pleased to announce the addition of a toll free number, 1-800-848-9577. This is in addition to the existing DSN and Commercial numbers. POC: 30SCS/SCSP, Mary Meyer, 6-7892.

e. Interim Change to AFI: The following product has recently been updated on the Air Force Publishing website <http://afpubs.hq.af.mil>. If you have any questions please contact the E-Publishing Service Desk at e-publishing@pentagon.af.mil, call DSN 754-2438, or Comm 202-404-2438. AFI33-360V2 (Sep 11 2003) Content Management Program-Information Management Tool (CMP-IMT) <http://www.e-publishing.af.mil/pubfiles/af/33/AFI33-360V2/AFI33-360V2.pdf>. POC: AFSPC CSS/SCTIF, Sandra Kelly, DSN 692-2420.

f. AFSPC Subordinate Unit Form Development Guide: On the AFSPC Forms Library web page, we have added a guide with general information for developing a subordinate unit form just as we have for command level form development. The guide contains general information and stresses the need for the OPR to contact their local Base Forms Manager for additional guidance. Check out our web page and the link for

Subordinate Unit Form Development Help at: <https://midway.peterson.af.mil/pubs/formlinks/index.htm>.
POC: AFSPC CSS/SCTIF, Sandra Kelly, DSN 692-2420.

g. DoD Forms Web Page: DoD has been experiencing some problems with their web server and they have had to rebuild it. At the same time they decided to replace their current main page with a new page look but interfaces with the database were not working correctly and users would get an error. The following URL is the new page you might want to check out: <http://web1.whs.osd.mil/ICDHOME/FORMS.HTM>. The following URL is an old page which still seems to work: <http://web1.whs.osd.mil/icdhome/DDEFORMS.HTM>.
POC: 30SCS/SCSP, Mary Meyer, 6-7892.

3. Traffic Management Office:

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

b. It's Your Move: If you are scheduled to make a Government sponsored move this message is for you. The Traffic Management Office (TMO) would like to send you information to assist you with your move. Along with the briefings, an "E" package of tips and information on your upcoming move can be emailed to your computer. POC: 30LRS/LGRT, Ms. M. Burt, 6-6932/33.

c. 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. POC: Maureen Burt, 30LRS/LGRT, 6-6933.

4. Civilian Personnel: (30 MSS/DPCE, 6-5847)

Voluntary Leave Transfer Program: Carl A. Boettger—Vandenberg AFB, Michael Baca—HQ ARPC/MSC, Glenda Bennet—Peterson AFB, Ethel Carter, Richard Porterfield, and Sue Sommers—Scott AFB, Betty Dean—Dyess AFB, Carolyn DeLaGarza—Langley AFB, Contine Francis and Janice Shinkle—Macdill AFB, Delores Green and Yvonne Williams—Dobbins ARB, Wilson Holloway and Frank Valentik—Avon Park AFR, Jane Kelsey and Earle Tasse—Eglin AFB, Roberta Clark, Eileen Clemmons, and Theresa Currier—Patrick AFB, Stephanie Manning—Sheppard AFB, Earl Mikula—Buckley AFB, Dotsy Parnell—Shaw AFB, Jacquelyn Schmidt—AF Academy, Roland Younger—Malmstrom AFB, and Michael Zarbo—Ramstein AB are all in need of leave donations. Civilian employees who would like to donate a portion of their annual leave must complete an OPM 630-A. You can go by Building 11777, Room B-103 to pick-up and/or turn in your form. You can access this form on the web at: http://www.opm.gov/FORMS/PDF_FILL/opm630A.pdf. POC: 30MSS/DPCE, Mr. C. Rose, 6-5847.

5. 30th Housing Flight: (30CES/CEH, 6-3477)

a. Garage Door Usage: For residents living in Vandenberg's older (circa 1960) housing units, please be very careful when opening and closing your garage doors. When opening the door, ensure the door catches so it will stay in place. When closing the door, be sure to guide it down slowly rather than allowing gravity to do all the work. If the door binds when attempting to open or close it, do not force it. Stop and call CMartin at 734-5586 to fix the door. If the door is slightly out of alignment and you force the door, you will break the mechanism/hardware and the door may fall down quickly and unexpectedly or it may get jammed in place. If you have trouble latching the door in place when it is in the opened position, inspect the key bolts that attach the garage door to the spring/frame. If you see signs of wear, call CMartin at 734-5586 to see if the hardware requires replacement. We need to all work together to make Vandenberg a wonderful and a safe place to live. POC: 30CES/CEH, Ms. D. Edlund, 6-3477.

b. Appliance Safety: Any person who discards, abandons or leaves in any place accessible to children refrigerators, freezers, clothes dryers, washing machines or other appliance having a capacity of one and one-half cubic feet or more and that have not had the door removed to prevent closing and latching of the door, is guilty of a misdemeanor. Any person who knowingly permits such an appliance to remain on premises under his or her control without having the door removed to prevent closure and latching is also guilty of a misdemeanor. Therefore, the refuse contractor will not pick up any appliances in the housing area that have not had the door removed. POC: 30CES/CEH, Ms. D. Edlund, 6-3477.

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

Briefing: 14 Oct 03, 1300, Bldg. 11777, Room C-114. If you are interested in applying for this program, you must first attend the **Palace Chase** briefing. For more information, call MSgt Kartheiser (AF Reserve Recruiter, 6-2704).

OFFICIAL

FRANK GALLEGOS
Colonel, USAF
Commander

Mary E. Meyer
Chief, Publishing Management

SECTION III — UNOFFICIAL**General Information:**

a. Fire Department Offers Monthly Blood Pressure Checks: 1 Oct 03, 0800-0900. The Vandenberg Fire Department is offering blood pressure checks every first Wed. of the month between the hours of 0800-0900 at Station 2 (Main Station) and Station 5 (South Side). POC: 30CES/CEF, SSgt Jefferson, 6-3217.

b. Big Brother Big Sisters New Volunteer Orientation Training: 1 Oct 03, 1500-1630 at the Family Support Center, located at 723 Nebraska Ave. Bldg 10525. This program 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, 735-4376, ext. 26.

c. African-American Association Membership Drive: The African-American Association will have a membership drive on Thursday, 2 Oct 2003 at the Services Center from 1100-1300 hours in the upper conference room. Pizza, snacks and drinks will be provided, as well as information about the association and its activities! All DoD personnel and their dependents, and retirees are welcome to join us, and Make Positive Things Happen! POC: 30 CES/CEOEA, SSgt Karon Williams, 5-3544 or Lt Anthony Raphael, 5-1338.

d. National Fire Prevention Week: 5 Oct 03 through 11 Oct 03. This years' theme is: "Get Out Stay Out". Watch for Fire Safety videos on the Commanders Channel. There is a poster contest at Los Padres, and Crestview. There will be a parade through base housing; watch the Space and Missile Times for the parade route. POC: 30CES/CEF, James Mclean, 6-4680.

e. Vandenberg Enlisted Action Team (VEAT) Meeting: 16 Oct 03, 1100, GI Java. POC: 30MDG/SGGD, SSgt Anderson, 6-1846.

f. Calling all USAFA Grads: The next general membership meeting of our new Central Coast AOG Chapter on Thurs, 16 Oct at 1800 at the Pacific Coast Club Officer's Lounge. The USAFA vs. CSU game on ESPN2 will air immediately following the meeting. Please RSVP by Wed, 1 Oct. at michael.todd@vandenberg.af.mil. Please indicate how many people will be attending (families are also invited) and whether or not you will need to be vouched onto base. If you are unable to attend this meeting or are not on the mailing list already, please reply as well. "GO FALCONS, SLAM THE RAMS!" POC: 14AF/CCP, Capt Ericka Brewington, 5-0761.

g. 2003 Project Good Neighbor Annual PGN Golf Tournament: Let's Raise Money for the Troops. Sponsored by the VAFB First Sgts Council, 17 Oct 03 (Friday) – 1230 Shotgun Start 4-person Scramble Thousands of \$\$\$DOLLARS\$\$\$ worth of Door Prizes!!! Registration 1100-1200, 1230 Shotgun. To sign up contact your Unit First Sgt or SMSgt Robertson at 6-9815 or via email at brian.robertson@vandenberg.af.mil. Deadline for entry is 8 Oct 03, 1630, or to the first 128 golfers!!! Cost = \$20.00 Entry Fee + Green Fees, etc. POC: 30CES/CCF, MSgt Dennis L. Wingett, 6-7358.

h. 5th Annual Texas Blowout: 2003 Fundraiser for Operation Kids Christmas. It will take place on Friday, 24 Oct 03 at Chocheo Park. Beginning at 1100 and running until 1600. There will be hot dogs, burgers, adult beverages, live music, dancing, games, prizes, and much more! This years events will include a jail, fear factor, horse ropin', and horseshoe throwin'! To sign up, contact your Units Texas Blowout POC. Cost is \$7 and covers food and drinks. Get ready to have a grand ol' time. Any questions contact Capt Eddy at 6-2184 or Capt Patrick at 6-1542 x3210. POC: 392 TRS/DOA, 2Lt, Ashley Robinson, 6-5769.

i. Company Grade Obstacle Course Run: Every Wednesday at 1030. Open to all CGO's. Meet at the Obstacle Course. Colorado Ave and Ocean View. Bring gloves, PT gear, BDUs and water. We run at your pace, beginners welcome. Great for Warfit. POC: 30SFS/SFOC, 2Lt Houston, 5-0782 or 588-9310.

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

a. Worship Schedule: **Catholic Mass** Sat, 1615 – 1645 confessions; 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.

b. G.I Java: Time for a Break! All dorm and Billeting residents are invited to come and enjoy **FREE** lattes, frappicinos, sodas, chips, and fellowship at a world-class **CYBERNET CAFÉ!!** Open 7 days a week, 1700-2100. Located in the Delta Dayroom across the street from Breakers Dining Facility. For further information, contact Chaplain Zeb Beck or SSgt Jennifer Wilkins at 6-5773.

c. 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 Chaplain Beeman. POC Chaplain Beeman 6-8963.

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

a. Kids On the Move: 2 Oct, 1500-1615 at the Family Support Center. For children ages 6-11 just arriving or departing VAFB. Offers an opportunity for relocating youth to share ideas on making new friends, staying in touch with old friends and adjusting to a new home. Each child will receive an individual relocation package. Space is limited so register early! Call Sally Galligan at 6-0039.

b. Thrift Savings Plan: 3 Oct, 1100-1200 at the Family Support Center. This 401K type plan will allow military members the opportunity to accumulate long-term, tax deferred savings. Get the information you need on enrollment, investment vehicles, and much more. Call Jimmy Camacho at 606-0039 to sign up. Check out the thrift savings plan at: <http://www.tsp.gov/>.

c. Anger Management Class: Begins 7 Oct, 1400-1600 at the HAWC. Learn how to control your anger and enjoy life more. We will cover strategies to reduce and control anger, how your anger style was learned, early signs of anger, and self angering thoughts. Take this class and be more in charge of your life. POC: Eileen Fox, Family Advocacy Outreach Manager, at 606-5338 or eileen.fox@vandenbergh.af.mil.

d. Baby Meet: Meets Tuesdays and Thursdays at 9:00 at the Religious Education Center, Bldg 16140. Are you a pregnant or the parent of a baby between the age of newborn to 2 years? Get together with other parents for discussion and socialization. Contact Lora at 734-1461.

e. Playtime for Tots: Meets Wednesday mornings at 10:00. This playgroup is for parents and their children ages 2 - 5. This is a time for parents and their children to meet others for free playtime. For more information, contact Sully at 734-2089.

f. Office Closure: The Family Support Center will be closed for staff training off-site on 3 Oct 03, 0730-1200. To request emergency Air Force Aid service, call the Command Post, 6-9961. POC: Sally Galligan, 30 MSS/DPF, 6-0039.

g. Office Closure: The Family Support Center will be closed for staff training every Monday from 0730-0930. Personnel requiring emergency Air Force Aid will be assisted. POC: Sally Galligan, 30 MSS/DPF, 6-0039.

30th Services Squadron: (30SVS/SVK, 6-276)

a. Auto Hobby Shop: (30SVS/SVRA, 6-6014)

- **Auto Skills Classes:** By appointment, Tune-up and maintenance class for non-mechanics and equipment safety classes.

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

- **Airmen's Night:** Thursdays, 1700-2100. Every Thursday night at the Bowling Center, E-4's and under bowl for just \$1 per game.
- **Thunder Alley:** Thursdays, 1800-2100, Fridays, 2200-0100 and Saturdays, 2100-2400.

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

- **Dial-a-Menu:** Call our telephone menu service at 6-8234 and find out what's being served in your Dining Facility.
- **Deployed Spouses:** Thursdays, starting at 1800. Open to all spouses and dependents of deployed members. This offers spouses a chance every week to socialize with other spouses and gives them a

break from cooking. E-4 and below pay cost of food only, E5 and above include surcharge.

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

- **Give Parents a Break:** This program offers parents one evening of childcare per month for parents who need a break. Give us a call and find out if you qualify.
- **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)

- **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)

- **New Hours:** Effective 6 Oct 03, the Fitness Center will open at 0430.
- **Tennis Clinic:** 9 Oct 03, 1700. Free tennis clinic at the VAFB tennis courts. Check with the Fitness Center for details.
- **All-Star Over-30 Softball Game:** 9 Oct 03, 1800.
- **Flag-Football All-Star Game:** 10 Oct 03, 1800.

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.

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

- **Horseback Adventure Tour:** 11 Oct 03, 1330-1445. Sign up by 3 Oct 03 with Outdoor Rec. This trip is at the Pacific Dunes Ranch and is for experienced riders. Cost is \$38. Departs VAFB at 1145.

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

Entertainment/Events:

- **Country Night:** 3 Oct 03, 2100-0200, in the Enlisted Lounge.
- **Karaoke & DJ:** 3 Oct 03, 1900-2300, in the Officers' Lounge.
- **Mug Night:** 4 Oct 03, 2100-0300, in the Enlisted Lounge.
- **Boxing Smoker:** 4 Oct 03, 1900. Doors open at 1800. Tickets are on sale at the Club.
- **Football Frenzy:** 6 Oct 03, 1700. Indianapolis Colts vs. Tampa Bay Buccaneers.
- **Bonanza Bingo:** Play Bonanza Bingo at the Club 7 days a week for just \$1 per ticket! You can win up to \$1000.

Menu:

- **Mongolian BBQ:** 1 Oct 03, 1800-2000.
- **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.

l. Services Center: (30SVS/SVYR, 6-7976)

- **Natural Knead Massage:** New extended hours! Monday-Friday open until 1900. Custom gift baskets, gift certificates, and couples massage packages 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.
- **Ceramics Course:** 1 Oct 03, 1730-2030. Beginning mold casting - poured slip. Cost is \$25
- **Stained-Glass Workshop:** 1 Oct 03, 1700. \$2 per hour + cost of materials.
- **Scrapbooking Workshop:** 2 Oct 03, 1800-2100. \$2 per hour + cost of materials.
- **Advanced Framing & Matting:** 2 Oct 03, by appointment.

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

- **Lap Swimming:** Mon-Fri 0630-0800, 1045-1245, 1600-1745; Sat-Sun 0800-0945.
- **Open Swim:** Sat-Sun, 1300-1645.

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)

- **Dragon's Lair:** Sign up for this interactive production set for Oct 27-30 03. There are 24 open slots with both speaking and support roles for youths ages 8-18. Registration is free at the Youth Center.
- **Dance Classes:** Rhythm, Ballet, Jazz dance classes are available at the Youth Center.
- **Before & After School Programs:** Spots are still available in these Youth Center programs. Enroll your child at the Youth Center. The school year is almost here!

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

a. Last CLEP Test Date: The last test date for the CLEP English Composition with Essay to be offered at VAFB is 10 Oct, 0800 in Testing Room B-1 at the Base Education Office, 144 Wyoming Ave. BLDG 14001. Call 5-5904 for an appointment.

b. University of La Verne Registration: Register now! Fall classes commence on 6 Oct 03. We offer Bachelor Degrees in Business Administration or Organizational Management. We offer Master Degrees in Business Administration or obtain a concentration in Information Technology, Management and Leadership. For more information call 734-1306.

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 <<mailto:lexi.schwartz@vandenberg.af.mil>>

b. Computer Tips: First Tip: QUICKLY GENERATE MULTIPLE FORM FIELDS IN FRONTPAGE - Have you ever had to create a form from scratch and ended up spending all of your time naming and formatting the form fields? Here's a neat trick that allows you to create an array of similar form fields with lightning speed. Let's say, for example, that you're building a product request form. After adding the first form field, double-click on the field to display its Properties dialog box. Give the field a name such as Product1. Then add any desired formatting or validation settings. Now, copy the form field and paste in a copy. The new field is automatically labeled Product2 and will have the exact same formatting as the first field. Paste in the field again to create a Product3 field, again matching the first field exactly. **Second Tip:** BREAKING UP IS HARD TO DO: - To break up a long cell entry in Excel into separate lines, position the cursor where you want a new line to start and press Alt+Enter. Excel will expand the row to accommodate wrapping lines of text. Press Enter to complete the entry.

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

Class	Date(s)	Time
Outlook	10/1	08:00-11:00
Excel - Headers and Footers	10/1	11:30-12:30
Excel 2000 Advanced	10/2	08:00-11:00
Word - Mail Merge	10/3	11:30-12:30
Outlook Email Only	10/3	08:00-11:00
PowerPoint 2000	10/6-10	13:00-16:00
Office - Object Linking & Embedding	10/6	11:30-12:30
Access 2000 Basic	10/6-10	08:00-11:00
UCM Training	10/8	08:00-11:30
Photo - Selecting What You Want	10/8	11:30-12:30
Excel - Macros	10/10	11:30-12:30

Note: Walk-ins are always welcomed!

American Red Cross: (ARC, 736-5110)

a. Disaster Training Classes: The Santa Barbara County Chapter is offering a number of courses to train volunteers to assist in a disaster. Courses will rotate between Santa Barbara, Lompoc, Santa Maria and

Buellton locations. To register for any of these classes call the local office, or e-mail to disaster@sbaco-redcross.org.

Training Course

Lompoc Office, 312 North H Street, Lompoc 736-5110

	Date	Time
Shelter Operations # 3068-11	Thurs., Oct 2	1800-2200
Providing Emergency Assistance to Families #3072	Sat., Oct 4	0900-1700
Shelter Simulation #3068-12	Tues., Oct 7	1800-2200

Santa Maria Office, 222 W. Carmen Lane, 928-0778

Introduction to Disaster Services #3066	Tues., Oct 14	1800-2200
Mass Care Overview #3068-1	Thurs., Oct 16	1800-2200
Damage Assessment # 3067	Tues., Oct 21	1800-2200
Shelter Operations # 3068-11	Thurs., Oct 23	1800-2200
Providing Emergency Assistance to Families #3072	Sat., Oct 25	0900-1700
Shelter Simulation #3068-12	Tues., Oct 28	1800-2200

Buellton Senior Center. Please contact any office for information. Santa Barbara 687-1331, Lompoc 736-5110, or Santa Maria 928-0778

Specialized Courses, Disaster Health Services (Overview) Thurs., Oct 9 1800-2200
#3076-1F (For All Staff)

Specialized Course, Disaster Health Services (Simulation) Sat., Oct 11 0900-1700
#3076-2F (For DHS Personnel)

Specialized Course, Public Affairs I #3080-1F Sat., Oct 18 0800-1700

All of the above courses are free of charge. They are designed to prepare individuals and groups to participate as volunteers in Red Cross activities. Be part of the solution! Call to register today or email us at disaster@sbaco-redcross.org.

b. Defensive Driving Courses offered by AARP: This class is a requirement for the new Emergency Response Vehicle (ERV). The course cost is approximately \$10. As an additional benefit, you maybe eligible for a discount on your auto insurance. Contact any Red Cross Office for details. (ARC, 736-5110)

Help Wanted — Items For Sale

Help Wanted: Help moving from Mission Hills to the Village. Load my truck on Sunday, 5 October, and unload it on Monday, 6 October. Will provide lunch and \$25 per hour per person. Call Jim at 733-0223. SMSgt (Ret) James Schindel.

For Sale: For sale: 2001 Ford Mustang-has new tires; 7/70,000 extended warranty, and only has 37,000 miles; V-6; metallic red; can be seen at the used car lot on base; asking \$12,000 OBO. Entertainment center fits up to 32 inch TV, good condition, excellent for starter home or teenager, only \$20. Girls clothing sizes 10 and 12, excellent condition, \$.50 -\$1.00 per piece. Call Meredith at 734-0215 for more information.

For Sale: 2000 Ford Escort ZX2, Original Owner, 44,000 miles, black, 4 cylinder, 5-speed, AC, PS, PW, Remote Power Door Locks, Alarm. AM/FM Cassette and 6 Disc CD Changer, Alloy Wheels, 33/28 mpg, excellent condition, \$7,000. Call 937-3787.

For Sale: 2000 Mitsubishi Montero Sport XLS, V-6, 47K miles, PDL, PW, CC, CD, AM/FM, AC, sliding sun roof, running boards, alloy rims, leather interior, tinted windows, keyless entry, two-tone paint, fender flares, two-piece bra, luggage rack storage container and more. Can produce all routine maintenance records for every 3000 miles since the truck left the lot. Asking \$15,900 O.B.O. Call Doug at 805-588-5932.

For Sale: 1999 Camry Solara/SLE, color is silver opal, two-tone, gray leather, gold pkg. Cruise, tilt, power s/b/w, and 55,660 miles. Asking \$12,500 OBO. Call 735-4701.

For Sale: 1993 Cadillac Sedan Deville for sale mileage is 119,000. Color is two toned white and gray; exterior is in great condition looks awesome for an older Cadillac. New transmission from AAMCO of Santa Maria at 115,000, power everything, leather interior is in great condition, aluminum Cadillac Rims, new tires, new front brakes, and new water pump. Selling due to buying a new car. Asking \$4000 OBO. Call 734-1412 or 588-0486.

For Sale: Antique English oak pull out table with 4 chairs. Paid \$750 10 years ago, asking \$500. Treadmill, paid \$1,000, asking \$400. Call Paul Rudd, 736-9988.

For Sale: Cal King mattress, clean. Asking \$35. Call 733-4113.

For Sale: Blue sofa sleeper and loveseat. Asking \$250 OBO. Dining Room Table and four chairs. Asking \$50 OBO. Entertainment Center, asking \$30 OBO. Call 737-1777.

For Sale: Double reclining couch. Asking \$60 OBO. Call 734-1139.

For Sale: Large Forest Green crushed velvet couch, good condition, comes with matching, pillows, asking \$300; mauve crushed velvet swivel love seat, good condition, asking \$100; purchase both couch and love seat for \$350. Black top, coffee table, asking \$45; 2 black top end tables, asking \$15/each; purchase all 3 tables for \$65. Two office chairs, asking \$10/each; purchase both chairs for \$15. Various framed pictures, asking \$5/each. Please call 734-0797 for additional information.

For Sale: Black sofa and loveseat in good condition, \$350 or best offer. Please call Keith @ 734-1289.

For Sale: Wooden computer desk **free** to first person to pick it up! Please call Keith @ 734-1289.

For Sale: Portable basketball hoop. High quality, 48-inch backboard, 35-gallon base that accepts sand or water, adjustable height, good condition, made by Lifetime. Bought new for \$300 - asking \$175 OBO. Call 733-5562.

For Sale: Crib, white with mattress and bedding. Like-new condition. Call 734-4441.

For Sale: Hotpoint washer and dryer \$200 for both. TSgt Carson 737-1995.

Garage Sale: Being held on 4 Oct 03. Address: 1004 Heath East Military Family Housing. When: 4 Oct 03 08:00-dark. What: Baby clothes (\$.10-\$1.00), stereo equipment (Sony dual tape deck, 5cd player, 100W amp, \$40 each or \$100 for all three), 3 sets of speakers, KLH, Yamaha, Polk Audio (\$50 a pair), exercise equipment, wardrobe, and more!