



Peacock Press

MARCH 2002

Naval Postgraduate School



From the Quality of Life Director...

As you can see, the big MWR event for March is the Re-opening of our MWR Marina. Located at the Coast Guard pier in historic downtown Monterey, sailing opportunities are now available for all active duty, retired military, family members and DOD civilians. Nine boats are available through the NPS Monterey Bay Athletic Club at unbelievably low rates. The Naval Postgraduate School Sailing Association (NPSSA) also offers sailing lessons at the best rate on the Peninsula. So dramatically improve "the quality of life" of your friends and family by taking them sailing on beautiful Monterey Bay!

Jim Thomas

-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.

MWR Bluewater Cove Marina is OPEN!!!!

- 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.

MEET THE FLEET! These sailboats are available for rental from Bluewater Cove Marina Rentals at the Monterey Bay Athletic Club

SPECIAL RE-OPENING 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



www.mwr.nps.navy.mil



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NAVAL POSTGRADUATE SCHOOL

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Superintendent

CAPT Frank C. Petho
Deputy Superintendent

GSCD(SW) R.O. Murphy
Command Senior Chief

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Quality of Life Director

Beth Leone-Mullins
Leisure Services Manager

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Golf Course/RV Campground
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Child Development Program
Administrator

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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)

Liberty/Special Events

ST. PATRICK'S DAY PARTY

El Prado Bar
Friday, March 15, 2002
1700 ~2000



Live Entertainment
Award for
"Most Original Green Attire!"
(appropriate dress please)
Games and Prizes!

ADULT EASTER EGGHUNT

El Prado Bar
Friday, March 22, 2002~1800



Adults! come and join the hunt...for those silver and golden eggs! Hundreds of eggs will be hidden with goodies and prizes!

For more information about Special events please call 656-5235.

MWR ADVISORY BOARD

Wednesday, 3 April 2002

The next MWR Advisory Board meeting is set for Wednesday, 3 April 2002, at 1000 in the La Novia Room, Herrmann Hall, Bldg. 220.

All NPS departments and tenant commands are encouraged to send representatives to these informative bi-monthly meetings.

It is an opportunity to gather the latest MWR info and to share your command's feedback with MWR personnel.

For more information, call the MWR Administrative Office at 656-1049.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Join us every Monday for FAMILY NIGHT MEXICAN STYLE		For party reservations at CLUB DEL MONTE please call 656-2170	FAMILY NIGHT every Thursday El Prado Room 1700-2000 Adults \$6.50 Kids 5-10 \$4.00 Kids under 5 \$2.00	1 Every Friday El Prado Room Lunch Special Green Salad Fresh Fried RED SNAPPER & Fresh Fried Potato Chips \$5.50	2 TECH CONNECTION OPEN RECREATION 1300-1800
3 FAMILY BREAKFAST every Sunday El Prado Room 0900-1330 \$7.50 ~ Adults \$5.00 kids (5-10)	4 MEXICAN NIGHT El Prado Room 1700-2000 Adults \$6.50 Kids 5-10 \$4.00 Under 5 \$2.00	5 Monterey Bay Athletic Club SPRING SOFTBALL Organizational Meeting Fitness Center 1600	6 Monterey Bay Athletic Club SPRING VOLLEYBALL Organizational Meeting Fitness Center 1600	7 FAMILY NIGHT Dinner Menu Pot Roast of Beef	8 El Prado Bar SOCIAL HOUR 1600-1800 every Friday	9 TECH CONNECTION YOUTH POOL TOURNAMENT 1630
10 MONTEREY BAY ATHLETIC CLUB OPEN DAILY AND MOST FEDERAL HOLIDAYS	11 Monterey Bay Athletic Club MARCH MADNESS begins	12 Every Tuesday El Prado Bar Dinner Special ROAST PRIME RIB \$13.00	13 Every Wednesday El Prado Bar Dinner Special Caesar Salad GRILLED PRAWNS \$13.50	14 FAMILY NIGHT Dinner Menu Penne Pasta with Meat Sauce	15 ST. PATRICK'S DAY PARTY El Prado Bar 1700-2000 Fitness Center ST. PATRICK'S DAY 5K-RUN 1500	16 TECH CONNECTION OPEN RECREATION 1300-1800
17 <i>Happy St. Patrick's Day</i>	18 TECH CONNECTION YOUTH & TEEN SPRING SURPRISE	19 TECH CONNECTION OPEN RECREATION 1500-1800	20 TECH CONNECTION TEEN BOWLING 1630	21 FAMILY NIGHT Dinner Menu Fresh Roasted Juicy Young Hens	22 ADULT EASTER EGG HUNT El Prado Bar 1800 TECH CONNECTION TEEN BINGO 1630	23 TECH CONNECTION YOUTH & TEEN PIZZA PARTY 1500-1700 \$1.00
24 MONTEREY NAVY FLYING CLUB OPEN DAILY 0900~1700 For more info Call 372-7033	25 TECH CONNECTION TEEN SCAVENGER HUNT 1630	26 Monterey Bay Athletic Club MARCH MADNESS ends	27 TECH CONNECTION OPEN RECREATION 1500-1800	28 FAMILY NIGHT Dinner Menu Braised Tender Pork Ribs TECH CONNECTION TEEN'S MOVIES \$5.00	29 TECH CONNECTION YOUTH & TEEN BUILD A SUNDAE	30 TECH CONNECTION TEEN TRIP TO BOARDWALK 1100 ~ \$20.00 JAM SESSION 0830-1030
31 EASTER BRUNCH El Prado Room 10:00-2:00 p.m. \$17.00 Adults \$9.50 Kids (5-10) Reservations Recommended Call 656-2170.		Monterey Bay Athletic Club SPRING SOFTBALL Season begins April 10, 2002 Games played Mon & Wed	Monterey Bay Athletic Club SPRING VOLLEYBALL Season begins April 9, 2002 Games played Tues & Thurs		BLUEWATER COVE MARINA OPEN DAILY NOON~SUNSET For more info Call 656-3118	

FAMILY NIGHT

*Every Thursday
1700~2000
in the El Prado Room
Prices are: Adults ~ 6.50
Children 5-10 ~ \$4.00
Children under 5 years \$2.00*

MENU

7 March

*Fresh Salinas Valley Crispy Mixed Green Salad
Pot Roast of Beef
Mashed Potatoes and Gravy
Dinner Rolls
Fresh Baked Cookies*

14 March

*Caesar Salad
Penne Pasta with Meat Sauce
Fresh Garlic Bread
Brownies*

21 March

*Fresh Salinas Valley Crispy Mixed Green Salad
Fresh Roasted Juicy Young Hens
Fresh Fried Potato Wedges
Dinner Rolls
Fresh Baked Cookies*

28 March

*Braised Tender Pork Ribs
Scalloped Potatoes
Steamed Broccoli
Dinner Rolls
Brownies*

Please call 656-2170 for reservations.

WHAT'S NEW...

Did you know you can dine with Club Del Monte 6 nights a week? That's right, we offer dinner Mon-Sat evenings 1600-2100 for very reasonable prices. Mon-Thurs consists of monthly dinner specials and Friday includes Social Hour from 1600-1800 with complimentary hors d'oeuvres and reduced beverage prices.

Come on down to the El Prado Bar where the fun is! If you would like to bring your family, we can seat you in the main dining room. Patrons must be 21 years of age in the El Prado Bar. Please call 656-2170 to reserve your seat for larger groups.

Note: Open to all active duty, retirees, reservists, DOD staff attached to NPS and family members, who possess a current I.D. and base decal. Arrangements can be made for your civilian guests to join you by providing guests names to base security.

FAMILY BREAKFAST

Please join Club Del Monte for breakfast every Sunday

**9:00 a.m. ~ 1:30 p.m.
in the El Prado Dining Room
\$7.50 ~ Adults
\$4.00 ~ Children (5~10 yrs of age)**

Open to all active duty, military retirees, NPS DOD civilians and their families who possess current military/Gov't I.D. and current vehicle decal.

Reservations encouraged.

Please call 656-2170 to reserve your seat today.

MONDAY FAMILY NIGHT

*El Prado Room
1700-2000*



MEXICAN NIGHT

MENU

*Fresh Salinas Valley
Crispy Mixed Green Salad
Pork Carnitas
Black Beans
Fresh Salsa
Mexican Rice*

*Churros
Adults \$6.50
Children 5-10 \$4.00
Under 5 yrs \$2.00*

Please call 656-2170 for reservations.

From the kitchen of Chef Hugh Butler comes this month's Wednesday Dinner Special served in the El Prado Bar 4:00 ~ 9:00 p.m.



**Cesar Salad
GRILLED PRAWNS**
*Skewers on Fettuccine
with Alfredo Sauce
Chef Choice Dessert
\$13.50*



Come enjoy our Tuesday Dinner Special in the El Prado Bar 4:00 ~ 9:00 p.m.

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

only \$13.00

**King's cut of Prime Rib
\$5.00 additional**



EASTER BRUNCH
*Sunday, 31 March 2002
El Prado Dining Room
11:00 a.m. ~ 2:30 p.m.*

**\$17.00 Adults
\$9.50 Children (5~10)**

Reservations are Highly Recommended.

Please call 656-2170 for reservations.

Come enjoy March's Friday Lunch Special in the El Prado Dining Room



**Green Salad
Fresh Fried
RED SNAPPER**
*and Fresh Fried Potato Chips
\$5.50*

The Trident Room is presently closed for renovation. Please join us in the El Prado Bar while we work to improve "your" Bar.

Interested in having an event at NPS? We can accommodate groups from 25 to 900 people in one of our many rooms which range in size from intimate alcoves to the grandeur of the Barbara McNitt Ballroom.

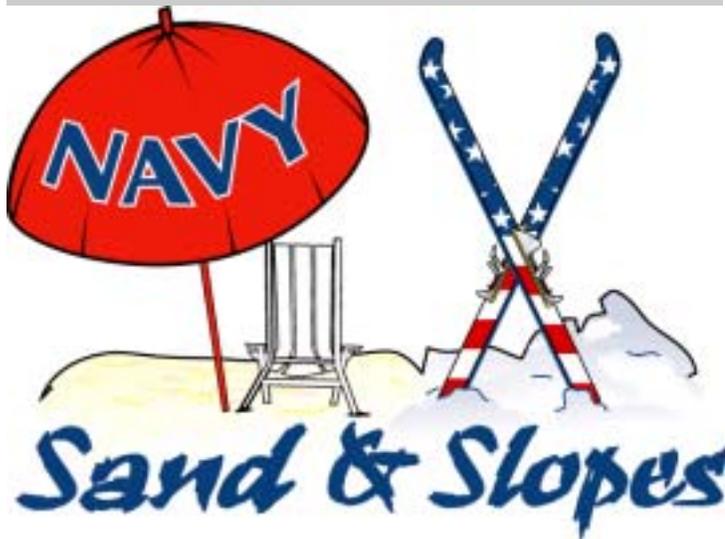
Among the many events held here are weddings, receptions, protocol parties, mixers, reunions, family gatherings, dances, graduation celebrations, holiday parties and more. Talk to our creative, dedicated staff about ideas for planning your event.

Invite your family, friends and colleagues to join you for a truly memorable occasion at Club Del Monte. More information is available through the MWR Catering Office, 656-1049.



Saluting Sailors & Their Families

FREE BEACH & SKI TRIP



Navy Morale, Welfare & Recreation (MWR) has developed the Sand and Slopes Contest in a continuing effort to show our appreciation to Navy Sailors and their families by providing Special Events for Special People through the "Saluting Sailors & Their Families" program.

Ever wanted to run MWR for a day? How would you do it? What programs would you offer? How would you make a difference in fellow shipmates' lives? Here's your chance! Enter your MWR program ideas to be one of the lucky 10 winners to receive a combination trip for you and one guest, age 18 or older, to the Whistler Ski Resort, British Columbia, Canada and the Atlantis Resort, Nassau, Bahamas from 11 April to 21 April 2002.

HOW TO ENTER

Submit your MWR program suggestions in a 350 to 500-word essay entitled "If I Ran MWR For A Day." Programs must be practical, legal, fiscally responsible, and most importantly FUN! The contest opens Tuesday, 26 February 2002 and runs through Monday, 18 March 2002 at www.mwr.navy.mil under the "Saluting Sailors and Their Families" link. All submissions must be received electronically by Monday, 18 March 2002, 9:00 a.m. (CST). Winners will be announced at 12:00 p.m. (CST), Monday, 25 March 2002 via the MWR website. Please forward any questions to the Sand & Slopes POC at p650d@persnet.navy.mil.

ELIGIBILITY

Contest applicants must be a Navy or other active duty service member of tenant commands of naval installations and members of the Reserve Component, e.g., drilling Reservists, who are currently on active duty for more than 30 continuous days, as well as military family members, who are over the age of seventeen (17) as of 26 February 2002 and possess a valid military dependent identification card. Contestants are required to still be in an active duty status through 22 April 2002. Winners of previous Saluting Sailors and Their Families contests not eligible to win the Sand and Slopes Contest.





Located on
HERRMANN HALL
QUARTERDECK

Open Monday-Friday
9:30 a.m. to 1:30 p.m.
2:30~4:30 p.m.

Closed Weekends
and
Federal Holidays

MARCH	UPCOMING ITT TOURS	PRICES
2	San Francisco Get Acquainted	\$23.00
9	Winchester Mystery House	\$35.00
16	San Jose Sharks vs. Chicago	\$45.00
23	Hearst Castle	\$23.00
30	Easter Shopping at Valley Fair	\$23.00
APRIL		
6	San Jose Sharks vs. Detroit	\$45.00
13	Pier 39 Alcatraz	\$39.00
27	Great America Amusement Park	\$45.00



Great America opens. Offering the best variety of roller coasters in Northern California, Great America is also an excellent place to entertain kids with

attractions such as Nickelodeon Splat City and Kidzville. Tickets: \$30.00 for anyone 7 yrs and older; Children 3-6 yrs \$20.00. Paramount's Great America begins its season on Saturday, 23 March. However, the park will be closed Easter Sunday.

ENTERTAINMENT BOOKS. *Didn't get your new Entertainment Book for 2002? ITT ordered extra copies this year and has books for sale at \$20.00 each.*



SKI LIFT	MWR	SITE
Alpine Meadows	\$46.00	\$54.00
Heavenly	\$51.00	\$57.00
Homewood (Fri-Sat)	\$33.50	\$42.00
Kirkwood Adult	\$45.00	\$52.00
• Young Adult (13-18 yrs)	\$37.50	\$42.00
Mt. Rose	\$31.50	\$45.00
Northstar/Sierra at Tahoe Adult	\$46.00	\$54.00
• Young Adult (13-22 yrs)	\$36.50	\$44.00
Squaw Valley	\$48.00	\$56.00
Sugar Bowl Adult	\$47.00	\$54.00
• Young Adult (13-21 yrs)	\$33.50	\$40.00

FREE TICKET OFFERS

Disney Resorts and Universal Studios are continuing their offers for a one time free admission to active duty U.S. military through 30 April. Up to five family members and friends will receive 50% off when accompanied by the active duty member.



OAKLAND ATHLETICS BASEBALL.

Baseball season is about to start! ITT will offer tickets for the Oakland A's weekend games throughout the season. Special orders for weekday games can be placed in advance through ITT.



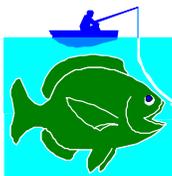
THE TECH MUSEUM. Become a player in The Tech Museum's new interactive "Science of Sport" exhibit running through 21 April.

Also, see *Beauty and the Beast* in the Hackworth IMAX Dome Theater showing through 20 May. Buy tickets at ITT for \$14.00 for adults and \$12.00 for children 3-12 years old.

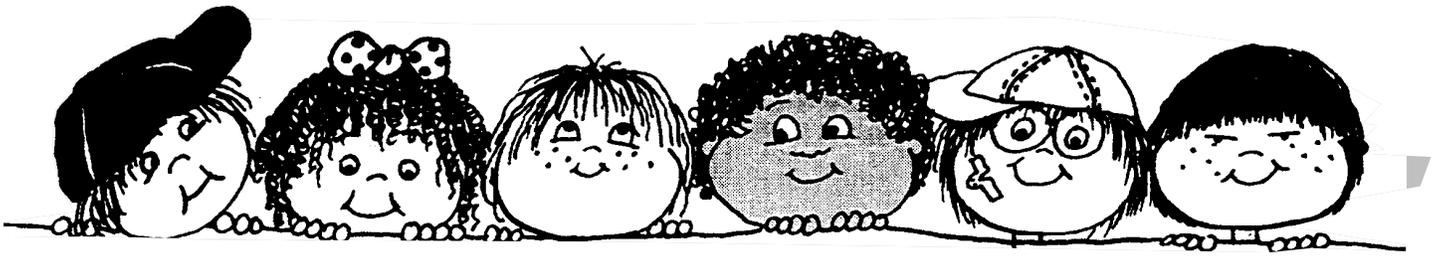


DEEP SEA FISHING & WHALE WATCHING

Sign up for local deep-sea fishing or whale-watching excursions with Randy's Fishing Trips. Whale-watching is \$11.00 for adults or children. Prices for fishing start at \$31.00 per person. Gear and licenses are extra.



For more information about tickets and tours, please call 656-3223.



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

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

BASIC ART DOUGH

4 cups flour
1 cup salt
1 3/4 cups warm water



Mix together
Knead for 10 minutes Model
Bake at 300 until hard
Or air dry a few days

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 Child Development Center offers a part-day preschool program called the Life Skills Readiness 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 starts in August and runs to June each year.

Hourly Care Room ~ The Child Development Center offers an hourly care room to registered children between the ages of 1 year (walking) and 6 years. Reservations may be made up to to two full weeks in advance. The rate is \$3.50 per hour plus an additional \$.50 for snacks. The current hours are Monday through Friday 9:00 a.m. to 12:00 noon. To make reservations and register your child, please call the Child Development Center at 656-2734.

All of our programs are open to active duty military, reservists in active duty status, military retirees and DOD civilians.



**Accredited by NAEYC's
National Academy of Early
Childhood Programs**

YOUTH & TEEN MARCH 2002 SCHEDULE OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	All weekday youth programs start at 1530		All weekday teen programs start at 1630		1 GUESS THE JELLY BEANS	2 OPEN RECREATION 1300-1800
3 CLOSED	4 YOUTH FIZZLE	5 TEEN MAGE KNIGHT CHALLENGE	6 YOUTH KICK BALL	7 YOUTH MAKE A KITE	8 KIDS NIGHT OUT 7-11 P.M. Cost \$5.00 Reserve spot by 6 March '02.	9 YOUTH POOL TOURNAMENT 1630
10 CLOSED	11 APPLE EATING CONTEST	12 OPEN RECREATION 1500-1800	13 YOUTH TIC TAC TOE BASKETBALL	14 YOUTH WHISTLER	15 GREEN DAY YOUTH & TEEN	16 OPEN RECREATION 1300-1800
17 	18 SPRING SURPRISE YOUTH & TEEN	19 OPEN RECREATION 1500-1800	20 TEEN BOWLING	21 YOUTH MOVIE & POPCORN	22 TEEN BINGO	23 YOUTH & TEEN PIZZA PARTY 1500-1700 \$1.00
24 CLOSED	25 TEEN SCAVENGER HUNT	26 TEEN ROCK CLIMBING	27 OPEN RECREATION 1500-1800	28 TEENS GO TO THE MOVIES \$5.00	29 YOUTH & TEEN BUILD A SUNDAE	30 TEEN TRIP TO BOARDWALK 1100 \$20.00
31 CLOSED		YOUTH & TEEN BASEBALL COST: \$35.00 Registration: 25-29 March Season: 20 April ~ 8 June Call 656-2127		YOUTH & TEEN BASKETBALL Every Saturday 0900-1600 Porter Youth Center & NPS Gym		Boardwalk trip needs 15 teens to be signed up and paid by the 27th of March.

During the month of March there will be activities for both the youth and teens during their Spring Break from School. Doors will be open on weekdays at 1100. Spring Camp for School Age Care will also be going on 18-29 March with wrap around time from 0730-0900 and 1700-1800. Camp hours are 0900-1700. Fees are based on sliding scale. Ages are 5-12 years old. We are also recruiting for umpires, referees & coaches for our baseball season.



MARCH MADNESS

March 11~26

(no weekends)

Sign up: March 1~8

Cost: Free

This program consists of a total of twelve exercises and must complete at least nine (9) out of the twelve to get a prize. **ONLY ONE EXERCISE PER DAY!** Exercise will be posted each daily. The MBAC staff will be available to sign your daily log. Logs are available at the front desk.

NPS DUATHLON

Hosted by the Naval Postgraduate School's MWR Department and Monterey Military Triathlon Team (M2T2)

Date: Saturday, April 13, 2002
Time: 0800
Pre-register by: April 7, 2002

Entry fees: (includes T-shirt)
Active duty:

- 19 and under ~ \$20.00
- 20 and over ~ 22.00
- Reservist/Retired ~ \$25.00
- DOD ~ \$25.00

For more info or to register call:
Monterey Bay Athletic Club
(831) 656-1943
Lynn Fodrea: (831) 238-3697
Lrfodrea@nps.navy.mil

For entries received after April 7,
T-shirt may not be available on race day.

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	

SPORTS

Spring Softball Organizational Meeting



When: Tuesday, 5 March 2002 at 1600
Where: Fitness Center, Bldg. 208
Rules, eligibility and league will be discussed.
Season begins: April 10, 2002
Games played Monday & Wednesday

Spring Volleyball Organization Meeting



When: Wednesday, 6 March 2002 at 1600
Where: Fitness Center, Bldg. 208
Rules, eligibility and league formal will be discussed.
Season begins: April 9, 2002 Games played Tuesday & Thursday.

For information, call 656-3118.

ST. PATRICK'S DAY 5K-RUN

When: Friday, 15 March 2002
Where: Fitness Center Parking Lot
Time: Race starts promptly at 1500



Fee: \$12.00 Active Duty/Reservists
\$13.00 Retirees/Family Members
\$14.00 DOD Civilians

Fee includes a commemorative Long Sleeve T-shirt.

Divisions: Men's 17-29 Women's 17-29
Men's 30-39 Women's 30-39
Men's 40-49 Women's 40-49
Men's 50+ Women's 50+

Awards will be given to the top 2 finishers in each division.
Please register at the Fitness Center front desk by 14 March or call 656-3118.

GROUP FITNESS CLASS SCHEDULE

HOURS	MON	TUES	WED	THURS	SAT
6:00 AM	20/20/20	FREE STYLE	PT READY	FREE STYLE	
8:30 AM					*STEP
9:30 AM		STEP REBOOK		STEP REBOOK	*MUSCLE CONDITIONING
12:00 PM	POWER YOGA	PEDAL PUMPING	POWER YOGA	PEDAL PUMPING	
5:00 PM	SIX PACK ATTACK		SIX PACK ATTACK		*Last Saturday of the month
5:30 PM	KICK BOX	PEDAL PUMPING	KICK BOX	PEDAL PUMPING	Jam Session FREE!
6:30 PM	PEDAL PUMPING	STEP REBOOK	PILATES	STEP REBOOK	



PERSONAL TRAINING

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

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 pilates, aerobics or cycling classes.



www.navyflyingclubs.com/monterey

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.

AIRCRAFT RENTAL RATES

Cessna 152 (IFR) \$46.00

Cessna 172 (IFR) \$66.00

Beech T-35 B \$75.00



All rates are on hourly basis including fuel.

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.

MEMBERSHIP FEES

Monthly dues: \$23.00

Initiation fee: \$30.00

The Fleet & Family Support Center



The phrase about taking care of your people and they'll take care of the mission isn't the creation of some slick Madison Avenue ad agency. People tend to work harder and longer when their needs-and the needs of their families are met.

But, sometimes, in the rush of getting the job done, we tend to overlook our most important resource, people. Supervisors especially need to ensure workers have more than the right tools and training. They need to be aware of their workers' personal and emotional needs, too. Nothing hurts readiness, productivity and safety more than personal problems.

Too often we assume people are ok because we don't take the time to ask simple everyday questions. Questions like: How are you? What can I do to make your life or work better? Less stressful? What have I done--and what more can I do--to show you how much I respect and appreciate the work you do?

The Fleet and Family Support Centers worldwide as well as here at the Naval Postgraduate School sole mission is to help commanders, managers in providing services to active duty (single or married), DoD civilians, and their families meet the pressures of today's demanding military lifestyle.

Core programs consist of Personal Financial Management program, Relocation Assistance Program, Family Life Skills & Information and Referral, Volunteer Program, Transition Assistance Management Program, Retired Activities Office and Clinical Counseling Services. Our Family Support teams of professionals are ready to assist the military on the

Monterey Peninsula in meeting mission and morale needs of those permanently assigned here or on TDY.

The Center entered the world of cyberspace making it easy for leadership and family members to become aware of services by sending program information directly to the e-mail addresses of those persons requesting this service. These efforts of keeping everyone informed of all the outstanding programs and services is tailored to the individuals needs of those requesting service. The goal is to provide a timely, high quality service specific to the needs of all persons stationed here.

For new commanders and active duty members arriving you can see the personalized services the Center offers by visiting [HTTP://WWW.NPS.NAVY.MIL/FSC](http://WWW.NPS.NAVY.MIL/FSC). Our Customer Service phone number is 656-3060 and from this desk you can be put in touch with the Program Manager that you require.



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
Active Duty/Reservist/ Retiree/Family Member	\$15/Day	\$13/Day
DoD Civilian	\$18/Day	\$16/Day
Civilian Guest	\$20/Day	\$18/Day

This month's Golf Rule:

"RULE 23-1 RELIEF"



Except when both the loose impediment and the ball lie in or touch the same hazard, any loose impediment may be removed without penalty. If the ball moves, see Rule 18-2c.

When a ball is in motion, a loose impediment which might influence the movement of the ball shall not be removed.

GOLF TIP

"Working the Ball"

Just by teeing the ball up on the proper side of the tee box will help the golfer to shape his shot.

If you want to draw the ball, tee up on the left side of the tee box. Aim down the right side and swing out to "right field." This will help draw the ball back to the center of the fairway. If you want to fade the ball, tee up on the right side of the tee box. Aim down the left side and swing access to "left field." This will help fade the ball back into the center of the fairway.

MONTEREY PINES GREENS FEES	
MONDAY-FRIDAY	
Military	\$12.00
DOD Civilian	\$14.00
Guest	\$20.00
Junior	\$8.00
WEEKENDS & HOLIDAYS	
Military	\$14.00
DOD Civilian	\$18.00
Guest	\$28.00
Junior	\$8.00
TWILIGHT (2 P.M.-CLOSING)	DAILY
Military	\$9.00
DOD Civilian	\$11.00
Guest	\$15.00
Junior	\$8.00

Policy Change: Mid Day rate was discontinued. The Twilight rate will remain in effect, starts at 2:00 p.m. during Pacific Standard time and 3:00 p.m. during Daylight Savings time.

All gift certificates will be redeemed for Pro Shop merchandise only. Gift certificates will not be redeemable for green fees, cart fees, annual fees, monthly fees or punch cards.

NAVAL POSTGRADUATE SCHOOL (Area Code 831)

[MWR \(NPS\) Intranet Events Calendar ~ http://onboard.nps.navy.mil/intra/](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: 656-2432.

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

Hours of Operation:

Ala Carte Breakfast: 6:45 ~ 10:45 a.m. Weekdays
Hot Breakfast: 6:45 ~ 9:00 a.m. Weekdays
Lunch: 10:45 a.m. ~ 2:00 p.m. Weekdays
Dinner: See El Prado Room listing below.
Family Breakfast: 9:00 a.m. ~ 1:30 p.m.

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

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

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

CLUB DEL MONTE/CATERING SALES OFFICE ~ Herrmann Hall (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 1330~1430. Phone: 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 for the season. 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: 656-4029.

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

BLUEWATER COVE MARINA ~ On the Coast Guard Pier, downtown Monterey. Open daily noon to sunset. Phone: 656-2159.

MWR BUSINESS OFFICE ~ Herrmann Hall ground floor (Bldg. 220), across from Navy Federal Credit Union ATM machine. Open Monday through Friday, 8 a.m. ~ 4:30 p.m. Closed weekends and all federal holidays. Phone: 656-5234.

MWR MARKETING OFFICE ~ Herrmann Hall (Rm. 60) ground floor (Bldg. 220). Open Monday through Friday, 8 a.m. ~ 4:30 p.m. Closed weekends and all federal holidays. Phone: 656-4804.

THE FLEET & FAMILY SUPPORT CENTER ~ 1280 Leahy Road, Monterey, Ca 93940. Open Monday through Friday, 8:00 a.m. ~ 5:00 p.m. Tel: 656-3060.

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



Peacock Press

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