



Peacock Press

MAY 2002

Naval Postgraduate School

From the Quality of Life Director...

Our movie theatre has arrived and we will start showing the most recent Hollywood blockbuster movies in our Ballroom beginning in May, **FREE OF CHARGE!** Movies like **Black Hawk Down, A Beautiful Mind, and 102 Dalmatians** will be shown Monday through Thursday night on a large 9' x 12' screen. Movies will begin at 1830 on Thursdays so the kids can get to bed on time, and at 1930 on all other nights. For a complete movie schedule for May see our MWR Calendar of Events in this issue of the Peacock Press.

In addition to these **great free flicks**, check out our **great eats!** If you have attended one of our Thursday Family Night dinner specials, you already know your family can eat a quality meal for about what it costs to eat at McDonalds. And on Monday nights, we now feature **Seafood Cioppino** at the incredibly low price of \$6.50 for adults. Tuesday night in the El Prado Bar, we offer mouth-watering **Prime Rib**, and on Wednesday, Chef Hugh Butler features his monthly dinner special. Now throw in free movie tickets, popcorn, and peanuts! These are absolutely great value "packages" for you and your family! **AND**, the dining environment will significantly improve as our bar operation is relocated to the newly renovated Trident Bar in late May or early June. Be on the lookout for upcoming publicity announcing our grand openings of both the Trident Bar and the Golf Course Club House.

How would you like to **take your family on an airplane ride** over Pebble Beach, down the majestic coast to Big Sur, and back, for about \$50? 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! I took my wife on one of these flights and it was an absolutely wonderful experience. Another great value available to our MWR customers! To arrange a cost-share flight, call the Monterey Navy Flying Club at 372-7033.

You can also take your family on a fabulous **sailing adventure on Monterey Bay!** The Hanalei, our cruising sailboat, sails on many Wednesday evenings and Saturday afternoons with our super qualified crew of Jim and Steve. The cost of the cruise is shared by the participants so you can expect to pay \$4 to \$10 for about a two-hour cruise, depending upon how many folks show up. I've been sailing on the Hanalei twice this year and everyone on board has a great time as we cruised past sea otters, harbor seals, a variety of birds, and an occasional whale. Contact npsa@nps.navy.mil to arrange your cruise!

Jim Thomas

www.mwr.nps.navy.mil



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NAVAL POSTGRADUATE SCHOOL

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Quality of Life Director

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Manager

Julianne Schmidt
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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)

Liberty/Special Events



FIESTA

Friday, May 3, 2002
5:00 ~ 7:00 p.m.
El Prado Bar

- Mexican Munchies
- Games
- Big prize for the most festively dressed participant!

**Prizes: Movie tickets,
Piñata & more**

Open to all active duty military, reservists, retirees and DOD civilians.

For more information, please call 656-5235.

ARMED FORCES DAY CAR WASH

(Enlisted Recreation Committee)
18 May ~ 0930-1500
Corner of Playa and Del Monte
(American Legion parking lot)

Volunteers and supplies are needed. Your support is highly appreciated. For more information, please call DC1 Higgins at 656- 3778 or IS2 LaCost at 656-3509.



MWR ADVISORY BOARD Wednesday, 29 May 2002

The next MWR Advisory Board meeting is set for Wednesday, 29 May 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
<p><i>For Party Reservations at CLUB DEL MONTE Please call 656-2170</i></p>	<p><i>Every Monday 1600-2100 El Prado Room Dinner Special</i></p> <p>SEAFOOD CIOPPINO</p> <p><i>Adults \$6.50 Kids 5-10 \$4.00 Under 5 \$2.00</i></p>	<p><i>Every Tuesday El Prado Room Dinner Special</i></p> <p>ROAST PRIME RIB \$13.00</p>	<p>1 LARA CROFT TOMB RAIDER (PG 13) 1930</p> <p><i>Every Wednesday El Prado Room Dinner Special</i></p> <p>SCALLOPS NEWBURG \$12.00</p>	<p>2 FAMILY NIGHT Every Thursday</p> <p>THE PRINCESS DIARIES (G) 1830</p> <p><i>Dinner Menu POT ROAST BEEF</i></p> <p><i>Adults \$6.50 Kids 5-10 \$4.00 Under 5 \$2.00</i></p>	<p>3 Every Friday El Prado Room Lunch Special TACO BAR \$5.50</p> <hr/> <p>CINCO DE MAYO FIESTA El Prado Bar 1700-1900</p>	<p>4 TECH CONNECTION LATE NIGHT AT YOUTH CENTER</p> <p><i>Ages 7-17 Open until 2100 Cost: \$5.00</i></p>
<p>5 MONTEREY PINES GOLF COURSE OPEN DAILY AND MOST FEDERAL HOLIDAYS 0600-1900</p> <p><i>Open on Memorial Day Call 656-2167</i></p>	<p>6 CAPTAIN CORELLI'S MANDOLIN (R) 1930</p> <p>SEAFOOD CIOPPINO</p> <p><i>Adults \$6.50 Kids 5-10 \$4.00 Under 5 \$2.00</i></p>	<p>7 MEN IN BLACK (PG 13) 1930</p> <p>ROAST PRIME RIB \$13.00</p>	<p>8 SPY KIDS (PG) 1930</p> <p>SCALLOPS NEWBURG \$12.00</p>	<p>9 POKEMON 3 (G) 1830</p> <p>FAMILY NIGHT</p> <p><i>Dinner Menu PENNE PASTA with Meat Sauce</i></p> <p><i>Adults \$6.50 Kids 5-10 \$4.00 Under 5 \$2.00</i></p>	<p>10 El Prado Bar SOCIAL HOUR 1600-1800 every Friday</p>	<p>11 TECH CONNECTION SAC</p> <p><i>Mother/Child Tea 1100-1300 Teen Beach & Boardwalk Trip Deadline: 8 May</i></p>
<p>12 MOTHER'S DAY BRUNCH</p> <p><i>Barbara McNitt Ballroom 1100-1430 Adults \$16.00 Children (5-10) \$8.00 Under 5 FREE Call 656-2170 for reservation.</i></p>	<p>13 A BEAUTIFUL MIND (R) 1930</p> <p>SEAFOOD CIOPPINO</p> <p><i>Adults \$6.50 Kids 5-10 \$4.00 Under 5 \$2.00</i></p>	<p>14 BLACK HAWK DOWN (R) 1930</p> <p>ROAST PRIME RIB \$13.00</p>	<p>15 ESCAPE FROM NEW YORK (R) 1930</p> <p>SCALLOPS NEWBURG \$12.00</p> <p>LEISURE FUN FAIR</p> <p><i>Barbara McNitt Ballroom 1100-1300</i></p>	<p>16 RECESS: SCHOOLS OUT (G) 1830</p> <p>FAMILY NIGHT</p> <p><i>Dinner Menu FRESH ROASTED JUICY YOUNG HENS</i></p> <p><i>Adults \$6.50 Kids 5-10 \$4.00 Under 5 \$2.00</i></p>	<p>17 TECH CONNECTION TEEN PASTA & MOVIE NIGHT 1830-2100</p>	<p>18 TECH CONNECTION PROM NIGHT!</p> <p><i>Ages: 7-12 Cost: \$5.00 Deadline: 10 May</i></p> <p>NAVY CHILD FUN RUN 18 MAY-1000</p> <p><i>Ages 5-13 FREE</i></p>
<p>19 MONTEREY BAY ATHLETIC CLUB OPEN DAILY AND MOST FEDERAL HOLIDAYS.</p> <p><i>Open Memorial Day 1000 ~1700 Call 656-3118 for more info.</i></p>	<p>20 ORANGE COUNTY (PG 13) 1930</p> <p>SEAFOOD CIOPPINO</p> <p><i>Adults \$6.50 Kids 5-10 \$4.00 Under 5 \$2.00</i></p>	<p>21 VANILLA SKY (PG 13) 1930</p> <p>ROAST PRIME RIB \$13.00</p>	<p>22 COMMANDO (G) 1930</p> <p>SCALLOPS NEWBURG \$12.00</p>	<p>23 THE EMPEROR'S NEW GROOVE (G) 1830</p> <p>FAMILY NIGHT</p> <p><i>Dinner Menu BRAISED TENDER PORK RIBS</i></p> <p><i>Adults \$6.50 Kids 5-10 \$4.00 Under 5 \$2.00</i></p>	<p>24 TECH CONNECTION YOUTH TOOTHPICK MIND PICKS 1530-1630</p>	<p>25 TECH CONNECTION OPEN RECREATION</p>
<p>26 SUNDAY FAMILY BREAKFAST HAS BEEN CANCELLED UNTIL FURTHER NOTICE.</p>	<p>27 MEMORIAL DAY</p> 	<p>28 ROLLERBALL (PG 13) 1930</p> <p>ROAST PRIME RIB \$13.00</p>	<p>29 SNOWDOGS (PG) 1930</p> <p>SCALLOPS NEWBURG \$12.00</p> <p>ADVISORY BOARD MEETING</p> <p><i>La Novia Room 1000</i></p>	<p>30 102 DALMATIANS (G) 1830</p> <p>FAMILY NIGHT</p> <p><i>Dinner Menu CORNED BEEF AND CABBAGE</i></p> <p><i>Adults \$6.50 Kids 5-10 \$4.00 Under 5 \$2.00</i></p>	<p>31 TECH CONNECTION CROSSFIRE GAME 1530-1630</p>	<p>PLEASE NOTE:</p> <p>MOVIES ARE SHOWN IN BARBARA MCNITT BALLROOM.</p>

Mother's Day
BRUNCH

Sunday, May 12, 2002
Barbara McNitt Ballroom 11:00 a.m. ~ 2:30 p.m.

Menu

Omelet Station

Carving Station (Chef to carve Roast Beef)

Waffle Station with Fresh Berries

Assorted Breakfast Meats

Fresh Fruits and Gourmet Salads

Our Specialty Smoked Pork Loin with Natural Jus

Slow oven Roasted Spring Leg of Lamb

Accompanied with Fresh Tarragon Sauce

Fresh Monterey Bay Grilled Salmon with Wasabi Cream Sauce

Risotto Milanese

Sautéed Fancy Vegetable

Dungeness Crab and Shrimp on Ice

Specialty Dessert Station

\$16.00 ~ Adults

\$8.00 ~ Children (5-10 yrs of age)

FREE ~ Children under 5

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 Highly Recommended



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

TACO BAR

Refried Beans

Spanish Rice

Fresh Green Salad

\$5.50

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.

**FRESH GREEN SALAD
SCALLOPS NEWBURG
over Fettuccine Pasta
and sauteed vegetable
Chef Choice Dessert**

\$12.00

FAMILY NIGHT

Every Thursday 1600~2100
in the El Prado Room
Prices are: Adults ~ 6.50
Children 5-10 ~ \$4.00
Children under 5 years \$2.00

MENU

2 May

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

9 May

Caesar Salad
Penne Pasta with Meat Sauce
Fresh Garlic Bread
Brownies

16 May

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

23 May

Braised Tender Pork Ribs
Scalloped Potatoes
Steamed Broccoli
Dinner Rolls
Brownies

30 May

Fresh Green Salad
Corned Beef and Cabbage
Dinner Rolls
Brownies



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**

MONDAY DINNER
El Prado Room 1600-2100
MAY
DINNER SPECIAL



**Fresh Seafood Cioppino
with Shrimp, Calamari,
Crab and Mussels.
Fresh Caesar Salad
and Garlic Bread**

Adults \$6.50
Kids 5-10 \$4.00
Under 5 \$2.00

**CLUB DEL MONTE WILL BE CLOSED ON MONDAY, 27 MAY IN OBSERVANCE OF MEMORIAL DAY.
FOR MORE INFORMATION, PLEASE CALL 656-2170.
PLEASE NOTE: SUNDAY FAMILY BREAKFAST HAS BEEN CANCELLED UNTIL FURTHER NOTICE.**

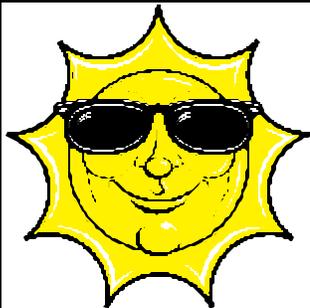


**Located on
HERRMANN HALL
QUARTERDECK**

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

**Closed Weekends
and
Federal Holidays**

MAY	UPCOMING ITT TOURS	PRICES
4	San Francisco Giants vs. Padres	\$40.00
4	Cinco de Mayo	\$20.00
11	San Francisco Get Acquainted	\$23.00
25-27	Las Vegas	\$189.00
JUNE		
1	San Francisco Giants vs. Rockies	\$40.00
1	Hearst Castle	\$35.00
8	Wine Tasting	\$20.00
15	S.F. Zoo/Exploratorium	\$23.00
15	San Francisco Giants vs. A's	\$40.00



LEISURE FUN FAIR

Wednesday, 15 May 2002

Barbara McNitt Ballroom

11:00 a.m. ~ 1:00 p.m.

Talk to people from area attractions, amusement parks, museums, hotels, etc. on the latest in recreational and leisure activities!

OVER 40 VENDORS!

Fabulous Door Prizes!

WIN:

A free week from Resort Condominiums International

Weekend at the Marines' Memorial Club & Hotel

One Night's stay at Northstar at Tahoe

Two nights' stay at Stovall's Inn and Two Disneyland Tickets

Free admission tickets to Raging Waters, Monterey Bay

Aquarium, Beach & Boardwalk, Winchester Mystery House,

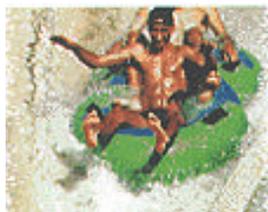
and... More! More! More!

All MWR patrons are invited!



Check with ITT on discounted military ticket prices for the following races.

7-9 June	Grand Prix of Monterey
12-14 July	International Superbike Classic
16-18 August	Historic Races (featuring the Corvette)
20-22 September	Monterey Sports Car Championship (American Le Mans Series)

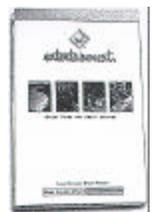


RAGING WATERS

The San Jose water park opens in May. Adult tickets are \$19.00 and children (under 42" and 3-12 yrs) are \$16.00. ITT also has individual season passes for \$39.00.

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.



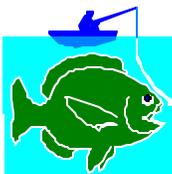
OAKLAND ATHLETICS BASEBALL.

Baseball season is here! ITT has tickets at \$10.25 for the Oakland A's weekend games throughout the season. Special orders for weekday games can be placed in advance through ITT.

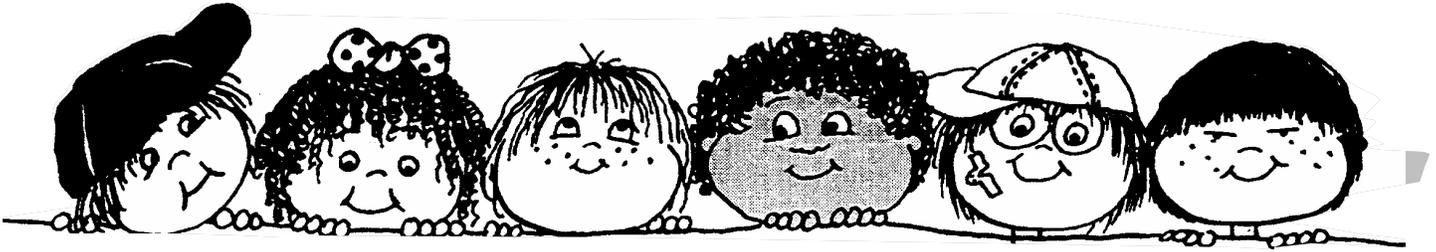


DEEP SEA FISHING & WHALE WATCHING

Sign up for local deep-sea fishing or whale-watching excursions with Randy's Fishing Trips. Whale-watching is \$16.00 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!

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 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.

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

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

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 from 0900-1200 Monday-Friday for children ages 1 year (walking) through 6 years. Hourly cost is \$3.50 per hour. 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!

ATTENTION KINDERGARTENERS!

If your child will be attending kindergarten at La Mesa Elementary this fall (August 2002) and you are in need of before and after school care for the PM kindergarten session, please stop by the CDC to reserve your space. The Tech Connection Teen & Youth Center will continue to provide before and after School Age Care (SAC) for children in La Mesa Elementary 1st grade through 5th grade.

**Child Development Program will be closed on Monday, 27 May 200 in observance of Memorial Day.
For more information, please call 656-2734.**

YOUTH & TEEN MAY 2002 SCHEDULE OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 MAY DAY BASKET YOUTH 7-12 YRS	2 CHALLENGE THE STAFF TO POOL 1530-1630	3 BUBBLE & BALLOON DAY GAMES 1530-1630	4 LATE NIGHT AGES:7-17 Open until 9:00 p.m. Cost: \$5.00
5 CLOSED	6 YOUTH BINGO 1530-1630	7 MAKE MOM A GIFT 1530-1630	8 SHOE PILE GAME 1530-1630	9 MAKE A MOTHER'S DAY POP CARD 1530-1630	10 YOUTH PING PONG DAY 1530-1630	11 SAC MOTHER/CHILD TEA ~1100-1300 TEEN BEACH & BOARDWALK TRIP Deadline: 8 May
12 CLOSED	13 YOUTH STOP & GO MUSICAL HOOP 1530-1630	14 TOILET PAPER WRAP YOUR PARTNER 1530-1630	15 YOUTH KICK BALL GAME 1530-1630	16 YOUTH & TEEN STAFF SUNDAE 1530-1630	17 TEEN PASTA & MOVIE NIGHT 1830-2100	18 YOUTH PROM NIGHT Age: 7-12 Cost: \$5.00 Deadline: 10 May
19 CLOSED	20 CARD TOWER CHALLENGE 1530-1630	21 HULA HOOP CONTEST 1530-1630	22 CORNERS 1530-1630	23 TEEN TACO COUNCIL MEETING 1830-1930	24 YOUTH TOOTHPICK MIND PRICKS 1530-1630	25 OPEN RECREATION
26 CLOSED	27 CLOSED MEMORIAL DAY	28 OLD GAMES DAY YOUTH/TEENS 1530-1630	29 TEEN BINGO for Prizes 1630-1730	30 TEENS FRISBEE BASEBALL 1630-1730	31 YOUTH CROSSFIRE GAME 1530-1630	NAVY CHILD FUN RUN/ WALK 18 MAY '02 1000 AGE GROUP 5~13 FREE T-SHIRT

GREAT DAY U.S.A. SUMMER CAMP 2002

Join us for eight weeks full of action packed activities. This summer, we focus on having a blast each day and weekly theme such as; Patriotic week, Culture week, Community Service week and Spirit Week. Fieldtrips are scheduled every Wednesday to give campers an exciting off base adventure to Raging Waters, Great America & Chuck E Cheese. Day camp hours are from 0900-1700 with wrap around from 0730-0900 and 1700-1800.

Sign up begin May 6, 2002 at 0900 at the Tech Connection Teen and Youth Center. Weekly reservations are available. There is a \$5.00 non-refundable deposit for each child per week. Day camp is open to children ages 5-12. Com join the fun. It promises to be a **GREAT DAY SUMMER!**



MWR

**Bluewater Cove Marina
is OPEN!!!!**

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

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

MEET THE FLEET!

*These sailboats are available for rental from
Bluewater Cove Marina
Rentals at the Monterey Bay Athletic Club*

HANALEI SUNSET CRUISE

Hanalei Wednesday evening "sunset cruise" sails on alternating Wednesdays during the racing season. Cost of rental is divided among riders (\$5.00 ~ \$10.00 per person). Open to military, DOD civilians and family members. No experience necessary. Departing the Coast Guard Pier at 5:30 p.m. for approximately 2 hours.

This is a great way to get on the water and watch the Wednesday night races in Monterey Bay by the light of the setting sun.

Limit 14 passengers each date. Reservations are required and can be obtained by contacting Jim Laughlin at LAUGHLINJ@POM-EMHI.ARMY.MIL.

-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.

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



SPRING SOFTBALL
 Sparks Softball Field
 Games played Mon & Wed 1800~2000

SPRING VOLLEYBALL

Fitness Center, Bldg. 208
 Games played Tues & Thurs 1800~2000



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.

NEW POLICY

Starting May 1, **ONLY** Naval Postgraduate School Active Duty members are authorized "swim cards" to be used at the Monterey Sports Center pool facility free of charge.



PERSONAL TRAINING

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

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		PEDAL PUMPING		PEDAL PUMPING	
5:00 PM	SIX PACK ATTACK	PILATES	SIX PACK ATTACK		
5:30 PM	KICK BOX	PEDAL PUMPING	KICK BOX	PEDAL PUMPING	
6:30 PM	PEDAL PUMPING	STEP REBOOK	STEP REBOOK	STEP REBOOK	

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.

2002 BIKE WEEK EVENTS

(May 12~19)

Sunday, May 12th ~ The Original Rec Trail Ride

10:00 a.m. ~ Reservation Rd

POC: Christina Watson ~ 775-0903

Tuesday, May 14th ~ Salinas Commuter Bike vs. Car Challenge

7:30 a.m. ~ Salinas

POC: Paul Aschenbrenner ~424-5542

Salinas City Council Kick off Ride

3:30 p.m. ~ Steinbeck Library, Salinas

POC: Rob Russell ~758-7245

Thursday, May 16th ~ Bike to Work/School Day

7:00~10:00 a.m. ~ FREE Breakfast Sites

POC: Christina Watson ~ 775-0903

7:00~9:00 a.m. ~ Bike to School Challenge

POC: Geoff Tibbitts ~ 646-1004

7:00 a.m. ~12:00 p.m. ~ Santa Cruz to Monterey Radio Ride

POC: Crystal Paul ~ 883-3750

Saturday, May 18th ~ Velo Club's Bay to Valley Ride

10:00 a.m. ~ Morgan's Coffee and Tea, Monterey

POC: Matthew Sundt ~ 372-1314

Salinas Bicycle Rodeo

9:00~11:00 a.m. ~ Salinas Valley Memorial Hospital, Salinas

POC: Marlys Maher ~ 758-0729

Sunday, May 19th ~ Monterey Bay Youth/Parent Challenge Ride

12:00 p.m. ~ Seaside Beach, Seaside

POC: Tim Jensen ~ 372-3196

OTHER BIKE WEEK ACTIVITIES

Free Bike Licensing/Registration

May 12-18 ~ Cities of Monterey County

Children's Bicycle Helmets ~ only \$18.00! Pacific Grove

POC: Crystal Paul ~ 883-3750

Win \$1000 in CASH!!! Clean Air Month and Bike to Work

POC: Victoria Beebe ~ 883-3750

BIKE 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:

BIKE TYPE	DAILY	WEEKEND	WEEKLY	MONTHLY	Individuals wishing to rent a bicycle need to fill out a rental agreement and pay in advance for their rental at the Fitness Center, Bldg. 208.
STREET BIKE	\$8.00	\$12.00	\$34.00	\$96.00	
6-SPEED	\$10.00	\$15.00	\$42.00	\$120.00	

Monterey Bay Athletic Club will be open on Monday,

27 May 1000~1700 Memorial Day.

For more information, call 656-3118.



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-34 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



HELPING MILITARY SPOUSES FIND EMPLOYMENT IN MONTEREY

Frequent family relocations are common throughout the service member's career. During each family's relocation, the spouse, if employed, resigns from a job and seeks employment at the service member's new duty location. It is frustrating, to put it mildly, trying to find a job in an unfamiliar location.

The Navy's Spouse Employment Assistance Program (SEAP) can reduce some of the stress by providing support services to make job hunting somewhat easier. SEAP assistance includes assistance in preparation of Resume/Resumix, interview techniques, career counseling, refer-

rals, skill building workshops, and internet employer networks, and a Career Resource Center.

SEAP assists spouses in seeking employment. This may begin with conducting a skill assessment or providing assistance with resume development.

Skills in accounting, management, clerical, bookkeeping, sales, medical technology and computer operations are all in demand nationwide. Banks, hotels, hospitals, and retail stores are constantly in need of dependable qualified employees. But even with a skill, dealing with an unfamiliar and sometimes unfriendly environment can be troublesome.

It is important to contact the Fleet and Family Support Center, which is responsible for supporting the area where your family is transferring, shortly after learning of the pending transfer. Speak with the person coordinating the SEAP Program and inquire about the local job market as well as other key issues.

Military spouses must be resourceful, especially in today's economy. But taking advantage of SEAP services can help reduce the frustration of job search in an unfamiliar location. To learn more about the Spouse Employment Assistance Program visit the Fleet and Family Support Center or contact Oliver A. White via e-mail at owhite@nps.navy.mil or call him at (831) 656-3060 or DSN 878-



GOLF INSTRUCTION

from your
Certified Golf Instructors

CLAY MURRAY ~ Head Professional



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

ERIC THOMPSON ~ Assistant Professional



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

DAVID HARBER ~ Assistant Professional



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



MONTEREY PINES RV CAMPGROUND

Monterey Pines RV Campground is **OPEN YEAR ROUND** and is available to all active duty, reservists, retirees, family members and DOD civilians.

About Our Park

Located deep within the serene Monterey Pines Recreation Complex (Fairgrounds Road at Garden Road in Monterey). Our park offers 30 full hook-ups, 8 partial hook-ups, a bathhouse and coin-op laundry facilities. Site 14 offers access for the physically challenged. Visa and Mastercard are accepted.

DAILY RENTAL FEES		
Eligible Patron	Full Hook-Up	Partial Hook-Up
Active Duty/Reservist/Retiree/Family Member	\$15/Day	\$13/Day
DOD Civilian	\$18/Day	\$16/Day
Civilian Guest	\$20/Day	\$18/Day

ATTENTION LADY GOLFERS: Come out and play golf with The Navy Monterey Women's Golf Association on Wednesday mornings. Play golf and have fun in a relaxed social setting. Call Mary Pounds at 394-8288 for more info.

LADIES GOLF CLASSES

You will learn the fundamentals of golf.

Starting with putting, on through the full swing.

No equipment necessary.

Classes will be limited to 6 students.

There will be four, one and one half hour classes.

COST:

**\$100.00 ~ Civilian
\$90.00 ~ Military**

BACK TO BASICS

A review of the basics to improve your golf.

Four, one and one half hour, Clinics on the basics.

Starting with Putting, Then chipping, pitching, and the full swing.

Invite 3 friends and help each other.

Classes will be limited to 4 students.

COST:

**\$125.00 ~ Civilian
\$110.00 ~ Military**

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

Monterey Pines Golf Course will be open on Monday, 27 May 2002 Memorial Day. For more information, please call 656-2167.

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 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.

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 1:30~2:30 p.m. Phone: 656-3223/3224.

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: 656-4029.

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 noon to sunset. Phone: 656-2159/656-3118.

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