

*Celebrate Armed Forces Day
At*

Cambria Winery

In the Santa Maria Valley

Saturday, 21 May

11:00am - 3:00pm

*Enjoy appetizers & special discounts
in Honor of our Military Personnel
both
Active & Retired*

FREE Tasting with Military I.D.

*For Directions please visit
www.info@Cambriawines.com
or call 805-938-7318*



*No Federal Endorsement of Sponsor Intended
Please Drink Responsibly*

FOG

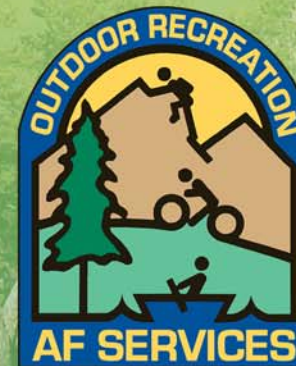
FUN OPPORTUNITY GUIDE

APRIL 2011

COME AND EXPLORE

CALIFORNIA

NATIONAL PARKS



FORCE SUPPORT SQUADRON MONTHLY



Force Support Spotlight

Highlighting the very best from FSS!

Steven (Jonesy) Jones

Auto Hobby Shop

Stephen Jones is dual employed at the VAFB Auto Hobby Shop. As the NAF vehicle mechanic, Jonesy maintains the 30 FSS fleet of 29 general and special purpose vehicles. He performs scheduled maintenance such as oil changes, safety inspections, or tire rotations, and ensures activities the most cost effective means of parts replacement and labor service.

As an Automotive Worker, Jonesy is a valuable asset to the Auto Hobby Shop. He works very well with all customers and staff members. His twenty plus years of automotive experience and positive can-do attitude has greatly improved services. Jonesy applies his "tricks of the trade" daily to assist customers in diagnosing derivability problems and making needed repairs that extend the service life of their vehicles. He also brings a high level of maturity and integrity to the shop; far exceeding his peers.

Jonesy continually receives positive comments from customers and has established a following of patrons who seek him out on visits. He is a key ingredient in the Auto Hobby Shop maintaining excellent customer satisfaction ratings.

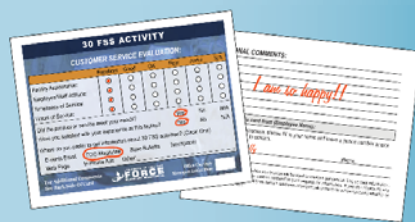
As the Facility Manager Alternate, Jonesy coordinates with the Civil Engineering Squadron on facility improvements and repairs. He assists the Auto Hobby Shop Manager in managing NAF property valued at \$911K, APF property at \$50K, and pilferable items with a purchase value of \$36K. As the alternate Hazardous Waste and Hazardous Materials Manager, Jonesy also ensures the Auto Hobby Shop is in compliance with all Federal, State, and County requirements. The Auto Hobby Shop received zero findings during this year's 2011 ESOHCAMP inspection.

CUSTOMER FEEDBACK

Put your suggestions on ICE!

Do you have any feedback on how the 30th Force Support Squadron and its programs can better meet your needs?

Be sure to share your comments with ICE, our customer feedback system. Comment cards and drop boxes are available in many of our 30 FSS activities and online at: www.30FSS.com.



Vandenberg Air Force Base Quick Reference Phone List

Force Support Facilities

A Natural Knead	
Massage.....	605-4748
Airman & Family Readiness Center.....	606-0039
Auto Hobby Shop	606-6014
Breakers Dining	734-3997
Dial-A-Menu.....	606-8234
Child Development Center (CDC).....	606-1555
Education Office	605-5900
FamCamp.....	606-8579
Family Aquatics Center	606-3581
Family Child Care.....	606-3255
Fitness Center.....	606-3832
Healthy Palate	605-0079
Human Resources Office	606-8906
Information, Tickets & Travel (ITT)	606-7976
Library.....	606-6414
Billeting/Lodging.....	606-1844
Marketing & Publicity	606-0276
Marshallia Ranch Golf.....	606-6262
MPF Customer Service	606-2276
Outdoor Recreation.....	606-5908

Pacific Coast Club.....	734-4375
Starbucks/Take-out	734-4362
John's Barbershop.....	606-2428
Rod & Gun Club	606-4560
Skills Development Center .	606-6438
Frame Shop	
Wood Shop	
Surf Lanes Bowling	606-3209
Snack Bar/Take-Out.....	606-7500

Veterinary Clinic	606-3019
Youth Center	606-2152

Other Numbers

Airman's Attic	606-5484
Balfour Beatty	606-1840
Maintenance.....	734-1488
Base Exchange	734-5521
Base Operator	606-1110
Clothing Sales (Military)	606-5111
Cleaners.....	734-3039
Commissary	734-3354
Law Enforcement Desk.....	606-3911
Post Office.....	734-2336
Retiree Activities Office.....	606-5474
Thrift Shop	606-3128
Visitor's Center	606-7662

[ugt] you got talent



FAMILY & TEEN TALENT SHOW

Free Event! 20 April at the Youth Center

Vandenberg's most talented youth can compete for best in AF Space Command
POC Lynn Warner, 606-0866 or email warlina.warner@vandenberg.af.mil

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On the Cover...



Outdoor Recreation offers a variety of trips to some of California's most scenic and beautiful national parks. This summer you can sign up with a camping excursion and see the many natural wonder that California has to offer.

Cover Design: Mike Peterson
Photos: Robert Bumpass

Check us out on Facebook!
Get the link at www.30fss.com



Director: **Mike Peterson**
Illustrator: **Phillip Gellentien**
Sponsorship: **Cheryl Sawyers**

The Fun Opportunity Guide (FOG) is brought to you by the 30th Force Support Squadron marketing department. The contents of this publication are not necessarily the official views of, or endorsed by, the U.S. Government, the DOD, or the Department of the Air Force.

ALL PROGRAM DATES AND TIMES ARE SUBJECT TO CHANGE.

For more information, please contact 805-606-0276 or visit www.30fss.com.



CASH BACK: *Start earning points with every purchase!*

As easy as it sounds! Pay with your Club MasterCard and earn 1% cash back on every eligible dollar you spend off base and 2 points for each eligible dollar spent at AAFES locations, the Commissary, and Force Support Squadron activities. And, you pay 0% interest on your card for 6 months.

U-CHOOSE: *Pick the card that's right for you!*

This program offers new club members their choice of credit card when applying. Take advantage of the full MasterCard with extra perks or choose the proprietary option with a lower limit. Which card is right for you? Take a look at the card comparison online at www.30fss.com.



MILITARY FREE CASH:

"Military Free Cash" is a rewards program for Club MasterCard holders. Points redemption starts as low as 2,500. Redeem 2,500 points for \$25 cash or gift card. Points accumulate automatically and are tallied on your monthly statement, and are good for a full two years. The club card also has a TravelPlus rewards program option, so you can put your points towards free airline travel, car rentals, hotel stays and free gift certificates. No blackout dates - \$29 annual fee.

MEMBERS FIRST SAVINGS & MORE!

Enjoy special discounts with your membership. In addition to saving \$1 off our daily lunch and Friday night lounge menus, you can take advantage of our special \$5 Monday lunch buffet, a 10% discount on the PCC coffee shop's "We Proudly Brew" Starbucks drinks, discounts on special evening dining events, free food during our monthly First Friday socials, and much more... Just show your Club Card and start saving!

DUES DEFERRAL!

Did you know... The Pacific Coast Club defers it's dues for members who are deployed? Just bring in a copy of your orders and your dues will be deferred for the extent of your deployment! Check with the cashier's cage for details.

Stop by the Pacific Coast Club today for an application or sign up for membership online at www.30fss.com

An advertisement for Youth Programs. At the top, it says "YOUTH PROGRAMS" in large blue letters over a photo of a building entrance with palm trees. Below this, it says "Youth Flag Football Summer Registration" in large green letters. Underneath, it says "For Youths in Grades 1st through 5th". There are three sections: "Registration Fee: \$55 per Child • \$45 for Youth Center Members" with a note "Annual Physical required for registration"; "Registration Period: 15-29 April from 9am-5pm at the Youth Center Season: June - August"; and "Uniform Issued: The children will receive a jersey, shorts, and a participation medallion". There is also a "Team Requests" section. At the bottom, it says "Call the Youth Center for more information at 606-9374 or 606-2152".

GIVE PARENTS A BREAK

CHILD DEVELOPMENT CENTER • PHONE: 606-1555

For ages 4½ years and under not in kindergarten

YOUTH CENTER • PHONE: 606-2152

For ages 5 and older

PROGRAM OVERVIEW:

This child care program is for active duty families where a parent is feeling stress due to various transitions military families face. Breaks are one night per month. Interested parents can request a referral from the following: Squadron Commander, First Sergeant, chaplain, medical professional, Family Support Center or Child Development Center (CDC) personnel.

ELIGIBILITY:

A referral form, 1181 emergency contact sheet, and current immunization record must be on file to participate in the program.

2011 GIVE PARENTS A BREAK SCHEDULE:

07 Jan, 11 Feb, 11 Mar, 15 Apr, 13 May, 10 Jun, 15 Jul, 19 Aug, 09 Sep, 14 Oct, 18 Nov, 09 Dec. Sign up deadline is two days prior to break day.

Club Food & Dining Events

\$5 Members Monday Buffet

Monday is member value day at the PCC. Club Members can enjoy our Monday lunch buffet for just \$5.00. Buffet is also available at regular rate for non-members. April's buffet menu includes: Sliced Roast Turkey, Cornbread Stuffing, Mixed grilled vegetables, Mashed Potatoes/pan gravy, so stop in and show your card on Mondays for this \$5 Deal!!

First Friday Social Event

1 April: Don't be an April fool! Make sure to drop off your pop cards for a chance to win. We'll have prize drawings starting at 5pm, including a gift basket from Cambria Winery to give away this month. Free food for Club Members and \$5 for nonmembers.

2-4-1 Steak Night

8 April: Two is better than one, especially when it comes to our delicious 8oz hand-cut New York Strip cooked to order. Two steaks with baked potato, rice pilaf and salad bar for just \$18.95 for members and \$23.95 for non-members. Children 12 yrs and under can enjoy a choice of chicken strips with fries or mini corndog bites with fries for just \$5.95.

Prime & Wine

22 April: Stop in during the Club's Prime & Wine Night for some slow-roasted prime rib and roasted turkey in a buffet. Cost is \$18.95 for members and \$23.95 nonmembers. For children 12 years and under: choice of chicken strips with fries or mini corndog bites with fries for just \$5.95.

Easter Champagne Brunch

24 April: The Pacific Coast Club will be hosting an Easter Brunch on Sunday, 24 April from 1030 to 1330. Reservations are recommended, walk-ins on a space availability only. Cost is \$20.95 for members and \$25.95 for non-members. Children age 5 to 11 years are half price and children age 4 years and under are FREE! Brunch Menu: Farm Fresh Scrambled Eggs, crisp bacon, sausage links, home fried potatoes, biscuits & gravy, assorted salads, mashed potatoes & gravy, vegetable pilaf, buttered corn, mixed grilled vegetables, slow-roasted top round of beef, whole smoked salmon, grilled chicken breast w/white wine and mushroom sauce, peel & eat shrimp, and assorted dessert station.



NEW to the FOG is "Ronny Rocket". You can find him in each upcoming issue of the FOG Magazine.

FAMILY DINING NIGHT

EVERY WEDNESDAY FROM 5:30-7:30PM

Don't feel like cooking? Don't want to drive downtown for something to eat? Then join us at the Club every Wednesday for a homestyle buffet the whole family can enjoy.

Adult price is \$10.95 for Club members and \$12.95 non-members
Children 10 years and under are FREE for Club Members and \$6.00 each for non-members.



STEPPIN' OUT

FRIDAY, 15 APRIL • E-LOUNGE

Live Music with food starting at 9pm
 \$10 for club members / \$15 for non-members.

Admission Price Includes:
 "The Three Chef Smorgasbord of Hors d'oeuvres"
 Enjoy the PCC staff's unique mix of tasty treats all night!

FRIDAY NIGHT

Bar Menu

Limited Bar Menu - Served From 8:00-11:00PM

10 Southern Fried or Fire Hot Drummettes- \$10.00*

Bottomless Chips & Salsa - \$5.95*

Double Dogs & Fries - \$5.00*

* Show Club Card for "Member's First" Discount



A&FRC CLASS & EVENT SCHEDULE		
1 Apr	10 Great Dates: 10 Great Dates to energize your marriage! This is a fun-filled approach to building a healthy marriage. In this workshop you will learn to: Communicate better, Process anger & resolve conflict, Set realistic goals, Build a creative sex life, Develop spiritual intimacy, Balance busy lifestyles	1000 - 1100
5-8 Apr	TAP Seminar (DoL Employment Assistance-preparing for a career change, medical record review by DAV & VA Benefits)	0800 - 1600
8 Apr	Veterans Affairs Benefits Assistance: Any veteran or active duty member that has questions regarding the VA Benefits programs such as Disabilities Claims, GI Bills, VA Home Loan, VA Health Care can stop by to speak to the VA Regional Benefits Counselor	0800 - 1100
12 Apr	Family Law Assistance Day - call 606-0039 for one on one assistance regarding any family law related questions	Call for 30 min appt
13 Apr	10 Steps to Federal Employment- class for military and military spouses, who are interested entering into federal career field	0830 - 1200
13 Apr	Financial Basics - Budgeting & development of a Spending Plan- (Lunch & Learn)	1100 - 1200
20 Apr	Manage Your Move: Briefings TMO, Finance, Legal Claims, Housing, Relocation Assistance programs. Military and spouses welcome to attend.	0830 - 1130
25 Apr	Big Brothers & Big Sisters Volunteer Orientation	Noon - 1300
26 Apr	Identity Theft and Scams Prevention	1100 - 1200
27 Apr	Resume Writing / Interviewing Class	0900 - 1200
	E-Sponsorship On-line Classroom Training (first time sponsors); On-line E-Sponsorship training is available at eSponsorship Application & Training: http://apps.mhf.dod.mil/esat	1500 - 1600
Every Friday	Pre-Separation Briefing (required before attending the 3½ day TAP Workshop), spouses welcome to attend.	1430 - 1600
Every Friday	Every Friday, except holidays & family days Personal and Family Readiness Briefing (Pre-deployment)	1330 - 1430

Military & Family Life Consultant (MFLC)

Licensed consultants offer short term, situational, problem-solving counseling services to service members and their families. They address any non-medical concern that relate to the military life style such as relationships, stress management, grief after loss, and family issues. No records are kept! Call 805-588-3302 to make an appointment.

Care Packages

Squadron and family members are invited to put together care packages for their deployed loved ones at the Airman & Family Readiness Center. Check out the care package room filled with customs-approved items - all for free. Customers pay for the flat rate shipping cost of \$9.30 for the small or \$10.95 for the larger box. Shipping supplies are conveniently available. The Care Package room is open Mon-Fri from 0800-1600.

Discovery Resource Center / WiFi

The Discovery Computer Resource Room has five computers with high-speed internet access and a dedicated high-quality laser printer. The computers have webcams with microphones for voice chat with deployed members via the Air Force Portal. Come and enjoy the comfortable setting of the A&FRC while using your own laptop computer and connect into our state-of-the-art wireless network. Hours of operation are Mon - Fri from 0800 - 1600.

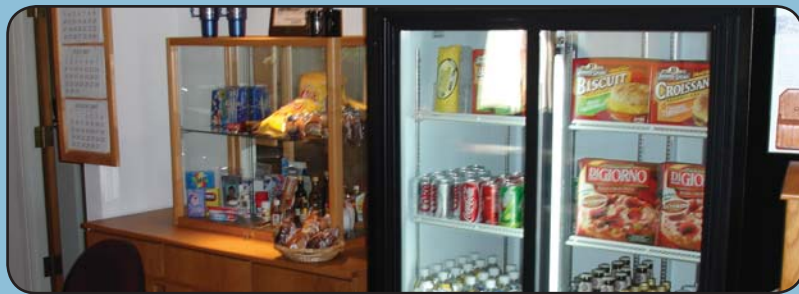
DID YOU KNOW??



SPACE-A RESERVATIONS

Space Available Reservations at the Vandenberg Lodge! Do Mom and Dad want to visit, but your apartment is too small? Would extended family members staying at your house “cramp your style?” If your family is coming in for a visit, the Vandenberg Lodge might be able to solve your problems with Space Available reservations. Reservations for Visiting Airman Quarters (VAQs) and Visiting Quarters (VQs) may be

made up to 120 days in advance for up to a 3-day stay at the lodge. Space-A reservations in the TLF can be made up to 3 days in advance for up to a 3-day stay at the lodge. Extensions of Space-A reservations or exceptions may be made on a case-by-case basis. Current room rates range from \$34.75 to \$53.25 per night. To make your reservations just call us at 606-1844 or online at www.DoDlodging.net



Beverage & Snack Specials 24/7!

It's after midnight and you're hungry... Do you crave refreshments in the wee hours? Did you know that lodging has chips, popcorn, sodas and snacks for sale? We are open around the clock to serve our lodging guests, but all ID card holders can shop here too! Next time you have that late night hunger, just stop by the lodging office (Bldg 13005) and avoid a trip downtown. NOTE: Alcoholic beverages can only be purchased by registered lodging guests.

SPRING OPEN TOURNAMENT

16-17 APRIL 2011



ELIGIBILITY - Anyone who has a valid GHIN Handicap or equivalent as of 1 Mar 2011 are eligible to compete. For more information call the Pro Shop at 606-6262.

ENTRY FEE - The entry fee is \$30 per player, including lunch on Saturday, and MUST be paid at the time of sign up. Also, remember to put your GHIN handicap number on the entry form.

SIGNUPS - Entries close at 3pm, 14 April and will be limited to the first 72 players to sign up.

PLAY - The Spring Open will be an individual, 36 hole (stroke) medal play tournament. Men will play from the White tees both days utilizing full handicap. Ladies will play from the Red tees. There will be a ladies flight if at least 8 ladies enter the tournament. The overall winner in the tournament will be the lowest gross score after 36 holes from the white tees. USGA rules will govern all play.

FLIGHTS - Flights will be by handicap. The number of flights and number of players per flight will be determined by the Tournament Committee and will be based on the number of entrants.

TEE TIMES - Players may select own tee times and group for Saturdays play. Players will be paired within flights for Sundays play. Sundays tee times will be by flight according to score.

PRIZES - There will be gross and net prizes awarded to approximately 33% of the field by flight. There will be optional closest to the pin prizes awarded for each flight on all par three holes on Sundays round. All entry fees will be returned to the players in the form of gift certificates.

TIES - All ties will be broken by matching scorecards, beginning with the tenth (10th) hole, of the last (Sunday's) round. Gross prize will use gross scores; net prizes will use net scores.

WEATHER INFO - The tournament will be completed if at all possible. In general, the tournament will not be delayed, postponed or canceled unless the course becomes unplayable. In case of a Saturday rainout, Sunday's play will complete the tournament. In case of a Sunday rainout, Saturday's play will complete the tournament. In case of a Saturday and Sunday rainout, the tournament will be rescheduled or canceled, and entry fees returned or applied against another tournament.

THE TOURNAMENT COMMITTEE AND HANDICAP COMMITTEE RESERVE THE RIGHT TO ADJUST HANDICAPS.



APRIL EVENTS & PROGRAMS

April is “Month of the Military Child” - watch for our youth discounts and bowling specials throughout the whole month.

1-30 Apr: **Summer Leagues** are forming to be finished before Labor Day and the start of the new 2011/2012 Winter Season.

1-30 Apr: Bowlers Special “**Eat and Bowl**”, bowl three games including hamburger, fries and beverage all for \$12 per person, any time lanes are available.

10 Apr: “**Teen Appreciation Night**” bowl all games for \$1.50 each from 1600 hours till close. Call center for more details 606-3209 or 734-1310.

10-26 Apr: Every league bowler that **recruits a bowler** for a Summer League can **practice free** all summer long when lanes are available. Bowler must bowl in a summer league at Surf Lanes Bowling Center to qualify.

Sundays - During April we’re offering **half-price bowling** for all eligible youth bowlers up to the age of 17. Also, if a parent brings a youth and bowls with them the youth bowler bowls free. Surf Lanes is open on Sundays from noon till 9pm, so take advantage now because the Bowling Center closes Sundays starting May 15 2011 for the summer.

Surf Lanes Bowling Center is serving **breakfast** from 9am am till 10am Monday through Friday.



Part of the 30 FSS Force Development Flight

Airmen Leadership School	606-5595
Career Assistance Advisor	606-9815
First Term Airmen Center	606-5957
Library	606-6414
Education & Training	605-5904

Important Changes for Air Force Military TA Users:

Air Force Mil TA is authorized for direct (course-related), mandatory, reimbursable/refundable fees such as lab, technology or shop fees. All other fees are the member’s responsibility. (AFI 36-2306 13 Aug 2010). Initial Counseling is required prior to using Tuition Assistance. Briefing is held every Wednesday at 0900 in the Base Education Center.

Allan Hancock Community College (AHC)

Next Term Begins: 13 June 2011

For information visit the website at www.hancockcollege.edu or call 605-5915.

Park University (PA)

Next Term Begins: 6 June 2011

Please contact us at 734-7275 or www.park.edu for more information.

University of La Verne (ULV)

Next Term Begins: 6 June 2011

Please contact our in-house advisor at 805-734-1306 to set up an appointment today!

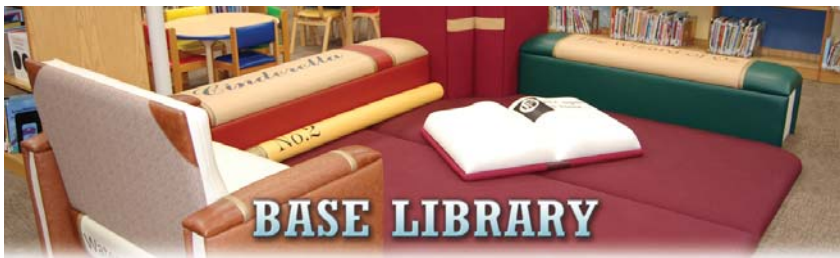
Embry Riddle Aeronautical University (ERAU)

Next Term Begins: 30 May 2011

Please visit our web site at <http://www.erau.edu/> or contact us at 805-734-4076. You can also email us at Vandenberg.center@erau.edu to set up an appointment.

Community College of the Air Force (CCAF)

Congratulations to the April 2011 CCAF graduates who will be receiving their diplomas in the Vandenberg AFB May CCAF Graduation on Friday 13 May 2011 at the PCC. There has never been a better time than now to start on your path to educational success. 2011 is the Year of CCAF throughout the Air Force and marks a time when all Airmen can prosper with the help of Ms. Dorian Hodge, CCAF Advisor. Please contact her at 805-605-5904 or dorian.hodge@vandenberg.af.mil to set up an appointment.



National Library Week: 11-15 April

Stop in during National Library Week, the library will have some special events planned to help celebrate. It all kicks off Monday, 11 April.

Preschool Storytime

Every Thursday at 10am, the library offers a storytime and crafts time for preschool children. Walk-ins are always welcome, but please call ahead when possible to reserve a spot and ensure craft materials are available.

Dial-A-Story

Call the library's Dial-A-Story number at 606-4300 for an entertaining reading of children's stories. A new story is available weekly and usually updates on Sunday. This free service is available 24/7 for kids of all ages.

**READ YOUR WAY
AROUND THE WORLD**

Thursday, 21 April @ 6:00pm
Men are From Mars Women are From Venus
 by John Gray
 Meeting in Library Conference Room



Events Calendar

- 02 Apr: Pistol Silhouettes, 0830
- 09 Apr: Bowling Pin Shoot, 0830
- 10 Apr: Any/Any Rifle, 0830
Sporting Clays, 0900
- 16 Apr: Fun Shoot, 0900-1500
- 23 Apr: Dewars Match, 0830
- 24 Apr: Bullseye Pistol, 0900
Sporting Clays, 0900
- Trap & Skeet: Wed & Fri, 0830-1700
- Open Shooting: Tue & Thu, 1000-1700

Membership Fees:

The Vandenberg Rod & Gun Club is open to all active duty, retired and reserve military and their dependents. It is also available to DoD and government service civilians and Vandenberg AFB contractors. The annual fee is \$40 for military, \$65 for DoD civilians and \$75 for non DoD government civilians. Membership is valid from 1 July to 30 June and rates are prorated for the remainder of the year.

**SPRING BREAK
VACATION DISCOUNT
TICKETS**

- **New!** Legoland Resort Hopper
- **New!** Discover Science Center (Santa Ana)
- San Diego Zoo & Seaworld
- Disneyland
- Magic Mountain
- Universal Studios

Call for more info: 606-7976



Tour Calendar 2011

Roundtrip Transportation is Included on all Trips

Monterey Bay: 25 June 2011

\$50 per person (Children 6-17 yrs must be accompanied by an adult) includes round trip from VAFB. Come join us as we spend a day discovering Monterey Bay! Explore the many wonders of ocean life at the Monterey Bay Aquarium, stroll down the Historic Cannery Row, dine at wonderful seafood restaurants or just take in all sights and sounds of Monterey Bay. To purchase tickets to the Monterey Bay Aquarium, see Information, Tickets & Travel.

Cape Cod & The Islands: 10 July 2011

Six nights at the Radisson Hotel Hyannis. Tour highlights include Plymouth Rock, the Mayflower, Martha's Vineyard, Cape Cod Train ride, and the coastal "Ten-Mile Drive." Cost is \$1,899 per person dbl, includes roundtrip transportation.

San Francisco & Napa Wine Train: 20-24 July 2011

\$420pp double occ., \$565pp single occ. You asked for 1 additional day and we listened! Spend 5 days 4 nights in Beautiful San Francisco at the Executive Hotel Vintage Court. A cozy wine themed boutique hotel in Union Square! Friday, we will take an adventure ride on the Napa Wine Train and experience a Gourmet Lunch as we ride through Napa Valley and wine taste at the Depot.

Warner Bros Hollywood Studio Tour: 19 August 2011

Cost per person is \$95. Want to see how TV shows and movies are made? Join us for a VIP tour of the Warner Bros Studio and enjoy a 2½ hour tour of back lots, stages and the Warner Bros Museum. Trip includes roundtrip transportation and departs Vandenberg at 7am, returning at 8pm same day.

Catalina Island: 11-14 September 2011

Cost Per Person: \$430pp dbl occ. \$505pp single occ. \$50 deposit at time of booking. Package includes 3 nights at the Pavilion Hotel, Avalon scenic bus tour, undersea tour, complimentary breakfasts & afternoon cheese and wine pairings. Trip also includes roundtrip transportation from Vandenberg AFB.

Costa Rica Trip:

Tour highlights: Poas Volcano National Park, Coffee Plantation visit, Jungle Crocodile Safari Cruise, Arenal Volcano National Park, Orchid Garden tour to name a few. Cost: \$2,499pp double occupancy includes round trip air and bus transportation from VAFB.

PCPA THEATERFEST TICKETS

Reservations for PCPA THEATERFEST are available WED-FRI from 1-4pm at Information, Tickets & Travel. Stop by ITT to pick up a schedule for local performances at the Marian Theater in Santa Maria and the Solvang Festival Theater - including *The 39 Steps*, *My Fairytale*, *Hairspray*, *Pride & Prejudice*.

APRIL DINING EVENTS CALENDAR:

Special Lunch Menu Days	13 April: "Italian Day"
04 April: "National Cordon Bleu Day"	20 April: "National Pineapple Upside-Down Cake Day"
06 April: "Mexican Day"	20 April: "Asian Day"
07 April: "National Coffee Cake Day"	22 April: "Earth Day"
12 April: "National Grilled Cheese Day"	27 April: "German Day"
12 April: "Quarterly Birthday Meal Celebration"	29 April: "National Shrimp Scampi Day"
13 April: "Quarterly Advisory Board Meeting"	

Quarterly Birthday Meal Celebration!

Breakers Dining Facility

1700 - 1900 • Tuesday • April 12, 2011

Those with birthdays in January, February, and March are invited to dine with a guest at Breakers

Birthday Menu

Tossed Salad or Cream of Broccoli Soup

Choice of:

Grilled Rib Eye Steak	Honey Glazed Cornish Game Hen	Shrimp Scampi
\$15-25	\$8-50	\$9-25

Baked Potato or Rice Pilaf
Birthday Cake • Ice Cream Sundae

For more information call Mr. Tucker or Mr. Manzo
606-3219/5496



Breakers Dining Facility

Easter Day Menu

24 April, 1030 - 1300

Soup Split Pea w/Ham	Entrees Strip Loin Steak BBQ Spareribs Roast Turkey	
Starches Dressing & Gravy Rice Pilaf Baked Potato Chicken/Turkey Gravy	Salads Fruit Salad Potato Salad Salad Bar	Vegetables Brussel Sprouts Corn on the Cob Summer Squash



Breakers Dining Facility (606-3219)

APRIL EVENTS CALENDAR

4 Apr	Intramural Coed Softball: Coaches Meeting and Letters of Intent (LOI) Due	---
5 Apr	Zumba (Group Fitness Class)	1645-1740
7 Apr	AF Form 303 Due for AF Track & Field	---
11 Apr	Intramural Coed Softball: Season Starts	---
13 Apr	Rock Body Bootcamp (Group Fitness Class)	1645-1740
14 Apr	Blood pressure Self-Check	1000-1200
14 Apr	Be Fit (Intro to Running Conditioning)	1000
18 Apr	Look at Me Go 5K Fun Run	1200
21 Apr	May the Scale be With You (Tanita Scale)	1000-1200
21 Apr	AF Form 303 Due for AF Racquetball	---
25 Apr	Intramural Trap & Skeet Exhibition: Coaches Meeting and LOI Due	---
27 Apr	A Vicious Cycle - Indoor Cycling (Fit. Annex)	0600-0645
29 Apr	Wing Run at the Parade Grounds	0700

Healthy Palate:

A new innovative way to eat healthy! The mission of Healthy Palate is to offer the highest quality organic foods, nutrition information, and services that enrich and enhance the health and wellness of the individual and the planet. We offer a variety of smoothies, sandwiches, and salads for the health-conscious.

Hours of Operation:

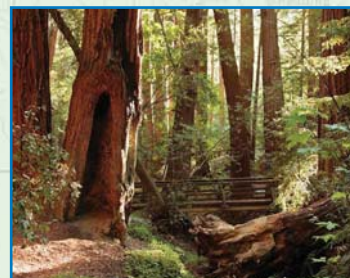
Mon - Friday • 6am to 6pm
 Saturday & Sunday • Closed
Phone: 605-0079



Come & Discover

CALIFORNIA

with Outdoor Rec!



May 13-15 - Big Sur Camping Trip

Join us for a weekend at Pfeiffer Big Sur State Park. This beautiful park features redwoods, oaks, sycamores, cottonwoods, and maples, plus open meadows. Saturday will feature a day hike along one of the park's numerous trails. Cost is \$60 per person and includes meals, most equipment, 2 nights of camping and transportation. There are 12 spots available.

June 22-26: Yosemite Backpacking

Join Outdoor Recreation as we explore the back country of Yosemite National Park. We will be backpacking along the Pohono trail. This is a great opportunity to get away from it all as you relax among snow capped peaks, mountain streams and everything else this amazing park has to offer. Cost of the program is only \$125 and includes transportation, 5 days, 4 nights of camping, meals, most equipment, and all park fees. There are 6 spots available.



July 16-23: Northern California National Park Program



Enjoy 8 days and 7 nights exploring three of California's amazing National Parks. This program will take you to the towering trees of the Redwood National Park, the still active Lassen Volcanic National Park, and the famous Yosemite National Park. We'll have a 1 night motel stay in Ukiah, CA, 6 nights of camping, transportation, entry fees to all three national parks, meals, and most equipment. We'll be staying in developed campsites with flush toilets and showers are available within the park. Must be at least 6 years of age to participate, and children under 18 years need a legal guardian. Cost of this program is \$295 for children (age 6-12), \$345 for adults (double occupancy on first nights stay), or \$365 (single occupancy on first nights stay). There are 19 spots available. Contact Outdoor Recreation today to be added to the interest list at 606-5908.

APRIL 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HALF-PRICE YOUTH BOWLING ON SUNDAYS Ages 17 & Under 1200-2100 All Month Long Surf Lanes Bowling Center		ZUMBA CLASS (GROUP FITNESS) Tuesdays 1645-1740 at the A&FRC			FIRST FRIDAY SOCIAL 1 1600-1800 Pacific Coast Club "PRIMAL TRIBE" LIVE MUSIC 2100-2400 Pacific Coast Club	PISTOL SILHOUETTES SHOOT 2 0830 Rod & Gun Club
3	MEMBERS MONDAY BUFFET 4 1100-1330 Pacific Coast Club	5	FAMILY NIGHT DINING 6 Every Wednesday 1730-1930 Pacific Coast Club	7	2-4-1 STEAK EVENING DINING 8 1730-1930 Pacific Coast Club	BOWLING PIN SHOOT 9 0830 Rod & Gun Club
TEEN APPRECIATION NIGHT 10 1600-2100 \$1.50 Games For Teens Surf Lanes Bowling Center SPORTING CLAYS 0900 Rod & Gun Club	11	QUARTERLY BIRTHDAY MEAL 12 1700-1900 Breakers Dining Facility	ADVISORY BOARD MEETING 13 1000 Breakers Dining Facility	EASTER SUNDAY BRUNCH 14 1030-1330 Pacific Coast Club	"STEPPIN UP" LIVE MUSIC 15 1600-1800 Pacific Coast Club	SPRING OPEN TOURNAMENT 16 Day 1 Marshallia Ranch Golf Course
SPRING OPEN TOURNAMENT 17 Day 2 Marshallia Ranch Golf Course	FITNESS 5K FUN RUN 18 1200 Fitness Center	19	FAMILY & TEEN TALENT SHOW 20 Youth Center Call 606-0866 for info MANAGE YOUR MOVE 0830-1130 Airman & Family Readiness Center	21	PRIME & WINE EVENING DINING 22 1730-1930 Pacific Coast Club	DEWAR'S MATCH 23 0830 Rod & Gun Club
EASTER SUNDAY BRUNCH 24 1030-1330 Pacific Coast Club SPORTING CLAYS 0900 Rod & Gun Club	25	IDENTITY THEFT & SCAM PREVENTION 26 1100-1200 Airman & Family Readiness Center	RESUME WRITING & INTERVIEWING 27 0900-1200 Airman & Family Readiness Center	28	PERSONAL & FAMILY READINESS 29 Pre-Deployment Briefing Every Friday 1330-1430 Airman & Family Readiness Center	THUNDER ALLEY & ROCK 300 30 Every Saturday 7-10pm Surf Lanes Bowling