



# Base Bulletin

Vandenberg AFB, CA 93437-0759



26 November 2003

No. 48

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 Bulletins are valid for 90 days unless rescinded or superseded. Note: If an article requires a 30 SW Form 400, this form must be submitted with the article, or it will not be published.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. Mail Restrictions For Deployed Service Members:** Each country has customs regulations that apply to all mail (including U.S. military mail) coming into that country. These may include prohibitions on certain kinds of food or entertainment products. Also, some military units may have additional restrictions imposed by the theater commander, such as size and weight restrictions; to ensure logistics support can handle the mail without delays. Military ZIP Code restrictions may change as military units move to different locations. All applicable restrictions for approximately 3,000 overseas military ZIP Codes are entered into the U. S. Postal Service computer terminals and published in the Postal Bulletin. The general public may review details of all applicable restrictions by going to the USPS public web page <http://www.usps.com/cpim/ftp/bulletin/2003/html/pb22115/apofpo.html>. Call Julio Newman, 6-6545 for more information. (USPS)

**b. Office Closure:** The Legal office is closed through 1 Dec 03 for office renovation. Legal Assistance will not be available during this time. If you have any questions, please contact MSgt Cary Rosson at 5-6200. (30SW/JA, 5-6214)

**c. Office Closure:** The Claims office is closed through 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. Any appointments you make now will be for after 01 Dec 03. If you have any questions, please call TSgt Yvonne Prince or Ms. Annie Toves at 5-6214. (30SW/JA, 5-6214)

**d. Office Closure/Move:** The Pass and Registration office is closed as of 25 Nov 03. We will be closed from that date until 1 Dec 03, at which time we will open directly across the hall at Customer Service, Rm. C-114. The new hours will be 0800—1600 on Monday, Tuesday, Thursday, Friday, and 1000—1600 on Wednesday. (30SFS/SFOXI, 6-1853)

**e. Thanksgiving Day Meals:** Thursday, 27 Nov 03, the Thanksgiving Day meal hours at the Breakers Dining Facility are: Breakfast from 0600-0900, Thanksgiving meal will be served from 1100-1700 and Midnight meal from 2300-0100. The Thanksgiving meal is open to all valid ID cardholders and their families. There is no limit to the number of valid ID cardholder family members. Any questions can be directed to 30SVS at 6-3219. (30SVS/SVMF)

**f. Team Vandenberg Holiday Party:** The Holiday party will be held on 5 Dec 03 at the Pacific Coast Club. All ranks are welcome to attend. Social hour begins at 1730; dinner begins at 1830. See your Squadron First Sergeant for tickets and more information. Contact the First Sergeant Association and 30MSS. (30MSS/DPMAE, 6-1887)

**g. Operation Kids' Christmas Needs Escorts Now:** Operation Kids' Christmas still needs escorts for the children during the party. To escort contact 1 Lt Brendan Epps, 6-6724,

**TEAM VANDENBERG**

[Brendan.Epps@vandenberg.af.mil](mailto:Brendan.Epps@vandenberg.af.mil) (Best if you volunteer by e-mail). Please include in the subject of your email that you'd like to help as an escort. The party will be Saturday, 6 Dec 03 at the Pacific Coast Club. Escorts should arrive at 0900 in Service Dress; the party will go 1000 to 1300. (576FLTS/TMGM, 6-6724)

**h. Retirement:** Detachment 9, Space and Missile Systems Center/CLV requests the pleasure of your company at the Retirement Luncheon in honor of Carolyn E. Pflapsen after 24 Years Of Service, Wednesday, the tenth of December at twelve o'clock in the afternoon at Federico's in Buellton, Cost is \$18, Mexican Buffet. RSVP NLT 3 Dec 03, [Bonnie.Purvis@Vandenberg.AF.Mil](mailto:Bonnie.Purvis@Vandenberg.AF.Mil), at 6-3863. Please indicate at the time of the RSVP if you plan on giving a presentation (DET9/CLV)

**i. Dorm Manager Opening:** Attention all Master Sergeants, the 30th Mission Support Group has an immediate opening for a Dorm Manager. The position is for Chief, Unaccompanied Housing and is a 2-year controlled Special Duty tour with the award of the 9D000 Special Duty Identifier. Come join a dynamic dorm management team that makes an everyday difference in the quality of life for dorm and unaccompanied housing residents! Only highly motivated Master Sergeants are encouraged to apply by sending a letter of recommendation from their commander, and copies of their last three EPRs to 30MSG/CD. Submission deadline is COB, 5 Dec 03. For further information, please contact SMSgt Brian Joseph at 6-2990. (30MSG/CCH, 6-3933)

**j. Air Force Expeditionary Service Ribbon (AFESR):** Effective 1 Oct 99, members who have completed contingency deployments of 45 consecutive or 90 days non-consecutive may be eligible to receive the Air Force Expeditionary Service Ribbon. Members should report to their unit CSS with deployment orders & travel voucher to check eligibility. Once eligibility is verified, the CSS will complete the AF Form 104 authorizing the ribbon. Members should expect to see the ribbon updated to their electronic records on or around Mar 04 and the ribbon should be available for purchase at clothing sales on or around Jan 04. Questions can be directed to unit orderly room personnel or Kim Valentine, Awards & Decorations, at 6-7828. (30MSS/DPMPE)

**k. Air and Space Campaign Medal (ASCM):** Effective 24 Mar 99, members who provided direct support for 30 consecutive or 60 non-consecutive days to one of the below listed operations, at home station or from outside of the geographic area of combat may qualify for the ASCM. Operations that qualify are ALLIED FORCE (24 Mar 99 to 20 Jul 99), JOINT GUARDIAN (11 Jun 99 to DTBD), ALLIED HARBOUR (4 Apr 99 to 1 Sep 99), SUSTAIN HOPE/SHINING HOPE (4 Apr 99 to 10 Jul 99), NOBLE ANVIL (24 Mar 99 to 20 Jul 99), KOSOVO TASK FORCES HAWK (5 Apr 99 to 24 Jun 99), SABER (31 Mar 99 to 8 Jul 99), FALCON (11 Jun 99 to DTBD), and HUNTER (1 Apr 99 to 1 Nov 99). No member is eligible for both an ASCM and a DOD Campaign/Service medal awarded during a single tour in an ASCM designated operation. Members should report to their MPF Awards & Decorations office with TDY orders and travel voucher to determine eligibility. Questions can be directed to Kim Valentine, Awards & Decorations, at 6-7828. (30MSS/DPMPE)

**l. Disability Program Manager Vacancy:** Vandenberg AFB is currently looking for candidates to fill a Special Emphasis Program Manager (SEPM) vacancy for Persons With Disabilities. The Program Manager will address unique and special concerns of those employees who are disabled, assist in counseling the disabled about career opportunities, identify potential or existing problems which impede the advancement of disabled employees, and to help publicize the program to increase management and employees' awareness of program objectives. The SEPM is appointed to work with the Chief, Affirmative Employment on a collateral duty basis, spending approximately 20% of their duty time working on the program. If you are interested in being considered for this duty, please contact Cyndi Davis, Chief, Affirmative Employment at 6-3641. (30MSS/DPCS, 6-3641)

**m. Volunteer Income Tax Assistance (VITA) Program:** Volunteers are needed for the upcoming Volunteer Income Tax Assistance (VITA) program on Vandenberg AFB. No Prior Experience is Required!!! Volunteers are trained in the computerized preparation of income tax returns. Once trained, they are called upon to provide income tax assistance to the Vandenberg Air Force Base military community. Military retired and civilian volunteers are encouraged to volunteer their free time to work. Training, starting in January, is provided for preparation of Federal and California returns. If you are interested in helping your active duty and retired military community, please call 5-6224 for further information. (30SW/JA, 5-6224)

**n. 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. 30<sup>th</sup> Space Communications Squadron:

**a. Records Management (RM) Moving On Out:** Base Records Management (30 SCS/SCBR, InDyne/Northrop Grumman) will be relocating to Bldg 6525 (old ITT Complex), in cubicles B-31 and B-33 at the end of the month. Effective immediately, RM training will be held in the same building in Rm B-44 (Conference Room) and signs will be posted for location. (30SCS/SCBR, 6-4212)

**b. Base Paging System:** Effective 19 Nov 03 callers dialing the base paging system from an off base extension will no longer hear a prompt to enter the pager number. Enter the desired pager number after the initial greeting and follow the voice prompts for numeric or voice paging. For questions please call the Base LMR office at 6-9927. (30SCS/SCMMD-L, 6-9927)

### 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. Federal Employees Health Benefits Open Season:** The annual Federal Employees Health Benefits Program open season began 10 Nov and ends at the close of business on 08 Dec 03. During open season, eligible employees may enroll in a health insurance plan for the first time, or make desired changes in current enrollments by contacting the Benefits and Entitlements Service Team at 1-800-997-2378, or at this web site [http://www.afpc.randolph.af.mil/dpc/BEST\\_GRB/EBIS.htm](http://www.afpc.randolph.af.mil/dpc/BEST_GRB/EBIS.htm). Health plan brochures are also available at 30MSS/DPCE, Bldg 11777, Rm B-103. (30MSS/DPCE, 6-5847)

**b. Thrift Savings Plan (TSP) Open Season:** During this next open season, 15 Oct—31 Dec 03, FERS employees may elect to contribute up to 14 percent of their basic pay and [http://www.afpc.randolph.af.mil/dpc/BEST\\_GRB/EBIS.htm](http://www.afpc.randolph.af.mil/dpc/BEST_GRB/EBIS.htm) CSRS employees may contribute up to 9 percent of their basic pay. The new contribution amounts will be effective dependent upon the date the employee makes their contribution election. **FERS** employees who are affected by the annual limit on elective deferrals should be cautious regarding the effective date of an increase in their contribution amount. Timing is extremely important to ensure these employees do not reach their annual limit prior to the end of the year. The Internal Revenue Service has announced the annual limit on elective deferrals will increase to \$13,000 in 2004. Federal civilian employees can use the Benefits and Entitlements Service Team (BEST) automated system, **1-800-997-2378**, or the EBIS website [http://www.afpc.randolph.af.mil/dpc/BEST\\_GRB/EBIS.htm](http://www.afpc.randolph.af.mil/dpc/BEST_GRB/EBIS.htm). EBIS is a secure web program. As a result, before you can access EBIS you must log into the AFPC Secure Web via CAC card or regular User ID and password. To get started, go to [http://www.afpc.randolph.af.mil/dpc/BEST\\_GRB/EBIS.htm](http://www.afpc.randolph.af.mil/dpc/BEST_GRB/EBIS.htm) or click on the EBIS link provided on the BEST Homepage. Once within EBIS, you'll enter your social security number (SSN) and BEST personal identification number (PIN) -- another method of ensuring the security of your personal records and benefits transactions. Your **BEST** PIN is the same for both EBIS and the BEST phone system. To allocate the funds you are contributing to, access the TSP website at <http://www.tsp.gov>. (30MSS/DPCE, 6-5847)

**c. Catch-Up Contributions:** Catch-up contributions are additional tax-deferred contributions, separate from regular TSP contributions. TSP participants who are age 50 and over and already contributing the maximum amount to the TSP without exceeding the \$13,000 IRS limit. Elections may be made via the BEST automated phone system by dialing 1-800-997-2378. The maximum allowable amount for catch-up contributions for 2004 is \$3,000. Catch-up contributions will automatically stop with the last pay date in the calendar year (19 Dec 03) or upon reaching the maximum catch-up dollar limit for the year, whichever occurs first. Participants must make a new election each year. Elections for the year 2004 may be made beginning 30 Nov 03. For those employees who turn age 50 between 1 Jan and 31 Dec 04, you may submit your election on or after 1 Jan 04. You may access the following website for more detailed information on the TSP catch-up contributions: <http://www.afpc.randolph.af.mil/dpc/BEST/Catch-Up.htm>. (30MSS/DPCE 6-5847)

**d. Injury Reporting:** The number of civilian injuries is up for this fiscal year, but reporting procedures have declined. Timely reporting of injuries can be very important to the injured employee, and it is also a requirement from the Department of Labor. With implementation of the electronic submission of **CA-1** and **CA-2 Claims Forms** now available, supervisors are able to report injuries immediately without leaving their office. A CA-1 claim form can be obtained from the following Electronic Data Interchange (EDI) website:

[https://isdmid1.cpms.osd.mil/web\\_html/static\\_java\\_edi\\_sup.html](https://isdmid1.cpms.osd.mil/web_html/static_java_edi_sup.html). Once the claim is input, the form is printed and submitted to the injury compensation program administrator (ICPA) electronically (supervisors may want to include this website in their Internet "Favorites" so that the forms are readily available to them). Access to the ICPA EDI website is controlled. Only the ICPA, with the necessary password information, can get into the website. Also, please remember to provide a **CA-16, Authorization for Medical Treatment**, when an employee is sent to the doctor for their initial treatment. These forms can be obtained at the Civilian Personnel office, Bldg 11777, Rm B-103. (30MSS/DPCE, 6-5847)

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

**a. 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 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)

**b. Safety Notification:** Due to safety rules, regulations and governing directives, the refuse contractor will not be allowed to pickup any appliances that do not have the doors removed. Therefore, you are requested to remove the doors from any appliance prior to putting it on the curb for pick up. If you have a question please contact Service Contracts at 6-2330. (30CES/CEH, 6-3477)

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

**a. 30th Medical Group Survey:** Your opinion matters. Starting 24 Nov 03, make your opinion heard! Located in the clinic lobby, the "OpinionMeter" is a new survey tool that will make your voice count. We want to hear "your opinions" regarding your medical care and our services. **Please** provide us this valuable feedback each time you visit the clinic! (30MDG/SGSB, 6-3012)

**b. Annual Mussel Quarantine Released:** The quarantine that was extended this year due to elevated levels of marine biotoxins along the coast has been released. California Department of Health Services (CDHS) issued the **release of the extended-quarantine period** until the next Annual Mussel Quarantine. The quarantine is issued for the entire California coastline, usually from May 1 through October 31 yearly, to protect consumers of sport-harvested shellfish from paralytic shellfish poisoning (PSP) and domoic acid poisoning. Consumers can receive updated information about PSP and domoic acid by calling CDHS "Shellfish Information Line" at 1-800-553-4133. (30MDOS/SOAM)

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

**Briefing:** 9 Dec 03, 1300, Bldg. 11777, Room C-114. If you are interested in applying for this program, you must first attend the **Palace Chase** briefing. For more information, call MSgt Kartheiser (AF Reserve Recruiter, 6-2704).

**OFFICIAL**

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

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

**SECTION III — UNOFFICIAL**

**General Information:**

**a. 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)

**b. 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)

**c. 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 Kid's 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)

**d. Aqualliers Dive Club Holiday Party:** 13 Dec 03 at 1800, Bldg 6436, 13th & Nevada. For more information contact Roy Wurzbach at 733-5026 or browse our club web site: <http://members.tripod.com/aqualliers/aqualliers.html>. (OL DET 3, WR-ALC/AFTLE, 6-2149)

**e. Vandenberg Enlisted Action Team Meeting:** The next VEAT meeting is 18 Dec 03 at 1000 and will be held at GI Java. We will be serving free coffee and cookies. (30MDOS/SGDD, 6-1846)

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

**a. 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 contact the HAWC at 6-2221.

**b. 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, call the HAWC at 6-2221.

**c. 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 (Dad's are highly encouraged to attend). Class is offered quarterly for more information please call the HAWC at 6-2221.

**d. 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.

**e. 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.

**f. 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:** Vandenberg Officer Christian Fellowship (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](mailto:Keith.keana@vandenberg.af.mil)

**d. 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 is closed for staff training every Monday from 0730—0930. Personnel requiring emergency Air Force Aid will be assisted. Call 6-0039.

**b. Heart Link:** Tuesday, 2 Dec 03, 0830—1400. This program is to assist civilian spouses married to an active duty member 5 years or less. The spouse will gain a greater understanding of the military community, Air Force Mission, traditions, support resources, customs, protocols and commonly used acronyms. Complimentary refreshments and lunch will be provided. The location will be Chapel 1. Free childcare will be provided. To register call 6-0039.

**c. Big Brothers and Big Sisters:** Our new volunteer orientation will be on Wednesday, 3 Dec 03, 1500—1600 at the Family Support Center. Come learn how to broaden a child's horizon and bring some magic into both of your lives. Call 6-0039.

**d. 2004/2005 General Henry H Arnold Education Grant Program:** Last year the Air Force Aid Society awarded \$5.25 million in college education grants to Air Force dependents. Your son, daughter, or spouse could be an eligible candidate. Visit your Family Support Center or the Society's web site [www.afas.org](http://www.afas.org) for information and application for this grant. Don't automatically think you won't qualify. What have you got to lose? A \$1500 college grant!

**e. Bundles for Babies:** Friday, 12 Dec 03, 1400—1600 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. Bundles for Babies is for active duty Air Force members and their spouse. Please be advised not to bring children to this program. Call 6-0039 to register.

**f. Kids on the Move:** Friday, 5 Dec 03, 1500—1630 at the Family Support Center. For children ages 6-11 just arriving or departing Vandenberg. Call 6-0039 to register.

**g. 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.

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

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

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

- **Shop Closure:** 28 Nov 03—8 Dec 03. The Auto Hobby Shop will be closed for re-flooring.
- **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.
- **Dollar Days:** Thursday, 1800—2100. \$1 per person per game.
- **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)

- **Thanksgiving Hours:** 27 Nov 03. Breakfast hours are 0600—0900 and the Thanksgiving meal hours are 1100-1700. The meal is open to all valid ID card holders and their families and there is no limit on the number of guests.
- **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 childcare per month for parents who need a break. Give us a call and find out how you can qualify.
- **Drop-in Care Available:** The Child Development Center is open to active duty military, DOD civilians, and DOD contractors, as well as reservists placed on active duty for training. The CDC has drop in care for \$3.50 an hour on a space available basis.

#### e. Family Child Care: (30SVS/SVYD, 6-3255)

- **Provider Training:** The need for Child Care Providers has never been greater! Help make a difference and find out how you can become a licensed childcare provider. Contact Gwendolyn Jones at 6-4639 or 6-3255.

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

- **Beach Fun Run:** 3 Dec 03, 1200. Catch this 5K run at Wall Beach sponsored by the Fitness Center.
- **Men's Varsity Basketball Tryouts:** 1-3 Dec 03, 1800. Starting at 1800 each day at the Fitness

Center Gym. For more information call 606-3833.

- **Fitness Contest:** Now through 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:** Now through 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)

- **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 youth ages 8 years and up. Cost is \$5 each session including use of rental club set and range balls.

**i. 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!
- **Club and Foggio's Closed:** Thursday and Friday, 27 and 28 Nov 03.
- **Mug Night:** 29 Nov 03, 2100—0200, in the E-Lounge.
- **Football Frenzy:** 1 Dec 03, 1700. Tennessee Titans vs. N.Y. Jets.
- **Bonanza Bingo:** Play Bonanza Bingo at the Club 7 days a week for just \$1 per ticket! You may win up to \$1000.
- **Pizza With Santa:** 8 Dec 03. Family pizza night with a holiday movie on the big screen TV! Plus, a special appearance by Santa at 1900.

**Menu:**

- **New Foggio's Evening Hours:** Sunday, 1700—2000, Monday - Thursday, 1700—2100, Friday, 1600—2200, Saturday, 1700—2100.
- **Fried Chicken Night:** 25 Nov 03, 1600—2100.
- **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.

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

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

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

- **Santa Visits Base Housing:** Volunteers needed to help make home deliveries. Dates are Monday through Thursday, 8-11, 15-18, 22-23 Dec 03. If you are interested, contact the Services Center at 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 605-8974.

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

- **Ceramics Courses:** 5, 12, 19 Dec 03. Sign up early for the next batch of ceramics courses in December. Classes run on Wednesday from 1730-2030, and the cost is \$25 for all three sessions.
- **Stained-Glass Workshop:** 26 Nov 03, 1700. \$2 per hour + cost of materials.
- **Scrapbooking Workshop:** 27 Nov 03, 1800—2100. \$2 per hour + cost of materials.

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

- **Pool Closed:** Due to delays in the maintenance the pool will be closed until further notice.

**no. 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.

**op. Youth Center:** (30SVS/SVYY, 6-2152)

- **Breakfast With Santa:** 13 Dec 03, 0900-1100. Don't miss an exciting morning of holiday fun! Stop by the Youth Center for a free breakfast, photo with Santa, holiday arts & crafts, games and prizes!
- **Membership Drive:** 15—19 Dec 03 at the Youth Center. Find out what great things the Youth Center has to offer for the upcoming year. Sign up during our December drive and save \$5 on your 2004 membership.

**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. 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 with seven specializations including Safety and Space. The graduate classes are offered at our off base location at 3875F Constellation Road, Lompoc. Registration for the Spring 2004 term begins 08 Dec 03 and continues through 19 December 03. Visit our website at [www.erau.edu/vandenberg](http://www.erau.edu/vandenberg) or call the office for current information regarding admissions and our programs. Embry-Riddle is in the Education Complex, 144 Wyoming Ave. Rm A-1. Office hours are Monday—Thursday 0830 to 1730 and Friday 0900 to 1200. Our phone numbers are 6-6557/734-4076. Our email is [Vandenberg.Center@erau.edu](mailto:Vandenberg.Center@erau.edu).

**c. Gift Donations:** Embry-Riddle Aeronautical University, Vandenberg Center is collecting donations of gifts for local teenagers who are in foster care in Lompoc and Santa Maria. The holiday season is a difficult time for those who reside in foster care and are away from their families. Every contribution will make this difficult time easier for these teenagers. The assigned Social Workers have provided “wish lists” from the teenagers that are in their care. These “wish lists” are in the form of Christmas Angels. Anyone wishing to participate in this gift drive is welcome to come to the Center office and “pick” an angel off the Christmas tree. Contributions will be collected during regular office hours, Monday—Thursday, 0900 to 1730 and on Friday from 09:00 to 12 00. Donations are tax deductible.

**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:** Word AutoText that's more Auto! - You're a sharp one: To avoid having to retype a paragraph of boilerplate text, you've turned that paragraph into an AutoText entry. Only problem is, you still have to reformat the paragraph every time you enter it into a document. How come? Because you didn't use the following method to turn both the paragraph AND its formatting into an AutoText entry: 1) Click the Show/Hide button, (the one with the paragraph mark, looks like a backwards-P). 2) Select the paragraph AND the paragraph mark following it. 3) Press Alt + F3. 4) Type a name for your AutoText entry. 5) Click OK. **Second Tip:** START 'EM UP - Excel lets you choose the page of your printout on which you can start your page numbers: 1) Choose File + Page Setup. 2) Click the Page tab. 3) In the First Page Number text box, type the number of the page on which you want to start your page numbering.

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

<b>Class</b>	<b>Date(s)</b>	<b>Time</b>
Outlook Email Only	26 Nov 03	0800—1100
PWRR	26 Nov 03	0800—1100
Acrobat Reader	26 Nov 03	1130—1230
Project 2000	1-4 Dec 03	1300—1600
Workgroup Managers Course	1-5 Dec 03	0800—1600
Outlook - Tasks: Making, Assigning, & Tracking	1 Dec 03	1130—1230
Defense Message System 3.0	1 Dec 03	0800—1100
Outlook	2-4 Dec 03	0800—1100
Photo - Panorama	3 Dec 03	1130—1230
Outlook Email Only	5 Dec 03	0800—1100

Windows - Tips and Tricks	5 Dec 03	1130—1230
Word Advanced	5 Dec 03	1300—1600
Publisher 2000	8-11 Dec 03	0800—1100
Photoshop Elements	8-12 Dec 03	1300—1600
Word - Mail Merge	8 Dec 03	1130—1230
IAAP Managers	10 Dec 03	0800—1130
Excel - Headers and Footers	10 Dec 03	1130—1230
Outlook Email Only	12 Dec 03	0800—1100
Word - Styles & Table of Contents	12 Dec 03	1130—1230

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

#### Items For Sale:

**For Sale:** 2003 Nissan Black 350Z. This is a sweet looking and handling car! Custom wheels, custom stereo, and less than 6000 miles! I've got orders and am considering selling. Financed \$32,000 in Mar, asking \$28,000. Call Donovan at 734-0132.

**For Sale:** 2000 Nissan Xterra SE, Red, V6, 58k, A/C, CD, Cruise, Power Windows, Power Locks, \$15,500, Contact Josh at 734-0601.

**For Sale or Trade:** Must sell, 1995 Chevrolet Astro Van 75K Miles (Low for year). Strong 4.3L V-6, California Package, Aluminum Mags, Teal Blue, Custom Trailer Hitch, AC, Electric front windows, cassette stereo and CD Adapter, luggage rack, well maintained. Will trade for a late model Chevy Pick-up 6 or 8 cylinder or Toyota 6 cylinder. Must see to appreciate, \$7800. OBO. Call 934-1051 after 1500.

**For Sale:** 1995 BMW 325i convertible, Prem/Sport pkg, lthr, chrome wheels, steel grey/grey, Blk fully automatic top, Tiptronic trans., trip computer, new tires and brakes. Kelly blue book \$16,500 asking \$13,900 please call 734-1289.

**For Sale:** 1989 Chevy Silverado 4x4 LB, needs transmission work. New radiator and gaskets from heads up. \$2700. Please call 805-714-4240.

**For Sale:** 2003 Honda Shadow Spirit, 750cc. Excellent Condition. 3061 miles. Comes with Rifle Windshield, Leather Saddle Bags, New Mustang Seat (have original seat), Helmet and Leather Jacket. \$5000 Firm. Call TSgt Fry at 734-0621. Leave a Message.

**For Sale:** 2000 Suzuki Hayabusa GSX-1300R. Garage kept, never been down, only 4700 miles, 40 pounds lighter than stock, bought for \$10,700 in Aug 2000, a must see! This is a steal for someone! \$8,000 firm, call Donovan at 734-0132.

**For Sale:** 1 year old, German, burgundy leather sleeper sofa with wood back and carved trim, \$1,200. 1 year old, children's, pine bedroom set; has built in desk, \$500. If interested call 805-717-3057 or 734-1767.

**For Sale:** Black, 7-piece Bedroom set: includes dresser, mirror, chest, end table, lamp, floor lamp, and headboard. Asking \$130 OBO. Call 734-2205.

**For Sale:** Brand new lawn mower, weed eater, extension cords and leaf blower all for \$400. Brand new basketball hoop \$80. Call 734-1936.

**For Sale:** Dining table and 6 chairs, Mission style, 8 months old, excellent condition; cost \$1100. Sell for \$500. Call 734-8857.

**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.

**For Sale:** NFL Game Coin - 75th Anniversary - San Francisco 49ers. Sterling silver and gold engraved. Limited edition minting. Nice display case and certificate(s). \$100.00 929-6712 (leave message)

**Moving Sale:** Queen size mattress & box spring; bookshelf; computer desk; make offer, 735-2291

**Moving Special:** 1 month old Maytag Electric Dryer at BX for \$339, selling price \$290. Save \$50 dollars and Free Roper washer included. 2-month-old Panasonic Inverter microwave at BX for \$125, selling price \$100 OBO. Call 348-1927 or 588-3424.

**For Sale:** Rectangular (36" x 60") dining table with four chairs \$200, upright Yamaha piano with bench \$500. Call 733-0608.

**Free Dog:** AKC Male German Shepherd, 18 months old. Free to a good loving home! Please call John at home: 938-0398 or cell: 478-0722.

**Wanted:** Toddler car seat; stroller; high chair. Call 736-8857.