January 2013



Your Source For What's Happening on Schriever AFB



Directory

Force Support Administrative Office

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

Satellite Dish Dining Facility

Bldg 300, 567-2216 Menu Phone: 567-3333

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



he 50th Force Support Squadron wishes you a Happy New Year! Hopefully you have had an opportunity to rest and reenergize after focusing on the CUI preparation, and are now planning to work on your own personal goals. In this issue of Happenings, find out ways 50 FSS can help you!

If you are looking to shed a few pounds, Fitness Center programs may be your route to a slimmer you. With daily fitness classes, as well as personal trainers, the only thing in your way is you. Check out the January calendar on the back cover of this issue and start planning your workout routine right away.

The Airman & Family Readiness Center (A&FRC) can help you set achievable financial resolutions, allowing you to start off right and plan for the future. Whether you are looking at retirement, separation, a new baby, or a move, the A&FRC staff is here to help. See the list of scheduled classes on page 5.

If continued education is on your list of resolutions, stop by the Professional Development Center to learn about opportunities available to you. Advance your education with campus classes, online classes, or professional development classes. It's never too late, or too early to improve yourself.

Information, Tickets and Travel can send you on adventures like never before. Make your SnoFest lodging reservations right away to make sure you get the room you want. Discounted party and lift tickets are available at ITT, and information can be downloaded at www.mysnofest.com.

Whether your resolution is to lose weight, plan for your future, further your education, or just have more fun, the 50th Force Support Squadron can help you on your way. Stop by one of our facilities today and see what we can do for you.

Did You Know...

... Information, Tickets, and Travel is an authorized TicketsWest ticket outlet?

That's right! Information, Tickets, and Travel is an authorized TicketsWest ticket outlet, and offers discounted prices. Now you can enjoy music concerts, comedy shows, sporting events, and many other forms of entertainment with the convenience of purchasing your tickets right on base.

No need to run to a ticket office in town, get your tickets on your lunch break. Call 567-6050 or stop by Outdoor Rec/ITT in Bldg 300, Rm 146 today!

Child Development Center

Monday - Friday • 6am-6pm

Bldg 60 567-4742

Winter Art Activity • 18 January, 2:30pm-3:30pm

The Child Development Center is hosting a winter art activity, 18 January, 2:30pm-3:30pm. Parents of registered children are invited to take part in creating chilly art projects.

School-Age Program

Monday - Friday • 6am-6pm

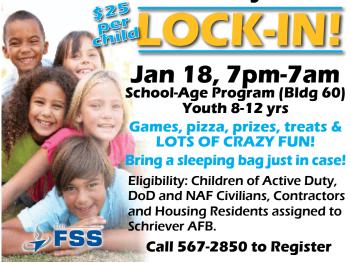
Bldg 60, Rm 22

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. For additional information, call 567-2850.

Schriever Community Youth





Main Fitness Center



Monday-Friday • 5am-7:30pm

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

567-6628

Federal Holiday Hours of Operation

1 January • The Main Fitness Center is open 7am-3pm.

21 January • The Main Fitness Center is open 7am-3pm.

Bench Press/Deadlift Competition: 18 Jan. 9am

Are you the strongest? Lift the greatest percentage of body weight and prove it! Competitions are at the Main Fitness Center on 18 January, 9am. Contestants may compete in one or both competitions. Call for more info.

Lazy Man Triathlon: February

The Lazy Man Triathlon gives participants the entire month of February to complete an Ironman Triathlon! Complete 2.4 miles of swimming, 112 miles of bicycling, and 26.2 miles of running by February 28 and earn your official T-shirt. Contact the Main Fitness Center for more information.

Basketball Court Closures

31 January • Basketball court is closed 1pm-5pm in support of the 50 SW Promotion Recognition Ceremony.

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

RA Fitness Center Annex

Monday - Friday • 10am-6pm

Sat, Sun, Family Days & Federal Holidays Closed Bldg 502

567-3338

Avoid the Crowds

Try the Restricted Area Fitness Center Annex and avoid the crowds. The fully-equipped facility has state-of-the-art cardio equipment, a wide selection of free weights and weight machines, and complete male and female locker rooms.

Federal Holiday Closures

1 January • The RA Fitness Center Annex is closed.

21 January • 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.

TicketsWest upcoming events							
January 9-13, 2013							
February 13, 2013							
March 9, 2013							

Prices vary depending on seating. Call for details on each event and pricing.

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

Blda 300, Rm 131: 567-6050

Bldg 805: 567-4370

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

Don't forget that quarterly and annual awards are coming up. Get a headstart and order your unit awards now.

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"

Martin Luther King. Jr. Meal: 18 January, 10:30am-1pm

Chicken Gumbo, Fried Catfish, Fried Chicken, BBQ Ribs, Macaroni & Cheese, Fried Potatoes, Black Eyed Peas, Collard Greens, Fried Okra, Corn Bread, Cole Slaw, Cobbler Bar.

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)

Give Parents A Break

Respite Care Program *FORCE

26 January, 1-5 pm

- 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

Parents Night Out

26 January, 1-5 pm

- Register at the CDC by 18 January
- Special hourly rate applies
- Non-refundable payment is due when reservation is made

For more info, please call 567-4742



Airman & Family Readiness Center (A&FRC)

Monday - Friday • 7:30am-4:30pmBldg 101 **567-3920**

January 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

Pre-Separation Briefing

8 & 22 January, 2pm-4pm and 15 January, 8am-10am Learn what your benefits and entitlements are when leaving the military.

How to Find/Apply for Federal Employment

11 January, 8am-11am

A&FRC and the Civilian Personnel Office bring the steps you need to apply for federal employment. Please note, it is helpful to visit www.usajobs.gov before attending the class.

Dorm Move Seminar

2 January, 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

17 January, 8am-3pm

(Bldg 300, Auditorium)

Newcomers to Schriever must attend this brief, which is specifically geared towards newly arrived military personnel and their families. Spouses are invited; the sponsoring member must obtain a Visitors Pass at Pass & ID and provide escort duties.

Give Parents A Break Program

26 January, 1pm-5pm

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 a program voucher, please call 567-3920.

Bundles for Babies

9 January, 2pm-4:30pm

AD members and DoD civilian personnel and their spouses expecting the birth of a child may learn about the financial aspects of raising a baby, how ot strengthen your relationship once the baby arrives, and ways of dealing with stresses that come with having a new baby. Attendees receive a free bundle of baby items.

Moving Made Simple

24 January, 8am-11:30am

For military members, DoD civilians and their families, this briefing is designed to help reduce the stress and confusion associated with moving.

Job Search

23 January, 9:30am-11:30am

Learn the most effective ways to search for a job and how to best present yourself to the job market. This class is open to the entire Schriever community.

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

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)

For more information, please call 567-4737/5701

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

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 Writing Seminar: 15 January, 1pm

FTAC: 7-14 January, 7:30am-4:30pm Informed Decision: 24 January, 12:30pm

NCOPE: 29-31 January, 7:30am-4:30pm

PME /CDC End of Course Schedule Tuesdays and Fridays, 8:30am-12pm 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
- PCA Actions
- Base In-Processing/Intro
- SEI Updates
- Duty Title Updates
- Assignments

- Leave Program
- Promotions
- AFSC Changes

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

2 January, 10am-1pm

Colorado Christian University • 867-5814

Thursdays, 1pm-3pm

DeVrv • 866-6701

2, 3 & 9 January, 10am-12pm

National University • 749-8067

15 January, 2pm-3pm

Regis University • 264-7021

10 & 15 January, 10am-12pm

University of Maryland • 640-9670

15 January, 10am-2pm

University of Phoenix • 640-9670

Call for an appointment.

University of the Rockies • 314-1656

8 & 28 January, 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



FITNESS CENTER PROGRAMS

January 2013

Мо	on	Tue Wed		Thur				F	ri	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 - roga			11am - Zumba	Parservices AFSERVICES AFSERVICES AFSERVICES AFSERVICES	

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

1 Jan	Holiday Hours: 7am-3pm for federal holiday. Annex closed.
18 Jan	Bench Press and Deadlift Competitions, 9am.
21 Jan	Holiday Hours: 7am-3pm for federal holiday. Annex closed.
31 Jan	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	31		

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.

Spinning

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

Triple Threat

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

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!

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.

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