

# Peacock Press



JUNE 2003

Naval Postgraduate School



From the Quality of Life Director...

*As the Department of the Navy plans to meet the challenges of the 21st century, it must take into account budget trends since the end of the Cold War and the need for maintenance and modernization of the fleet. To adjust, significant restructuring of both fleet and shore activities has been undertaken and will continue. A serious challenge to the Department of the Navy is how to recapitalize and modernize for the future while maintaining fleet readiness within projected budgets. Reducing the costs associated with maintaining an extensive shore establishment has been viewed by the Department of Defense and the Department of the Navy as one means for achieving the necessary cost savings to finance the fleet of the future.*

*To realize the CNO's vision, Base Operating Support funding lines across the Navy are being reduced for the foreseeable future. For FY04-FY05, Navy-wide MWR APF support (taxpayer dollars) will be reduced by \$67M or 18.4%. APF support is authorized for specific MWR programs such as Gyms, Sports and Fitness, Single Sailor, Child Development, Youth Activities, School Age Care, IIT, Outdoor Recreation, Marinas, and MWR Administration. Cuts to NPS MWR APF funding will be even greater than the Navy average. In FY04 alone, NPS MWR will experience a 32 percent decline in APF funding compared with FY03.*

*The plan for taking these cuts and increasing revenues in NPS MWR is still under development. However, you can expect that they will be significant and they will affect our entire MWR program. We will do our best to deliver to you and your family the highest level of MWR programming possible given the fiscal realities of the current environment.*

*On a more cheerful note, for those of you who attended either our Easter or Mother's Day Brunch, you know there is no better place to bring "Dad" for Father's Day Brunch than the magnificence of the Club Del Monte. We will once again roll out the red carpet and host the best brunch value on the Peninsula on Sunday, 15 June from 1030-1400. Call 656-2170 for reservations and show dad there is more to life than "new socks and ties."*

*Jim Thomas*

[www.mwr.nps.navy.mil](http://www.mwr.nps.navy.mil)



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## NAVAL POSTGRADUATE SCHOOL

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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)



## JUNE 2003 SCHEDULE OF CLASSES

**Stranger Danger Safety Tips:** Mon 9 June 2:45-4:00 pm La Mesa Community Center. This will be a one-hour program for children 1st to 5th grades. Focus will be on ways young children can or should handle themselves when strangers approach them. We will also discuss strategies to prevent abduction.

**Insurance:** Thurs 19 Jun 1-2:30 pm FFSC, Bldg 3. This class is suitable for all audiences, designed to develop knowledge and skills that will enable participants to make informed consumer decisions on the basic types of insurance and to determine their personal needs for life insurance.

**Dealing with Anger for Pre-Teens and Teens:** Mondays 23 and 30 June 3-4:30 FFSC, Bldg 2. This is a two-week class for pre-teens and teens (ages 12-16) on how to

deal with anger and respond to others with less frustration. The class will emphasize on how teens can take responsibility for their anger and learn ways to better deal with change and frustration.

**CONSEP Training:** Tues-Fri 24-27 June 8 a.m. - 4:00 p.m. FFSC, Bldg 3. CONSEP (Career Options and Navy Skills Evaluation Program) is a four-day workshop that helps sailors to make important decision about their careers by focusing on personal planning, financial planning, and navy and civilian career planning. This is a mid-career course designed to military personnel with 6-12 years of service who are within 18-24 months from their EAOS.

**Self-Confidence/Chess Club:** Thursdays starting 26 Jun 9-10:15 OMC Chapel. There will be a brief discussion on self-confidence and then children will learn and play chess. Although the intent is to teach children how to play better chess, enjoyment and socialization versus competition will be the emphasis of the group. Classes will be held at the Ord Military

Community Chapel on Thursdays (instead of Fridays) starting 26 June at 9:00 a.m. (There will be no classes on 24 Jul).

### ON-GOING CLASSES

**Self-Confidence/Chess Group:** "A new session begins on 25 Jun". Wednesdays 2:30-3:45 pm La Mesa Community Center.

**Infant Play Group:** "A new session begins on 24 Jun". Tues 10-11 a.m.

**Toddler Play Group:** Fridays 10:00-11:20 La Mesa Community Center.

Registration is required. Call the Fleet and Family Support Center, 656-3060 to register. Visit the FFSC website for update to classes: <http://www.nps.navy.mil/fsc>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p><b>FREE MOVIES ARE SHOWN IN THE BARBARA MCNITT BALLROOM</b></p>	<p>2</p> <p><b>TEARS OF THE SUN (R) 1900</b></p> <p><i>Every Monday Dinner Special El Prado Room 1600-2100</i></p> <p><b>SEAFOOD CIOPPINO</b> Adults \$7.50 Kids 5-10 \$4.00 Under 5 \$2.00</p>	<p>3</p> <p><b>ABOUT SCHMIDT (R) 1900</b></p> <p><i>Every Tuesday Dinner Special El Prado Room 1600-2100</i></p> <p><b>“Moist &amp; Tender” PRIME RIB \$13.00</b></p>	<p>4</p> <p><b>OLD SCHOOL (R) 1900</b></p> <p><i>Every Wednesday Dinner Special El Prado Room 1600-2100</i></p> <p><b>BBQ BABY BACK RIBS</b> Adults: 8.50 Kids 5-10 \$4.25</p>	<p>5</p> <p><b>STAR TREK: NEMESIS (PG 13) 1800</b></p> <p><i>Every Thursday</i></p> <p><b>FAMILY NIGHT</b> Dinner Special <b>POT ROAST W/MASHED POTATOES</b> Adults: \$7.50 Kids 5-10 \$3.75</p>	<p>6</p> <p><i>Every Friday</i></p> <p><b>Dinner Special El Prado Room 1600-2100</b></p> <p><b>FISHERMAN’S PLATTER</b></p> <p>Adults \$8.75 Kids 5-10 \$4.50</p>	<p>7</p> <p><b>“Navy Regulations prohibit patrons from bringing food or beverages into an MWR facility from outside sources. Thank you for your cooperation.”</b></p>
<p>8</p> <p><b>For Party Reservations at CLUB DEL MONTE</b></p> <p>Please call 656-2170.</p>	<p>9</p> <p><b>THE HOURS (PG 13) 1900</b></p> <p><i>Dinner Special</i></p> <p><b>SEAFOOD CIOPPINO</b></p>	<p>10</p> <p><b>GANGS OF N.Y. (R) 1900</b></p> <p><i>Dinner Special</i></p> <p><b>“Moist &amp; Tender” PRIME RIB</b></p>	<p>11</p> <p><b>ABOUT SCHMIDT (R) 1900</b></p> <p><i>Dinner Special</i></p> <p><b>BBQ BABY BACK RIBS</b></p> <p><b>“HANA LEI CRUISE” 1730-1930</b></p>	<p>12</p> <p><b>JURASSIC PARK 2: LOST WORLD (PG 13) 1800</b></p> <p><i>Dinner Special</i></p> <p><b>POT ROAST W/MASHED POTATOES</b></p>	<p>13</p> <p><i>Dinner Special</i></p> <p><b>El Prado Room 1600-2100</b></p> <p><b>FISHERMAN’S PLATTER</b></p>	<p>14</p> <p><b>BLUEWATER COVE MARINA OPEN DAILY NOON TO SUNSET</b></p> <p><b>“HANA LEI CRUISE” 1300-1500</b></p>
<p>15</p> <p><b>FATHER’S DAY BRUNCH</b> Barbara McNitt Ballroom 1100-1300</p>	<p>16</p> <p><b>CHICAGO (PG 13) 1900</b></p> <p><i>Dinner Special</i></p> <p><b>SEAFOOD CIOPPINO</b></p>	<p>17</p> <p><b>THE LIFE OF DAVID GALE (R) 1900</b></p> <p><i>Dinner Special</i></p> <p><b>“Moist &amp; Tender” PRIME RIB</b></p>	<p>18</p> <p><b>GODS &amp; GENERALS (PG 13) 1900</b></p> <p><i>Every Wednesday</i></p> <p><b>Trident Room SOCIAL HOUR 1600-1700</b></p>	<p>19</p> <p><b>SHANGHAI NIGHTS (PG 13) 1800</b></p> <p><i>Every Thursday in the Trident Room</i></p> <p><b>“TWO FOR ONE” APPETIZERS</b></p>	<p>20</p> <p><i>Every Friday</i></p> <p><b>TRIDENT ROOM OPEN 1500-2300</b></p> <p><b>LIVE ENTERTAINMENT</b></p> <p><b>SOCIAL HOUR 1600-1800</b></p>	<p>21</p> <p><b>MONTEREY BAY ATHLETIC CLUB OPEN DAILY AND MOST FEDERAL HOLIDAYS</b></p>
<p>22</p> <p><b>MONTEREY PINES GOLF COURSE OPEN DAILY &amp; MOST FEDERAL HOLIDAYS.</b></p>	<p>23</p> <p><b>THE QUIET AMERICAN (R) 1900</b></p> <p><i>Dinner Special</i></p> <p><b>SEAFOOD CIOPPINO</b></p>	<p>24</p> <p><b>CHICAGO (PG 13) 1900</b></p> <p><i>Dinner Special</i></p> <p><b>“Moist &amp; Tender” PRIME RIB</b></p>	<p>25</p> <p><b>BASIC (R) 1900</b></p> <p><i>Dinner Special</i></p> <p><b>BBQ BABY BACK RIBS</b></p>	<p>26</p> <p><b>JURASSIC PARK 2: LOST WORLD (PG 13) 1800</b></p> <p><i>Dinner Special</i></p> <p><b>POT ROAST W/MASHED POTATOES</b></p>	<p>27</p> <p><i>Dinner Special</i></p> <p><b>El Prado Room 1600-2100</b></p> <p><b>FISHERMAN’S PLATTER</b></p>	<p>28</p> <p><b>MONTEREY NAVY FLYING CLUB OPEN MONDAY TO FRIDAY 0900-1700</b></p>
<p>29</p> <p><b>ITT OPEN MON-FRI 0930-1330 1430-1630</b></p> <p><b>CLOSED WEEKENDS &amp; FEDERAL HOLIDAYS</b></p>	<p>30</p> <p><b>CHICAGO (PG 13) 1900</b></p> <p><i>Dinner Special</i></p> <p><b>SEAFOOD CIOPPINO</b></p>				<p><b>TRIDENT ROOM DINNER SERVICE 1600-2100</b></p> <p><b>BEVERAGE SERVICE 1600-2300</b></p>	



**FATHER'S DAY BRUNCH**



*Sunday, 15 June 2003  
Barbara McNitt Ballroom, 1100-1300*

**SALADS**

- Fresh Spinach Salad with Honey and Sesame Dressing*
- Grilled Vegetable Salad with Pesto*
- English Cucumber with Calamari and Lime Dressing*
- Artichoke with Buffalo Mozzarella*
- Eggplant Salad with Capers and Oregano*

**ENTREES**

- Chef made to order Gourmet Omelet Station featuring Smoked Salmon, Crab Meat, Bay Shrimp, Mushrooms, Red Peppers, Spinach, Sun Dried Tomatoes, and Assorted Cheese Salsa.*
- Cheese Blintz with Blackberry Sauce*
- Fresh Bacon and Sausage*
- Grilled Red Potatoes with Herbs*
- Chef Carved Slow Roasted Beef with Aux Jus and Horse Radish.*
- Crusted Salmon Florentine with Pickled Ginger Cream Sauce.*
- Grilled Free Range Chicken Breast with Grape and Balsamic Demiglace Sauce.*
- Basmati Rice with Wild Mushrooms*

**SEAFOOD BAR**

*Fresh Dungeness Crab and Shrimp on Ice with Cocktail Sauce*

**DESSERT**

*A selection of Fine Pastries, Pies, Cheeses and Berries*

**Adults \$19.75 Children 5-10 Half Price Under 5 Free**

*Reservations are highly encouraged.*

*Please call 656-2170 to reserve your table today.*



**JUNE MONDAY DINNER SPECIAL**

*El Prado Dining Room  
4:00-9:00 p.m.*

**FRESH SEAFOOD CIOPPINO**  
*with Shrimp, Calamari, Crab and Mussels.  
Fresh Caesar Salad and Garlic Bread*  
**Adults \$7.50 Kids 5-10 \$4.00 Under 5 \$2.00**

*Come enjoy our June Tuesday Dinner Special  
in the El Prado Room 4:00-9:00 p.m.*



**ROAST PRIME RIB**

*"moist and tender" with Aux Jus  
accompanied with Horse Radish,  
Baked Potato, Sour Cream and  
Chef choice dessert*  
**only \$13.00**

*June Wednesday Dinner Special served  
in the El Prado Room 4:00-9:00 p.m.*



**BBQ BABY BACK RIBS**

*served with Corn Bread,  
Fresh Corn on the Cob  
and Fried Potato Wedges*

**Adults \$8.50 Kids 5-10 \$4.25**

**FAMILY NIGHT  
June Thursday Dinner Special**

*in the El Prado Room 4:00-9:00 p.m.*



**POT ROAST**

*with Mashed Potatoes,  
Fresh Vegetables  
& Green Salad*

**Adult \$7.50 Kids 5-10 \$3.75**

*June Friday Night Special served in the  
El Prado Room 4:00-9:00 p.m.*



**FISHERMAN'S PLATTER**

*Combination Plate: Fried Shrim p,  
Fried Alaskan White Cod, Fried Calamari,  
Rice Pilaf and Fresh Vegetables.*

**Adults \$8.75 Kids 5-10 \$4.50**

**Liberty Single Sailors**

**LIBERTY LUNCHEON:** *All enlisted single sail-  
ors and geo bachelors attached to NPS and tenant  
commands: You've got a  
date, 10 June 1100-1300,  
at the Rose Garden  
Lawn, (in the La Novia  
Room if there's rain).  
Stop by for some FREE  
food and prizes.*



**Mon 2 Jun - Tears of the Sun (R): Bruce Willis & Monica Bellucci.** A veteran Navy S.E.A.L. officer, operating in the heart of war torn Africa, finds himself deeply conflicted at having to choose between following orders and following his conscience. The assignment gets complicated when the Doctor he is tasked with rescuing refuses to leave behind the injured people she is caring for.

**Tues 3 & Wed 11 Jun - About Schmidt (R): Jack Nicholson & Hope Davis.** Set adrift after retirement and the death of his wife, Warren Schmidt fears he will leave this life a failure. Packing up the Winnebago, he sets off across Nebraska to attend his daughter's wedding and along the way, begins to see the life he's lived with new eyes as he records his observations in long letters to a boy he sponsors.

**Wed 4 Jun - Old School (R) - Luke Wilson & Vince Vaughn:** Three guys in their early 30s try to re-live their old college glory days by moving into a house near campus & inadvertently forming an "unofficial fraternity", where students can enjoy the riches of the partying lifestyle without being forced to abide by the University's rules.

**Thurs 5 Jun - Star Trek: Nemesis (PG 13): Patrick Stewart and Jonathan Frakes.** After a successful coup in the Romulan Empire, a chance for peace is offered to the Federation by the new ruler of Earth's old enemy. But, when the Enterprise arrives for negotiations on the Romulan home world, it becomes apparent that there is another agenda on the table... an agenda of death, destruction and personal revenge.

**Mon 9 Jun - The Hours (PG 13): Meryl Streep & Nicole Kidman.** The lives of two desperate women, one struggling with a terminally ill husband and the other with a terminally ill marriage, are examined through the common thread that connects them, the life and writings of Virginia Wolfe. (Winner of the 2003 Best Actress Oscar. Kidman)

**Tues 10 Jun - Gangs of N. Y. (R): Leonardo DiCaprio & Daniel Day Lewis.** In New York City, in the 1860's, amid the crooked cops and corrupt politicians of the Tammany Hall era, a young man seeks revenge against the man who killed his father in the crime-plagued area of lower Manhattan known as the 5-Points, home of over a million Irish immigrants.

**Thurs 12 & 26 Jun - Jurassic Park 2: The Lost World (PG 13): Jeff Goldblum and Julianne Moore.** Four years after the failure of Jurassic Park on Nublar Island, Dr Hammond reveals that there was another site where dinosaurs were bred before being transported to the Park. Abandoned since the disaster, the dinosaurs have flourished and the good Doctor is anxious for the world to see them in their "natural" environment.

**Mon 16 & 30 & Tues 24 Jun - Chicago (PG 13): Renee Zellweger & Catherine Zeta-Jones.** In 1920's Chicago, nothing perks the public's interest like a big juicy scandal, and sparks soon fly when a fame-hungry chorus girl, sent to prison for shooting her agent, meets a seductive lounge singer who killed her husband and sister after discovering their affair. Now, both will compete for the public eye, a final time.

**Tues 17 June - The Life Of David Gale (R): Kevin Spacey & Kate Winslet.** A devoted father, philosophy professor and anti-death activist winds up on death row for the rape and murder of a fellow activist. Three days before his scheduled execution he agrees to give a Pulitzer-hungry reporter the exclusive interview she has been chasing. She puts her own safety at risk to piece the events together.

**Wed 18 Jun - Gods and Generals (PG 13): Steven Lang & Robert Duvall.** A sweeping epic, charting the early years of the Civil War and how the campaigns unfolded from First Manassas and Fredericksburg, to Stonewall Jackson's death at the battle of Chancellorsville. As a prequel to the movie "Gettysburg", this film explores the motivations of the combatants and the lives of those who waited at home.

**Thurs 19 June - Shanghai Knights (PG 13): Jackie Chan & Owen Wilson.** After taming the wild west in Shanghai Noon, Chon Wang and Roy O'Bannon are back in the saddle, but this time Chon is out to settle a score and avenge the death of his father while also keeping Roy away from his sister who has uncovered a world wide conspiracy to murder the Royal family.

**Mon 23 Jun - Gods and Generals (PG 13): Steven Lang & Robert Duvall.** A sweeping epic, charting the early years of the Civil War and how the campaigns unfolded from First Manassas and Fredericksburg, to Stonewall Jackson's death at the battle of Chancellorsville. As a prequel to the movie "Gettysburg", this film explores the motivations of the combatants and the lives of those who waited at home.

**Wed 25 Jun - Basic John Travolta and Connie Nielsen.** An ex-Army Ranger turned DEA Agent is asked to lead an investigation into the circumstances surrounding the disappearance of a feared, and often hated sergeant and several of his trainees, on what appears at first, to be a routine training exercise in the jungles of Panama.

**WATCH FREE MOVIES IN THE BARBARA MCNITT THEATER AND  
GET A BUCKET OF FREE POPCORN!  
OPEN TO ALL AUTHORIZED MWR PATRONS.**



**Located on  
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**

JUNE	UPCOMING ITT TOURS	PRICE
7	Museum Tour/Legion of Honor/Presidio Trust	\$25.00
7	Union St. Art Festival in San Francisco	\$23.00
14	Paramount's Great America	\$35.00
21	Hearst Castle	\$35.00

**SALUTE TO HEROES  
DISNEYLAND UNIVERSAL LODGING  
AND TRANSPORTATION SPECIAL**

*Get transportation and two nights lodging for \$99.00 double occupancy. Families pay \$99.00 for the first two and the next two family members staying in the same room go for \$45.00.*

*Call Outdoor Rec for info special available all summer at 242-6133.*



**2003 Laguna Seca's race season.**

*Discounted tickets are available approximately  
three weeks prior to each race. Check with ITT for prices.*



 <p><b>Grand Prix of Monterey</b> CART JUN 13 - 15, 2003</p>	 <p><b>Superbike Classic</b> HONDA JUL 11 - 13, 2003</p>	 <p><b>Monterey Historic Automobile Races</b> AUG 15 - 17, 2003</p>	 <p><b>Monterey Sports Car Championships</b> LE MANS Series SEP 5 - 7, 2003</p>	 <p><b>US Sports Car Invitational</b> OCT 3 - 5, 2003</p>
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**FATHER'S DAY CONTEST:** In 100 words or less tell us why your dad is the greatest and win a free See's Candies certificate good for a 1 lb box of See's candies. Drop off your reasons at the ITT office 11 June, and don't forget to be creative.



**NEW TICKETS:** Enjoy a three-course meal, watch the sun set on the San Francisco bay, and dance the night away on a Hornblower Dinner and Dance Cruise. Only \$54 for weekday dinner cruises, and \$63.50 for weekend dinner cruises. Don't want to be out late, then you can relax in the sun while enjoying a Champagne Brunch cruise, \$42.50



**OAKLAND A'S TICKETS**

Baseball season is underway! Tickets are now available for Oakland Athletics' weekend games throughout the season for \$10.50 each. Special orders for weekday games can be placed in advance through ITT.



**SUMMER TICKETS**






Summer tickets such as Santa Cruz Beach and Boardwalk, Marine World, Soak City, and Hurricane Harbor are now available at ITT office.

**ITT IS GETTING A NEW OFFICE**

We are moving across the Quarterdeck this month, look for us in Rm 126. Still the same great service just a new location.

**ENTERTAINMENT BOOKS:** We have Entertainment Books for \$20.00. These books are filled with discounted coupons for everything you can think of. These are great gifts, but also good for you and your family. After using a few of the coupons, the money you save will have paid for the book!



## YOGA CLASSES



**YOGA:** Every Mon & Wed 12-1 pm

**GENTLE YOGA:** Every Fri 11 am-12 noon

**YOGA FOR ATHLETES:** Every Fri 12-1 pm

Cost: \$7.00 /class or \$50.00/month (16 classes every month)

## MUSCULAR POWER-FLEX

(New Strength Training Class)

Starts June 2, 2003

Mon & Wed 11 am - 12 pm      Tues & Thurs 4:30-5:30 pm

For the cost of an aerobic class you can get a total body strength training workout. Weight training to music is the quickest way to get one of the most efficient workout available.

Free to military and regular aerobic class fees apply.

## EXECUTIVE BOOTCAMP

July 7 - September 12, 2003 Fitness Center, Bldg 208

**Description:** Twelve week weight loss and conditioning program/lecture. Body fat measurements will be taken, at the beginning and the end of twelve weeks. If you lose an agreed amount of body fat, participant get half your entry fee back. Class meets every week (Thursdays 11 am - 12 pm) for the first month for instruction (cardiovascular & weight training, including nutritional education), thereafter the class meets two times a month. The best Personal Trainers in the area will be teaching the classes.

Cost: \$25.00 military/reservists  
\$35.00 DOD /Civilian

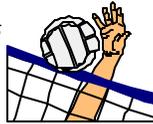
## SUMMER SOFTBALL ORGANIZATIONAL MEETING



Wednesday, 11 June at 1600, Athletic Director's Office, NPS Fitness Center Bldg 208. League starts Mon 14 July. Games played Mondays & Wednesdays 1800 at Sparks field.

## SUMMER VOLLEYBALL ORGANIZATIONAL MEETING

Tuesday, 10 June at 1600, Athletic Director's Office, NPS Fitness Center Bldg 208. League starts Tues 15 July. Games played Tuesdays & Thursdays 1800 at the Fitness Center.



Sign-up deadline for both games: 1 July 2003

The Association United States Army, General Vinegar Joe Chapter hosts a 10K and 5K Run/Walk on Sat 21 June 03 at 9 am. Cost is \$15 for active military, \$18 for DOD employees and \$20 for all others; race day fee is \$25. Pick up registration packets before 8:30 am at the Lower Presidio and bring a PHOTO ID. Course is hill. Awards will be given to top 3 in categories.

More information is at the link [http://www.active.com/event\\_detail.cfm?event\\_id=1065923](http://www.active.com/event_detail.cfm?event_id=1065923).

Questions? Call Susan at 384-4777 or Julie at 649-4777 x 117 or email [nemery@nps.navy.mil](mailto:nemery@nps.navy.mil).

## GROUP FITNESS CLASS SCHEDULE

HOURS	MON	TUES	WED	THURS	FRI	SAT
6:00 AM	PT READY	20/20/20	PT READY	20/20/20		
10:30 AM						SPIN
11:00 AM	POWER FLEX		POWER FLEX		YOGA GENTLE	
12:00 PM	YOGA	SPIN (CYCLING)	YOGA	SPIN (CYCLING)	YOGA ATHLETE	
4:30 PM		POWER FLEX		POWER FLEX		
5:00 PM	SIX PACK ATTACK		SIX PACK ATTACK			
5:30 PM	STEP	SPIN (CYCLING)	STEP	SPIN (CYCLING)		

## FITNESS CLASS FEES

ELIGIBLE PATRONS	AEROBIC DAILY	CYCLING DAILY	AEROBIC 8-PUNCH CARD	YOGA MONTHLY	YOGA DAILY
ACT.DUTY/RESERVIST	FREE	FREE	N/A	\$50.00	\$7.00
RETIREE/FAMILY MEMBER	\$2.00	\$2.50	\$12.00	\$50.00	\$7.00
DOD CIVILIAN	\$3.00	\$3.00	\$16.00	\$50.00	\$7.00

Combo Cards: Allow you to take aerobics or cycling classes.

## THERAPEUTIC MASSAGE

(now available)

### Fees:

\$50.00 for a one-hour massage session.

\$75.00 for a one and one-half hour massage session.

For appointments, please call 656-3118.



## PERSONAL TRAINING

We offer personal training that includes consultation, fitness/exercise program design and one-on-one training.



## BICYCLE RENTALS

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



Two kinds 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:

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

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. 208.



The Child Development Home program offers Navy certified care by military family members in their homes.

**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! We'll be happy to give you more information, and assist you through our CDH certification process!

**The Benefits:** You can stay home with your own children, offer quality child care for others (legally) in your La Mesa residence, share in the financial support of your family, and have fun!

## Child Development Center "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 child care. We maintain a wait list for full-time care.

**Life Skills Readiness Program: Summer Fun July 7 - August 1, 2003.** Children, ages 3 to 5 years are invited to come along for a summer of fun designed just for you! Sessions with developmentally appropriate activities are scheduled for either two-day or three day morning classes. Registration is now open and is filling up fast!! So don't delay - stop by the CDC in La Mesa for more information.

**Jellyfish Drop-In Care Room:** Reserve a space for your child in our drop-in care room up to two full weeks in advance. The room is open 0900-1200 Monday-Friday for children ages 1 year (walking) through 6 years. The rate is \$3.50 per hour plus an additional \$ .50 if your child is here for snack. Afford yourself the extra time you need for appointments, to run errands, or just a little adult time to yourself. We have lots of fun!

### JOBS AVAILABLE AT THE CHILD DEVELOPMENT CENTER

**Classroom Positions:** We are seeking enthusiastic and energetic people interested in working with children ages 6 weeks to 6 years to join our team.

**Full Time Cook Position:** We are looking for a child-oriented-team spirited person who enjoys cooking for children to join our team.

For more information please call Human Resources Office at 656-2002.

**All of our programs are open to active duty military, reservists in active duty status, military retirees, and DOD civilians. Please call 656-2734 for info.**

**YOUTH & TEEN JUNE 2003 SCHEDULE OF EVENTS**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <i>OPEN REC HOURS</i> Starting 9 June 03 9 am - 6 pm	2 <i>YOUTH &amp; TEEN WORK ON WEBSITE</i>	3 <i>YOUTH &amp; TEEN PAINTING SIGN FOR PARTY</i>	4 <i>YOUTH &amp; TEEN FIELD HOCKEY</i>	5 <i>YOUTH &amp; TEEN GOODBYE PARTY</i>	6 <i>YOUTH &amp; TEEN FEAR FACTOR</i>	7 <i>YOUTH &amp; TEEN LEATHER WORKING</i>
8 <i>BALLET/JAZZ DANCE LESSONS</i> Ages 3-10 yrs \$32.00/month	9 <i>YOUTH &amp; TEEN CRAZY UNO TOURNAMENT</i>	10 <i>YOUTH &amp; TEEN MAKE PIZZA</i>	11 <i>YOUTH &amp; TEEN SOFTBALL GAME</i>	12 <i>YOUTH &amp; TEEN PARTNER GAMES (SOCCER)</i>	13 <i>YOUTH &amp; TEEN MAKE FATHER'S DAY GIFT</i>	14 <i>YOUTH &amp; TEEN MOVIE THEME PARTY</i>
15 	16 <i>YOUTH &amp; TEEN SCRAP BOOKS &amp; POSTERS</i>	17 <i>YOUTH &amp; TEEN HELP YOUTH MAKE MUSIC VIDEOS</i>	18 <i>YOUTH &amp; TEEN SWIM AT SPORTS CENTER</i>	19 <i>YOUTH &amp; TEEN BAKE DAY</i>	20 <i>YOUTH &amp; TEEN BAKE SALE DAY</i>	21 <i>YOUTH &amp; TEEN VOLLEYBALL &amp; HOT DOGS AT THE PARK</i>
22 <i>CAMP BOOTS HOURS:</i> 0900-1700	23 <i>YOUTH &amp; TEEN FOOTBALL TOURNAMENT</i>	24 <i>YOUTH &amp; TEEN MONTH OF JUNE BIRTHDAY PARTY</i>	25 <i>YOUTH &amp; TEEN CRAZY HAIR DAY</i>	26 <i>YOUTH &amp; TEEN TRUST GAME DAY</i>	27 <i>YOUTH &amp; TEEN WATER BALLOON WARS</i>	28 <i>YOUTH &amp; TEEN CAR WASH DAY</i>
29 	30 <i>YOUTH &amp; TEEN MOSAICS DAY</i>					



**Registration Begins May 5th**  
Camp Starts June 9th  
Space is limited

**Big Field Trips:**

- Chuck E. Cheeses (San Jose)
- Children's Discovery Museum
- Raging waters
- Great America
- Camp Out Big Sur
- Happy Hollow Park and Zoo
- Ice Skating

**Outing:**

- Swimming
- Skating
- Lunch with Dad
- Town Hopping
- Rock Climbing

**ARTS & Crafts:**

- Drama
- Dancing
- FUN

**CAMP BOOTS HOURS**  
0900-1700

**WRAP AROUND CARE**  
0730-0900 & 1700-1800

Open to all Military and DOD employees.  
Age 5 (Going into 1<sup>st</sup> grade) thru Age 12

For More information call 656-2127





Go to our new website at  
[www.montereypinesgolf.com](http://www.montereypinesgolf.com).

Register with our site and print off coupon. Good Monday ~ Friday only and golfers must present coupons at check in time.

**Golf instruction from your certified golf instructors**

**CLAY MURRAY ~ Head Professional**



	CIVILIAN	MILITARY	JUNIOR
HALF-HOUR	\$40.00	\$35.00	\$30.00
ONE HOUR	\$60.00	\$55.00	\$50.00
VIDEO HOUR	\$75.00	\$70.00	\$65.00
PLAYING LESSON	\$90.00	\$85.00	\$80.00

**ERIC THOMPSON/DAVID HARBER ~ Assistant Professionals**



	CIVILIAN	MILITARY	JUNIOR
HALF-HOUR	\$35.00	\$30.00	\$25.00
ONE HOUR	\$55.00	\$50.00	\$45.00
VIDEO HOUR	\$70.00	\$65.00	\$60.00
PLAYING LESSON	\$85.00	\$80.00	\$75.00

## MONTEREY PINES RV CAMPGROUND

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

### The Installation Commander and The Installation Morale, Welfare & Recreation Fund

invite you to join us in the

### **SUPERINTENDENT'S CUP SCRAMBLE**

on Saturday, 7 June 2003 at Monterey Pines Golf Club  
**Shotgun starts 0830 Sign in starts 0700**  
 Make your own foursome or sign up as a single - we will fit you in (our Pro will Handicap each group)  
 \$20.00 per person - plus applicable green fee  
 Include: Prizes, giveaways, & lunch (carts are optional)

Reservations/Payment required by June 5, 2003.  
 Sign up/Pay at the Pro Shop or call 656-2167.

### FATHER'S DAY BRUNCH AT THE PINES

Sunday, 15 June 9:00 am - 1:00 pm

19th Hole Grill, Monterey Pines Club House

Dads, come to the Pines on Fathers day. Enjoy brunch with us, and you will receive a token for a free bucket of range balls.

Adults \$9.75

Children 5-10 half price

### 19TH HOLE GRILL

Open 7 days a week: Mon 9 am - 5 pm

Tues-Thurs 6:30 am - 5 pm, Fri-Sun 6:30 am - 6 pm

Offers breakfast, lunch and early lite dinners. Banquet facilities for up to 150 people.

#### Featured Daily Lunch Specials

Wednesday - Italian

Friday - Prime Rib & Fresh Fish

### DAILY RENTAL FEES

ELIGIBLE PATRON	Full Hook-Up	Partial Hook-Up
Military	\$18/Day	\$15/Day
DOD	\$20/Day	\$18/Day
Civilian	\$25/Day	\$20/Day

### RV VEHICLE STORAGE RATE

	0 TO 20 FT	OVER 20 FT
Military	\$15.00	\$20.00
DOD Civilian	\$20.00	\$25.00

### RENTALS

Cart Rate	\$20.00
Single Cart	\$12.00
Rental Clubs	\$10.00
Pull Carts	\$5.00

### ANNUAL FEES

Enlisted	\$540.00
Officer	\$660.00
DOD	\$720.00

### PUNCH CARD 20 PLAY

### 25% DISCOUNT

Military	\$180.00
DOD	\$270.00

## NAVAL POSTGRADUATE SCHOOL (Area Code 831)

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

**MWR ADMINISTRATIVE OFFICES** ~ Herrmann Hall (Rm. 55) ground floor (Bldg. 220). Open weekdays, 8 a.m. to 4:30 p.m. Closed weekends and federal holidays. Phone: 656-2170 or 656-2432.

**EL PRADO DINING ROOM** ~ Herrmann Hall ground floor (Bldg. 220). Open Monday through Friday. Closed weekends and federal holidays. For questions, call: 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. ~ 2:00 p.m. Weekdays  
Dinner: See El Prado Room listing below.

**TRIDENT ROOM** ~ Herrmann Hall ground floor (Bldg. 220). Open Monday through Saturday. Closed Sundays and most federal holidays. Phone: 656-2170 or 656-7508 (after regular business hours). 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 (Rm. 55) ground floor (Bldg. 220). Open Monday through Friday, 8:00 a.m. ~ 4:30 p.m. Closed weekends and federal holidays. Phone: 656-1049.

**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. Closed for lunch 1:30~2:30 p.m. Phone: 656-3223.

**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.

**ROMAN PLUNGE SWIMMING POOL** ~ (Bldg. 210). Closed until further notice. Phone: 656-2275.

**TECH CONNECTION** ~ La Mesa Village, (Bldg. 444) 1222 Leahy Rd. Open for 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. Youth & Teen Open Recreation, 2:30~ 6:00 p.m. Monday through Friday and 1:00~6:00 p.m. on Saturdays. Closed on all federal holidays. Phone: 656-2127.

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

**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: 656-7563.

**MONTEREY NAVY FLYING CLUB** ~ At the Monterey Airport. Open Monday to Friday 9:00 a.m. ~ 5:00 p.m. Phone: 372-7033.

**BLUEWATER COVE MARINA** ~ On the Coast Guard Pier, downtown Monterey. Open daily. Phone: 242-5747/656-3118.

**MWR BUSINESS OFFICE** ~ Herrmann Hall (Rm. 60) ground floor (Bldg. 220). Open Monday through Friday, 8 a.m. ~ 4:30 p.m. Closed weekends and all federal holidays. Phone: 656-7954.

**MWR MARKETING OFFICE** ~ Herrmann Hall (Rm. 60) ground floor (Bldg. 220). Open Monday through Friday, 8 a.m. ~ 4:30 p.m. Closed weekends and all federal holidays. Phone: 656-1170/7677.

**THE FLEET & FAMILY SUPPORT CENTER** ~ 1280 Leahy Road, Monterey, Ca 93940. Open Monday through Friday, 8:00 a.m. ~ 4:30 p.m. Tel: 656-3060.

**NAVY EXCHANGE TELEPHONE NUMBERS** ~ Main Store: 373-7277; Autoport: 373-7271; La Mesa Mini-Mart: 375-0959.



## Peacock Press

Morale, Welfare and Recreation Department  
Naval Postgraduate School  
1 University Circle  
Monterey, CA 93943-5000

**CHECK OUT MWR'S WEBSITE!**  
[www.mwr.nps.navy.mil](http://www.mwr.nps.navy.mil)