

Today's Date: 5.2.2005

Holbrook Library

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What's New @ the Library

We receive new titles on a regular basis. If you have a specific request, please contact us, or check our online catalog (specify Ellsworth as the library). [Access the SDLN Catalog here.](#)

Our new books are located:

- **For adults: Just to the left of the circulation desk as you enter the library.**
- **For teens: In our juvenile area on the Young Adults shelf.**
- **For children: In our juvenile area located on the far left shelves.**

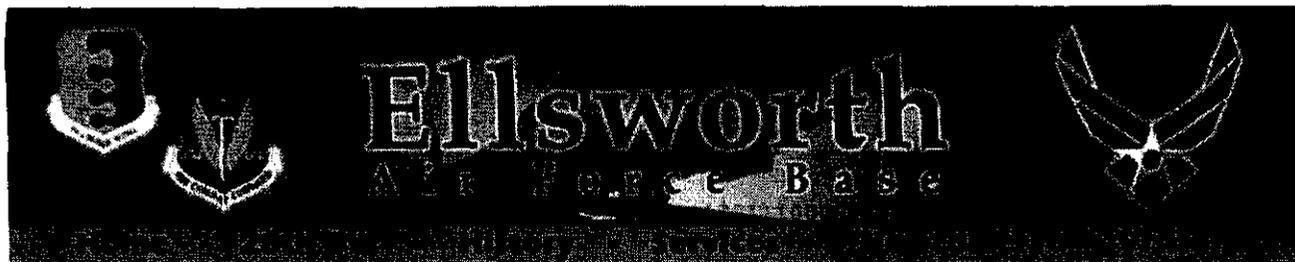
What do I read next?

What Do I read Next is a database that can be accessed from within the Library or from EAFB systems to provide you with ideas on the types books that you may prefer. Searches may be performed by author, title, genre, character,topic,etc. [Click here to access.](#)

Library Webmaster

Last Review//Update: 03.01.05

Privacy & Security



Today's Date: 5.2.2005

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Useful Links

More links pages at the bottom

Inclusion of web site links does not indicate Federal or ESA endorsement of those sites, or does it guarantee accuracy of information derived from those sites. If you find a "broken" link, please report it to the Webmaster. We have four pages of links, see the list below. Remember: links to off-site pages will open into a separate window. The main pages below will remain in this window.

We Have Federal Tax Forms!
Online forms here: [Federal](#) / [State](#)

Useful Websites and Programs for ACC Wing/CC Spouses

Summer Reading & We The People

West Nile Virus Information

Our Links Pages:

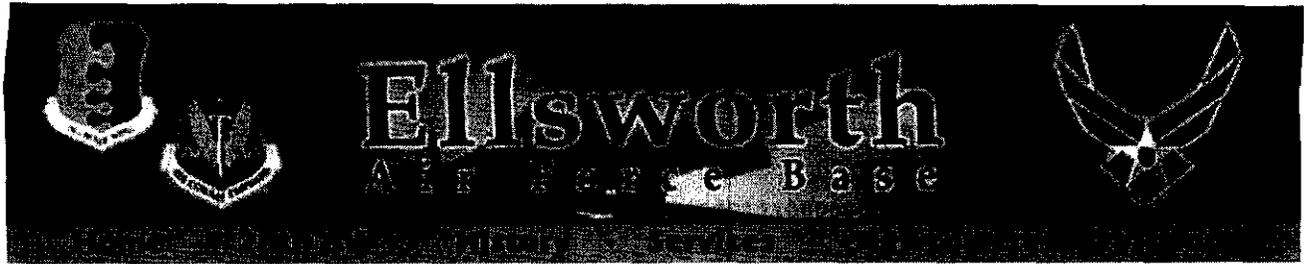
- **Military Life**
Links to professional development, Military Base, foreign country, deployment, PME, and military pay information sources.
- **Off-Duty**
Consumer and life in South Dakota information links.
- **Research and Education**
For quick answers and information about academic life and institutions, go here. Databases for research are on our "[Databases](#)" page.
- **Teens and Kids**
Websites that target a younger audience are located here.

**Protect your privacy online and surf safe,
[tips here.](#)**

Library Webmaster

Last Review//Update: 03.03.05

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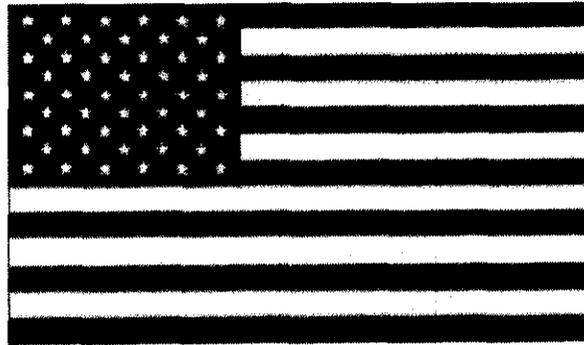


Today's Date: 5.2.2005

- HRO Links -

- [Services Home](#)
- **Human Resources**
- [Available Jobs](#)
- [How to Apply](#)
- [Preferences](#)

Human Resources Office



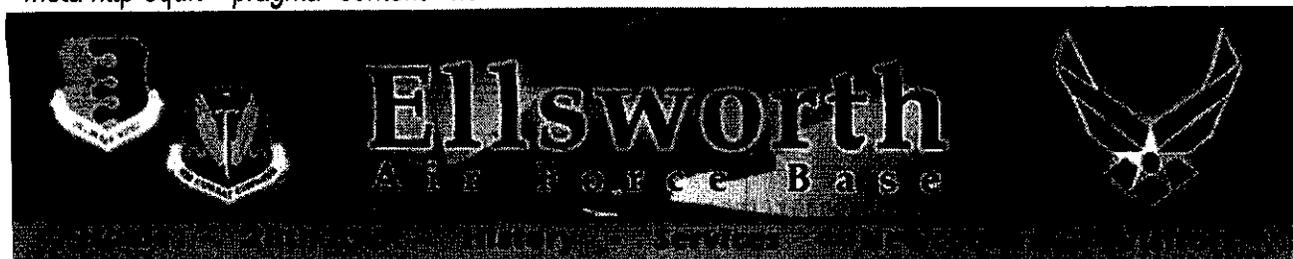
Check out our links on the left or contact our
Human Resource Office
1000 Ellsworth St., Suite 2000
Ellsworth AFB, SD 57706
(605) 385-2464/2465
Fax (605) 385-4327
Telephone: **385-2464/2465**

Webmaster

Last Review//Update: 05.24.04

Privacy & Security

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- HRO Links -

- Services Home-
Human Resources
- Available Jobs
- How to Apply
- Preferences

NAF Job Openings					
<i>E-MAIL US</i>					
POSTING DATE: April 28, 2005					
Listings are updated as needed. All positions are open until filled.					
	Job Title	Grade	Location	Type	Salary
1	Child Development Program Assistant	CC-1702	Child Development Center	Flexible	\$9.64-\$11.43/p DOQ**
2	School Age Program Assistant	CC-1702	Youth Center	Flexible	\$9.64-\$11.43/p DOQ**
3	Recreation Aid	NF-0189-01	Youth Center	Flexible	\$6.40 ph
4	Custodial Worker	NA-3566-01	Lodging	Flexible	\$7.40 ph
5	Custodial Worker	NA-3566-02	Lodging	Flexible	\$7.89 ph
6	Custodial Worker Leader	NL-3566-01	Lodging	Flexible	\$8.15 ph
7	Maintenance Worker	NA-4749-07	Lodging	Flexible	\$9.69 ph
8	Tools & Parts Attendant	NA-6904-05	Auto Skills Center	Flexible	\$8.39 ph
9	Recreation Assistant	NF-0189-02	Skills Development Center	Flexible	\$7.26 ph
10	Recreation Assistant	NF-0189-02	Black Hills Community Center	Flexible	\$7.26 ph
11	Equipment Maintenance Worker	NA-4801-05	Outdoor Recreation	Flexible	\$8.39 ph
12	Recreation Aid (Lifeguard)	NF-0189-01	Outdoor Recreation	Flexible	\$7.41 ph
13	Waiter	NA-7420-02	Dakota's Club	Flexible	\$7.01 ph***
14	Waiter	NA-7420-03	Dakota's Club	Flexible	\$7.44 ph***

15	Cook	NA-7404-04	Dakota's Club	Flexible	\$7.90 ph***
16	Food Service Worker	NA-7403-02	Dakota's Club	Flexible	\$7.01 ph***
17	Bartender	NA-7405-05	Dakota's Club	Flexible	\$8.39 ph
18	Maintenance Worker	NA-4749-07	Dakota's Club	Flexible	\$9.26 ph
19	Laborer	NA-3502-03	Prairie Ridge Golf Course	Flexible	\$7.44 ph
20	Bowling Operations Assistant	NF-1101-02	Bandit Lanes Bowling Center	Flexible	\$7.50 ph
21	Recreation Assistant	NF-0189-02	Bandit Lanes Bowling Center	Flexible	\$7.26 ph
22	Custodial Worker	NA-3566-02	Bandit Lanes Bowling Center	Flexible	\$7.01 ph
23	Cook	NA-7404-04	Bandit Lanes Bowling Center	Flexible	\$8.23 ph

** DOQ-Depending on Qualification

*** Temporary - Not to Exceed One Year

Regular: Guaranteed hours (established shift + benefits)

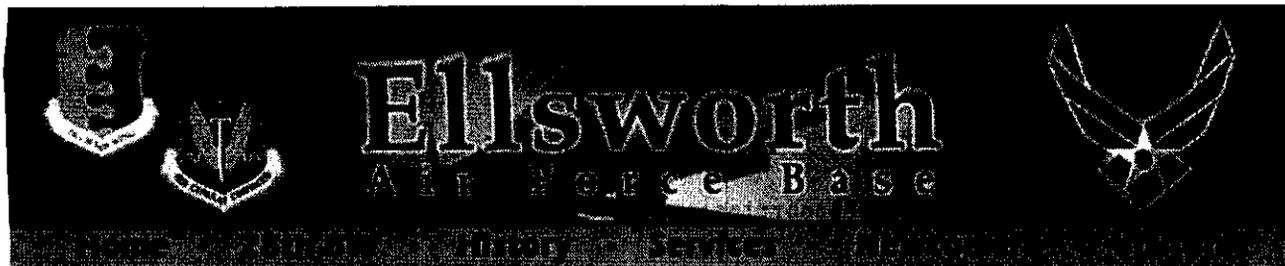
Flexible: No guaranteed hours (variable shift + use of NAF facilities)

Telephone: **385-2465**

Webmaster

Last Review//Update: 04/28/05

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Human Resources Office

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When a manager needs to fill a position he or she will select from the applications on file. In the event that no qualified applications are on file, vacancy announcements may be sent to various agencies on base and within the local community. You must submit a separate application for each job title for which you wish to be considered. The application consists of both the **OF Form 612** & the **OF Form 306**.

How to Apply

OF Form 612 - Optional Application for Federal Employment

OF Form 306 - Declaration for Federal Employment

AF Form 2550 - (Current employees only - for position change or dual appointment)

AF Form 3902 - Application and Approval for Off-Duty Employment (active duty applicants only)

Military Spouse Preference - Certification to be included along with copy of spouse orders.

* Applications for the Child Development Center and Youth Center **must** have the following attachments where applicable: High School Diploma/GED, Associates/ Bachelors Degree.

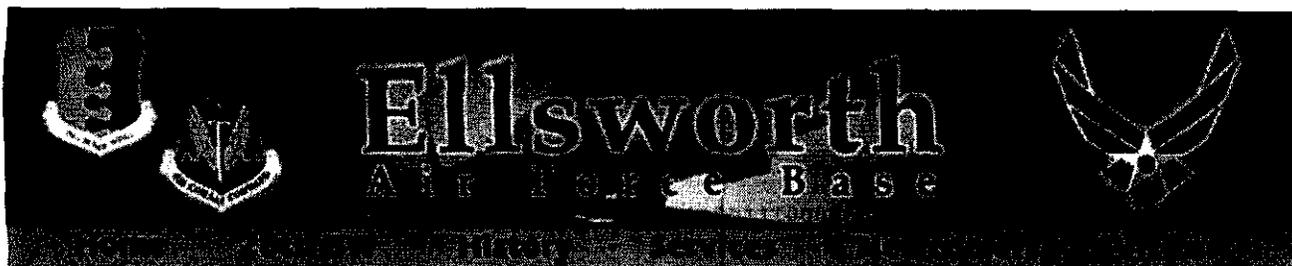
* In addition, all applications for Youth and Child Care Services positions must complete **NAF Supplemental Questionnaire For Child Care Position** and **Acknowledgement of Right and Consent to Release Form** regarding arrests and release of records.

* Some positions require Installation Records Check (IRC) and National Agency Check (NAC) background checks. This means we must request a check of records at bases you have been at previously (IRC) and request a (NAC) through the Security Forces. Positions working with children also require State Criminal History Record Checks (SCHRC).

NOTE: A separate application is required for each job title you apply for.

Please take careful note of the requirements for each position and of hiring preferences ([CLICK HERE TO VIEW PREFERENCES](#))

We cannot process incomplete applications.



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- **Preferences**

Preferences

Spouse Preference

Military spouses may be eligible for Spouse Preference if they:

- 1.** Are listed on their sponsor's Permanent Change of Station (PCS) orders for Ellsworth; eligibility is also extended to spouses who marry subsequent to PCS assignment and whose sponsor's orders are amended as such.
- 2.** Have advised this office of their eligibility and present a copy of sponsor's orders with their application; and
- 3.** Have not **accepted** or **declined** a permanent (over 365 day tenure) Appropriated (Civil Service) or Non-Appropriated position (to include AAFES) since their arrival at Ellsworth AFB.

Selection under spouse preference applies only **once** for each PCS move.

NOTE: Military Spouse Preference pertains only to active duty PCS assignments and not TDYs or moves in conjunction with a retirement from active duty.

Transition Hiring Preference

Public law 101-510 provides hiring preference for military members who separate under VSI/SSB. This provides preference over all other applicants except those with spouse preference. Preference only applies to NF-III positions and below. If you are the spouse of a THP eligible, you may also be eligible for this preference with your THP ID card. A 180-day waiting period may effect your VSI/SSB benefits if you except a position prior to completion of that time.

Veteran's Hiring Preference

To establish veteran's preference, we must have the following:

- 1.** DD-214
- 2.** Standard Form 15 - Application for 10-point Veteran Preference (if applicable).
- 3.** Letter of Disability from the Veteran's Administration dated within the last year (if applicable).

Employment of Off-Duty Military

Active Duty Military applicants must submit a completed AF Form 3902, Approval for Off Duty Employment, with each application for employment.

Other Notes

Recently retired military must complete a 180-day waiting period effective on the actual date of separation prior to being appointed in a Non-Appropriated Fund position.

Applications will remain on file for 90 days. A 90-day extension may be granted if requested prior to original expiration date. Applications may be hand carried to this office, mailed to, or faxed to:

28 SVS/SVH

1000 Ellsworth Street, Suite 2000

Ellsworth AFB, SD 57706-4705

Telephone: (605) 385-2465

FAX: (605) 385-4327

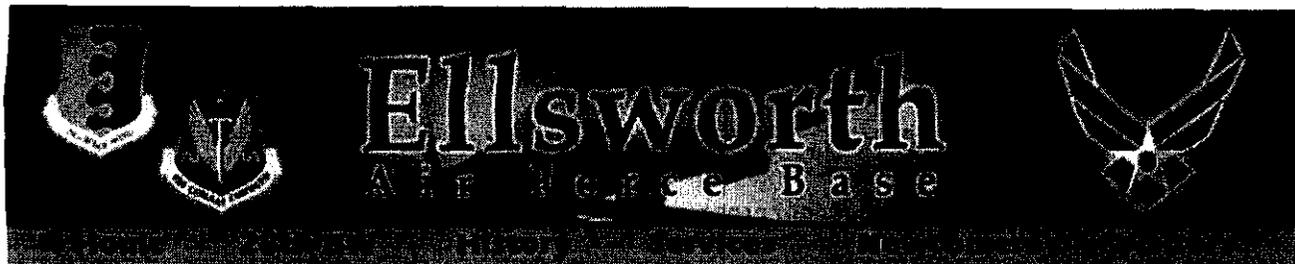
DSN: 675-2465

Telephone: **385-2465**

Webmaster

Last Review//Update: 05.24.04

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Outdoor Recreation

Outdoor Recreation has a variety of items for rent, including:

- | | | |
|------------------|----------------|---------------|
| Camping Gear | Fishing Boat | Ski Equipment |
| Snowboards | Camp Trailer | Lawnmowers |
| Utility Trailers | Banquet Tables | Edgers |

And more! Click [HERE](#) for a list of items available during Winter 2003.

And click [HERE](#) for items available during the

Summer Season which started April 1st!

Outdoor Recreation is your source for discount tickets to local and national attractions including Disney World, Sea World, Six Flags Parks, Deer Mountain Ski area and dozens of others.

Be sure to ask about The Military Vacation Club, a great new way to stay at top resorts for pennies on the dollar! It's new, and it's a terrific way to live the high life on a low budget...

We also arrange adventure outings like ski trips, Mount Rushmore and Crazy Horse Memorial sightseeing, whitewater rafting, and much more.

Is your old lawnmower or snow blower acting up? We have a small engine mechanic on staff who can work on those machines and others at a reasonable labor cost, plus parts. Click [HERE](#) for more information.

Outdoor Recreation also operates our **FamCamp**, a full-service RV and tent camping facility right on base. Sporting a new shower house and laundry facility, full hookups, and friendly on-site management during the summer, it's a vacationer's delight!

Because of the severity of our winters, we reduce operations at the camp during the off-season. Parking during winter months is available. Call ahead to check on availability. RVs must be self-contained during the winter.

Finished with your RV for the season? We rent fenced storage space on-base. Base housing residents, remember you may not store your RVs in the housing area. Visit us for reasonable rates. Click [HERE](#) for more information.

Hours of Operation

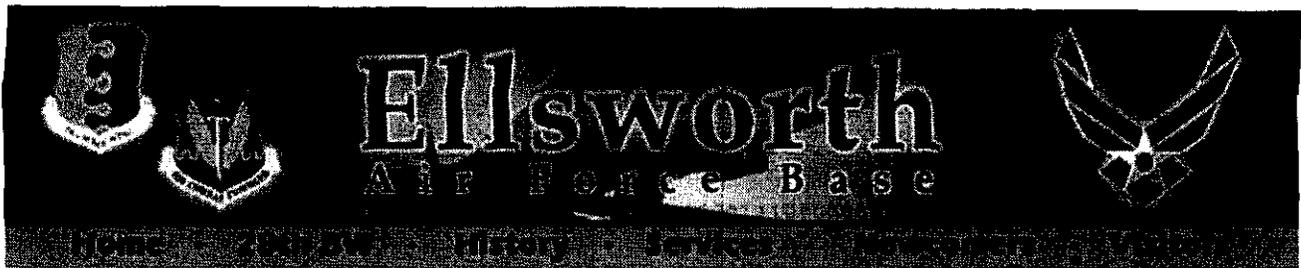
Monday-Thursday 7:30 a.m. - 3:00 p.m.
Friday 7:30 a.m. - 6:00 p.m.
Saturday 7:30 a.m. - 12:00 p.m.
Closed Sunday and Holidays

Telephone: **385-2997**

Webmaster

Last Review//Update: 04.15.04

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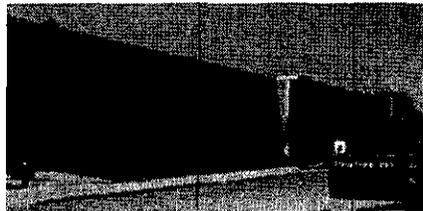
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- [Swimming Pools](#)
- [Trap and Skeet Range](#)
- [Veterinarian](#)

[Pine Tree Inn](#)



[Motorcycle Safety Click Here](#)

Our Mission

To provide first-class, affordable accommodations to Team Ellsworth and combat Lodging support world-wide.

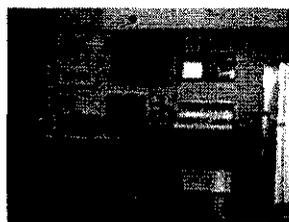
Transient personnel can stay at one of three facilities on Ellsworth AFB. Rooms are all no smoking and no pets are allowed. We have a lot to offer in the Black Hills throughout the year, but during the months from May through September, our occupancy is high. Please remember Space "A" reservations are only accepted and confirmed one day prior to your arrival.



The Pine Tree Inn - Our main facility where the lodging operation, front desk and housekeeping are located. This facility consists of 32 Visiting Quarters (top photo), one handicap access room, and 8 business suites (bottom photo). The Pine Tree Inn is located near the Bellamy Fitness Center and the Base Exchange/Commissary complex.



The Cedar Inn - A two story facility with 48 private rooms located near the *Dakotas Club and AAFES Shoppette*.



The Aspen Inn - A temporary lodging facility for families. This facility has 29 apartments with one handicap access room. Each unit will accommodate a family of five. All apartments are equipped with modern appliances.



TLF Townhouses - Six temporary lodging facilities for large families. Consists of 3 bedrooms, kitchen, living area, basement and spacious outdoor area.

For Information about our Lodging Operation
contact our front office at (605) 923-5861.

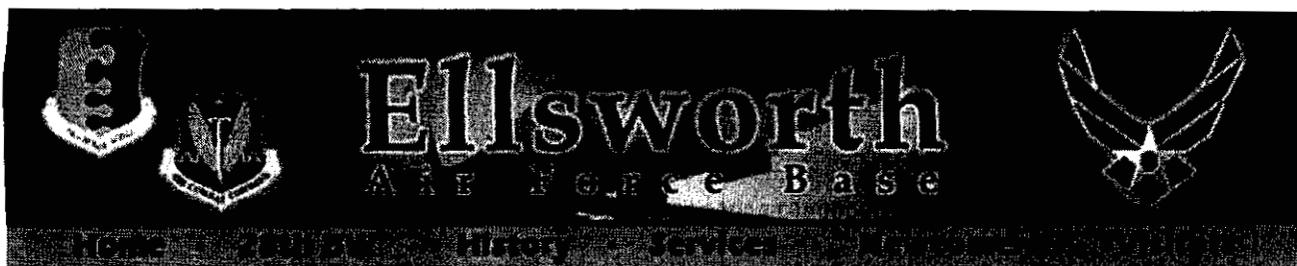
For Reservations

Please call DSN 675-2844
Commercial (605) 385-2844

Active Duty 0-6 and Above on Official Business
and

All 0-7 and Above Reservations
Please call Protocol
DSN 675-1205
Commercial (605) 385-1205

Telephone: **385-2844**



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Prairie Ridge Golf Course



Facility

- 9-hole golf course
- Driving range
- Putting greens
- Chipping area
- Annual membership available
- Golf carts available

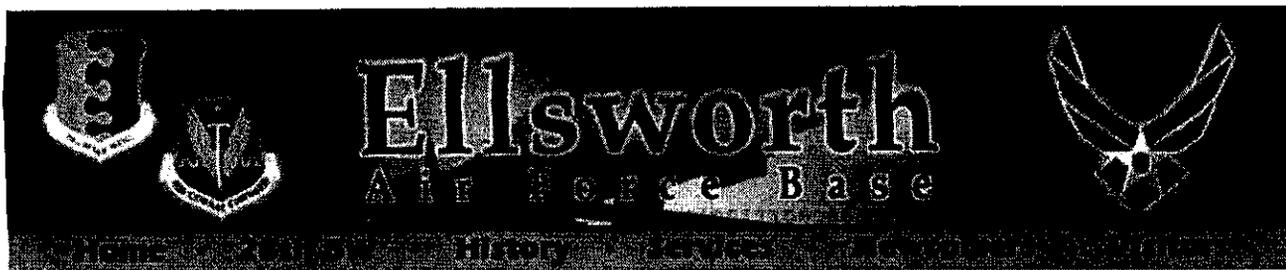
Pro-Shop

Golf clubs, shirts, shoes, golf accessories

Prairie Ridge Golf Course is a Nine-Hole course measuring 3228 yards from the Blue Tees, 3017 from the White Tees, and 2610 from the Red Tees. Prairie Ridge GC is located just north of Interstate 90 approximately 9 miles east of Rapid City and adjacent to Ellsworth AFB. The course is open to all active duty, retired, National Guard, Department of Defense and civilian personnel. Active duty personnel have priority.

The course has two par five holes, two par three holes and five par four holes. Par is 36 for men and 35 for women. The course is fairly wide open but the rough makes the course difficult when you miss the fairways. There is a creek running through the course and two ponds that come into play. The fairways are lush and the greens undulating which make for a wonderful golf outing.

The course has a full range of amenities including a driving range, chipping green, putting green and a 70-yard practice hole for wedge play. There are 40 power carts and pull carts for rent. Additionally, there is a PGA teaching professional and a full service Pro Shop including club fitting, club repair and custom club making. The Pro Shop has clubs, hats, balls, gloves, carts, bags and many other items for sale. We also sell hot dogs, sandwiches, soda, beer, alcohol miniatures, candy bars, chips, and crackers.



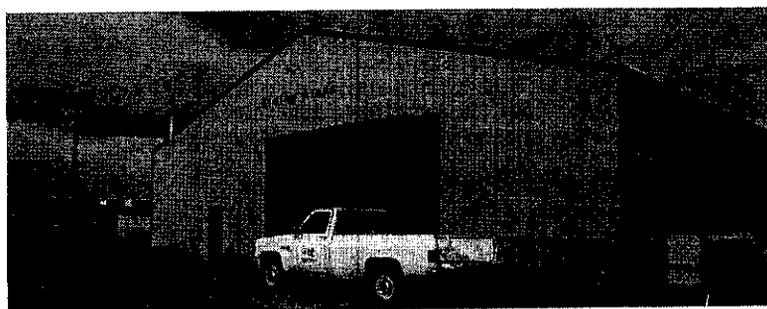
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- [Trap and Skeet Range](#)
- [Veterinarian](#)

Stables



- Facility:**
- Indoor riding arena - 60 x 200
 - Outdoor arena - open grazing
 - Over 1200 acres of land
 - 29 total stalls
 - Veterinary services available upon request

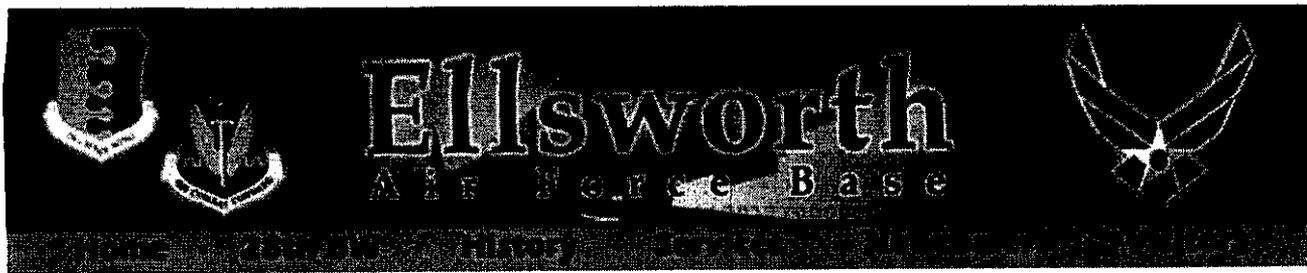
- Membership:**
- Only \$12.00/month
 - \$45.00/month to board - hay provided in the winter
 - \$15.00/month stall rental

Telephone: **385-2839**

Webmaster

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Skills Development Center

Facility:

- Frame shop, do it yourself or have a staff member do it for you.
- A wide selection of frames, mats available.
- 10% off for Club Card Members (frames only)
- Pottery and Ceramic shop- do it yourself or classes offered. Pottery is 1 on 1
- Kilns and 100's of various molds available.

Specialty Shops:

- Balloon Shop:** Balloons for all occasions and small gifts.
- Engraving:** Laser, diamond engraving on plaques, pen sets, brass and aluminum.
- Xpres, Sub lamination:** transferring things on 5-shirt, mugs, plaques, words or pitchers.
- Art Gallery:** features Jon Craine, and Dru Blair Virtual Gallery with access to 1000's of prints.
- Instructional Classes:** framing, ceramics, stained glass, pottery, kids craft classes and cake decorating.
- UPS:** drop off service

Hours of Operation

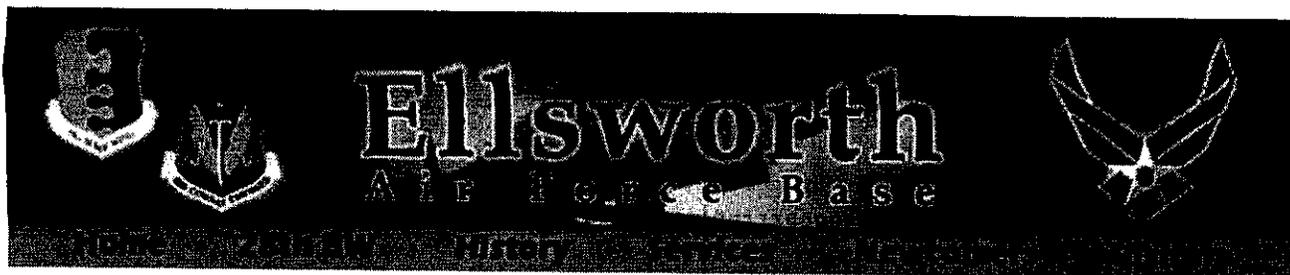
Monday and Friday	10:00 a.m. - 3:00 p.m.
Tuesday-Thursday	10:00 a.m. - 7:00 p.m.
Saturday	Open during classes
Closed Sundays and Holidays	

Telephone: **385-2899**

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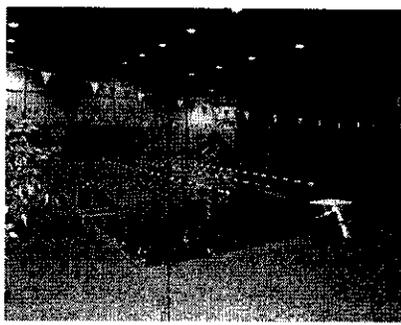
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Ellsworth Aquatic Programs

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Hours of Operation

Lap Swim

Monday - Friday 7 - 8 a.m. & 11 a.m.-1 p.m.
Swim Lessons
Monday-Friday 11 a.m.-1 p.m. Lap Swim

Admission Fees: Season Pass - Valid October through May
Single and Family Passes available (Immediate family members only)
Daily Pass
Individual Daily Passes available

Fitness Activities are FREE for Active Duty

Programs

Water Aerobics Monday, Wednesday, Fridays through May 2003
10:00 a.m. and 5:00 p.m.
Daily Pass Fee or FREE to Season Pass holders and active duty

Home Schooler's Swim 3rd Friday of every month through May 2003
2:00 p.m. - 4:00 p.m.
Daily Pass Fee of \$1 for Season Pass holders

Swimming Lessons Call for Dates-385-2267

American Red Cross swimming lessons

**Scuba Diving
Certification**

are conducted several times per year.

Call for dates- 385-2267

PADI certification offered on two separate weekends. Four classes, one open dive, and your certified.

Private Pool Parties

Include indoor party area, decorations, inflatable play structure, and lifeguards.

Reservations and payment should be made two weeks in advance.

Call 385-2267 for available dates and prices.

Outdoor Pool

The Outdoor Pool sports a waterslide, snack shack, and shade umbrellas to make your outing fun and safe.

Hours of Operation - Open Swim

7 days per week

May 31 - August 30, 2003

12:00 p.m. - 6:00 p.m.

Admission Fees:

Season Pass - Valid October through May

Single and Family Passes available

(Immediate family members only)

Daily Fees:

Individual Daily Passes available

Click [HERE](#) for the Indoor and Outdoor Pool Rules

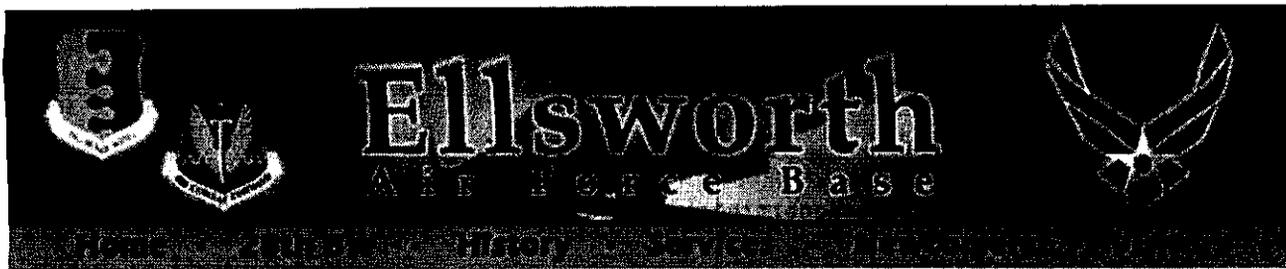
Click [HERE](#) for the Weather Closure Policy

Telephone: **385-2267**

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- [Riding Club](#)
- [Skills Development Center](#)
- [Swimming Pools](#)
- **Trap and Skeet Range**
- [Veterinarian](#)

Trap and Skeet Range

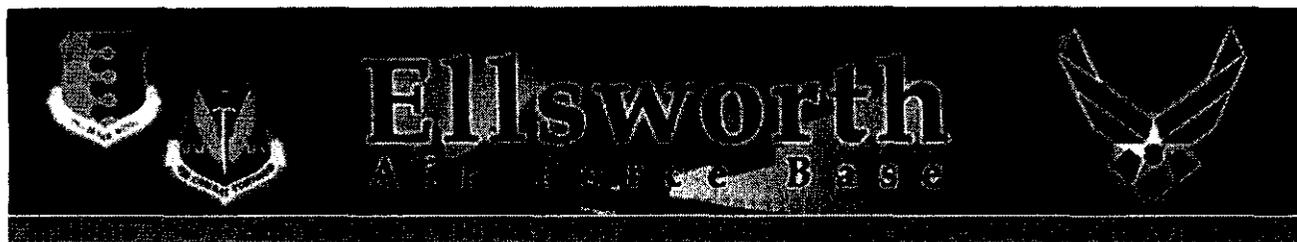
- Wednesdays from 2:00 – 7:00 p.m. April - October.
- By appointment – Individual groups can hold a private event at the range by contacting Outdoor Recreation at 385-2997.
- League Plan begins in June and extends through the summer months. Leagues play on Wednesdays between Noon and 7:00 p.m. Each session will be six weeks in length. Each player shoots two rounds a week (50 birds) on a five-person team.
- Courses on learning to shoot are available upon request. Contact Outdoor Recreation.

Telephone: **385-2997**

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28th Medical Group

Commander

- Mission -

Healthcare with a combat focus and a community commitment

- Vision -

One team, embracing the 21st century... building tomorrow's military health system today

- Values -

We are dedicated to the traditional military values of duty, honor, courage, and loyalty in service to our nation. We are also faithful to; integrity first, service before self, excellence in all we do, and compassion for all we serve.

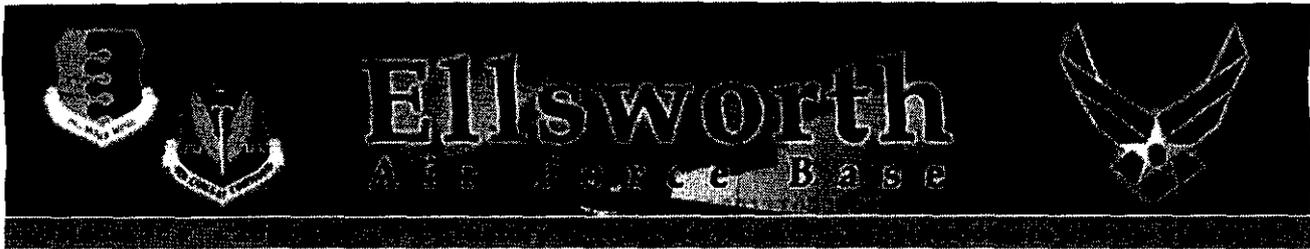
- Customer Service-

Points of Contact

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**- [Dental Clinic](#)**

- The dental flight is a full service dental clinic. The clinic's mission is to maintain active duty personnel in top dental health and ready to deploy at all times. Five dentists and fourteen technicians provide a full range of dental services to include: examinations, cleanings, general dentistry, prosthodontics, periodontics, endodontics, and oral surgery.

- [Family Practice Clinic](#)

- The Family Practice clinic is a multi-disciplinary clinic which includes 2 Family Practice physicians, 1 Pediatrician, 2 Physician assistants, 2 Nurse Practitioners, 8 nurses and 17 medical technicians. We are dedicated to providing efficient, quality care to beneficiaries from the ages of newborn to 65 years.

- [Life Skills Support Center](#)

- The Life Skills Support Center is made up of a number of helping programs aimed at maintaining mission readiness and enriching the lives of our military families. We are located in the 28th Medical Group next to the Dental Clinic.

- [Physical Therapy Clinic](#)

- We are an outpatient clinic specializing in the treatment and mgmt of acute sprains/strains of lower and upper extremities, axial skeletal pain mgmt and post-operative orthopedic rehab. We offer an exercise area with bikes (upper and lower), elliptical, treadmill, UBE, BAPS (ankle/knee balance integrator) and many other rehabilitative tools.

- Health & Wellness Center (HAWC)

- Health Promotion is the art and science of helping people change lifestyle behaviors to move toward a balance of physical, emotional, intellectual, social, and spiritual health. Keeping its people healthy and fit over the long term is key to the Air Force's ability to carry out its missions. The purpose of Air Force health promotions is to enhance readiness through optimal health and total force fitness by encouraging people to follow healthy lifestyles and avoiding harmful behaviors. The health promotions programs offered at the Health and Wellness Center provide people with the knowledge and skills to accomplish this.
-

- Public Health Clinic

- Community Health is divided into two sections comprised of Facility Sanitation and Communicable Disease Prevention and Surveillance.
-

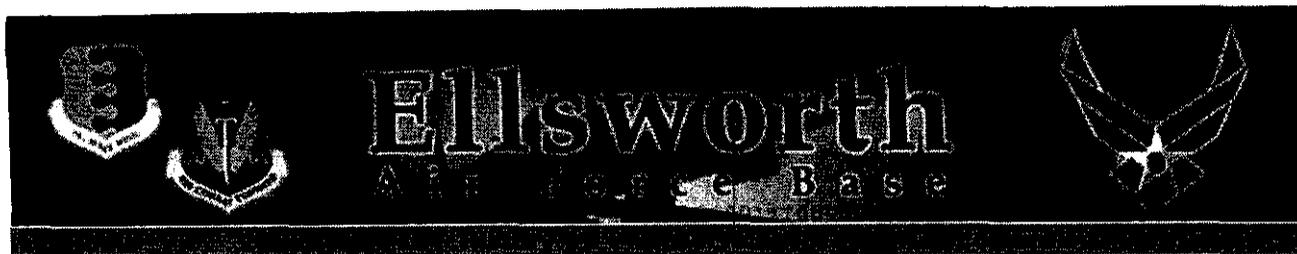
- Optometry Clinic

- The Optometry Clinic provides primary eye care services for active duty personnel, dependants, and Tri-Care Prime beneficiaries. We conduct routine eye examinations for glasses and gas-mask inserts, as well as renewing contact lens prescriptions. We also diagnose, treat, and manage diseases and disorders of the eye.

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Dental Clinic

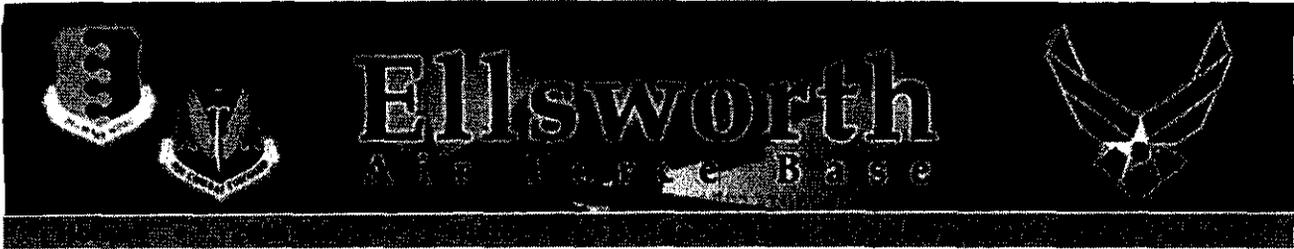
Duty hours are 0700 to 1630 Monday through Friday.

The dental flight is a full service dental clinic. The clinic's mission is to maintain active duty personnel in top dental health and ready to deploy at all times. Five dentists and fourteen technicians provide a full range of dental services to include: examinations, cleanings, general dentistry, prosthodontics, periodontics, endodontics, and oral surgery. Patients may also be referred to a civilian specialist in the local area for treatment needs beyond the scope of our care. A dental officer is available after duty hours for emergency care/consultation.

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Family Practice Clinic

The Family Practice clinic is a multi-disciplinary clinic which includes 3 Family Practice physicians, 1 Pediatrician, 2 Physician assistants, 1 Family Practice Nurse Practitioner and 1 Women's Health Nurse Practitioner, 5 Registered Nurses, 17 Medical Technicians, 1 Allergy/Immunization Technician and 8 ambulance crew members. We are dedicated to providing efficient, quality care to beneficiaries who meet the TRICARE PRIME criteria.

The 28th MDG does not provide space available care.

Hours of Operation: 0730-1630 Monday –Friday, except as noted below.

- The clinic has minimal manning from 0730-0840 Tuesday-Friday to allow staff to meet physical fitness requirements.
- The clinic closes at 1200 on the fourth Thursday of each month for Readiness Training.
- The clinic is 50% manned on the last duty day of each month designated as a UTE day by the 28BW.
- The clinic is closed on all Air Combat Command designated Family Days.

Appointment Line: (605) 923-6700, Option 2

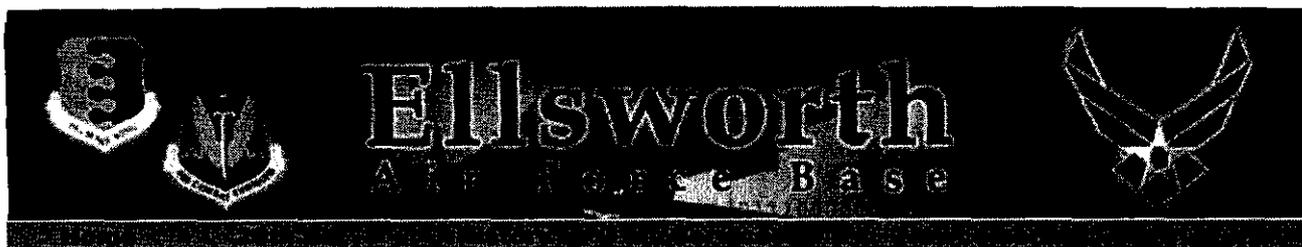
Active Duty may call for appointments beginning at 0630 each morning. The appointment line opens for all other beneficiaries at 0700.

The 28th MDG does not have an emergency room. Ambulance services are available 24/7 for in-flight emergencies, emergencies on base, and emergencies requiring transport from the base or the MDG to Rapid City Regional Hospital.

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Life Skills Support Center

The Life Skills Support Center is made up of a number of helping programs aimed at maintaining mission readiness and enriching the lives of our military families. We are located in the 28th Medical Group next to the Dental Clinic. Clinic hours are 0700 to 1600, but we have a provider on-call for emergencies 24 hours a day.

Our programs include:

Life Skills: Provides mental health services to our active duty members such as therapy, psychological testing, etc.

ADAPT: Provides education, treatment, and support to those who are experiencing substance abuse issues.

Family Advocacy Program (FAP): This program offers family therapy and marital therapy as well as many supportive groups and classes to families at risk for maltreatment or to those who have experienced maltreatment.

Drug Demand Reduction Program: This is the drug testing program on the base, and home of the prevention activities that aim to keep our active duty and family members safe from the harmful effects of drugs.

New Parent Support Program: This program provides assistance to pregnant women and parents with a child age 0-3. Our registered nurse, who is professionally licensed with an extensive background in all areas of obstetrics and maternal/child health, can meet with you at the Life Skills Office in the hospital, or she can come to your home if that is more convenient. The purpose of the program is to provide education and support to new parents or to experienced parents that would like some extra help. We connect you with a support network of professionals and other parents on base to help you get adjusted to your parenting responsibilities.

Special Needs Identification and Assignment Coordination Process (SNIACP)
 – This process is done with families that have a member with special educational needs, and/or a chronic health issue that needs medical assistance and/or assessment on a regular basis. They are registered with SNIACP and tracked so that when they PCS, they go to a base with appropriate educational and/or health care services to meet the requirements of the family member with special needs.

All of our programs also offer supportive groups and educational classes to enhance the coping skills, communication skills, parenting skills, and life skills of our military families.

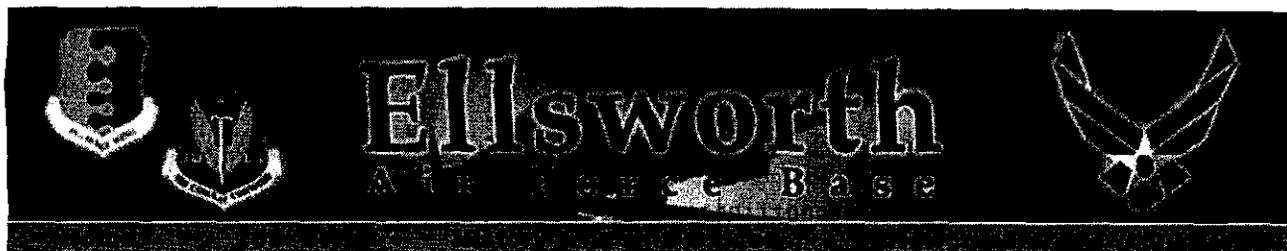
Some of our classes and groups include:

Anger Management Class
Parent Support Play Group
Women's Enrichment Group
Stress Management Class
Men's Group Parenting Class (with Family Support)
Baby on the Way Class
Healthy Living Class Healthy Thinking Class
Siblings Class
MOSAIC Group
Substance Abuse Education Seminar
Couple's Communication Class (with Family Support)

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HEALTH AND WELLNESS CENTER Programs
MEMBER OF THE H.E.A.R.T. TEAM
(Helping Everyone Access Resources Today)

HEALTHY LIVING WORKSHOP:

This two hour class will be required for AD members who receive a composite score of <75 on the physical fitness test. Class must be attended within 10 duty days. This class consists of behavior modification, nutrition, and exercise education.

FITNESS IMPROVEMENT PROGRAM:

This one hour class will be required for AD members who receive a composite score of <70 on the physical fitness test. Class must be attended within 10 duty days of completing the Healthy Living Workshop.

BODY COMPOSTION IMPROVEMENT PROGRAM:

This two part class will be required for those members who receive a composite score of <70 and have an abdominal circumference of >40 for males or >35 for females. Members will attend the first BCIP class within 10 duty days of completing the Healthy Living Workshop.

CHOLESTEROL/HYPERTENSION/HEART DISEASE EDUCATION CLASS:

This class provides information on what effects high cholesterol, high blood pressure, and heart disease have on health, and what to do to control and lower risk factors for all three. The need for diet and exercise changes is explained.

TOBACCO CESSATION CLASS:

Classes consist of 4 weekly sessions that cover behavior modification, nutrition, and exercise. We provide nicotine patches or Zyban if desired.

STRESS MANAGEMENT CLASS:

This six-session class teaches recognition of stress factors, coping mechanisms, and relaxation techniques to help reduce stress in everyday situations.

WELLNESS LIBRARY:

We have an assortment of books, videos, audiocassette tapes, and computer disks available for check out.

OTHER SERVICES:

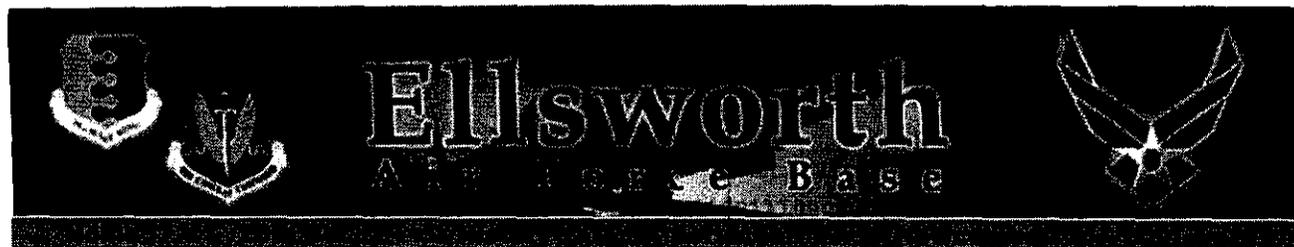
Nautilus and exercise equipment area, fitness class, relaxation chair, commissary tours, individual nutrition and exercise counseling, and healthy cooking class.

WAIST AWAY PROGRAM:

A group weight loss program offered 2-3 times/year. Each team consists of 4-6 members whose goal is individual weight loss held in a supportive group environment.

The HAWC is open Monday-Friday from 0700-1630. We are closed weekends, holidays, and wind UTE days. All classes/programs listed above are free and open to active duty members, their family members, retirees and family members, and DoD civilians. Please call for more information or to register for a class. Please note: Tobacco Cessation participants must be authorized to use the clinic pharmacy for their nicotine patches or Zyban prescriptions.

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Public Health Clinic

Hours of Operation: 0730-1630
Phone number: 605.385.3383

Community Health is divided into two sections comprised of Facility Sanitation and Communicable Disease Prevention and Surveillance.

Our mission is prevention of disease through surveillance and education.

Our goal in Facility Sanitation is to protect the community through public/food inspections, ensuring wholesomeness of food received, performing pest surveillance, investigating customer complaints, and ensuring our personnel are trained on proper food handling techniques. We also ensure our children are safe by monitoring and inspection our CDC, Youth Center, and Family Home Day Care facilities.

Our goal for Communicable Disease is prevention through education. We educate on topics that range from a sexually transmitted disease to West Nile Virus. We monitor and track exposures for at risk populations. We are also involved with several outside agencies who have the same goal in mind. We deal with animal bites, TB (tuberculosis), sexually transmitted diseases, hepatitis, etc.

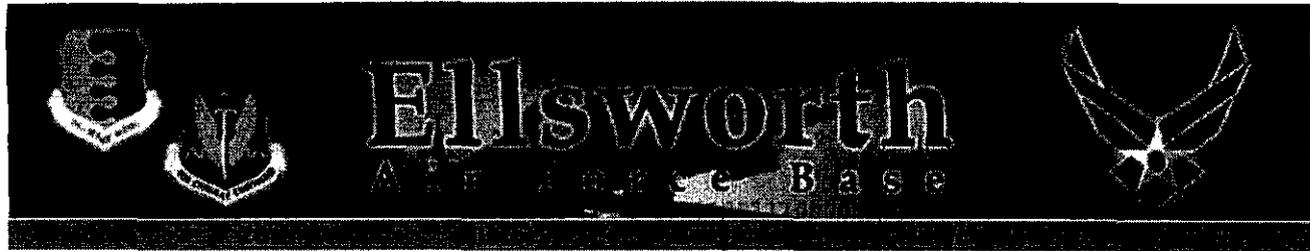
If you would like to learn more about who we are, just stop by or give us a call.

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Physical Therapy Clinic

Hours of Operation: Monday - Friday 070 - 1600

OUR PLEDGE:

Our clinic staff is dedicated to providing our patients with the best possible physical therapy care available by delivering prompt and courteous services to all that we serve. Our patients are our most valuable asset and we will strive to ensure that their expectations are met.

OUR MISSION:

We are committed to providing quality physical therapy healthcare with a combat focus and contribute to the wellness of our military and civilian beneficiaries.

WHAT WE DO:

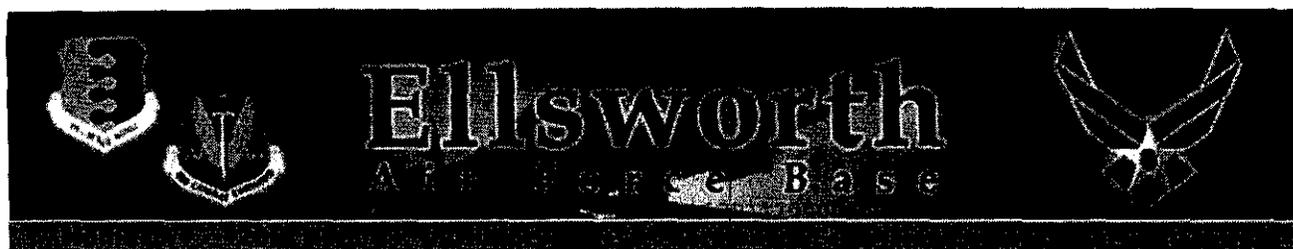
We are an outpatient clinic specializing in the care of post-operative orthopedic rehabilitation, acute muscle strains/sprains, low back and neck pain (axial skeletal pain mgmt), ankle and knee injuries, biomechanical/postural related conditions and on-the-job ergonomic injuries. We are a referral clinic that receives consultations predominately from primary care, flight medicine and civilian orthopedic providers.

- [Anterior Knee Pain](#)
- [Q & A Regarding Overuse injuries](#)
- [Treat Your Overuse Foot and Heel Pain](#)
- [Treat Your Overuse Shoulder](#)

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Optometry Clinic

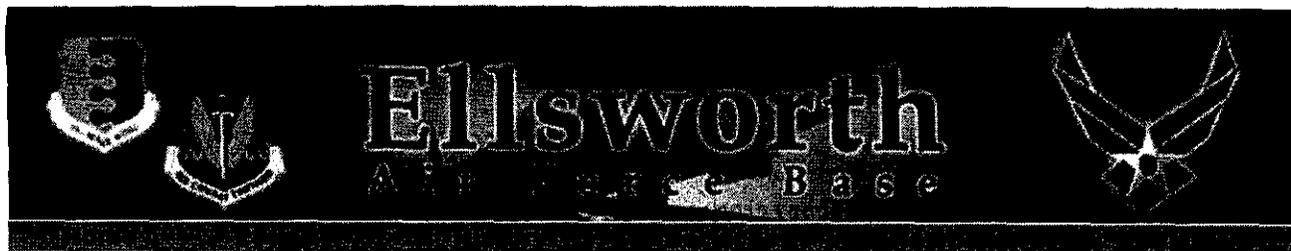
Duty hours are 0700 to 1630 Monday through Friday.

The Optometry Clinic provides primary eye care services for active duty personnel, dependants, and *Tri-Care Prime beneficiaries*. We conduct routine eye examinations for glasses and gas-mask inserts, as well as renewing contact lens prescriptions. We also diagnose, treat, and manage diseases and disorders of the eye. Diabetics need to see us on a yearly basis for their annual dilated eye exam. Active duty personnel interested in laser eye surgery should call Tricare to schedule a routine eye exam to determine eligibility. Clinic services also include retinal photography, visual field testing, corneal topography and pachymetry. Available optometry services may change due to projected manning changes.

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Bioenvironmental Engineering

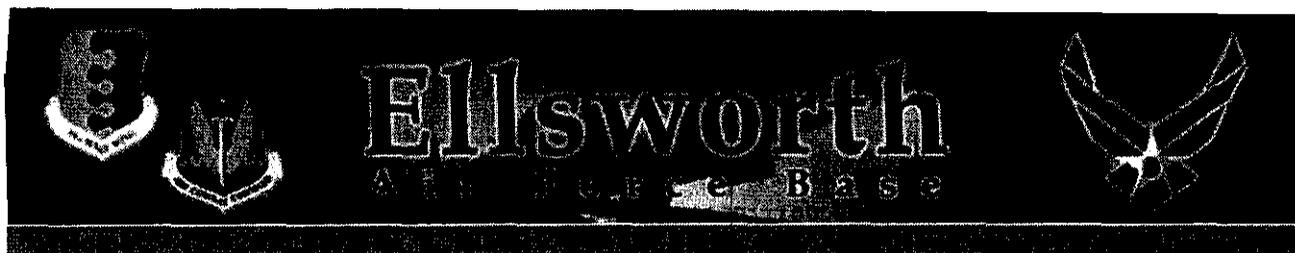
Hours of Operation 0700 -1600, M-F
We have technicians on call 24/7 for emergencies

- Our goal is to magnify AF mission effectiveness through fact-based health risk management...resulting in force performance and productivity enhancements. Towards this goal, the Bioenvironmental Engineering Element offers expertise in a wide range of programs to assist commanders and supervisors in meeting federal and state regulatory requirements while providing healthy workplace and community environments.
- Services include routine industrial hygiene surveillance, occupational health risk assessments, hazardous chemical authorizations, radioactive material management, radiation safety training, respiratory protection program management, personal protective equipment guidance, safe drinking water sampling and analysis, asbestos and lead-based paint sampling and quantitative gas mask fit testing. Team Bio is here to help you run an effective and safe workplace.

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Medical Readiness

Our Mission

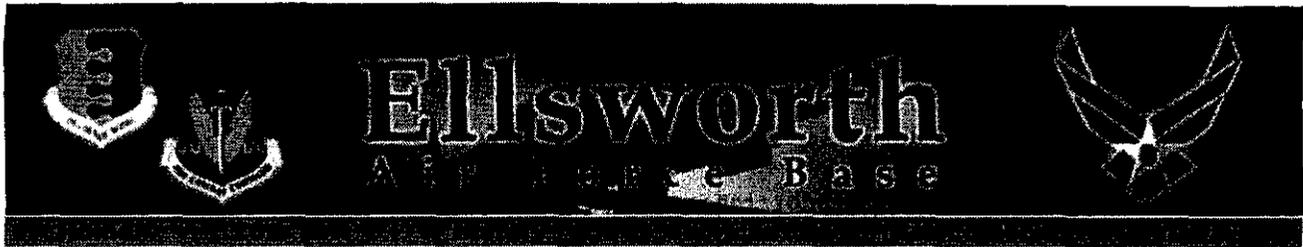
In addition to providing routine patient care, the 28th Medical Group (MDG) must also be fully prepared to respond and provide care in the event of peacetime (natural disaster) or wartime contingencies. The 28 MDG's first requirement is to be prepared and trained to provide patient care whenever and wherever needed. In the event of a local natural disaster we will provide care for military personnel and civilians within the Rapid City, SD area and throughout the midwestern region of the United States if needed. During national disasters any or all of the capabilities designed to respond to wartime contingencies may be activated as needed.

Our clinic is also assigned several wartime missions. The 28 MDG is required to provide personnel to staff deployable teams under the Aerospace Expeditionary Force (AEF) Concept.

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- Laboratory Services

- Stool Occult Blood Collection Instructions
 - Instructions For Fasting
 - Glucose Tolerance Test (GTT) instructions
 - Semen Collection Instructions
 - Stool Collection Instructions
 - Instructions For 24-Hour Urine Collections
-

- Pharmacy

- Refills can be called in on the 24 hour automated telephone refill system. Prescriptions can be picked up the next duty day after 1200. Prescriptions not picked up will be returned to stock 7 days after they were filled.
-

- TRICARE Service Center

- The TRICARE Flight is comprised of military, GS-civilian personnel and contract employees. Together our goal is to assist you in accessing and understanding your health care benefits and responsibilities.
-

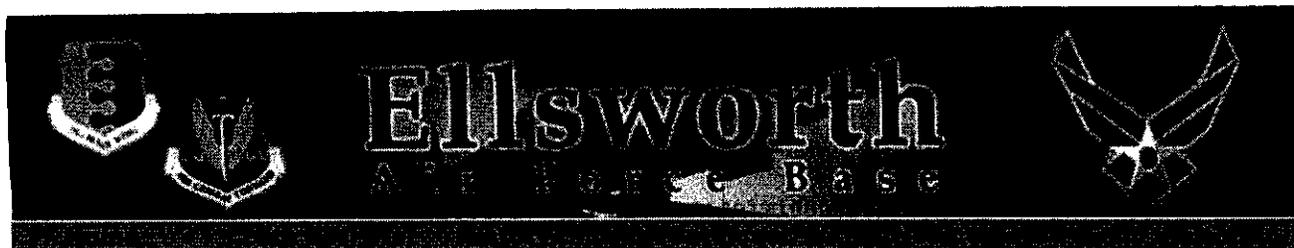
- Radiology Services

- The mission of the Diagnostic Imaging (Radiology) Department is to attain the highest quality radiographs for routine x-ray examinations to assist the Health Care Providers (M.D., DO., Podiatrist, Nurse Mid-wife, Nurse Practitioner, & Physician Assistants) in their diagnostic treatment.

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Laboratory Services

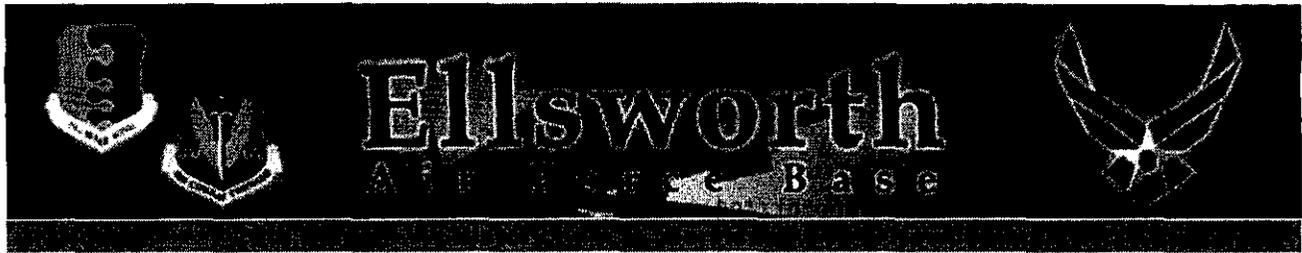
M-F 0730-1630 except for training days (0730-1200), Holidays, and ACC Family Days

- [Stool Occult Blood Collection Instructions](#)
- [Instructions For Fasting](#)
- [Glucose Tolerance Test \(GTT\) instructions](#)
- [Semen Collection Instructions](#)
- [Stool Collection Instructions](#)
- [Instructions For 24-Hour Urine Collections](#)

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Pharmacy Services

Hours of Operation: M-F 0730-1630 Closed: Saturday, Sunday & Federal Holidays
Closed: 3rd Thursday of every month for training

See [Formulary](#)

Prescriptions: Refills can be called in on the 24 hour automated telephone refill system. Prescriptions can be picked up the next duty day after 1200. Prescriptions not picked up will be returned to stock 7 days after they were filled.

Vioxx News: The Merck Company has voluntarily recalled Vioxx. Anyone who received Vioxx from the pharmacy is encouraged to return it. Celebrex, another medication in the same class as Vioxx has been added to the formulary. If your doctor will change your medication, bring in a new prescription and it will be honored.

Pharmacy Personnel Kudos:

Pharmacy technician – Received the 2003 Air Force Civilian Pharmacy Technician of the Year Award; 2003 Civilian of the Year for MDG; Civilian of the 3rd Quarter 2004 for the MDG

Pharmacy Element Chief – Received the 2003 Air Combat Command Clinical Pharmacist of the Year Award; 2003 Company Grade Officer of the Year for MDSS;

Asst. Pharmacy Element Chief – Received Company Grade Officer of the 3rd Quarter for MDSS

NCOIC – Distinguished Graduate at NCO Academy; NCO of the 4th Quarter 2003 for MDSS

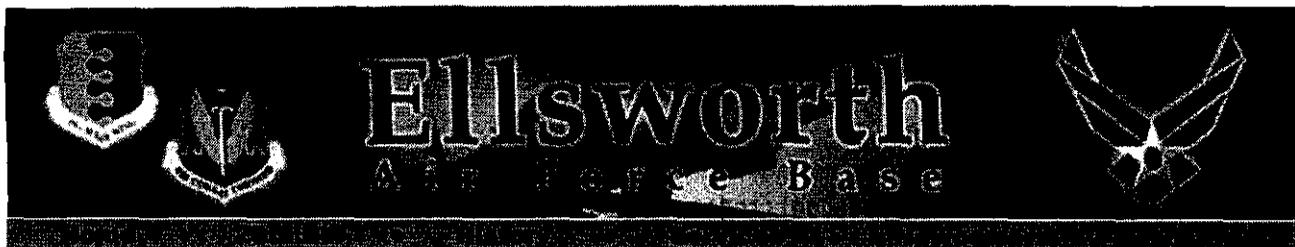
Pharmacy technician – Received Airman of the Year 2003 for MDSS; Health Services Inspection Team Outstanding Performer Recipient; Airman of the 3rd Quarter for the MDG; Honor Guard Member

Pharmacy technician – Received Airman of the 1st Quarter 2004 for MDG

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TRICARE Service Center

The TRICARE Flight is comprised of military, GS-civilian personnel and contract employees. Together our goal is to assist you in accessing and understanding your health care benefits and responsibilities.

Listed below are the programs and services the TRICARE Flight provides. If you have questions or concerns please do not hesitate to call.

TRICARE Element (605-385-3136/3339/3228/3368): Military personnel assigned are available to support active duty and family members with programs such as medical evaluation boards, aeromedical evacuation, patient travel reimbursement, family member relocation clearances and processing specialty care referrals. TRICARE staff can also assist with general concerns and information. Personnel assigned are committed to providing first-rate customer service.

Beneficiary Counseling and Assistant Coordinator (BCAC) (605-385-3259): The priority of the BCAC is to improve customer service, satisfaction, and enhance beneficiary education.

Debt Collection Assistance Officer (605-385-3259): DCAO can help you understand and get assistance with debt collection problems in regards to medical care. If you receive notice from a collection agency or a negative credit report because of a medical/dental bill you need to contact the DCAO as soon as possible.

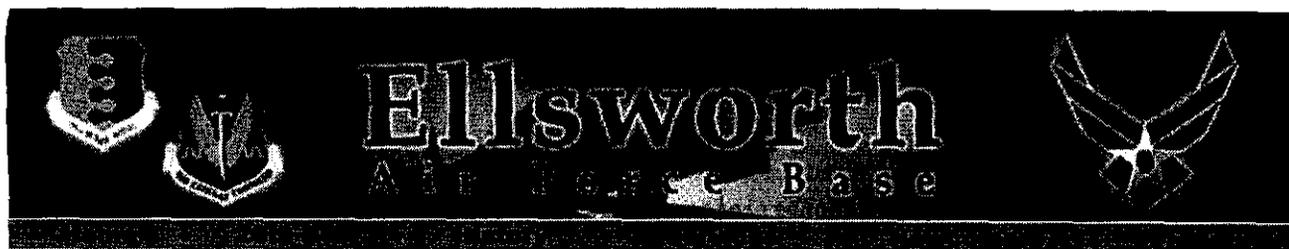
Contract Officer Technical Representative (COTR) (605-385-3341): The COTR is responsible for maintaining a stable relationship between the contractor and leadership. The COTR serves as the advisor on technical or contractual difficulties such as contract terms, conditions, and specifications.

TriWest Healthcare Alliance (605-923-6700): TriWest is the Managed Care Support Contractor who arranges civilian healthcare when you receive a referral from your Primary Care Manager (PCM) to a downtown provider/specialty. In addition, TriWest personnel attached to the 28th Medical Group (MDG) are responsible for scheduling appointments, claims, TRICARE enrollment, and PCM assignments.

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Medical Logistics

DUTY HOURS: Monday – Friday 0730 to 1630, closed on down days and holidays.

FIRST AID KITS

Section's on-base that requires re-inspection of first aid kits should contact ext. 3116 or stop by Medical Materiel in the clinic.

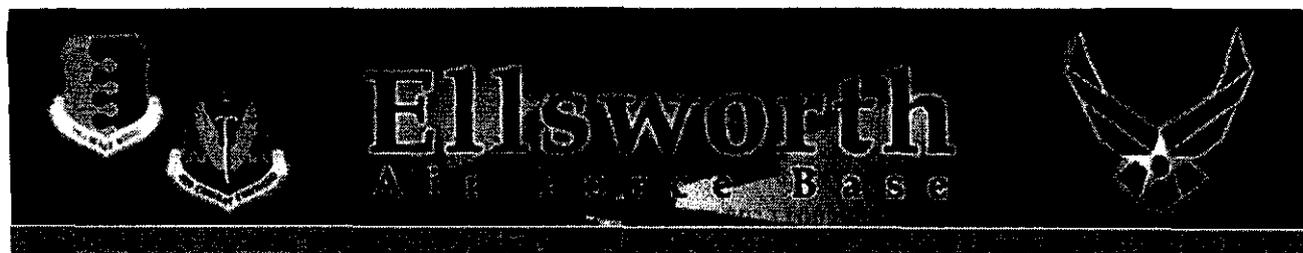
ESTABLISHING MEDICAL ACCOUNTS

Medical Materiel is not affiliated with Base Supply. Please contact your section Resource Advisor (RA) for any questions regarding establishing a medical account.

WAR RESERVE MATERIEL INFO

Current reporting instructions state that personnel deploying with Army units will receive BW/CW antidotes.

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Diagnostic Imaging Services:

The mission of the Diagnostic Imaging (Radiology) Department is to attain the highest quality radiographs for routine x-ray examinations to assist the Health Care Providers (M.D., DO., Podiatrist, Nurse Mid-wife, Nurse Practitioner, & Physician Assistants) in their diagnostic treatment.

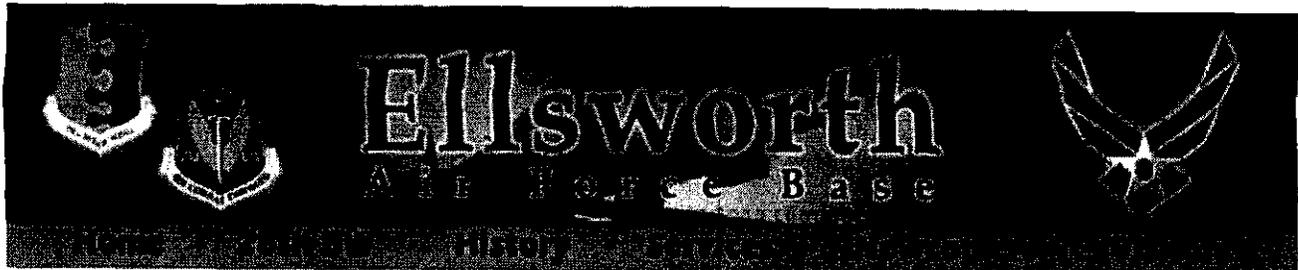
Diagnostic Imaging Services are available during clinic hours, 0730 – 1630 hours. Services include: Performing a variety of routine examinations using ionizing radiation upon the request of a military healthcare Provider or network provider, maintaining film files of all routine procedures performed for a minimum of five years and mammograms indefinitely, and to provide interpretation by a radiologist of all procedures performed via Tele-radiology to Travis AFB.

Digital images are filed within the department for temporary storage only. Permanent storage of digital images will be filed at Travis AFB and can be retrieved upon request of the Imaging Staff.

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- [Bandit Inn](#)
- [Bandit Lanes](#)
- [Bellamy Fitness Center](#)
- [Black Hills Community Center](#)
- [Ellsworth Youth Center](#)
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- [Prairie Ridge Golf Course](#)
- [Riding Club](#)
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- [Swimming Pools](#)
- [Trap and Skeet Range](#)
- [Veterinarian](#)

Veterinarian



Services Available

- Routine exams, annual physicals, vaccinations, and health certificates
 - Spaying and neutering (call for requirements)
 - Heartworm testing and preventive
 - Vaccinations and coggins testing for horses stabled at Ellsworth
 - Registration - Microchip registration is mandatory.
- ***All animals must be registered annually*****
- Parasite control, and health products available

Hours of Operation

Monday - Thursday

8:00 a.m. - 11:30 a.m. & 1:00 p.m. - 4:00 p.m.

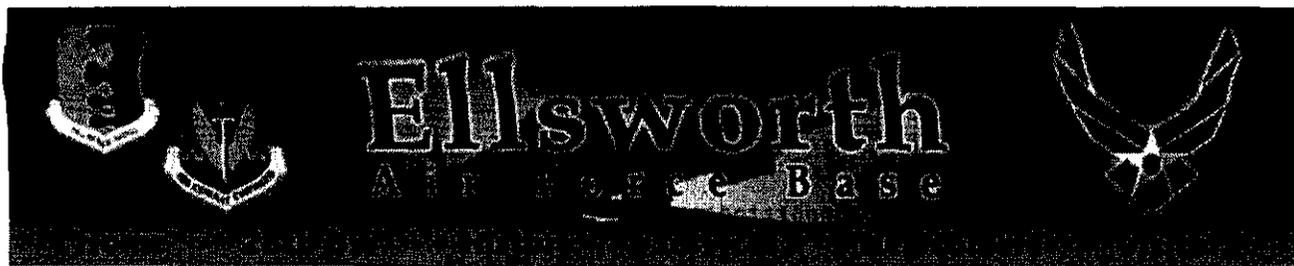
Friday

8:00 a.m.-12:00 pm.

Recommend scheduling appointments two weeks in advance. Clinic days vary based on availability of the veterinarian.

ALL animals must be registered on base within 72 hours of arrival to comply with base regulations

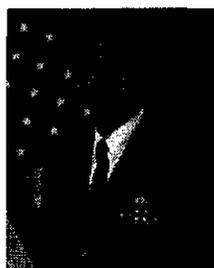
Telephone: **385-1589**



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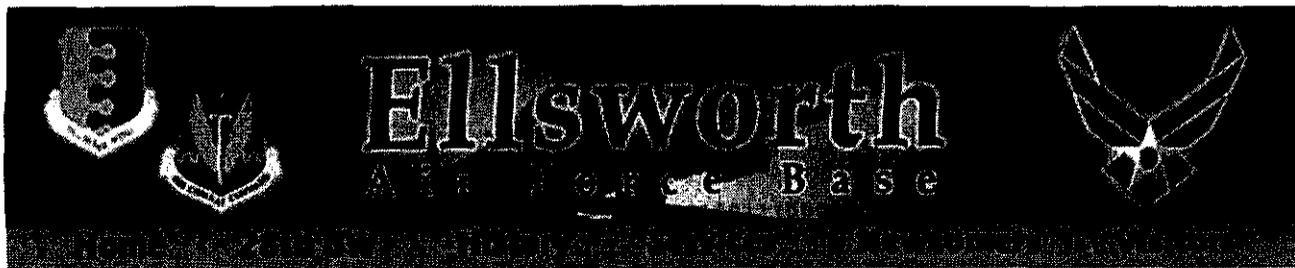
- Quick Links -[Contact Ellsworth](#)[Site Map](#)[Phone Numbers](#)[Images](#)[Privacy & Security](#)**Other Maintenance
Group Sites**[28th Aircraft
Maintenance
Squadron](#)[28th Maintenance
Squadron](#)[28th Munitions
Squadron](#)[28th Maintenance
Operations Squadron](#)**28th Maintenance Group**

Welcome to the 28th Maintenance Group! We strive to provide the best maintenance support in the United States Air Force. We welcome you to browse our homepage and learn more about our group.



Colonel Michael A. Morabito **Commander**
Lt Col Charles D. Johnson **Deputy Commander**
CMSgt Jerry L. Densmore **Group Superintendent**

OUR MISSION: Enable the rapid global employment of air power by producing maintenance support to ensure combat-ready B-1B aircraft and associated support equipment. Provide mission-capable aircraft, equipment, weapons, and trained personnel through aircraft maintenance, munitions, maintenance, and maintenance operations squadrons to sustain both training missions and wartime and contingency taskings. Our group is comprised of over 1,300 personnel distributed throughout four different squadrons:



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Group Sites**[28th Aircraft
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Operations Squadron](#)**28th Aircraft Maintenance Squadron**

Commander - Lt Col Clete Knaub

Welcome to the 28th Aircraft Maintenance Squadron! We strive to provide the best maintenance support in the United States Air Force. We welcome you to browse our homepage and learn more about our squadron.

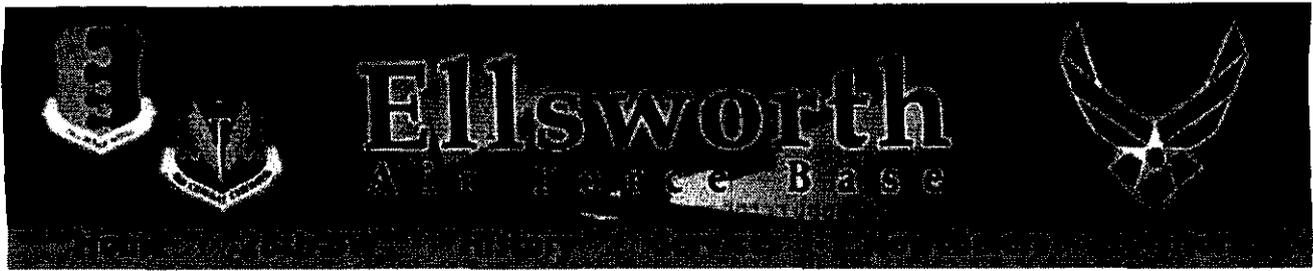
Our Mission:

The 28th AMXS Team provides top-notch on-equipment maintenance to maintain the combat readiness of a 26 aircraft B-1squadron consisting of 655 maintenance and support personnel. Provides the warfighter with combat mission ready aircraft to conduct worldwide operations by employing air to ground precision guided munitions against any adversary, anytime, and anyplace around the globe on short notice.

28 MXG Webmaster

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28th Maintenance Squadron

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Commander -- Lt Col Todd G. McCready

Welcome to the 28th Maintenance Squadron! We strive to provide the best maintenance support in the United States Air Force. We welcome you to browse our homepage and learn more about our squadron.

Other Maintenance Group Sites

[28th Aircraft Maintenance Squadron](#)

[28th Maintenance Squadron](#)

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[28th Maintenance Operations Squadron](#)



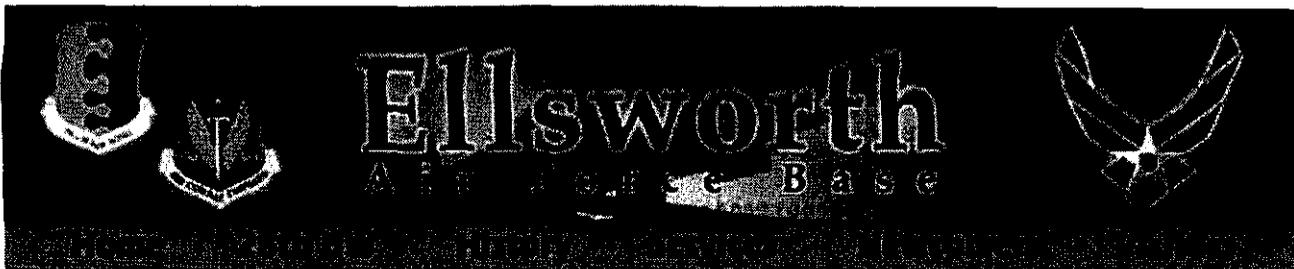
OUR MISSION: Provide on- and off-equipment repair and maintenance support for 26 B-1B aircraft and 102 F-101-GE-102 engines in the 28th Bomb Wing and 366th Wing. Perform periodic inspections of weapon system and intermediate-level maintenance to support local training and world-wide conventional and contingency taskings as directed by Headquarters Air Combat Command and the national Command

Authority.

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28th Munitions Squadron

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Commander-- Lt Col Deborah J. Liddick

Welcome to the 28th Munitions Squadron! We strive to provide the best munitions support in the United States Air Force. We welcome you to browse our homepage and learn more about our squadron.

Other Maintenance Group Sites

[28th Aircraft Maintenance Squadron](#)

[28th Maintenance Squadron](#)

[28th Munitions Squadron](#)

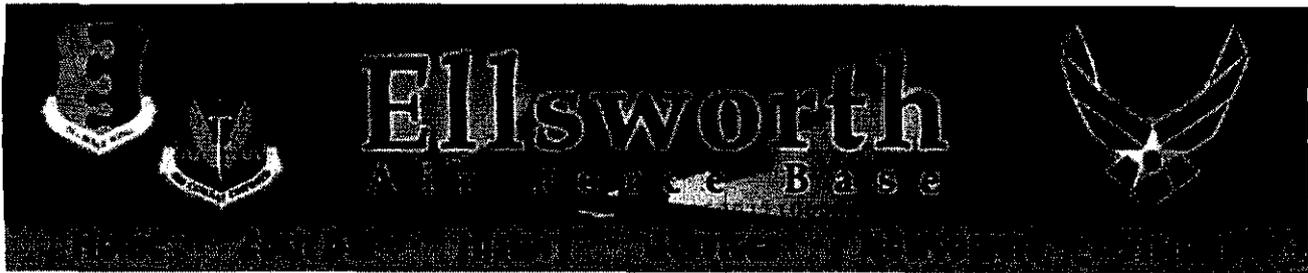
[28th Maintenance Operations Squadron](#)

OUR MISSION: Provides conventional munitions, armament systems, and trained munitions personnel in support of 29 combat-ready B-1 aircraft to meet JCS operations plans taskings, including deployed theater operations and power projection operations from the US. Maintains over 1,600 munitions line items, 30 conventional bomb modules, 36 conventional rotary launchers, and Air Combat Command's B-1 strategic launcher inventory.

MXG Webmaster

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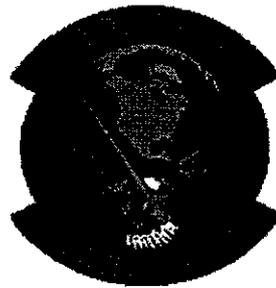
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Group Sites**[28th Aircraft
Maintenance
Squadron](#)[28th Maintenance
Squadron](#)[28th Munitions
Squadron](#)[28th Maintenance
Operations Squadron](#)**28th Maintenance Operations Squadron****Commander -- Major Hessam E. Wessal**

Welcome to the 28th Maintenance Operations Squadron! We strive to provide the best maintenance support in the United States Air Force. We welcome you to browse our homepage and learn more about our squadron.

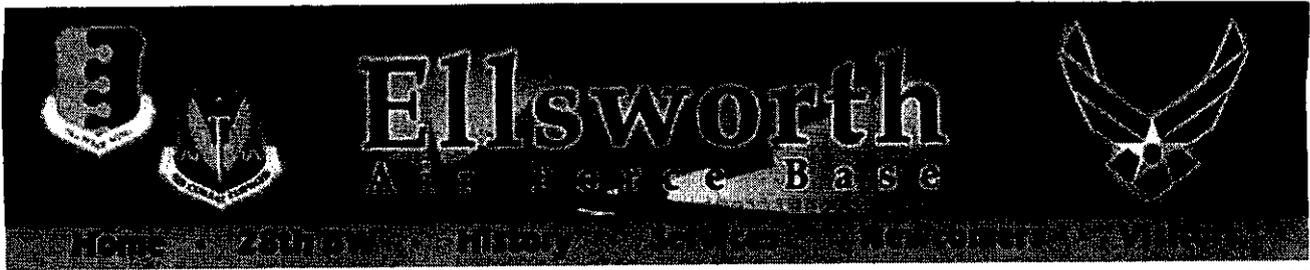


OUR MISSION: Provide maintenance support of the B-1B to carry out worldwide JCS contingency and exercise deployment taskings.

MXG Webmaster

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372 Training Squadron Detachment 8

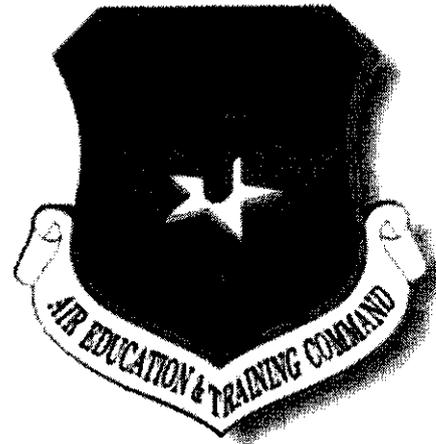
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- Det 8 Links -

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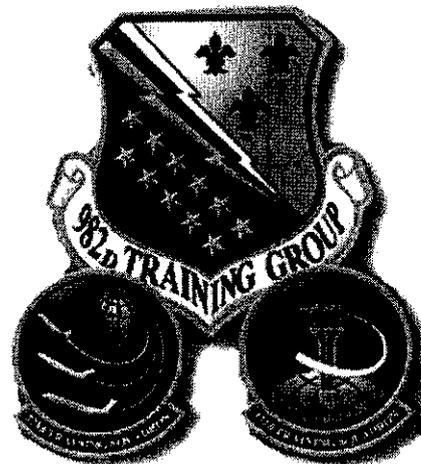


Safety Info

- Other Links -

- [Air Education and Training Command](#)
- [Sheppard AFB](#)
- [Pubs and Forms](#)
- [Product Improvement](#)
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- [982D STAN/ EVAL](#)

OUR MISSION: Provide superior aircraft maintenance training to meet our customer's AEF commitment and to sustain the combat capability of America's Air Force.



This Web site has been constructed to inform our customers about the classes available at Detachment 8. It provides general information only and is not intended to replace formal documents. Please refer to AFCAT 36-2223 or other applicable Air Force directives for further information.



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Ellsworth Web Team

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BLACK HILLS BANDIT

Friday, April 29

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Local Weather



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Top Story

Both bomb squadrons, AMUs participate in exercise

In an effort to get more base-wide participation, both the 34th and 37th Bomb Squadrons and both the 34th and 37th Aircraft Maintenance Units from the 28th Aircraft Maintenance Squadron participated in the Operational Readiness Exercise April 13 through 21.



Other News

- [Airmen draw path to fun](#)
- [Security move: act creates new OSI position](#)
- [28th Bomb Wing 2004 Quarterly Award Winners](#)

Perspective

Remembering deployment lessons

SOUTHWEST ASIA - Deployments are a tricky thing. As a first-term Airman, receiving news that you're getting called to do what you volunteered for brings a full spectrum emotions to the forefront - at least it did for me.

[More of this story](#)

Features

New-age military cuisine, from a trash can

SVS uses ingenuity to heat meals in cans during Ellsworth exercise

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Sports

Youth has eyes on frozen future

All-star plans to use hockey skills throughout life

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News

Both bomb squadrons, AMUs participate in exercise

In an effort to get more base-wide participation, both the 34th and 37th Bomb Squad and both the 34th and 37th Aircraft Maintenance Units from the 28th Aircraft Maintenance Squadron participated in the Operational Readiness Exercise April 13 through 21.

Airmen draw path to fun

Volunteers entertain thousands at local Kids Fair

Security move: act creates new OSI position

In December of 2004, the President signed into law the Intelligence Reform and Terror Prevention Act creating a new Center for Federal Investigative Services office for Ells

28th Bomb Wing 2004 Quarterly Award Winners Company Grade Officer of the Quarter

Take your medicine

Frequent deployments require vaccine emphasis

America remembers Desert One heroes

WASHINGTON - America honored eight American servicemen Monday who died attempt to rescue American hostages in Iran 25 years ago.

Members anticipate new civilian personnel system

Despite some of the anxious feelings toward the Department of Defense's plan for a civilian personnel system, some base members are looking forward to the new program.

What is the National Security Personnel System

Section 9902 of Title 5, United States Code, enacted by the National Defense Authorization Act for Fiscal Year 2004 (Public Law 108-136, November 24, 2003) gives the Department of Defense (DoD) the authority to establish a more flexible civilian personnel management system. NSPS will allow the Department to be a more competitive and progressive employer at a time when the country's national security demands a highly responsive system of civilian personnel management.

Easier TSP: 'Lifecycle Funds' aim to maximize retirement cash

WASHINGTON - Recent surveys show most people contributing to Department of Defense sponsored thrift savings accounts shun riskier investment options and are not getting maximum returns to build bigger retirement nest eggs, a DOD thrift savings plan spokesman said.

Military struggling with rising health-care costs

WASHINGTON - Rising medical costs and the expansion of health benefits for retirees, guardsmen and reservists, and their families, are putting a strain on the military health system, Defense Department health and personnel officials told members of Congress April 21.

Clean metal

SAN VICENTE, El Salvador - Airman 1st Class Emmanuel Solois cleans expanded metal clinic-building project here April 13. The project is one of the New Horizons exercise projects.

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Friday, April 29

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News

Both bomb squadrons, AMUs participate in exercise

By Senior Airman Raelyne J. Dennis, Black Hills Bandit staff

In an effort to get more base-wide participation, both the 34th and 37th Bomb Squadrons and both the 34th and 37th Aircraft Maintenance Units from the 28th Aircraft Maintenance Squadron participated in the Operational Readiness Exercise April 13 through 21.

"In the past we've used one or the other," said Lt. Col. Clete Knaub, 28th Bomb Wing readiness evaluation branch chief. "To the best of my memory this is the first time Ellsworth has used both squadrons and both AMUs."

According to Colonel Knaub, implementing the use of both squadrons was a success, as the base did a satisfactory job on this exercise.

"Normally, a prepare to deploy order is given and this gives the base about 72 hours to prepare for the exercise," Colonel Knaub said. "To better evaluate the wing's ability to 'bolt of the blue' worst case scenario, (Colonel Joseph Brown, 28th BW commander) came to go without the PTDO."

So despite not having this prep time, the aircraft generation for the exercise was satisfactory," Colonel Knaub said.

Exercise participants were also lauded for their attention to the mission.

"Our Airmen were more focused on this exercise by reacting to alarms and the (Ability Survive and Operate) guide inputs," said Lt. Col. Dave Garrett, 28th BW plans chief. "I didn't spend as much time focusing on daily base functions."

The 28th Bomb Wing's ORE objectives were to develop a realistic exercise scenario, maximum wing participation, ensure Phase II scenario inputs met group and squadron objectives, conduct a hot wash exercise and provide feedback and continue to develop training plans.

"The only objective we didn't quite meet was having maximum wing participation," Colonel Knaub said.

According to Colonel Garrett, Col. David Crockett's, 28th BW vice commander, vision for Phase II was that everyone on base would go to Camp Lancer for a shift. "He wanted everyone to get experience with ATSO inputs during this exercise," Colonel Garrett said.



The weather was also a factor that made some functions difficult for members.

"Despite the weather, people focused on launching aircraft and reacting to ATSO inputs," Colonel Garrett said.

"They kept their airspeed up," Colonel Knaub said.

According to the colonels, this exercise was an improvement in many areas over previous Ellsworth exercises.

"We've come a long way in the last eight months, but we still have a long way to go," Colonel Knaub said.

"General George Patton puts it perfectly, 'the harder you sweat during peace time, the more you'll bleed during war,'" Colonel Knaub said. "The scenarios you see in the Phase II exercises, such as rocket and mortar attacks, are really being experienced by members from here at Ellsworth. Take it seriously. The time to learn to duck and cover is in Rapid City, not Baghdad, Iraq."

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