



# Base Bulletin

Vandenberg AFB, CA 93437-0759



31 December 2003

No. 53

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 Bulletins are valid for 90 days unless rescinded or superseded. Note: If an article requires a 30SW Form 400, this form must be submitted with the article, or it will not be published.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

**b. Retirement Luncheon:** A luncheon honoring Mr. Terry Shafer will be held at Jack's in Old Orcutt on Friday 09 Jan 04 from 1130—1300. RSVP to Gordon Maness at 6-8825, NLT 02 Jan 04. Come and join us as we say farewell to an all around good guy and local hero. (2ROPS/DOUS, 6-8825)

**c. MPF Retirements and Separations Briefing:** The Briefing schedule will resume on 7 Jan 04 and continue every other Wednesday thereafter. Please contact TSgt Almodovar at 6-4948 for additional information. (30MSS/DPMAR)

**d. Airman Leadership School Request:** The Vandenberg Airman Leadership School is looking for 32 good copies of AFH 33-337, The Tongue and Quill. We require these books for classroom use. If you have any surplus copies of this publication, please call TSgt Kari Hughes at 6-5595 or e-mail, [kari.hughes@vandenberg.af.mil](mailto:kari.hughes@vandenberg.af.mil) (30MSS/DPN)

**e. Team Vandenberg 2003, Annual Awards Suspense:** All Company Grade Officer, Enlisted, Civilian, and Volunteer packages are due NLT 1630, Tuesday, 21 Jan 04. HAND CARRY all packages to MSgt Smith, Rm C-104 of Bldg 10577 (Wing Legal Office). Address packages to 30SW/CGO Board Facilitator, 30 SW/Enlisted Board Facilitator, 30SW Volunteer Board Facilitator, or 30SW Civilian Board Facilitator. Rules of Engagement/Criteria are found in the attachments below. **Do Not Forget To Use The New IMT FORM 1206, As We Can No Longer Accept The FormFlow Version.** (30SW/JAE, 5-6207)

**f. 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: (30SCS)

**a. Email Authentication:** The email display name is the text shown in your Microsoft Outlook "From" column when you receive an email. You use it as a way to quickly identify the person or office sending an email. However, it is not a proper method of authentication of the sender. You should always verify receipt of a proper digital signature for important emails, and for all emails starting 1 Apr 04 per DoD guidance. The digital signature is created by use of your Common Access Card (CAC). Display name standardization aids in a quick method for gaining pertinent information about the sender, such as office, rank, organization, and

**TEAM VANDENBERG**

active duty affiliation, contractor or civil servant position grade (or optional civ). If your display name is not current, or you have not received a CAC card, please contact your Workgroup Manager (WM) or the Military Personnel Flight (MPF) respectively. (30SCS/SCB, 6-3078)

**b. Attention Telephone Control Officers (TCOs):** The December 2003 Lompoc and Santa Maria/5 Cities Commercial Verizon Telephone Directories have arrived and are ready for distribution to **government organizations** only. For any organizations in need of Santa Maria/5 Cities Directories in addition to Lompoc, do not delay in picking these up as we have a limited supply. You may pick these up at 867 Washington Ave, Bldg 12000, Rm 202 Monday – Friday between 0900—1100 & 1330—1430. Any questions may be directed to Cheryl Jones, 6-5678. (WROCI/InDyne)

**c. Media Breakdown Before Final Destruction:** All Vandenberg personnel who utilize the Base Destruction Facility in Bldg 7423 should first review **30 SWI 31-105, Base Destruction Facility**, and pay close attention to **paragraph A1.3 in Attachment 1**. Non-compliance before actual media destruction will result in rescheduling. (30SCS/SCBR-6-4212/6-0682)

### 3. Traffic Management Office: (30LRS)

**a. Shipping/Receiving Packages Via Federal Express:** Attention all base organizations that ship and/or receive packages via Federal Express: Under the DOD approved GSA contract, FedEx is authorized to transport unmarked classified packages up to a classification of SECRET. Any packages you receive from FedEx must be treated as classified material until it is determined to be otherwise. When shipping classified items, they must be processed through TMO Cargo Movement unless other arrangements have been made. TMO must be advised on the classification level. Any questions may be directed to TSgt Scott, ext 6-3381(30LRS/LGRDC)

**b. Attention TMO Customers:** If you have recently arrived PCS and have household goods in storage awaiting quarters, schedule delivery of your personal as soon as you have a firm address and move in date. Local agents may not be able to provide prompt delivery services if they are not provided sufficient lead-time. Contact SSgt Agcaoili, 6-0906. (30LRS/LGRT)

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

**a. Voluntary Leave Transfer Program:** Johnna DeSimone - Schriever AFB, Sandra Jernigan, Betty O'Herlihy, Howard Brown, and Tim Jones - Luke AFB, Michael Baca - HQ ARPC/MSC, Glenda Bennet - Peterson AFB, Lynda Debiccari, Tamara Jones, and Herlene Thurman - Los Angeles AFB, Carolyn DeLaGarza - Langley AFB, Contine Francis and Janice Shinkle - Macdill AFB, Delores Green - Dobbins ARB, Wilson Holloway and Frank Valentik - Avon Park AFR, Jane Kelsey and Earle Tasse - Eglin AFB, Roberta Clark, Eileen Clemmons, Theresa Currier, Jennifer Mac Davitt, and Lisa Wiggs - Patrick AFB, Earl Mikula - Buckley AFB, Dotsy Parnell - Shaw AFB, Sue Sommers - Scott AFB, Jeneke Lacy, Jacquelyn Schmidt and Carol Vilcek - AF Academy, Mike Weatherly - Homestead ARB, 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](http://www.opm.gov/FORMS/PDF_FILL/opm630A.pdf)

**b. Thrift Savings Plan (TSP) Open Season ends on 31 Dec 03:** FERS employees may elect to contribute up to 14 percent of their basic pay and 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/menu.htm> to change the allocation of the funds you are contributing to, access the TSP website at <http://www.tsp.gov>. (30MSS/DPCE, 6-5847)

**c. Catch-Up Contributions** - Employees wishing to make 2004 TSP Catch-Up Contributions may make their election anytime on or after 30 Nov 03. The first **pay date** in which Calendar Year 2004 TSP Catch-Up Contributions will be made is 2 January 2004. To enroll or obtain information about the program, eligible employee should visit the BEST Homepage <http://www.afpc.randolph.af.mil/dpc/best/menu.htm> and make their election via either the BEST-automated web or phone. 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. Participants must make a new election each year. Employees who turn age 50 between 1 Jan and 31 Dec 04 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>. As a reminder, employees can make TSP Catch-Up Contributions year-round: (30MSS/DPCE, 6-5847)

**5. 30<sup>th</sup> Medical Group:** (30MDG)

**a. New Flight/Missile Medicine Sick Call Hours:** Beginning 1 Jan 04, Flight/Missile Medicine's new Active Duty sick call times will be from 0730—0800. Friendly reminder: sick call is designed for patients who are unable to wait for an appointment. Examples would be vomiting, diarrhea, severe pain, etc. For more routine ailments, such as, soreness, medication refills, and waiver renewal appointments, please continue to make scheduled appointments by calling Flight/Missile Medicine at 606-5560. When using Flight/Missile Medicine sick call, we ask that patients arrive between 0715 and 0730 to ensure that we can see you in a timely manner. Dependents needing a sick call appointment should call Flight/Missile Medicine at 606-5560 for further instructions. (30MDG/SGSB)

**b. Operation Baby Launch:** The 30<sup>th</sup> Medical Group invites anyone anticipating starting a family and expectant parents to attend Operation Baby Launch on 12 Jan 04 at 1700 to gather information on health care options and benefits. Representatives for each of the contracted hospitals will be in attendance. No registration is necessary. Spouses and partners are welcome. For more information please call Nancy Silas, 6-8217, Eileen Fox, 6-5338 or Pam Coggins at 5-8254. (30MDG/SGOMH)

**6. 30<sup>th</sup> Security Forces Squadron:** (30SFS)

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

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

**c. Firearms Registration:** IAW 30 SWI 31-101, Installation Security Program, Paragraph 14.3.1, states all base residents who own or possess firearms must register them with the Pass and Registration Office. To initiate the process, request an AF Form 1314, Firearms Registration, from your orderly room. After completing in triplicate, take the signed form to Bldg, 11777, Rm C-111. For more information, contact your Resource Protection Monitor, or call 5-0797. (30SFS/SFOSP)

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

**Briefing:** 13 Jan 04, 1300, Bldg 11777, Rm C-206. If you are interested in applying for this program, you must contact MSgt Brenda Kartheiser to schedule a briefing. (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 Holidays and to confirm stays up to ten days in lodging quarters (\$29.00 per night) now 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. To book call 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. (30SVS/SVML, 6-1844)

**c. Parents Advisory Committee Meeting:** The Youth Center's Parents Advisory Committee meets the first Wednesday of each month. Lunch is provided by the Youth Center Staff. If you are a parent of a child that attends the Youth Center, please make time to attend this meeting. Our next meeting is scheduled for Wednesday, 7 Jan 04 at 1130 at the Youth Center, Bldg 16165. For more information, contact TSgt Wheeler at 6-5403. (30SCS/SCBH)

**d. African-American Association Meeting:** The African-American Association will meet on Thursday, 8 Jan 04 at 1130 at the Services Center, B/10122. (30 CES/CEOEA, 5-3544)

**e. Aqualliers Dive Club Bar B Q and Elections:** 11 Jan 04, 1300, at, Bldg. 6436, 13th & Nevada. Prizes for Largest Fish, Lobster. 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)

**f. Dining Facility Advisory Board Meeting:** The next Dining Facility Advisory Board meeting will be 14 Jan 04, 1000, at Breakers Dining Facility. (30SVS/SVMX, 6-3219)

**g. Quarterly Birthday Meal:** The Quarterly Birthday Meal will be held at the Breakers Dining Facility on 15 Jan 04. Members with birthdays in the months of October, November and December are invited. The doors will open at 1700 and Team Vandenberg Commanders, Chiefs and First Sergeants will serve the meal at 1730. (30SVS/SVMX, 6-5496)

**h. 2-Drawer Safe Needed:** The Radio Frequency Spectrum Management Office needs a working (not locked out) security container. You call - we'll haul. (30SCS/SCMI, 6-6695)

**i. CPR Instructor Course:** The Santa Barbara County Red Cross will be holding a series of classes leading to certification as a CPR Instructor. Teaching this class is a great way to keep your skills fresh, and provide a life saving skill to other members of the community. Classes will be held at the Santa Maria Office, 222 W. Carmen Lane, Suite 222. Prerequisites: Must be at least 17 years old, and must attend all sessions. There is a total of 22 hours of instruction for the two required courses, "Fundamentals of Instructor Training", and "Instructor Course in the First Aid/CPR/AED Program." Classes begin Monday, 12 Jan 04 and conclude Thursday 23 Jan 04. Classes are Monday, Wednesday, and Thursday evening from 1800—2100 or 1800—2200. Candidates completing the course will be authorized to teach American Red Cross First Aid, Adult, Infant, Child CPR, and AED. Cost of the entire course is \$120.00. If you teach two or more volunteer Community Classes in Santa Barbara County in the next 12-months you will receive a refund of \$50.00. For more information or to register call 928-0778. (30SCS/SCSP, 6-7892)

**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 (Dads 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. Holiday Worship Service Schedule:** Please call the Chapel at 6-5773 for further Holiday Information or activities.

31 Dec 03	1700	New Year's Vigil Mass	Chapel II
31 Dec 03	2200	Watchnight Service	Chapel II

**e. Monthly Prayer Breakfast:** Come and join us for our monthly prayer breakfast Thursday, 15 Jan 04 at 0630 at the Chapel I annex. Col Wayne Louis, former Vice Commander of the 30th Space Wing will be our guest speaker.

**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. Anger Management:** This 4 week class will begin 6 Jan 04, 1400—1600 at the HAWC. To register for this class call Linda Bastine at 6-9958.

**c. TAP Seminar:** 6-9 Jan 04, 0800—1600 at the Family Support Center. This is a highly recommended seminar for those who are scheduled to be retire from the military service 2 years or less out. To register call 6-0039.

**d. 7 Habits of Highly Effective Air Force Families:** This workshop will meet for 3 Friday evenings, 1700—2100, beginning 16 Jan 04 at the Family Support Center. The workshop is tailored made to the Air Force by addressing issues around family relations, financial, relocation and separation issues. Call 6-0039 to register for this class.

**e. 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!

**f. 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.

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

**h. VAFB Mothers of Twins Group:** If you would like to get together with other parents of multiples to discuss everything from bed rest and triple strollers to potty training and separate classrooms, please join us. We are forming a new support group for families. For further information contact Karen Duncan at 734-1654 or [KSDSM@aol.com](mailto:KSDSM@aol.com)

**30<sup>th</sup> 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:** 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)

- **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.

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

- **New Year's Holiday Hours:** 1 Jan 04. Fitness Center open from 0800-1800.
- **New Year's Fun Run:** 9 Jan 04, 1200.
- **Family 1.5 Mile Walk:** 14 Jan 04, 1200.

**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)

- **Winter Open:** 3-4 Jan 04. Sign up at the Pro Shop. Entry fee is \$20.
- **Santa Maria BBQ:** 15 Jan 04, 1100—1330.
- **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. Outdoor Recreation/Equipment Checkout:** (30SVS/SVRO, 6-5908)

**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!
- **New Year's Celebration:** 31 Dec 03, 2030—0200. Welcome in 2004 with the traditional New Year's bash! Cost is \$5 for members and \$10 for non-members. Includes party favors and breakfast at 0030.
- **After New Year's Mug Night:** 3 Jan 04, 2100—0300, in the Enlisted Lounge.
- **Country Night:** 9 Jan 04, 2100—0200, in the Enlisted Lounge.
- **Karaoke Night:** 9 Jan 04, 1900—2300, in the Officers' Lounge.
- **18 & Over Night:** 10 Jan 04, 2100—0300, in the Enlisted Lounge.

**Menu:**

- **Weekly Lunch Schedule:** Tuesday - Mexican, Italian, or Oriental Buffet (rotates weekly); Wednesday - Santa Maria BBQ Buffet; Thursday - Chicken and Ribs Buffet; Friday - Seafood Buffet.
- **Monday Night Pizza Special:** 5 Jan 04. Club Members get \$5 of any large pizza, non-members \$3, during Foggio's evening hours. (Carryout only, no coupons.)
- **Fried Chicken Buffet:** 6 Jan 04. Now enjoy Pacific Fried Chicken in a buffet! Chicken entrees, mashed potatoes and gravy, corn-on-the-cob and rolls. Members, \$6.95.
- **Kids Night:** 7 Jan 04. Children 12 years and under get a 6-inch mini pizza with choice of toppings and soda - \$1.50. (No coupons)
- **Pasta Mania Buffet:** 8 Jan 04. Members, \$6.95. Children 4 years and under are free.

**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)

- **Indoor Cycling:** Saturday from 0800—0845 at the Services Center. (FIP Class)
- **UPS Shipping:** Stop by the Services Center for your UPS shipping. Available Monday through Friday from 0800—1700.
- **Natural Knead Massage:** New extended hours! Monday-Friday open until 1900. Special holiday gift baskets and gift certificates are now available.

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

- **Stained-Glass Workshop:** 7 Jan 04, 1700. \$2.50 per hour + cost of materials.
- **Scrapbooking Workshop:** 8 Jan 04, 1700. \$2.50 per hour + cost of materials.

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

- **Pool Closed:** 31 Dec 03. Due to repairs, the pool will be closed until further notice.

**o. Veterinary Clinic:** (30SVS/SVRV, 6-3019)

- **Clinic Day:** 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)

- **Membership:** Find out what great things the Youth Center has to offer for the upcoming year. Youth Center Membership for 2004 is available.

**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 now until 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. (30MSS/DPHE)
- b. Attention - Schedule Change:** The Education Flight will be closing our doors every Friday until 31 Jan 04. Please make adjustments to stop by our offices prior to Friday. Thanks for your understanding during this time. (30MSS/DPHE, 5-5903)
- c. Attention Team Vandenberg Members:** Due to the advancement of the Computer Age and the goal of a "Paper-less Air Force" the Education Center will be releasing hard copies of Education Records to all members. Please stop by and pick up your education records. The suspense of complete disbursement is 30 Jan 04. Note: Remaining Education Records will be shredded after Suspense date. Any questions or concerns can be directed to the Education Office at Bldg 14001 (across the street from the Commissary) or contact A1C Starks at 5-5904. (30MSS/DPHE)
- d. Who Needs Money?!?** The Military Officers Association of America (MOAA) is again giving away scholarship money. The scholarship is for all students who are dependent children of Active duty personnel. This Scholarship is a MOAA program to honor 50 college-bound or current undergraduate students with individual \$1000 Scholarship grants for the 2004-2005 school year. Students will be selected by random drawing among applicants. Membership in MOAA is not required and there are no need-based criteria, no GPA minimum, no essays and no fees. Interested students can easily apply by completing the on-line application located on the MOAA website: <http://www.moaa.org> Applications must be received by **noon, 1 Mar 04 (No Exceptions)** (30MSS/DPHE)

**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: [lexi.schwartz@vandenberg.af.mil](mailto:lexi.schwartz@vandenberg.af.mil)
- b. Computer Tips: First Tip:** Configure Excel so comments are always visible - You may already know that comments are a great way to provide user instructions or background information about data in specific cell. To create a cell comment, click in the desired cell and choose Insert | Comment. Then, type your message and click outside of the comment box. By default, Excel indicates that a cell contains a comment by inserting a small red triangle in the upper-right corner of the cell. To view the comment, you ordinarily have to hover the mouse pointer over the triangle. However, you can configure Excel to always display comments. To do so, select Tools | Options from the menu bar and click on the View tab. Then, choose the Comment And Indicator option in the Comments panel and click OK. If you find that a comment box gets in the way of a particular bit of data, just drag the comment box to a new position. An arrow will continue to anchor the comment to the appropriate cell. **Second Tip:** Easily locate fields in your Word documents - Using fields in your documents is a convenient way to retrieve and update all kinds of information automatically. However, as handy as fields may be, they can be difficult to pinpoint when you need to edit them. One way you can make fields stand out is to apply permanent onscreen shading. To do so, choose Tools | Options from the menu bar, and then click on the View tab. In the Show panel, select Always from the field shading dropdown list, and then click OK. In addition, you can easily locate fields by jumping to them. To jump forward from field to field, press [F11]. To jump backward from field to field, press [Shift][F11].
- c. Available Classes:** Following are classes scheduled for the new year, which have open slots:

Class	Date(s)	Time
Photo - Special Effects I	5 Jan 04	1130—1230
Access 2000 Basic	5-9 Jan 04	1300—1600

Outlook Email Only	5 Jan 04	0800—1100
Intro to Computers	6 Jan 04	0800—1100
Excel - Filtering, Sorting, and Subtotals	7 Jan 04	1130—1230
Word 2000	7-9 Jan 04	0800—1100
ISSO Training	7 Jan 04	0800—1130
Photo - Special Effects II	9 Jan 04	1130—1230
PowerPoint 2000	12-16 Jan 04	1300—1600
Workgroup Managers Course	12-16 Jan 04	0800—1600
Office - Object Linking & Embedding	12 Jan 04	1130—1230
Photo - Selecting What You Want	14 Jan 04	1130—1230
Office - Customizing Toolbars	16 Jan 04	1130—1230
Outlook Email Only	20 Jan 04	0800—1100
Project 2000	20-23 Jan 04	1300—1600
Information Technology EC Training	21 Jan 04	0900—1100
Certification & Accreditation	21 Jan 04	0800—1130

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

#### Items For Sale:

**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, \$6,500, call 937-3787.

**For Sale:** 1999 Ford Explorer Sport Utility. 2D, AC, Power Steering, Power Windows, Power Door Locks, Tilt Wheel, Cruise Control, CD, Privacy Glass, Running Boards. V-6, 4.0 Liter, 5 speed, K&N air filter, Flow Master Exhaust, Oversized Tires, and Tow Package. Mileage is 77,000. \$8,000 OBO. Call Mike 733-5049.

**For Sale:** 1998 Cadillac Sedan Deville 52,000 original miles, pearl white, power everything, tinted windows, excellent condition \$12,800 OBO. Home Phone 734-1412. Cell Phone 588-0486.

**For Sale:** 1996 Ford Explorer Sports Utility 2D, AC, AM/FM, rear air, power steering, windows, door locks. Tilt wheel, cruise control, and sunroof. Excellent condition. Asking \$7,500 OBO. Call 268-3965.

**For Sale:** 1993 Cadillac Sedan Deville 120,000 miles, white and gray, power everything, new transmission from AAMCO at 112,000, the car is in excellent condition \$3500 OBO. Home Phone 734-1412. Cell Phone 588-0486.

**For Sale:** 1996 Honda Shadow VLX 600 8,800 miles, red and black, comes with windshield, saddlebags, custom pipes and new tires excellent condition \$3300 OBO. Home Phone 734-1412. Cell Phone 588-0486.

**For Sale:** 1976 Honda CB 750, 55,000 miles. Helmet and sash included. Asking \$500. Please call Arthur at 734-0454.