

What's Inside Did You Know? Pg1 Child & Youth Programs, Fitness Pg2 Tickets & Attractions Pg3 Military Saves Week Pg4 Airman & Family Readiness Pg5 Professional Development Pg6

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.

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



epartment of Defense has designated February 25 through March 1, "Military Saves Week" as part of its Financial Readiness Campaign. campaign is designed to encourage military community to develop and implement monthly savings goals and automatic savings.

In support of the campaign, The Airman & Family Readiness Center staff is offering several opportunities to learn how to maximize your savings potential.

Through the last week of February, "Lunch & Learn" classes are being held at the A&FRC and the Tierra Vista Community Center in base housing. Learn what your "Money Personality" is, how to raise "Money-Smart Kids," and how to decipher your credit score.

In addition, a four-week series titled, "Manage Your Money, Manage Your Life," is also being conducted every Thursday from 11am to 1pm in February. As the weeks progress, each class builds upon the previous, so plan to attend all four sessions to reap the maximum benefit.

Sign up now at the Airman & Family Readiness Center to start taking control of your finances, stop living paycheck to paycheck, and help your children learn to do the same. More information is available on page four.

Did You Know...

... that the running path located directly behind the Main Fitness Center, is 1.5 miles long and has an additional lighted 1-mile loop?

Lights for the running path can be turned on manually if you ever find the need to run during little or no light. The light switch for the path is located directly behind the Indoor Running Track (IRT) on the light pole north of the IRT. Simply turn the switch on when you want to run, and please make sure to turn the switch off when you are done.

... you can get free National Park passes?

Park Rangers from Florissant Fossil Beds park will be on Schriever AFB on February 7, 10am to 1pm, to issue free National Park Passes. These passes are for active duty members and their families only. Park Rangers will be at a table inside Bldg 300 just outside the Dining Facility entrance and in the Tierra Vista Community Center. For more information call the Airman & Family Readiness Center at 567-3920.

Child Development Center

Monday - Friday • 6am-6pm

Bldq 60 567-4742

Elderly Friends Art Day • 8 February, 2:30pm-3:30pm

The Child Development Center is hosting an elderly friends art day February 8, 2:30pm-3:30pm. Parents of registered children are invited to take part in creating works of art for our friends at the nursing home.

School-Age Program

Monday - Friday • 6am-6pm

Bldq 60, Rm 22

567-2850

School-Age Program Slots Available

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.

Pikes Peak Humane Society: 8 February

The Pikes Peak Humane Society will demonstrate and speak about proper care for pets, February 8. Parents of SAP kids are invited to join their children to see if a pet is right for your family, or to just learn more about caring for your current pets. Ask your child's provider for more information about this event.

Main Fitness Center



Monday-Friday • 5am-7:30pm

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

Lazy Man Triathlon: February See ad on page 3 for information.

St. Paddy's Day 5K: 15 March, 9am

Come out and join us for the St. Paddy's Day 5K Fun Run/Walk, March 15, 9am. See ad on page 6 for more information

Basketball Court Closures

14 February • Basketball court is closed 6am-11am in support of the 50 SW/CC Call.

28 February • Basketball court is closed 12pm-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 Blda 502

567-3338

Closures

18 February • The RA Fitness Center Annex is closed for the Presidents Day Holiday.



Active Duty. DoD/NAF Civilians. Contractors. Retired Military. & family members are welcome!

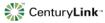


















Outdoor Recreation and ITT

Monday - Friday • 7:30am-4pm

Bldg 300, Rm 133 567-6050



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



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!

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.

Attention Air Force Spouses married 5 yrs or less! Heart Link A&FRC Classroom (Bldg 101) RSVP by Mar 8 to register: 567-3920 March 15, 8am-2:15pm Learn about entitlements, benefits, and protocol. Find out about education and employment opportunities available only to you as a spouse. Hear about Housing, Legal & Financial Services and more. Free Child Care during the event for children 6 months -12 years and complimentary lunch for attendees.

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"

Presidents Day Meal: 13 February, 10:30am-1pm Chicken & Rice Soup, Sirloin Steak, Baked Fish, Parmesan Pork Chops, Mashed Potatoes, Mac & Cheese, Mixed Vegetables, Carrots, Broccoli, Cole Slaw, Jellied Fruit Cocktail Salad, Sweet Potato/Potato 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)





Military Saves Week February 25 - March 1

Monday, Feb 25 - What's Your Money Personality?
11am - 1pm, Airman & Family Readiness Center

Tuesday, Feb 26 - Raising Money-Smart Kids
11am - 1pm, Airman & Family Readiness Center

Wednesday, Feb 27 - Secrets of the Credit Score
11am - 1pm, Airman & Family Readiness Center

Thursday, Feb 28 - Manage Your Money, Manage Your Life Final class in a four-part series.

11am - 1pm, Airman & Family Readiness Center

Friday, Mar 1 - Teens and Money
11am - 1pm, Tierra Vista Community Center

Highlight: 4-Week Lunch and Learn Series on "Manage Your Money, Manage Your Life"

Feb 7, 14, 21, & 28, 11am - 1pm Airman & Family Readiness Center Don't forget to bring your lunch to class!

ABOUT 43% OF AMERICAN FAMILIES

SPEND MORE THAN THEY EARN EACH YEAR.

Certified Financial Counselors are available for individual consultation by appointment.

WHO IS ELIGIBLE?

Active duty, National Guard and Reserve service members, DoD and Coast Guard civilians, retirees, veterans, defense contractors, and family members of all ages.

Please call 567-3920 for more information

Airman & Family Readiness Center (A&FRC)

Monday - Friday • 7:30am-4:30pm

Bldg 101 567-3920

February 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

5 & 19 February, 2-4pm and 12 & 26 February, 8-10am Learn what your benefits and entitlements are when leaving the military.

Dorm Move Seminar

6 February, 2-3:30pm

Dorm residents learn how to project a budget and see if they are financially ready to live off-base.

Joint Military Adoption Workshop & Fair

7 February, 9am-12pm

Sign up to attend the Military Adoption Fair where Schriever personnel will be on hand to help navigate such topics as types of adoption, agancy vs private, foster-to-adopt, and the military reimbursement process.

Resumé Tips

13 February, 9-11am

Learn the dos and do nots of writing your resumé and how to best present yourself.

Right Start Newcomers' Brief

21 February, 8am-2:30pm (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

22 February, 7-11pm

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 a program voucher, please call 567-3920.

Deployed Family Dinner March 1, 6pm Tierra Vista Community Center Games & Entertainment for Children RSVP: A&FRC, 567-3920

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-4pmBldg 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

Give Parents A Break

Respite Care Program & FORCE

February 22, 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

Parents Night Out

February 22, 7-11pm

- Register at the CDC by February 15
- Special hourly rate applies
- Non-refundable payment is due when reservation is made

For more info, please call 567-4742



Professional Development Center

Monday - Friday • 7:30am-4:30pm

Bldq 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

Be a Better Supervisor: 6 February, 8-10am

FTAC: 8-15 February, 7:30am-4:30pm

Informed Decision: 20 February, 8am-12pm

You Stink!: 26 February, 1-3pm

PME /CDC End of Course Testing

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

Installation Personnel Readiness (IPR) Office

Bldg 780. Rm 110

567-5346/2492

Initial Briefings for Deployers

Mondays and Wednesdays: 9-11am, IPR Office

Out-Process Briefings for Deployers

Tuesdays and Fridays: 1-3pm, 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

6 February, 10am-1pm

Colorado Christian University • 867-5802

Thursdays, 1-3pm

DeVry • 866-6701

6, 7, & 13 February, 10am-12pm

National University • 749-8067

19 February, 2-3pm

Regis University • 264-7021

14 & 19 February, 10am-12pm

University of Maryland • 640-9670

19 February, 10am-2pm

University of Phoenix • 640-9670

Call for an appointment.

University of the Rockies • 314-1656

15 & 25 February, 11am-2pm

Webster University • 574-7562

Every Monday, 12-2:30pm

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

February 2013

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

1-28 Feb	Lazy Man Triathlon				
12 Feb	Basketball court closed 12pm-5pm for an official function.				
14 Feb	Basketball court closed 7am-11am for 50 SW/CC Call.				
18 Feb	Holiday Hours: 7am-3pm for federal holiday Annex closed.				
28 Feb	Basketball court closed 12pm-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		

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