



JANUARY 2003

Naval Postgraduate School

From the Quality of Life Director...

Your Quality of Life Team accomplished some major milestones in 2002 despite the challenges of the post-911 environment. During 2002 we conducted three ribbon cuttings; completed a major face-lift at the NEX, opened our new \$2.2M golf course club house/pro shop complex and \$700K renovation of our historic Trident Lounge. We established our MWR movie theater and introduced evening dinner specials featuring high quality food at very reasonable prices. When combined with our free movies and buckets of fresh popcorn, our customers now know they can take the family out for an entire evening of entertainment for what it costs just to eat out at many fast food restaurants.

Our Child Development Center and School Age Care Programs were recognized as some of the best in the Navy. The Tech Connection expanded its summer camp program and other services. Our Single Sailor Program provided many high quality skiing and rafting trips and other opportunities such as the Monterey Beach Bash. Your surveys consistently mention the outstanding programs offered by our Monterey Bay Athletic Club. Many of you experienced first hand the beauty of Monterey Bay in one of our sailboats or flying over it in one of our Monterey Flying Club planes. In addition to our local Monterey MWR experiences, many of you used over 20,000 great deals offered by our ITT office for your vacations or weekend excursions. And in 2002, we said a couple of special thanks to all our patrons, but especially our military members and their families with our free **Saluting Sailors and Their Families** party and "Who ever said there is no such thing as a free lunch" where about 800 of you joined us and the TV cameras and newspaper reporters to devour our 160 foot **"World's Largest Sandwich Ever Made in Monterey!"**

In 2003 we plan to build upon our 2002 program successes and you will continue to see some significant improvements in your MWR facilities. We will totally renovate the El Prado Dining Room using your MWR dollars to include inclusion of a nationally branded coffee shop, redesign of our food service serving lines, new carpet, tables and chairs, art work, and much more. Renowned artist Moira Wallace's historic mosaic is currently hidden behind the tile and mirror currently covering the wall behind the El Prado Bar and our project will include rediscovering and renovating this one-of-a-kind piece of art. We are also drilling a test well at the golf course to hopefully discover a new water source and ultimately receive funding for a \$2M storage lake and new irrigation system. Keep your fingers crossed on this one!

The Fleet and Family Support Center will continue to offer a wide variety of services designed to assist military members and their families but you will certainly want to mark your calendars and plan to attend the Second Annual Joint Spouses Leadership Conference at NPS on February 21-22 — Partners in service, "We're in This Together." With its new interactive sessions in Crisis Management, Family Literacy, Military Child Education Coalition, Etiquette and Protocol, Legal Issues, Media Relations and Entertaining, this year's conference is promising to be even better than the last year's. Your Quality of Life Team is excited about serving you in 2003 and we wish all of you a happy and prosperous new year!

Jim Thomas

www.mwr.nps.navy.mil



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NAVAL POSTGRADUATE SCHOOL

RADM David R. Ellison
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Command Master Chief

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Quality of Life Director

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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)



**THE FOLLOWING MWR FACILITIES
WILL BE CLOSED ON
NEW YEAR'S DAY AND ON
MARTIN LUTHER KING'S BIRTHDAY
MONDAY, 20 JANUARY '03**

CLUB DEL MONTE

CHILD DEVELOPMENT CENTER

INFORMATION TICKETS & TOURS

MWR ADMIN & CATERING OFFICES

MWR BUSINESS OFFICES

MWR MARKETING OFFICE

TECH CONNECTION

MONTEREY SHARKS LACROSSE CLUB

Is seeking players for traditional field lacrosse and box lacrosse. We have been around for almost 30 years, and most of our finest players have come from NPS, DLI and the former Fort Ord base. Many of them are coaching local youth and high school lacrosse clubs to further promote this fantastic game on the Central Coast. If interested please contact Rob at 655-3238 (email: rthompson@slconservancy.org) or George at (415) 215-0242. Look forward to hearing from you.

MWR ADVISORY BOARD TO MEET WEDNESDAY, 8 JANUARY 2003

The next MWR Advisory Board meeting is set for Wednesday, 8 January at 10:00 a.m. in the La Novia Room, Herrmann Hall Bldg 220.

All departments of the Naval Postgraduate School and tenant commands are encouraged to send representatives to these informative bi-monthly meetings.

This is your opportunity to gather the latest MWR info and to share your command's feed back with key MWR personnel.

For more on how your command can take part in the MWR Advisory Board, call the MWR Administrative Office at 656-1049.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|---|--|---|---|
| <p><i>For Party Reservations at</i></p> <p>CLUB DEL MONTE</p> <p><i>Please call 656-2170.</i></p> | <p>Monday, 6 & 13</p> <p><i>Dinner Special El Prado Room 1600-2100</i></p> <p>SEAFOOD CLOPPINO</p> <p>Adults \$7.50 Kids 5-10 \$4.00 Under 5 \$2.00</p> | <p>Every Tuesday</p> <p><i>Dinner Special El Prado Room 1600-2100</i></p> <p>“Moist & Tender”</p> <p>PRIME RIB</p> <p>\$13.00</p> | <p>1</p> <p>CLUB DEL MONTE CLOSED</p>  | <p>2</p> <p>SPY KIDS 2 (PG) 1730</p> <p><i>EL PRADO DINING ROOM LIMITED BREAKFAST & LUNCH</i></p> <p><i>DINNER 1700-1900</i></p> <p>TRIDENT ROOM CLOSED</p> | <p>3</p> <p><i>EL PRADO DINING ROOM LIMITED BREAKFAST & LUNCH</i></p> <p><i>DINNER 1700-1900</i></p> <p>TRIDENT ROOM CLOSED</p> | <p>4</p> <p>CLUB DEL MONTE FOOD & BEVERAGE SERVICE CLOSED</p> |
| <p>5</p> <p>MONTEREY PINES GOLF COURSE</p> <p><i>OPEN DAILY & MOST FEDERAL HOLIDAYS.</i></p> | <p>6</p> <p>BLOOD WORK (R) 1900</p> <p><i>Dinner Special El Prado Room 1600-2100</i></p> <p>SEAFOOD CLOPPINO</p> <p>Adults \$7.50 Kids 5-10 \$4.00 Under 5 \$2.00</p> | <p>7</p> <p>BALLASTIC: ELKS VS. SEVER (R) 1900</p> <p><i>Dinner Special El Prado Room 1600-2100</i></p> <p>“Moist & Tender”</p> <p>PRIME RIB</p> <p>\$13.00</p> | <p>8</p> <p>SIGNS (PG 13) 1900</p> <p><i>Every Wednesday Dinner Special GRILLED TRI-TIP W/ SALSA \$8.50</i></p> <p>ADVISORY BOARD MEETING</p> <p><i>La Novia Room 1000-1100</i></p> | <p>9</p> <p>SCOOBY-DOO (PG) 1730</p> <p>FAMILY NIGHT</p> <p><i>Dinner Special El Prado Room 1600-2100</i></p> <p>SPAGHETTI & MEATBALLS</p> <p>Adults: \$7.00 Kids 5-10 \$4.50</p> | <p>10</p> <p><i>Fri 10, 17 & 24 Dinner Special El Prado Room 1600-2100</i></p> <p>ROAST LEG OF LAMB WITH TARRAGON SAUCE</p> <p>\$9.00</p> | <p>11</p> <p>MONTEREY BAY ATHLETIC CLUB</p> <p><i>OPEN DAILY AND MOST FEDERAL HOLIDAYS.</i></p> |
| <p>12</p> <p>BLUEWATER COVE MARINA</p> <p><i>OPEN DAILY NOON TO SUNSET</i></p> | <p>13</p> <p>ADVENTURES OF PLUTO NASH (PG 13) 1900</p> <p><i>Dinner Special El Prado Room 1600-2100</i></p> <p>SEAFOOD CLOPPINO</p> <p>Adults \$7.50 Kids 5-10 \$4.00 Under 5 \$2.00</p> | <p>14</p> <p>AUSTIN POWERS 3: GOLDMEMBER (PG 13) 1900</p> <p><i>Dinner Special El Prado Room 1600-2100</i></p> <p>“Moist & Tender”</p> <p>PRIME RIB</p> <p>\$13.00</p> | <p>15</p> <p>THE BOURNE IDENTITY (PG 13) 1900</p> <p><i>Dinner Special El Prado Room 1600-2100</i></p> <p>GRILLED TRI-TIP WITH SALSA</p> <p>\$8.50</p> | <p>16</p> <p>SPY KIDS 2 (PG) 1730</p> <p><i>Dinner Special El Prado Room 1600-2100</i></p> <p>SPAGHETTI & MEATBALLS</p> <p>Adults: \$7.00 Kids 5-10 \$4.50</p> | <p>17</p> <p><i>Every Friday Trident Room</i></p> <p>OPEN 1500-2300</p> <p>SOCIAL HOUR 1600-1800</p> | <p>18</p> <p>TECH CONNECTION</p> <p>YOUTH AQUARIUM TRIP</p> <p>2-4 P.M. Cost: \$7.50</p> |
| <p>19</p> <p>MONTEREY NAVY FLYING CLUB</p> <p><i>OPEN MONDAY TO FRIDAY 0900-1700</i></p> | <p>20</p> <p>CLUB DEL MONTE CLOSED</p>  | <p>21</p> <p>SIMONE (PG 13) 1900</p> <p><i>Dinner Special El Prado Room 1600-2100</i></p> <p>“Moist & Tender”</p> <p>PRIME RIB</p> <p>\$13.00</p> | <p>22</p> <p>CITY BY THE SEA (R) 1900</p> <p><i>Every Wednesday Trident Room</i></p> <p>SOCIAL HOUR 1600-1700</p> | <p>23</p> <p>STUART LITTLE 2 (PG 13) 1730</p> <p><i>Dinner Special El Prado Room 1600-2100</i></p> <p>SPAGHETTI & MEATBALLS</p> <p>Adults: \$7.00 Kids 5-10 \$4.50</p> | <p>24</p> <p><i>Dinner Special El Prado Room 1600-2100</i></p> <p>ROAST LEG OF LAMB WITH TARRAGON SAUCE</p> <p>\$9.00</p> | <p>25</p> <p>TRIDENT ROOM DINNER SERVICE 1600-2100</p> <p>BEVERAGE SERVICE 1600~2300</p> |
| <p>26</p> <p>ITT OPEN MON-FRI 0930-1330 1430-1630</p> <p>CLOSED WEEKENDS AND FEDERAL HOLIDAYS</p> | <p>27</p> <p>JERRY MAGUIRE (R) 1900</p> <p><i>El Prado Room CLOSED DUE TO SCHEDULED POWER OUTAGE</i></p> <p>TRIDENT ROOM NO FOOD SERVICE</p> | <p>28</p> <p>THE TUXEDO (PG 13) 1900</p> <p><i>Dinner Special El Prado Room 1600-2100</i></p> <p>“Moist & Tender”</p> <p>PRIME RIB</p> <p>\$13.00</p> | <p>29</p> <p>SWEET HOME ALABAMA (PG 13) 1900</p> <p><i>Dinner Special El Prado Room 1600-2100</i></p> <p>GRILLED TRI-TIP WITH SALSA</p> <p>\$8.50</p> | <p>30</p> <p>SPY KIDS 2 (PG) 1730</p> <p><i>Dinner Special El Prado Room 1600-2100</i></p> <p>SPAGHETTI & MEATBALLS</p> <p>Adults: \$7.00 Kids 5-10 \$4.50</p> | <p>31</p> <p>CLAM BAKE BUFFET NIGHT</p> <p><i>El Prado Room 1700-2100</i></p> <p>Adult: \$12.00 Kids 6-10 \$6.00 Kids under 6 \$4.00</p> | <p>“Navy Regulations prohibit patrons from bringing food or beverages into an MWR facility from outside sources. Thank you for your cooperation.”</p> |

**MONDAY, 6 & 13 JANUARY
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

FAMILY NIGHT
*January Thursday Dinner Special
in the El Prado Room 4:00 ~ 9:00 p.m.*



**FRESH GREEN SALAD
SPAGHETTI AND MEAT BALLS
COOKIES**

Adults \$7.00

Kids 5-10 \$4.50

*Come enjoy our January
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

**FRIDAY, 10, 17 & 24 JANUARY
DINNER SPECIAL**

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



**ROAST LEG OF LAMB
WITH TARRAGON SAUCE**

Garlic Mashed Potatoes

Sauteed Vegetable

\$9.00

*From the kitchen of Chef Hugh Butler
January Wednesday Dinner Special
served in the El Prado Room 4:00 ~ 9:00 p.m.*



**GRILLED
TRI-TIP
WITH SALSA**

*Served with Black Beans, Fresh Vegetable
and Garlic Bread*

\$8.50

CLAM BAKE NIGHT

*All you can eat buffet Friday, 31 January
El Prado Room 5:00 ~ 9:00 p.m.*



*Fried Fresh Red Snapper, Baked Potatoes, Fresh Corn,
Steamed Clams and Mussels in Garlic Butter.*

Clam Chowder, Caesar Salad, Garlic Bread & Cookies

Adults: \$12.00

Kids under 6: \$4.00

Kids 6-10: \$6.00



**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**

| JANUARY | UPCOMING ITT TOURS | PRICE |
|---------|------------------------------|---------|
| 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 |
| Sugar Bowl | TBA | |

ARMED FORCES VACATION CLUB

Resort Condos for \$249 per week



A Space Available Voucher Program

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 \$31.00 per person. Gear and license are extra.

SAVE WITH ITT

ITT is pleased to announce that the NPS community saved over \$200,000 in FY02 by purchasing tickets, making hotel reservations and booking local tours through its vendors.

**DISNEY ON ICE
TOY STORY 2**

It's thrills-and-chills time as Woody, Buzz, Jessie & all of Andy's toys take to the ice, coming face to face with rockets, airplanes and a show-stopping traffic jam. Set aside, Saturday, 1 March at the HP Pavilion in San Jose. Performance times are 11:30 a.m. and 3:30 p.m. Cost of the tickets is \$18.25



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.



ENTERTAINMENT BOOKS

Start the new year off right by purchasing an Entertainment Book from ITT for \$20.00 It's that New Year's resolution you need to keep!





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 JANUARY 2003 SCHEDULE OF EVENTS

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|--|--|---|--|
|  | | | 1 CLOSED  | 2 YOUTH & TEEN DON'T TOUCH ME! SAC /CAMP | 3 YOUTH TECH CONNECTION Pictionary SAC /CAMP | 4 TEEN DEL MONTE CENTER MOVIE DAY Time: TBA Cost: \$7.00 |
| 5 YOUTH & TEEN BASKETBALL REGISTRATION OPEN UNTIL 10 JANUARY. COST \$40.00 | 6 YOUTH & TEEN 3 ON 3 BASKETBALL SAC/ CAMP | 7 YOUTH & TEEN PAJAMA DAY SAC /CAMP | 8 YOUTH & TEEN CRAFTS WITH MS. STEPHANIE SAC/BEAN BAG MAKING (Sewing)) | 9 YOUTH & TEEN PROUTY'S LANDING SAC THROWING SEVENS (Game) | 10 YOUTH YAHTZEE TOURNAMENT SAC CRISPY RICE SNOWBALLS (Cooking) | 11 YOUTH & TEEN TEEN COUNCIL VOTING DAY |
| 12 SAC PROGRAM HOURS: BEFORE: 0730-0800 AFTER 1415-1800 | 13 YOUTH & TEEN DOUBLE "D" SAC BULL-ROARER (Woodworking) | 14 YOUTH & TEEN CRAZY HAT DAY SAC/ BUNCO (Game) | 15 YOUTH & TEEN CRAFTS WITH MS. STEPHANIE SAC LET'S PAINT A SNOWY DAY (Arts & Crafts) | 16 YOUTH & TEEN MONSTER BALL SAC THE WHITE STUFF (Shaving cream the cleanest mess you can have) | 17 YOUTH & TEEN SQUAT THRUST SAC/FROZEN FRUIT DRINKS (Cooking) | 18 YOUTH AQUARIUM TRIP 2-4 P.M. Cost: \$7.50 |
| 19 TEEN OPEN REC'S HOURS: 1430-1800 | 20 CLOSED  | 21 YOUTH BACKWARDS DAY SAC FRIENDSHIP BRACELETS & PINS (Arts & Crafts) | 22 YOUTH & TEEN CRAFTS WITH MS. STEPHANIE SAC PARACHUTE CORPORATION (Outdoor Play) | 23 YOUTH & TEEN AMAZING MOBSTERS SAC/SANDWICH ROLLUPS (Cooking) | 24 YOUTH KARAOKE SAC/TALENT SHOW DAY (Performing Arts) | 25 YOUTH & TEEN TEEN COMMITTEE MEETING |
| 26 BALLET JAZZ DANCE LESSONS Ages 3-10 yrs \$32.00/month per child held at the Youth Center | 27 YOUTH & TEEN SOCCER SAC/LEARNING LANGUAGE (Language Arts Area) | 28 YOUTH & TEEN DAY AT THE IMPROV SAC CARDBOARD SCULPTURE (Craft) | 29 YOUTH & TEEN CRAFTS WITH MS. STEPHANIE SAC/SALT & STARCH GOO PLASTER TO APPLY TO SCULPTURE (Cooking) | 30 YOUTH & TEEN PARACHUTE SAC/LAME CHICKEN (Game) | 31 YOUTH PINE WOOD DERBY SIGN UP SAC MOVIE DAY | FOR MORE INFORMATION ABOUT OUR PROGRAMS AND SPECIAL EVENTS PLEASE CALL 656-2127 |

MWR Child Development and Youth Programs will be closed on New Year's Day and on Monday, 20 January in observance of Martin Luther Kings birthday.

Congratulations! Cruise Program, NPSSA for winning the first place award in the 6th annual "Lighted Boat Parade" in Monterey Bay, Patriotic Theme.



**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



Basketball season will begin 13 January '03. Games are scheduled on Mondays and Wednesdays. Team rosters for this game are due by 03 January.

Volleyball season will begin 14 January '03. Games are scheduled on Tuesdays and Thursdays. Team rosters for this game are due by 03 January.



Soccer season will begin 11 January '03. Games are scheduled on Saturdays and Sundays.

Game rosters for team entries are available at the Fitness Center front desk.

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. Learn from the best: Loy Vincent, B.S. Physical Education/Fitness Specialist & Certified Personal Trainer.

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

MIND BODY CLASSES

Cost: \$60.00 (8 sessions)

YOGA: Every Monday & Wednesday ~ 12:00-1:00 p.m. (See fitness class fees).

TAI CHI: Every Wednesday ~ 9:00-10:00 a.m. (starting January 15).

FREE CLASS DEMONSTRATION JANUARY 8

LOCKER RENTAL FEES

Active Duty:

6 months - \$30.00

Annual - \$60.00

Civilian:

6 months - \$36.00

Annual - \$72.00

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

MONTEREY BAY ATHLETIC CLUB WILL BE CLOSED ON NEW YEAR'S DAY AND WILL BE OPEN ON MARTIN LUTHER KING'S BIRTHDAY MONDAY, 20 JANUARY 1000-1700.

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 CONDNG |
| 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 | | |

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: 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 | 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 | |



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

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.



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

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.

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

The Fleet & Family Support Center



SCHEDULE OF CLASSES JANUARY 2003

First Friday Fun and Pre-teen Group: Friday, 10 January & 6 February 4:40 -6:30 p.m. - FFSC Building 3. A support and education group for 6th through 9th graders meets the first Friday of the month. This group will focus on socialization and "survival" skills.

Smooth Move/Relocation Workshop: Thursday, 16 January 2:00 -3:30 p.m. - NPS Glasgow Hall, Room 117. The workshop is open to all active duty personnel and their families. The entire relocation process will be addressed by representatives from the following NPS activities; household goods, family housing, security police, PSD, and Navy Medical Admin Unit. Information on PCS or separation and retirement moves will be addressed by the presenters. Register NLT 09 January '03.

Dealing with Anger: Tuesdays, 21 & 28 January 4:30-6:00 p.m. - FFSC Building 3. How often do you get angry? Do you get "ticked off" easily?

Who or what makes you angry? Is anger affecting your work or your relationships with those you love? Then this class is for you. This is a two session class, part I & II.

Budget 4 Baby: Tuesday, 21 January 6:00-8:00 p.m. - FFSC Building 3. Having a baby? Navy-Marine Corps Relief Society offers a FREE "Baby's First Sea Bag" received upon completing the Navy-Marine Corps Relief Society "Budget 4 Baby" class. Class is open to Navy, Marine Corps, and Coast Guard enlisted or officers, active duty, retirees and their dependents (sorry no exceptions).

Creating and Maintaining Intimacy in Your Marriage: Saturday, 25 January 9:00 a.m. - 3:00 p.m. - Stilwell Community Center, OMC. Learn to improve communications, solve problems and conflict resolution skills. Become better friends while maintaining romance in your relationship. This six-hour class is co-sponsored by Army Community Services (ACS) and the Navy Fleet and Family Support Center (FFSC).

ON-GOING GROUPS

Moms Supporting Moms: Tuesdays, beginning 28 January 10:00-11:00 a.m. - La Mesa Community Center. A support program for moms and moms-to-be for sharing community resources, parenting ideas, and upcoming events. Please bring your infant and join us.

Chess/Self-Confidence: Fridays, 2:30 -3:45 p.m. - Chapel OMC & Wednesdays, starting 8 January

2:30-3:45 p.m. - La Mesa Community Center. This group provides multiple approaches for 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 socialization.

Toddler Play Group: Fridays 10:00-11:15 a.m. - 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: Thursdays 4:30 -6:00 p.m. - FFSC Building 2. Join us for an on-going group addressing anger that impedes your ability to form successful relationships at home and at work. Anger may have serious effects on the angry individual as well as those who tolerate the anger.

NEW CLASS IN FEBRUARY

Weight Management, Emotions and Binge Eating: Tuesdays 6:00-7:30 starting February 11 (class meets for 4 weeks).

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 JANUARY WINTER WEEK DAY SPECIAL

18 HOLES
GREEN FEE AND CART
Starting at Noon

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

MILITARY \$10 PER PERSON

| 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 OPEN ON
NEW YEAR'S DAY AND ON MARTIN LUTHER KING'S BIRTHDAY
MONDAY, 20 JANUARY 6:30 A.M. - 5:00P.M.**

MONTEREY PINES GREENS FEES During Daylight Saving Time

| 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 |

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.



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