

VANDENBERG AFB CIVILIAN EMPLOYEE SERVICES

Airman & Family Readiness Center (A&FRC): Employees are welcome to attend any of the educational programs or one on one 'counseling' for such services as personal financial management, career focus, I&R for volunteer activities, child education, special needs, relocation as well as family & work-life workshops such as stress management, couples/relationships & personality/temperaments, relocation assistance. For current calendar of events go to the People Helping People Newsletter and explanation of services go on-line: <http://30fss.com/fsfr.html> . A&FRC is in bldg 10122, corner of California & Washington, 606-0039.

Base Chapel: Employees can utilize the pastoral care/counseling services. Bldg 16200, on Summersill, 606-5773.

Child Development Center (CDC): Provides childcare on a reserved, space-available basis. To sign up for care stop by the CDC for information or call 606-1555, bldg 16113 on Summersill.

Civilian Personnel Newsletter: The Quarterly Civilian Employee Newsletter is currently posted on the 30 SW homepage. If you have any questions, call 606-5847, bldg 11777 on the corner of Utah and California.

Drug and Alcohol Education: Educational materials are available through the Drug Demand Reduction Program 605-8947, bldg 13850, on Nebraska.

Eating Facilities:

AAFES Food Court- 734-3114

Espresso Pad Mon-Fri 0700-1600/Sat 0900-1600/Sun Closed

Anthony's Pizza Mon-Sat 1100-1800/Sun Closed

Robin Hood Mon-Sat 1100-1500/Sat & Sun Closed

Charley's Steakery Mon-Sat 1100-1900/Sun 1100-1800

Burger King (805) 734-4263 Bldg. 10510

Mon-Fri 0600-2000/ Sat 0700-2000/ Sun 1000-1800

* Drive-Thru: open until 2000

Healthy Palate Café located in the Fitness and Sports Center, for a menu, go on-line <http://30fss.com/index.html> under Fitness Center link , 605-0079

Lucky Strike Grill (Bowling Center): Breakfast, lunch & dinner. To place a to-go-order call 606-7500. Menu can be found on-line at <http://30fss.com/index.html> under Bowling Center link.

Pacific Coast Club: The Club's dining room features great meals from the menu as well as daily lunch specials. Mon-Thu all-you-can eat lunch buffet featuring hot entrees and a soup and salad bar. Open Monday through Friday from 11:00 to 1:00 pm.

[Lunch Menu](#) / [Lunch Buffet Menu](#) To Go Lunch Orders call 734-4362. Orders can be picked up at the PCC Starbucks (Club side patio entrance). Main Club phone is 734-4375 Bldg 11070, on Nebraska

Education: Are you looking to start or return back to school? If so, be sure to check out the various schools located here on Vandenberg AFB. Each school offers unique and specialized programs that can potentially meet your educational needs. To learn more about Allan Hancock College, University of LaVerne, Embry

Riddle Aeronautical University and Park University, stop by the Education Services Office at Bldg. 14001. If you're unsure of what educational degree to pursue, call the Education Counselor, Ms. Lydia Beatty at 605-5903, bldg 14001 for an appointment.

Civilian Professional Development: The Air Force launched on the AF Portal a Civilian Force Development (CFD) Reference Center for civilians and military supervisors of civilians to learn about CFD framework, tools, and programs designed to help civilians focus on professional development. To access - AF Portal > Life & Career > Force Development > Civilian Force Development Reference Center. For more information contact Valerie Stark, (805) 605-5913, bldg 1400 on Wyoming St.

Fitness and Sports Center: The Fitness Center provides patrons with a variety of athletic activities such as aerobic classes, martial arts, boxing, 5K/10K runs, intramural sports, and varsity sports. There are personal trainers who can help you achieve your fitness goals. The main facility offers a wide selection of cardiovascular and weight-training machines. There is a multipurpose court, used for basketball and volleyball. Locker rooms are equipped with daily use lockers, showers, restrooms and a dry sauna. Bldg 10130 on Washington St, 606-3832. Go on-line for events information, <http://30fss.com/index.html>

Health and Wellness Center (HAWC): Tobacco Cessation, High Blood Pressure, Diabetes, High Cholesterol and Weight Loss classes are available. Call 606-2221. Bldg 13850, on Nebraska Ave.

Massage Therapy: Natural Knead Massage Therapy located in the new Fitness Center on Washington Ave. For a full range of services offered, download or view our [Brochure](#).

Immunization Clinic: Offers immunizations for employees and their dependents on official orders before departing on overseas assignments. Call 606-8474.

Library: Services available to civilians include: personal computers, typewriter, copier and fax machine; study and conference rooms; music CDs, audio books, educational, entertainment and children's videos. The Library has commercial internet access available free of charge for research, education and entertainment. The library is equipped with 30+ computers which are available to all *eligible* library users.

The Library also has wireless service and laptop stations. Visit the front desk to sign in to use your laptop anywhere in the Library. Bldg 10343, BX Area, 606-6414

The Library has databases available anytime, anywhere. Library will give you a user id, password, and information on the following databases:

Gale Resource Center : <http://infotrac.galegroup.com/itweb>

EBSCO Auto Repair Reference Center : <http://search.ebscohost.com>

EBSCO Small Engine Repair Reference Center: <http://search.ebscohost.com>

EBSCO Host: <http://search.ebscohost.com>

Newsbank: <http://infoweb.newsbank.com>

Encyclopedia Britannica: <http://search.eb.com>

NetLibrary: <http://www.NetLibrary.com>

USAF Education Resource Center : <http://www.petersons.com/airforce>

STATFOR, Country Watch and First Search are available on the AF Portal.

Recreational Activities/Programs: Employees may use the Auto Hobby Shop, Arts and Crafts Center, FAMCAMP, Picnic Grounds, Bowling Center, Swimming Pool, Rod & Gun Club, Tennis Courts, Golf Course, Outdoor Recreation, Tickets and Travel, and a variety of other services and programs offered through the Force Services Squadron. Go on-line <http://30fss.com/index.html> for phone, locations and other details.

Tax Assistance: Located in the Legal Assistance office in bldg 10577, 606-3650

Thrift Shop: All civilian employees may purchase and/or sell merchandise. *Non-Summer hours* are Tues 0930-1400, Thur 0930-1400 and 2nd Saturday of each month, 1100-1400. *Summer Hours (1 Jun-31 Aug)* Tues only 1100-1800. Bldg 11180, on Iceland St. 606-3128

U.S. Postal Service Center: All outgoing service and post office box rentals are available. Bldg 10373, BX Community Loop Area, 734-2336

FedEx and UPS Drop Offs: FedEx shipments requiring next day delivery must have a signed mission critical statement annotated on shipping document and be dropped off at the Surface Cargo Element located in Bldg Base 5500 NLT 1400 daily. UPS shipments are picked-up daily and must also be dropped off NLT 1400 daily. Contact us for assistance, 30 LRS/LGRDDC, 606-6015

UPS packages (personal) can be taken to bldg 10250 Outdoor Recreation Bldg on Alaska St, 606-7976

Military and Federal Employee Discounts:

All these businesses offer military discounts; all you have to do is ask.

Restaurants:

Arby's
A&W
Back Yard Burgers
Burger King
Captain D's
Chick-Fil-A
Cotton Patch
Denny's
Dunkin' Donuts
IHOP (20% discount with ID card)
Java Cafe
KFC
Long John Silver
Pancho's Mexican Buffet
Pizza Hut
Quizno's
Roundtable Pizza
Sizzler
Sonic
Taco Bell
Whataburger

Services

AT&T

California Cryobank

Geico

Jiffy Lube

Meineke

Sears Portrait Studio

Travel and Leisure:

Blockbuster

Movie theaters

Ripley's attractions and museums

Professional Sports teams

Products:

Apple Computers

AutoZone

Barnhill's

Bass Pro Shop

Bath and Body Works

Big 10 Tires

The Buckle

Champs Sports

Copeland's Sports

Dell

The Discovery Channel Store

Dress Barn

The Finish Line

Foot Action

Footlocker

Gadzooks

GNC

Goody's

Great Party

Happy Harry's

Hot Topic

Jockey

Lerner

Michael's

NAPA Auto Parts

New York & Company

Pac Sun

Payless Shoes

Play It Again Sports

Pure Beauty

Sally Beauty Supply

Spencer's Gifts

Suncoast

Timberland Outlets

Wilson's Leather

Cell Phone Service Discount

All Federal employees are able to get a 15% discount on their personal cell phones by calling their carrier and mentioning the "Federal Telecommunications Act of 1996 - Discount to Federal Employees Past and Present."

Cingular - 800-319-6393

Sprint - 877-812-1223

T-Mobile - 866-646-4688

Nextel - 800-639-6111

Verizon - 800-865-1825

You will need to know the military member's supervisor's name, phone number, and full address, so that his/her military status can be verified.