



Base Bulletin

Vandenberg AFB, CA 93437-0759



8 October 2003

No. 41

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/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 Bulletins are valid for 90 days unless rescinded or superseded. Note: If an article requires a 30 SW Form 400, this form must be submitted with the article, or it will not be published.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 The old e-mail account is obsolete. (30SCS/SCSP, 6-7892)

b. 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. (30CPTS/FMFC, 6-4630)

c. Retirement Ceremony: Lieutenant Colonel Richard N. Wright 30th Security Forces Squadron Commander cordially invites you to attend the retirement ceremony in honor of Master Sergeant Thomas H. Calhoun 30th Security Forces Noncommissioned Officer in Charge Combat Arms Section on Friday, 10 Oct 03, 1000 at the Pacific Coast Club. We will celebrate the retirement of one of the last original "RED HATS" to serve the Air Force community. All are encouraged to take this opportunity to say goodbye after 21 years of commitment to small arms training and maintenance excellence. (30SW/SEGP, 6-2584)

d. Team Vandenberg 2003, 3rd Quarter Awards Suspense: All Company Grade Officer, Enlisted, Civilian, and Volunteer packages are due no later than 1630, 10 Oct 03. HAND CARRY packages (except Civilian Category) to Bldg 10577, Rm 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, Rm 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. (30SW/JAE, 5-6207)

e. Unit Security Manager Meeting: The 4th Quarter Unit Security Managers Meeting will be held at the WROCC, Bldg 7025 on 14 Oct 03 at 1330. This is a mandatory meeting; the primary or alternate security manager must attend. If they are unable to attend, a designated person must represent the unit. Please direct any questions pertaining to this matter to the Information Security Office at 6-4615 or 5-0756. Your support is greatly appreciated. (30SFS/SFAI)

f. 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; Unit Safety Representatives and interested persons are highly encouraged to attend, as well.

TEAM VANDENBERG

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. (30SW/SEGB, 6-8804)

g. 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 in Public Affairs at 6-3595 if qualified. (30SW/PA, 6-3595)

h. 30th Maintenance Conference Room: To reserve the 30th Maintenance Conference Room, Bldg 7015, contact your unit representative. Each organization residing in Bldg 7015 has a unit representative who can access and reserve the conference room through Microsoft Outlook. To access the conference room, you must show up at least 15 minutes early to obtain the keys from RMS/CCS, Rm 101, first floor of Bldg 7015. You must also be prepared to operate the conference room equipment. If you are not familiar with the equipment, you may reserve the conference room for a few minutes the day prior to your meeting, review the instructions and become acquainted with the equipment; and/or bring your unit's work group manager. (30MXG/CCS, 6-8856)

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. (30SCS/SCB, 6-3078)

b. Virus software for home computers. The DoD antivirus software license agreement with Network Associates, Trend Micro and Symantec allows active DoD employees and Members of the Military to use the antivirus software for home use. Home use of the antivirus products will lessen the threat of employees bringing malicious logic into work and infecting DoD networks. Because downloading from the DoD-CERT web site is limited to .mil domains only, home use requires DOD employees to download the antivirus software at work prior to installing the software on their home PCs. It is suggested you copy the downloaded files to a CD. Use the Symantec, MacAfee or Norton, your choice. The downloads are available at: http://www.cert.mil/antivirus/symantec_index.htm. (30SCS/CC, 6-5316)

c. Emission Security: EMSEC is a base-level program requiring compliance with equipment and system installation standards as outlined in AFMAN 33-214V2, Emission Security Countermeasures Reviews. This applies only to classified computers, systems, or facilities. For information on what the VAFB EMSEC program has to offer, check out our website at the following address: <https://milnet/wiao/emsec.htm>. (30SCS/SCBI, 5-2352)

d. New Publication: The following product has recently been updated on the Air Force Publishing website. If you have any questions please contact the E-Publishing Service Desk at e-publishing@pentagon.af.mil or call DSN 754-2438. 14AFI10-403, dated 30 Sep 03, 14 AF DEPLOYMENT PLANNING AND EXECUTION (PA), <http://www.e-publishing.af.mil/pubfiles/14af/10/14afi10-403/14afi10-403.pdf>. (30SCS/SCSP, 6-7892)

e. 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. (30SCS/SCBR, 6-4212)

f. New IMT's (PureEdge Forms) for Evaluations: The following products have 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 or call DSN 754-2438 or Comm 202-404-2438. (AFSPC CSS/SCTI)

★AF707A (1 Jun 00) Field Grade Officer Performance Evaluation Report

<http://www.e-publishing.af.mil/formfiles/af/AF707A/AF707A.xfd>

★AF707B (1 Jun 00) Company Grade Officer Performance Evaluation Report

<http://www.e-publishing.af.mil/formfiles/af/AF707B/AF707B.xfd>

★AF709 (1 Jun 00) Promotion Recommendation

<http://www.e-publishing.af.mil/formfiles/af/AF709/AF709.xfd>

★AF78 (1 Dec 99)

Air Force General Officer Promotion Recommendation

<http://www.e-publishing.af.mil/formfiles/af/AF78/AF78.xfd>**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. (30LRS/LGRT, 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 e-mailed to your computer. (30LRS/LGRT, 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. (30LRS/LGRT, 6-6932/33)

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 may pick up and turn in your form in Bldg 11777, Rm B-103. You may access this form on the web at: http://www.opm.gov/FORMS/PDF_FILL/opm630A.pdf. (30MSS/DPCE, 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, 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 for hardware replacement. We need to work together to make Vandenberg a safe place to live. (30CES/CEH, 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. (30CES/CEH, 6-3477)

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

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

7. Security Forces Squadron: (30SFS/SFTC, 5-5025)

a. Neighborhood Watch Program: This program is run by you and designed to help ensure a safe and secure neighborhood. If interested in starting this program in your area call 5-0792. (30 SFS/SFOS)

b. Vacation Quarters Check: If you live in base housing and plan to take leave or go TDY, have Security Forces check your home while you are gone. To make arrangements, stop by the Law Enforcement Desk, Bldg. 13675. For more information call 5-0792. (30 SFS/SFOS)

c. Firearms Registration: IAW 30 SWI 31-101, Installation Security Program, Paragraph 14.3.1, 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. (30 SFS/SFOSP)

OFFICIAL

FRANK GALLEGOS
Colonel, USAF
Commander

Mary E. Meyer
Chief, Publishing Management

SECTION III — UNOFFICIAL

General Information:

- a. Operation Kids Christmas (OKC) Meeting:** OKC next meeting will be on 9 Oct 03, 1130 in the 392 TRS Conference Room. Contact SSgt Shenica L. Trammell, 6-1541 x 3511 for information. (533TRS/DOA)
- b. Scuba Diving Class:** Starts 9 Oct 03. Cost is \$175.00. This is a fully certified PADI scuba diving course. All books, material and equipment will be provided. Class will meet two times a week for three weeks. Call Bob Johnson for more information at 452-6218. Base Pool Scuba Instructor.
- c. National Fire Prevention Week:** Now 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. (30CES/CEF, 6-4680)
- d. Air Force Sergeants Association (AFSA):** AFSA Chapter 1356 General Membership Meeting Air Force Sergeant's Association, Chapter 1356 is conducting a general membership meeting at 1530, 14 Oct 03, Services Center, Bldg 10122, corner of Washington Ave and California Blvd. AFSA membership is open to all active duty and retired enlisted military. AFSA lobbyists continue to inform members of Congress of the sacrifices those who wear and have worn the uniform, (and their families) make on a daily basis for the protection of the American way-of-life. From fighting for full pay raises for those still wearing the uniform, to full on-time cost of living allowances (COLA) for retirees, AFSA continues to lead the way to preserve and improve the quality-of-life for its members. AFSA Chapter 1356 needs Team Vandenberg's support. For additional information, please contact MSgt (Sel) Astrosky at 6-8700.
- e. Vandenberg Enlisted Action Team (VEAT) Meeting:** 16 Oct 03, 1100, GI Java. (30MDG/SGGD, 6-1846)
- f. First Time Home Buying Seminar:** The Housing Office is holding a First Time Home Buying Seminar on 16 October 2003, 1700 - 2000 at the Vandenberg Center. Please register by 10 Oct 03 by calling Maria C. Rasay at 6-1840, or 734-1660 or you may e-mail Maria.Rasay@vandenberg.af.mil. Children are discouraged from attending because seats are limited. (30CES/CEH, 6-1840)
- g. Calling all USAFA Grads:** The next general membership meeting of our new Central Coast AOG Chapter is on Thursday, 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 03. 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!" (14AF/CCP, 5-0761)
- h. 2003 Project Good Neighbor Annual PGN Golf Tournament:** Let's Raise Money for the Troops. Sponsored by the VAFB First Sergeants 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 Sergeant or SMSgt Robertson at 6-9815 or via e-mail 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. (30CES/CCF, 6-7358)

i. Golf Tournament: The Guardian Programs Boosters would like to invite you to our golf tournament benefiting the Guardian Challenge Volunteer Support Program. The Golf tournament will be held 23 Oct 03, at Marshallia Ranch, Vandenberg AFB. The tournament will be a 4-man best-ball competition with a shotgun start of 1300. The cost is only \$10 per person, plus green fees, and there will be many prizes available. Registration requests and questions can be directed to 2LT Phillip Patrick via e-mail or at DSN 275-8292 or commercial (805) 605-8292. (392 TRS/DOA, 5-8292)

j. Pizza Eating Contest: The 30th Medical Group Spouses are hosting a Pizza Eating Contest for all Active Duty E-4 and Below on Thursday, 23 Oct 03 at 1730 at GI Java. Sign up at GI Java or call 734-1651 for information. (30MDG/SGAH, 6-3308)

k. 5th Annual Texas Blowout: 2003 Fundraiser for Operation Kids Christmas. It will take place on Friday, 24 Oct 03 at Cocheo 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 year's events will include a jail, fear factor, horse ropin', and horseshoe throwin'! To sign up, call your Units' Texas Blowout contact. 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. (392TRS/DOA)

l. 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. (30SFS/SFOC, 5-0782 or 588-9310)

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

Breast Cancer Awareness Workshop: The HAWC is offering this workshop on 15 and 23 Oct 03 from 1130-1230. Stop by and speak to experts in the field, learn what the signs and symptoms are and learn how to properly perform self-exams. Early detection is the key.

Tobacco Cessation Class: A six-week class held on Tuesday from 1200-1300 geared toward helping individuals quit tobacco for good. For class dates and more information please contact the HAWC at 6-2221.

Sensible Weigh Program: A four-week class held at the HAWC on Wednesday from 1400-1530 and on Thursday from 0800-0930, (class #3 is held at the Commissary). This class helps individuals lose weight and learn healthy eating habits. For more information and to sign up, please call the HAWC at 6-2221.

Breastfeeding and Infant Care: This class is offered to help new Mom's with the proper tips and techniques of breastfeeding as well as Infant Care (Dad's are highly encouraged to attend). Class is offered quarterly, for more information please call the HAWC at 6-2221.

Exercising During Pregnancy: This class gives expectant Mom's the guidelines for staying fit while pregnant and is offered quarterly. For more information please call the HAWC at 6-2221.

Risk Reduction Series: A series of 3 classes offered on Thursday at the HAWC from 1400-1600. The first Thursday covers Diabetes, the second Thursday covers Cholesterol/Heart Disease, and the third Thursday covers High Blood Pressure. For more information or to sign-up please call the HAWC at 6-2221.

The HAWC conducts Body Fat Taping every day during the following hours: Monday, Wednesday & Friday from 1000-1100 and Tuesday, Thursday from 1300-1400.

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. The Vandenberg Jewish community is starting Hebrew and Bar Mitzvah classes on base. These classes are open to all children with base access. Please call Randee Van Ness at 734-3311.

c. G.I. JAVA Needs Goodies This coffeehouse is an outreach ministry for our single airmen living in the dorms. Be part of this ministry by donating baked goods and volunteering your time. Please drop off your donations at Chapel 1. For more information and to volunteer please contact Ch Beck at 606-5773.

d. G.I Java: Coffee Break! All dorm and billeting residents are invited to come and enjoy **FREE** lattes, frappuccinos, 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.

e. 381 Training Group Chapel Events: Come and join us for the following weekly events: Bible Study & Prayer on Wednesday from 1130-1230 Group Conference room (Bldg 8290). Friday from 1730-1830 Praise & Worship Service at the Group Auditorium (Bldg 8290). Friday from 1830-2000 Pizza/Game Social in the Group Foyer (Bldg 8290). These events are open to all. Anyone who wants to volunteer in Group Chapel Ministries please coordinate with Ch Beeman.

f. Monthly Prayer Breakfast: 9 Oct 03, 0630, Chapel 1 Annex. The speaker will be SMSgt McDonald.

g. Fall Festival will be on 26 Oct 03. There will be carnival games, a dunk tank, bounce houses, hot dogs, cotton candy, snow cones, popcorn and a whole lot of fun!! Hours are 1400-1600 at Chapel 1. For more information call the Base Chapel at 6-5773.

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

a. Global Hearts Group Movie Night: 10 Oct 03, 1800-2000 at the Chapel Annex. The night will feature a "kids" movie and simple dinner. This is for kids so "mom and dad" have some quiet time before and after deployment or extended TDY. Children must be potty trained. Call the Chapel at 6-5773 to register.

b. Bundles For Babies: 10 Oct 03, 1300-1400 at the Family Support Center. This Air Force Aid Society Program covers proactive informational topics such as financing for expectant parents, lifestyle changes, infant CPR, Nursing Moms Program, and Give Parents a Break Program. Learn parenting skills, meet other expectant parents and receive a free gift for your precious bundle. Class is open to all ranks and is not limited to a first pregnancy. Bundles For Babies is for active duty Air Force members and/or their spouses (Marines, Army, Navy, and Coast Guard Personnel may attend, but are not eligible to receive a bundle). Please be advised not to bring children to the program. Call Lyn Smith at 6-0039 for registration.

c. Deployed Spouses Support Group: Tues, 14 Oct 03, 1130-1230 in the Family Services area. Come have lunch with other spouses. Topics will be understanding power of attorneys, chat with a first sergeant, stress management for yourself and kids, tips for successful reunions, etc. On-site child-care will be provided. Reservations are required! Contact Linda Bastine at 6-0039.

d. Manage Your Move: Wed, 15 Oct 03, 0845-1100 at the Family Support Center. For adults on the move, includes briefings from Housing, TMO, Finance, Legal Office, and tips form TRICARE. An overseas cultural adaptation segment follows at 1100-1130. Have your questions ready and plan to attend within 90-120 days prior to departure. Spouses are encouraged to attend. Call 6-0039 for more information.

e. Winning Interviews & Setting a Professional Image: Wed, 16 Oct 03, 1300-1530 at the Family Support Center. Learn the fundamentals of interviews, preparing for the interview, types of interviews, and what to expect. In addition, learn tips on what to wear and how to set a professional image during your interview. Contact Teresa Orozco at 6-0039 to sign up for this informative class.

f. Baby Meet: Meets Tuesday and Thursday at 0900 at the Religious Education Center, Bldg 16140. Are you pregnant or the parent of a baby between the ages newborn to 2 years? Get together with other parents for discussion and socialization. Contact Lora at 734-1461.

g. Playtime for Tots: Meets Wednesday mornings at 1000. This playgroup is for parents and their children ages 2 to 5. This is a time for parents and their children to meet others for free playtime. For more information, contact Sully at 734-2089.

h. 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. Contact Sally Galligan, 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:** Thursday, 1700-2100. Every Thursday night at the Bowling Center, E-4's and under bowl for just \$1 per game.
- **Thunder Alley:** Thursday, 1800-2100. Friday, 2200-0100. Saturday, 2100-2400.

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

- **AETC Dining Closure:** Effective 15 Aug 03, the 'Launch Pad' dining facility will undergo renovations lasting about 4 months. This closure will impact the meal periods scheduled at the Breakers.
- **Dial-a-Menu:** Call our telephone menu service and find out what's being served in your dining facility. The number is 6-8234.
- **Deployed Spouses:** Thursday 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 child-care 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.
- **Mildly Ill Program:** Take advantage of this great Air Force initiative. Parents can leave their 'mildly ill' children with a certified caregiver so they will not have to take time off from work. To be eligible your child must be enrolled with the Child Development Center (CDC), Youth Center or a Family Child Care (FCC) home.

f. Fitness Center: (30SVS/SVMP, 6-3832)

- **Tennis Clinic:** 9 Oct 03, 1700. Free tennis clinic at the VAFB tennis courts. Check with the Fitness Center for details.
- **Flag-Football All-Star Game:** 10 Oct 03, 1800.

g. Library: (30SVS/SVMG, 6-6414)

- **Spanish Literature Collection:** The Base Library presents a Spanish literature collection, featuring books in the Spanish language, and Bilingual (Spanish/English) for adults and children. Our collection is small but we have fiction and nonfiction books for adults and children.
- **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:** Saturday at 1330. For youth ages 8 years and up. Cost is \$5 each session, includes use of rental club set and range balls.
- **BBQ Lunch:** 16 Oct 03, 1100-1330. Get a BBQ sandwich with beans, chips and a beverage.
- **Fall Open:** 18-19 Oct 03. Registration is underway at the Pro Shop.

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

- **Boathouse Fishing Tournament:** 18 Oct 03, 1100-1600. Cost is \$18. Limited space is available.

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

Entertainment/Events:

- **Latino Night:** 10 Oct 03, 2100-0200, in the Enlisted Lounge.
- **Karaoke & DJ:** 10 Oct 03, 1900-2300, in the Officers' Lounge.
- **Mug Night:** 11 Oct 03, 2100-0300, in the Enlisted Lounge.
- **Football Frenzy:** 13 Oct 03, 1700. Atlanta Falcons vs. St. Louis Rams.
- **Bonanza Bingo:** Play Bonanza Bingo at the Club 7 days a week for \$1 per ticket! Win up to \$1000.

Menu:

- **Fried Chicken Night:** 7 Oct 03, 1600-2100.
- **Kid's Night:** 8 Oct 03, 1600-2100.
- **Pasta Mania Buffet:** 9 Oct 03, 1700-2000.
- **Mongolian BBQ:** 15 Oct 03, 1800-2000.
- **Weekly Lunch Schedule:** Monday-Lunch Special, Tuesday-Mexican, Italian, or Oriental Buffet (on a rotating schedule), Wednesday-Santa Maria BBQ Buffet, Thursday-Chicken and Ribs Buffet, and Friday-Seafood Buffet.

k. Rod & Gun: (30SVS/SVRR, 6-4560)

- **Open Shoot:** Open Trap & Skeet shoot every Wed, Fri and Sat morning at 0830.

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

- **Natural Knead Massage:** New extended hours! Monday through Friday, open until 1900. Custom gift baskets, gift certificates, and couples massage packages are available.

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

- **Arts & Crafts Faire:** The deadline for vendors to reserve a space in this years' faire is 24 Oct 03.
- **Stained-Glass Workshop:** 8 Oct 03, 1700. \$2 per hour + cost of materials.
- **Scrapbooking Workshop:** 9 Oct 03, 1800-2100. \$2 per hour + cost of materials.
- **Advanced Framing & Matting:** 9 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:** Thursday is the normal clinic day. 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)

- **Dance Classes:** Rhythm, Ballet, Jazz dance classes are available at the Youth Center.

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 03, 0800 in Testing Room B-1 at the Base Education Office, 144 Wyoming Ave. BLDG 14001. Call 5-5904 for an appointment.

b. Education Center Closure: The Education Center, to include the main office, Formal Training, Base Training, and Civilian Training offices, will be closed for a training day on Tuesday, 21 Oct 03. Career Development Course (CDC) end of course (EOC) testing will still take place at 1300 in Rm B-1. If you have any questions please direct them to the main office at 5-5904.

c. Test Prep & Study Skills Seminar: The Education Services Office will be conducting a Test Preparation & Study Skills Seminar. The seminar will focus on: The Myths of Test Taking, Learning and Study Skills, Test Taking Skills, and Testing Strategies. Please call Ms. Jacquie Estrada at 5-5903 if you have questions or to sign up for a slot by 31 Oct 03. The seminar is scheduled for 03 Nov 03 from 1200-1300. This seminar is open to all students, military, civilian, and contractors.

Computer Training: (InDyne, 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 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 4 hour blocks of time specifically for those students interested in completing Computer Based Training (CBT) Courseware. This provides an alternate method for those who are unable to satisfactorily complete CBTs at their Personal Computer in their work environment. Slots are available both in the morning and afternoon time frames. Call 6-3771 for more information, or e-mail: lexi.schwartz@vandenberg.af.mil.

b. Computer Tips: First Tip: MOVING WITHIN EXCEL CELLS - To move UP one cell after completing an entry, press Shift + Enter. (Or use any of the cursor arrow keys to input the entry and then move the cursor that direction.) **Second Tip: TURN A RULE ON OR OFF IN OUTLOOK** - What if you might need that rule sometime in the future? Say you've got a rule that forwards e-mail from your boss to your assistant while you're on leave. The next time you take a few days off, you'll need that rule again, right? Don't delete it, *just turn it off!* In the Inbox, click Tools, Rules Wizard. In the "Apply Rules In The Following Order" box, clear the check box next to the rule to turn it off. To turn it on again later, simply check the box next to the rule, then click OK.

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

Class	Date	Time
Workgroup Managers Course	10/6-10	0800-1600
PowerPoint 2000	10/6-10	1300-1600
Office - Object Linking & Embedding	10/6	1130-1230
Photo - Selecting What You Want	10/8	1130-1230
UCM Training	10/8	0800-1130
Excel - Macros	10/10	1130-1230
PWRR	10/14	1300-1600
Outlook Email Only	10/14	0800-1100
Photo - Panorama	10/15	1130-1230
PWRR	10/15	1300-1600
Front Page 2000	10/15-17	0800-1100
Defense Message System 3.0	10/16	1300-1600
Outlook - Delegating and Out of Office Assistant	10/17	1130-1230
PWRR	10/17	1300-1600

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, or e-mail to disaster@sbaco-redcross.org.

