



# Base Bulletin

Vandenberg AFB, CA 93437-0759



29 October 2003

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The Base Bulletin is published each Wednesday (except holidays). Send proposed bulletin items via e-mail to [publishing.vafb@vandenberg.af.mil](mailto: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 Bulletins are valid for 90 days unless rescinded or superseded. Note: If an article requires a 30 SW Form 400, this form must be submitted with the article, or it will not be published.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](mailto:publishing.vafb@vandenberg.af.mil). Please submit all new notices and advertisements to this new account. The old e-mail account is obsolete. If you want to hand deliver an item for the Bulletin, the Publishing Office has moved to Bldg 6525, Rm B-27/B-29. (30SCS/SCSP, 6-7892)

**b. Retirement Dinner:** MGen Michael A. Hamel, 14<sup>th</sup> Air Force, invites you to attend the Retirement Dinner for CMSgt Norman Marous, honoring his 41 years of dedicated service on 5 Nov 03 at 1730 Social and 1815 Dinner. Dress for military is Service Dress/Class A and civilian is coat and tie. Cost is \$20.00 per person. RSVP by 3 Nov 03 to 6-2538 or e-mail [kristie.stavoli@ngc.com](mailto:kristie.stavoli@ngc.com). (30SW/CCA, 6-1318)

**c. Retirement Ceremony:** MGen Michael A. Hamel, 14<sup>th</sup> Air Force, invites you to the Retirement Ceremony for CMSgt Norman Marous, honoring his 41 years of dedicated service on 6 Nov 03, 1000 at the P-40 Dedication Site in front of the Headquarters Building. Military dress is duty uniform and civilian dress is daily attire. RSVP by 3 Nov 03 to 6-2538 or e-mail [kristie.stavoli@ngc.com](mailto:kristie.stavoli@ngc.com). (30SW/CCA, 6-1318)

**d. Estate Claim:** Colonel Frank Gallegos, 30 SW/CC, regrets to announce the death of SSgt Jason A. Lucas of the 576th Flight Test Squadron. Anyone having claims for or against the estate of SSgt Jason A. Lucas, deceased, please contact Capt David M. Franklin, 576th Flight Test Squadron, at (805) 605-6345 or mail to Capt David M. Franklin C/O 30SVS/CC, Vandenberg AFB, CA 93437-6261. (576FLTS/TEOM, 5-6345)

**e. Interested In Deploying?** The MPF's Personnel Readiness Function is looking for two Active Duty Air Force volunteer, one in the rank of Major (O4), Signals Intelligence Officer, and one in the rank of Captain (O3) any AFSC to go TDY January 2004 for approx 179 days working as a United Nations (UN) Observer. The following AF requirements apply: pinned on Major (O-4, AFSC 14NX) and pinned on Capt (O-3 any AFSC), secret security clearance, meet service height and weight standards, passed appropriate service PT test within the last 90 days, official passport, and civilian driver's license valid through assignment. An official volunteer package will need to be submitted NLT 31 Oct 03. For more information regarding this TDY and Volunteer package criteria, please contact TSgt Leduc at ext. 6-7574. (30MSS/DPMDX, 6-7574)

**f. Interested In Deploying?** The MPF's Personnel Readiness Function is looking for twelve Active Duty Air Force volunteers, in the rank of E-6 and below, to go TDY to the Washington DC area from 26 Jan 04 to 26 Apr 04 for approx 90 days as Spanish Linguist support augmentees. The following AF requirements apply: must possess a current Defense Language Proficiency Test (DLPT) score of 2+/Listening and 2+/Reading (PDS code F) or better, must have tested within the last year, secret security clearance, meet service height and weight standards, and must have a Government Credit Card before arriving at DIA. An official volunteer letter will need to be submitted NLT 31 Oct 03. For more information regarding this TDY and Volunteer letter criteria, please contact TSgt Leduc at ext. 6-7574. (30MSS/DPMDX, 6-7574)

**TEAM VANDENBERG**

**g. Promotion Ceremony:** Team Vandenberg's November Promotion Ceremony will be held 3 Nov 03, 1530 at the PCC. All Inductees/Promotees must be in place at 1430. All Inductees and Promotees will wear Service dress. Questions should be directed to your First Sergeant or MSgt Wingett 6-7358. (30CES/CCF)

**h. Joint Pacific Area Scheduling Office (JPASO) Conference:** The next JPASO conference is scheduled at 6 Nov 03 at 1000 in the Bldg 7025 auditorium. There will be a special Western Range Operations Communications and Instrumentation (WROCI) presentation by Mr. Ken Cinal of InDyne Inc. In addition several range scheduling briefings are planned with presentations by JPASO Pacific area range representatives including PMRF Barking Sands HI, Naval Air Pt. Mugu CA, 22 Space Operations Squadron, Peterson AFB CO, Reagan Test Site U.S. Army Kwajelein Atoll and others discussing range instrumentation, maintenance, operations schedules and related topics. For more information call, Russ Johnson at 6-8985. (30RANS/DOUS)

**i. Legal Assistance:** Military members, dependents, and retirees are eligible for free legal assistance. Legal assistance hours are 0830-0930 Monday, Wednesday, and Friday and 1530-1630 Tuesday and Thursday. The legal office can draft wills, as well as provide advice on numerous topics such as consumer law or landlord/tenant issues. Powers of Attorney and notary services are also available. No appointment necessary, clients are seen on a first come, first serve basis. The Legal Office is located in Bldg 10577, Suite C-100. (30SW/JA, 5-6200)

**j. Eagle Eyes Program:** The USAF's Eagle Eyes program is a highly successful effort to not only fight crime, but suspected acts of terrorism across America. In the aftermath of September 11, 2001, the need for strengthening and securing our communities has become even more critical, and Eagle Eyes reporting is taking on a greater significance. When you help your community by reporting suspicious acts, you help the nation. Some examples of what the Air Force Office of Special Investigations (AFOSI) would like to see people reporting are: Surveillance activities. People or organizations attempting to gain information regarding military operations, capabilities, or people. Stealing or loss of explosives, weapons, and ammunition. Acquiring military uniforms, decals, flight manuals, base passes/badges and/or the equipment to manufacture such items. Suspicious persons in on or around military bases. To report all suspicious activity please call AFOSI 6-1852 or (24 hrs) 30<sup>th</sup> SFS LE Desk @ 6-3911. Be a part of the solution join the Eagle Eyes Team. (Det804/AFOSI, 6-1852)

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

**l. Unauthorized Commitments and Ratifications:** An unauthorized commitment is an agreement between the Government and a contractor that is not binding, solely because the Government representative who made it lacked the authority to enter into that unauthorized agreement on behalf of the Government. Ratification is the act of approving an unauthorized commitment by an official who has the authority to do so. Unauthorized commitments are strongly discouraged and can indicate serious employee misconduct. Individuals making unauthorized commitments may be subject to disciplinary action, and the issue may be referred to the Office of the Inspector General. Only Contracting Officers acting within the limits of their delegated authority are authorized to commit the Government. If you are unsure of your authority, before directing a contractor to take any action, call your Contracting Office at 6-6120, for assistance. (30CONS/LGCP, 6-6120)

## 2. 30<sup>th</sup> Space Communications Squadron:

**a. 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](http://www.cert.mil/antivirus/symantec_index.htm). (30SCS/SCB, 6-3078)

**b. Network Security Reminder:** Please remember that securing the network is **EVERYONE'S** responsibility. Incidents are still occurring on the network that could damage and even bring down the entire network. Please remember the following concerning network security: 1—Do not attach any system to the network that has not been updated with all current security updates (patches). 2—Make sure the Norton Antivirus (NAV) Signature Files are up-to-date. The following is an example of what **not to do** and the correct action to take: Example: connecting a laptop to the network that has been sitting in a closet for the last 3 weeks. Correct action: take the laptop to your WGM/UCM to ensure all patches and current NAV signature updates are installed before use. (30SCS/SCBI, 6-9500)

**c. Video Teleconferencing Center:** The Video Teleconferencing Center (VTC) is available to DOD personnel to conduct official government business to dispersed locations. Use of the VTC can enhance official business activities without additional travel costs. New site locations are being added weekly. Major locations include Peterson, Patrick, Cape Canaveral, Los Angeles, the Pentagon and many others. Call for more details or tours at 5-0397. The VTC is located in Bldg 8500, Rm 115, the office is located in Rm 113. (30SCS/SCSVC, 5-0397)

**d. Revised Publication:** The following products have recently been updated on the VEPDL: 30SWVA32-5, Commanders Environmental Policy and 30SWVA91-1, Commanders Safety Policy. If you have any questions please contact Publishing Management. (30SCS/SCSP, 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. (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)

**a. Voluntary Leave Transfer Program:** Chester A. Wedgeworth—30CES/CEO and Carl A. Boettger 30LRS/LGTM—Vandenberg AFB, are in need of leave donations. Civilian employees who wish to donate a portion of their annual leave must complete an OPM 630-A. Visit Bldg 11777, Rm B-103 to pick-up and/or turn in your form. Access this form on the web at: [http://www.opm.gov/FORMS/PDF\\_FILL/opm630A.pdf](http://www.opm.gov/FORMS/PDF_FILL/opm630A.pdf)

**b. Weingarten Right:** Federal civilian employees who are members of a bargaining unit have the qualified right to union representation during investigatory interviews/meetings. This Weingarten right is mandatory when the following four (4) conditions are met:

- a. The meeting between the employee and management official(s) must be an examination;
- b. The examination must be in connection with an investigation;
- c. The employee must reasonably believe that disciplinary action may result from the meeting; and
- d. The employee must request representation.

### 5. 30th Civil Engineering: (30CES)

**a. Biodegradable Yard Waste Bags:** Free biodegradable bags for MFH residents available at the Self Help Store! Use for yard waste such as grass clippings, tree trimmings, and other foliage. The bags are made with organic materials that break down fast and can be mixed with other green waste to produce mulch and clean fill. Pick up your free bags today at the Self Help Store! (30CES/CEV, 5-0544)

**b. Proper Ventilation:** Due to our location mold and mildew can become a problem, but proper ventilation can prevent it. Turn on the bathroom exhaust fan and/or open a window in the bathroom during and after a shower or bath. If no window exists in the bathroom, leave the bathroom door ajar following the shower or bath and open windows in other rooms to create a cross draft for about 10 minutes. If mold and mildew manage to develop anyway, open windows in the affected area to facilitate drying, and scrub the area with a solution of one-cup bleach and one gallon of water, rinse and wipe dry. In the case of mold on painted surfaces, allow this solution to soak in before scrubbing lightly, rinsing and drying. If your carpet gets wet, dry it quickly to prevent the growth of mold under the carpet. You can use a fan directed at the wet area of the carpet to dry it and prevent the growth of mold. (30CES/CEH, 6-3477)

**c. MFH Bulk Item Pick-Up:** The bulk item pick-up scheduled for 10 Nov 03 has been rescheduled for 17 Nov 03. This date coincides with the fall clean-up scheduled for 12 to 14 Nov 03. As usual, make sure your bulk items are out at the curb by 0700 on 17 Nov 03. (30CES/CEOEC, 6-2808)

### 6. 30th Medical Group: (30MDG)

**a. Optometry Appointments Available:** Just a reminder that the VAFB Optometry Clinic is open to all active duty, and TriCare Prime dependents (active or retired). Some "space available" appointments are

available for all other categories of DoD beneficiaries. Per TriCare Prime guidelines, dependents of active duty are authorized one eye exam every twelve months; TriCare Prime retirees and their dependents are authorized one eye exam every twenty-four months. To schedule an appointment, please call the 30<sup>th</sup> MDG Optometry Clinic at 6-0468. (30MDG/SGGFE)

**b. Ordering Gas Mask Inserts:** All active duty that require spectacles for distance vision need to have a usable pair of gas mask inserts. If you need to order gas mask inserts, please stop by the Optometry clinic with your medical record, or call 6-0468 for an eye exam. (30MDG/SGGFE)

**c. Operation Baby Launch:** Monday, 17 Nov 03, 1700, Vandenberg AFB Clinic Auditorium. Pregnant??? Planning a family? You are invited to attend Operation Baby Launch sponsored by the 30<sup>th</sup> Medical Group. This is a great opportunity to learn about resources available from civilian representatives from our two local hospitals, TRICARE financial concerns, Vandenberg AFB Family Practice Clinic and much more. Receive a free formula kit, gifts and a free raffle from representatives. Spouses and partners are welcome, no registration is necessary. For additional information call Cpt Rosales, 5-8254 or Nancy Sias, at 6-8217. (30MDOS/SGO)

**d. Vandenberg Clinic Closure:** The Vandenberg Clinic will be closed 20 Nov 03 for Mandatory Medical Readiness Training. For urgent needs call 606-CARE or 1-888-252-3299. Please plan ahead for appointments and Pharmacy refills. (30MDOS/SGO, 6-3308)

**e. Donate A Cell Phone:** Family Advocacy is joining large corporations, small businesses and individuals in the national "Donate a Phone Call to Protect" campaign. The purpose is to collect old wireless phones, which provide domestic violence victims with a lifeline in case of an emergency. In the hands of domestic violence victims, wireless phones are a potential lifesaver. Even though the phones are deactivated, people can still call 9-1-1. This program, started by the Wireless Foundation, Motorola and National Coalition Against Domestic Violence is designed to collect old wireless phones, refurbish and reprogram them to distribute to people at risk. October, Domestic Violence Awareness Month, will be the start of the Family Advocacy phone collection program. You can organize and collect phones through your squadron and call us at 6-8217 to pick them up. Or drop them in one of our boxes at the commissary, BX, and medical clinic. All donors should deactivate service, include phone battery and charger, and bag the items to keep them from separating. For more information about "Donate a Phone Call to Protect". Call Family Advocacy at 6-8217 and ask for Eileen Fox, Outreach Manager. (30MDG/SGOMH)

## 7. Air National Guard Opportunities:

**Alabama Air National Guard Part-Time Vacancies:** Are you planning Palace Chase, Palace Front, or Separating? Would you like to continue receiving most of your active duty benefits and have a great part-time job? The Alabama Air National Guard units in Montgomery have the following part-time vacancies: 2A0X1B-Av Test Station, 2A3X2A-Av System Spec, 2A333B-F-16 Crew Chief, 2A6X1A-Jet Engine Mech, 2A6X2-Age Mech, 2A6X3-Aircrew Egress, 2A6X4-Aircraft Fuels, 2A6X5-Aircraft Hydraulics, 2A6X6-Acft Elec/Envirn, 2A7X1-Acft Metal Tech, 2A7X3-Struc Spec, 2E1X1-Sat/Com Wideband, 2E1X3-Ground Radio Comm, 2E1X4-Visual Imagery & Intrusion Detection, 2E2X1-Elec Comp & Switching System, 2E6X3-Telephone Systems, 2FOX1-Fuels Spec (POL), 2ROX1-Maint Data Sys Spec, 2T3X5 - Vehicle Body Maint, 2WOX1-Munitions, 3E0X1-Elec Systems Spec, 3E0X2-Power Production, 3E1X1-HVAC, 3E2X1-Heavy Equip Opr, 3E3X1-Structural Spec, 3E4X1-Util Sys Spec, 3POX1-Sec Forces Spec, 3V0X3-Visual Info, 4A0X1-Medical Admin Spec, 4A1X1-Medical Supply, 6C0X1-Contracting. Please contact MSgt Vonsetta Roberts DSN 358-9191, commercial 334-394-7191, or 1-800-368-4481 or email at [vonsetta.roberts@almont.ang.af.mil](mailto:vonsetta.roberts@almont.ang.af.mil) for more information. (187th FW/DPMR)

**OFFICIAL**

**FRANK GALLEGOS**  
**Colonel, USAF**  
**Commander**

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

**SECTION III — UNOFFICIAL****General Information:**

**a. Circus of Horrors:** 30 CES "Circus of Horrors": 29 Oct 03, 1900-2200, 30-31 Oct 03, 1900-0000? Admission - Adults \$5. Kids under 12 \$3. After you stroll through the trail come to the circus, because you may not make it out of the CE Circus alive. Need a map? Contact-[larry.carr@vandenberg.af.mil](mailto:larry.carr@vandenberg.af.mil) (30CES/CEOF3B)

**b. Scuba Diving Class:** Starts 30 Oct 03 and costs \$175.00. All books, material equipment and certification card will be provided. This is a fully certified PADI Scuba Course. For more information call Bob Johnson at 452-6218, Base Pool Scuba Instructor.

**c. LRS 8th Annual Haunted Trail:** Halloween Night from 1800 to 2300. Family hour from 1800 to 1900. Hot Dogs, Sodas, & Baked Goods too! \$4.00 Adults & \$2.00 for kids. (30LRS)

**d. We invite you all to the G.I. JAVA Halloween Bash!** From 1800 to 2100, 31 Oct 03 at where else the GI JAVA! There will be great prizes given to the best apple bobbers, pumpkin carvers and costume design! Free food and drink. If you would like to sign up for apple bobbing or pumpkin carving, please do so by e-mailing Chaplain Beck, [zeb.beck@vandenberg.af.mil](mailto:zeb.beck@vandenberg.af.mil) and give him your name and what event you're interested in. You need to sign up by EOB Thursday the 30th. It's going to be fun, and you will want to win some of our awesome prizes! Don't delay e-mail Chaplain Beck today!

**e. Satellite Amateur Radio Club Meeting:** The regular monthly meeting of the Satellite Amateur Radio Club (SARC) will be at 1400 on Saturday, 01 Nov 03, at Bldg 23100. The Clubhouse and Station W6AB is at the end of Bishop Road, 3/4 mile southeast of the Vandenberg Tracking Station. Visitors and potential hams are welcome. In addition to providing a complete radio station for its members, the SARC also offers on-site training and testing for FCC licenses. For more information about Ham Radio and the SARC, visit [www.SatelliteARC.com](http://www.SatelliteARC.com) or contact Eric Lemmon at 733-4416 evenings. (30 SVS/SARC)

**f. Lompoc Food Pantry:** Our Food Pantry was notified by the City of Lompoc that they will be doing road work on Chestnut Avenue now through 3 Nov 03. It may be quite difficult or next to impossible to drive and/or park near the Food Pantry building on a few of those days. (Catholic Charities, 736-6226)

**g. African-American Association:** The association will meet on Thursday, 6 Nov 03 at 1130 in the small conference room at the Services Center, B/10122. All are welcome to attend and provide ideas and suggestions for our upcoming MLK and Black History Month events. Contact Lt Isaac Wright, 5-4910, Capt Kendall Jordan, 5-4538, or SSgt Karon Williams, 5-3544. (30CES/CEOEA)

**h. Company Grade Officer's Obstacle Course Run-Time Change!** The new time is 1530 every Wednesday. Meet at the O-course. Build camaraderie and get a good workout! We run it at your pace. Call 2Lt Korinne Houston for questions at 5-0782 or 588-7445. (30SFS/SFOC)

**i. Office Furniture Available:** Work Group Managers (WGM) and fellow office workers, the Education Office currently has several desks and chairs available for pick-up. We currently also possess 11 monitors available to be transferred to another account. Contact the Education Office 5-5900 for more information. (30SW/CP, 6-9961)

**j. Santa Barbara County Public Health Offers Free Flu Shots:** Visit the following locations for persons age 60 and over or for younger persons with doctor's verification of chronic illness. (30MDOS/SGO, 6-3308)

**Santa Maria**

Oasis Senior Center, 420 Soares St., Orcutt

Monday, 10 Nov.03, 1300—1600

Board of Supervisors, 511 E. Lakeside

Thursday, 30 Oct 03, 1300—1600

**k. Craft Show/Bake Sale Fundraiser:** Crestview Elementary will be holding a Craft Show and Bake Sale fundraiser on Saturday, 15 Nov 03 from 0900—1500. If you would like to reserve a space, please contact Wendy Wilkerson at 734-2994 or 588-5400. Thanks for your support! (30MSS/DPMD, 6-6488)

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

**a. Walk Your Way Through the Holidays Contest:** 27 Oct 03—19 Dec 03. This is an 8-week contest. Top finishers will receive prizes!! Stop by the Base Fitness Center or the HAWC to pick up your pedometer.

**b. 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.

**c. 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.

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

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

**f. 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.

**g. 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:** Hebrew and Bar Mitzvah classes are beginning on base. These classes are open to all children with base access. Please call Randee Van Ness at 734-3311.

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

**a. Single Parents Support Group:** Meets the fourth Tuesday every month, 1130 to 1300 at the Services Center. This is an opportunity for single parents to meet other single parents as well as discuss any stressors with their responsibilities at home or at work. Contact Linda Bastine at 6-0039. No registration is required.

**b. Sponsorship Training:** Tuesday, 28 Oct 03, 1500-1600 at the Family Support Center. Learn sponsor responsibilities, relocation resources, and tips to assist your newcomer. Also offered as a tutorial on the "Intranet" or website <http://intranet/sponsor/index.htm>. Call 6-0039 for more information.

**c. The Mechanics of Resume Writing:** Wednesday, 29 Oct 03, 0900-1130 at the Family Support Center. Prepare or update your resume for your job search, separation, or retirement! Learn about different types of resumes, resume do's and don'ts, and tips on building a powerful resume that will get you an interview. Participants will compile a rough draft of their selected format. Workshop is open to all active duty personnel, family members, retirees, and DoD civilians. Contact Teresa Orozco at 6-0039 to register for this informative workshop.

**d. Women, Infants, & Children (WIC):** Thursday, 30 Oct 03. A satellite office is at the Family Support Center from 0800-1630 for Vandenberg personnel who meet program requirements. WIC is a nutrition education program which provides supplemental food which promotes good health for pregnant, breastfeeding, and postpartum women, infants and children up to age five. For more information call 6-0039 or the Lompoc WIC office at 737-6470 for an appointment.

**e. 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.

**30<sup>th</sup> Services Squadron:** (30SVS/SVK, 6-276)

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

- **Auto Safety Class:** 3 Nov 03. This safety course is on preventative maintenance. Call the Auto Hobby Shop to sign up.
- **Early Bird Shop:** Tuesday - Thursday, shop opens at 1000.

**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.
- **Eat & Bowl:** Monday - Friday, 1030-1300. Enjoy a burger, fries and soda, then hit the lanes with 3 games of bowling for just \$10.
- **Thunder Alley:** Thursday, 1800-2100; Friday, 2200-0100; Saturday, 2100-2400. Catch the ultimate glow bowl experience 3 nights a week!

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

- **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, 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 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 find out how you can become a licensed childcare provider. Contact 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)

- **Fitness Contest:** 27 Oct 03 to 19 Dec 03. 'Walk Your Way Through the Holidays' with this 8-week long walking contest. Sign up at the Fitness Center or the HAWC.
- **Pumpkin Fun Run:** 31 Oct 03, 1200.
- **Spin on a Schwinn:** 3 Nov 03 to 19 Dec 03. Take a 10-minute ride on our new stationary bike from Schwinn, then tell what you think with a quick survey and you'll have a chance to take the bike home with you!
- **Tennis Tournament:** 8 Nov 03, 1000. The Fitness Center is organizing a tennis tournament. Sign up by 5 Nov 03.

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

- **Pre-School Story Time:** 30 Oct 03, 1000.
- **CGOC Reading Group:** 30 Oct 03, 1530.
- **Dial-a-Story:** The phone number is 6-4300. Available 24/7, story changes each Sunday.

**h. Marshallia Ranch Golf Course:** (30SVS/SVRG, 6-6262)

- **Youth Golf Lessons:** Saturday, 1330. Lessons are available for youths ages 8 years and up. Cost is \$5 each session including use of rental club set and range balls.
- **Demo Day:** 1 Nov 03, 0930-1400, Marshallia Ranch driving range. This is an excellent opportunity for golfers to come out and try golf equipment from the Precept Golf Company. Precept Golf will give away golf balls to those who try their equipment. The demo day is free of charge, and Precept will have clubs for every golfer.

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

- **Horseback Ride:** 8 Nov 03, 1330-1445, Pacific Dunes Ranch. Cost is \$38, sign up by 31 Oct 03.
- **Hummer Ride:** 1 Nov 03, 1300-1445, Pismo Beach. Tour the dunes with Pacific Adventure Tours. Space is limited, sign up at Outdoor Rec. Cost is \$43 each.

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

- **Spooky Family Night:** 30 Oct 03, 1700-2000. Pasta buffet with free goodie bags for the kids! Special Halloween movie on the big screen. Any "kids" (1 to 100 years old) in costume get a free dessert!
- **Halloween Party:** 31 Oct 03, 1900, in both lounges. Drink specials and prize for best costume!
- **Mug Night:** 1 Nov 03, 2100-0300, in the Enlisted Lounge.
- **Football Frenzy:** 3 Nov 03, 1700. New England Patriots vs Denver Broncos. Special appearance by the Miller Lite Girls!
- **Bonanza Bingo:** Play Bonanza Bingo at the Club 7 days a week for just \$1 per ticket! You may win up to \$1000.

**Menu:**

- **New Foggio's Evening Hours:** Sunday, 1700-2000; Monday—Thursday, 1700-2100; Friday, 1600-2200; Saturday, 1700-2100.
- **Fried Chicken Night:** 28 Oct 03, 1600-2100.
- **Mongolian BBQ:** 29 Oct 03, 1800-2000.
- **Pasta Mania Buffet:** 30 Oct 03, 1700-2000.
- **Weekly Lunch Schedule:** Monday—Lunch Special; Tuesday—Mexican, Italian, or Oriental Buffet (rotates weekly); Wednesday—Santa Maria BBQ Buffet; Thursday—Chicken and Ribs Buffet; Friday—Seafood Buffet.

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

- **Open Shoot:** Open Trap & Skeet shoot every Wednesday, Friday and Saturday morning at 0830.

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

- **Knott's Halloween Haunt:** 31 Oct 03. Tickets are available at the Services Center for \$35.
- **Dining Books:** The 2004 Discovery Dining Books are available at the Services Center for \$19.95.
- **Natural Knead Massage:** New extended hours! Monday—Friday open until 1900. Custom gift baskets, gift certificates, and couples massage packages are available.
- **Family and Teen Talent Show:** 6 Dec 03. The call is out to contestants for the family and teen talent show. If you are interested in being a part of this year's show, contact Lynn at 5-8974.

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

- **Stained-Glass Workshop:** 29 Oct 03, 1700. \$2 per hour plus cost of materials.
- **Scrapbooking Workshop:** 30 Oct 03, 1800-2100. \$2 per hour plus cost of materials.
- **Basic Framing and Matting:** 4 Nov 03, 1800-2030. Cost is \$15. Sign up at least two days prior to class.
- **Pottery and Clay:** 4 and 11 Nov 03, 1800-2000. Session 1 of 2, cost is \$30 plus materials. Sign up at least two days prior to class.
- **Arts & Crafts Faire:** 8 Nov 03, 0900-1500. Don't miss this year's Arts and Crafts Faire held on the Surf Lanes Bowling Center lawn area.

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

- **Pool Closed:** 23-31 Oct 03. The pool will be closed due to resurfacing maintenance.
- **Lap Swimming:** Monday-Friday, 1000-1300.
- **Water Aerobics:** Monday, Wednesday, Fri, 1300-1345.

**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)

- **Dragon's Lair:** 27-30 Oct 03, 1800-2100 at the Fitness Center Annex. Experience this interactive adventure for young children of all ages. Admission is \$4. The first 100 kids age 12 and under get a free pumpkin.
- **Youth Basketball:** Registration is underway at the Youth Center until 31 Oct 03, or until teams are full. Stop by Monday-Friday from 0730-1700 and sign up. Open to boys and girls grades K-8.

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

**a. 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.

**b. Spouse Scholarship Available:** Please stop by the Education Services Center to pick up information on the Spouse Scholarship Program funded by the Aerospace Education Foundation. Applications can be found at Bldg. 14001, 144 Wyoming Avenue, Education Office (across the street from the Commissary). Applications are accepted from 1 Nov 03—30 Jan 04. The 30, \$1,000 scholarships will be awarded in March. Every applicant will receive notification of their application status by the Aerospace Education Foundation. For more information, please call Ms. Jacquie Estrada at 5-5903.

**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 email 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](mailto:lexi.schwartz@vandenberg.af.mil)

**b. Computer Tips: First Tip:** Finding the Form Page Wizard - Did you know that FrontPage includes a wizard that simplifies the creation of HTML forms? Since the wizard isn't accessible from the Insert menu (whether other form-related commands appear), many users don't know it exists. As the name indicates, the Form Page Wizard is designed to create a page that contains a form-not a form on an existing page. For that reason, you'll find the command that launches the wizard on the File menu, along with other page-related commands, not on the Insert menu, where form-related commands are found. In FrontPage, choose File\New\Page to access the New dialog box. (If the New Page Or Web task pane appears, click page Templates.) In FrontPage 98, choose New from the Editor's File menu. Select the Form Page Wizard icon and click OK. **Second Tip:** Using the slide show view button for more than launching your PowerPoint presentation - As you know, you can either choose "Slide Show" on the View menu, or click the Slide Show View button (located near the bottom left corner of your screen). Additionally, if you're using PowerPoint 2000 or 2002, you can simply press F5, which begins the show at slide #1. So how valuable is that Slide Show button anyway? Actually, there are several different actions associated with the button that make it unique. First, clicking the Slide Show View button allows you to view your presentation starting from the *active slide* (rather than from the first slide in the presentation). To see a miniature preview of your slide show without leaving the PowerPoint workspace, hold down **CTRL** and click the Slide Show View button. If you want to preview your slide show in a Web browser, hold down **ALT** as you click the Slide Show View button. And if you want to quickly launch the Set Up Show dialog box so that you can adjust settings such as pen color, timings, the precise slides you want viewed, the show type (such as Kiosk), or even access the Projector Wizard, hold down **SHIFT** as you click the Slide Show View button.

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

Class	Date(s)	Time
Word - Columns	29 Oct 03	11:30-12:30
PWRR	30 Oct 03	13:00-16:00
Outlook Email Only	31 Oct 03	13:00-16:00
Internet Explorer - Tips and Tricks	31 Oct 03	11:30-12:30
Workgroup Managers Course	3-7 Nov 03	08:00-16:00
Access 2000 Basic	3-7 Nov 03	13:00-16:00
PowerPoint 2000	3-7 Nov 03	08:00-11:00
Photo - Working With Layers	3 Nov 03	11:30-12:30
Windows - Tips and Tricks	5 Nov 03	11:30-12:30
EMSEC Training	5 Nov 03	08:00-11:30
Photo - Special Effects I	7 Nov 03	11:30-12:30
Outlook Email Only	10 Nov 03	08:00-11:00
Office - Customizing Toolbars	10 Nov 03	11:30-12:30
Word Advanced	10 Nov 03	13:00-16:00
Front Page 2000	12-14 Nov 03	13:00-16:00
Excel 2000	12-14 Nov 03	08:00-11:00
Photo - Special Effects II	12 Nov 03	11:30-12:30
Excel - Filtering, Sorting, and Subtotals	14 Nov 03	11:30-12:30

**Note:** Walk-ins are always welcomed!

**American Red Cross:** (ARC, 736-5110)

**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](mailto:disaster@sbaco-redcross.org).

Training Course	Date	Time
<b>Santa Maria Office</b> , 222 W. Carmen Lane, 928-0778		
Shelter Simulation #3068-12	Tues., Oct 28	1800-2200
Disaster Action Team (DAT) Workshop #4001	Thurs., Oct 30	1800-2100
<b>Specialized Course</b> , Weapons of Mass Destructions/ Terrorism (WMD/T) #3079-2F	Mon., Nov 10	1800-2200

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](mailto:disaster@sbaco-redcross.org).

**For Sale:** 2001 Ford Mustang; 37,000 Miles; under 7/70,000 warranty; new tires; excellent condition, \$11,500 OBO. 1959 VW Beetle, CA original; has the 1300cc motor, rebuilt 2x; runs great. An antique, only serious inquires please. Call Meredith @ 734-0215 FMI

**For Sale:** 2001 Pontiac Montana - Loaded, clean, new tires and low mileage. PCSing and must sell. \$14K OBO. Call 734-1228 or 588-7061.

**For Sale:** 2000 Ford Escort ZX2, Original Owner, 45,000 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, \$6,800, call 937-3787.

**For Sale:** 1999 Mitsubishi Eclipse GS Special Edition, Silver w/ Black Leather, Automatic, Sunroof, OZ Racing Rims, 118,000 Miles Asking 13,900 OBO. Call 530-682-2727.

**For Sale:** 1997 Ford Explorer XLT - 4 door, 2 wheel drive, winter green, light gray leather, 6 disc CD player, many extras. 77K miles - Original owner - well maintained, excellent condition. Asking \$10,500 OBO. Call Ken at 735-9140, leave message.

**For Sale:** 1995 BMW 325I convertible, new brake pads, new rotors, new Goodyear tires, trip computer, dual passenger climate control, automatic top, chrome wheels, Nachamichi CD player, Blue Book \$16,700 will sell for \$14,900. 734-1289.

**For Sale:** 1990 Toyota P/U, 4-cyl, 160K miles, 4 speed, new head gasket & radiator, new tires, no a/c, asking \$2,800 OBO, 735-3592

**For Sale:** 1988 Chevy Silverado K5 Full Size Blazer. Classic older SUV. Asking \$5200 OBO. Home audio set of Klipsch speakers (three speakers total: right, left & center channel). Great speakers in excellent condition. Upgraded my speakers. Asking \$500 for all three. (original cost: over \$1100).

**For Sale:** 1986 Honda Prelude Si 2.0. Original owner. All the features. 126,000 miles; good for another hundred thousand. 25mpg while commuting, more on highway. \$3,000. 733-4245 after 1700.

**For Sale:** 2001 Kawasaki ZX-9R. Excellent condition, 16k miles, well maintained, Lots of power. Come see, I live on main base. \$6000 FIRM. Call 588-2001.

**For Sale:** 2000 Suzuki Hayabusa GSX-1300R. Garage kept, never been down, only 4500 miles, 40 pounds lighter than stock, bought for \$10,700 in Aug 2000, lots of after-market parts--\$8,500. Must sell! Call Donovan at 734-0132.

**For Sale:** 1999 Harley Davidson Sportster XLH 883. Less than 3,000 miles. Screamin' Eagle Intake and Drag Specialties Straight Pipes. Very clean & sounds great. Good starter bike for commuting to work. Asking \$6,000 OBO. Call Joe or leave a message at 734-0317.

**For Sale:** 1984 Honda V30 Magna (500cc). Excellent shape-only 16,000 miles, New tires, battery, chain & sprockets. \$950.00 OBO. Call 734-1697.

**For Sale:** 1982 Yamaha Seca 400. Runs great! Perfect first bike! Red. \$600. Call 440-7624, Korinne Houston.

**For sale:** Epiphone Les Paul Standard electric guitar, cherry sunburst, chrome humbuckers, mahogany body, carved maple top, rosewood fingerboard, cream body and fretboard binding. \$350 OBO. 734-0062

**For Sale:** Glass Topped Dining Room Table and Six Chairs. Table and chairs are custom made Philippine Rattan. Chairs swivel and have arms w/blue cushions. Asking \$300.00 OBO. Call Roy Allison at 614-9249.

**For Sale:** 4 piece furniture set for bedroom, chest, dresser, bed and nightstand. Mattress and box spring included. \$500 OBO. Blue couch in good condition, \$75 OBO. Home stereo system/make offer. 739-5447

**For Sale:** Maytag Washer and Dryer, approx. 7 years old. Beige, good condition. Call 734-0993, Debbie or Matt. Asking \$150.00 OBO for both. Small GE Microwave oven, white, Used 6 months, \$30.00 OBO.

**For Sale:** Double reclining couch, great shape. \$50.00 OBO. 734-1139

**For Sale:** Craftsman, 5.0 HP Front Tine Tiller with Reverse (26 Inch Tine Width—Gas Powered). \$125.00 OBO. Call Walt at 736-1401 after 1630 for more information.

**Yard Sale:** Saturday 1 Nov 03, 0800-1030. 216 Entrada Ct. Directions—Take Montana to Parkview to Entrada Ct. 734-1323.