

# BUCKLEY POWER LIFTING COMPETITION

22 OCT | 0930  
Weigh-In  
1000  
Lifting Starts

LIFTS  
SQUATS  
BENCH PRESSES  
DEADLIFTS

Event will include 3 Lifts, Squats, Bench Presses, and Deadlifts for maximum lifts.

Event will include 3 chances at Lifts, Squats, Bench Presses and Deadlifts events.

COMMANDER CUP POINTS WILL BE AWARDED

HIGHEST TOTAL WINS! TROPHIES WILL BE AWARDED TO: MEN'S AND WOMEN'S MASTER DIVISION, MEN'S 5 WEIGHT CLASSES, WOMEN'S 3 WEIGHT CLASSES.  
FOR MORE INFORMATION CONTACT THE FITNESS CENTER AT 720-847-6679. Must be 16 years old to participate.

www.460fss.com

OCTOBER 2011

# NEWS FLASH

460th Force Support Squadron

Buckley AFB, Colorado

FOR MORE INFORMATION CALL 720-847-9642

## STEP UP TO THE MIC!

Buckley  
2011 Idol

PRIZES for 1st, 2nd and 3rd place winners!  
Sign-up by 11 October

BAR AND GRILL WILL BE OPEN!



13, 20, 27 OCT & 3 NOV • 1700 - 2000

## YOUTH SELF DEFENSE CLASSES

ALL CLASSES HELD AT THE YOUTH CENTER

### MONTHLY COURSES - \$45

Ages 4-6 (Little Dragon): Mons 1730-1830

Ages 7-12 (Ninja): Weds 1730-1830

13+ (Jedi Academy) Tues 1730-1830

Classes begin the week of Oct 3 and end the week of 24 Oct 2011.

This class will repeat on a monthly basis.

### BELT DRIVEN COURSE (3 MONTHS) \$225 NON-MEMBER, \$210 MEMBER

Ages 4-6: Mons & Weds 1900-2000

Ages 7-12: Tues & Thurs 1900-2000

13+: Thurs & Sat 1800-1900

Classes begin the week of Oct 3 2011.

\*Scholarships available\*

For more information call 720-847-9992

**DIRECTORY**

**Airman & Family Readiness**

720-847-6681  
Bldg 606

**Child Development Centers**

**A-Basin**

720-847-7215  
Bldg 351

**Crested Butte**

720-847-6174/6175  
Bldg 725

**Community Center**

720-847-9642  
Bldg 630

**Family Child Care**

720-847-9225  
Bldg 351

**Fitness Center**

720-847-6679  
Bldg 35

**Human Resource Office**

720-847-6775  
Bldg 606

**ITT & Outdoor Recreation**

720-847-6100  
Bldg 1022

**Marketing, Advertising & Commercial Sponsorship**

720-847-9622  
Bldg 347

**School Age Program**

720-847-9206  
Bldg 351

**Youth Programs**

720-847-9992  
Bldg 350



*The Total Force Resource*

**AIRMAN AND FAMILY READINESS**

ALL CLASSES ARE HELD IN BLDG 606 AUDITORIUM UNLESS OTHERWISE NOTED.

PLEASE CALL 720-847-6681 TO SIGN UP FOR THE CLASSES.



**TRANSITION ASSISTANCE PROGRAM:** The 5 - day TAP Workshop is for members and spouses who are considering or in the process of separating or retiring from the military. Topics include job search skills, resume and cover letters, interviewing skills, career planning, vocational rehabilitation, and veteran's benefits. 10/3 -10/7 8:00 AM - 4:00 PM



**10 STEPS TO A FEDERAL RESUME: WORKSHOP COVERS A 10 STEP PROCESS FOR APPLYING** for a federal job, navigating the USA JOBS website, and understanding the federal hiring process. 10/14: 9:00 AM - 4:00 PM



**NEWCOMERS ORIENTATION:** This mandatory briefing is used to welcome new arriving military members, military dependents, and civilians to Buckley AFB. The agenda includes organizations from the local community providing a welcome and mandatory safety briefings for Buckley AFB. 10/19/2011: 8:00 AM -12:00 PM



**PRESENTING YOU...RESUME CLASS:** An overview of the basic resume anatomy, standard formats, do's and don'ts, and impact full bullet writing. Federal resumes not covered in this class. 10/21/2011: 9:00 AM -11:00 AM

**A BIG THANK YOU TO OUR SPONSORS:**



NO FEDERAL ENDORSEMENT OF SPONSORS INTENDED.



**GET THE INFORMATION YOU REALLY WANT!**  
Now you can receive updates on FSS events and activities right to your personal email account. Simply visit [www.460fss.com](http://www.460fss.com) and click on the eBuzz link to sign up. Select only the categories that interest you:

- Airman & Family Readiness
- Child Development
- Coming Up this Week
- Commercial Sponsorship Opportunities
- Community Center Activities
- Employment Opportunities (NAF)
- Fitness Center
- Lodging News
- Outdoor Recreation News
- Tickets and Local Trips
- Volunteer Opportunities
- Youth News

Please sign up using your **personal email account** as this new service does not allow us to digitally sign messages to military email accounts.

**INTERESTED IN ADVERTISING?**

E-MAIL [huckleyservices@huckley.af.mil](mailto:huckleyservices@huckley.af.mil) OR CALL 720 847-9622

**BUCKLEY AFB HERE'S WHAT'S HAPPENING**

# October

**{10} MONTH**

S	M	T	W	T	F	S
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

**Monday**  
Little Dragons Youth Self Defense Classes 1700-1800 ages 11+ @ Youth Center Contact 720-847-9992

**Tuesdays**  
Jedi Academy Youth Self Defense Classes 1700-1800 ages 11+ @ Youth Center Contact 720-847-9992

**Wednesdays**  
Ninjas Youth Self Defense Classes 1700-1800 ages 11+ @ Youth Center Contact 720-847-9992

**6**  
PARENTS ADVISORY MEETING 11:30-12:30 Crested Butte CDC Contact 720-847-6174

**14**  
FEDERAL RESUME WORKSHOP 09:00-10:00 Bldg 606 Contact 720-847-6681

**15**  
GIVE PARENTS A BREAK 10:00-11:00 Crested Butte CDC Contact 720-847-6174

**19**  
8 vs. 8 Outdoor Soccer @ 10:00 Multi-purpose field Bldg 606 Contact 720-847-6679

**21**  
RESUME WORKSHOP 09:00-11:00 Bldg 606 Contact 720-847-6681

**22**  
POWER LIFTING COMPETITION 09:00 Weight and 11:00 Judo Crested Butte CDC Contact 720-847-6679

**22**  
PARENT'S NIGHT OUT 10:00-2:00 Crested Butte CDC Contact 720-847-6174

**27**  
BUCKLEY IDOL 10, 20, 27, FINALE 3, Nov 17:00-2:00 Community Center Crested Butte CDC and A-Basin Contact 720-847-6642

**28**  
BUCKLEY COMMUNITY THEATER "RUMORS" 10:00-11:00 Crested Butte CDC and A-Basin Contact 720-847-6174

**28**  
ANNUAL FALL HARVEST FESTIVAL 10:00-11:00 Crested Butte CDC and A-Basin Contact 720-847-6174

**29**  
BUCKLEY COMMUNITY THEATER "RUMORS" 10:00-11:00 Crested Butte CDC and A-Basin Contact 720-847-6174

**4**  
NINJAS YOUTH SELF DEFENSE CLASSES

**5**  
JEDI ACADEMY YOUTH SELF DEFENSE CLASSES

**6**  
PARENTS ADVISORY MEETING

**10**  
COLUMBUS DAY Both CDCs closed

**11**  
NINJAS

**12**  
JEDI ACADEMY

**13**  
BUCKLEY IDOL

**14**  
FEDERAL RESUME WORKSHOP

**15**  
GIVE PARENTS A BREAK

**17**  
LITTLE DRAGONS

**18**  
NINJAS

**19**  
JEDI ACADEMY 8 vs. 8 OUTDOOR SOCCER

**20**  
BUCKLEY IDOL

**21**  
RESUME WORKSHOP

**22**  
POWER LIFTING COMPETITION PARENT'S NIGHT OUT

**24**  
LITTLE DRAGONS

**25**  
NINJAS

**26**  
JEDI ACADEMY

**27**  
BUCKLEY IDOL

**28**  
ANNUAL FALL HARVEST FESTIVAL BUCKLEY COMMUNITY THEATER "RUMORS"

**29**  
BUCKLEY COMMUNITY THEATER "RUMORS"

**31** HAPPY HALLOWEEN!