



Peacock Press

MAY 2003

Naval Postgraduate School



From the Quality of Life Director...

Get ready for some great nights out at the Old Hotel Del Monte in May. Start with a few libations and entertainment in our recently renovated historic Trident Bar. During the month of May, we will offer "Two for One" appetizers from our new Trident appetizer menu. In the Trident we will also offer one of our **Super Burgers** (8 oz) with fries and a fountain beverage (soda or draught beer) for only \$6.00 before 1800 Monday through Friday. Also check out our quality dinners at great prices in our El Prado Dining Room and then head for a recently released movie in our MWR theatre. Movies like **Lord of the Rings: The Two Towers**, **Tears of the Sun**, **About Schmidt**, and **Gangs of N.Y.** are being shown on a large 9' x 12' screen Monday through Thursday during the month of May **FREE OF CHARGE**, with free popcorn. These are absolutely great value "packages" for you and your family that you just can't find anywhere else in Monterey - not even close! (Movies begin at 1900 on all nights except Family Night Thursday when they begin at 1800.)

On Sunday, 11 May, Chef Butler will pull out all stops on a fantastic **Mother's Day Brunch**. You will not find a similar quality brunch at our price anywhere on the Peninsula. Make your reservations early as last year we had over 700 people attend and we had to close reservations. Father's Day Brunch is also right around the corner on 15 June so go ahead and make plans for that special dad as well!

National Teacher Day is Wednesday, 7 May and we would like to show appreciation to our professors and lecturers with a 50% discount off our Club Del Monte lunch menu. We appreciate all you do for NPS! Please mark your calendars and come enjoy a great lunch.

Jim Thomas

www.mwr.nps.navy.mil



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NAVAL POSTGRADUATE SCHOOL

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Newsletter Editor

The Peacock Press is a monthly publication of the MWR Department, Naval Postgraduate School. Information may be subject to change without notice.

All phone numbers are in area code (831)



MAY 2003 SCHEDULE OF CLASSES

Winning Interview Workshop: Tues 6 May 1-4 pm FFSC, Bldg 3. This class is designed to help individuals prepare for interviews. Emphasis will be on making a positive impression, how to dress for success, answering questions effectively, and asking questions that show interest.

Uniformed Services Thrift Savings Plan: Wed & Thurs 7 & 8 May 1-4 pm FFSC, Bldg 3. This class is an Overview of the Thrift Savings Plan for the Uniformed Services. TSP makes it easy to save through payroll deduction. Class is designed to help Service members make an informed decision on allocations, inter-fund transfers, investment funds, loan program, withdrawals, and spouse's rights.

TAP Seminar: Tues-Fri 13-15 May 8 am-4 pm Spanagel Hall, Rm 101A. TAP seminars are recommended 2 years before retirement and 12 months before separation. Topics covered: Personal Appraisal, Career Exploration, Strategies for an Effective Job Search, Interviews, Reviewing Job Offers, and much more. A Pre-separation briefing is required before you attend.

CARIT Brief: Fri 16 May 8-10 am Spanagel Hall, Rm 101A. Attendance at this briefing is mandatory for personnel retiring/separating. Failure to attend this briefing will require travel to Lemoore NAS, CA to complete this requirement. Topics covered: DD 214(Certificate of Release or Discharge from Active Duty), Household Goods/Travel, VA Benefits, Retirement Information, social security, and much more.

Resumix Application Workshop: Thurs 22 May 1-4 pm FFSC, Bldg 3. This class will focus on steps to applying for federal employment. Emphasis will be on the resumix application process, the importance of use of key words in describing work experience, and completing the required Supplemental Data sheet.

Controlling Stress and the Power of Focus: Tues 6 May 4-5:30 pm AISO Library, DLL. This class will focus on techniques to better cope with stress and reduce tension in your life. Participants will be asked to formulate a plan to reduce stress and strategies to better focus on present and future goals. The power of focus and resiliency are key tools which will be emphasized.

Dealing with Anger: Tues 13 May Part 1 & 20 May Part 2 4-5:45 AISO Library, DLL. How often do you get angry? Do you get "ticked-off" easily? Who or what makes you angry? Is anger affecting your work

output or your relationships with those you love? This class will be presented in two parts.

Budget 4 Baby: Tues 27 May 6-8 pm La Mesa Community Center. Having a baby? Navy-Marine Corps Relief Society offers a FREE 'Baby's First Sea Bag'. When you complete a Navy-Marine Corps Relief Society Budget for Baby Class, you will receive Baby's First Sea Bag. Class is open to Sailors, Marines, and Coast Guard Enlisted or Officers, Active Duty, Retirees and their dependents (Sorry no exceptions!). Eligible clients, call 656-3141 today to reserve your place in the class.

ON-GOING CLASSES

Chess/Self-Confidence: Wednesdays 2:30-3:45 pm La Mesa Community Center, Fridays 2:30-3:45 pm OMC Chapel.

Healthy Weight Management: Tues 6:30 pm FFSC

Toddler Play Group: Fridays 10:00-11:15 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>FREE MOVIES ARE SHOWN IN THE BARBARA MCNITT BALLROOM.</p> <p>PLEASE NOTE: 15, 22 & 28 MAY MOVIES WILL BE SHOWN IN THE LA NOVIA ROOM.</p>	<p><i>Every Monday</i> Dinner Special El Prado Room 1600-2100 SEAFOOD CIOPPINO Adults \$7.50 Kids 5-10 \$4.00 Under 5 \$2.00</p>	<p><i>Every Tuesday</i> Dinner Special El Prado Room 1600-2100 "Moist & Tender" PRIME RIB \$13.00</p>	<p><i>Every Wednesday</i> Dinner Special El Prado Room 1600-2100 SLOW ROASTED & SMOKED BEEF BRISKET Adults: \$7.75 Kids 5-10 \$3.75</p>	<p>1 THE COUNTRY BEARS (G) 1800</p> <p><i>Every Thursday</i> FAMILY NIGHT Dinner Special FRESH ROASTED YOUNG TURKEY Adults: \$7.50 Kids 5-10 \$3.75</p>	<p>2 <i>Every Friday</i> Dinner Special El Prado Room 1600-2100 LUAU BUFFET Adults \$15.00 Kids 5-10 \$7.50</p>	<p>3 "Navy Regulations prohibit patrons from bringing food or beverages into an MWR facility from outside sources. Thank you for your cooperation."</p>
<p>4 <i>For Party Reservations at</i></p> <p>CLUB DEL MONTE</p> <p><i>Please call 656-2170.</i></p>	<p>5 TWO WEEKS NOTICE (PG 13) 1900</p> <p>CINCO DE MAYO FIESTA</p> <p>Dinner Special TACO BAR Adults: \$5.75 Kids 5-10 \$3.00</p>	<p>6 CATCH ME IF YOU CAN (PG 13)</p> <p>Dinner Special "Moist & Tender" PRIME RIB</p>	<p>7 NATIONAL SECURITY (R) 1900</p> <p>ADVISORY BOARD MEETING LA NOVIA RM 1000-1100</p>	<p>8 LORD OF THE RINGS: THE TWO TOWERS (PG 13) 1800</p> <p>Dinner Special FRESH ROASTED YOUNG TURKEY</p>	<p>9 <i>Every Friday</i> Lunch Special El Prado Room 1100-1300 TACO BAR \$5.75</p>	<p>10 BLUEWATER COVE MARINA OPEN DAILY NOON TO SUNSET</p>
<p>11 Mother's Day Brunch</p> <p><i>Barbara McNitt Ballroom 1030-1400</i></p>	<p>12 THE HOURS (PG 13)</p> <p>Dinner Special SEAFOOD CIOPPINO</p>	<p>13 TEARS OF THE SUN (R)</p> <p>Dinner Special "Moist & Tender" PRIME RIB</p>	<p>14 GANGS OF N.Y. (R) 1900</p> <p><i>Every Wednesday</i> Trident Room SOCIAL HOUR 1600-1700 PUBLIC SERVICE RECOGNITION DAY LAWN AREA 1030-1330</p>	<p>15 STAR TREK: NEMESIS (PG 13) 1800</p> <p><i>Every Thursday in the Trident Room</i> "TWO FOR ONE" APPETIZERS</p>	<p>16 <i>Every Friday</i> TRIDENT ROOM OPEN 1500-2300 LIVE ENTERTAINMENT SOCIAL HOUR 1600-1800</p>	<p>17 MONTEREY BAY ATHLETIC CLUB OPEN DAILY AND MOST FEDERAL HOLIDAYS</p>
<p>18 MONTEREY PINES GOLF COURSE OPEN DAILY & MOST FEDERAL HOLIDAYS.</p>	<p>19 ABOUT SCHMIDT (R) 1900</p> <p>Dinner Special SEAFOOD CIOPPINO</p>	<p>20 FIRST NIGHT (PG 13)</p> <p>Dinner Special "Moist & Tender" PRIME RIB</p>	<p>21 THE RECRUIT (PG 13) 1900</p> <p>Dinner Special SLOW ROASTED & SMOKED BEEF BRISKET</p>	<p>22 LORD OF THE RINGS: THE TWO TOWERS (PG 13) 1800</p> <p>Dinner Special FRESH ROASTED YOUNG TURKEY</p>	<p>23 Dinner Special El Prado Room 1600-2100 LUAU BUFFET</p>	<p>24 MONTEREY NAVY FLYING CLUB OPEN MONDAY TO FRIDAY 0900-1700</p>
<p>25 ITT OPEN MON-FRI 0930-1330 1430-1630 CLOSED WEEKENDS & FEDERAL HOLIDAYS</p>	<p>26 CLOSED</p> <p><i>M E M O R I A L DAY</i></p>	<p>27 ADOPTION (R) 1900</p> <p>Dinner Special "Moist & Tender" PRIME RIB</p>	<p>28 GANGS OF N.Y. (R)</p> <p>Dinner Special SLOW ROASTED & SMOKED BEEF BRISKET</p>	<p>29 JIMMY NEUTRON BOY GENIUS (G) 1800</p> <p>Dinner Special FRESH ROASTED YOUNG TURKEY</p>	<p>30 Lunch Special El Prado Room 1100-1300 TACO BAR \$5.75</p>	<p>31 TRIDENT ROOM DINNER SERVICE 1600-2100</p> <p>BEVERAGE SERVICE 1600-2300</p>



Mother's Day BRUNCH

Sunday, 11 May 2003
Barbara McNitt Ballroom, 1030-1400

SALADS

Caesar Salad
 Roma Tomatoes with Buffalo Mozzarella
 Avocado with Cilantro Vinaigrette
 Tropical Fruits
 Grilled Eggplant with Shiitake Mushroom
 Steamed Artichoke with Roasted Pepper Aioli

ENTREES

Chef's made to order Gourmet Omelet Station, Smoked Salmon, Fresh Crab Meat, Bay Shrimp, Mushrooms, Red Pepper, Spinach, Sun Dried Tomatoes, assorted Cheese and Salsa
 Egg Benedicts with Orange Hollandaise Sauce,
 Cheese Blintz with Berry Compote
 Blackened Pork Loin with Apple Brandy Sauce
 Grilled Mahi-Mahi with Ginger Teriyaki Sauce
Chef's Carved Smoked and Slow Roasted Beef and Leg of Lamb
 Thyme and Garlic Mashed Potatoes and Fresh Vegetables

SEAFOOD BAR

Fresh Dungeness Crab and Shrimp on Ice with Cocktail Sauce

DESSERT

A selection of Fine Pastries, Pies, Cheeses and Berries

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

Reservations are highly encouraged.

Please call 656-2170 to reserve your table today.



**MAY MONDAY
DINNER SPECIAL**

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

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

Come enjoy our May 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

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

SLOW ROASTED & SMOKED BEEF BRISKET
with Scalloped Potatoes & Fresh Coleslaw

Adults \$7.75 Kids 5-10 \$3.75



FAMILY NIGHT
May Thursday Dinner Special
in the El Prado Room 4:00-9:00 p.m.

FRESH ROASTED YOUNG TURKEY
served with Mashed Potatoes, Giblet Dressing, Sautéed Vegetable & Pumpkin Pie \$7.50

Adult \$7.50 Kids 5-10 \$3.75

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



LUAU BUFFET

*Roasted Whole Pig with Naturel Jus
 Grilled Hawaiian Mahi Mahi with Ginger Cream Sauce
 Roasted Sweet Potatoes, Fried Plantin Fried Rice,
 Green Salad with Mangoes and Kiwi
 Dessert: Bananas with Coconut Vanilla Sauce*
Adults \$15.00 Kids 5-10 \$7.50

May Friday Lunch Special served in the El Prado Dining Room, 11-1 p.m.

TACO BAR: *Accompanied with Spanish Rice, Black Beans and all condiments. Self served buffet (one time) \$5.75.*



Single Sailors



WHITE WATER RAFTING AND CAMPING TRIP:

16-18 May. Get wet while crashing the Widow Maker, the Elevator, Mario Andretti and many other exciting rapids! \$30.00 for enlisted single and geo bachelors attached to NPS and tenant commands. Sign up no later than 9 May. Contact Amy at 656-7955 or amclose@nps.navy.mil.

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

Enlisted Recreation Committee



Does your car needs a wash but you just don't have the time or energy to do it? Well then, let those on the Enlisted Recreation Committee wash it till it shines. Saturday, 17 May 1000-1300 at the Seaside American Legion on the corner of La Playa and Del Monte.



Cinco de Mayo

Come celebrate Cinco de Mayo on Friday, 2 May in the Trident Room. There will be drink specials, Latino music, and free food.

Thurs 1 May - The Country Bears (G): Haley Joel Osment, Diedrich Bader, Candy Ford, James Gammon, Brad Garrett, Toby Huss. A 10-year-old bear named Beary (surprise), who was adopted by a human family, treks to Tennessee to find his biological family and reunite the once-successful band The Country Bears for a benefit concert that could save the Country Bear Hall from demolition. The Country Bear Jamboree attraction at Disneyland inspired this original story.

Mon 5 May - Two Weeks Notice (PG 13): Sandra Bullock and Hugh Grant. Lucy is a brilliant lawyer, with a sharp strategic mind and an ulcer. It's not the job that gets her, it's her millionaire boss who treats her more like a nanny than a Harvard Law graduate. Now, after five long years of calling the shots on everything from his clothes to his divorce settlement, she's finally calling it quits.

Tues 6 May - Catch Me If You Can (PG 13): Leonardo DiCaprio, Tom Hanks, Christopher Walken. A 16-year-old high school student finds himself emotionally cut adrift when his mother leaves his father, after he falls into arrears with the Internal Revenue Service.

Wed 7 May - National Security (R): Martin Lawrence & Steve Zahn. A cocky L.A.P.D. cadet with a rebellious attitude, gets kicked out of the police academy and can now only find employment as a security guard where he is soon joined by an ex-cop he had filed harassment charges against. Now they must join forces to stop a sophisticated smuggling operation... if they don't kill each other first.

Thurs 8 & 22 May - Lord of the Rings: The Two Towers (PG 13): Elijah Woods & Sean Astin. With the breakup of the "Fellowship of the Ring", Frodo and Sam continue the journey to Mordor alone. The shadow of Sauron has grown long and great battles will be fought in the forests and fields of middle Earth... for those who fight the darkness have placed all their hopes and dreams in the hazardous quest of a simple Hobbit.

Mon 12 May - The Hours (PG 13): Meryl Streep & Nicole Kidman. The lives of two desperate women, one struggling with a terminally ill husband and the other with a terminally ill marriage, are examined through the common thread that connects them, the life and writings of Virginia Wolfe. (Winner of the 2003 Best Actress Oscar. Kidman)

Tues 13 May - Tears of the Sun (R): Bruce Willis & Monica Bellucci. A veteran Navy S.E.A.L. officer, operating in the heart of war-torn Africa, finds himself deeply conflicted at having to choose between following orders and following his conscience. The assignment gets complicated when the Doctor he is tasked with rescuing refuses to leave behind the injured people she is caring for.

Wed 14 & 28 May - Gangs of N. Y. (R): Leonardo DiCaprio & Daniel Day Lewis. In New York City, in the 1860's, amid the crooked cops and corrupt politicians of the Tammany Hall era, a young man seeks revenge against the man who killed his father in the crime-plagued area of lower Manhattan known as the 5-Points, home of over a million Irish immigrants.

Thurs 15 May - Star Trek: Nemesis (PG 13): Patrick Stewart and Jonathan Frakes. After a successful coup in the Romulan Empire, a chance for peace is offered to the Federation by the new ruler of Earth's old enemy. But, when the Enterprise arrives for negotiations on the Romulan home world, it becomes apparent that there is another agenda on the table... an agenda of death, destruction and personal revenge.

Mon 19 May - About Schmidt (R): Jack Nicholson & Hope Davis. Set adrift after retirement and the death of his wife, Warren Schmidt fears he will leave this life a failure. Packing up the Winnebago, he sets off across Nebraska to attend his daughter's wedding and along the way, begins to see the life he's lived with new eyes as he records his observations in long letters to a boy he sponsors.

Tues 20 May - First Knight (PG 13): Richard Gere and Sean Connery. Based on the classic story of King Arthur, the story is told from the perspective of Lancelot, a rogue Knight whose love for the beautiful Lady Guinevere clouds his judgment and seals the fate of the kingdom.

Wed 21 May - The Recruit (PG 13): Al Pacino and Colin Farrell. When one of the country's smartest graduating college seniors is recruited into the CIA, he must first make it through "The Farm", an Agency training ground where, while learning the ropes from a veteran agent, it soon becomes clear that one of the CIA's oldest maxims is still true... "Trust no one. Nothing is what it seems."

Mon 26 May - NO MOVIE "MEMORIAL DAY"

Tues 27 May - Adaptation (R): Nicolas Cage. When a cynical screenwriter takes on the assignment of transforming Susan Orlean's book "The Orchid Thief" into a screenplay, he finds himself in a perpetual struggle with writers block that never seems to end. Why can't it be as easy for him as it is for his brother who turns out script after script.

Wed 29 May - Jimmy Neutron: Boy Genius (G): John A Davis & Megan Cavanaugh. This animated feature from Nickelodeon is the story of ten-year-old genius inventor Jimmy Neutron, whose penchant for gadget-creation gets him and his robot dog Goddard into trouble at home and school. However, when the parents of Jimmy's hometown are kidnapped by the gooey green aliens known as Yokians, it's up to Jimmy, his best friend Carl Wheezer, and his arch rival Cindy Vortex to rally their fellow kids for a rescue effort. Patching together a ragtag armada of interstellar spacecraft, the kid invasion force sets out to rescue the moms and dads who love them and get them home in time for dinner.

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



**Located on
HERRMANN HALL
QUARTERDECK**

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

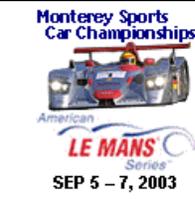
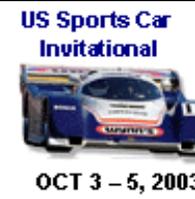
**Closed Weekends
and
Federal Holidays**

MAY	UPCOMING ITT TOURS	PRICE
3	San Francisco Get Acquainted	\$23.00
10	Six Flags	\$45.00
17	Baseball San Fran Giants vs. NY Mets	\$40.00
24	Disneyland/Knott's Berry Farm Universal Studios	\$199.00
31	San Francisco Union Street Art Festival	\$23.00
JUNE		
7	Museum Tour/Legion of Honor/Presidio Trust	\$25.00
14	Paramount's Great America	\$35.00
21	Hearst Castle	\$35.00



2003 Laguna Seca's race season.
*Discounted tickets are available approximately
three weeks prior to each race. Check with ITT for prices.*



 <p>Grand Prix of Monterey CART JUN 13 - 15, 2003</p>	 <p>S3 SUPERBIKE HONDA Superbike Classic JUL 11 - 13, 2003</p>	 <p>Monterey Historic Automobile Races AUG 15 - 17, 2003</p>	 <p>Monterey Sports Car Championships American LE MANS Series SEP 5 - 7, 2003</p>	 <p>US Sports Car Invitational OCT 3 - 5, 2003</p>
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FATHER'S DAY CONTEST: In 100 words or less tell us why your dad is the greatest and win a free See's Candies certificate good for a 1 lb box of See's candies. Drop off your reasons at the ITT office 11 June, and don't forget to be creative.



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




WINE COUNTRY CLASSIC

May 31 and June 1 at the Infinion Raceway (formerly Sears Point). Free admission for military personnel and family members.

SUMMER TICKETS



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



OAKLAND A'S TICKETS

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

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



EXERCISE ACROSS THE USA
 May 5 - June 20, Fitness Center/Gym, Bldg. 208

Incentive Exercise Program (8 weeks). Workout on your own-earn exercise points (miles) and watch yourself cross the United States map. For every 30 minutes of exercise (walking, running, weight training, aerobics class workout or most forms of exercise) you get 50 miles (90 min. daily max). Medals and/or certificate of completions will be given out. Free to military, family members & reservists. \$3.00 DOD/Civilians.

WEIGHT TRAINING CLASS

Intermediate
 May 12-21 (Mondays & Wednesdays)
 1030-1130 or 1600-1700

Learn the proper biomechanics involved in Weight Training. A four one-hour session class.

Cost: \$5.00 for DOD/civilian daily fee or membership required. Free to military, family members and reservists.

Contact Loy Vincent (Trainer) at 656-1943/3118.

WEIGHT LIFTING CONTEST
 Friday, 30 May 2003 1330-1600
 Fitness Center/Gym Bldg 208

Description: Power lift (bench, deadlift & squat) or bench press only. Beginners welcome! Enter to see what your personal best lift is. T-shirts for all competitors.

Awards: First, second & third place medals. Trophies for over-all champions.

*Cost: \$7.00 DOD/civilian.
 Free to military, family members & reservists.*

Yoga Classes. Every Mon and Wed 12 noon - 1 pm.
New-Yoga for Athletes. Every Fri 12 noon - 1 pm.
New-Gentle Yoga. (Rehab & beginners) every Fri 10:30-1130 am. *Cost: \$7.00 per class or \$50.00 per month.*

Tai Chi Class. New beginners class. Increase energy, decrease stress & promote spiritual awareness. Pre-registration required. 15 people minimum for full 8 week course. Classes held every Wed 9 -10 am, 21 May - 9 July 2003.
Introductory fee: \$64.00 (8 week course) or \$8.00 daily fee.

Summer Softball Organizational Meeting:
 Wed 4 June at 1800, NPS Fitness Center Bldg 208.
 League starts Mon 7 July. Games played Mondays & Wednesdays at 1800.

Summer Volleyball Organizational Meeting: Thurs 5 June at 1800, NPS Fitness Center Bldg 208. League starts Tues 8 July. Games played Tuesdays & Thursdays at 1800.

Sign-up deadline for both games: 1 July 2003

Special Announcement. Individuals and teams wanting a Sponsorship for sporting events that are "above intramural sporting events" need to submit a request before May 2, 2003.

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 CONDITNG
12:00 PM	YOGA	SPIN (CYCLING)	YOGA	SPIN (CYCLING)		
4:30 PM		HIGH/LOW TONING		HIGH/LOW TONING		
5:00 PM	SIX PACK ATTACK		SIX PACK ATTACK			
5:30 PM	STEP	SPIN (CYCLING)	STEP	SPIN (CYCLING)		
6:30 PM	BODY BLAST	STEP	BODY BLAST	STEP		

FITNESS CLASS FEES

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

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

THERAPEUTIC MASSAGE
 (now available)

Fees:
 \$50.00 for a one-hour massage session.
 \$75.00 for a one and one-half hour massage session.

For appointments, please call 656-3118.



PERSONAL TRAINING

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



BICYCLE RENTALS

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

Two kinds of bikes are available for rental-street bikes and six speed bikes. Rentals are conducted on a daily, weekend, weekly or monthly basis. All rentals include the use of a bicycle safety helmet, lock and chain. Bicycle rental prices are listed below:



BICYCLE TYPE	DAILY	WEEKEND	WEEKLY	MONTHLY	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 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!*

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 MAY 2003 SCHEDULE OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>FOR MORE INFORMATION ABOUT OUR PROGRAMS AND SPECIAL EVENTS PLEASE CALL 656-2127.</p>	<p>1 YOUTH & TEEN PLANT A FLOWER WEEK SAC ALL ABOUT HORSES (Make a stick horse) Science, Art</p>	<p>2 TEEN COUNCIL MEETING SAC KENTUCKY DERBY DAY CELEBRATION</p>	<p>3 YOUTH & TEEN LATE NIGHT FOR LA MESA SCHOOL AUCTION</p>
<p>4 BALLET/JAZZ DANCE LESSONS Ages 3-10 yrs \$32.00/month Per child held at the Youth Center</p>	<p>5 SAC CELEBRATE CINCO DE MAYO MAKE SOPAIPILAS (Cooking)</p>	<p>6 YOUTH & TEEN BRING A FRIEND DAY SAC SIDEWALK CHALK DESIGNS (ART)</p>	<p>7 NATIONAL CHILDREN & POLICE DAY SAC TINY TERRARIUMS (Science)</p>	<p>8 YOUTH & TEEN NO SOCKS DAY SAC BALLOON BALL (Game)</p>	<p>9 YOUTH & TEEN ROOM SWITCH SAC MAD HATTER'S TEA PARTY (Mother's day Celebration)</p>	<p>10 TEEN JEOPARDY</p>
<p>11 </p>	<p>12 YOUTH NONSENSE DAY SAC BUBBLE PAINTING (Art)</p>	<p>13 YOUTH FLY A KITE DAY SAC SHAVING CREAM PAINTING (Art)</p>	<p>14 YOUTH BIKE/SCOOTER RODEO SAC MAKE BISCUITS (Cooking)</p>	<p>15 YOUTH GO OUTSIDE DAY SAC BEACH BALL ADD UP (Game)</p>	<p>16 THE READ IN! SAC STRANGE ANIMAL (Game)</p>	<p>17 WRAP AROUND CARE HOURS: 0730-0900 & 1700-1800</p>
<p>18 CAMP BOOTS 2003 REGISTRATION BEGINS 5 MAY CAMP STARTS 9 JUNE CALL 656-2127 TO REGISTER</p>	<p>19 YOUTH SCOOTER SLALOM SAC CUPCAKE DECORATING</p>	<p>20 YOUTH & TEEN .25 CENTS DOUGHNUT DAY SAC BUBBLE GUM SCIENCE</p>	<p>21 YOUTH & TEEN NATIONAL EMPLOYEE HEALTH & FITNESS DAY SAC BUBBLE GUM SCIENCE</p>	<p>22 YOUTH FOREIGN COIN DAY SAC JUMP THE TRAP (Game)</p>	<p>23 WORLD TURTLE DAY SAC HOMEMADE PEANUT BUTTER (Cooking)</p>	<p>24 BROTHERS DAY</p>
<p>25 CAMP BOOTS HOURS: 0900-1700</p>	<p>26 CLOSED M T W O R I D E Y</p>	<p>27 YOUTH & TEEN NATIONAL GRAPE POPSICLE DAY SAC 4 CORNERS (Game)</p>	<p>28 SAC CLEAN YOUR ROOM (Game)</p>	<p>29 YOUTH PAINTING CONTEST W/ MS. LA TOYA SAC FREEZE TAG (Game)</p>	<p>30 SAC GET WET DAY SUPER SOAKER OK</p>	<p>31 SAC PROGRAM HOURS: BEFORE: 0730-0800 AFTER: 1415-1800</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.



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.

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.

AIRCRAFT RENTAL RATES	
Cessna 152 (IFR) \$50.00	Beech (T-34) \$100.00
Cessna 172 (IFR) \$66.00	
All rates are on hourly basis including fuel.	

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

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

Bluewater Cove Marina



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.

SAILING CLASSES: MATE "A" & SKIPPER "B"

Sat 10 ~ Sun 11 May Sat 14 ~ Sun 15 June
Sat 12 ~ Sun 13 July

Cost is \$85.00. Class size limited to 12 so sign up early!

For more details, call 656-3118.

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

-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 npssa@nps.navy.mil.



Go to our new website at www.montereypinesgolf.com.
 Register with our site and print off coupon.
 Good Monday ~ Friday only and golfers must present coupons at check in time.

GOLF INSTRUCTION
from your
Certified Golf Instructors

CLAY MURRAY ~ Head Professional



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

ERIC THOMPSON/DAVID HARBER ~ Assistant Professionals



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

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

invite you to join us in the

**SUPERINTENDENT'S
 CUP SCRAMBLE**

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

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

DEL MONTE GOLF COURSE MILITARY RATES

*Mon - Fri: \$34.00 Sat & Sun: \$48.00
 Twilight rate: \$22.00 (twilight starts at 1300)
 These rates do not include a cart.*

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

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

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

RENTALS		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		

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

NAVAL POSTGRADUATE SCHOOL (Area Code 831)

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

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

EL PRADO DINING ROOM ~ Herrmann Hall ground floor (Bldg. 220). Open Monday through Friday. Closed weekends and federal holidays. For questions, call: 656-2170.

Hours of Operation:

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

TRIDENT ROOM ~ Herrmann Hall ground floor (Bldg. 220). Open Monday through Saturday. Closed Sundays and most federal holidays. Phone: 656-2170 or 656-7508 (after regular business hours). Hours of Operation:

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

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

CLUB DEL MONTE/CATERING SALES OFFICE ~ Herrmann Hall (Rm. 55) ground floor (Bldg. 220). Open Monday through Friday, 8:00 a.m. ~ 4:30 p.m. Closed weekends and federal holidays. Phone: 656-1049.

INFORMATION TICKETS & TOURS ~ Herrmann Hall Quarterdeck (Bldg. 220). Open 9:30 a.m. ~ 4:30 p.m. Monday through Friday. Closed weekends and federal holidays. Closed for lunch 1:30~2:30 p.m. Phone: 656-3223.

CHILD DEVELOPMENT CENTER ~ La Mesa Village next to La Mesa Elementary School. Open 7:30 a.m. ~ 5:30 p.m., Monday through Friday. Closed on all federal holidays. Phone: 656-2734.

CHILD DEVELOPMENT HOMES ~ Available within La Mesa Village. Contact the Child Development Center for information. Phone: 656-2734.

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

TECH CONNECTION ~ La Mesa Village, (Bldg. 444) 1222 Leahy Rd. Open for School Age Care, Monday through Friday, 7:30 ~ 8:00 a.m. and 2:00 ~ 6 p.m. Special camps offered for school breaks (all seasons) & teacher in-service days. Youth & Teen Open Recreation, 2:30~ 6:00 p.m. Monday through Friday and 1:00~6:00 p.m. on Saturdays. Closed on all federal holidays. Phone: 656-2127.

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

MONTEREY PINES GOLF COURSE ~ Fairgrounds Road at Garden Road by the Monterey County Fairgrounds. Open daily, 6:30 a.m. ~ 5 p.m., including most federal holidays. Hours vary seasonally. Phone: 656-2167.

MONTEREY PINES RV CAMPGROUND ~ Fairgrounds Road at Garden Road by the Monterey County Fairgrounds. Open daily. Phone: 656-7563.

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

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

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

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

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

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



Peacock Press

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

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