

# PEOPLE HELPING PEOPLE

## NEWSLETTER

APRIL—MAY—JUNE 2010

30 FSS/FSFR@VANDENBERG.AF.MIL

Issue 70

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**Who's YOUR Airman & Family Readiness Center Community Readiness Consultant (CRC)? Ask your CRC for assistance. CRCs are assigned to your unit to support "YOU!"**

**Mr. Jaime Lopez & Ms. Anita Hendrix**

9 SOPS	148 SOPS	30 CES
Det 1, 22 SOPS	30 LRS	30 RMS
Det 1, 798 MUMG		

**Ms. Sue Voshell & Mr. Raymond Vasquez**

30 SFS	30 MDSS	30 MDOS
18 IS	1 ASTS	4 SLS/LCG
576 FLTS		

**Ms. Linda Crowder & Mr. Jimmy Camacho**

30 SCS	30 WS	30 FSS
30 OSS	30 CONS	2 ROPS
30 LCSS	614 AOC	614 SCS
30 SW Agencies		

**Ms. Teresa Orozco & Mr. Duane Purser**

381 TRSS	392 TRS	533 TRS
532 TRS	NRO	JFCC

**Military & Family Life Counselor** (805) 588-3302

## Year of the Air Force Family



### *Year of the Air Force Family (YOAFF)*

- April Focus:**            *Recreation & Leisure*
- May Focus:**            *Housing Referral & Relocation*
- June Focus:**            *Mental & Spiritual Health*

### ***"Safe Communities... We're In It Together"***

During the entire month of April 2010, Vandenberg AFB will observe Child Abuse Prevention, Sexual Assault Prevention, Alcohol Awareness and Month of the Military Child. The theme for April's observance month is "Safe Communities... We're In It Together."

Look for informational displays and tabling events at various locations on base, as well as workshops on Positive Parenting, Child Abuse Prevention and self-defense classes. The capstone event will be a Team Vandenberg Safe Communities Kids Run and Carnival on 24 April. The run will start at 0930 at the Fitness Center trail, followed by the carnival at Cocheo Park from 1000-1300. The carnival is open to all of Team Vandenberg and everything is free. For more information on April events call Family Advocacy Outreach Manager, Pauline Chui at 606-8217.

### ***Volunteer Excellence Award (VEA)***

The VEA is authorized by United States Air Force Chief of Staff for federal civilians, family members, military retirees, and federal retirees who perform outstanding volunteer community service.

To be eligible, an individual's service must be performed either in the local civilian community, or the military family community, and be of a sustained and direct nature. The volunteer service must be significant in character, produce tangible results and reflect favorably on the United States Air Force.

The 30th SW commander is proud to award the VEA to Ms. Joey Diaz (Family Member), from the 30th Logistics Readiness Squadron and Mr. Alexander Cruz (Federal Civilian) Quality Assurance Flight Chief, 30th Range Management Squadron. These exceptional volunteers were provided a framed certificate signed by the Chief of Staff of the Air Force and a recognition pin.

# AIRMAN & FAMILY READINESS CENTER

706 Washington Ave, Bldg 10122

Phone: (805) 606-0039 Fax: (805) 606-3743

<http://30fss.com/fsfr.html>

## PERSONAL & FAMILY READINESS SERVICES

Phone: 606-0039

### The Global Hearts Group

Invites family members of deployed, remotely assigned, and personnel on extended TDY for Thursday dinners from 1730-1900 at the Breakers Dining Hall. Children's activities are available.



### Hearts Apart Program

This program offers free 30 minute morale calls twice a week to an immediate family member of Airmen who are deployed, TDY 30 days plus, or remotely assigned. Contact TSgt Dzitko to enroll.

### Operation Sweet Dreams

This is an ongoing program for Global Hearts Group participants. Bring in your favorite photo, or we can take family photos for your deployed member and transfer the images to a pillow case. Please call TSgt Dzitko at 606-0039 to schedule an appointment.

### Care Packages

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



### Personal & Family Readiness Briefing

Be prepared for all facets of military life! This briefing provides preparation information and assistance to individuals who are assigned remote, TDY for more than 30 days, or on deployment. The briefing is held every Friday at 1330 in the Airman & Family Readiness Center, building 10122. Spouses are highly encouraged to attend or call TSgt Dzitko for a one-on-one family briefing at 606-0039.

### Reintegration Briefing

The reintegration briefing provides information to service and family members to help ease individual and family transition or readjustment. It addresses planning the homecoming, reuniting and relationship building with all members of the family. Make an appointment with your unit A&FRC Consultant at 606-0039.

### Warfighter Resiliency Program (WRP)

The WRP program is dedicated to help returned war-zone deployers ease back into a healthy day-to-day routine, covering topics such as relationships, substance use, mental health signs, violence, and helping resources. War-zone deployers attend within 60 days of return from restitution leave. Training is held the 3rd Thursday of each month and each mandatory attendee will receive an invitation. Commanders, Chiefs & First Sergeants are welcome to attend the first 15 minutes of training. POC is TSgt Dzitko, 606-0039.

### Donations Appreciated!

Help your deployed active duty members. We are collecting donations for our Care Package Program. Suggested donations are:

- ◆ Cookies, crackers, pretzels, trail mix
- ◆ Individual size beef jerky, nuts, energy bars
- ◆ Lip balm, foot powder, wipes, antibacterial soap, floss, sun block, mouth wash, lotions, shampoo, individually wrapped hard candy

*\*\*Contact A&FRC @ 606-0039 for more information.*

**RELOCATION ASSISTANCE SERVICES Phone: 606-0039****Manage Your Move**

This monthly workshop provides information for individuals preparing to PCS. Plan to attend 90-120 days prior to departure.

Relocation Agency Representatives brief the following topics:

- Relocation Assistance Services
- Personal Financial Management
- Finance
- TMO
- Housing/ Balfour Beatty Communities
- Mobile Military Child issues
- Tips for packing-out days

### Automated Housing Referral Network (AHRN)

Find housing before you pack!!!  
[www.ahrn.com](http://www.ahrn.com)

**Microsoft Streets & Trips**

This trip planning software enables you to plan customized routes, scenic detours, fuel stops, and add multiple destinations.

Optimize your trip by calculating mileage, time, expenses, or finding the shortest and fastest route. Print detailed directions for use on the road.

**The Airman & Family Readiness Center** has information to assist you with your upcoming move! Stop by for information on:

- Worldwide installations
- Traveling with children
- Traveling with pets
- Children's activity books
- International translators
- Maps
- and much more...

**Child Care for PCS**

The Air Force Aid Society will pay for up to 20 hours of childcare per eligible child to base licensed Family Child Care providers. You must be within 60 days of arrival or departure from the base. Bring a copy of your orders to the Airman & Family Readiness Center to receive a Certificate of Eligibility and a list of participating providers.

**Loan Closet Program**

A real life saver for those who are inbound, outbound, or TDY and is located in Bldg 10122. Bring a copy of your orders !

**Borrow:**

- |                |                |
|----------------|----------------|
| Dish Packs     | Card Tables    |
| Coffee Pots    | Futons         |
| Toasters       | Folding Chairs |
| High Chairs    | Strollers      |
| Mixers         | Irons          |
| Ironing Boards | Pack & Play    |

Research your gaining installation and print checklists to assist with your upcoming PCS move at: **Military Home Front**  
[www.militaryhomefront.dod.mil](http://www.militaryhomefront.dod.mil)

- **Military Installations**— Provides information on over 250 military installations worldwide. Look up installation and community information using directories and interactive maps.
- **Plan My Move** - Provides access to information about entitlements and benefits, points of contact, checklists, planning tools, and information on education and employment. Plan My Move enables you to create a custom relocation plan and calendar designed just for you and your family. Plan My Move puts you in charge of a smooth relocation to your new duty assignment.

**Sponsorship Training**

Sponsorship training is required for first-time sponsors and those who haven't been trained as a sponsor during the past year. Receive information on sponsor responsibilities, resources, and helpful hints of successful sponsorship.

**CAREER FOCUS SERVICES Phone: 606-0039**

# CAREER FOCUS PROGRAM

**T**he A&FRC can help you search for that perfect job! Come in and see your squadron's Community Readiness Consultant (CRC) for job searching tips and register for our "Job Bank." The Job Bank is a current database of numerous local and national job listings. You may also receive information on job search websites, and job fairs in the local area. Call 606-0039 to schedule an appointment with your CRC.



There are two essential steps to landing the job of your dreams—Preparing your resume and nailing the interview! Being prepared can make the differ-

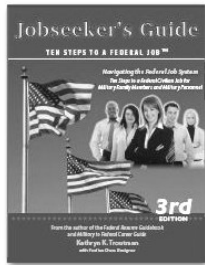
ence between success and failure. The A&FRC offers a class to help you do just that – get prepared!

Our **Resume/Interviewing Class** provides you with the information and tools necessary to get your past experiences and skills down on paper. After taking this class you can use the resources available in our Discovery Center. This will help you complete your resume. Once your resume has done its job, you will have to prepare for the job interview. This portion of the class will help you master the skills needed to dazzle that potential employer! It will also help you understand different types of interviews, what should and should not be discussed, appropriate responses to common interview questions, and much, much more.

We can also provide training through mock interviews. This opportunity will provide you with useful feedback about your resume and interviewing skills.

See class dates for these classes on page 8 of this newsletter.

**Federal Resume and KSA Writing Workshop**



**Second Wednesday of each month**  
**0830—1130**  
**At the A&FRC, building 10122**

**Presented by:**  
**CERTIFIED FEDERAL JOB SEARCH TRAINERS:**  
**Linda Crowder & Jimmy Camacho**



**Visit 1-800-Volunteer.org**

Airman & Family Readiness Center, Vandenberg AFB, CA

## VOLUNTEER RESOURCE SERVICES (606-0039)



**Big Brothers Big Sisters** of Santa Barbara County

**N**ational Volunteer Week, April 18-24, 2010, is about inspiring, recognizing and encouraging people to seek out imaginative ways to engage in their communities. It's about demonstrating to the nation that by working together, we have the fortitude to meet our challenges and accomplish our goals. National Volunteer Week is about taking action and encouraging individuals and their respective communities to be at the center of social change-discovering and actively demonstrating their collective power to foster positive transformation.

**Ensure to take time during the week of April 18-24 to recognize those that volunteer in your unit!**

**Big Brothers Big Sisters** continues to look for volunteers to meet one or two hours a week with a child to develop a one-to-one friendship. Orientations take place the **4th Monday** of each month 1200-1300 at the Airman & Family Readiness Center. Call 606-0039 to reserve your spot for the orientation. For more info please contact yleana@fsacares.org; 925-1100 in Santa Maria or erinc@fsacares.org; 735-4376 in Lompoc. www.bigbrothersbigsisters.org.

Please call the Airman & Family Readiness Center at 606-0039 to sign up for classes or e-mail 30 FSS/FSFR@vandenberg.af.mil

**TRANSITION ASSISTANCE SERVICES Phone: 606-0039**

**Pre-Separation Briefing  
 (DD Form 2648)**

This **MANDATORY** briefing should be taken no earlier than 12 months prior to separation or later than 90 days prior to DOS. Topics covered include employment benefits, relocation, education training, medical, financial, and disability. It is the first step in developing a transition plan and must be completed prior to the TAP workshop. The DD Form 2648 acts as a needs assessment to identify Pre-Separation subjects of interest as a basis for development of an Individual Transition Plan (ITP). *Call 606-0039 to register.*

**Transition Assistance Program (TAP)  
 Seminar:**

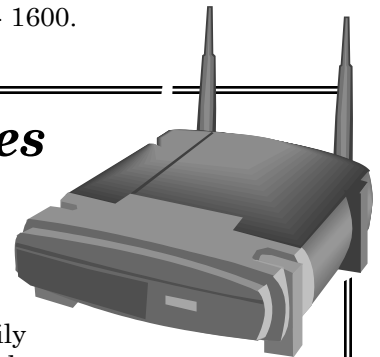
This is a highly recommended seminar for those who are scheduled or contemplating retiring or separating from the military service 2 years and 1 year out respectively. The DoL facilitator will assist you with job searching, networking, resume writing, interview techniques, negotiating salaries, coping with transition, federal employment opportunities, relocation, education, vocational opportunities and other topics. Medical record reviews are conducted on Tuesday by a Disabled American Veterans representative. Friday briefings include; Veterans Affairs and Disabled Transition Assistance Program.

Register for TAP classes early – classes are filling up two months in advance!

**Discovery Computer  
 Resource Room**

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.

The computer room is open to all military, DoD civilians, retirees, and their family members to access job search, relocation resources and to communicate with deployed military members. Hours of operation are Monday - Friday, 0800 - 1600.



**A&FRC Goes  
 Wireless!**

Come and enjoy the comfortable setting of the Airman & Family Readiness Center to work on your resume, job search, or any other transition projects using our *State-of-the Art* wireless network.

Just check in at the reception desk for your temporary password and you will be searching the internet in minutes!

**PERSONAL & WORK LIFE SERVICES Phone: 606-0039**

~ NEW ~

**How to Avoid  
 Falling for a JERK!**

*“Follow your Heart without losing your mind”*

This workshop teaches a way to build a healthy relationship that keeps the head and heart working together. This program is designed to provide single and singles-again of all ages with a plan for pacing a relationship and exploring the key areas that foreshadow what that partner will be like in marriage.

**5 one-hour sessions!  
 See page 8 for dates & location**



**Who's Your Key Spouse?**

A Key Spouse serves as a link between unit leadership and families. They provide information and referral assistance. They welcome and cultivate relationships within the unit. Key Spouses desire to help!

You can connect with VAFB Key Spouses on the 30 SW Key Spouse Facebook page or contact your unit's first sergeant for contact information.

**Stress**

**Management Class**

This 4-week class instructs on various ways to cope with difficulties and developing resiliency during times of change.

**Dates:** 3, 10, 17, 24 May

**Day & Time:** Mondays  
 1400-1600

**Location:** Airman & Family Readiness Center

**To register call 606-0039**

Please call the Airman & Family Readiness Center at 606-0039 to sign up for classes or e-mail [30 FSS/FSFR@vandenberg.af.mil](mailto:30 FSS/FSFR@vandenberg.af.mil)

**SCHOOL LIASION OFFICER SERVICES Phone: 606-0039****Contact Your School Liaison Officer (SLO) at the A&FRC for Information**

The plan for a successful journey through high school and beyond begins today

Scholarships are available NOW! Visit [www.fastweb.com](http://www.fastweb.com) for info

**5 Tips for Successful Student.** Help your child by following these tips: 1) Eating a good breakfast every morning 2) Praise your children, encouragement & positive reinforcement lets them know you care 3) Go over homework together 4) Have your child read to you often & regularly 5) Be sure your child gets a good nights' sleep.

The Educator's Reference Desk, <http://ericir.syr.edu/>, provides quality resources to enhance the educational experiences of your student.

**INFORMATION AND REFERRAL SERVICES Phone: 606-0039**

Did you know that Military Homefront provides a wealth of resources for families with special needs? The **Troops and Families Special Needs/EFMP section** is designed to provide special needs families with current, easy to understand information and resources on a number of EFMP-related topics including Education, Medical Care, Family Support, Financial and Legal Issues, and links to a number of state and military resources, as well as state-specific resources and information on specific disabilities. Visit [militaryhomefront.dod.mil](http://militaryhomefront.dod.mil) and follow the **Troops and Families Special Needs/EFMP** link.

**Family Law Assistance**

Denise Motter is an attorney with the Santa Barbara County Superior Court Office of the Family Law Facilitator (FLF). The FLF will not be your attorney, but assists with child support, spousal support, health insurance, related matters in divorce, separation, nullity, paternity cases, and domestic violence cases.

The FLF will visit VAFB on: **13 Apr, 11 May, 8 Jun & 13 Jul 2010**, for one-on-one 1/2 hr. consultations at the A&FRC. Contact Ms. Crowder at 606-0039, to set appointment.

**Heart Link**

Spouse Orientation Program

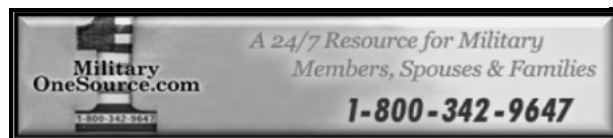


This workshop is an ideal way for spouses new to the Air Force Community to learn about the Air Force way of life on the Central Coast of California. The next Heart Link will be on 19 May, from 0830-1400 at the PCC.

**GOALS:**

- ◆ Increase spouse awareness of the Air Force mission, customs, traditions, protocols, and available services
- ◆ Enable spouses to capitalize on the availability of community resources
- ◆ Help spouses acclimate and understand they are an important and integral part of the Air Force community

**Ask about childcare options  
Free Buffet Lunch!**

**THRIFT STORE**

Phone: 606-3128 Bldg 11180  
(corner of New Mexico & Iceland)

**Thrift Store Hours:**

Tuesday: 0930 - 1400 & Thursday: 0930 - 1400

\*\*2d Saturday of ea. Month: 1100-1400\*\*

- ◆ Consign or donate items to the Thrift Store  
- Consign Tue/Thur 0930-1200 & Sat 1100-1200
- ◆ Volunteer's are desperately needed! Up to 35 hours of child care can be paid while you help. All your efforts go to support the VAFB community.

**AIRMAN'S ATTIC**

Phone: 606-5484 Bldg 8339  
(Corner of 6th St. and New Mexico)

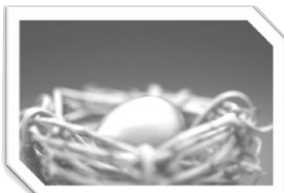
Donated house wares, furniture, baby items, small appliances, mattresses, and other necessary items to set up housekeeping are available free of charge for military personnel E-5 and below. Call 606-5484 for further information or to arrange for donation drop-off.

**Days and hours: Mondays & Wednesdays 1000-1400 for both donations and customers.**

Please call the Airman & Family Readiness Center at 606-0039 to sign up for classes or e-mail [30 FSS/FSFR@vandenberg.af.mil](mailto:30 FSS/FSFR@vandenberg.af.mil)

**PERSONAL FINANCIAL MANAGEMENT SERVICES Phone: 606-0039**

**Understanding the Thrift Savings Plan (TSP):** This 401K-type plan allows military members the opportunity to accumulate long-term, tax deferred savings. You can invest up to 100% (up to the IRS limit of \$15,000) of your basic military pay. Get the information you need on enrollment, investment vehicles, and much more. Forms and booklets are available from the TSP website: [www.tsp.gov](http://www.tsp.gov).



**Are You Ready to Invest?**

The Investment Class is focused on understanding the investment world, savings & scams. Learn skills needed to take control of your financial future. How does the investment world impact your goals?

**CSB-REDUX/Career Status Bonus:** Did you know that the Career Status Bonus offers a one time \$30,000 payment in exchange for a lifetime of reduced retirement benefits? Would you like to trade retired pay for a lump sum today? Get help now to make an informed decision and to better understand your payment options.

**Financial Basics** Get Control of Your Financial Future! Need financial advice? Learn financial basics such as checkbook maintenance, credit spending, choosing a financial institution, credit pitfalls, decoding financial terminology & making paydays count!



**Preventing Foreclosure and Protecting Your Home Investment**

This class will help you become a successful, long-term home owner by providing information on planning for the unexpected, maintaining your property, avoiding financial traps and foreclosure prevention.

**Home Buying Seminar** Freddie Mac Home Buying Seminar provides all the basics you need to know before you make what will probably be one of the largest investments of your life. They will help answer these question: How much can I afford? What are my rights? Where and how do I shop for a loan? Are there home-buying programs? What constitutes a good home for me? What happens next and when do we sign?

**MILITARY AND FAMILY LIFE CONSULTANTS Phone: 805-588-3302 or 805- 315-3852**

**Military & Family Life Consultants (MFLCs)** provide short-term problem solving counseling services for service members, DoD Civilians, & family members. MFLC's can assist with these and many other issues:

- |                                   |                              |
|-----------------------------------|------------------------------|
| Deployment reintegration issues   | Marriage/relationship issues |
| Parenting/sibling & family issues | Communication challenges     |
| Stress and anxiety                | Depression                   |
| Grief and loss                    | Daily life issues            |

**Child & Youth Behavioral Military & Family Life Consultant (CYB-MFLC)** talk to **children** and youth, and outreach to parents with children enrolled in CDC, Youth Center, & family daycare homes for:

- |                                     |                     |
|-------------------------------------|---------------------|
| School adjustment issues            | Behavioral concerns |
| Deployment & separation concerns    | Daily life issues   |
| Reunion adjustment issues           | Fear, grief & loss  |
| Sibling/Parent-child communications |                     |

**Scheduling an appointment is easy, call 805- 315-3852.**

Consultations and trainings are free and anonymous. **NO Records** are kept. After-hours and weekend appointments are available and group or off-site meetings can be arranged.

**FOOD PANTRY: Phone: 606-0039**



**A**ny Active Duty family with no food is eligible and may apply for immediate help at the A&FRC. The Food Pantry is a volunteer managed program that assists military personnel and family members experiencing financial hardship by collecting and distributing donated food and other products. Families are provided with a certain amount of food to help them apply money saved to pay down debt. To enroll, an initial financial plan is required and reviewed quarterly with a CRC. For additional information about the food pantry contact Lori Danehy at 734-0734 and/or Lisa Spencer at [lisa.spencer@hotmail.com](mailto:lisa.spencer@hotmail.com).

**Is Your Organization Seeking a Group Volunteer Opportunity?**

The Food Pantry is looking for organizations to conduct food drives in support of the Vandenberg Food Pantry. This is one way to ensure your generous donations go to the support of our own Vandenberg families! Contact Mrs. Lori Danehy (734-0734), Lisa Spencer ([lisa.spencer@hotmail.com](mailto:lisa.spencer@hotmail.com)), or Mr. Ray Vasquez at 606-0039, if interested in this or any other food pantry volunteer opportunities such as assisting with food distribution or coordinating food drives.

Please call the Airman & Family Readiness Center at 606-0039 to sign up for classes or e-mail [30 FSS/FSFR@vandenberg.af.mil](mailto:30 FSS/FSFR@vandenberg.af.mil)

# Events and Classes

## APRIL—MAY—JUNE 2010

Class	Date(s)	Location	Time(s)	POC
Are You Ready to Invest? Investment Basics	27 May	Airman & Family Readiness Center	1330 - 1600	606-0039
Big Brothers & Big Sisters Orientation	4th Monday of every month	Airman & Family Readiness Center	Noon - 1300	606-0039
Bundles for Babies	20 May	Airman & Family Readiness Center	0830 -1100	606-0039
Career Status Bonus (CSB) REDUX	22 Jun	Airman & Family Readiness Center	1100 - 1200 (Lunch & Learn)	606-0039
Family Law Assistance	13 Apr, 11 May, 8 Jun, 13 Jul	Airman & Family Readiness Center	By Appointment Only	606-0039 (Linda Crowder)
Federal Resume & KSA Writing Workshop	14 Apr, 12 May, 9 Jun, 14 Jul	Airman & Family Readiness Center	0830 - 1130	606-0039
Financial Basics - Budgeting & development of a Spending Plan	3 Apr, 11 May, 8 Jun	Airman & Family Readiness Center	1100 - 1200 (Lunch & Learn)	606-0039
HeartLink Workshop	19 May	Pacific Coast Club, Warrior Room	0830 - 1400	606-0039
Home Buying Seminar (Freddie Mac)	<b>TBA</b> <b>June</b>	Pacific Coast Club	1800 - 2100	606-0039
How to Avoid Falling for a JERK	6, 13, 20, 27 May & 3 Jun (5 sessions)	VAFB Library Classroom	1100 - 1200	606-0039
Manage Your Move	21 Apr, 19 May, 16 Jun	Airman & Family Readiness Center	0830 - 1130	606-0039
Pre-School Story Time	Every Thursday	Base Library	1000	606-6414

Please call the Airman & Family Readiness Center at 606-0039 to sign up for classes or email: [30 FSS/FSFR@vandenberg.af.mil](mailto:30FSS/FSFR@vandenberg.af.mil). You may also visit <http://30fss.com/fsfr.html> for program descriptions

\* Contact the organization offering the program to register for any classes, workshops, or seminars.  
\* Dates and times are subject to change without notice.



# Events and Classes

## APRIL—MAY—JUNE 2010

Class	Date(s)	Location	Time(s)	POC
Pre-Separation Briefing	Every Friday, except holidays & family days	Airman & Family Readiness Center	1430 - 1600	606-0039
Preventing Foreclosure: Protecting Your Home Investment	27 Apr	Airman & Family Readiness Center	1530- 1630	606-0039
Readiness Briefings (Pre-Deployment Briefing)	Every Friday	Airman & Family Readiness Center	1330-1430	606-0039
Resume Writing / Interviewing Class	28 Apr, 26 May, 23 Jun	Airman & Family Readiness Center	0900 - 1200	606-0039
Risk Reduction Series	1st thru 3rd Thursday of the month	Health & Wellness Center, Bldg 13848	1300 - 1500	606-2221
Sponsorship Training	27 April 25 May 29 Jun	Airman & Family Readiness Center	1500 - 1600	606-0039
Stress Management and Relaxation Class	3, 10, 17, 24 May	Airman & Family Readiness Center	1400 - 1600	606-0039 Linda Crowder
TAP Seminar Combined	6-9 Apr, 27-30 Apr 4-7 May 1-4 Jun	Airman & Family Readiness Center	0800 - 1630	606-0039
Thrift Savings Plan (TSP) - Understanding it!	25 May	Airman & Family Readiness Center	1100 - 1200 Lunch & learn	606-0039
Weight Loss & Healthy Eating	2nd Wednesday 4th Wednesday	Health & Wellness Center Bldg. 13848	2nd Wed 0900 – 1100 4th Wed 1330 - 1530	606-2221
Operation Baby Launch	Every 1st Thurs. of the month	30 MDG Auditorium	0845-1100 or 1845-1900	606-CARE (2273)

Please call the Airman & Family Readiness Center at 606-0039 to sign up for classes or email: [30 FSS/FSFR@vandenberg.af.mil](mailto:30FSS/FSFR@vandenberg.af.mil). You may also visit <http://30fss.com/fsfr.html> for program descriptions

\* Contact the organization offering the program to register for any classes, workshops, or seminars.  
 \* Dates and times are subject to change without no-

**AIR FORCE AID SOCIETY Phone: 606-0039****Bundles For Babies**

This Air Force Aid Society class covers proactive informational topics such as financing for expectant parents, lifestyle changes, and Give Parents a Break Program. Learn about nutrition, car seat installation, parenting skills. Meet other expectant

parents and receive a free layette for your precious bundle! Open to all ranks and is not limited to a first pregnancy. Bundles For Babies is for active duty Air Force members and/or their spouses. Both parents of the expected child are strongly encouraged to attend this informative gathering. Please be advised not to bring children to the program. Advanced registration is required. Active Duty sister services couples are also welcome to attend the class.

**Car Care Because We Care**

Available to eligible spouses of active duty members deployed for more than 30 days or on a remote tour and first term Airmen. This program keeps the "primary" family vehicle of ADAF members in top running condition with preventive vehicle maintenance. Maintenance includes oil & filter change. Come to the Airman and Family Readiness Center for your Car Care Because We Care certificate. Be sure to bring your spouse's orders and FTACers must make an appointment and bring in their budget information.

**Falcon Loan**

The Falcon Loan is a loan of \$500 or less that can be used for emergency needs such as basic living expenses (rent, utilities, food, phone, utilities, gasoline); vehicle expenses (payment, repair, insurance); emergency travel; medical, dental; and child care expenses.

You will be expected to repay your Falcon Loan by allotment within 10 months or by your ETS if less than 10 months. For more information on the Falcon Loan, please visit the A&FRC or call for an appointment.

**Give Parents A Break Program**

Available to eligible families (including 45 days prior to, during, and after deployments) for a five hour break from the stress of parenting. Services are available at the Child Development Center (CDC) and Youth Center (YC). Families must be referred by (receive certificate) the Squadron CC, First Sergeant, Chaplain, Airman and Family Readiness Center staff, a medical professional, CDC, or Family Advocacy. Register one week in advance at the CDC or YC for each "Give Parents a Break" evening.

Active duty Air Force families eligible for the program would include those where a parent is feeling stress due to:

- The military member being deployed or TDY
- Having a child with special needs
- An emergency situation, such as illness of a family member
- The family recently moving to the base
- Unique circumstances or hardships

**\*\*\*Parents** - Before registering your child for the Give Parents A Break program, please ensure your child's immunization record is current and on file with a Form 1181, Emergency Contact Sheet. Visit the CDC or YC website at <http://www.30FSS.com> for a current schedule of "Give Parents A Break" care.

**More Air Force Aid Community Programs!**

**Child Care for Volunteers Program:** Because the Air Force Aid Society (AFAS) recognizes the importance of volunteers to the Air Force community, AFAS will pay for child care to cover up to 20 hours per month with a licensed family child care provider. Volunteers must be engaged in supporting base programs which benefit the Air Force Community. Call the AFRC at 606-0039 for more information.

**Child Care for PCS Program:** If you are within 60 days of PCSing inbound or outbound, this program provides 20 free hours of child care per child. Bring a copy of your travel orders and come to the AFRC for your certificate!

**After-Hours Air Force Aid Procedures**

Request Air Force Aid through the American Red Cross (ARC) by calling: **1-877-272-7337**, The 1st Sgt or CC can call, but the preferred method is for the member to call. The ARC can do anything the A&FRC can i.e. contact Carlson Wagonlit for airfare, and/or provide funds for gas, lodging, meals. Funds will be sent via Western Union. The member is given a code, then they can retrieve funds from the appropriate institution. Call 606-0039 during normal duty hours for more information.

Please call the Airman & Family Readiness Center at 606-0039 to sign up for classes or e-mail [30FSS/FSFR@vandenberg.af.mil](mailto:30FSS/FSFR@vandenberg.af.mil)

**JOINT RETIRED MEMBERS CENTER Phone: 606-5474**

Bldg 10364, Base Exchange area (across from Four Seasons Store and next to POW/MIA Memorial)



The 'Joint Retired Members Center' serves RETIRED PERSONNEL OF ALL UNITED STATES UNIFORMED SERVICES, living in (or visiting) the Central Coast region of California.

The center offers a comfortable reception area, versatile meeting space, a computer room, conference room, fax & copier support, and a lounge with a giant screen Television, VCR, DVD, Cable and stereo sound system. A library within the center has a variety of reading materials, books, periodicals and informational pamphlets.

The Center is staffed daily by volunteers at least five days per week (Monday thru Friday) from 1000-1400 hours and is often open additional hours and weekends, depending on availability of volunteer staff. A quarterly newspaper called "Retired Times" is also published by the center. Meeting facilities are available to any military related or veteran service organization. Call for approval and to schedule use of facilities.

Organizations currently meeting monthly in the center include the Air Force Association (AFA Chapter 266), Air Force Sergeants Association (AFSA Chapter 1356), the Military Officers Association of America and the National Society of Military Widows (Chapter 44).

Telephone 606-5474 for further information. Volunteers are always needed and can serve for any period of time, commonly, 4 hours per week. Training is available for all military ID Card holders (Retired Members, Spouses, Active Duty, Guard or Reserve). If you are interested in this very productive form of service to the Vandenberg community, please call 606-5474 (Director, Chief Norm Marous).

The Retired Member Center website: <http://www.vandenberg.af.mil/library/factsheets/factsheet.asp?id=4694>.

**FAMILY ADVOCACY PROGRAM**

**Phone: 606-8217, Bldg 13850 338 South Dakota Ave**

**NEW PARENT SUPPORT PROGRAM:** This new program offers support services for "expectant families" with children three years and younger. The focus of the program is to educate and prepare parents for pregnancy, childbirth and child development. The nurse will provide the information and conduct home visits.

**BABY BOOTCAMP**  
**NEW BABIES DON'T COME WITH OWNER'S MANUALS.**  
 Bathing, dressing, diapering an infant and dealing with mom are all new experiences for first time fathers. At Dad's 101 we prepare first time fathers to be experienced dads. After these three 2-hour sessions, taught by experienced dads, you will leave more confident in your ability to be a great dad!  
 Class begins in January and will be held quarterly. Class size is limited. Contact us for for schedule information.  
**CONTACTS:**  
 Paula Jacobs, RN, MSN, 605-8204 • Pauline Chui, MSW, 606-8217  
 Family Advocacy • New Parent Support Program  
**AVAILABLE TO ALL SERVICE MEMBERS AND THEIR FAMILIES**  
 If you are interested in being an instructor, we are looking for volunteers.

**WOMEN'S EMPOWERMENT GROUP:** Meets Tuesday from 1000-1130. This group helps to enhance women's lives through a process of learning assertiveness skills, building self-esteem, and sharing life experiences with other women. Contact Julie Ramsey at 606-8217 to make an appointment.

**DEALING WITH ANGER:** This class explores anger and ways to manage it effectively so that it will move you in POSITIVE, not negative, directions. Class will be on 13 Apr, 1400-1600. Call 606-8217 to register for the class.

**1—2—3—MAGIC PARENTING CLASS:** Bring your lunch and join us to hear tips on effective discipline for children 2-12 years of age. Class begins on April 14 and continues on April 21 from 1130-1300 at the Youth Center. Call 606-8217 to register for the class.

**HEALTH & WELLNESS CENTER (HAWC), Bldg 13850** (1st floor of 30 MDG)

Monday- Friday 0730 - 1130 &amp; 1300-1630

Phone: 606-2221

Email: [vandenberg.HAWC@vandenberg.af.mil](mailto:vandenberg.HAWC@vandenberg.af.mil)**Closed the 3rd Thursday of the Month**

## *Eating on the Go!*

**People are looking for fast, easy and good-tasting foods to fit a busy lifestyle. Here are tips to help you eat healthy when eating out.**

- ◇ Think ahead and plan where you will eat. Consider what meal options are available. Look for restaurants or carry-out with a wide range of menu items.
- ◇ Take time to look over the menu and make careful selections. Some restaurant menus may have a special section for “healthier” choices.

- ◇ Read restaurant menus carefully for clues to fat and calorie content. Menu terms that can mean less fat and calories: baked, braised, broiled, grilled, poached, roasted, steamed.

- ◇ Menu terms that can mean more fat and calories: batter-fried, pan-fried, buttered, creamed, crispy, breaded. Choose these foods only occasionally and in small portions.

- ◇ Order the regular or child-size portion. Mega-sized servings are probably more than you need. For a

lighter meal, order an appetizer in place of a main course.

- ◇ Grabbing dinner at the supermarket deli? Select rotisserie chicken, salad-in-a-bag and freshly baked bread. Or, try sliced lean roast Beef, onion rolls, potato salad and fresh fruit



**Brown bagging may seem like a boring way to have a lunch, but there are methods to make it more interesting.**

- ◇ Eat a variety of nutritious foods. Although it's easier to pack the same thing every day, limiting variety can deprive

you of needed nutrients. It can also bore you, which may drive you to eat out more often.

- ◇ Smaller meals eaten more frequently throughout the day help you maintain your energy levels. Having some small snacks on hand, such as a piece of fruit or a container of yogurt, can help you keep hunger pangs at bay. If you eat more frequently throughout your day, be sure to keep your meals smaller, so as not to increase the number of calories you consume each day.

- ◇ Freeze breads first, then make your sandwiches. This keeps foods chilled and it will be thawed in time for lunch. Get rid of the soda. Try shakes made from ice milk or low-fat frozen yogurt, 100 percent vegetable juices, spring or sparkling waters, low-fat soy or rice milk, or decaffeinated or herbal teas.

- ◇ If you eat at your desk and have a refrigerator at work, take along a day's supply of yogurt, hummus, cut-up vegetables and salsa or yogurt dips, low-fat cheeses, and juices. Microwave leftovers you brought from home for a home cooked meal.



**CHAPEL SERVICES Phone: 606-5773 Bldg 16200, 587 Summersill Road**

***Worship Schedules and Events***

**Catholic**

Sunday Mass: 1000 in Chapel 1  
 Daily Mass: (M-F) 1130 in Chapel 1

**Protestant**

- Contemporary Service 0830 in Chapel 1  
 - Gospel Service 1130 in Chapel 1-Sundays  
 Gospel Service 1130 Chapel 1

**Jewish**

Sabbath Services are held the 1st and 3rd Fri at 1800 in Chapel 1. Call 734-3311.

**Islamic**

Islamic Center of Lompoc, Office, Information & Resource Center. Please call 735-1785.



**GI JAVA**

Enjoy FREE lattes, food and shakes Mon-Fri, 1100-1300 & 1700-2100 and on the weekends from 1830-2100. Bomrac Dorm, Bldg 13123 look for the new OPEN sign and the green awning. POC's are Pat & Lisa Donovan, they can be reached at 606-2233. If you have further questions please contact Chaplain Shin Soh at 606-5773.

**MCCW**

Military Council of Catholic Women and Bible study meets every 2nd and 4th Wednesday on the month. For more information please call the base chapel at 606-5773.

**Vacation Bible School**

Your Vandenberg AFB Wing Chapel offers **Operation Space: A Close Encounter with God's Word**, Vacation Bible School, June 14th-18th 2010. This is a **FREE** event and will be open to all youth of VAFB ages 3-12. Teens are encouraged to join in the fun as volunteers! For more details or to volunteer please contact Brandie Lawrence:



[brandie.lawrence@vandenberg.af.mil](mailto:brandie.lawrence@vandenberg.af.mil) or Susan Ruscoe [susan.ruscoe@vandenberg.af.mil](mailto:susan.ruscoe@vandenberg.af.mil)



**YOUTH CENTER PROGRAMS Phone: 606-2152**

**16170 Montana Street**

**Hours: Mon-Thurs 6:30am-7:00pm & Fri-Sat 2:00pm-10:00pm**

**School Age Program**

This National After School Association accredited program is available for active duty military, DoD civilian, and DoD contractor dependents. To enroll or for more information, call 606-2152.

Monday - Friday 6:30am - 5:45pm

**April is Month of the Military Child**

**School Age Summer Camp registration starts April 1st**

- ◇ Youth Flag Football summer league signups start in April
- ◇ Upcoming week long summer youth camps:

- Missoula Children's Theatre
- British Soccer Camp
- Destination Imagination Camp



**Ongoing Instructional Classes:**

- ◇ Dance
- ◇ Gymnastics
- ◇ Kempo
- ◇ Little Tennis
- ◇ First Tee Golf



The Youth Center offers programs for youth ages 2-18.

Please call 606-2152 or visit: [www.30FSS.com/familymemberprogramsflight/youthprograms](http://www.30FSS.com/familymemberprogramsflight/youthprograms) for more information and calendar of events.

We invite all youth that are new to the base to come in and be part of our youth sponsorship program.

**Please see 30FSS.com under family member programs flight for activity calendars.**

Please call the Airman & Family Readiness Center at 606-0039 to sign up for classes or e-mail 30 FSS/FSFR@vandenberg.af.mil

# Kids Korner

**Moms, Pops and Tots:** Offers support to parents children of ages 0-5, with weekly playgroup, monthly field-trips, seasonal parties, and guest speakers. Meets Tuesdays 0930 - 1130 at Chapel 2. Contact Vandenberg Spouses Club at: [www.vandenbergsousesclub.org](http://www.vandenbergsousesclub.org) for

## Drop-in Day Care:

The Child Development Center is open to active duty military, DoD Civilians, and DoD contractors, and reservists placed on active duty for training. The CDC has drop-in care for \$3.50 an hour on a space available basis. For more information, call 606-1555.



## Family Child Care

**Providers:** The need for Child Care Providers has never been greater! Help make a difference and find out how you can become a licensed childcare provider. Call 606-4639 or 606-3255.

## Lompoc WIC Office

The office of the Women, Infants, & Children (WIC) Program is a income based nutrition education program which provides supplemental food for pregnant, breastfeeding, and postpartum women, infants and children up to age five. For more information contact the Lompoc WIC office at 737-6470 for an appointment.

**Boy Scouts of America:** Are you new to Vandenberg? Are you looking for some adventure? Perhaps camping and hiking are activities you and your Son enjoy. If this sounds like you, or you are a parent of a young man between the ages of 11-18, then Boy Scouts is just the place for you. VAFB Troop 394 meets every Thursday at 1830 at the Education Facility across from the Commissary in Room H-2. Come join us for a great outdoor adventure and learning life's lessons through the Boy Scouts of America. Please contact Mike Harrigan (734-0530) or Ray Wise (757-1204) for additional information.

**Girl Scouts of California's Central Coast** is open to girls in Kindergarten through 12th grade. For more information call 606-1119.

## BASE LIBRARY Phone: 606-6414

### Library Hours:

Monday to Thursday 1000 to 2000  
Friday 1100 to 1700  
Saturday & Sunday 1200 to 1700  
Catalog on web: [www.30FSS.com](http://www.30FSS.com)  
Email: [vafb.base.library@hotmail.com](mailto:vafb.base.library@hotmail.com)

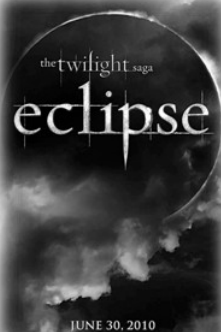
twilight

While your waiting for the midnight screening of *Eclipse*, join us for fun, friends, food, games, and prizes. Be sure to bring your *Twilight* books of you have them!

Also, we will have a refresher viewing of *New Moon*.

Wednesday, Jun 29th from 8-11 pm at the Base Library.

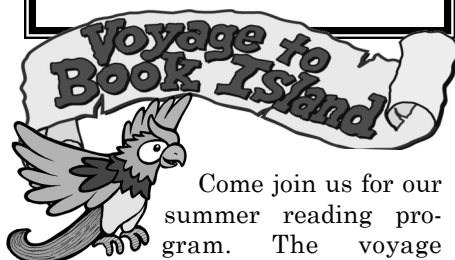
**For 5th Grade & up!**



### Reading Patch Club Monthly Themes:

- ◇ **Apr:** Mysteries & Ghost Stories
- ◇ **May:** Asian Pacific Heritage
- ◇ **Jun:** Sea Stories

*All those in grades K-5*



Come join us for our summer reading program. The voyage begins on Jun 26th at the Base Library.

### More Events...

- ◇ National Library Week 11-17 Apr
- ◇ Safe Communities Carnival 24 April 1000—1300
- ◇ Safe Communities Bookmark Contest begins 1 Apr 2010

## Pre-School Story Time:

Summer, winter, rain or shine every Thursday morning at 1000 is Pre-School Story time. Features stories and crafts designed for children age 2-5 years.

## Dial-A-Story

Just call 606-4300 to hear a 3 to 5 minute children's story. There is a new story every Sunday. This service is available 24/7 for children of ALL ages.



## Genealogy & Family History



Learn how to log in an use Ebscohost's Footnote history & Genealogy Archives and other online resources for research.

- ◇ Base Library
- ◇ May 27, 2010 @ 5:30pm.

**FORCE SUPPORT SERVICES**

**Bldg 11013 Phone: (805) 606-5031**

**www.30fss.com**

**Arts & Crafts Center (606-6438)**

**Bldg 11193**

Programs and Instructional Classes: Wood working, framing, stained-glass and ceramics (sorry no instructor for stained glass)

Sun-Mon	Closed
Tue-Thu	1100-2000
Fri-Sat	1100-1600



**Auto Hobby Shop: (606-6014) Bldg 10260**

Mon-Tue	Closed
Wed-Fri	1500-2200
Sat-Sun	1200-1900

**Breakers Dining (606-7540)**

**Bldg 13330**

Hours Open	(Mon – Fri)	Hours Open	(Sat – Sun)
Breakfast	0530-0830	Brunch	0600-1300
Lunch	1100-1300		
Dinner	1630-1900	Dinner	1600-1800
Midnight	2300-0100	Midnight	2300-0100
<b>*Retiree Times for</b>	Breakfast	0730-0830	
<b>Mon-Fri</b>	Lunch	1230-1330	

**Child Development Center (606-1555)**

**Bldg 16113**

Mon-Fri	0630-1745
Sat-Sun	Closed

**Family Aquatics Center (606-3581)**

**Bldg 10144**

**Lap Swimming:**

Mon-Fri	0700-0900 & 1100-1230
Mon-Thu	1700-1900
Wknd/Hol:	0800-1000

**Open Swim:**

Mon & Fri	1300-1700
Wknd/Hol:	1200-1730

**Water Fitness Classes:**

Sat & Sun	1300-1745
Mon/Wed/Fri	1130-1215

**Family Child Care (606-4639)**

**Bldg 7420**

Mon-Fri	0800-1700
Sat-Sun	Closed

**Fitness and Sports Center (606-3832)**

**Bldg 9005**

Programs: Group fitness programs and 14 different intramural sports

Mon-Fri	0430-2330
Sat-Sun	0800-1800
Holiday Hours	0800-1800

**Human Resources Office (606-8906)**

**Bldg 11777**

Mon-Fri	0800-1600
Sat-Sun	Closed

\* Closed every 4th Thu of the month

**Information, Tickets & Travel (606-7976)**

**Bldg 10250**

Ticket 2 Adventure: Discount Tickets, hotel vouchers, trips & tours

Mon-Fri	0900-1700
Sat-Sun	Closed

**Library (606-6414)**

**Bldg 10343A**

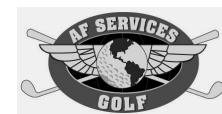
Library Programs: Weekly pre-school story time, dial-a-story, reading patch club, kids summer reading program, teen mystery night and book clubs. Internet access and online catalog available.

Mon-Thu	1100-2000
Fri	1100-1800
Sat-Sun	1200-1800

**Marshallia Ranch Golf Course: (606-6262)**

**Bldg 1338**

Mon	1200-Dusk
Tue-Fri	0630-Dusk
Sat, Sun & Holidays	0600-Dusk



**Outdoor Recreation (606-5908)**

**Bldg 10250**

Equipment checkout and local outdoor adventure programs

Mon-Fri	0900-1700
Sat	0900-1600
Sun	Closed

**Pacific Coast Club: (734-4376)**

**Bldg 11070**

Mon-Fri	1100-1300 Lunch
Wed-Fri	1700-2000 Dinner

PCC Coffee Shop (featuring Starbucks)

Mon-Fri	0630-1330
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Enlisted Lounge Hours

Wed	600-1900
Fri	1600-2400

Officer's Lounge Hours

Thu	1600-2100
Fri	0600-0200



1st Fri Member nights, weekly Texas Hold'em, Kids Night Out, Karaoke, & DJ nights

**Rod & Gun Club (606-4560)**

**Bldg 1521**

Mon	Closed
Tue	1000-1730
Wed	0830-1730
Thu	1000-1730
Fri	0830-1730
Sat	0900-1500
Sun	1000-1400

Sporting Clays: 2nd and 4th Sun of every month

Any Rifle Shoot: 2nd and 4th Sat of every month

Pistol Shoots

1st Sat	Pistol Silhouettes
1st Sun	Bull's-eye Pistol
2nd Sat	Bowling Pin
5th Sat	Action Pistol of the month

**Surf Lanes Bowling Center: (606-3209)**

**Bldg 10366**

Hours:

Mon	0630-1400
Tue	0630-2100
Wed	0630-2100
Thu	0630-2100
Fri	0630-2200
Sat	1200-2200
Sun	1200-2100



Thunder Alley: Sat nights 1900-2200

Airmen's Night and Family Night Out: Wed 1700-2100

Global Hearts Group: Wed 1600-1800

**Vandenberg Lodging (734-1111)**

**Bldg 13005**

24 hours a day, 7 days a week

**Youth Center (606-2152)**

**Bldg 16170**

Front Desk Hours:

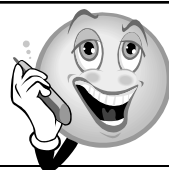
Mon-Fri	0630-1730
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School Age Program (SAP):

Mon-Fri	0630-1745
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Open Recreation (school yr):

Mon-Thu	1430-1900
Fri	1430-2200
Sat	1400-2200



## Frequently Used Phone Numbers

Airman & Family Readiness Center	606-0039
Airman's Attic	606-5484
Balfour Beattie Communities	734-1445
Balfour Beattie Housing Maintenance	734-1488
Chapel	606-5773
Child Development Center (CDC)	606-1555
Commissary	734-3354
Education Office	605-5900
Equal Employment Opportunity (EEO)	606-8780
Family Advocacy	606-5338
Family Home Daycare	606-3255
Fitness Center (Gym)	606-3832
Food Pantry	606-2960
Health & Wellness Center (HAWC)	606-2221
Inspector General	606-2183
Law Enforcement Desk	606-3911
Legal Office	605-6200
Library	606-6414
Medical Clinic Appointment Line	606-2273
Mental Health Clinic	606-8217
Military & Family Life Consultant (MFLC)	588-3302
MPS/Customer Service	606-0370
Retiree Activities Office	606-5474
Self-Help Store	734-5586
Sexual Assault Prevention & Response Office	606-7272
(SAPR) 24/7 SAPR Assistance	588-7233
Tickets & Tours	606-7976
Visitor's Control Center	606-7662

*This newsletter is published by the Vandenberg AFB Airman & Family Readiness Center (A&FRC), 30 FSS/FSFR. If you have questions regarding this newsletter or its contents, please contact Raymond Vasquez at 805-606-0039.*