



Peacock Press

DECEMBER 2002

Naval Postgraduate School

NEW YEAR'S EVE PARTY

For your evening enjoyment we offer the following: Cocktails & Hors d' Oeuvres 7:00-8:00 p.m. on the Quarter-deck; Elegant International Buffet Dinner 8:30 in the Barbara McNitt Ballroom; Dance Music 9:00 p.m.-1:00 a.m. by the Hydromatics - a variety band that plays nothing but classics from Glenn Miller, Elvis, Wilson Pickett, The Beach Boys, The Beatles, Dire Straits, right up to Nirvana and more; Balloon and Ball Drop 12:00 Midnight; Champagne Toast and Party Favors.

ASIA

*Assorted Lumpia with Plum Sauce, California Rolls and Sashimi
Potstickers with Sweet and Sour Sauce*

MONTEREY

*Young Romaine Heart with Mushroom, Radicchio, Radish, Cucumber and Red Pepper
Avocado, Walnut and Buffalo Mozzarella Cheese with Champagne Dressing
Chilled Bib Lettuce with Orange Segments, Danish Blue Cheese and Aged Balsamic Vinaigrette*

NEW YORK, NEW YORK

*Chef to Carved Oven Roasted Black Angus New York Strip Loin with Truffle Sauce
Accompanied by Red and Gold Yukon Potatoes Au Gratin to compliment your entree
Sautéed Shitake Mushroom, Radicchio, Red Cabbage, Dried Figs and Goat Cheese with Port Wine*

SICILY

*Sautéed Prawns with Sweet Basil, Sun dried Tomatoes, Pine Nuts and Gorgonzola Cheese
Panzotti Pasta with Pesto and Prociutto Ham and Julliene of Roma Tomatoes*

PARIS

*Napoleon with Blackberry Sauce, Poached Pears with an Orange Grand Marnier
Reduction Creme Brulee Flamed Cherries, Chocolate Pate with Sautern*

\$50.00 per person

Attire: Semi-formal

For reservations, please call 656-2170.

www.mwr.nps.navy.mil



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NAVAL POSTGRADUATE SCHOOL

RADM David R. Ellison
Superintendent

CAPT Frank C. Petho
Chief of Staff

GSCM(SW) R.O. Murphy
Command Master Chief

Pete Dausen
Executive Director, Facilities
and Support Services

James R. Thomas
Quality of Life Director

Darlene Raish
Leisure Services Manager

Clay Murray
Golf Course/RV Campground
Manager

Julianne Schmidt
Child Development & Youth
Program Administrator

Hugh Butler
Executive Chef

Renee Leiva
Catering Sales 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 Quality of Life Director

Your Quality of Life staff wishes all of our customers a safe and happy holiday! Since many of you will be gone during the holidays, most of our facilities will be on limited hours of operation. Holiday operating schedules for each facility are noted in this issue of Peacock Press.

Since the kids have returned to school and we are no longer in daylight savings time, we will try moving the December Thursday Family Night movie start time to 1730. This will provide our families a chance to catch an early dinner (we open at 1600), allow the kids to see a great movie complete with free popcorn, and mom and dad can still get the kids in bed by 2000. Mom and dad might even be able to sneak down to the Trident Bar for an adult break during the movie.

Don't forget to be at the Trident Lounge on 7 December to view the Army-Navy football game on our big screen TV. The Monterey Chapter of the Naval Academy Alumni Association will lead the cheering section for the Navy so we hope our Army brethren will respond with "appropriate force." You can also attend either our Army-Navy flag football or softball games on 5 and 6 December as a spectator or player.

Jim Thomas



ARMY/NAVY WEEK FESTIVITIES



December 5-7, 2002

SCHEDULE OF EVENTS

ARMY VS. NAVY SOFTBALL GAME

Thursday, 5 Dec
Sparks Field NPS
Time: 1800

ARMY VS. NAVY FLAG FOOTBALL GAME

Friday, 6 Dec
DLI behind Price Fitness Center
Time: 1800

TAILGATE PARTIES

Thursday, 5 December in the Trident Room
Friday, 6 December at the Edge, DLI

We will show video of our local softball game in Trident

GRIDIRON RUMBLE

(Televised Naval Academy vs. West Point Game)

Saturday, 7 December in the Trident Room 0800-1300. Join us to cheer on the team! Prizes and souvenir cups! \$5.00 buys your continental breakfast and a stadium style lunch.

For information, please call 656-7953.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p><i>For Party Reservations at</i></p> <p>CLUB DEL MONTE</p> <p><i>Please call 656-2170.</i></p>	<p>2 SAVING PRIVATE RYAN (R) 1900</p> <p><i>El Prado Room Dinner Special 1600-2100 SEAFOOD CIOPPINO Adults \$7.50 Kids 5-10 \$4.00 Under 5 \$2.00</i></p>	<p>3 PEARL HARBOR (PG 13) 1900</p> <p><i>Every Tuesday El Prado Room Dinner Special "Moist & Tender" PRIME RIB \$13.00</i></p>	<p>4 NO MOVIE</p> <p><i>El Prado Room Dinner Special SAUTEED PRAWN SCAMPI \$13.00</i></p>	<p>5 JIMMY NEUTRON (G) 1730</p> <p>FAMILY NIGHT</p> <p><i>Dinner Special BRAISED CORNED BEEF & CABBAGE Adult: \$6.75 Kids 5-10 \$3.75</i></p>	<p>6 <i>El Prado Room Dinner Special</i></p> <p>STUFFED PORK LOIN \$9.75</p>	<p>7</p> <p>TRIDENT ROOM DINNER SERVICE 1600-2100</p> <p>BEVERAGE SERVICE 1600~2300</p>
<p>8</p> <p>MONTEREY PINES GOLF COURSE</p> <p>OPEN DAILY & MOST FEDERAL HOLIDAYS.</p> <p>0630~1900</p>	<p>9 XXX (PG 13) 1900</p> <p><i>Dinner Special 1600-2100 SEAFOOD CIOPPINO Adults \$7.50 Kids 5-10 \$4.00 Under 5 \$2.00</i></p>	<p>10 REINDEER GAMES (R) 1900</p> <p><i>Dinner Special "Moist & Tender" PRIME RIB \$13.00</i></p>	<p>11 ROAD TO PERDITION (R) 1900</p> <p><i>Dinner Special SAUTEED PRAWN SCAMPI \$13.00</i></p>	<p>12 NO MOVIE</p> <p><i>Dinner Special BRAISED CORNED BEEF & CABBAGE Adult: \$6.75 Kids 5-10 \$3.75</i></p>	<p>13 <i>El Prado Room Dinner Special</i></p> <p>STUFFED PORK LOIN \$9.75</p>	<p>14</p> <p>TRIDENT ROOM DINNER SERVICE 1600-2100</p> <p>BEVERAGE SERVICE 1600~2300</p>
<p>15</p> <p>BLUEWATER COVE MARINA</p> <p>OPEN DAILY NOON TO SUNSET.</p>	<p>16 MINORITY REPORT (R) 1900</p> <p><i>Dinner Special 1600-2100 SEAFOOD CIOPPINO Adults \$7.50 Kids 5-10 \$4.00 Under 5 \$2.00</i></p>	<p>17 REIGN OF FIRE (PG 13) 1900</p> <p><i>Dinner Special "Moist & Tender" PRIME RIB \$13.00</i></p>	<p>18 EIGHT LEGGED FREAKS (PG 13) 1900</p> <p><i>Dinner Special SAUTEED PRAWN SCAMPI \$13.00</i></p>	<p>19 SHREK (PG) 1730</p> <p><i>Dinner Special BRAISED CORNED BEEF & CABBAGE Adult: \$6.75 Kids 5-10 \$3.75</i></p>	<p>20 EL PRADO DINING ROOM LIMITED BREAKFAST & LUNCH CLOSED FOR DINNER</p> <p>TRIDENT ROOM CLOSED 20 DEC-5 JAN</p>	<p>21</p> <p>CLUB DEL MONTE FOOD & BEVERAGE SERVICE CLOSED</p>
<p>22</p> <p>MONTEREY NAVY FLYING CLUB</p> <p>OPEN MONDAY TO FRIDAY 0900~1700</p>	<p>23 NO MOVIE</p> <p>EL PRADO DINING ROOM LIMITED BREAKFAST & LUNCH CLOSED FOR DINNER</p>	<p>24 NO MOVIE</p> <p>EL PRADO DINING ROOM LIMITED BREAKFAST & LUNCH CLOSED FOR DINNER</p>	<p>25</p> <p>CLUB DEL MONTE CLOSED IN OBSERVANCE OF CHRISTMAS</p>	<p>26 NO MOVIE</p> <p>CLUB DEL MONTE FOOD & BEVERAGE SERVICE CLOSED</p>	<p>27</p> <p>CLUB DEL MONTE FOOD & BEVERAGE SERVICE CLOSED</p>	<p>28</p> <p>CLUB DEL MONTE FOOD & BEVERAGE SERVICE WILL BE CLOSED</p>
	<p>29</p> <p>NO MOVIE</p> <p>EL PRADO DINING ROOM LIMITED BREAKFAST & LUNCH CLOSED FOR DINNER</p>	<p>30 NO MOVIE</p> <p>EL PRADO DINING ROOM LIMITED BREAKFAST & LUNCH CLOSED FOR DINNER</p>	<p>31 NO MOVIE</p> <p>EL PRADO DINING ROOM LIMITED BREAKFAST & LUNCH CLOSED FOR DINNER</p>	<p>CLUB DEL MONTE CLOSED ON WEDNESDAY, 1 JANUARY IN OBSERVANCE OF NEW YEAR'S DAY</p>	<p>FREE MOVIES ARE SHOWN IN THE BARBARA MCNITT BALLROOM</p>	<p><i>"Navy Regulations prohibit patrons from bringing food or beverages into an MWR facility from outside sources. Thank you for your cooperation."</i></p> 

MONDAY 2, 9 & 16 DECEMBER DINNER SPECIAL

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



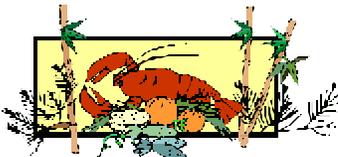
FRESH SEAFOOD CIOPPINO
with **Shrimp, Calamari, Crab and Mussels.**
Fresh Caesar Salad and Garlic Bread
Adults \$7.50 Kids 5-10 \$4.00
Under 5 \$2.00

*Come enjoy our Tuesday 3, 10 & 17
December 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

*From the kitchen of Chef Hugh Butler
Wednesday 4, 11 & 18 December served in the
El Prado Room 4:00 ~ 9:00 p.m.*



SAUTEED PRAWN SCAMPI
served with *Fettucine Alfredo Sauce*
and *Sauteed Fresh Vegetable*
Chef's Choice Dessert
\$13.00

FAMILY NIGHT

**Thursday, 5, 12 & 19 December
Dinner Special**

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



BRAISED CORNED BEEF AND CABBAGE

*served with Baby Red Potatoes and Carrots
Cookies*
Adults \$6.75
Kids 5-10 \$3.75

FRIDAY 6 & 13 DECEMBER DINNER SPECIAL



STUFFED PORK LOIN
with *Apple, Cranberry, Shitake mushroom*
and *Walnuts. Served with Port Wine Sauce,*
Fresh Garlic, Mashed Potatoes and
Sauteed Vegetable.
\$9.75



HOLIDAY HOURS

*Club Del Monte will have limited breakfast and
lunch menu service beginning Friday, 20 December
2002 thru Friday, 3 January 2003. Full service will
resume Monday, 6 January 2003.*

*Trident Bar will be closed for the Holidays starting
Friday, 20 December 2002 thru Saturday, 4 January
2003. We will reopen for regular business on
Monday, 6 January 2003.*



**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**

DECEMBER	UPCOMING ITT TOURS	PRICE
14	Christmas Shopping - Union Square	\$23.00
JANUARY		
11	San Francisco Get Acquainted	\$23.00
18	Sharks vs Dallas Ice Hockey	\$45.00
25	Local Wine Tasting	\$39.00

SKI LIFT TICKETS	MWR	SITE
Alpine Meadows	\$47.50	\$56.00
Heavenly	\$50.00	\$59.00
Kirkwood	\$46.50	\$54.00
Kirkwood young adult	\$38.50	\$43.00
Northstar/Sierra Tahoe	\$47.50	\$57/\$53
Northstar Sierra Tahoe young adult	\$38.50	\$47/\$43
Mt. Rose	\$33.50	\$48.00
Squaw Valley	\$49.50	\$58.00



Armed Forces Vacation Club

Armed Forces Vacation Club is a vacation club arranged between MWR and Resort Condominiums International. AFVC offers condo unit rentals for \$249 per week at selected resorts located all around the world. Stop by ITT to pick up your space available voucher.



DEEP SEA FISHING & WHALE WATCHING:

Sign up for local deep-sea fishing or whale watching excursions with Randy's Fishing Trips. Whale Watching is \$13.00 for adults and \$11.00 for children 2-11 yrs. Prices for fishing start at \$36.00 per person. Gear and license are extra.

ORLANDO ATTRACTIONS

Planning a trip to Florida for the holidays? Tickets can be special ordered to Disney World, Busch Gardens and many others. Please allow five working days for processing. Stop by ITT for pricing and information. Tickets are also available for certain attractions in Arizona, Tennessee, Texas, and Virginia.



NUTCRACKER BALLET: Ballet Fantasque will again present the full length "Nutcracker" in the Sister Carlotta Performing Arts Center at Santa Catalina School. ITT has adult tickets for \$15.50, student/senior for \$13.50 and children for \$9.50. Performances are at 3 pm and 8 pm on Sat Dec 21 and 3 pm on Sun Dec 22.




**STOCKING STUFFERS
& GIFT IDEAS**

Entertainment Books	\$20.00
Gift Check Books	\$10.00
See's Candies Certificates	\$10.25
Movie Theater Tickets UA	\$5.50
NPS License Plate Frames	\$9.00

FIRST NIGHT MONTEREY BUTTONS

Ring in the New Year in downtown Monterey. Buy your event button at ITT and enjoy an evening of fun, music, and entertainment for the whole family. Buy early and save. Tickets are \$9.00 if purchased on/or before 20 December, \$12.00 until 30 December and \$15.00, December 31st. Children 5 and under are free.



PARKING: We know its hard finding that parking space! However, there are some handy 24 minute spaces on the south side of Herrmann Hall off Stone Road which offer easy access to the Quarterdeck through the side door. There are also two on the west side of the building off Cunningham Road.



HOLIDAY HOURS

The ITT Office will be closed Christmas Day and New Year's Day. The office will close at 1:00 p.m. on 24 and 31 December and close 3:30 p.m. on 26 and 27 December.



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 ~ The Life Skills Readiness Program is a part-day program for children 3 to 5 years old. Prepare your child for school and give yourself some time to take care of some errands. Our Life Skills Readiness program offers a developmentally appropriate curriculum in a stimulating environment within our accredited child development program. Sessions are Monday/Wednesday/Friday 0900-1130, and Tuesday/Thursday 0900-1130. A five day program may be available upon request. The program runs from August through June each year and enrollment is open on a space available basis.

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!



FALL FESTIVAL

We appreciate all of our families for their wonderful support of our programs!



Accredited by NAEYC's
National Academy of Early
Childhood Programs

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 DECEMBER 2002 SCHEDULE OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> 	<p>2</p> <p>YOUTH & TEEN 3 ON 3 BASKETBALL</p> <p>SAC MAKING A HOLIDAY TREE (ART)</p>	<p>3</p> <p>YOUTH & TEEN TELEPHONE</p> <p>SAC MAKING A HOLIDAY TREE HOOPS (GAMES)</p>	<p>4</p> <p>YOUTH & TEEN BASEBALL</p> <p>SAC NAIL CHIMES (CRAFT & MUSIC)</p> <p>SPEED RABBIT</p>	<p>5</p> <p>YOUTH & TEEN ARTS & CRAFTS (ORNAMENT)</p> <p>SAC PAINTING THE HOLIDAY TREE (ART)</p> <p>GUM BALL RACERS</p>	<p>6</p> <p>YOUTH & TEEN FLAG FOOTBALL</p> <p>SAC CRYSTAL ORNAMENT DOG BONE ORNAMENT (CRAFTS)</p>	<p>7</p> <p>YOUTH & TEEN SOCCER</p>
<p>8</p> <p>YOUTH & TEEN BASKETBALL REGISTRATION OPEN UNTIL JAN. 10, 2003. COST \$40.00</p>	<p>9</p> <p>YOUTH & TEEN RED HANDED</p> <p>SAC INTRODUCTION PUPPET SHOW THE MYSTERY OF THE MISSING MUNCHIES</p>	<p>10</p> <p>YOUTH & TEEN COPY CAT</p> <p>SAC SOLDIERS (GAME) MAKING THE STAGE</p>	<p>11</p> <p>YOUTH & TEEN NAME FIVE</p> <p>SAC GUEST Mr. B will be showing us some puppet techniques practicing puppet show</p>	<p>12</p> <p>YOUTH & TEEN ULTIMATE COMET BALL</p> <p>SAC INVITATION & SIGNS FOR PUPPET SHOW (ART)</p>	<p>13</p> <p>YOUTH & TEEN MOON BALL VARIATIONS</p> <p>SAC IS PROUD TO PRESENT THE MYSTERY OF THE MISSING MUNCHIES</p>	<p>14</p> <p>PARENTS SHOPPING NIGHT 7-10 P.M. \$5.00</p> <p>RSVP 11 DEC</p>
<p>15</p> <p>WINTER CAMP ENROLLMENT OPEN. SPACE IS LIMITED. ENROLLMENT ENDS 16 DECEMBER..</p>	<p>16</p> <p>YOUTH & TEEN BLIND FOLD SCOOTER RACE</p> <p>SAC SERVICE PROJECT NEW KID SURVIVAL KITS</p>	<p>17</p> <p>YOUTH & TEEN FLIP ME THE CHICKEN TAG</p> <p>SAC GAME WITH ORIGINS IN FRANCE (QUILLES)</p>	<p>18</p> <p>YOUTH & TEEN FLAG TAG</p> <p>SAC HORSESHOE BELLS FUNNY SONG DAY (MUSIC)</p>	<p>19</p> <p>YOUTH & TEEN BLINDFOLD KICKBALL</p> <p>SAC REINDEER POOP (COOKING) RUDOLPH PIN</p>	<p>20</p> <p>YOUTH & TEEN POOL TOURNAMENT</p> <p>SAC EARLY RELEASE DAY AN OLD FASHION HOLIDAY PARTY</p>	<p>21</p> <p>YOUTH & TEEN LETTERS TO SANTA</p> 
<p>22</p> <p>WINTER BREAK BEGINS</p> 	<p>23</p> <p>YOUTH FLAG FOOTBALL</p> <p>SAC CAMP</p>	<p>24</p> <p>YOUTH & TEEN CLOSED AT 4:30 P.M.</p> <p>SAC CHRISTMAS EVE CLOSE EARLY 1600 CAMP</p>	<p>25</p> <p>CLOSED</p> 	<p>26</p> <p>CLOSED</p> 	<p>27</p> <p>CLOSED</p> 	<p>28</p> <p>CLOSED</p> 
<p>29</p> 	<p>30</p> <p>CLOSED</p> 	<p>31</p> <p>CLOSED</p> 				

MWR Child Development and Youth Programs will be closed 1630 Tuesday, 24 December '02 until Wednesday, 1 January '03. Will re-open Thursday, 2 January '03.



MWR Bluewater Cove Marina

- Located at the Coast Guard Pier in Historic Downtown Monterey.
- Our services are available for all active duty, retired military, family members and DOD civilians.
- Open everyday.
- Rentals are now from the Monterey Bay Athletic Club.
- First come - first served.
- Nine boats are available to rent.

- The minimum age to qualify for sailboat rentals is 18.
- Check sails are required for boat safety training and to familiarize all patrons with sailing areas and off limit locations prior to initial sailboat rental. Reservations for "check sails" are required - contact NPSSA.
- For Marina information, check sails, and boat reservations contact NPSSA or Monterey Bay Athletic Club at 656-3118.
- Powerboat rentals are available at Outdoor Recreation (located at DLI). Call 242-5506 for more information.

-NPSSA-

NPSSA, the Naval Postgraduate School Sailing Association, is dedicated to practicing and promoting the art of sailing as well as furthering Navy sailing in the Monterey area. NPSSA is comprised of students, faculty and staff from NPS and DLI, local active duty and retired personnel, and DOD civilians. Members take part in local racing events and NPSSA-sponsored cruising events. Additionally, NPSSA provides assistance to MWR with boat maintenance and sailing qualifications through volunteers. All MWR eligible personnel may join NPSSA. For more information or to volunteer contact NPSSA at npsa@nps.navy.mil.

SAILBOAT RENTAL RATE

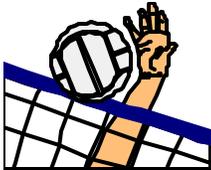
Small Wonder	23 ft. Ranger	\$30/day
Serenade	22 ft. Santana	\$30/day
Antares	26 ft. Excalibur	\$30/day
Lorraine	22 ft. Capri	\$30/day
Barbara, Harriet	30 ft. Shields	\$30/day
Medora, Storm	30 ft. Shields	\$30/day
Hanalei II	30 ft. Buccaneer	\$40/day

Winter Intramural Sports Organizational Meetings

Basketball Organizational Meeting
 Thursday, 5 December 2002
 Fitness Center, Bldg 208 at 1600.



League will start Monday, 6 January 2003 at 1800.



Volleyball Organizational Meeting
 Wednesday, 4 December 2002,
 Fitness Center, Bldg 208 at 1600.

League will start Tuesday, 7 January 2003 at 1800. Rules, game dates and times will be discussed. Roster forms will be available.

GROUP FITNESS CLASS SCHEDULE

HOURS	MON	TUES	WED	THURS	FRI	SAT
6:00 AM	PT READY	20/20/20	PT READY	20/20/20		
7:00 AM	COMMAND FITNESS	COMMAND FITNESS	COMMAND FITNESS	COMMAND FITNESS		STEP
9:30 AM						MUSCLE CONDING
12:00 PM	YOGA	SPIN (CYCLING)	YOGA	SPIN (CYCLING)		
4:30 PM		HIGH/LOW		HIGH/LOW		
5:00 PM	SIX PACK ATTACK		SIX PACK ATTACK			
5:30 PM	STEP	SPIN (CYCLING)	STEP	SPIN (CYCLING)		
6:30 PM	KICKBOX	STEP	KICKBOX	STEP		

EXECUTIVE BOOTCAMP

Starts January 17

Twelve week-Weight Loss/Strength - Group Fitness Instruction (Strength, Cardiovascular & Nutritional). Set a personal fitness goal, receive two body fat analysis, obtain your goal in twelve weeks and receive money back.

Cost: \$20.00 Military \$30.00 DOD/Civilian

FITNESS CLASS FEES

ELIGIBLE PATRONS	AEROBIC PILATES DAILY	CYCLING DAILY	COMBO 8-PUNCH CARD	YOGA MONTHLY	YOGA DAILY
ACT.DUTY/RESERVIST	FREE	FREE	N/A	\$36.00	\$5.00
RETIREE/FAMILY MEMBER	\$2.00	\$2.50	\$12.00	\$38.00	\$5.50
DOD CIVILIAN	\$3.00	\$3.00	\$16.00	\$40.00	\$6.00

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

WEIGHT LIFTING CONTEST

Choose your event; Power Lifting (Bench, Dead Lift & Squat) or Bench Press only. Minimum of 8 - Maximum of 30 entries.
 Friday, 13 December 1300~1600

Cost: \$15.00 military \$17.00 DOD

First, second and third place Medals for each weight class.
 Pre-register by 11 December.

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.

MONTEREY SPORTS CENTER NEW SWIM FEE

Monterey Sports Center will have new swim fees starting January 2003. The cost is \$1.00 for non-prime time, and \$2.00 during prime times. Open to all active duty military.

PERSONAL TRAINING



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

LOCKER RENTAL FEES

Active Duty:	Civilian:
6 months ~ \$30.00	6 months ~ \$36.00
Annual ~ \$60.00	Annual ~ \$72.00

Locker payments must be paid in full on first day of rental.

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	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.
STREET BIKE	\$8.00	\$12.00	\$34.00	\$96.00	
6-SPEED	\$10.00	\$15.00	\$42.00	\$120.00	

Monterey Bay Athletic Club Holiday Hours

16-20 Dec ~ 0530-2000	26-27 Dec ~ 0800-2000
23-24 Dec ~ 0800-1600	30-31 Dec ~ 0800-1600
25 Dec ~ CLOSED	1 January 2003 CLOSED



The Monterey Navy Flying Club offers excellent opportunities for aircraft rentals, recreational flying and professional flight training to Active Duty, National Guard, Reserve members and their families; Retirees and their families; Civil Air Patrol members; and federal government employees. The club's airplane rental and instruction rates are the lowest in California. Learn how to fly, meet new friends and discover the beauty of the Monterey Peninsula! Give us a call and visit our website.



MEMBERSHIP FEES

Monthly dues: \$23.00 Initiation fee: \$30.00

COST SHARING: Our licensed pilots at the Monterey Navy Flying Club frequently fly by themselves, and through "cost sharing" of the fees for the flight, you and up to two other MWR eligible patrons can fly along. Fly over the California Coast or down it's beautiful valleys. Call the Monterey Navy Flying Club at (831) 372-7033 for more information.

AIRCRAFT RENTAL RATES

Cessna 152 (IFR) \$50.00
Cessna 172 (IFR) \$66.00

All rates are on hourly basis including fuel.



Aerial view of the Light House in Point Sur taken on one of the flights.

Want to earn your pilot's certificate?

You have often thought about becoming a pilot. Our staff of professional flight instructors is ready to help you achieve your goal - for a much lower cost than you will find anywhere else. Ground school, the first step in learning the basics of flight, is offered in cooperation with Monterey Peninsula College or through self-study courses available through the Club.

Ground and Flight instruction:
\$20.00/hour.

Looking for a part time Certified Flight Instructors. Please call 372-7033 for more information.

The Fleet & Family Support Center



SCHEDULE OF CLASSES DECEMBER 2002

Dealing with Holiday Stress and Rush: Tuesday, 3 December 4:30-6:00 p.m. - FFSC Building 3. Class will focus on techniques to better cope with stressors. Relaxation and tension reduction exercises will be provided.

Resumix: Thursday, 5 December 1:00-3:30 p.m. FFSC Building 3. Focused on aiding individuals applying to federal employment announcements. Emphasis on the application process, keywords and accomplishments when writing descriptions of work experience.

First Friday Fun and Pre-teen Group: Friday, 6 December & 3 January 4:30-6:30 p.m. - FFSC Building 3. A support and edu-

cation group for adolescents, 6th through 9th grade, meets the first Friday of the month. This group will focus on socialization and "survival" skills.

Stranger Danger Safety Tips: Wednesday, 11 December 2:45-4:00 p.m. - La Mesa Community Center. A one-hour program for children, 1st to 5th grades. The focus will be on ways young children should handle themselves when approached by strangers and strategies to prevent abduction.

Winning Interview Workshop: Thursday, 12 December 1:00-4:00 p.m. - FFSC Building 3. This course is designed to help individuals prepare for an interview. It includes what to wear, how to present yourself, how to project your career image, what questions to ask, and negotiating.

On-Going Groups

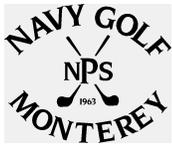
Chess/Self-Confidence: Every Friday, 2:30-3:45 p.m. - Chapel, OMC & every Wednesday, 2:30-3:45 p.m. - La Mesa Community Center. This group provides multiple approaches to increasing self-confidence in children. It combines positive self-image with learning to play chess. While lessons focus on improving participant's ability to play chess,

self-confidence is addressed through problem solving, enjoyment and socializing.

Toddler Play Group: Every Friday, 10:00-11:15 - La Mesa Community Center. A play and activity group for children ages 14 months to 3 years. Parents are encouraged to interact with their toddlers through fun activities, share parenting tips, and resources.

Anger Support Group: Every Thursday, 4:30-6:00 p.m. - FFSC Bldg. 2. Join us for an on-going group addressing anger that impedes your ability to form successful relationships at home and at work. Anger can have serious effects on the angry individual as well as those who tolerate anger.

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>



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 ~ Assistant Professional



	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

DAVID HARBER ~ Assistant Professional



	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 laundry facilities. Site 14 offers access for the physically challenged. Visa and Mastercard are accepted.



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



MONTEREY PINES WINTER WEEK DAY SPECIAL

December & January

18 HOLES
GREEN FEE AND CART
Starting at Noon

CIVILIAN \$15 PER PERSON DOD \$12 PER PERSON

MILITARY \$10 PER PERSON



MONTEREY PINES GREENS FEES	
PRIME	DAILY
Military	\$12.00
DOD	\$18.00
Civilian	\$24.00
Junior	\$10.00
TWILIGHT	2:00 P.M.
Military	\$10.00
DOD	\$12.00
Civilian	\$15.00
Junior	\$8.00
SUPER TWILIGHT	5:00 P.M.
Military	\$8.00
DOD	\$9.00
Civilian	\$10.00
Junior	\$7.00

ANNUAL FEES		PUNCH CARD 20 PLAY	25% DISCOUNT
Enlisted	\$540.00		
Officer	\$660.00	Military	\$180.00
DOD	\$720.00	DOD	\$270.00

RV VEHICLE STORAGE RATE			RENTALS	
	0 TO 20 FT	OVER 20 FT		
Military	\$15.00	\$20.00	Cart Rate	\$20.00
DOD Civilian	\$20.00	\$25.00	Single Cart	\$12.00
			Rental Clubs	\$10.00
			Pull Carts	\$5.00

**MONTEREY PINES GOLF COURSE WILL BE CLOSED
ON WEDNESDAY, 25 DECEMBER 2002 IN OBSERVANCE OF
CHRISTMAS DAY.**

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.

CHECK OUT MWR'S WEBSITE!

www.mwr.nps.navy.mil



Peacock Press

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Naval Postgraduate School
1 University Circle
Monterey, CA 93943-5000