

Peacock Press

Naval Postgraduate School

JANUARY/FEBRUARY 2004



Join MWR

Sunday, February 1, 2004

in the Trident Bar and El Prado Dining Room

for the Superbowl XXXVIII.

*Enjoy the fun with games, prizes
and Western-style food.*

Pre-game activities start at 1430.

Game starts at 1500.

Sponsored by:


FirstCommand
FINANCIAL PLANNING

831.649.8772

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The Morale, Welfare and Recreation Department of the Naval Postgraduate School sincerely thanks and appreciates the First Command for sponsoring this event.

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Visit our website: www.mwr.nps.navy.mil



<i>The Fleet & Family Support Center</i> _____	2
<i>January Calendar Of Events</i> _____	3
<i>Club Del Monte</i> _____	4
<i>Community Activities</i> _____	5
<i>Information Tickets & Tours</i> _____	6
<i>Monterey Bay Athletic Club</i> _____	7
<i>Child Development Program</i> _____	8
<i>Tech Connection/Youth & Teen Center</i> _____	9
<i>Monterey Navy Flying Club</i> _____	10
<i>Bluewater Cove Marina</i> _____	10
<i>Monterey Pines Golf Course</i> _____	11
<i>Hours of Operation</i> _____	12

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
650 924-6000



JANUARY 2004 SCHEDULE OF CLASSES

spouses prepare a Resume and provides emphasis on how to sell your strengths when writing descriptions of work experience, completing Knowledge, Skills, and Abilities (KSAs), and supplementary questions.

Dealing with Anger: Mon 26 Jan 04 4:15-6 pm FFSC, Bldg 3 How often do you get angry? Are you "ticked-off" easily? Who or what makes you angry. Is anger affecting your work or your relationships with those you love? Learn to control and manage anger.

Creating and Maintaining Intimacy in your Marriage: Sat 31 Jan 04 9 am-3 pm ACS, Ord Military Community. A six-hour seminar focusing on communications skills, problem solving, listening, and resolving conflict. Couples will learn how to improve communications and friendships with significant others. Co-sponsored by the Army Community Services (ACS) and the Navy Fleet and Family Support Center (FFSC). **FREE childcare is available and registration is required.** Call FFSC or ACS (242-7653).

Veteran's Benefits Brief: Wed 7 Jan 03 1-2:30 pm FFSC, Bldg 3 Obtaining information on your veteran's benefits can assist you with your future retirement/separation planning. Topics discussed: Education (MGIB), Disability Compensation, VA Home Loans, State Benefits for Veterans and Dependents, Supplemental Insurance, Vocational Rehabilitation, Servicemen's Group Life Insurance (SGLI) conversion and a question/answer session. **Active duty military and their spouses are welcome and encouraged to attend. Seating is limited.**

Buying a Home: Wed 14 Jan 1-3 pm. FFSC, Bldg 3.

Resume Writing: Wed 21 Jan 04 1-3 pm FFSC Bldg 3. This course is designed to assist duty military and their

On-Going Classes

Self-Confidence/Chess Group: Wednesdays 2:30-3:45 pm. Advanced Group 3:30-4:30 pm La Mesa Community Center. Thursdays 2:30 - 3:45 pm. Advanced Group 3-4:30 pm Ord Community Chapel.

Anger Group: Thursdays 4-5 pm FFSC, Bldg 2.

Toddler Play Group: Fridays 10:30-11:30 am 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>"Navy Regulations prohibit patrons from bringing food or beverages into an MWR facility from outside sources. Thank you for your cooperation."</p>	<p>Monday 5, 12 & 26 Dinner Special El Prado Room 1600-2100</p> <p>SEAFOOD CIOPPINO Adults: \$7.50 Kids 5-10: \$4.00 Under 5 \$2.00</p>	<p>Every Tuesday Dinner Special El Prado Room 1600-2100</p> <p>"Moist & Tender" PRIME RIB \$13.00</p>	<p>Every Wednesday Dinner Special El Prado Room 1600-2100</p> <p>ROASTED & STUFFED LOIN OF PORK Adults: \$9.00 Kids 5-10: \$5.00</p>	<p>1 CLUB CLOSED HAPPY NEW YEAR Every Thursday FAMILY NIGHT</p> <p>Dinner Special El Prado Room SPAGHETTI & MEAT SAUCE Adults: \$6.50 Kids 5-10 \$4.00</p>	<p>2 Friday 9, 16, 23 & 30 Dinner Special El Prado Room 1600-2100</p> <p>SAUTEED FRESH SCALLOPS & SHRIMP Adults: \$9.00 Kids 5-10 \$4.50</p>	<p>3</p> <p>CLUB DEL MONTE CATERS GREAT DEALS FOR "WETTING DOWN/ PROMOTION PARTIES"</p>
<p>4</p> <p>FOR PARTY RESERVATIONS AT</p> <p>CLUB DEL MONTE</p> <p>PLEASE CALL 656-2170</p>	<p>5</p> <p>JEEPERS CREEPERS 2 (R) 1800</p> <p>Dinner Special SEAFOOD CIOPPINO</p>	<p>6</p> <p>DICKIE ROBERTS (PG 13) 1800</p> <p>Dinner Special "Moist & Tender" PRIME RIB</p>	<p>7</p> <p>THE SURE THING (PG 13) 1800</p> <p>Dinner Special ROASTED & STUFFED LOIN OF PORK</p>	<p>8</p> <p>FREAKY FRIDAY (PG) 1730</p> <p>Dinner Special El Prado Room</p> <p>SPAGHETTI & MEAT SAUCE</p>	<p>9</p> <p>Dinner Special El Prado Room 1600-2100</p> <p>SAUTEED FRESH SCALLOPS & SHRIMP</p>	<p>10</p> <p>TRIDENT ROOM BEVERAGE SERVICE 1600-2300</p>
<p>11</p> <p>ITT OPEN MON-FRI 0930-1330 1430-1630 CLOSED WEEKENDS & FEDERAL HOLIDAYS</p>	<p>12</p> <p>ONCE UPON A TIME IN MEXICO (R) 1800</p> <p>Dinner Special SEAFOOD CIOPPINO</p>	<p>13</p> <p>CABIN FEVER (R) 1800</p> <p>Dinner Special "Moist & Tender" PRIME RIB</p>	<p>14</p> <p>MIDNIGHT RUN (R) 1800</p> <p>Dinner Special ROASTED & STUFFED LOIN OF PORK</p>	<p>15</p> <p>ANASTASIA (G) 1730</p> <p>Dinner Special El Prado Room</p> <p>SPAGHETTI & MEAT SAUCE</p>	<p>16</p> <p>Dinner Special El Prado Room 1600-2100</p> <p>SAUTEED FRESH SCALLOPS & SHRIMP</p>	<p>17</p> <p>MONTEREY BAY ATHLETIC CLUB OPEN MON-FRI 0530-2100 SAT: 1200-1700 CLOSED SUN & ALL FEDERAL HOLIDAYS</p>
<p>18</p> <p>MONTEREY PINES GOLF COURSE OPEN DAILY 0630-1700 AND MOST FEDERAL HOLIDAYS PLEASE CALL 656-2167</p>	<p>19</p> <p>NO MOVIE CLUB CLOSED</p> <p>MARTIN LUTHER KING JR'S BIRTHDAY</p>	<p>20</p> <p>OUT OF TIME (PG 13) 1800</p> <p>Dinner Special "Moist & Tender" PRIME RIB</p>	<p>21</p> <p>S.W.A.T. (PG 13) 1800</p> <p>Dinner Special ROASTED & STUFFED LOIN OF PORK</p>	<p>22</p> <p>LAND BEFORE TIME (G) 1730</p> <p>Dinner Special El Prado Room</p> <p>SPAGHETTI & MEAT SAUCE</p>	<p>23</p> <p>Dinner Special El Prado Room 1600-2100</p> <p>SAUTEED FRESH SCALLOPS & SHRIMP</p>	<p>24</p> <p>MONTEREY NAVY FLYING CLUB OPEN MONDAY TO FRIDAY 0900-1700</p>
<p>25</p> <p>MONTEREY PINES RV CAMPGROUND OPEN YEAR ROUND</p> <p>PLEASE CALL 656-2167</p>	<p>26</p> <p>BEYOND BORDERS (R) 1800</p> <p>Dinner Special SEAFOOD CIOPPINO</p>	<p>27</p> <p>RUNAWAY JURY (PG) 1800</p> <p>Dinner Special "Moist & Tender" PRIME RIB</p>	<p>28</p> <p>UNDER THE TUSCAN SUN (PG 13) 1800</p> <p>Dinner Special ROASTED & STUFFED LOIN OF PORK</p>	<p>29</p> <p>MUPPET TREASURE ISLAND (G) 1730</p> <p>Dinner Special El Prado Room</p> <p>SPAGHETTI & MEAT SAUCE</p>	<p>30</p> <p>Dinner Special El Prado Room 1600-2100</p> <p>SAUTEED FRESH SCALLOPS & SHRIMP</p>	<p>31</p> <p>FREE MOVIES ARE SHOWN IN THE BARBARA MCNITT BALLROOM</p>

January 2004 Dinner Specials
Served in the El Prado Dining Room
Monday-Friday 4:00-9:00 p.m.

**MONDAY
DINNER SPECIAL**



**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

**TUESDAY
DINNER SPECIAL**



SLOW ROASTED PRIME RIB

*"moist and tender" with Aux Jus
accompanied with Horse Radish, Baked Potato,
Sour Cream and Chef's choice dessert*

only \$13.00

**WEDNESDAY DINNER
SPECIAL**



**ROASTED STUFFED
LOIN OF PORK**
*with Ricota Cheese,
Spinach & Parchetta*

*Served with Port Wine Reduction Sauce
accompanied with Roasted Yukon Potatoes
and Fresh Sautéed Vegetables.*

Adults \$9.00 Kids 5-10 \$5.00

**FAMILY NIGHT EVERY THURSDAY
DINNER SPECIAL**



SPAGHETTI AND MEAT SAUCE

Adult \$6.50 Kids 5-10 \$4.00

**FRIDAY DINNER
SPECIAL**



**SAUTEED
FRESH
SCALLOPS
AND SHRIMP**
*with Linguini in a Butter
Cream Sauce*

Adults \$9.00
Kids 5-10 \$4.50

*For more updated information
about MWR events,
visit our website at
www.mwr.nps.navy.mil*

VALENTINE'S DINNER



Friday, 13 February 2004

El Prado Dining Room

4:00-9:00 p.m.



SALAD

*Butter Lettuce Hearts and Baby Spinach
with Anjou Pears, Grapefruit Segments,
Gorgonzola Cheese, accompanied
with Balsamic Vinaigrette
Palate Cleanser*

CHOICE OF ENTRÉE

*Sautéed Prawns and Lobster Meat
with Leeks and Roasted Sweet Peppers
with Lobster Sauce.*

*Roast Prime Rib with Aux Jus and
Horseradish Sauce.*

*Stuffed Chicken Breast with Prociutto Ham,
Pesto and Gorgonzola Cheese
accompanied with Port Wine Sauce.*

*Baked Puff Pastry with Grilled Porta Bella
Mushrooms, Sautéed Spinach
and Artichokes accompanied with
tomato Coulis (Vegetarian).*

DESSERT

Grand Marnier Mousse Cake

*Adults \$19.50 Kids 5-10 \$9.50
under 5 free*

For reservations, please call 656-2170.

Winter Wine Tasting & Silent Auction



Friday, 20 February 2004,
7:00 - 10:00 p.m.

Barbara McNitt, Ballroom, Herrmann Hall
Naval Postgraduate School

OSSC'S MOST POPULAR EVENT OF THE YEAR!

*Come experience the best offerings
from area wineries, plentiful Hors d' Oeuvres
and a fabulous silent auction.
This event is open to military, reservists, retirees,
DOD civilians and their guest.
Tickets will be available at ITT office
12 January - 19 February 2004
\$25 per person and \$30 per person at the door.*

*For more information please call Angie at (831) 622-0742
or April at (831) 624-1850*



*The following MWR facilities
will be closed on Monday,
19 January in observance of
Martin Luther King Jr.'s birthday
and Monday, 16 February
in observance of Presidents' Day*

*ADMINISTRATIVE &
CATERING OFFICES*

*MARKETING &
BUSINESS OFFICES*

CLUB DEL MONTE

INFORMATION TICKETS & TOURS

MONTEREY BAY ATHLETIC CLUB

CHILD DEVELOPMENT CENTER

TECH CONNECTION



**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
10	Basketball Warriors vs Supersonics	\$45.00
17-19	Disney Magic Tour - Knott's Berry Farm/ Disneyland/Magic Mountain	\$199.00
	Child 3-9	\$170.00
24	Hockey San Jose Sharks vs Wild	\$45.00
31	San Francisco Get Acquainted	\$23.00

VALENTINE SWEETHEART DEALS



Buy an Entertainment Book for \$20.00 and take your Valentine to dinner or maybe a See's Candy Gift Certificate for \$10.50, then take your Valentine to a movie at a Regal Theaters, United Artists, or Edwards Theaters for \$6.00 each.

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.



Armed Forces Vacation Club is a vacation club arranged between MWR and Resort Condominiums International. AFVC offers condo unit rentals at \$249 per week at selected resorts located all around the world. Stop by ITT to pick up your space available voucher or call 656-3223.

UNIVERSAL STUDIOS HOLLYWOOD



Buy a day get a year free pass. Universal is offering this pass for only \$39.50, regular gate price is \$79.00. This pass will only be sold through April 04, so don't wait to get started on a year of fun!

UNIVERSAL CITY WALK HOLLYWOOD NIGHTTIME PARTY PASS



Experience all club access and priority seating at City Walk Hollywood to BB King's Blues Club, Howl at the Moon Piano Bar, Rumba Room, and Jillian's. Pass also includes two free well drinks and a \$5 game card for Jillian's.

HOTEL AND CASINO



Going to Las Vegas? ITT has a new hotel on their voucher program. Arizona Charlie's Decatur located on South Decatur Blvd, this hotel and casino features 5 restaurants and more than 1600 casino machines.

ENTERTAINMENT BOOKS



2004 Entertainment Books are now on sale for \$20.00. Use coupons to save money at the local stores, restaurants and more!



Ski season is here!! Check out ITT for reduced lift tickets at the following ski resort locations: Heavenly, Alpine, Northstar, Sierra, Brian Head, Sugar Bowl, Mt Rose and Squaw Valley.

9-11 COMMEMORATIVE ORNAMENTS

9-11 Commemorative Ornaments are available at the ITT office for only \$12.00.

Portion of the proceeds go to the Pentagon Relief fund.

MONTEREY BAY AQUARIUM TICKET PRICES EFFECTIVE JANUARY 2004

TICKET	ITT PRICE	GATE PRICE
Adult (18-65)	\$17.95	\$19.95
Senior (66+)	\$16.95	\$17.95
Student (13-17)	\$14.95	\$15.95
Child (3-12)	\$7.95	\$8.95

SPORTS

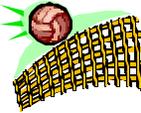


WINTER BASKETBALL

League begins Jan 12, 2004
(Meeting Jan 5, 2004 1600, MBAC)
Game played: Every Mon & Wed 1800-2000

WINTER VOLLEYBALL

League begins Jan 13, 2004
(Meeting Jan 6, 2004 1600, MBAC)
Game played: Every Tues & Thurs 1800-2000



FITNESS

Yoga. Every Mon & 12:00-1:00 pm. Cost: \$50.00/month; \$15.00/week; or \$9.00/day. The first session is free. (Great instructor-great price!) Improve your strength and flexibility. Professional athletes improved their performance by doing yoga.

Executive Bootcamp. Program starts January 15, through April 8, 2004. Cost: \$20.00 military; \$30.00 DOD/civilian. The Monterey Bay Athletic Club presents its semi-annual twelve-week weight loss, nutrition education, and strength/cardiovascular training class (lecture only). How much body fat do you need to lose? **IF you lose an agreed amount of body fat, participants get half the entry fee back.** At the same time learn how to improve your fitness level. Class meets every Thursday, 11:00-12:00 pm. Body fat measurements will be taken, at the beginning and at the end of twelve weeks. Call 656-1943 for details.

Aerobic & Strength Classes. Check out the Aerobic/Strength classes at your Fitness Center. Fifty-minute classes are held at 0600, 1100, 1200, 1630 and 1730 throughout the week. Call and ask about the exact schedule. Free to active duty military. Family members may purchase an Eight-class Punch Card for \$12.00. DOD civilian cards are \$16.00.

Fitness Classes: The following fitness classes will be available at the Fitness Center. Free to all members (military active, retired, reserves; DOD and family members). All classes will be held 11 am - 12 pm.

- February 5 - Strength Training
- February 12 - Nutrition Guidelines
- February 19 - Cardiovascular Training Techniques

Winter Fitness Challenge. Feb 2 - Mar 26, 2004. 8-week Incentive Exercise Program. Workout on your own or at the Fitness Center to earn exercise points. Ask about the details at the Fitness Center. Small incentive awards will be given out. **FREE** to all members.

LOCKER LOTTERY

If you are a current locker renter at the bathhouse, you can enter the lottery to get a locker in the Fitness Center. Entry forms must be filled out by 16 January 04. The drawing will be held on 20 January 04. Winners will be notified. Depending on the number of people who wish to move from the bathhouse, a minimum of 24 day use lockers will be available in the fitness center.

PERSONAL TRAINING



Our new female personal trainer **Cheryl Thiry** is certified by American Council on Exercise. She comes with a great deal of experience including continuing education in Nutrition, Weight Management & Exercise and Pregnancy.

\$20.00 one half hour; \$40.00 one hour or \$225.00 for 6 one hour sessions.

GROUP FITNESS CLASS SCHEDULE

HOURS	MON	TUES	WED	THURS	FRI
6:00 AM	PT READY		PT READY		
7:45 AM					TOTAL BODY CONDITION
11:00 AM	POWER FLEX		POWER FLEX		
12:00 PM	YOGA	SPIN (CYCLING)	YOGA		
4:30 PM		POWER FLEX		POWER FLEX	
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 WEEKLY	YOGA DAILY
ACT.DUTY/RESERVIST	FREE	FREE	N/A	\$50.00	\$15.00	\$9.00
RETIREE/FAMILY MEMBER	\$2.00	\$2.50	\$12.00	\$50.00	\$15.00	\$9.00
DOD CIVILIAN	\$3.00	\$3.00	\$16.00	\$50.00	\$15.00	\$9.00

There will be no Aerobic Classes from December 15, 2003 thru January 2, 2004. Classes will resume January 5, 2004.

GYM MEMBERSHIP FEES

ELEGIBLE PATRONS	DAILY	MONTHLY	1/2 YEAR	ANNUAL
ACTIVE DUTY RESERVIST	FREE	FREE	FREE	FREE
RETIREE/FAM MEMBER	FREE	FREE	FREE	FREE
DOD CIVILIAN	\$5.00	\$25.00	\$80.00	\$150.00

THERAPEUTIC MASSAGE

(Male or Female therapist now available)
Help improve performance, decrease pain and promote relaxation!



Fees:
\$60.00 for 60 minutes massage session.
\$90.00 for 90 minutes massage session.

For appointments, please call 656-3118.

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 Monday-Friday 0730-1730. Please contact the center to see if a space is available as we do maintain a wait list.

**Life Skills Readiness Program:
(Part-Day Preschool Enrichment Program)**
January 5 - June 2004 9:00 - 11:30 am

Jellyfish Drop-In Care Room: Effective February 2, 2004 the new Jelly Fish Drop In hours will be 8:30 am-2:00 pm. Reservations can be made up to one month in advance. Please keep in mind if cancellations are not made prior to the scheduled appointments, a \$5.00 fee will be charged. Care is available Monday-Friday for children ages 1 year (walking) through 6 years. The rate is

\$3.50 per hour plus an additional \$.50 for snack and \$2.00 for lunch. Afford yourself the extra time you need for appointments, to run errands, or to have a little adult time to yourself. We have lots of fun!

Before School Care is available for children ages 5-12 years attending La Mesa Elementary School.

COMMUNICATION TIPS FOR PARENTS AND KIDS

FAMILY ROUTINES

Children develop best in an environment of order and consistency. They are happier when they know what to expect. To a young child, a predictable world is a safe world. By setting up regular, reliable times and procedures for daily events, parents and teachers provide a dependable environment. Routines also help avoid the power struggles that so often occur between adults and children.

You'll find life with your child goes more smoothly if you set up and consistently carry out regular routines such as bedtime, wake up time, mealtimes, chores times, playtimes and homework times. It might help to have a list of the sequence of daily events posted where your child can refer to it as necessary (for example at bedtime-put on pajamas, brush teeth, read story). Use simple drawings on the schedule to facilitate young children's understanding (kids love to help with such drawings).

Of course, some changes in schedules and routines are unavoidable. And while children prefer routine, they are resilient enough when a familiar routine has to be disturbed.

There are two basic points to remember:

1. **Be Consistent.** Children are the most content when the same thing happens at pretty much the same time every day.
2. **Explain deviations from the routine.** If you have to change your plans, let your child know ahead of time, if possible, and explain the situation and the change you are making.



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

Interested in pursuing a rewarding career and working 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 authorized quality child care for others in your La Mesa residence, share in the financial support of your family, and have fun!

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 more information.

JANUARY 2004 SAC SCHEDULE OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Coaches are needed for MWR Youth's Basketball Season. Skills assessment is Jan 3 and practices starts January 5 or 6, games starts Jan 10. Practices are from 1500-1600 or 1600-1700 Mon & Wed or Tues & Thurs. Games are Saturday mornings. Interested party should contact Daniel McCune, Youth/Teen Sports Coordinator at 656-2127 or e-mail djmccune@nps.navy.mil.</i></p>			<p>1 CLOSED HAPPY NEW YEAR</p>	<p>2 CLOSED</p>
<p>5 SAC WILL BE OPEN FOR DAY CAMP</p>	<p>6 TREASURE STONES</p>	<p>7 WHAT'S THE TIME MR. WOLF</p>	<p>8 SHADOW ART</p>	<p>9 FREEZE DANCE IN THE DANCE ROOM</p>
<p>12 *SNOW MAN*</p>	<p>13 PRISONER'S BASE</p>	<p>14 WATERCOLOR BUTTERFLIES</p>	<p>15 GOING TO THE MONTEREY LIBRARY</p>	<p>16 DIRT DESSERT</p>
<p>19 CLOSED MARTIN LUTHER KING JR.'S BIRTHDAY</p>	<p>20 SPONGE AWAY BOREDOM</p>	<p>21 HEAD CATCH</p>	<p>22 BEAN BAGS</p>	<p>23 VOLCANO IN A BOTTLE</p>
<p>26 PAPER LANTERNS</p>	<p>27 RAIN PAINTING</p>	<p>28 PAPER DRAGONS</p>	<p>29 COOKIE CLAY</p>	<p>30 GLITTER GLOVES</p>

FEBRUARY 2004 SAC SCHEDULE OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 TOOTHBRUSH PAINTING</p>	<p>3 CRAB SOCCER</p>	<p>4 VALENTINE HEART ANIMALS</p>	<p>5 BASKETBALL OUTSIDE</p>	<p>6 FREEZE DANCE</p>
<p>9 SAC DAY CAMP FOR LINCOLN'S BIRTHDAY</p>	<p>10 TISSUE PAPER FLOWERS</p>	<p>11 BRING A STUFFED ANIMAL</p>	<p>12 FRIENDSHIP NECKLACES</p>	<p>13 3D HEART MOBILES</p>
<p>16 CLOSED PRESIDENT'S DAY</p>	<p>17 CORNER CORNER</p>	<p>18 LANYARDS</p>	<p>19 RELIEF MAP FOR BLACK HISTORY MONTH</p>	<p>20 ROCKET WIND SOCKS</p>
<p>23 FOOTBALL RUN</p>	<p>24 LIZARD FRIENDS</p>	<p>25 BUNKER HILL</p>	<p>26 MARSH MELLOW PEOPLE</p>	<p>27 FREE DAY BACK YARD PARK</p>



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.

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: \$25.00/hour.

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



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 Beech (T-34) \$100.00
Cessna 172 (IFR) \$66.00

All rates are on a hourly basis including fuel.

MEMBERSHIP FEES

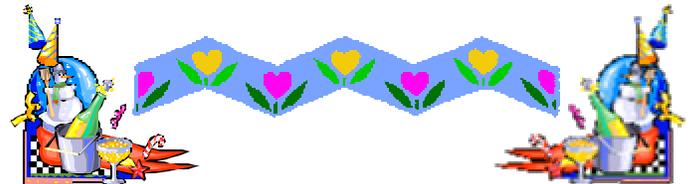
Monthly dues: \$23.00 Initiation fee: \$30.00

Bluewater Cove Marina



Naval Postgraduate School Sailing Association

NPSSA, 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. For more information on how to get involved with sailing in Monterey, contact NPSSA at npssa@nps.navy.mil.



MWR ADVISORY BOARD TO MEET WEDNESDAY, 14 JANUARY 2004

The next MWR Advisory Board Meeting is set for Wednesday, 14 January 2004, 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 information 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.



Go to our new website at
www.montereypinesgolf.com.

Register with our site and print off coupon good for discounted green fee. Good Monday - Friday only and golfers must present coupons at check in time.

Golf instruction available from your certified golf instructors.

ERIC THOMPSON/DAVID HARBER/BOON CHATIVONG
 Golf 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 laundry facilities. Site 14 offers access for the physically challenged. Visa and Mastercard are accepted.



FEBRUARY TOURNAMENTS WINTER KICK OFF

February 21 & 22, 2004 8:00 am shotgun
 Limited to 64 players



Day 1

9 holes scramble
 9 holes best ball
 Breakfast
 Tee prizes

Day 2

9 holes aggregate score
 9 holes alternate shot
 Breakfast
 Lunch banquet
 Awards

FEES:

Members/punch card holders - \$25.00
 Military - \$45.00
 DOD - \$55.00
 Civilian - \$65.00

For more information, call 656-2167.

DAILY RENTAL FEES		
ELIGIBLE PATRON	Full Hook-Up	Partial Hook-Up
Military	\$22/Day	\$18/Day
DOD	\$25/Day	\$22/Day
Sponsored guests	\$29/Day	\$25/Day

RV VEHICLE STORAGE RATE		
	0 TO 20 FT	OVER 20 FT
Military	\$15.00	\$20.00
DOD Civilian	\$20.00	\$25.00

GOLF FEES			
RENTALS		ANNUAL FEES	
Cart Rate	\$20.00	Enlisted	\$540.00
Single Cart	\$12.00	Officer	\$660.00
Rental Clubs	\$10.00	DOD	\$720.00
Pull Carts	\$5.00		

WINTER WEEKDAY SPECIAL

18 holes green fee & golf cart

Military - \$14.00
 DOD - \$16.00
 Civilian - \$19.00



HOLIDAY STOCKING STUFFERS

10 rounds of golf with cart

Military - \$220.00 value
 for only \$170.00

DOD - \$280.00 value
 for only \$225.00

Civilian \$340.00 value
 for only \$250.00

5 rounds of golf with cart

Military - \$110.00 value
 for only \$90.00

DOD - \$140.00 value
 for only \$115.00

Civilian \$170.00 value
 for only \$135.00

PUNCH CARD 20 PLAY	25% DISCOUNT
Military	\$180.00
DOD	\$270.00

The Monterey Pines Golf Course will be open on
 Monday, 19 January Martin Luther King's
 Birthday and on Monday, 16 February
 Presidents' Day 6:30 am - 5:00 pm.

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 information, 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: 4:00 - 9:00 p.m. Monday through Friday

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 Friday

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.

TECH CONNECTION - La Mesa Village, (Bldg. 444) 1222 Leahy Rd. Open for School Age Care, Monday through Friday, 2:30-6 p.m. while school is in session. 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 while school is in session and 0900-1800 during day camp. 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 am - 1:00 p.m. Closed on Sundays and federal holidays. 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.

NAVY LODGE - 1100 Farragut Road, Monterey, Ca 93940. Tel: 372-6133.



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