



Base Bulletin

Vandenberg AFB, CA 93437-0759



12 November 2003

No. 46

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 Bulletins are valid for 90 days unless rescinded or superseded. Note: If an article requires a 30 SW Form 400, this form must be submitted with the article, or it will not be published.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 The old e-mail account is obsolete.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

c. Overseas Holiday Mail Dates: To ensure delivery of holiday greeting cards and packages, the Postal Service recommends mailing by the following dates. Items for delivery by Hanukkah should be mailed five days prior to the dates noted below: VAFB Postmaster, Julio Newman, 734-4327. (USPS)

Military Addressed to	First Class	Priority Mail	PAL	SAM	Parcel Post
APO/FPO AE Zip 090-099	Dec 11	Dec 11	Dec 4	Nov 28	Nov 13
APO/FPO AA Zip 340	Dec 11	Dec 11	Dec 4	Nov 28	Nov 13
APO/FPO AP Zip 962-966	Dec 11	Dec 11	Dec 4	Nov 28	Nov 13

d. 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)

e. Legal Office Closure: The Legal Office will be closed from 20 Nov 03—1 Dec 03 for office renovation. Legal Assistance will not be available during that time. If you are scheduled to deploy in November, please make arrangements to visit our office prior to 20 Nov 03 for any legal advice, documents, wills, or powers of attorney. If you have any questions, please contact MSgt Cary Rosson at 5-6200. (30SW/JA, 5-6214)

f. Claims Office Closure: The Claims Office will be closed 20 Nov 03—1 Dec 03 for office renovation. The statute of limitation to file a claim is two years from the date of delivery or date of incident. If there is anyone who must file a claim during this timeframe, it is important that you call and schedule an appointment by 14 Nov 03. If you have any questions, please call TSgt Yuvonne Prince or Ms. Annie Toves at 5-6214. (30SW/JA, 5-6214)

g. 30 CPTS Office Closure: The 30CPTS Financial Management Flight (Accounting Liaison Office, Travel, Military, and Civilian Pay) will be closed for training on 24 Nov 03. The Financial Analysis Flight

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(Budget) will be open for business. If you have a financial emergency, please call Lt Finan at 588-0701. (30 CPTS/FMFC, 6-4630)

h. 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) 30th SFS, LE Desk @ 6-3911. Be a part of the solution join the Eagle Eyes Team. (DET804/AFOSI, 6-1852)

i. 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)

2. 30th Space Communications Squadron:

a. Revised Publication: The following products have recently been updated on the VEPDL: 30SWIND2, Numerical Index of 14th Air Force and 30th Space Wing Publications, and AFSPCI36-2202_14AFSUP1, Mission Ready Training, Evaluation and Standardization Program. If you have any questions please contact Publishing Management. (30SCS/SCSP, 6-7892)

b. Format For Submitting Items To The Base Bulletin: Please use the following format when requesting advertisements to be inserted into the Base Bulletin: 10 point Bookman Old Style font, **bold** on the heading only. The body of the ad is followed by the organization's office symbol and phone number at the end. Please provide us with your advertisement in time to run for no more than two weeks prior to the event. Submissions are desired by close of business on Friday for the following weeks edition. Absolute deadline is 0900 Tuesday if there is no holiday that week. Requests for volunteers, award packages, and scholarships needing more lead-time can be sent sooner. Please write your text as a paragraph rather than a list when sending us your ad. Publishing Management greatly appreciates your continued cooperation. (30SCS/SCSP, 6-7892/7894)

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: Carl A. Boettger and Chester Wedgeworth—Vandenberg AFB, Johnna DeSimone—Schriever AFB, Sandra Jernigan, Betty O'Herlihy, Howard Brown, and Tim Jones—Luke AFB, Michael Baca—HQ ARPC/MS, 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, Theresa Currier, and Jennifer Mac Davitt—Patrick AFB, Stephanie Manning—Sheppard AFB, Earl Mikula—Buckley AFB, Dotsy Parnell—Shaw AFB, Jacquelyn Schmidt—AF Academy, 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 Bldg 11777, Rm 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

b. White House Fellowship Program: Did you know all U.S. citizens (except federally employed civilians) are eligible to apply for the White House Fellowship Program? There are no restrictions for age, sex, race, or physical requirements. This program seeks to draw exceptionally promising people from throughout the nation, providing them first-hand experience in the process of governing our nation. Annually, 11 to 19 U.S. citizens are selected to work full-time for 1 year as special assistants to senior executives in cabinet-level agencies or in the executive office of the president. Military personnel are encouraged to apply as this program does enhance executive development. Check out the following link for more details: <http://www.afpc.randolph.af.mil/pme/External/WHFellows.htm>. Please contact customer service at 6-2776 for further information. (30MSS/DPMA, 5-8481)

5. 30th Civil Engineering: (30CES)

a. Biodegradable Yard Waste Bags: Free environmentally friendly green waste bags are available to family housing residents. If you bag your lawn clippings, tree trimmings, or other yard waste, stop by the Self Help Store and pick up free lawn bags. These bags biodegrade quickly into compostable material which the base can use for mulching and erosion control projects. Best of all, they're Free! Contact Dennis Ford at 6-5726 if you have any questions.

b. 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 30th 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. Annual Mussel Quarantine: The annual mussel quarantine has been extended **indefinitely**. The annual mussel quarantine is issued for the entire California coastline, usually from 1 May through 31 October, to protect consumers of sport-harvested shellfish from "red tide or paralytic shellfish poisoning (PSP) and domoic acid poisoning". PSP is a form of nervous system poisoning. For more information, please call the Public Health Office at 6-0648. (30MDG/SGGM)

d. Healthcare Consumer's Advisory Committee Meeting: The Healthcare Consumer's Advisory Committee will convene on Monday, 17 Nov 03, at 1000, in the 30th Medical Group's Commander's Conference room. Please share all concerns with your Unit Health Monitor. (30MDOS/SGO)

e. 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 30th 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)

f. 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)

g. TRICARE Services: TRICARE counseling is available. Contacts are Bonnie Robles 6-7483, bonnie.robles@vandenberg.af.mil or Judith Monroe 6-6785, Judith.Monroe@vandenberg.af.mil Fax 5-4785. (30MDOS/SGO, 6-3308)

h. TRICARE Services: TRICARE Management Agency—The Fiscal 2000 National Defense Authorization Act mandated the establishment of Beneficiary Counseling and Assistance Coordinator (BCAC) positions, full time at lead agent office and collaterally at Military Treatment Facilities (MTF) worldwide. BCACs are a congressionally mandated initiative, implemented by the TRICARE Management Activity to improve customer service satisfaction, enhance beneficiary education, and help reduce the volume of Congressional inquiries from beneficiaries. Also, to assist TRICARE beneficiaries with resolving debt collection issues, the Under Secretary of Defense for Personnel and Readiness has established a Debt Collection Assistance Officer

Program at every lead agent office and at every MTF worldwide. BCACs will provide priority assistance when presented documentation verifying that a collection action has been started or that negative information is reflected on beneficiaries credit reports as a result of late or non-payment for medical or dental care received through TRICARE. BCACs act as a preventive mechanism for trouble-shooting all TRICARE and Military Health System Health System issues and concerns. The local BCAC contacts are Bonnie Robles 6-7483, bonnie.robles@vandenberg.af.mil or Judith Monroe 6-6785, Judith.Monroe@vandenberg.af.mil Fax 5-4785. (30MDOS/SGO, 6-3308)

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

Briefing: 12 Nov 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)

OFFICIAL

FRANK GALLEGOS
Colonel, USAF
Commander

Mary E. Meyer
Chief, Publishing Management

SECTION III — UNOFFICIAL

General Information:

a. Do you need a myPay Pin? 30CPTS will be doing another myPay PIN drive at the BX on the following dates and times: 10—14 Nov 03 from 1100 to 1300 and 17—21 Nov 03 from 1100 to 1300, Contact MSgt Pfoser at 6-4630. (30CPTS/FMFC)

b. Tri Counties Blood Drive: There will be a Tri-Counties Blood Drive sponsored by Lockheed Martin Technical Operations on Wednesday, 12 Nov 03 from 0900 to 1300 at the Services Center/Rec Center. Every time you donate Blood, you help save a life. Looking forward to your support. (LMTO, 6-6766)

c. Community College Of The Air Force (CCAF) Fall 2003 Graduation: Wednesday, 12 Nov 03, Pacific Coast Club. All commanders, supervisors, family members, co-workers and friends are cordially invited to attend both the commencement and reception to recognize the accomplishments of the graduates. (30MSS/DPHE, 5-5905)

d. AFSA Chapter 1356 General Membership Meeting: Air Force Sergeant's Association, Chapter 1356 is conducting a general membership meeting at 1530, 12 Nov 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 6-9308. (30SCS/SCBH, 6-5403)

e. AFSA Fundraiser: The Air Force Sergeant's Association (AFSA) will be hosting an Asian Cuisine Cookout on Friday, 14 Nov 03, in the Library/Bowling Alley parking lot. Serving time will be 1100 to 1300 and will include Teriyaki Chicken, Fried Rice, Beef & Broccoli and Soda for a cost of \$6.00. Please contact MSgt (Sel) Scott Astrosky at 6-9308 or A1C Joy Pyles at 6-5885 for tickets. (30CES/CEOIU)

f. The Central Coast/Vandenberg Chapter of Tuskegee Airman Inc: Meeting will be held on Thursday, 13 Nov 03, at the Services Center at 1000. Call Capt Ferdinand Desir at 6-4021 or TSgt Gail Hamilton 6-8475. (2SLS/MAFA, 5-4910)

g. Attention Military Personnel Assigned To Vandenberg: Lodging has been granted a waiver to allow space A to book now for the Thanksgiving and Christmas holidays and to confirm stays up to ten days in lodging quarters (\$29.00 per night) during the period 5 Nov 03 through 5 Jan 04. (Waiver ends 5 Jan 04) for friends and relatives of military personnel assigned to this base. This is a great opportunity to invite friends

and relatives to visit and stay in our quarters. Book now through Mike Green at 5-7831 or 6-1844, for 0-6 and above call 6-3711. (30SVS/SVML)

h. GOING TO A HOLIDAY PARTY? Spend the night at Lodging for only \$29.00 per night. Under a special waiver, you may book a VQ now for your party night. To be eligible you must be active duty military or retired military or civilian (DOD) on active duty. (Waiver expires 5 Jan 04.) Call Mike Green at 5-7831 or 6-1844 to book. (30 SVS/SVML, 6-1844)

i. Holiday Billboard Contest: Registration for the 5th annual Team Vandenberg Holiday Billboard Contest is underway. Organizations decorate a 4'x4' plywood palette expressing their seasons greetings with a traditional holiday theme (sorry, no religious based themes). This contest is open to all base organizations including contractors, and multiple billboards per group are allowed. The entry fee is \$50 each. First place prize is \$150 plus a portion of the proceeds will be donated to Operation Kids Christmas in the winner's name. Second and third place winners will receive \$100 and \$50 respectively. The remaining funds will be applied toward reducing ticket costs for the 30SW Holiday Party. For additional details or to register, please contact MSgt Adrian de Silva at 6-3122, ASAP. Let's show our Holiday and Team Vandenberg spirit by participating in this worthwhile event. (30CES/CEOE, 6-7001)

j. 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. Breast Cancer Awareness Workshop: The HAWC is offering this workshop on 15 Oct 03 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.

b. Tobacco Cessation Class: This is 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: This is 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 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.

e. 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.

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

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

a. Worship Schedule: Catholic Mass: Saturday, 1615—1645 confessions; 1700 Chapel II; Sun 1000, Chapel I, Daily Mass 1130 M-F, Chapel II -- **Protestant:** Praise & Worship 0830 Sunday, Chapel II; Gospel 1130 Sunday, Chapel II; Traditional 1130 Sunday, Chapel I.

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

c. Vandenberg Officer Christian Fellowship: The (OCF) is a non-denominational bible study meeting Thursday nights, 1900, at the home of Maj Keith and Christy Keana, 612 Cherry St. Come join us for a time of study, fellowship and prayer. Please contact Maj Keana or Christy at 734-0696 (home) or 6-6461 for more information. Keith.keana@vandenberg.af.mil.

d. Monthly Prayer Breakfast: Come and join us for our monthly prayer breakfast Thursday, 13 Nov 03 at 0630 in the Chapel 1 Annex. Maj Karen Taylor, MSS/CC will be our guest speaker.

e. Community Thanksgiving Service and Dinner: The Chapel will be hosting an Ecumenical Thanksgiving service on Sunday, 23 Nov 03 at Chapel 1. Our worship service begins at 1700 in the Chapel followed by our fellowship Thanksgiving dinner at 1800 in the Chapel 1 annex. Everyone is invited to join us for this event. For more information, please contact Chaplain Terrinoni at 6-5773.

f. No Thanksgiving Mass: There will be no Catholic mass on Thanksgiving Day or Friday, 28 Nov 03. We will have our Saturday mass at 1700 on 29 Nov 03, at Chapel 2.

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

a. 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. Call 606-0039.

b. Global Hearts Group November Events: Friday, 14 Nov 03, 1800—2000 at the Chapel Annex. The night will feature a “kids” movie and a simple dinner. This is for kids so “mom and dad” have some quiet time. Saturday, 15 Nov 03, 1130—1500 at the Chapel Annex, Craft & Activities Lunch. These events are for spouse of active duty members who are TDY, remote or deployed for more than 30 days. Call 6-0039.

c. Winning Interviews: Wednesday, 19 Nov 03, 1300—1530, at the Family Support Center. Learn the fundamentals of the interviewing process and dress for success. Call 6-0039 to register.

d. Manage Your Move: Wednesday, 19 Nov 03, 0845—1100 at the Family Support Center. For adults on the move. Plan to attend within 90—120 days prior to departure. Call 6-0039 to register.

e. BabyMeet: Meets Tuesday and Thursday at 0900 at the Religious Education Center, Bldg 16140. If you are pregnant or the parent of a baby between the age of newborn to 2 years, this is an opportunity to get together with other families for discussions and socialization. Contact Lora at 734-1461.

f. Playtime for Tots: Meets Wednesday mornings at 1000. This playgroup is for parents and the children ages 2 to 5. Contact Sully at 734-2089.

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

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

- **Early Bird Shop:** Tuesday—Thursday, shop opens at 1000.

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.
- **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.
- **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!

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

- **Pre-School Story Time:** 13 Nov 03, 1000.
- **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.
- i. Outdoor Recreation/Equipment Checkout:** (30SVS/SVRO, 6-5908)
 - **Horseback Ride:** 22 Nov 03, 1330-1445, Pacific Dunes Ranch. Cost is \$38, sign up by 14 Nov 03.
- j. Pacific Coast Club:** (30SVS/SVRMC, 734-4375 or 734-4376)

Entertainment/Events:

- **Around The World:** Join us for our new "Around The World" promotion as we explore 20 beers from 20 different countries. A new beer will be available every Friday for a two-week period. Pick up your passport card today!
- **Latino Night:** 14 Nov 03, 2100-0200, in the E-Lounge.
- **Karaoke Night:** 14 Nov 03, 1900-2300, in the O-Lounge.
- **Mug Night:** 15 Nov 03, 2100—0300, in the E-Lounge.
- **Football Frenzy:** 17 Nov 03, 1700. Pittsburgh Steelers vs San Francisco 49ers.
- **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:** 11 Nov 03, 1600-2100.
- **Mongolian BBQ:** 12 Nov 03, 1800-2000.
- **Pasta Mania Buffet:** 13 Nov 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)
 - **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:** 12 Nov 03, 1700. \$2 per hour + cost of materials.
 - **Scrapbooking Workshop:** 13 Nov 03, 1800-2100. \$2 per hour + cost of materials.
- n. Swimming Pool:** (30SVS/SVRO, 6-3581)
 - **Pool Closed:** Due to delays in the maintenance the pool will be closed until further notice.
- 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)
 - **Family Skate Night:** 15 Nov 03, 1700-2100. Cost is \$3.

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

- a. 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. Applicants will receive a notification of their application status by the Aerospace Education Foundation. For more information, please call Ms. Jacquie Estrada at 5-5903.
- b. Need Free Money For School?!?! This School year is one in which students saw the highest hikes in tuition fees in recent years. Even though most service members have Tuition Assistance and in-service VA benefits, there are those who must look for additional financial aid for themselves or for members of their families. There are free scholarship databases such as <http://www.scholarships.com/> and <http://www.fastweb.com/>. Also, <http://www.collegeboard.com/> has information on scholarships and other**

types of financial aid. Service members shouldn't forget that the Free Application for Federal Student Aid is at <http://www.fasfa.ed.gov> . If you have any questions please contact Ms. Jacquie Estrada at 5-5903. (30 MSS/DPHE)

c. Embry Riddle Aeronautical University: Embry Riddle Aeronautical University offers two undergraduate degree programs in Professional Aeronautics and Technical Management. We also offer two graduate programs: Master of Aeronautical Science and Master of Science in Management. The graduate classes are offered at our off base location at 3875F Constellation Road, Lompoc. Registration for the Spring 2004 term begins 8 Dec 03 and continues through 19 Dec 03. Call the office for more information regarding programs and admission. Embry-Riddle is in the Education Complex, 144 Wyoming Ave. Rm A-1. Office hours are Monday - Thursday 0830—1730 and Friday 0900—1200. Our phone numbers are 6-6557/734-4076. Our email is Vandenberg.Center@erau.edu.

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, or e-mail: <mailto:lexi.schwartz@vandenberg.af.mil>

b. Computer Tips: First Tip: Displaying and creating additional guides for design precision in PowerPoint - If you need to line up objects on your slide with the utmost precision, PowerPoint's Guides can be a big help. To display the guides, simply choose Guides from the View menu. To create additional guides, press and hold the CTRL key as you click on and drag either of the original guides. You can create multiple vertical and horizontal guides in this way. If you want to get rid of a guide, simply drag it off the edge of your slide.
Second Tip: Solving a common FrontPage publishing problem - When you publish in FrontPage, the program locks your site so other users can't publish at the same time. If your connection to the server gets broken or FrontPage crashes, the program can fail to unlock the site again--meaning that you can't publish either. The files that determine whether the site is locked are called [service.lck](#) and [frontpg.lck](#) and are located in the `_vti_pvt` directory (one of many directories FrontPage creates on the server). Fortunately, the solution to the problem is simple. Log into the site using your FTP program (e.g., WS_FTP, CuteFTP) and delete the files in question. If that doesn't work, ask your Web presence provider to reboot the server.

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

Class	Date(s)	Time
Photo-Special Effects II	12 Nov 03	1130—1230
Front Page 2000	12—14 Nov 03	1300—1600
Excel 2000	12—14 Nov 03	0800—1100
Excel-Filtering, Sorting, and Subtotals	14 Nov 03	1130—1230
Photo-Cropping and Cloning	17 Nov 03	1130—1230
Access 2000 Intermediate	17—21 Nov 03	1300—1600
Workgroup Managers Course	17—21 Nov 03	0800—1600
Word 2000	17—19 Nov 03	0800—1100
ADPE EC Training	19 Nov 03	0900—1100
PowerPoint-Inserting Sounds and Movies	19 Nov 03	1130—1230
Excel 2000 Advanced	20 Nov 03	0800—1100
Outlook Email Only	21 Nov 03	0800—1100
Word-Styles & Table of Contents	21 Nov 03	1130—1230
Internet Explorer - Using Search Engines	24 Nov 03	1130—1230
PWRR	24 Nov 03	1300—1600
Palm PDA - Beginning	24 Nov 03	0800—1100
Pocket PC	25 Nov 03	0800—1100
PWRR	25 Nov 03	1300—1600
Acrobat Reader	26 Nov 03	1130—1230
Outlook E-mail Only	26 Nov 03	0800—1100

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 these classes call 937-0778, or e-mail to disaster@sbaco-redcross.org.

Training Course

Santa Maria Fire Station#1, 314 W. Cook St, Training Room

Shelter Operations #3068-11

Providing Emergency Assistance to Families #3072

Shelter Simulation #3068-12

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

Disaster Action Team (DAT) Workshop #4001

Communications for Disaster Workers #3058

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.

Date

Time

Wed, 12 Nov 03

1800—2200

Sat, 15 Nov 03

0900—1700

Mon, 17 Nov 03

1800—2200

Wed, 19 Nov 03

1800—2000

Wed, 19 Nov 03

2000—2200

Items For Sale

For Sale: 2001 Ford Mustang-Super clean and maintained-only has 37,000 miles, and comes with the 7yr/70,000 ext warranty, metallic red- V6 manual- 5 speed, new tires-asking \$11,000 OBO (well under NADA value)-call Meredith at 734-0215/680-0893

For Sale: 2001 Mustang GT convert., 12,000 miles, 5 speed short throw shifter, chip, cold air intake, flowmaster delta muffler. Excellent condition! Must see at lemon lot! \$18,000 OBO. Call Chuck 922-1570

For Sale: 2001 Ford Explorer Sport , 2-door, A/C, rear air, power steering, windows, door locks & seat. Tilt wheel, cruise control, CD, privacy glass, running boards, V6 4.0Liter automatic, 50K + highway miles, excellent condition. \$13,000 OBO. Leave message, 734-1292.

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: 1995 Mitsubishi Mirage. Original non-smoking owner. Silver and sporty, CD, A/C, window tint, 5-speed, 107K miles. Very reliable! Asking \$2300 OBO. Call 348-1084 and leave message.

For Sale: 1990 Toyota Pick-up, 4-Speed, Trailer Hitch, Tool Carrier, 160K miles, New Tires & Radiator, \$2,800 OBO, Leave Message, 735-3592.

For Sale: 1988 Chevy Silverado K5 Full Size Blazer. Classic older SUV. Asking \$4950 OBO. Home audio set of Klipsch speakers (KM series) three speakers total: right, left & center channel. Great speakers in excellent condition. Asking \$500 for all three (original cost: over \$1100). Any questions, call 734-6985.

For Sale: 1983 Saab 900. Great work car. Automatic, PW, sunroof. \$1,000 OBO. 734-0379

For Sale: 1959 VW Beetle-An original CA car-runs great-still has the original 1300cc 6-volt air cooled motor (rebuilt 2x)-this is a RARE classic, and will please any VW collector. Can be viewed on the Used Car Lot on base. Asking \$ 3,500 (NADA retails this classic at \$5,200 average). Call 734-0215/680-0893.

For Sale: 2001 Honda CR80 Very nice condition, FMF Pipe, Turbine Core II Silencer, Protapers \$1,700. 1989 Honda CR80 Fresh Top and Bottom End comes with extra rolling chassis \$780. Lighted Running Boards for Ford Explorer 4 Dr and F-150 Extended Cab. \$220. Bigger Boy Moto gear, \$20-\$80. Call Rick 588-4262 or 736-3774

For Sale: 2001 Kawasaki ZX-9R, Excellent condition, well maintained, 17K miles, new rear tire, lots of power. \$6000 Firm. Call Rob 588-2001 or Home, 734-4311. Leave a message.

For Sale: 2000 Ranger R-61 bass boat, Yamaha C-90, Minn-kota 50lb. thrust, two fishing chairs, plus hydraulic pedestal seat, 2 Garmin 160s, on-board charger, custom cover paid \$15,925 total - asking \$11,500 OBO. 734-6795

For Sale: German made foosball table, excellent condition. \$100. Call 734-0176. Leave message.

For Sale: RCBS Rock Chucker Reloading Kit. New-in box. \$150. Call 734-0176. Leave message.

For Sale: Solid pine bunk bed \$150, 2 Upright dressers \$30 each, 1 Twin bed and wood frame \$50, 2 ton Jack stands \$10. Call 734-1972.

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

For Sale: White GE Microwave Oven-\$25 OBO, Men's Huffy Mountain Bike-\$20 OBO, call Matt or Debbie at 734-0993.

For Sale: Soloflex with 400lbs of rubber band weights, instructions and leg/butterfly attachment. \$250 OBO, cash only please. The Soloflex is located in Bldg 1800. Call TSgt Dominice at 737-0430.

Moving Sale: 12 X 19 Mauve carpet w/padding, fits great in older housing living room, \$125 OBO; Queen mattress set, 6 yrs old, \$150 OBO; Entertainment Center, \$25; Little Tyke tool bench, \$15; Today's Kids adjustable basketball goal, \$5. Call Leslie @ 734-4767 for more information.

For Sale: Cocker Spaniel, 8-month old female. Parti-colored (white/cinnamon), beautiful dog. Potty/Crate trained. Loves attention, kids, other animals. I'm unable to give her the attention she deserves! AKC registered. \$300. Contact Doug, 734-1524.

Free Pet: Free to good home, black male Lab mix, one and half yrs old. Current shots, a very friendly dog (good with kids!) Also house broken. Please contact Rudy or Yong at Home: 734-0550, Cell: 717-2415.