

# HAPPENINGS

Your source for what's happening on Schriever AFB

## April is the Month of the Military Child!



- CDC Children's Carnival
- SARC Events
- Go for Green @ The DISH

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## Directory

### Force Support Administrative Office

Bldg 210, Room 210, 567-3721

Mon-Fri: 7:30am-4:30pm

### Satellite Dish Dining Facility

Mon-Fri: Breakfast: 6am-7:30am, Lunch: 10:15am-1:15pm,  
Dinner: 4pm-6:30pm

Sat, Sun, Federal Holidays & Family Days: Breakfast: 6:30am-7:30am,  
Lunch: 10:45am-1:15pm, 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 and 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

### Airman & Family Readiness Center

Bldg T65, 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



Here's a little piece of trivia: Did you know that the dandelion is the official flower of the military child? It makes sense really when you think about the attributes of this flower. They are bright, resilient flowers that pretty much bloom where they are planted, much like our military children. April celebrates the Month of the Military Child, and this month, we want to honor the children of the CDC with a Family Carnival at the Child Development Center on 13 April from 2:30 pm – 4 pm. If the kids on the cover look familiar to you, it's because they are our very own kids from the CDC! We had tons of fun at the photo shoot, and we would like to thank Caroline Williams of 22 SOPS who volunteered her time to take amazing shots of our cute kids!

April is also Sexual Assault Awareness Month and the Main Fitness Center has lined up two great sporting events to raise awareness about this most important issue. Round up your teams of ten and participate in a Dodgeball Tournament or join us for a 5K Fun Run. Details on both events are on pages 2 & 5.

Are your taste buds craving for something exciting? Savor the flavors of Asia with The Satellite Dish Dining Facility's Asian Meal on 18 April. Asian specialties like chicken stir-fry, tempura fish, and fried rice are all yours for the eating! Now if you're looking to burn the calories from this delicious feast, head out to ITT for some great spring skiing. Ski lift tickets and passes to resorts like Copper Mountain, Winter Park, and more are still available.

Lastly, to all the military kids around the world, but most especially to the ones here on Schriever AFB, thank you for your unwavering love and support and for being true supporters of the Air Force. YOU are our HEROES!

## Did You Know...

**... Course 20 will close to new enrollees BEFORE the launch of a revised SOS DL course anticipated to launch in 5 July?**

All Course 20 students will graduate or be disenrolled after twelve months with one optional three month extension. For more information about Course 20, contact Formal Training at 567-5903.

**... that the Child Development Center (CDC) and School Age Program (SAP) can now care for your kids from open until close?**

Parents may now drop off their children starting at 6 am and pick them up at 6 pm at the CDC as there is no longer a limit for hours of care. On Fridays and school holidays that the SAP is open, parents may also drop off their kids at 6 am and pick up at 6 pm. For more information, call the CDC or SAP at 567-4742.

## Child Development Center

**Monday-Friday • 6am-6pm**  
**Bldg 60, 567-4742**

### Family Carnival: 13 April • 2:30pm-4pm

Join us for an afternoon of fun activities in celebration of the Month of the Military Child.

### Parent Teacher Conferences: 23-27 April

Please call the Child Development Center (CDC) at 567-4742 for more information.

## School-Age Program

**Monday-Friday • 6am-6pm**  
**Bldg 60, Rm 22: 567-4742**

### CDC & SAP Hours for Care

Parents, you may now utilize the CDC and SAP for up to 60 hours a week at no additional cost as there are no longer limits for hours of care.

Both programs open at 6am and close at 6pm.

**For more information regarding operational hours call 567-4742.**

## Summer Camp

**29 May -10 August**

**Monday-Friday, 6am - 6pm**

**567-4742**



### Register your children now

- Fun Field Trips
- Swimming
- USDA Approved Snacks & Meals
- Structured Activities

Children ages 5 to 12 years of Active Duty Military, DoD Civilians, DoD Contractors, and Reservists on AD orders are eligible to participate.

## Main Fitness Center



**Monday-Friday • 5am-7:30pm**  
**Sat, Sun, Family Days & Fed. Holidays 7am-3pm**  
**Bldg 120, 567-6628**

### SEXUAL ASSAULT AWARENESS MONTH EVENTS

#### Dodgeball Tournament: 6 April • 10am

Register by 4 April • Main Fitness Center  
 Round up your teams of ten (10) and get ready for some dodgeball action! All teams need to register by 4 April. To sign up, call 567-6658 or email Mr. Seth Cannello at [seth.cannello@us.af.mil](mailto:seth.cannello@us.af.mil). FREE t-shirts to the first 200 participants!

#### Sexual Assault Awareness 5K Fun Run: 20 April • 3pm

Register by 17 April • Main Fitness Center (Running Path)  
 Run for a great cause! Join us in raising awareness of sexual assault by participating in this 5K Fun run. Participants must register by 17 April by calling 567-6658.

### Closures

**6 April** • Sexual Assault Awareness Month Dodgeball Tournament, 10am at the Basketball Court

**20 April** • Basketball court closed from 1pm to 7:30pm in preparation for Children's Clothing Swap

**21 April** • Basketball court closed from 7am to 2pm for the Children's Clothing Swap

**30 April** • Basketball court closed from 1pm to 5pm for 50th SW Promotion Ceremony

Awards, Engraving & Custom Picture Framing

### Custom Luggage Tags for Travelling In Style!

Let us personalize your luggage tags.



Choose from leather, aluminum, or plastic tags that may be sublimated or engraved.

**Call 567-6050 for pricing.**

## RA Fitness Center Annex

**Monday-Friday • 10am-6pm**  
**Sat, Sun, Family Days & Federal Holidays Closed**  
**Bldg 502, 567-3338**

### Work Out at the RA Fitness Center Annex

Avoid the crowd and take your workout to the RA Fitness Center Annex!

## Outdoor Recreation and ITT

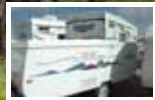
Monday-Friday • 7:30am-4pm  
Bldg 300, Rm 133  
567-6050



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



### Pop-up Camping Trailers Available for Rent



Explore "America the beautiful" in style and comfort!

Available for check-out beginning 1 May



- Nightly (1 Night): \$40
- Weekend (3 Nights): \$85
- Long Weekend (4 Nights): \$115
- Weekly (7 Nights): \$195



Call 567-6050 to reserve yours NOW!

**Enjoy Elitch Gardens for only \$21 or buy three get one FREE!**

Tickets go on sale 25 April at ITT.  
Park opens 5 May.

Season passes, parking vouchers, and lunch vouchers also available for sale.

For more information call 567-6050

### MORE BANG FOR YOUR BUCK WITH ODR'S CAMPING PACKAGE

EACH CAMPING PACKAGE INCLUDES:

- Four-Person Pop-Up Tent
- Four Sleeping Bags with Pads
- Lantern
- Cooler

**ONLY  
\$40**

CALL OUTDOOR RECREATION AT 567-6050,  
OR VISIT US AT BLDG. 300, ROOM 133 TO  
RESERVE YOURS TODAY!

## 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!

- Quarterly and Annual Recognition Awards
- Personalized Gifts for All Occasions
- Custom Picture Framing

Services are available to all Military, DOD/NAF civilians, and contractors. No access to Bldg. 300? Call us for an appointment to an alternate location.

## Satellite Dish Dining

**Mon-Fri: Breakfast: 6am-7:30am, Lunch: 10:15am-1:15pm,  
Dinner: 4pm-6:30pm**

**Sat, Sun, Federal Holidays & Family Days:  
Breakfast: 6:30am-7:30am, Lunch: 10:45am-1:15pm,  
Dinner: 4pm-6:30pm**

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

**Online Menu:** Schriever SharePoint site > News > Click "Satellite Dish Dining menu"

**Asian Meal: 18 April, 10:15am-1:15pm**

Savor the Tastes of the Orient with these delicious offerings!

- Egg Drop Soup
- Oriental Steak
- Chicken Stir-fry
- Tempura Fish
- Fried Rice
- Chow Mein Noodles
- Sesame Green Beans
- Vegetable Stir-fry
- Assorted Salads and Desserts

### Short Line Items

- Egg Rolls
- Pulled Pork BBQ

### Specialty Bar

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

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

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

# How about some GREAT Spring Skiing?

It's not too late to hit the slopes! Purchase your ski lift tickets and ski passes at ITT.

- ★ Copper Mountain
- ★ Winter Park
- ★ Arapahoe Basin and more!



**Ask about Military Ski Free Steamboat Resort Vouchers!**

**ODR/ITT: 567-6050**

# Career Tracks

A Career Toolkit for the Mobile Military Spouse

**10 & 11 May**

United States Air Force Academy (USAFA)  
Airman & Family Readiness Center

Calling all spouses of Active Duty Military, Retirees, and Reservists! Join us for a FREE comprehensive two-day career planning workshop designed to assist with:

- Job Skills Evaluation
- Career Goals Formulation
- Efficient Job Searches
- Networking Techniques

Career Tracks is a joint partnership with all Air Force Bases in Colorado Springs. All participants must RSVP to the event and attend both days.

For more information and to RSVP, call 333-3444.



## Eat Healthy and Go for Green!

**Go for Green** is a nutritional labeling system designed to provide a quick snapshot of the nutritional value of food choices at the Satellite Dish Dining Facility. Beginning 30 April, food items will be labeled GREEN (eat often), YELLOW (eat occasionally), and RED (eat rarely) based on the impact food can have on your overall performance.

HIGH PERFORMANCE FOODS  
EAT OFTEN

MODERATE PERFORMANCE FOODS  
EAT OCCASIONALLY

PERFORMANCE LIMITING FOODS  
EAT RARELY

Look for these signs when you eat at The Dish, and remember to **Go for GREEN!**

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

**Monday-Friday • 7:30am-4:30pm**  
**Bldg T-65, 567-3920**

### April Class & Program Offerings

All classes are held at A&FRC, Bldg. T-65, unless otherwise specified. For complete class descriptions, visit  
[http://www.schrieverfss.com/afrc\\_09\\_pfm.asp](http://www.schrieverfss.com/afrc_09_pfm.asp)

### Pre-Separation Briefing

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

3 & 17 April • 2pm-4pm (Separatees)  
10 & 24 April • 2pm-4pm (Retirees)

### Dorm Move: 17 April • 3pm-4pm

Learn how to project a budget and see if you are financially ready to live off-base.

### Home Buying Seminar: 20 April • 2pm-4:30pm

Looking to buy a new home in the next 12 months? Then this class is for you!

### Give Parents A Break: 20 April • 7pm-10pm (CDC)

Parents must register by 13 April. For more details on the program, call 567-3920.

### TAP: 27 April • 8am-4:30pm

Learn about transitioning into the civilian workforce.

### VA Medical Records Review Phase 1:

27 April • 8am-4pm (by appointment only)

The class is for Active Duty military personnel only, who are 180 days away from retirement or separation. Attendees must have their medical records in order to participate.

### It's Your Move Investment Training: 27 April • 2pm-4pm

Learn about understanding your personal investment philosophy to help you build wealth over time!

## 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

## Sexual Assault Awareness Month Events

### Dodgeball Tournament

**6 April • 10am**  
**Register by 4 April**

**Round up your teams of ten (10) and get ready for some  
dodgeball action! FREE t-shirts to the first 200 participants!**

### 5K Fun Run

Fitness Center Running Path

**Run with us to raise awareness for a great cause!**

**20 April • 3pm**  
**Register by 17 April**

## NAF Human Resources

**Monday-Friday • 7:30am-4:30pm**  
**Bldg 210, Rm 137**  
**567-4734**

**NAF jobs are *virtually* yours for the taking!**

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

## Civilian Personnel Office

**Monday-Friday • 8am-4pm**  
**Bldg 210, Rm 137**  
**567-5799/5788/3734**

### Resumé Update Process

Take the time to update your resume 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>

### Civilian Annual Appraisals

The appraisal period for Air Force Civilian employees starts on 1 April and ends on 30 March of the following year. Supervisors are required to complete the AF Form 860A (front side only) no later than 10 April. Employees must have worked in their position for a minimum of 90 days in order to receive an assessment. For specific situations that may require special consideration, contact the Civilian Personnel Office. The process for determining rewards for employees will be disseminated through group level leadership.

Log on to the Civilian Personnel Home page to access the link under GS Appraisal Info:

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

## Student Summer Hire Program

21 May - 29 Sep

Registration period is until 23 April

The 50th Space Wing Summer Hire Program is back and runs from 21 May to 29 September. Application forms for students ages 16 and above, who are enrolled for the current and following school years may be obtained at:

<https://eis.afspc.af.mil/unit/50sw/50FSS/cpo/Summer%20Hire%20Program/Forms/AllItems.aspx>

Drop off completed applications at the Civilian Personnel Office, Bldg. 210, Rm. 217, Monday to Friday from 7:30am to 4:30pm. College students must be enrolled half-time to be eligible to participate in the program. The Summer Hire program provides valuable work experience to students, while giving base units assistance in basic job skill areas.



For more information about the program, call the  
Civilian Personnel Office at 567-4014

## Professional Development Center

**Monday-Friday • 7:30am-4:30pm**

**Bldg 210, Rm 310**

**Career Assistance Advisor: 567-5927**

**FTAC NCOIC: 567-7329**

**Base/Formal Training Manager: 567-5903**

### Class Schedule

**Informed Decisions:** 4 April • 8am

**FTAC:** 9-16 April • 7:30am-4:30pm

**Be A Better Supervisor:** 17 April • 1pm

**NCOP:** 24-26 April • 7:30am-4:30pm

### PME /CDC End of Course Schedule

Tuesdays, Thursdays and Fridays • 8:30am-noon

Call 567-5903 for inquiries.

## Military Personnel Section

**Monday-Friday • 7:30am-4:30pm**

**Bldg 210, Rm 137**

**567-5900**

### Services and Offerings:

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

**Dump the Disposables Day**

**22 April**

**Satellite Dish Dining Facility**

**Do your part in saving Mother Earth! In honor of Earth Day, the Dish is encouraging everyone to dump the disposables and dine in instead.**

**Take-out meal containers will still be available on a limited basis.**

## Education Services

**Bldg 210, Rm 310**

**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.*

#### Colorado Christian University • 867-5814

Thursdays • 1pm-3pm

#### DeVry • 866-6701

4 & 8 April • 10am-noon

5 April • 10am-1pm

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

5 April • 10am-1pm

#### National University • 303-349-9950

3 & 17 April • 2pm-3pm

#### Peterson AFB Education Counselors • 556-7392/7734

Counselors do not come to Schriever AFB but are available for consultation at Peterson AFB, Monday-Friday, from 8am-noon.

#### University of Maryland • 640-9670

3 April • 10am-2pm

17 April • 1pm-3pm

#### University of Phoenix, 640-9670

Call for an appointment

#### Webster University, 574-7562

2, 10, 16 & 23 April • Noon-2:30pm

## Bundles for Babies

Airman & Family Readiness Center, Bldg T-65

**11 April • 2pm - 4:30pm**

Expecting your new bundle of joy? Then, Bundles for Babies is right for you!

Get great information on developmental stages, budgeting information you can't do without, plus a bundle of goodies for the latest addition to your family!



For more info, call 567-3920.

# FITNESS CENTER PROGRAMS

## April 2012



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

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

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

### April Special Dates:

6 Apr	Sexual Assault Awareness Month Dodgeball Tournament, 10am at the Basketball Court
17 Apr	Sexual Assault Awareness Month 5K Fun Run, 3pm at the Main Fitness Center Running Track
20 Apr	Basketball Court closed from 1pm-7:30pm for Children's Clothing Swap
21 Apr	Basketball Court closed from 7am-2pm for Children's Clothing Swap Preparation
30 Apr	Basketball Court closed from 1pm-5pm for 50th SW Promotion Ceremony

The running trail lights have been adjusted to function between 4am to 8am and 6pm to 10pm. For those who wish to run when the lights are off, use the manual override switch located on the pole closest to the start of the 1-mile running loop.

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

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

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

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

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

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

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

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

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