



AUGUST 2001

www.mwr.nps.navy.mil



MWR cordially invites you to the 226th U.S. Navy Birthday Ball



- When:** Friday October 12, 2001
Where: Barbara McNitt Ballroom, Naval Postgraduate School, Monterey, CA
Attire: Civilian ~ Formal (Black Tie)
 Military ~ Dinner Dress Blue Jacket or Service equivalent (Covers and gloves not necessary)
- Ticket Prices:**
- | | |
|--|------------------------------------|
| E1 ~ E6, GS1 to GS5, NA & NL.....\$22.00 | General Public.....\$67.00 |
| E7 ~ 04, GS6 ~ GS12.....\$37.00 | Retirees equivalent to pay grade |
| 05 & up, GS13 & up Faculty.....\$52.00 | *LIMIT 3 GUESTS PER PATRON/COUPLE* |

Ticket price includes hors d'oeuvres, dinner, birthday cake, champagne/cider toast; champagne glass memento, dancing and entertainment

Ticket Sales: Start August 20 to October 5, 2001. Available 0930~1630, Monday through Friday, at the MWR-Information Tickets & Tours (ITT) office (Quarterdeck of Herrmann Hall)
*All tickets sales are final.

SPECIAL GUEST SPEAKER: VADM T. MICHAEL BUCCHI

A professional photographer will be available to provide photography services from 6:15 to 9:30 p.m. Packages range from \$15.00 to \$35.00.

Information: Call (831) 656-3223/3224.

MONTEREY BAY ATHLETIC CLUB



You are cordially invited to come celebrate the "Grand Opening" of the new Monterey Bay Athletic Club (Building 208) at 10:00 a.m. on Tuesday, August 14, 2001

Light refreshments and Fitness Demonstrations will be offered.

**Facility re-opening Monday August 13, 2001 at 5:30 a.m.
For information, contact 656-3118.**



Come and enjoy our Tuesday Night Dinner Special in the Trident Room
4:00 ~ 9:00 p.m.



Succulent

Roast Prime Rib!

with Aux Jus and Horse Radish
accompanied with Baked Potato and Sour Cream
Fresh Vegetables and Chef's choice dessert

only \$13.00

NAVAL POSTGRADUATE SCHOOL

RADM David R. Ellison
Superintendent

CAPT Frank C. Petho
Deputy Superintendent

CTAC Matthew C. Burskey
Command Chief

Captain Hirsh
Director, Personnel and
Military Services

Chrystal J. Harris
Acting MWR Director

Chrystal J. Harris
Financial Officer

Beth Leone-Mullins
Leisure Services Manager

Mike Valleau
Golf Course/RV Campground
Manager

Julianne Schmidt
Child Development Program
Administrator

Kim Andersen
Food & Beverage Manager

Cecilia S. Legario
Newsletter Editor

The Peacock Press is a monthly publication of the MWR Department, Naval Postgraduate School. Information may be subject to change without notice.

All phone numbers are in Area code (831)

From the kitchen of Chef Hugh Butler comes this month's Wednesday Night Dinner Special served in the
Trident Room
(4:00~9:00 p.m.)



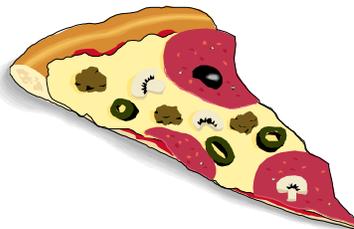
Roast Pork Loin

with Shitake Mushroom Sauce
Twice Baked Potatoes
Fresh Vegetables
Fresh Green Salad and
Chef's choice dessert

\$11.00

Come enjoy August's Friday Lunch Special
10:45 a.m. ~ 1:00 p.m. in the
El Prado Dining Room!

This month we're serving:



Assorted Pizza and Fresh Salad

with one fountain beverage

only \$5.50

LIVE ENTERTAINMENT

TRIDENT ROOM

every Thursday 4:30 ~ 8:30 p.m.

Join us in the Trident Room every Thursday for **live entertainment**. Bring your friends and enjoy your favorite beverage.

HOT BREAKFAST

Did you know that hot breakfast is available in the El Prado Dining Room, from 6:45 - 9:00 a.m., weekdays? Typically, you will find scrambled eggs, breakfast meats, French toast or pancakes, and breakfast-style potatoes.



The cost is \$3.50 for a full meal including coffee or tea. Single items are available ala carte.

For more information about our special events, please call 656-2170.

**MONTEREY BAY ATHLETIC CLUB
FITNESS CLASS SCHEDULE**

“Classes will not be conducted during the week of relocation.”

- ? **PT READY** ~ Mon. & Thurs. ~ 6:00 a.m.
Physical training ready to get you in shape guaranteed..
- ? **ABS** ~ Mon. & Wed. ~ 4:30 p.m. This FREE class will sculpt your abdominals. Open to all fitness center eligible patrons.
- ? **KICKBOX** ~ Mon. & Wed. 5:00 p.m. ~ Jab, kick and punch your way through your aerobic workout.
- ? **YOGA** ~ will resume in September with a new instructor.

BICYCLE RENTALS

The Monterey Bay Athletic Club has adult sized bicycles available to rent by eligible patrons to meet their transportation needs or for recreational riding.



Two types of bikes are available for rental: street bikes and six speed bikes. Rentals are conducted on a daily, weekend, weekly or monthly basis. All rentals include the use of a bicycle safety helmet, lock and chain. Bicycle rental prices are listed below.

Individuals wishing to rent a bicycle need to fill out a rental agreement and pay in advance for their rental at the Fitness Center, Bldg. 239.

BICYCLE TYPE	DAILY	WEEKEND	WEEKLY	MONTHLY
STREET BIKE	\$8.00	\$12.00	\$34.00	\$96.00
6-SPEED	\$10.00	\$15.00	\$42.00	\$120.00

CLASS FEES

ELIGIBLE PATRONS	CLASS DAILY	CLASS 8-PUNCH	CLASS 12-PUNCH	YOGA MONTHLY	YOGA DAILY
ACT.DUTY/RESERVIST	\$1.00	\$6.00	\$8.00	\$18.00	\$5.00
RETIREEE/FAMILY MEMBER	\$2.00	\$12.00	\$18.00	\$19.00	\$5.50
DOD CIVILIAN	\$3.00	\$16.00	\$24.00	\$20.00	\$6.00

Personal Training: The Monterey Bay Athletic Club offers Personal Training that includes consultation, fitness/exercise program design and one-on-one training. The cost is \$35.00 per hour, by appointment only.

Body Fat Analysis: Body Fat Analysis is available at Monterey Bay Athletic Club. The cost is \$20.00. Payment is required when appointment is scheduled.

Let's Picnic!

MWR has two picnic park facilities available for you and your family to utilize. One is located at the Monterey Pines Golf Course and the other is Sparks Field on base, just across the street from Del Monte Lake and the softball field.



The rental fees for the picnic grounds are as follows:

- ? Active Duty/Reservist/Family Members: **FREE**
- ? Retirees/Family Members: **\$60.00**
- ? DoD Civilians: **\$100.00**
- ? Sponsored Public Civilians: **\$125.00**

**ROMAN PLUNGE
SWIMMING POOL**

**SWIM SEASON 2001
(small pool)
June 26 ~ September 3**



HOURS OF OPERATION

Tuesday ~ Saturday
1100 ~ 1600

Fee: \$1.00 per child, chaperones free.

For information, please call 656-2275.

For more information about the Monterey Bay Athletic Club, please call 656-3118.



INFORMATION TICKETS & TOURS

NEW LOCATION

"HERRMANN HALL QUARTERDECK"

Open Monday-Friday
9:30 a.m. ~ 1:30 p.m.
2:30 ~ 4:30 p.m.
Closed Weekends
and
Federal Holidays

AUGUST	UPCOMING ITT TOURS	PRICES
4	Wine Tasting	\$20.00
11	San Francisco Get Acquainted	\$23.00
18	Hearst Castle	\$35.00
18	Giants vs. Atlanta	\$35.00
18	Napa Valley Wine Tasting	\$159.00

ARMED FORCES VACATION CLUB

Armed Forces Vacation Club is a vacation club arranged between MWR and resort Condominiums International. AFVC offers condominium unit rentals for \$234.00 per week at select resorts located all around the world. Stop by ITT to pick up your space available voucher.

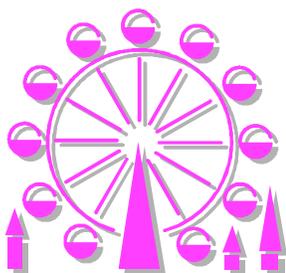


49ERS FOOTBALL Ticket Lottery



ITT is conducting its annual drawing for the right to purchase tickets to see the 49ERS play football. The deadline is Friday, August 10th. The drawing is open to active duty and reservists only. Pre-season games will be sold on a first come first served basis. Tickets are \$65.00 each for regular season and \$50.00 for pre-season. Stop by ITT for the details.

MONTEREY COUNTY FAIR 7~12 August 2001



Buy your discounted fair tickets from ITT and save. The price is \$5.50 for adults (save \$1.50). Children's tickets must be purchased at the gate for \$3.00. Children under 6 are free.



Laguna Seca's race season has started! Discounted tickets are available approximately three weeks prior to each race. Check with ITT for prices.

ROLEX MONTEREY HISTORIC AUTOMOBILE RACES



MONTEREY SPORTS CAR
CHAMPIONSHIP
September 7 - 9

HONDA GRAND PRIX OF MONTEREY
October 12 - 14



NOTICE TO TICKET BUYERS

Vendors have the right to ask for military ID. Patrons purchasing amusement park tickets as gifts run the risk of having the ticket holder denied entry at the gate.

Patrons may take non-military/DoD guests along, but the rule of thumb is 50% of each party having military or DoD ID cards and 50% without. Check with ITT before you buy.



Oakland A's BASEBALL Tickets. There are still good seats available for weekend games to see the A's play ball. Purchase tickets by Tuesday before the game for \$9.50 each. Special orders can be placed against return ticket credit that ITT has with the A's.

Deep Sea Fishing & Whale Watching. Sign up for local deep-sea fishing or whale watching excursions with Randy's Fishing Trips. Whale watching is \$16.00. Price for fishing start at \$31.00 per person. Gear and license are extra.

TECH CONNECTION



MWR YOUTH SOCCER



Soccer Schedule: Ages 9 ~ 15
 Registration deadline ~ August 3, 2001

Skills Clinic dates:
August 1 & August 3
5 p.m., La Mesa Housing

Skills Clinic dates

Season: September 8 ~ November 17
Games: Saturdays (time will be determined)
Cost: \$45.00 includes shirts & awards
Practices for all teams: Mondays & Wednesdays

SCHOOL AGE CARE PROGRAM

Begins Monday, August 6, 2001
Ages 5 ~ 12 years (Kindergarten ~ 6th grade)
Monday ~ Friday
7:30 ~ 8:00 a.m. & 2:00 ~ 6:00 p.m.
Fees are based on total family income.

TECH CONNECTION

Hours of Operation
Open Recreation (during School)

Teen Center

Eligibility: Ages 13~18 or grades 7~12
 Monday ~ Friday: 3:00 ~ 6:00 p.m.
 Saturday: 1:00 p.m. ~ 6:00 p.m.

Youth Center

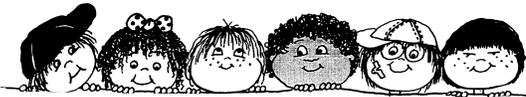
Eligibility: Ages 7~12 or grades 2~6
 Monday ~ Friday: 3:00 p.m. ~ 6:00 p.m.
 Saturday: 1:00 p.m. ~ 6:00 p.m.

Membership:

Military family members: \$20.00 annual
 \$5.00 per month
 \$1.00 per day
 Guest of authorized users: \$2.00 per day

For more info call 656-2127 or 1842.

For more information about the Youth Center's programs and special events, please call 656-2127.



Child Development Program

CDC IS THE PLACE TO BE

If your child is between the ages of six weeks and five years and you are looking for a high quality, nurturing early childhood experience ~ the Child Development Center (located in La Mesa Village) is the place for you! We offer full-time care for children ages six weeks through five years. We maintain a wait list for full-time care but currently have openings in our 3-5 year old classrooms.

Life Skills Readiness Program ~ The Child Development Center announces a part-day preschool program called the Life Skills Readiness Program starting this fall for children ages 3 years through 5 years. Prepare your child for school and give yourself some time to take care of life's little errands. Our Life Skills Readiness Program offers a developmentally appropriate curriculum in a stimulating environment within our accredited child development program. Classes begin on Monday, August 13th with Monday/Wednesday/Friday sessions and Tuesday/Thursday sessions from 0900-1130. A five day program may be available upon request.



Accredited by NAEYC's
 National Academy of Early
 Childhood Programs

CHILD DEVELOPMENT HOMES

The Child Development Home program offers Navy certified care by military family members in their homes. One of our Child Development Homes offers a playgroup for 2-4 year olds Monday through Thursday from 0800-1200. If you are interested, please stop by the Child Development Center to pick up a list of certified homes in La Mesa and fill out an interest form for the playgroup.

Interested in pursuing a rewarding career and work at home? How about becoming a Child Development Home Care Provider? You'll receive extensive training, become First Aid/CPR qualified and be part of our dedicated team of professionals that provide child care in their homes. Give us a call and we'll assist you through our CDH certification process!



For more information about how our Child Development Program can meet your child care needs, please call 656-2734.



- ? Located at the Coast Guard Pier in historic downtown Monterey.
- ? **Reservations available Wednesday through Sunday noon to sunset. Please call ahead to make yours.**
- ? Nine Sailboats are available for eligible patron rental. The Marina may be used by active duty military, reservists, retirees and DoD employees. "Check sails" are required for boat safety, to meet local sailing regulations and for orientation prior to initial sailboat rental.
- ? Power boat rentals are available through Outdoor Recreation (at DLI). Please call them at 242-5506 for additional information about power boat rentals.
- ? For Marina information, check sails, and sailboat reservations, call the Bluewater Cove Marina Boathouse at 656-2159.

MEET THE FLEET

These sailboats are available for rental at Bluewater Cove Marina.

Lorraine	22ft. Capri	\$13/hr. Wed./Thurs.	\$15/hr. Fri./Sun.
Small Wonder	23ft. Ranger	\$13/hr. Wed./Thurs.	\$15/hr. Fri./Sun.
Antares	26ft. Excalibur	\$13/hr. Wed./Thurs.	\$15/hr. Fri./Sun.
Serenade	22ft. Santana	\$13/hr. Wed./Thurs.	\$15/hr. Fri./Sun.
Medora	30ft. Shields	\$13/hr. Wed./Thurs.	\$15/hr. Fri./Sun.
Storm	30ft. Shields	\$13/hr. Wed./Thurs.	\$15/hr. Fri./Sun.
Barbara	30ft. Shields	\$13/hr. Wed./Thurs.	\$15/hr. Fri./Sun.
Harriet	30ft. Shields	\$13/hr. Wed./Thurs.	\$15/hr. Fri./Sun.
Hanalei II	30ft. Buccaneer	\$15/hr. Wed./Thurs.	\$18/hr. Fri./Sun.
2000 Racing Charter Fee	\$830.00 per Calendar year		

MONTEREY PINES RV CAMPGROUND

Monterey Pines RV Campground is **OPEN YEAR ROUND** and is available to all active duty, reservists, retirees, family members & DoD civilians.



About Our Park

Located deep within the serene Monterey Pines Recreation Complex (Fairgrounds Road at Garden Road in Monterey). Our park offers 30 full hook-ups, 8 partial hook-ups, a bathhouse and coin-op laundry facilities. Site 14 offers access for the physically challenged. Visa and Mastercard are accepted.

For advance reservations or more information, call the Monterey Pines Golf Course Pro Shop at (831) 656-4029.

MONTEREY NAVY FLYING CLUB

Located at the Monterey Airport, you will find aircraft rental and professional flight training in an informal, club-type atmosphere.



For more info, call the Monterey Navy Flying Club at 372-7033.

DAILY RENTAL FEES

Eligible Patron	Full Hook-Up	Partial Hook-Up
Active Duty/Reservist/ Retiree/Family Member	\$14/Day	\$12/Day
DoD Civilian	\$16/Day	\$14/Day
Civilian Guest	\$18/Day	\$16/Day

MONTEREY PINES GOLF COURSE

HOURS OF OPERATION GOLF PRO SHOP

6:30 a.m. to 8:00 p.m. ~ Daily
Twilight Golf: 300 p.m. to Closing

MONTEREY PINES SNACK BAR

10:00 a.m. ~ 5:00 p.m. ~ Daily
New Location: Bldg. 199
Next to the Pro Shop

JUNIOR GOLF CLINIC

Monterey Pines Golf Course
10:00 ~ 11:30 a.m. every Saturday
\$15.00 per junior ages 6-16 years old

Consists of the following:

- *Short game instruction
- *Full swing instruction
- *Rules and etiquette
- *Putting
- *Tournament

Please contact Nick or Dave at
646-8278 or 372-2857.

THE PRO'S VIEW:

We continue to advise you on how to best manage your play at Monterey Pines Golf Course. You will only see the tougher Par 3 holes in this column as this month we work on:



HOLE #13: 192 YARDS, PAR 3

This hole is tough! It's long and features two huge Monterey cypress trees that guard the left side of the green. The right side is trapped, leaving the golfer with only a small opening to hit to the green. Another problem can also occur. Most golfers either slice or face a golf ball, which is affected then by the prevailing afternoon breeze off the ocean.

GOLF TIP

Shanking. The basic cause of shanking is simply a movement outward of the club at some point in the swing prior to impact. To put it another way, the golfer (assuming he addresses the ball correctly opposite the center of the clubface) somehow shifts the entire plane of the club's path a couple of inches farther away from himself at some point in the swing. Standing too close to the ball is obviously conducive to shanking, in that there is no room for the arms to swing past the body, which forces them to move outward in order to traverse the body. Peculiarly enough, standing too far away from the ball can also breed shanking, in that to reach the ball on the downswing the golfer must often move his body forward and/or throw the clubhead into the ball early with his hands and wrists. Quite often he will topple forward while simultaneously throwing the blade of the club beyond the ball and the hosel against it.

The Ladies of.....

NPS GOLF CLUB ASSOCIATION

Invite you to join their league to play every Wednesday starting at 9:00 a.m. Membership application forms are on the bulletin board in the Monterey Pines Golf Clubhouse.

As a member of the Ladies League, players are able to establish their handicaps for tournament play

For more info, please contact Phyllis Michelson at 372-6160 or Mary Pounds at 394-8288.

229th Military Intelligence Battalion AUSA Golf Tournament and Lunch

August 25, 2001 ~ 7:45 a.m.

4 Person Scramble
BBQ Lunch/Prizes and Auction
Prizes will be given to the top three teams
Closest to the pin - men & women
Long drive - men and women

FEES: \$20.00 active duty (E5 & below)
\$40.00 active duty (E6 & above
retired & dependents
\$35.00 Monterey Pines Golf
Course members
\$50.00 DoD civilians
\$10.00 lunch only

Call 242-5797 for more details.

MONTEREY PINES GREENS FEES

WEEKENDS & HOLIDAYS

Military	\$13.00
DoD Civilian	\$16.00
Guest	\$26.00
Junior Military	\$6.00
Junior DoD	\$7.00
Junior Guest	\$8.00

MONDAY - FRIDAY

Military	\$11.00
DoD Civilian	\$13.00
Guest	\$19.00
Junior Military	\$6.00
Junior DoD	\$7.00
Junior Guest	\$8.00

MID-DAY (12-2 P.M.) DAILY

Military	\$9.00
DoD Civilian	\$11.00
Guest	\$16.00
Junior Military	\$6.00
Junior DoD	\$7.00
Junior Guest	\$8.00

TWILIGHT (2 P.M.-CLOSING) DAILY

Military	\$8.00
DoD Civilian	\$9.00
Guest	\$12.00
Junior Military	\$6.00
Junior DoD	\$7.00
Junior Guest	\$8.00

GOLF RULE

Rule 20-4/1: Ball replaced on putting green but ball-marker not removed; ball then moves.

Question: A player replaces his ball on the putting green but does not remove his ball-marker. Subsequently the wind moves his ball to a new position. What is the ruling?

Answer: Under rule 20-4, a ball is in play when it is replaced, whether or not the object used to mark its position has been removed. Consequently the ball must be played from the new position.

Reminder to all players with an official USGA handicap to come out and play in the MWR skins game every Saturday morning at Monterey Pines. Call the golf shop.

Monterey Pines Golf Course is open on most federal holidays.
For more information, please call 656-4029.

NAVAL POSTGRADUATE SCHOOL (Area Code 831)

MWR (NPS) Intranet Events Calendar ~ <http://onboard.nps.navy.mil/intra/>

INFORMATION TICKETS & TOURS ~ Herrmann Hall Quarterdeck (Bldg. 220). Open 9:30 a.m. 4:30 p.m. Monday through Friday. Closed weekends and federal holidays. Phone: 656-3223.

EL PRADO DINING ROOM ~ Herrmann Hall ground floor (Bldg. 220). Open Monday through Friday. Closed Saturdays and Federal holidays. Phone: 656-2170.

Hours of Operation:

Ala Carte Breakfast: 6:45 ~ 10:45 a.m. Weekdays
Hot Breakfast: 6:45 ~ 9:00 a.m. Weekdays
Lunch: 10:45 a.m. ~ 2 p.m. Weekdays
Dinner: See Trident Room listing below.
Champagne Brunch: 10 a.m. ~ 2 p.m. Sundays

TRIDENT ROOM ~ Herrmann Hall ground floor (Bldg. 220). Open Monday through Saturday. Closed weekends and most federal holidays. Phone: 656-2170. Hours of Operation:

Beverage Service: 4:00 ~ 11:00 p.m. Monday ~ Wednesday
3:00 ~ 11:00 p.m. Thursday & Friday
4:00 ~ 11:00 p.m. Saturdays

Dinner Service: 4:00 ~ 9:00 p.m. Monday through Saturday

CLUB DEL MONTE/CATERING SALES OFFICE ~ Herrmann Hall (PW area) ground floor (Bldg. 220). Open Monday through Friday, 8 a.m. ~ 4:30 p.m. Closed weekends and federal holidays. Phone: 656-1049.

MWR ADMINISTRATIVE OFFICES ~ Herrmann Hall (PW area) ground floor (Bldg. 220). Open weekdays, 8 a.m. to 4:30 p.m. Closed weekends and federal holidays. Phone: 656-2432.

MONTEREY BAY ATHLETIC CLUB ~ (Bldg. 208). Hours of Operation: Open Monday through Friday, 5:30 a.m. ~ 9 p.m.; Saturday, 8:00 a.m. ~ 5:00 p.m.; and 9:00 a.m. ~ 5:00 p.m. on Sundays, 10:00 a.m.~ 5:00 p.m. most federal holidays. Phone: 656-3118.

ROMAN PLUNGE SWIMMING POOL ~ (Bldg. 210). Children’s pool only. Open Tuesday ~ Saturday 11:00 a.m. ~ 4:00 p.m. Closed Sunday and Monday. Phone: 656-2275.

CHILD DEVELOPMENT CENTER ~ La Mesa Village next to La Mesa Elementary School. Open 7:30 a.m. ~ 5:30 p.m., Monday through Friday. Closed on all federal holidays. Phone: 656-2734.

CHILD DEVELOPMENT HOMES ~ Available within La Mesa Village. Contact the Child Development Center for information. Phone: 656-2734.

TECH CONNECTION ~ La Mesa Village, Sylvan at Leahy. Open Recreation ~ Monday through Friday, 3:00 ~ 6:00 p.m.; Saturday, 1:00 ~ 6:00 p.m. School Age Care, Monday through Friday, 7:30 ~ 8:00 a.m. and 2:00 ~ 6 p.m. Special camps offered for school breaks (all seasons) & teacher in-service days. Closed on all federal holidays. Phone: 656-2127.

MONTEREY PINES GOLF COURSE ~ Fairgrounds Road at Garden Road by the Monterey County Fairgrounds. Open daily, 6:30 a.m. ~ 5 p.m., including most federal holidays. Hours vary seasonally. Phone: 656-2167.

MONTEREY PINES RV CAMPGROUND ~ Fairgrounds Road at Garden Road by the Monterey County Fairgrounds. Open daily. Phone: 656-4029.

BLUEWATER COVE MARINA ~ On the Coast Guard pier, downtown Monterey, open noon to sunset, Wednesday ~ Sunday. Closed on all federal holidays. Phone: 656-2159.

MWR BUSINESS OFFICE ~ Herrmann Hall ground floor (Bldg. 220), next door to ITT. Open Monday through Friday, 8 a.m. ~ 4:30 p.m. Closed weekends and all federal holidays. Phone: 656-5234.

MWR MARKETING OFFICE ~ Herrmann Hall ground floor ITT Lobby (Bldg. 220). Open Monday through Friday, 8 a.m. ~ 4:30 p.m. Closed weekends and all federal holidays. Phone: 656-4804.

MONTEREY NAVY FLYING CLUB ~ At the Monterey Airport. Open daily, 9:00 a.m. ~ 5:00 p.m. Phone: 372-7033.

CHECK OUT MWR’S WEBSITE!
www.mwr.nps.navy.mil



Peacock Press

Morale, Welfare and Recreation Department
Naval Postgraduate School
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