

# HAPPENINGS

Your Source For What's Happening on Schriever AFB



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## Directory

### Force Support Administrative Office

Bldg 210, Room 210, 567-3721  
Mon-Fri: 7:30am-4:30pm

Satellite Dish Dining Facility:

Mon-Fri:

Breakfast: 6am-8am, Lunch: 10:30am-1pm,  
Dinner: 4pm-6:30pm

Weekends/Holidays:

Breakfast: 6:30am-8am, Lunch: 11am-1pm,  
Dinner: 4pm-6:30pm

\*Restricted Usage: Open to Active Duty and DoD Civilians

Mon-Fri Breakfast and Lunch. Open to all Schriever employees for dinner, and all meals on weekends and Federal holidays. For information regarding eligibility call 567-4732/4741.

Outdoor Recreation/Information, Tickets & Travel

Bldg 300, Rm 133, 567-6050  
Mon-Fri: 7:30am-4pm

Awards, Engraving & Framing Shop

Bldg 300, Rm 131, 567-6050 or 567-4370  
Mon-Fri: 7:30am-4pm

### Installation Personnel Readiness Office

Bldg 780, Rm 110, 567-2492 or 567-5294

Child Development Center

Bldg 60, 567-4742  
Mon-Fri: 6am-6pm

School-Age Program

Bldg 60, Rm 22, 567-4742  
Mon-Fri: 6am-6pm

NAF Human Resources

Bldg 210, Rm 137A, 567-4737  
Mon-Fri: 7:30am-4:30pm

Military Personnel Section

Bldg 210, Rm 137, 567-5900  
CAC/ID/Customer Service: Mon-Fri, 7:30am-4:30pm  
Last CAC/ID Customer taken at 4pm  
Other Services: Mon-Fri, 9am-3pm

Professional Development & Career Advisor

Bldg 210, Rm 310, 567-5927

Civilian Personnel

Bldg 210, Rm 217, 567-5778 Mon-Fri: 7:30am-4:30pm

Manpower & Organization

Bldg 210, Rm 215, 567-2754 Mon-Fri: 7:30am-4:30pm

Main Fitness Center

Bldg 120, 567-6628  
Mon-Fri: 5am-7:30pm  
Sat, Sun, Family Days and Federal Holidays: 7am-3pm

Restricted Area (RA) Fitness Center Annex

Bldg 502, 567-3338  
Mon-Fri: 10am-6pm  
Sat, Sun, Family Days and Federal Holidays: Closed

Airman & Family Readiness Center

Bldg 101, 567-3920  
Mon-Fri: 7:30am-4:30pm

50 FSS Marketing and Commercial Sponsorship

Bldg 210, Rm 366, 567-3588 or 567-4740  
Mon-Fri: 7:30am-4:30pm



The winter holiday season is upon us; snow has fallen and the shopping has begun. The Force Support Squadron can help provide just what you need to make this holiday season a success.

Take your family on a winter retreat. The Information, Tickets, and Tours shop has a wide variety of lift tickets and ski packages available for local ski resorts at generously discounted prices. The annual winter sports extravaganza, SnoFest, is just around the corner, and is a great opportunity for families to enjoy all types of snow sports and activities, from novice to expert levels of experience. See page 5 for lodging and event details.

Looking for a special gift for a special someone? Socks or a holiday sweater just isn't going to fit the bill this year? Talk to the Awards, Engraving and Custom Picture Framing expert to get some ideas for a customized, one-of-a-kind gift that will make your loved-one's eyes sparkle. Is this baby's first Christmas? How about a customized tree ornament? Perhaps you already have an item you would like to have engraved with a quote or date. Bring it in and see what the specialist has to say.

The Main Fitness Center can help you keep your weight under control during the holiday season. Fitness classes are available Monday through Friday and are free of charge. Stop by the front counter and ask about talking with a Personal Trainer and learn how to address your trouble spots.

Make this holiday season a great one! Stop by the Force Support Squadron facilities today and see what we can do for you.

## Did You Know ...

... the Airman & Family Readiness Center has moved? The Airman & Family Readiness Center has moved from Bldg T-65 into Bldg 101, where Ent Federal Credit Union is located. The Airman & Family Readiness Center is there to help you through life's challenges, equipping you through instructional and educational classes, counseling services, transitional support for those separating or retiring from military service and much more. Stop by and check out their new facility or call for more information, 567-3920.

... the average adult can gain as much as 5 pounds during the holiday season?

Studies show that the average weight gain during the holidays is 1-2 pounds but for some it can be up to 5 pounds! Beat the bulge this holiday season and stay fit to fight at the Main Fitness Center or the Fitness Center Annex.

## Child Development Center

**Monday - Friday • 6am-6pm**

Bldg 60  
567-4742

### Thanksgiving Feast • 16 November, 11am

The Child Development Center is hosting the annual Thanksgiving Feast, 16 November, 11am. Parents of registered children are invited to join their child(ren) for lunch.

## School-Age Program

**Monday - Friday • 6am-6pm**

Bldg 60, Rm 22  
567-2850

### Registration

Registration for the School Age Program (SAP) is open for ages 5 through 12 years. In addition to Before and After School Care, hourly care is available on Fridays for children in school districts other than Ellicott. Hours of operation are 6am to 6pm, Monday through Friday. Your children will enjoy structured activities and field trips. Participating children are provided USDA-approved meals and snacks, and eat breakfast before the bus picks up. For additional information, call 567-2850.

### Thanksgiving and Winter Break

School Age Program will offer care during Thanksgiving Break, 19-23 November and during Winter Break, 24 December-4 January. Call 567-2850 for more info.

## Give Parents A Break

Respite Care Program 

**17 November, 1-5pm**  
**14 December, 7-11pm**

- Obtain a referral certificate (see below)
- Register at the CDC (Referral certificate must be presented)

Parents may obtain referral certificates from their Squadron Commander • 1st Sergeant • Chaplain • Doctor/Medical Professional • Family Advocacy

For more info, please call 567-3920

**PLAYPASS NOW EXTENDED**  
**THROUGH 31 DECEMBER 2013**

**CALL OR STOP BY**  
**THE AIRMAN & FAMILY READINESS CENTER**  
**AT THEIR NEW LOCATION, BLDG 101,**  
**TO SEE IF YOU ARE ELIGIBLE!**

**567-3920**

## Main Fitness Center



**Monday-Friday • 5am-7:30pm**

Sat, Sun, Family Days & Fed. Holidays • 7am-3pm  
Bldg 120  
567-6628

### Turkey Trot 3-Mile Fun Run/Walk: 16 Nov, 9am

Schriever AFB Annual Turkey Trot 3-Mile Fun Run/Walk is here again! Turkeys are awarded to the top 3 male and female finishers plus the first 100 to finish get a free event t-shirt. The run starts at the Main Fitness Center, 16 November, 9am. Call for more information.

### Sports Advisory Council Meeting: 12 Dec, 10am

The quarterly Sports Advisory Council Meeting will be held on Wednesday, 12 December, 10am in Bldg 300, Rm 122a. Fit to Fight times will be selected at this meeting. All squadrons must have a representative attend this meeting. Call for more info.

### "The Murph" Competition: 14 Dec

Put yourself to the ultimate test! Complete a 1-mile run, 100 pull-ups, 200 push-ups, 300 body squats, and another 1-mile run. Finish all within 1 hour and receive a free t-shirt. The event will be held 14 December. Call 567-6628 to register and obtain your start time.

### Basketball Court Closures

**2-3 November** • Basketball court is closed 2 November, 3pm to 3 November, 12pm in support of an official function.

**30 November** • Basketball court is closed 1pm-5pm in support of the 50 SW Promotion Recognition Ceremony.

*\*The basketball court schedule is subject to change at any time. Please call 567-6628 to verify availability.*

### Main Fitness Center Holiday Hours: 7am-3pm

The Main Fitness Center operates under holiday hours on the following days:

**12 November** • Veterans Day

**23 November** • Family Day

**24 December** • Family Day

**31 December** • Family Day

*\*The Main Fitness Center will be closed on 22 November and 25 December. (See pages 6-7 for a detailed schedule.)*

## RA Fitness Center Annex

**Monday - Friday • 10am-6pm**

Sat, Sun, Family Days & Federal Holidays Closed  
Bldg 502  
567-3338

### Closures

**28 December** • The RA Fitness Center Annex is closed.

## Outdoor Recreation and ITT

**Monday - Friday • 7:30am-4pm**

Bldg 300, Rm 133

567-6050

Call us for ticket delivery options on Schriever AFB, outside the RA.



Tickets	Adult	Child
Disney World, AF Salute Hopper	\$150.00	
Disneyland Salute	\$120.00	
Disney World, 5 Day Hopper	\$300.50	\$284.50
Disneyland, 5 Day Hopper	\$203.00	\$188.00
Sea World, FL	\$74.50	
Sea World, CA	\$58.00	\$52.50
Busch Gardens, Tampa	\$67.00	\$58.00
Universal Studios, FL, 1 Day Base	\$87.00	\$81.50
San Diego Zoo	\$37.50	\$28.50
Medieval Times, FL	\$45.00	\$35.00
Kennedy Space Center	\$47.00	\$38.00
Ski Tickets	Adult	Child
Patriot Pass	\$259.00	\$139.00
Patriot Pass Plus	\$279.00	\$149.00
Liberty Pass	\$209.00	\$120.00
Loveland Season Pass	\$169.00	\$99.00
All tickets and pricing are subject to availability and change without notice. Many tickets must be pre-ordered—please allow 7-10 business days for shipping.		

## Awards, Engraving & Custom Picture Framing

**Monday - Friday • 7:30am-4pm**

Bldg 300, Rm 131: 567-6050

Bldg 805: 567-4370

Your one-stop shop for awards, personalized gifts and custom picture framing!

Looking for personalized holiday gifts? Stop by Awards, Engraving & Custom Picture Framing to get unique gifts for your loved ones. Playing card boxes, games, photo frames, keepsake boxes, BBQ sets, and ornaments are only a few of the items offered. Call or stop by today.

Don't forget that quarterly and annual awards are coming up. Get your customized awards at the Awards, Engraving & Custom Picture Framing shop!

Services are available to all active duty and retired military, DoD and NAF civilians, and contractors. If you do not have access to the Restricted Area, call for an appointment and staff will meet you at an alternate location.

Call for more information and pricing details, 567-4370.

## Satellite Dish Dining

Monday - Friday

Breakfast: 6am-8am, Lunch: 10:30am-1pm,  
Dinner: 4pm-6:30pm

Sat, Sun, Federal Holidays:

Breakfast: 6:30am-8am, Lunch: 11am-1pm,  
Dinner: 4pm-6:30pm

Bldg 300, Menu Phone: 567-3333

Online Menu: Schriever SharePoint site > News >

Click "Satellite Dish Dining menu"

Thanksgiving Meal: 13 November • 10:30am-1pm

### Leaders Serving Troops

Join the Dining Facility Staff for a Thanksgiving Feast: Shrimp Cocktail, French Onion Soup, Roast Turkey, Baked Ham, Steamship Round, Mashed Potatoes, Candied Yams, Steamed Carrots, Corn, and Green Beans. Assorted breads and hot rolls round out the selection, and then for dessert, enjoy Apple and Peach Cobblers, and a wide selection of pies to include Pumpkin, Sweet Potato, Apple, Pecan and Chocolate.

**Christmas Meal: 19 December • 10:30am-1pm**

### Leaders Serving Troops

Come out and enjoy a holiday meal with all the trimmings: Shrimp Cocktail, Chicken w/ Rice Soup, Roast Turkey, Baked Ham, Prime Rib, Turkey Gravy, Giblet Dressing, Mashed Potatoes, Candied Yams, Steamed Peas & Mushrooms, Corn, and Green Beans, Apple and Peach Cobblers, assorted breads and hot rolls, assorted pies including Pumpkin, Sweet Potato, Apple, Pecan and Chocolate.

### Weekly Specialty Bars

**Monday:** Chicken or Cobbler Bar (Chicken Strips, Nuggets, Chicken Sandwich, Grilled Chicken or assorted Cobblers)

**Tuesday:** Taco Bar (Shredded Chicken, Beef, Soft or Hard Shell Tacos, Tortilla Shell Bowl, Burritos)

**Wednesday:** Pizza Bar (Assorted Pizza, Bread Sticks & Marinara Sauce)

**Thursday:** Build-Your-Own Burger Bar (Sautéed Green Peppers, Onions, Mushrooms, Chili, Bacon)

**Friday:** Bratwurst Bar (Honey, Cheddar Cheese & Jalapeno, Andouille, Spicy Polish Sausage, Sauerkraut)

**Deployed Family Dinner**  
**9 November, 6 pm**  
**Tierra Vista Community Center**  
**Games & Entertainment for Children**  
**RSVP: A&FRC, 567-3920**

## Professional Development Center

**Monday - Friday • 7:30am-4:30pm**

Bldg 210, Rm 310

Career Assistance Advisor: 567-5927

FTAC Team Lead: 567-5927

Base/Formal Training Manager: 567-5903

Peterson AFB Education Counselors: 556-7734

PAFB Counselors do not come to Schriever AFB, but are available for consultation at Peterson AFB, Monday through Friday, 8am-2pm, and at email address:

[21mss.dphe@peterson.af.mil](mailto:21mss.dphe@peterson.af.mil)

ASVAB Retesting at the USAF Academy: 333-3826

Defense Language Aptitude Battery

Request this class through the Peterson AFB Education Center. Call 554-7734 for more information.

Schriever Professional Class Schedule

Silver Bullet Professional Writing Seminar: 1 Nov • 1pm

FTAC: 5-13 Nov and 7-14 Dec • 7:30am-4:30pm

Time Management: 20 Nov • 1pm

Informed Decision: 29 Nov and 14 Dec • 12:30pm-3pm

NCOPE: 18-20 Dec • 7:30am-4:30pm

PME /CDC End of Course Schedule

Tuesdays and Fridays • 8:30am-12pm

Thursdays • 12:30pm-3:30pm (Nov only)

Call 567-5903 for inquiries.

## Military Personnel Section

**Monday-Friday • 7:30am-4:30pm**

Bldg 210, Rm 137

567-5900

Services and Offerings:

- Common Access Card
- Base In-Processing/Intro
- Duty Title Updates
- Leave Program
- AFSC Changes
- PCA Actions
- SEI Updates
- Assignments
- Promotions

## Installation Personnel Readiness (IPR) Office

Bldg 780, Rm 110

567-5346/2492

**Initial Briefings for Deployers**

Mondays and Wednesdays: 9am-11am, IPR Office

**Out-Process Briefings for Deployers**

Tuesdays and Fridays: 1pm-3pm, IPR Office

## Education Services

Peterson AFB

556-7392/7734

### On-site University Office Hours

Representatives from the universities/colleges listed below are available for consultation in Bldg 210, Rm 310, on the respective dates provided for them.

#### Ashford University • 360-820-0780

7 Nov and 5 Dec • 10am-1pm

#### Colorado Christian University • 867-5814

Thursdays • 1pm-3pm

#### DeVry • 866-6701

1, 7 & 21 Nov and 5, 6 & 19 Dec • 10am-12pm

#### Embry-Riddle Aeronautical University • 576-6858

27 Nov • 1pm-4pm

#### Empire State College • 518-859-0794

28 Nov • 10am-2pm

#### National University • 749-8067

6 & 20 Nov and 4 & 18 Dec • 2pm-3pm

#### Regis University • 264-7021

9, 20 & 23 Nov and 7, 18 & 28 Dec • 10am-12pm

#### University of Maryland • 640-9670

6 & 20 Nov and 4 & 18 Dec • 10am-2pm

#### University of Phoenix • 640-9670

Call for an appointment.

#### University of the Rockies • 314-1656

13 & 26 Nov and 11 Dec • 11am-2pm

#### Webster University • 574-7562

Every Monday • 12 pm-2:30pm

To find out more about classes or to enroll, please visit:  
<https://afkm.wpafb.af.mil/community/views/home.aspx?Filter=OO-ED-SP-14>

## Parents Night Out

**17 November, 1-5pm**  
**14 December, 7-11pm**

- Register at the CDC by

November: 9 November

December: 7 December

- Special hourly rate applies

- Non-refundable payment is due when reservation is made

**For more info, please call 567-4742**

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

# SnoFest!!!

Friday - Sunday, January 25-27, 2013  
Keystone Resort, CO

Make your reservations for SnoFest by calling 800-258-0437 and give Group Code GC8PBL and Base Affiliation.

Purchase discounted SnoFest lift tickets at ITT/ODR, Bldg 300, Rm 133, or call 567-6050 to make arrangements to meet outside the restricted area.

Lodging  
Wine Tasting  
Beer Tasting  
Nastar Racing  
Cardboard Derby  
Party Time  
Snowshoe Hike  
Hospitality Center  
Lift Tickets

**SPONSORS**


No Federal endorsement of sponsors intended



**HARRIS**



**WE'RE IT EXPERTS**  
WORLD-CLASS SYSTEMS AND  
NETWORK INTEGRATION

# November Holiday Hours

## 50th Force Support

### Fitness Center

12 Nov: 7am-3pm  
 19 Nov: 5am-7:30pm  
 20 Nov: 5am-7:30pm  
 21 Nov: 5am-7:30pm  
 22 Nov: Closed  
 23 Nov: 7am-3pm  
 24 Nov: 7am-3pm  
 25 Nov: 7am-3pm

### Fitness Annex

12 Nov: Closed  
 19 Nov: 10am-6pm  
 20 Nov: 10am-6pm  
 21 Nov: 10am-6pm  
 22 Nov: Closed  
 23 Nov: Closed  
 24 Nov: Closed  
 25 Nov: Closed

### CDC

12 Nov: Closed  
 19 Nov: 6am-6pm  
 20 Nov: 6am-6pm  
 21 Nov: 6am-6pm  
 22 Nov: Closed  
 23 Nov: 6am-6pm

### School Age Program

12 Nov: Closed  
 19 Nov: 6am-6pm  
 20 Nov: 6am-6pm  
 21 Nov: 6am-6pm  
 22 Nov: Closed  
 23 Nov: 6am-6pm

### A&FRC

12 Nov: Closed  
 19 Nov: 7:30am-4:30pm  
 20 Nov: 7:30am-4:30pm  
 21 Nov: 7:30am-4:30pm  
 22 Nov: Closed  
 23 Nov: Closed

### Dining Facility

12 Nov: 6:30am-6:30pm  
 19 Nov: 6am-6:30pm  
 20 Nov: 6am-6:30pm  
 21 Nov: 6am-6:30pm  
 22 Nov: 6:30am-6:30pm  
 23 Nov: 6am-6:30pm  
 24 Nov: 6:30am-6:30pm  
 25 Nov: 6:30am-6:30pm

### Outdoor Recreation

12 Nov: 7:30am-4pm  
 19 Nov: 7:30am-4pm  
 20 Nov: 7:30am-4pm  
 21 Nov: 7:30am-2pm  
 22 Nov: Closed  
 23 Nov: Closed  
 24 Nov: Closed  
 25 Nov: Closed

**NOTE: CPO, MPS, NAF-HR, and Manpower offices will be closed for all Federal Holidays and Family Days. Regular office hours are Monday-Friday, 7:30am-4:30pm.**

# Dec & Jan Holiday Hours

## 50th Force Support

### Main Fitness Center

**24 Dec:** 7am-3pm  
**25 Dec:** Closed  
**26 Dec:** 5am-7:30pm  
**27 Dec:** 5am-7:30pm  
**28 Dec:** 7am-3pm  
**29 Dec:** 7am-3pm  
**30 Dec:** 7am-3pm  
**31 Dec:** 7am-3pm  
**1 Jan:** 7am-3pm  
**2 Jan:** 5am-7:30pm  
**3 Jan:** 5am-7:30pm  
**4 Jan:** 5am-7:30pm  
**5 Jan:** 7am-3pm  
**6 Jan:** 7am-3pm

### Fitness Center Annex

**24 Dec:** Closed  
**25 Dec:** Closed  
**26 Dec:** 10am-6pm  
**27 Dec:** 10am-6pm  
**28 Dec:** Closed  
**29 Dec:** Closed  
**30 Dec:** Closed  
**31 Dec:** Closed  
**1 Jan:** Closed  
**2 Jan:** 10am-6pm  
**3 Jan:** 10am-6pm  
**4 Jan:** 10am-6pm  
**5 Jan:** Closed  
**6 Jan:** Closed

### Dining Facility

**24 Dec:** 6am-6:30pm  
**25 Dec:** 6:30am-6:30pm  
**26 Dec:** 6am-6:30pm  
**27 Dec:** 6am-6:30pm  
**28 Dec:** 6am-6:30pm  
**29 Dec:** 6:30am-6:30pm  
**30 Dec:** 6:30am-6:30pm  
**31 Dec:** 6am-6:30pm  
**1 Jan:** 6:30am-6:30pm  
**2 Jan:** 6am-6:30pm  
**3 Jan:** 6am-6:30pm  
**4 Jan:** 6am-6:30pm  
**5 Jan:** 6:30am-6:30pm  
**6 Jan:** 6:30am-6:30pm

### Outdoor Recreation

**24 Dec:** Closed  
**25 Dec:** Closed  
**26 Dec:** 7:30am-4pm  
**27 Dec:** 7:30am-4pm  
**28 Dec:** 7:30am-1pm  
**29 Dec:** Closed  
**30 Dec:** Closed  
**31 Dec:** Closed  
**1 Jan:** Closed  
**2 Jan:** 7:30am-4pm  
**3 Jan:** 7:30am-4pm  
**4 Jan:** 7:30am-4pm  
**5 Jan:** Closed  
**6 Jan:** Closed

### CDC

**24 Dec:** 6am-6pm  
**25 Dec:** Closed  
**26 Dec:** 6am-6pm  
**27 Dec:** 6am-6pm  
**28 Dec:** 6am-6pm  
**31 Dec:** 6am-6pm  
**1 Jan:** Closed  
**2 Jan:** 6am-6pm  
**3 Jan:** 6am-6pm  
**4 Jan:** 6am-6pm

### School Age Program

**24 Dec:** 6am-6pm  
**25 Dec:** Closed  
**26 Dec:** 6am-6pm  
**27 Dec:** 6am-6pm  
**28 Dec:** 6am-6pm  
**31 Dec:** 6am-6pm  
**1 Jan:** Closed  
**2 Jan:** 6am-6pm  
**3 Jan:** 6am-6pm  
**4 Jan:** 6am-6pm

### A&FRC

**24 Dec:** Closed  
**25 Dec:** Closed  
**26 Dec:** 7:30am-4:30pm  
**27 Dec:** 7:30am-4:30pm  
**28 Dec:** 7:30am-4:30pm  
**31 Dec:** Closed  
**1 Jan:** Closed  
**2 Jan:** 7:30am-4:30pm  
**3 Jan:** 7:30am-4:30pm  
**4 Jan:** 7:30am-4:30pm



# THE MURPH

**FRIDAY, DEC 14  
MAIN SPORTS & FITNESS CENTER**

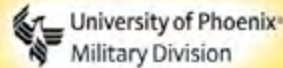
**REGISTER AT THE MAIN FITNESS CENTER BY DEC 12 TO RECEIVE YOUR START TIME  
CALL 567-6628 FOR INFO**

- **1-MILE RUN**
  - **100 PULL-UPS**
  - **200 PUSH-UPS**
  - **300 BODY SQUATS**
- Followed by another
- **1-MILE RUN**



**COMPLETE ALL WITHIN 1 HOUR AND RECEIVE A FREE T-SHIRT!**

**EXERCISES MAY BE DONE IN ANY ORDER, BUT THE 1-MILE RUNS MUST "BOOK-END" THE EVENT**



No Federal Endorsement of Sponsors Intended



Schriever AFB Annual

# TURKEY TROT

**3-MILE FUN RUN/WALK  
NOV 16, 9AM  
MAIN FITNESS CENTER**

*Free t-shirt to the first 100 finishers!*

**PARTICIPANTS WILL RUN TWO LAPS AROUND THE OUTER LOOP OF THE RUNNING TRAIL**

**TURKEYS AWARDED TO THE TOP 3 MALE AND FEMALE FINISHERS!**

**FOR MORE INFORMATION CALL THE MAIN FITNESS CENTER AT 567-6628**



No Federal Endorsement of Sponsors Intended



United States Air Force

# MISSION: AUDITION

**2013 Tops In Blue  
Worldwide Talent Search  
Application Deadline 5 Dec 12**

**SEARCHING FOR**

- VOCALISTS INSTRUMENTALISTS DANCERS
- COMEDIANS MAGICIANS DRAMATISTS
- AUDIO, VIDEO & LIGHTING TECHNICIANS
- STAGING TECHNICIANS
- BIG RIG & BUS DRIVERS



For more information visit [topsinblue.com](http://topsinblue.com) or call 210.623.0509 - DSN 969.7237

## Airman & Family Readiness Center (A&FRC)

**Monday - Friday • 7:30am-4:30pm**

Bldg 101  
567-3920

### November/December Class & Program Offerings

All classes are held at A&FRC, Bldg. 101, unless otherwise specified. For complete class descriptions, visit

[http://www.schrieverfss.com/afrc\\_09\\_pfm.asp](http://www.schrieverfss.com/afrc_09_pfm.asp)

#### Pre-Separation Briefing

6, 13, 20 & 27 November • 2pm-4pm  
4, 11 & 18 December • 2pm-4pm

Learn what your benefits and entitlements are when you leave the military.

#### How to Find/Apply for Federal Employment

2 November & 14 December • 8am-11am  
A&FRC and the Civilian Personnel Office team up to bring you steps you need to know when applying for federal employment. It is helpful to become familiar with [www.usajobs.gov](http://www.usajobs.gov) before coming to the class.

#### Dorm Move Seminar

15 November & 20 December • 2pm-3pm  
Dorm residents learn how to project a budget and see if they are financially ready to live off-base.

#### Right Start Newcomers' Brief

16 November & 21 December • 8am-2:30pm  
(Multi-purpose Bldg, T135)  
Newcomers to Schriever must attend this brief which is specifically geared towards newly arrived military personnel and their families.

#### Give Parents A Break Program

17 November • 1pm-5pm & 14 December • 7pm-11pm  
Free child care is available for families who have a parent feeling stressed due to deployment, family crisis, special needs children, or other unique circumstances. For more details on the program and obtaining the voucher, please call 567-3920.

#### Transition Assistance Program (TAP) Workshop

17-21 December • 8am-4:30pm  
Separating or retiring from military service soon? Learn about transitioning into the civilian workforce.

#### Phase 1: VA Medical Records Review

5 November & 7 December • by appointment only  
If you are 180 days from separation or retirement, now is the time to start your disability claim. Get help from the Disabled American Veterans to file your claim.

#### Moving Made Simple

8 November • 8am-11am  
For military members, DoD civilians and their families, this briefing is designed to help reduce the stress and confusion associated with moving.

#### Resumé & Interview Tips

15 November • 9am-11am  
Learn the do's and do not's of writing your resumé and attending interviews.

## NAF Human Resources

**Monday - Friday • 7:30am-4:30pm**

Bldg 210, Rm 137  
567-4734

NAF jobs are *virtually* yours for the taking!

View NAF job openings on the web at [www.nafjobs.org](http://www.nafjobs.org)

## Civilian Personnel Office

**Monday-Friday • 8am-4pm**

Bldg 210, Rm 137  
567-5799/5788/3734

### Resumé Update Process

Take the time to update your resumé in the electronic Official Personnel File (eOPF). The process is easy, and your resumé is uploaded within 10 – 15 calendar days of submission. To update your resumé, log on to the Civilian Personnel home page and access the link:

<https://eis.afspc.af.mil/unit/50sw/50FSS/cpo/default.aspx>

### NAF Human Resources Office Bldg. 210, Rm. 137

#### Non-Appropriated Fund Positions

*The following lists NAF positions offered at Schriever AFB. While the positions may not be currently available, applicants are encouraged to apply. All applications remain on file for 90 days.*

#### Child Development Center

- Child and Youth Program Assistant (CY-01/02/03)
- Child and Youth Program Leader (CY-04)
- Cook (NA-06)
- Food Service Worker (NA-02)



#### Fitness Center/Annex

- Recreation Aid (NF-I)
- Lifeguard (NF-I)
- Recreation Assistant (NF-II)
- Assistant Fitness Center Manager (NF-III)



#### Marketing and Publicity

- Commercial Sponsorship Coordinator (NF-III)
- Marketing Assistant (NF-III)
- Visual Information Assistant (NF-II)



#### NAF Financial Management Office

- Financial Management Assistant (NF-III)
- Accounting Technician (NF-II)
- Accounting Technician (NF-III)
- Office Automation Clerk (NF-II)

#### NAF Human Resources Office

- Human Resources Assistant (NF-II)




#### Outdoor Recreation/ITT

- Clerk - Outdoor Recreation (NF-II)
- Sales Clerk - Outdoor Recreation (NF-I)
- Recreation Assistant - Engraving and Framing (NF-II)

**For more information, please call 567-4737/5701**

# FITNESS CENTER PROGRAMS

## November 2012

Mon	Tue	Wed	Thur	Fri	Sat
11am - Spinning 3pm - Triple Threat Aerobics	6am - Spinning 11am - Equipment Orientation 1pm - FIP 4pm - Yoga	11am - Zumba 3pm - Body Blitz	6am - Spinning 1pm - FIP 4pm - Yoga	11am - Zumba	9am - Spinning 

Family Time in the Main Fitness Center: Monday - Friday 6:30pm-7:30pm, Saturday & Sunday Noon-3pm

Avoid the crowds and workout at the Annex! Annex Hours: Mon-Fri, 10am-6pm

### Special Dates

2-3 Nov	Basketball court closed 2 Nov, 3pm to 3 Nov, 12pm for an official function.
12 Nov	Holiday Hours: 7am-3pm for federal holiday. Annex closed.
16 Nov	Turkey Trot 3-mile run, 9am.
22 Nov	Thanksgiving: Main Fitness Center and Annex closed.
23 Nov	Holiday Hours: 7am-3pm for family day. Annex closed.
30 Nov	Basketball court closed 1pm-5pm for 50 SW Promotion Ceremony.

Sun	Mon	Tue	Wed	Thur	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

FIP

Fitness Improvement Program Class is targeted for those who do not meet Air Force fitness standards. Participants must sign up by calling 567-6628 24 hours in advance.

Triple Threat

Triple Threat Aerobics is a dynamic blend of step aerobics, cardio-kickboxing and strength training.

Yoga

Yoga is a system of exercises practiced as part of this discipline to promote control of the body and mind. Joins or integrates all aspects of the individual. Yoga can improve flexibility, strength, balance, and stamina.

Spinning

Aerobic exercise that takes place on a specially designed stationary cycle. Participants simulate riding on a flat road, climbing hills and sprinting.

Zumba

This high energy cardio-dance class uses a combination of rhythms (Latin, International and Contemporary) to provide a fun, calorie-burning workout. Join the party!

Body Blitz


This workout combines high-intensity Intervals with basic aerobic movements, calisthenics, plyometrics and strength training. The class may incorporate the use of steps, BOSU balls, resistance bands, hand weights and/or body bars.

**All fitness classes are FREE of charge. No registration is required.**

All classes above are conducted at the Main Fitness Center | For more info call 567-6628

# FITNESS CENTER PROGRAMS

## December 2012

Mon	Tue	Wed	Thur	Fri	Sat
11am - Spinning 3pm - Triple Threat Aerobics	6am - Spinning 11am - Equipment Orientation 1pm - FIP 4pm - Yoga	11am - Zumba 3pm - Body Blitz	6am - Spinning 1pm - FIP 4pm - Yoga	11am - Zumba	9am - Spinning 

Family Time in the Main Fitness Center: Monday - Friday 6:30pm-7:30pm, Saturday & Sunday Noon-3pm

Avoid the crowds and workout at the Annex! Annex Hours: Mon-Fri, 10am-6pm

### Special Dates

12 Dec	Sports Advisory Council Meeting, 10am, Bldg 300, Rm 122a.
14 Dec	"The Murph" Competition
24 Dec	Holiday Hours: 7am-3pm for family day. Annex closed.
25 Dec	Christmas: Main Fitness Center and Annex closed.
28 Dec	Holiday Hours: 7am-3pm. Annex closed.
31 Dec	Holiday Hours: 7am-3pm for family day. Annex closed.

Sun	Mon	Tue	Wed	Thur	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 30	24 31	25	26	27	28	29

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