

May 2011

# FOG

FUN OPPORTUNITY GUIDE



**Lugt**  
you got talent

Force Support Squadron Monthly

VANDENBERG AIR FORCE BASE  
**FORCE**  
SUPPORT SQUADRON

# Check out our FSS Facebook Page!

Get the latest news and updates from the 30th Force Support Squadron

The 30th Force Support Squadron is now on Facebook. If you want to stay on top of the latest events and news from the 30 Force Support Squadron activities make sure to join up today.

You can check our upcoming events listing, get involved in our discussion threads or post feedback on our wall. Have ideas for programs you would like to see started? Got ideas to help get the word out better? Stop in and share your thoughts with us.



Thanks,  
Your 30 FSS Marketing Dept!

## CUSTOMER FEEDBACK

### Put your suggestions on ICE!

Do you have any feedback on how 30 FSS can better meet your needs?

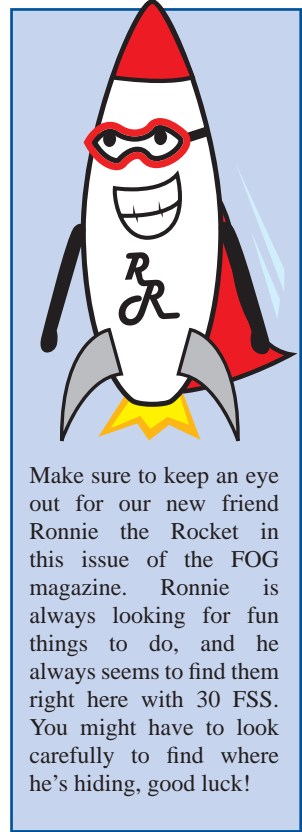
Be sure to share your comments with ICE, our customer feedback system. Comment cards and drop boxes are available in many of our 30 FSS activities and online at: [www.30FSS.com](http://www.30FSS.com).

*We look forward to your ideas!*



## What's Inside...

30 FSS Spotlight	2
Tops In Blue Tour 2011	4
Pacific Coast Club Events	5-6
Marshallia Ranch Golf Course	7
Surf Lanes Bowling Center	8
Rod & Gun Club	9
Information, Tickets & Travel	9
Vandenberg Leisure Travel	10
Outdoor Recreation	11
May 2011 Calendar	12-13
Fitness Center	14
Breakers Dining Facility	15
Library	16
Education Center	17
Lodging	18
Airman & Family Readiness Center	19
Family Aquatics Center	20
Youth Center	21
Community Events - Talent Show Results	22
VAFB Phone Reference	23



## On the Cover...



The results are in... Thanks to everyone who participated in the 2011 "You Got Talent" competition. It was an amazing show, and we hope to see even more great performances

in the future from the many talented youth here at Vandenberg AFB.

Cover Design & Photos:  
Cheryl Sawyers

Check us out on Facebook!  
Get the link at [www.30fss.com](http://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](http://www.30fss.com).



Air Force Entertainment Presents

*World Tour 2011*

# topsin blue

*Rhythm Nation*

**Coming to Vandenberg  
11 June 2011**



No Federal Endorsement of Sponsor(s) Intended

[www.topsinblue.com](http://www.topsinblue.com)

**FREE ADMISSION - OPEN TO THE PUBLIC**  
Showtime is at 7:00pm, Doors Open at 6:15pm  
Cabrillo High School Gym, 4650 Constellation Rd. Lompoc, CA

## Members Monday Buffet

This month's \$5 Members Monday lunch buffet feature is the Burger Burn! We'll have a buffet of burgers, dogs and beer battered fries along with all the fixings to make your favorite custom treat.

## First Friday

Friday, 6 May from 1700-1800. First Friday social extravaganza at the Club. We'll be doing some prize drawings for Club members, so make sure you turn in those POP cards you've been collecting throughout the month. Free food for Club members with a \$5 cover for nonmembers. The Club will have four members prize drawings, starting with a \$25 cash prize at 5pm and finishing with a \$150 drawing at 6pm.

## Mothers Day Brunch

Sunday, 8 May from 1030-1300. Cost is \$20.95 members and \$25.95 for nonmembers. Kids 4 and under free, 5-11 years are 1/2 price. Brunch Menu: Farm fresh scrambled eggs, crisp bacon, sausage links, home fried potatoes, biscuits & gravy, assorted salads, garlic mashed potatoes, rice pilaf, buttered corn, grilled mixed vegetables, parmesan crusted roast pork w/sautéed apples, fried chicken tenders, carved roast beef, smoked ham, peel and eat shrimp, assorted dessert station and champagne.

## 2-For-1 Steak Night

Friday, 13 May from 5:30-7:30pm. Cost is \$18.95 Members and \$23.95 Nonmembers. Stop in and enjoy an 8oz Hand Cut New York Strip Cooked to Order, Baked Potato or Rice Pilaf and Salad Bar. For kids 12 and under we offer a chicken strips & fries or Corndog Bites & Fries meal for just \$5.95. For more information call the Club at 606-3330.

## Memorial Weekend - Club Hours

The Pacific Coast Club will be open on Friday, 27 May for lunch from 11am to 1:30pm serving ala carte menu only. Lounges will be closed Friday, 27 May. Club will be closed on Monday, 30 May in observance of Memorial Day.



Pacific Coast Club (606-3330)

**NINEFINGER**  
**13 MAY**  
**9 PM**  
**PACIFIC COAST CLUB**



**VANDENBERG AIR FORCE BASE**  
**FORCE SUPPORT SQUADRON** 606-3330 

**FRIDAY NIGHT**  
*Bar Menu*

Served Friday Nights  
7:00-9:00PM

Show Club Card for  
Members First Discount

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

Bottomless  
Chips & Salsa  
**\$5.95**

Double Dogs & Fries  
**\$5.00**



**KARAOKE**  
NIGHT AT THE CLUB  
**20 MAY**  
2000-2400  
E-LOUNGE

Sponsored By:  
**DIXIE & THE KARAOKE  
DANCE PARTY**



# Golf Calendar

## Two-Person Scramble:

14 May: The Marshallia Ranch Golf Course will hold its annual Two-Person Scramble tournament. It is open to any person with a valid handicap as of 1 May. The entry fee is \$15.00 per person and tee times will start at 0744. Please sign up in the pro shop and remember to pay when you sign up.



## Marshallia Ranch Scramble:

24-26 June: This tournament is open to any person with a valid handicap, men or women. Included in the tournament is 3 rounds of golf, 3 lunches; on Friday cocktails with light hors d'oeuvres immediately following play, (Friday's play is a shotgun start event at 1300); a barbecue lunch on Saturday with a guest; tee prizes for all participants and a chance to win many prizes including over \$1,000 worth of door prizes. Plan now to enter the tournament. The Marshallia Ranch Scramble is one of the best golf tournaments on the central coast.

## Mother's Day Sale:

The golf course pro shop will offer its Mother's Day sale, 20% off any item from the ladies department over \$10.00 and not already on sale, 3-8 May. Do your shopping for that special mom in your life in the pro shop.

## Memorial Day Weekend Tee Times:

The Marshallia Ranch Golf Course will be open on Monday, 30 May, Memorial Day, and closed on Tuesday, 31 May. Tee times for the holiday weekend 28, 29, 30 May will be drawn on Thursday, 26 May.

## Kids 4 Golf Program:

The Kids 4 Golf program registration will begin 1 May 2011. This year there will be two sessions; one in Jul and one in Aug. The sessions will start at 9:00 hours and last until 1030 hours each day and have 12 kids in each age division. There will be two age categories in each session: Division 1 will be 8-10 years of age; and Division 2 will be 11-14 years of age. Parents must bring a birth certificate for each child when signing up. Please, no children under 8 yrs of age. Each child will receive a golf bag with one set of Junior Golf clubs, hat, shirt, tees, divot repair tool, ball marker and range balls for the lessons. The cost and dates will be announced at a later date. Sign up in the pro shop.



## MAY EVENTS & PROGRAMS

**8 May:** Surf Lanes will be holding a Mother's Day special on Sunday, 8 May. Youth bowling rate for the day is just \$1.75 per game. And any mothers who join their children for some bowling fun will bowl **FREE** for the day.

**10 May:** Summer Leagues Start (10-20 May)

**14 May:** The Annual "Bowler of the Year" Tournament conducted by Central Coast Bowling Association will be held on Saturday, 14 May, with two squads (9am and 1pm) for a total of 6 games. Eligible bowlers come from the "Bowler of the Month" winners from April through March of the Bowling year. This year all the bowling is to be accomplished here at Surf Lanes and Rancho Bowl with a Banquet at the finish at Rancho Bowl.

**Lanes Closure 21-23 May:** The Bowling Center will be closed from Saturday, 21 May to Monday, 23 May for construction. The lanes are going to be cut and resurfaced during this time for the 2011-2012 Bowling Season and Certified by the United States Bowling Congress!

**Memorial Day Closure:** Surf Lanes will be closed on Monday, 30 May in observance of Memorial Day.



A colorful promotional poster for "Surf's Up" bowling. The title "SURF'S UP" is in large, bubbly, white letters with a red outline. Below it, "MAY TO MID-AUGUST" is written in red. The background is a beach scene with a palm tree and a blue sky. On the left, a smiling black character wearing sunglasses and a red and white floral shirt stands next to a red and white surfboard. A red circular badge says "Weekly Prize Drawings including: \$300 CASH PRIZE". Another circular badge says "Pick up a punch card today!" and shows a punch card and a "Surf's Up" bowling ball. Text on the right says "JOIN US FOR AN ENDLESS SUMMER OF BOWLING" and "Every Game You Bowl Could Help You Win Great Prizes!". At the bottom, the phone number "606-3209" is displayed, along with logos for "THE FORCE OF BOWLING" and "Surf Lanes".



# Events Calendar

- 07 May: Pistol Silhouettes, 0830
- 08 May: Any/Any Rifle, 0830  
Sporting Clays, 0900
- 14 May: Bowling Pin Shoot, 0830
- 21 May: Fun Shoot, 0900-1500
- 22 May: Bullseye Pistol, 0900
- 28 May: Dewars Match, 0830
- 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.

Rod & Gun Club (606-4560)

## Disneyland Armed Forces Salute is BACK!



Service Members (or Spouse) must be present along with a current Military ID at Disneyland Resort Main Entrance turnstile. Tickets are Non-Transferrable & Non-Refundable  
Valid: Oct 24, 2010  
Expires: 28 Sep 2011

3-Day Park Hopper = \$95pp  
Service Members you may also invite your Friends & Family for the same price (Limit of six). All Ages Ticket, Children Under 3yrs FREE!

\*Please PROVIDE A LIST OF ALL PATRONS going to Disneyland at Information, Tickets & Travel (ITT) During this offer period, Eligible Service Members (or their Spouse, BUT NOT BOTH) may purchase the 3-Day Park Hoppers.

Info, Tickets & Travel (606-7976)

## 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*.

# 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**

Featuring Boston, Martha's Vineyard and Newport News. Seven days including tour highlights such as Cape Cod Central Railroad, Boston City Tour, Martha's Vineyard and more. Cost \$1899 per person 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.

## **Catalina Island: 11-14 September 2011**

Cost Per Person: \$430pp dbl occ, or \$505pp single occ. Requires a \$50 deposit at time of booking. Package includes three nights at the Pavilion Hotel, Avalon scenic bus tour, undersea tour, complimentary breakfasts, plus afternoon cheese and wine pairings.

## **Natural Wonders of Costa Rica: 2 November 2011**

Enjoy 9 days in beautiful Costa Rica, a country rich with national parks, biological reserves and sightseeing destinations. Cost for this trip is \$2,499pp double occupancy and includes roundtrip travel, meals, a safari cruise, tours and more.

## **Reagan Library Trip: 22 October 2011**

Reagan Library is one of California's most beautiful and unique destinations. Trip includes a Guided Tour of the following: Miniature White House, Walk aboard the actual Air Force One Aircraft, View a section of the Berlin Wall, President Ronald Reagan's final resting place, Reagan Library's Museum Store, Lunch: Enjoy the "Marine One" Buffet (Included) COST: \$75 per person.

*Come & Discover*

# CALIFORNIA

*with Outdoor Rec!*

## 20-22 May: Lake Lopez Camping Trip

Enjoy a weekend of camping with your family at Lake Lopez. Cost is \$42 per person. Lake Lopez is home to Mustang Water Slides (tickets not included in price)! Program includes transportation, all meals on Saturday and breakfast on Sunday, most camping equipment and camping fees. Activities on Sunday include hiking, fishing, water slides and much more! If under 18 yrs, a legal guardian must participate. Call Robert for further info at 606-5908.



## 4 June: Valencia Peak Hiking Trip

Take a hike... with Outdoor Rec! We'll be heading to Montana de Oro State Park for a hiking trip on Saturday, 4 June. Our hiking route will be the Valencia Peak trail which is approximately 5 miles round trip and is moderate to strenuous in difficulty. We'll be making a lunch stop halfway through the hike to eat, so make sure to bring a sack lunch along. Trip leaves Vandenberg at 9am and returns at 4pm. For more information call Robert at 606-5908.

## 16-23 July: 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.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p><b>SURF'S UP PROMOTION BEGINS</b> SURF LANES 1 May - 14 Aug</p> <p><b>1</b></p>	<p><b>WALK THE POUNDS AWAY PROMOTION BEGINS</b> FITNESS CENTER 1 May - 31 May</p> <p><b>2</b></p>	<p><b>TAP SEMINAR</b> 3-6 MAY A&amp;FRC 0800-1600</p> <p><b>3</b></p>	<p><b>FAMILY NIGHT DINNER</b> EVERY WEDNESDAY PACIFIC COAST 1730-2000</p> 
<p><b>MOTHER'S DAY BRUNCH</b> Pacific Coast Club 1030-1330</p>  <p><b>8</b></p>	<p><b>9</b></p>	<p><b>SUMMER LEAGUE BOWLING STARTS THIS WEEK</b> SURF LANES</p> <p><b>10</b></p>	<p><b>FINANCIAL BASICS CLASS</b> A&amp;FRC 1100-1200</p>
<p><b>15</b></p>	<p><b>BIKE TO WORK WEEK</b> Sign up at Fitness Center</p>  <p><b>16</b></p>	<p><b>17</b></p>	<p><b>MANAGE YOUR MONEY</b> A&amp;FRC 0830-1100</p> 
<p><b>BULLSEYE PISTOL SHOOT</b> ROD &amp; GUN CLUB 0900</p> <p><b>22</b></p>	<p><b>FITNESS 5K FUN RUN/WALK</b> Fitness Center 1200</p> <p><b>23</b></p>	<p><b>24</b></p>	<p><b>THRIFT SHOP PLAN CL</b> A&amp;FRC 1100-1200</p> <p><b>RESUME WRITING &amp; INTERVIEW TIPS</b> A&amp;FRC 0900-1200</p>
 <p><b>29</b></p>	<p><b>MEMORIAL DAY HOLIDAY</b></p> <p><b>30</b></p>	<p><b>31</b></p>	

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>FAMILY NIGHT 4</b>  <b>DINING</b>            WEDNESDAY            PACIFIC COAST CLUB            1730-2030</p> 	<p><b>5</b></p>	<p><b>ROCK THE MIC 6</b>  <b>ALL-NIGHTER</b>            PACIFIC COAST CLUB            2000-2400</p> <p><b>FIRST FRIDAY</b>            PACIFIC COAST CLUB            1700-1800</p>	<p><b>PISTOL 7</b>  <b>SILHOUETTES</b>            ROD &amp; GUN CLUB            0830</p> <p><b>MOTHER'S DAY</b>  <b>BOWLING SPECIAL</b>            SURF LANES            Special Rates All Day</p>
<p><b>FINANCIAL 11</b>  <b>PLANNING CLASS</b>            A&amp;FRC            1000-1200</p>	<p><b>10 STEPS TO 12</b>  <b>FEDERAL</b>  <b>EMPLOYMENT</b>            A&amp;FRC, 0830-1200</p> <p><b>HEART LINK 12</b>  <b>WORKSHOP</b>            A&amp;FRC, 0830-1400            (at Base Chapel)</p>	<p><b>LIVE BAND 13</b>  <b>"NINEFINGER"</b>            PACIFIC COAST CLUB            2000-2400</p> <p><b>2-4-1 STEAK NIGHT</b>            PACIFIC COAST CLUB            1730-2030</p>	<p><b>BOWLING PIN 14</b>  <b>SHOOT</b>            ROD &amp; GUN CLUB            0830</p> 
<p><b>MANAGE 18</b>  <b>YOUR MOVE</b>            A&amp;FRC            1030-1130</p> 	<p><b>19</b></p>	<p><b>KARAOKE 20</b>  <b>NIGHT</b>            PACIFIC COAST CLUB            2000-2400</p> <p><b>LAKE LOPEZ 20-22 MAY)</b>  <b>CAMPING</b>            OUTDOOR REC            2000-2400</p>	<p><b>ARMED FORCES 21</b>  <b>KIDS RUN</b>            FITNESS CENTER            0900</p> <p><b>ARMED FORCES DAY</b>  <b>CAMBRIA WINERY</b>            1100-1500            (See Back Cover)</p>
<p><b>NET SAVINGS 25</b>  <b>PLAN CLASS</b>            A&amp;FRC            1000-1200</p> <p><b>TIME WRITING 25</b>  <b>INTERVIEWING</b>            A&amp;FRC            1000-1200</p>	<p><b>BUNDLES 26</b>  <b>FOR BABIES</b>            A&amp;FRC            0830-1130</p>	<p><b>ARE YOU 27</b>  <b>READY</b>  <b>TO INVEST?</b>            A&amp;FRC            1330-1600</p> 	<p><b>DEWAR'S 28</b>  <b>MATCH</b>            ROD &amp; GUN CLUB            0830</p> <p><b>POOL OPEN 28</b>  <b>MEMORIAL DAY</b>  <b>WEEKEND</b></p>
<div data-bbox="202 1344 660 1478" style="border: 1px solid black; padding: 10px; text-align: center;">  <p>VANDBERG AIR FORCE BASE  <b>FORCE</b>            SUPPORT SQUADRON</p> </div>			



# May 2-31

## Free Incentive Program

Sign up at the Fitness Center and walk your way to improved health!



*Walk Away the Pounds in May*

MAY EVENTS CALENDAR		
06 May	Climb to the Max - Indoor Cycling (Fitness Annex)	0600
09 May	Intramural Golf Starts	---
16 May	Bike to Work Week Starts - Sign up at Fitness Center	---
17 May	Two Kick Cardio	1200
23 May	I'm Getting Fitter 5K Fun Run	1200
27 May	All Night Softball - Sign up at the Fitness Center	1700
31 May	Over 30 Basketball Starts	---

### NATURAL KNEAD MASSAGE THERAPY

A Natural Knead Massage Therapy is located in the Fitness Center, providing a full range of massage therapies. Services are by appointment only, call 605-4748.



### MOTHER'S DAY SPECIAL "LEMONADE"

A refreshing delightfully aromatic full body treatment including: Lemon Essence Full Body Swedish Massage, 1 hour Honey-Lemon Yogurt face Glow and Lemon-Spearmint Foot Massage. Available Tue, 3 May through Sat, 21 May only (appointment is approx 75 mins) \$75 cash, \$78 credit card. By appointment only Call 605-4748 to reserve your time. Reservations are limited. Also gift certificates are available for Mother's Day. Hours of Operation are Tue-Fri 1000-1700; Sat 1000-1500; Sun-Mon Closed

## MAY SPECIAL MENU DAY

04 May	Cajun Day	18 May	Mexican Day
05 May	Cinco de Mayo	21 May	Armed Forces Day
08 May	Mother's Day Brunch	24 May	Asian Pacific Heritage
11 May	Taste of the South	25 May	Italian Day
17 May	National Cherry Cobbler Day	30 May	Memorial Day

# ASIAN PACIFIC HERITAGE MONTH

Tuesday, 24 May, Lunch Meal

Stir-Fry Beef with Broccoli • 5-Spice Chicken • Pork Fried Rice  
Cantonese Spare Ribs • Sesame Green Beans

### HOURS OF OPERATION • MON-FRI

BREAKFAST 0530-0830 • Retirees 0730-0830  
LUNCH 1100-1330 • Retirees 1230-1330



VANDEMBERG AIR FORCE BASE  
**FORCE**  
SUPPORT SQUADRON



## Breakers Dining Facility **ARMED FORCES DAY**

Saturday, May 21, 2011

### Brunch Menu

Roast Beef  
Santa Fe Glazed Chicken  
BBQ Ham Steak

Mash Potatoes  
Corn on the Cob



Breakers Dining Facility (606-3219)

## SUMMER READING PROGRAM 2011

Brought To You By The Base Library &  
Balfour Beatty Communities Lifeworks

# A MIDSUMMER KNIGHT'S READ

### WEEK 1 - ONCE UPON A TIME...

**Thursday, 16 Jun:**

Preschool Storytime - 10am  
Activity and Craft (1st drawings) - 3pm  
Bookclub Meeting - Cutting for Stone - 6pm

**Friday, 17 Jun:**

Movie Night: Tangled (PG) - 6pm

### WEEK 2 - INTO THE WOODS

**Monday, 20 Jun:**

Pajama Storytime at Base Library - 6pm

**Thursday, 23 Jun:**

Preschool Storytime - 10am  
Activity and Craft (2nd drawings) - 3pm

### WEEK 3 - TOURNAMENT!

**Thursday, 30 Jun:**

Preschool Storytime - 10am  
Activity and Craft (3rd drawings) - 3pm

### WEEK 4 - CREATURES!

**Thursday, 7 Jul:**

Preschool Storytime - 10am  
Activity and Craft (4th drawings) - 3pm

**Friday, 8 Jul:**

Movie Night: How to Train your Dragon  
(PG) -6pm

### WEEK 5 - MAGIC & LAUGHTER

**Wednesday, 13 Jul:**

Spinning Beauty: a hands-on introduction to  
spinning, crocheting and knitting - 6pm

**Thursday, 14 Jul:**

Preschool Storytime - 10am  
Activity and Craft (5th drawings) - 3pm

### WEEK 6 - HAPPILY EVER AFTER

**Monday, 18 Jul:**

Pajama Storytime at Base Library - 6:30pm

**Thursday, 21 Jul:**

Preschool Storytime - 10am  
Activity and Craft (6th drawings) - 3pm

### CARNIVAL - PROGRAM ENDS

**Saturday, 23 Jul:**

Housing Community Center - 6:00pm

\*All events except the end of program  
Carnival are at the Base Library



Base Library (606-6414)

## REGISTRATION BEGINS

11 Jun - 3pm at the Base Library

## PROGRAMS ENDS

23 Jul - 6pm at the Housing Community Center

Summer Reading Program Website

<https://usaf.evanced.info/vandenberg/sr/homepage.asp>

SPONSORED BY:



**Barefoot Books**

*step inside a story*

Fran Anderson  
[www.frananderson.com](http://www.frananderson.com)

NO FEDERAL ENDORSEMENT INTENDED





## 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. This briefing is held every Wednesday at 0900 in the Base Education Center.

### Allan Hancock Community College (AHC) (805) 734-3500

Summer Classes at Vandenberg: 13 Jun - 4 Aug

BUS 320.....Essentials of Management .....T & TH

POL SC 103 .....American Government.....M & W

SPEECH 101.....Public Speaking .....M & W

For more information visit us online at [www.hancockcollege.edu](http://www.hancockcollege.edu) or call 605-5915.

### Park University (PA)

The next Term begins on 6 June 2011.

For more information, please contact our office at 734-7275 or [vand@park.edu](mailto:vand@park.edu).

We are offering a face-to-face course during the Summer 2011 term: SO 315 Minority Group Relations (Tues/Thurs 5:00pm-7:30pm)

### University of La Verne (ULV)

- The University of La Verne offers bachelors and masters degree programs in the evenings on 10 week terms. We also are a national testing center for CLEP and DANTES exams. Call to schedule an appointment with our advisor Jennifer Hollmann at 734-1306 or 605-5917.

### Embry Riddle Aeronautical University (ERAU)

- The next Term begins on 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](mailto: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](mailto:dorian.hodge@vandenberg.af.mil) to set up an appointment.

# DID YOU KNOW??



## SPACE-A RESERVATIONS

Space Available Reservations at the Vandenberg Lodge! Is your mom coming to visit on Mother's Day 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), Visiting Quarters (VQs), and Temporary Living

Facilities (TLFs) may be made up to 120 days in advance, based on the percentage of available rooms of that type at the time of the reservation, 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 visit us online at [www.DoDlodging.net](http://www.DoDlodging.net).

### Mother's Day Special

Bring mom to the Vandenberg Lodge for a Mother's Day getaway! Make a Space Available reservation at the Vandenberg Lodge and mention this ad and we will pre-place either a bottle of sparkling wine or a box of chocolates in your room at no extra charge. Plan your secret getaway today!



## A&FRC CLASS & EVENT SCHEDULE

3-6 May	TAP Seminar (DoL Employment Assistance-preparing for a career change, medical record review by DAV & VA Benefits)	0800 - 1600
6-7 May	Laugh Your Way to a Better Marriage. The video seminar will get your marriage on the right track and you'll have fun at the same time!	6 May 1830-2130 7 May 0900-1200
6 & 20 May	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
11 May	Family Law Assistance Day - call 606-0039 for one on one assistance regarding any family law related questions	Call for 30 min appt
11 May	Financial Basics - Budgeting & development of a Spending Plan- (Lunch & Learn)	1100 - 1200
12 May	10 Steps to Federal Employment- class for military and military spouses, who are interested entering into federal career field	0830 - 1200
12 May	Heart Link Workshop: For military spouse married 5 years or less or new comers to Vandenberg. Free Lunch will be provided. Located in the Base Chapel Annex	0830 - 1400
18 May	Manage Your Move: Briefings TMO, Finance, Legal Claims, Housing, Relocation Assistance programs. Military and spouses welcome to attend.	0830 - 1130
23 May	Big Brothers & Big Sisters Volunteer Orientation	1200 - 1300
25 May	Resume Writing / Interviewing Class	0900 - 1200
25 May	Thrift Savings Plan (TSP) - Understanding It!	1100 - 1200
26 May	Bundles For Babies: Any parent expecting a baby will receive a free layette as well as a wealth of information to prepare for baby. Briefings on financial preparation, stress management, car seat safety, nutrition, and other resources/services	0830 - 1100
27 May	Are You Ready to Invest? Investment Basics	1330 - 1600
31 May	E-Sponsorship On-line Classroom Training (first time sponsors); On-line E-Sponsorship training is available at eSponsorship Application & Training: <a href="http://apps.mhf.dod.mil/esat">http://apps.mhf.dod.mil/esat</a>	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

Airman & Family Readiness (606-0039)

### **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.

### **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.



*Pool Opens May 28 Closes September 5, 2011*

Learn to Swim Signups Begin 13 June at 1000			
<b>Session 1:</b> 20 Jun - 30 Jun	<b>Session 2:</b> 11 Jul - 21 Jul	<b>Session 3:</b> 25 Jul - 4 Aug	<b>Session 4:</b> 8 Aug - 18 Aug
Swim Lesson Daily Schedule			
Mon-Thu	9:35-10:15am	Levels 1,2,3,4	<b>LESSON PRICES:</b> Active Duty Dependents - \$30 All Others \$35 Tiny Tot & Adult/Tot \$25.00
Mon-Thu	10:20-11:00am	Levels 1,2,3,5	
Mon-Thu	11:00-11:30am	Tiny Tots	
Mon-Thu	11:30am-12:00pm	Adult/Tot	
Mon-Thu	5:00-5:40pm	Levels 1 & 3	
Mon-Thu	10:00-11:00am	Fitness Swimmer	

**Junior Lifeguarding:**

The Junior Lifeguard program is geared towards youth ages 11 to 14 years old who are interested in learning the responsibilities of being a lifeguard. The session will run 27 June to 28 July, with class meeting Mon-Thu from 10am-2pm. Cost for this class is just \$45 and includes materials and a T-Shirt. Must meet swimming requirements.

**Dive-In Movie Nights:**

Join us at the pool for our popular dive-in movie nights. Enjoy a feature film on our outdoor screen while lounging in the pool. The pool will open at 6pm, with movies starting at dusk. Cost is \$3.50 per person, includes admission and popcorn. Dive-In Movie Dates for 2011: 10 Jun, 24 Jun, 8 Jul, 22 Jul and 5 Aug.

**Pool Rental**

Looking for a place to host your parties and events? The pool is available for rental for events. The rental times are from 7-11pm on Mon-Thu, and from 5pm-12am on Fri-Sun. The cost for rental is hourly and based on number of attendees. Under 25 guests, \$45 per hour / 26-30 guests, \$55 per hour and 31 or more is \$75 per hour. Contact the pool at 606-3581 to find out more.

*Pool Summer Season Hours*

OPEN SWIM	LAP SWIM	HOLIDAY SWIM - MEMORIAL WEEKEND
Mon-Fri 1-5pm	Mon-Fri 7-9:15am	28-30 May: Open Swim 12-5pm
Sat-Sun 12-5pm	Mon-Fri 11am-12:45pm	

# AMERICA'S



1985-2011

## 21 May 2011

*Fitness Center*

*1.5 Mile Trail*

*Registration and Warm-Ups 9 am*

*Run begins 9:30 am*

*Register NOW at the Youth Center or at*

*[www.americaskidsrun.org](http://www.americaskidsrun.org)*

*Everyone who registers will be entered into a drawing for a*

*Free Family 4 Pack to the Monterey Bay Aquarium!*

*FREE T-Shirts for each participant!*



*For more information call 606-2152*



Youth Center (606-2152)

## BRITISH SOCCER CAMP

Coming to Vandenberg AFB 18-22 July

Offering a variety of mini camps for ages 3-16

**Local VAFB Camp Coordinator**

David Wagle (805) 757-1736

Pick up a brochure at the Youth Center or visit the camp site online for pricing and details.

[www.challengersports.com](http://www.challengersports.com)



# Congratulations!!

## **First Place: Anna Beaty**

Anna gave an energetic performance of the ABBA hit *Dancing Queen*. She will also get to open for the *Tops in Blue* tour on 11 June!



## **Second Place: Gillian Green**

Gillian sang an acapella version of the *Star Spangled Banner* to get the 2011 You Got Talent show started.

## **Third Place: Jeffrey Jones**

Jeffrey impressed with a high-octane dance performance to the Black Eyed Peas hit *Boom Boom Pow!*



## **Third Place: Alyssa Charles, Haylee Walters,**

Shelby Whitaker, Zoe Newbrough, Arianna Booker, Rosalie Nipper and Anastacia Engler were fantastic in their group dance performance to Katy Perry's pop song *Hot and Cold*.



## **Special thanks to:**

Santa Barbara Zoo, the Family Aquatics Center (VAFB) and CoastHills Federal Credit Union for providing prizes and sponsorship support of this event.

# Vandenberg Air Force Base Quick Reference Phone List

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## 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



*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](http://www.info@Cambriawines.com)  
or call 805-938-7318*

ESTATE GROWN & BOTTLED

*Cambria*

*No Federal Endorsement of Sponsor Intended  
Please Drink Responsibly*