



# Peacock Press

Naval Postgraduate School

NOVEMBER/DECEMBER 2003



## THANKSGIVING CHAMPAGNE BRUNCH

Thursday, 27 November 2003

Barbara McNitt Ballroom

10:30 am - 2:00 pm



### MENU

#### *Salads*

*Shredded Broccoli Salad, Cranberry Salad, Fresh Caesar Salad, Fresh steamed Artichoke with Garlic Mayonnaise, Ambrosia, Buttered Lettuce with Apple, Walnut and Gorgonzola Cheese.*

#### *Entrées*

##### *Omelet Station*

*Assortment of Breakfast Meats, Fresh Bacon, Apple Sausage*

*French Toast with Strawberries, Cheese Blintz*

*Carving Station of Roasted young Tom Turkey with Giblet Dressing*

*Scalloped Potatoes and Fresh Vegetables*

*Carved Roast Beef with Aus Jus*

*Roasted Pork Loin with Apple Brandy Sauce*

*Blackened Salmon with Smoked Pepper Cream Sauce*

##### *Fresh Seafood Bar*

*Green Lip Mussels, Oysters, Marinated Octopus, Crab and Shrimp*

#### *Desserts*

*Assorted Petit Fors, Cream Puffs, Chocolate covered Strawberries, Cheese Cakes,*

*Fine Pastries, Croissants and Fresh Rolls.*

*Adults \$19.50*

*Kids 5-10 \$9.50*

*under 5 free*

*For reservations, please call 656-2170*

[www.mwr.nps.navy.mil](http://www.mwr.nps.navy.mil)



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

## NAVAL POSTGRADUATE SCHOOL

RADM David R. Ellison  
Superintendent

COL David Smarsh USAF  
Chief of Staff

GSCM(SW) R.O. Murphy  
Command Master Chief

Pete Dausen  
Executive Director, Facilities  
and Support Services

James R. Thomas  
Quality of Life Director

Darlene Raish  
Leisure Services Manager

Eric Thompson  
Golf Course/RV Campground  
Manager

Megan Ryan  
Child Development & Youth  
Program Administrator

Hugh Butler  
Executive Chef

Renee Leiva  
Catering Sales Manager

Cecilia S. Legario  
Newsletter Editor

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

All phone numbers are in  
656-3060 (224)

*Relaxation exercises will be learned.*

**Self-Confidence/Chess Group:** (Group will not meet 22 Dec - 2 Jan). Wednesdays 2:30-3:45 La Mesa Community Center. Thursdays 2:30 - 3:45 pm OMC.

**Infant Play Group:** (Group will not meet 22 Dec - 2 Jan) Tuesdays 10:15 - 11:30 am La Mesa Activity Center.

**Toddler Play Group:** (Group will not meet 22 Dec - 2 Jan) Fridays 10:30-11:30 am La Mesa Community Center.

**Anger Management Group:** (Group will not meet 22 Dec - 2 Jan) Thursdays 4-5 pm FFSC, Bldg 2.

**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>**



**Winning Interviews:** Thurs 6 Nov 1:00-3:30 FFSC Conference Rm.

**Magic 1, 2, 3 Parenting Class:** Wed 12 Nov 4:15-5:45 FFSC, Bldg 3. A class to help you sharpen your parenting skills. This program is for parents of children, age 2 1/2 to 12 years. We will address discipline that is effective and ways to reinforce positive behavior.

**Dealing with Difficult People:** Mon 17 Nov 4:15-4:45 FFSC, Bldg 3. Learn to identify and deal with the 10-classic types of difficult people. Learn to understand your personal strengths and styles of interacting.

**Transition Assistant Program (TAP)**

## NOVEMBER & DECEMBER 2003 SCHEDULE OF CLASSES

**Seminar:** Tues-Fri 18-20 Nov 03 7:50 am - 4:00 pm FFSC Bldg 3. TAP Seminars are recommended for military personnel 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 must be completed no later than 7 Nov 03 to attend.

**CARIT Brief:** Fri 21 Nov 8-10 am FFSC, Bldg 3. Attendance at this briefing is mandatory for military personnel retiring or separating. Failure to attend this briefing will require travel to Lemoore NAS, CA to complete this requirement. Call by 7 Nov 03 to register.

**Relieving Holiday Stress:** Mon 8 Dec 4:15-4:45 FFSC, Bldg 3. Learn techniques to reduce stress and tension during the holidays. Participants will formulate a plan of action to reduce these stressors.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>"Navy Regulations prohibit patrons from bringing food or beverages into an MWR facility from outside sources. Thank you for your cooperation."</p>	<p>Every Monday Dinner Special El Prado Room 1600-2100</p> <p>SEAFOOD CIOPPINO Adults: \$7.50 Kids 5-10: \$4.00 Under 5 \$2.00</p>	<p>Tuesday 4, 18 &amp; 25 Dinner Special El Prado Room 1600-2100</p> <p>"Moist &amp; Tender" PRIME RIB \$13.00</p>	<p>Every Wednesday Dinner Special El Prado Room 1600-2100</p> <p>BBQ BABY BACK RIBS Adults: \$8.50 Kids 5-10: \$4.25</p>	<p>Thursday 6, 13 &amp; 20 FAMILY NIGHT Dinner Special El Prado Room</p> <p>SALISBURY STEAK Adults \$7.50 Kids 5-10 half price</p>	<p>Every Friday Dinner Special El Prado Room 1600-2100</p> <p>LOBSTER &amp; SHRIMP THERMIDOR \$13.00</p>	<p>1 CLUB DEL MONTE CATERS GREAT DEALS FOR "WETTING DOWN/ PROMOTION PARTIES"</p>
<p>2 For Party Reservations at  CLUB DEL MONTE  Please call 656-2170</p>	<p>3 PEACEMAKER (R) 1800  Dinner Special SEAFOOD CIOPPINO</p>	<p>4 DUMB &amp; DUMBERER (PG 13) 1800  Dinner Special "Moist &amp; Tender" PRIME RIB</p>	<p>5 2 FAST 2 FURIOUS (PG 13) 1800  Dinner Special BBQ BABY BACK RIBS</p>	<p>6 DUMBO (G) 1730  Dinner Special El Prado Room  SALISBURY STEAK</p>	<p>7 Dinner Special El Prado Room 1600-2100  LOBSTER &amp; SHRIMP THERMIDOR \$13.00</p>	<p>8 TRIDENT ROOM BEVERAGE SERVICE 1600-2300</p>
<p>9 ITT OPEN MON-FRI 0930-1330 1430-1630 CLOSED WEEKENDS &amp; FEDERAL HOLIDAYS</p>	<p>10 TERMINATOR 3: RISE OF THE MACHINES (R) 1800  Dinner Special SEAFOOD CIOPPINO</p>	<p>11 CLUB CLOSED NO MOVIE <b>Happy</b> VETERANS DAY</p>	<p>12 THE HULK (PG 13) 1800  Dinner Special BBQ BABY BACK RIBS</p>	<p>13 FINDING NEMO (G) 1730  Dinner Special El Prado Room  SALISBURY STEAK</p>	<p>14 Dinner Special El Prado Room 1600-2100  LOBSTER &amp; SHRIMP THERMIDOR \$13.00</p>	<p>15 MONTEREY BAY ATHLETIC CLUB OPEN MON-FRI 0530-2100 SAT: 1200-1700 CLOSED SUN &amp; ALL FEDERAL HOLIDAYS</p>
<p>16 MONTEREY PINES GOLF COURSE OPEN DAILY 0630-1700 AND MOST FEDERAL HOLIDAYS PLEASE CALL 656-2167</p>	<p>17 SEABISCUIT (PG 13) 1800  Dinner Special SEAFOOD CIOPPINO</p>	<p>18 S.W.A.T. (PG 13) 1800  Dinner Special "Moist &amp; Tender" PRIME RIB</p>	<p>19 UPTOWN GIRLS (PG 13) 1800  Dinner Special BBQ BABY BACK RIBS</p>	<p>20 SPY KIDS 3: GAME OVER (PG) 1730  Dinner Special El Prado Room  SALISBURY STEAK</p>	<p>21 TURKEY TROT 5-K RUN Fitness Center Parking lot 1500  THANKSGIVING TURKEY BOWL Trident Room 1700</p>	<p>22 MONTEREY NAVY FLYING CLUB OPEN MONDAY TO FRIDAY 0900-1700</p>
<p>23 MONTEREY PINES RV CAMPGROUND OPEN YEAR ROUND  PLEASE CALL 656-2167</p>	<p>24 PIRATES OF THE CARIBBEAN (PG 13) 1800  Dinner Special SEAFOOD CIOPPINO</p>	<p>25 BRUCE ALMIGHTY (PG 13) 1800  Dinner Special "Moist &amp; Tender" PRIME RIB</p>	<p>26 BAD BOYS 2 (R) 1800  Dinner Special BBQ BABY BACK RIBS</p>	<p>27 NO MOVIE  THANKSGIVING CHAMPAGNE BRUNCH</p>	<p>28 Dinner Special El Prado Room 1600-2100  LOBSTER &amp; SHRIMP THERMIDOR \$13.00</p>	<p>29 FREE MOVIES ARE SHOWN IN THE BARBARA MCNITT BALLROOM</p>
<p>30 MONTEREY PINES 19TH HOLE GRILL FOOD SERVICE OPERATION OPEN 7 DAYS A WEEK CALL 656-2167</p>				<p>Every Thursday TRIDENT ROOM OPEN 1500-2300</p>	<p>Every Friday TRIDENT ROOM OPEN 1500-2300  SOCIAL HOUR 1600-1800</p>	<p>TRIDENT BAR CLOSED FRI 19 DEC 03 THRU SAT 3 JAN 04.  REOPEN MON 5 JAN 04</p>

**NEW YEAR'S EVE PARTY**

**Hors D'Oeuvres**

Smoked Salmon on Toasted Baggets  
 Duck Pate with Mango Relish  
 Assortment of Fine Cheeses  
 Grilled Sausage with Mustard Sauce

**Salad**

Sweet Butter Lettuce Heart  
 with Buffalo Mozzarella Cheese  
 Marinated Artichokes  
 and Fresh Apple Champagne Vinaigrette  
**Lemon Sorbet**

**Choice of Entree**

Roasted Sonoma Rack of Lamb  
 Crusted with Herb and Bread Crumbs  
 accompanied with Tarragon  
 Demi Glace Sauce  
 Stuffed Salmon Roulade with Dungeness Crab  
 accompanied with Lobster Sauce  
 Grilled Potato Cakes  
 and Sautéed Vegetables

**Dessert**

Grand Marnier Chocolate Mousse Cake  
 with Hazelnut Sauce

Party Favors and Champagne Toast

\$60.00 per person Attire: Semi-formal

**Limited Seating.**

For reservations, call 656-2170.

**November/December Dinner Specials**  
 Served in the El Prado Dining Room  
 Monday-Friday 4:00-9:00 p.m.



**MONDAY DINNER SPECIAL**

**FRESH SEAFOOD CIOPPINO**

with Shrimp, Calamari, Crab and Mussels,  
 Fresh Caesar Salad and Garlic Bread

Adults \$7.50 Kids 5-10 \$4.00 Under 5 \$2.00

**TUESDAY DINNER SPECIAL**

**SLOW ROASTED PRIME RIB**

"moist and tender" with Aux Jus  
 accompanied with Horse Radish, Baked Potato,  
 Sour Cream and Chef's choice dessert  
 only \$13.00



**WEDNESDAY DINNER SPECIAL**

**BBQ BABY BACK RIBS**

served with Corn Bread, Fresh Corn on the Cob  
 and Fried Potato Wedges

Adults \$8.50 Kids 5-10 \$4.25



**FAMILY NIGHT EVERY THURSDAY DINNER SPECIAL**



**FRESH TURKEY SALISBURY STEAK**

with Mashed Potatoes/gravy  
 and Fresh Vegetables

Adult \$7.50 Kids 5-10 \$3.75

**FRIDAY NIGHT SPECIAL**

**Lobster & Shrimp Thermidor**

Fresh Lobster & Shrimp  
 sauteed with Sherry  
 Tarragon in Cream Sauce  
 top with Parmesan Cheese  
 and Baked, accompanied  
 with Linguini and  
 Fresh Vegetables

**\$13.00**

**CLUB DEL MONTE HOLIDAY HOURS**

Club Del Monte will have limited breakfast and lunch menu service beginning Friday, 19 December 2003 thru Friday, 2 January 2004. Full service will resume Monday, 5 January 2004.

Trident Bar will be closed for the Holidays starting Friday, 19 December 2003 thru Saturday, 3 January 2004. We will reopen for regular business on Monday, 5 January 2004.

**Liberty Single Sailors**

**LIBERTY THANKSGIVING LUNCH**

Wednesday, 19 November 2003 11 am-1 pm  
 Tower Room, Herrmann Hall

Open to all U.S. enlisted single and geo-bachelors attached to NPS and tenant commands. RSVP by 12 November 2003 to Amy Close at 656-7955 or amclose@nps.navy.mil.

**COMMUNITY ACTIVITIES**

**THANKSGIVING TURKEY BOWL**

Friday, 21 November 2003 in the Trident Room at 1700

Tom Turkey will be sliding down the hollowed halls of Herrmann Hall in this hilarious annual event. Ever try to bowl with a turkey? Now's your chance! If you aren't sure what we mean when we say Turkey Bowl, come find out. It's great fun you don't want to miss! Groove to the live music, play some games, win some prizes!

*Mon 3 Nov - **Peacemaker** (R)118 min: George Clooney & Nicole Kidman. When two Russian trains collide, a nuclear explosion eliminates all evidence of what caused the crash. But some experts have doubts about the accident and believe it was just a coverup for the sale of weapons to rogue governments. And one nuke seems to have fallen into the hands of a terrorist who wants to blow up Manhattan.*

*Tues 4 Nov - **Dumb & Dumberer** (PG 13) 85 min: Eric Christian Olsen & Derek Richardson. Set in 1986 when mentally challenged best friends Harry and Lloyd were teenagers, this is the madcap comic tale of their attempt to get out of the "special needs" department and into regular high school life.*

*Wed 5 Nov - **2 Fast 2 Furious** (PG 13) 100 min: Paul Walker & Tyrese Gibson. A former cop teams up with his ex-con pal to transport a shipment of "dirty" money for shady Miami-based import/export dealer while actually working with an undercover agent to bring the dealer down.*

*Thurs 6 Nov - **Dumbo** (G) 64 min: Edward Brophy & Herman Bing. Baby Dumbo is delivered by a stork to his mom with much fanfare, but soon receives the cold shoulder from the snobby female pachyderms and the rest of the circus due to his oversized ears. When his mother goes on a rampage and is locked up, Dumbo doesn't have a friend in the world...until he meets Timothy Mouse.*

*Mon 10 Nov - **Terminator 3: Rise Of The Machines** (R) 108 min: Arnold Schwarzenegger & Nick Stahl. A decade has passed since John Connor helped prevent Judgment day. Now 25, he lives "off the grid"—no home, no credit cards, no cell phone and no job. There is no record of his existence and no way he can be traced by Skynet. Until...out of the shadows of the future steps T-X, Skynet's most sophisticated cyborg killing machine. With the help of his former assassin, John Connor and the Terminator must team up to triumph over the technologically advanced T-X or face the apocalypse and fall of civilization as we know it.*

*Tues 11 Nov - **NO MOVIE (HAPPY VETERANS' DAY)***

*Wed 12 Nov - **The Hulk** (PG 13) 138 min: Eric Bana & Jennifer Connelly. This is the tale of Dr. Bruce Banner, whose participation in a failed experiment at a lab on the UC-Berkeley campus transforms him into a monstrously powerful and savage green-skinned behemoth whenever he loses control of his emotions. Bruce's father is Dr. David Banner, who has himself passed on a dangerous legacy to his son. Turned into a monster of incalculable strength and stamina, Banner goes on the run, chased for hundreds of miles by the military, led by General "Thunderbolt" Ross, the father of the fellow scientist, Dr. Betty Ross, that he loves.*

*Thurs 13 Nov - **Finding Nemo** (G) 100 min: Alexander Gould & Erica Beck. This altogether delightful animated underwater adventure is the story of Nemo, a boy clownfish, stolen from his coral reef home. His timid father must then search the almost endless ocean to find him again.*

*Mon 17 Nov - **Seabiscuit** (PG 13) 130 min: Toby Maguire & Jeff Bridges. An American epic of triumph and perseverance set in the Great Depression, this is the story of three men—a jockey, a trainer and a business man—and the down-and-out racehorse that took them and the entire nation on the ride of a lifetime.*

*Tues 18 Nov - **S.W.A.T.** (PG 13)116 min: Samuel L. Jackson & Colin Farrell. A recently demoted S.W.A.T. officer gets a second chance when a new team commander is assigned to recruit and train five top-notch officers for a new Special Weapons and Tactics (S.W.A.T.) unit. After weeks of rigorous physical training, the new team is quickly thrown into action to escort a notorious drug lord into Federal custody. One problem...the team must fend off a dangerous and well-armed band of reward seekers after the prisoner offers \$100 million to whoever can free him.*

*Wed 19 Nov - **Uptown Girls** (PG 13) 93 min: Brittany Murphy & Dakota Fanning. When the freewheeling daughter of a late rock legend and the toast of the Manhattan social scene discovers that her inheritance is stolen, she is forced to do something she's never done before—get a job. She becomes nanny to a precious "eight-year-old going on forty." Emotionally distant from her executive mother, she's grown up with a revolving door of nannies and too little stability. As they both struggle to make this new arrangement work, each discovers in the other a true friend.*

*Thurs 20 Nov - **Spy Kids 3: Game Over** (PG) 85 min: Daryl Sabara & Alexa Vega. At odds with the agency, Juni retires and strikes out on his own. But when his sister is trapped inside a new video game, he return to service to help free her, defeat the game's mad creator—the Toymaker, and save the world.*

*Mon 24 Nov - **Pirates Of The Caribbean: The Curse Of The Black Pearl** (PG 13) 150 min: Johnny Depp & Geoffrey Rush. For a roguish yet charming Captain, the crystalline waters of the Caribbean, like the high seas the world over, present a vast playground where mystery and adventure abound. But his idyllic life capsizes after his nemesis steals his ship and later attacks the town of Port Royal, kidnapping the Governor's daughter.*

*Tues 25 Nov - **Bruce Almighty** (PG 13) 94 min: Jim Carrey & Jennifer Aniston. A "Human Interest" television reporter in Buffalo, New York is discontented with almost everything in life, despite his popularity and the love of his girlfriend. At the end of the worst day in his life, he angrily ridicules and rages against God— and God responds. He appears in human form and, endowing the reporter with all of His divine powers, challenges the disgruntled reporter to take on the big job and see if he can do it any better.*

*Wed 26 Nov - **Bad Boys 2** (R) 147 min: Martin Lawrence & Will Smith. A couple of narcotics detectives have been assigned to a high-tech task force investigating the flow of ecstasy into Miami. Their inquiries inadvertently lead them to a major conspiracy involving a vicious kingpin whose ambitions to take over the city's major drug trade have ignited a bloody turf war.*

*Thurs 27 Nov - **NO MOVIE (HAPPY THANKSGIVING DAY)** .*

**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**

NOVEMBER	UPCOMING ITT TOURS	PRICE
1	San Francisco Get Acquainted Tour	\$23.00
9	Football-Raiders vs Jets	\$70.00
15	Hearst Castle	\$35.00
22	San Jose Sharks vs Nashville Predators	\$45.00
30	Football - Raiders vs Broncos	\$70.00
DECEMBER		
6	San Jose Sharks vs Dallas Stars	\$45.00
13	San Francisco Shopping	\$20.00



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

### 9-11 COMMEMORATIVE ORNAMENTS

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

Portion of the proceeds go to the Pentagon Relief fund.

### ENTERTAINMENT BOOKS



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

### LOCATION, LOCATION, LOCATION!!

ITT office has moved across from the Quarterdeck to Room 126A. Same great service and hours of operation, just new location!



### STOCKING STUFFERS AND GIFT IDEAS

- Entertainment Books \$20.00
- Gift Check Books \$10.00
- See's Candies \$10.50
- United Artist Theater Tickets \$6.00
- NPS License Plate Frames \$9.00

### HARVEST FESTIVAL



The Harvest Festival is coming and ITT office has your 3 day tickets for only \$6.00. Enjoy arts & crafts, music, entertainment, shows, food and more.

San Francisco - November 14-16, 2003  
San Jose - November 28-30, 2003

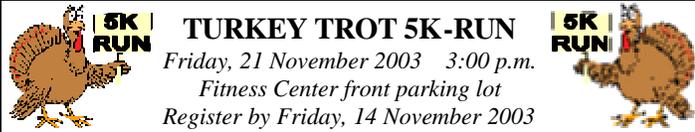


### AMUSEMENT PARK

The Amusement park hours of hours are often reduced. Please check with ITT before going on your trip regarding the park's operating schedule.

### ITT OFFICE HOLIDAY HOURS

TUES 11 NOV VETERANS DAY - CLOSED  
THURS 27 NOV THANKSGIVING DAY - CLOSED  
FRI 28 NOV - 0930-1330  
WED 24 DEC - 0930-1300  
THURS 25 DEC - CLOSED  
FRI 26 DEC - 0930-1530  
WED 31 DEC - 0930-1300  
THURS 1 JAN - CLOSED



## TURKEY TROT 5K-RUN

Friday, 21 November 2003 3:00 p.m.  
Fitness Center front parking lot  
Register by Friday, 14 November 2003

FEE: \$12.00 active duty reservist  
\$13.00 retirees/family members  
\$14.00 DOD civilians

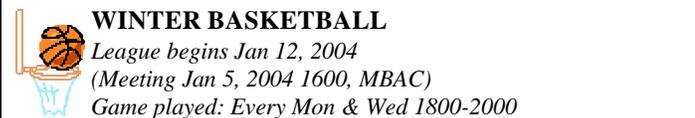
\*Fee includes a commemorative Tee shirt.

### DIVISIONS

Men's 17-29	Women's 17-29
Men's 30-39	Women's 30-49
Men's 40-49	Women's 40-49
Men's 50 & over	Women's 50 & over

Run to win big turkey! Trophies will be awarded to 1st and 2nd place winners.

For more information, call 656-3118.



## WINTER BASKETBALL

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

## WINTER VOLLEYBALL

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



## FITNESS

**Weight Lifting Contest.** December 12 1:30-4:00 pm. Cost: \$7.00 military; \$9.00 DOD/civilian. Power Lift (bench, dead-lift & squat) or Bench Press only. This event is for men and women, novice lifters are welcome. Awards: First, second and third place, medals and over-all champion, trophies.

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

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

## MONTEREY BAY ATHLETIC CLUB HOLIDAY HOURS OF OPERATION

November 27 - Closed (Thanksgiving Day)  
November 28 - 0700-1930  
December 15-23 - 0700-1930  
December 24 - 0700-1600  
December 25 - Closed (Christmas)  
December 26-30 - 0700-1930  
December 31 - 0700-1600  
January 1 - Closed (New Year)  
January 2 - 0700-1930  
Saturdays - 0800-1300

## PERSONAL TRAINING



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

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

## GROUP FITNESS CLASS SCHEDULE

HOURS	MON	TUES	WED	THURS	FRI
6:00 AM	PT READY	20/20/20	PT READY	20/20/20	
7:45 AM					TOTAL BODY CONDITION
11:00 AM	POWER FLEX		POWER FLEX		
12:00 PM	YOGA	SPIN (CYCLING)	YOGA		
4:30 PM		POWER FLEX		POWER FLEX	
5:30 PM	STEP	SPIN (CYCLING)	STEP	SPIN (CYCLING)	

## FITNESS CLASS FEES

ELIGIBLE PATRONS	AEROBIC DAILY	CYCLING DAILY	AEROBIC 8-PUNCH CARD	YOGA MONTHLY	YOGA WEEKLY	YOGA DAILY
ACT.DUTY/RESERVIST	FREE	FREE	N/A	\$50.00	\$15.00	\$9.00
RETIREE/FAMILY MEMBER	\$2.00	\$2.50	\$12.00	\$50.00	\$15.00	\$9.00
DOD CIVILIAN	\$3.00	\$3.00	\$16.00	\$50.00	\$15.00	\$9.00

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

## GYM MEMBERSHIP FEES

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

## THERAPEUTIC MASSAGE

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



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

For appointments, please call 656-3118.

## Child Development Center "CDC is the place to be!"



## CHILD DEVELOPMENT CENTER'S 2003/04 HOLIDAY HOURS OF OPERATION

### Thanksgiving Holiday:

The center will be closed on Thursday, 27 November and Friday, 28 November 2003. Fees will be prorated for Friday, 28 November 2003.

### Christmas/New Year's Holiday:

The center will close at 4:00 p.m. Wednesday, 24 December 2003 and remain closed through Friday, 2 January 2004. Fees will be prorated Friday, 26 December through Wednesday, 31 December 03 and Friday, 2 January 04.

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: (Part-Day Preschool Enrichment Program)

August 11, 2003 - June 2004 9:00 - 11:30 am.

**Jellyfish Drop-In Care Room:** Reserve a space for your child in our drop-in care room up to two full weeks in advance. Care is available Monday-Friday from 8:30 am to 4 pm for children ages 1 year (walking) through 6 years. The rate is \$3.50 per hour plus an additional \$.50 for snack \$2.00 for lunch. 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!

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

## COMMUNICATION TIPS FOR PARENTS AND KIDS

"You never listen to me" is a complaint heard as often from children as parents. Good communication helps children and parents to develop confidence, feelings of self-worth, and good relationships with others. Try these tips:

- Teach children to listen...gently touch a child before you talk...say their name.
- Speak in a quiet voice... whisper sometimes so children have to listen...they like this.
- Look at a child in the eyes so you can tell when they understand...bend or sit down...become the child's size.
- Practice listening and talking: talk with your family about what you see on TV, hear on the radio or see at the park or store. (Talk with your children about school and their friends.)
- Respect children and use a courteous tone of voice. If we talk to our children as we would our friends, our youngsters may be more likely to seek us out as confidants.
- Catch children and teens being good. Praise them for cooperating with you or their siblings, or for doing those little things that are so easy to take for granted.
- Use door openers that invite children to say more about an incident or their feelings. "I see," "Oh," "tell me more," "No kidding," "Really," "Mmmhmmmm," "Say that again, I want to be sure I understand you."
- Praise builds a child's confidence and reinforces communication. Unkind words tear children down and teach them that they just aren't good enough.
- Children are never too old to be told they are loved. Saying "I love you" is important. Writing it in a note provides the child with a reminder that he can hold on to.
- Give your undivided attention when your children want to talk to you. Don't read, watch TV, fall asleep or make yourself busy with other tasks.



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

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

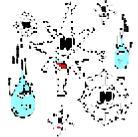
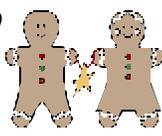
**The Benefits:** You can stay home with your own children, offer authorized quality child care for others in your La Mesa residence, share in the financial support of your family, and have fun!

**All of our programs are open to active duty military, reservists in active duty status, military retirees, and DOD civilians. Please call 656-2734 for more information.**

## NOVEMBER 2003 SAC SCHEDULE OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>Thanksgiving Holiday: The center will be closed on Thursday, 27 November and Friday, 28 November 2003. Fees will be prorated for Friday, 28 November 2003.</i></p>						<p>1 </p>
<p>2 </p>	<p>3 TIC TAC TOE</p>	<p>4 PAPER SCARECROWS</p>	<p>5 CORN HUNT</p>	<p>6 BASKETBALL DAY</p>	<p>7 PEANUT BUTTER SANDWICHES</p>	<p>8 </p>
<p>9 </p>	<p>10 FREEZE DANCE IN DANCE ROOM</p>	<p>11 <b>CLOSED</b> <b>VETERANS DAY</b></p>	<p>12 PLAY WITH CHICKENS</p>	<p>13 HAND PRINT TURKEYS</p>	<p>14 STOOL BALL GAME</p>	<p>15 </p>
<p>16 </p>	<p>17 MAKE CORNUCOPIAS</p>	<p>18 PEANUT BUTTER PLAY DOUGH</p>	<p>19 COMPUTER ROOM</p>	<p>20 PEANUT BUTTER BALLS</p>	<p>21 HANG OUT IN THE BACK YARD PARK</p>	<p>22 </p>
<p>23 </p>	<p>24 MAKE INVITATIONS</p>	<p>25 CORNUCOPIA GAME</p>	<p>26 MAKE CORN BREAD THANKSGIVING FEAST</p>	<p>27 <b>CLOSED</b> </p>	<p>28 <b>CLOSED</b> </p>	<p>29 </p>
<p>30 </p>	<p><i>Tech Connection Youth and Teen Center <b>YOUTH BASKETBALL 2004</b>: Registration starts Nov 3 through Dec 5, 2003. Skills Assessment: Dec 6, 2003; Practice begins: Dec 8, 2003. Games start: Jan 10 through March 2004. Age Groups: 6-7; 8-9; 10-11; 12-14 (as of December 1, 2003). Cost: \$40.00. Open to military and DOD families; Coaches get first child free. Contact Sports Coordinator, Daniel McCune at 656-2127 for more information.</i></p>					

## DECEMBER 2003 SAC SCHEDULE OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p></p>	<p>1 START PAPER CHAIN</p>	<p>2 SANTA SAYS</p>	<p>3 CANDY TRAIN</p>	<p>4 FIRE PLACE WINDOW</p>	<p>5 CANDY CANE PASS</p>	<p>6 </p>
<p>7 </p>	<p>8 BROWN PAPER STOCKING</p>	<p>9 CHRISTMAS TREE HAND WINDOW</p>	<p>10 REINDEER CANDY</p>	<p>11 STRINGING POPCORN</p>	<p>12 SNOW FLAKES</p>	<p>13 </p>
<p>14 </p>	<p>15 CANDY CANE SLEIGH</p>	<p>16 CLOTHES PIN REINDEER</p>	<p>17 MAKE CARDS FOR CONVALESCENT HOMES</p>	<p>18 THREE LEGGED STOCKING RACE</p>	<p>19 GINGERBREAD HOUSES</p>	<p>20 </p>
<p><b>SCHOOL AGE CARE PROGRAM WILL BE CLOSED MON 22 DEC 03 THROUGH FRI 2 JAN 04.</b></p>						
<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p>	<p><b>HAPPY HOLIDAYS.</b></p> <p><i>Tech Connection/Youth &amp; Teen Holiday Hours: December 22 &amp; 23 - 11:00 am-6:00 pm; December 24 - 11:00 am-4:00 pm; Closed December 25, 2003 through January 2, 2004.</i></p>		



*The Monterey Navy Flying Club offers excellent opportunities for aircraft rentals, recreational flying and professional flight training to Active Duty, National Guard, Reserve members and their families; Retirees and their families; Civil Air Patrol members; and federal government employees. The club's airplane rental and instruction rates are the lowest in California. Learn how to fly, meet new friends and discover the beauty of the Monterey Peninsula! Give us a call and visit our website.*

### *Want to earn your pilot's certificate?*

*You have often thought about becoming a pilot. Our staff of professional flight instructors is ready to help you achieve your goal - for a much lower cost than you will find anywhere else. Ground school, the first step in learning the basics of flight, is offered in cooperation with Monterey Peninsula College or through self-study courses available through the Club.*

**Ground and Flight Instruction: \$20.00/hour.**

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



**COST SHARING:** *Our licensed pilots at the Monterey Navy Flying Club frequently fly by themselves, and through "cost sharing" of the fees for the flight, you and up to two other MWR eligible patrons can fly along. Fly over the California Coast or down it's beautiful valleys. Call the Monterey Navy Flying Club at (831) 372-7033 for more information.*

### **AIRCRAFT RENTAL RATES**

*Cessna 152 (IFR) \$50.00      Beech (T-34) \$100.00  
Cessna 172 (IFR) \$66.00*

*All rates are on a hourly basis including fuel.*

### **MEMBERSHIP FEES**

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

## Bluewater Cove Marina



### **MWR ADVISORY BOARD TO MEET WEDNESDAY, 5 NOVEMBER 2003**

*The next MWR Advisory Board Meeting is set for Wednesday, 5 November 2003, at 10:00 a.m. in the La Novia Room, Herrmann Hall, Bldg 220.*

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

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

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

### **Naval Postgraduate School Sailing Association**

*NPSSA, is dedicated to practicing and promoting the art of sailing as well as furthering Navy sailing in the Monterey area. NPSSA is comprised of students, faculty and staff from NPS and DLI, local active duty and retired personnel, and DOD civilians. Members take part in local racing events and NPSSA-sponsored cruising events. For more information on how to get involved with sailing in Monterey, contact NPSSA at [npssa@nps.navy.mil](mailto:npssa@nps.navy.mil).*



Go to our new website at  
[www.montereypinesgolf.com](http://www.montereypinesgolf.com).

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

Golf instruction available from your certified golf instructors.

**ERIC THOMPSON/DAVID HARBER/BOON CHATIVONG**  
 Golf Professionals



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

### IMPORTANT ANNOUNCEMENT Monterey Pines Golf Course

**SURFACE NAVY ASSOCIATION TOURNAMENT**  
 Friday November 14, 2003 8:00 shotgun

**MONTEREY PINES CLUB CHAMPIONSHIP**  
 Sat 6 & Sun 7 Dec 2003 8:00 shotgun

**REGISTRATION FOR CHRISTMAS BREAK  
 JUNIOR CLINICS IS NOW GOING ON**

**GREEN FEE AND DRIVING RANGE PUNCH CARDS  
 ARE AVAILABLE IN THE PRO SHOP**

**SPECIAL GOLF LESSONS OFFERED:  
 5 HALF HOUR SESSIONS  
 FOR ONLY \$125.00**

*For more information, call 656-2167.*

#### 19TH HOLE GRILL

Open 7 days a week  
 Mon-Thurs: 9 am - 5 pm  
 Fri-Sun: 6:30 am - 6:00 pm

Offers breakfast, lunch and early lite dinners.

Banquet facilities for up to 150 people.

#### Featured Daily Lunch Specials

Wednesday - Italian

Friday - Prime Rib & Fresh Fish

#### NPS LADIES GOLF CLUB

##### ATTENTION LADIES!

The NPS Ladies Golf Club is open for new players. Play is every Wednesday starting at 8:30 am. Fun tournament formats are once or twice a month with lunch afterwards. So come for a little fun and socializing!

For more information call Mary Pounds at 394-8288.

## MONTEREY PINES RV CAMPGROUND

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



### \*About Our Park

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

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

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

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

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

The Monterey Pines Golf Course will be closed on Thursday, 27 November in observance of Thanksgiving Day and on Thursday, 25 December in observance of Christmas Day.

## NAVAL POSTGRADUATE SCHOOL (Area Code 831)

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

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

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

### Hours of Operation:

Ala Carte Breakfast: 6:45 - 10:45 a.m. Weekdays  
Hot Breakfast: 6:45 - 9:00 a.m. Weekdays  
Lunch: 10:45 a.m. - 2:00 p.m. Weekdays  
Dinner: 4:00 - 9:00 p.m. Monday through Friday

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

**Beverage Service :** 4:00 - 11:00 p.m. Monday - Wednesday  
3:00 - 11:00 p.m. Thursday & Friday  
4:00 - 11:00 p.m. Saturdays  
**Dinner Service :** 4:00 - 9:00 p.m. Monday through Friday

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

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

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

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

**TECH CONNECTION** - La Mesa Village, (Bldg. 444) 1222 Leahy Rd. Open for School Age Care, Monday through Friday, 2:30-6 p.m. while school is in session. Special camps offered for school breaks (all seasons) & teacher in-service days. Youth & Teen Open Recreation, 2:30- 6:00 p.m. Monday through Friday while school is in session and 0900-1800 during day camp. Closed on all federal holidays. Phone: 656-2127.

**MONTEREY BAY ATHLETIC CLUB** ~ (Bldg. 208). Hours of Operation: Open Monday through Friday, 5:30 a.m. - 9:00 p.m.; Saturdays, 12:00 - 5:00 p.m. Closed on Sundays and federal holidays. Phone 656-3118.

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

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

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

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

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

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

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

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

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



## Peacock Press

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

**CHECK OUT MWR'S WEBSITE!**

[www.mwr.nps.navy.mil](http://www.mwr.nps.navy.mil)