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Feb-May 2016
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NAVAL SUPPORT ACTIVITY MONTEREY Peacock Press

QUALITY OF LIFE PROGRAMS • MONTEREY, CALIFORNIA

**St. Patty's Day
& Cinco de Mayo
Dining Specials**

Page 3

**Monday
Niners
Golf
League**

Page 9

**Run
for
Fun!**

2016 Fun Runs!

Page 6-7

Mother's Day Art Contest

**Celebrate
Mom!**

Page 5

Clubs	3
Community Events.....	4-5
Tickets & Travel	5
Sports & Fitness.....	6-7
Liberty	8
Movies.....	8
Flying Club	8
Outdoor Recreation	8
Golf.....	8-9
Child & Youth	10-11
School Liaison	11-12
Sailing	12
RV Park Campground.....	12
Lodging.....	12
Fleet & Family Support..	14-15





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PEACOCK PRESS
MWR Department
Naval Support Activity Monterey
1 University Circle
Monterey, CA 93943-5000

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All phone numbers are in
area code 831.



New Spouse Orientation Family Night Out Dinner Special

**Thursday, April 7
5-8 pm in the Trident Room**

Slow-cooked, boneless tender beef short ribs served with roasted maple flavored yam, sautéed tender French beans and oven roasted grape tomatoes.

Adults \$15
Children (5-10) \$7.50

Welcome

THE BATTLE OF MIDWAY 74TH ANNIVERSARY DINING OUT

Saturday, June 4

in the

Barbara McNitt Ballroom,
Herrmann Hall

Tickets are available at the MWR ITT Office.

Ticket Prices: E1-E5 \$25; E-6-03 \$50,
04 & above (including civilians) \$60.

For more information, contact
CAPT Ken Johnson, USN (Ret)
at 831-657-9793

or email nousmyken@sbcglobal.net



There's a store calling your name.

Check out our latest location.

Naval Postgraduate School
Dudley Knox Library

Monday-Thursday • 6:30 am-7:00 pm

Friday • 6:30 am-4:00 pm

Saturday & Sunday • 8:30 am-3:00 pm



MONTEREY CLUBS & DINING

NAVAL SUPPORT ACTIVITY MONTEREY QUALITY OF LIFE PROGRAMS

CAFÉ DEL MONTE **831-656-7885**
 Next to Dudley Knox Library.
 Mon-Fri 7 am-2 pm / Closed on federal holidays
 • Breakfast Mon-Fri 7-10:30 am
 • Lunch Mon-Fri 10:30 am-2 pm

Stop by Café Del Monte Mon-Fri mornings for a delicious Breakfast Burrito! Daily specials from around the world. Great prices! Quick service! Club Del Monte Daily Lunch Special Calendar can be found at <http://intranet.nps.edu>



Check out Club Del Monte on Facebook to stay in the know!

EL PRADO DINING ROOM **831-656-2170**
 The El Prado Dining Room serves breakfast and lunch Mon-Fri. Closed on federal holidays.
 • Hot Breakfast: Mon-Fri 6:45-9:15 am
 • Ala Carte Breakfast: Mon-Fri 6:45-10:45 am
 • Lunch: Mon-Fri 10:45 am-1:15 pm

The El Prado offers the best fresh salad bar on the Monterey Peninsula as well as a made-to-order sandwich bar. Hot entrées, fresh soup and chili con carne are offered daily. Come in on Fridays for the house special, clam chowder.

St. Patrick's Day Dining Specials
Thursday, Mar 17

- **Breakfast** – 6:45-9:15 am in the El Prado Room featuring fresh corned beef hash with grilled potato patty \$7
- **Lunch** – 10:45 am-1:15 pm in the El Prado Room. Braised tender corned beef and cabbage served with steamed red potato, baby carrots, French mustard, horseradish and soda bread \$9
- **Dinner** – 4-9 pm in the Trident Room with braised tender corned beef and sautéed cream cabbage, buttered baby red potato, baby carrots, horseradish, soda bread and trio chocolate mousse cake \$17.50



Cinco De Mayo Specials
Thursday, May 5

- **Lunch** – 10:45 am-1:15 pm in the El Prado Room featuring stuffed chicken breast with avocado, Jack cheese and roasted Anaheim pepper, served with medley of beans and fresh vegetables \$9
- **Cinco de Mayo Dinner** – 4-9 pm in the Trident Room. Flame-broiled Mexican flavored chicken lasagna, served with fresh corn and roasted peppers \$14



TRIDENT ROOM **831-656-7508**
 Herrmann Hall ground floor (Bldg. 220)
 Open Mon-Sat.



Check out our appetizers and dinner menu at the Trident Room featuring fabulous healthy entrée selections in addition to the house favorites. Join us for dinner tonight!

Trident Room Beverage Service: Mon-Wed 4-9:30 pm, Thu-Fri 3-9:30 pm, Sat 4-9 pm

Trident Room Dinner Specials served Mon-Sat 4-9 pm in the Trident Room featuring:

- **MONDAY** - Seafood Cioppino with scrumptious shrimp, calamari, crab, mussels and garlic bread \$16.75
- **TUESDAY** - Prime Rib Night, moist & tender prime rib with au jus accompanied with horseradish, baked potato and sautéed fresh vegetables \$18
- **WEDNESDAY-SATURDAY** - Chef's Specials! Join us for the Chef's freshly-prepared special selections. Call the Trident Room at 831-656-7508 after 4 pm for details.
- **FRIDAY** – Grilled Ribeye Steak with sautéed shrimp served with crispy parmesan Yukon potatoes and baked stuffed tomato with baby kale \$19.50

CATERING - Book your wedding, rehearsal dinner or anniversary party with Club Del Monte. For reservations, call 831-656-1049 or email mwrcatering@nps.edu

STARBUCKS - Stop in for a tasty seasonal beverage!

The 36th Annual
Sip
 the
Peninsula
 Silent Auction and
 Wine and Beer Tasting
 Saturday, May 14, 2016
 6 PM - 10 PM
 Barbara McNitt Ballroom at NPS
 For more information, visit www.mbosc.net

Community Activities & Off Base Adventures



For more information about Community Events or to register for these Off Base Adventure trips,

call 831-656-7955/3223 or email CommRec@nps.edu. Community Recreation and Tickets & Travel Offices are located in Hermann Hall, Bldg 220.

FEBRUARY

Super Bowl Party

Sunday, Feb 7 • 3-7 pm - Watch Super Bowl 50 with MWR in the Trident and the El Prado Rooms on our big screen TVs. Play in the free football pool to win quarterly prizes. Buffet available for purchase includes: Submarine sandwiches, grilled hot dogs, chili, potato salad, corn chips and salsa, appetizers, fresh fruits and cookies. Adult \$9; Children (ages 5-10) \$5. Open to all hands. Free kids zone activities in the La Novia Room featuring movies; jump house; games and more.

Fat Tuesday Celebration

Tuesday, Feb 9 • 4-6 pm - Join MWR for Mardi Gras Madness in the Trident Room. There will be food and beverage specials for purchase. Music, games, prizes and more. Let's get the good times rolling!!! Open to all hands. FREE!

'Minute To Win It' Lunchtime Activities

11:30 am-12:30 pm

- **Thursday, Feb 11**
- **Thursday, Mar 10**
- **Thursday, Apr 7**
- **Thursday, May 5**

Join MWR in front of the Del Monte Café for lunchtime fun the second Thursday of every month for "Minute to Win It" activities. Each month there will be a different challenge to test your skills. Winners will receive various prizes and bragging rights. FREE!



Twilight Cycling Ride at Mazda Raceway Laguna Seca

Wednesday, Feb 17 • 5-7 pm • \$10

Love to cycle? Then don't miss this opportunity to cycle Laguna Seca's 11 turn, 2.238-mile course. Open to all levels of cyclists (including children) - helmets are required. Need a bike, rent a beach cruiser from the Fitness & Sports Center. To register e-mail CommRec@nps.edu by Tuesday, Feb 16.

Carmel Mission Tour & Museum

Saturday, Feb 27 • 1-3:30 pm - Ever been to a Mission? Here's your chance to take a self-guided tour of the second oldest California Mission, the San Carlos Borromeo de Carmelo Mission. Come enjoy peaceful gardens and museum galleries that give insight into the history of both Monterey Peninsula and all of the California Missions. Adult \$6.50; Senior (65) \$4; Children (7 and up) \$2; Children (6 and under) free. Pre-register at the Tickets & Travel Office by Feb 25.

Monthly Game Nights

Come by the Trident Room on the last Wednesday night of every month from 5-6 pm, grab a beverage and dinner and compete with others. No skill required just the willingness to have a good time! Open to all hands. FREE!

- Wednesday, Feb 24** **Scattergories**
- Wednesday, Mar 30** **Trivia**
- Wednesday, Apr 27** **Bingo**
- Wednesday, May 25** **Trivia**



Texas Hold'em Poker Tournaments

every Tuesday from Feb 23-Apr 12 • 5-9 pm

MWR invites you to our Texas Hold'em Tournament Series in the El Prado Room. Go all in and see how far you can go! Prizes are awarded weekly. There is a \$5 registration fee (one time buy-in each night). Register by 5 pm on the day of the event. Tournaments start at 5:30 pm.

MARCH

Jazz Bash by The Bay

Saturday, Mar 5 12-4 pm

Join MWR at one of Monterey's largest music festivals, the 36th Annual Jazz Bash by the Bay! The festival brings together the many colorful forms of early jazz: Dixieland, traditional, swing, gypsy, ragtime, blues and zydeco. Enjoy 19 bands, 14 guest artists, 8 stages and 8 dance floors plus free swing dance lessons. Sign up at the Tickets and Travel Office by Thursday, Mar 3. Active duty and college students \$10 / 18 and under FREE / All others \$60. Directions & meeting location will be provided upon registration.



St. Patrick's Day Celebration!

Thursday, Mar 17 • 4-6 pm in the Trident Room

If you're lucky enough to be Irish, you're lucky enough! Join MWR as we celebrate St. Patrick's Day with some good ol' Irish eats for purchase, music and a little friendly competition. Open to all hands. FREE!

APRIL

Month of the Military Child & Gold Star Wives Movie Night

Wednesday, Apr 6 • 5-8 pm

Celebrate Month of the Military Child and Gold Star Wives with Community Recreation in the El Prado Room. There will be FREE fun filled activities, entertainment and family movie! Activities from 5-6 pm and a movie from 6-8 pm. Dinner special sold separately in the Trident Room. Open to all hands.

Pacific Grove Good Old Days

Saturday, Apr 9, 11 am-3 pm - Join the MWR

staff as we walk down the streets of Pacific Grove's Good Old Days Festival. This small town shows off its big heart with the largest event of its kind in Monterey County. Enjoy a parade, live entertainment on five separate stages, arts and crafts vendors, food booths, carnival rides, a classic car show, a quilt show, pony rides, a dance showcase and more! Sign up at the Tickets and Travel Office by Friday, Apr 8. Directions and meeting location will be provided upon registration. FREE!

Continental Tire Monterey Grand Prix - Saturday, Apr 30 • 10 am-2 pm

The tradition of memorable sports car racing continues at Mazda Raceway Laguna Seca with the Continental Tire Monterey Grand Prix powered by Mazda featuring the IMSA WeatherTech SportsCar Championship. Join us for a fun-filled day at the races. Sign up at the Tickets and Travel Office by Friday, Apr 29. Directions and meeting location will be provided upon registration. FREE!

MAY

Learn To Line Dance

Tuesdays, May 3, 10, 17, 24, 31 • 5-6 pm in

the El Prado Room - Ever wanted to learn how to line dance? Here's your opportunity. Join MWR as we 'Boot Scoot 'n Boogie' to some of today's hottest line dances. Open to all hands. FREE!

Cinco De Mayo Fiesta

Thursday, May 5 • 4-6 pm in the Trident Room.

Join MWR for a Cinco de Mayo Fiesta! There will be activities, music and a salsa competition. Enter your best homemade salsa in our Salsa Contest! Categories are: Best mild; Best Spicy; Best Fruit and People's Choice. Registration cut off is Tuesday, May 3. Beverage and dinner

specials are available for purchase. For more information, call 831-656-7955 or e-mail CommRec@nps.edu and receive your registration packet and complete rules.

Carmel Art Festival

Saturday, May 14 11 am-4 pm - Join MWR as we enjoy the beautiful art stylings of the 21st Annual Carmel Art Festival. Centered around the visual arts, the festival features sculpture in Devendorf Park, a juried plein air painting competition, art activities for children, live performances and more. In addition, galleries throughout Carmel hold receptions and demonstrations during the Carmel Art Festival. Sign up at Tickets & Travel Office by Friday, May 13. FREE! (Food, beverages and artwork available for purchase). Directions and meeting location will be provided upon registration.

Under the Sea Spring Formal

Friday, May 20 • 6-8 pm in the Barbara McNitt Ballroom. Join Community Recreation for a magical night "Under the Sea"...a night filled with music, dancing, entertainment and more! Recommended attire is formal. Ticket sales begin Monday, April 18 at the Tickets and Travel Office. Early Bird Price: Adult \$12; Child \$9. After Friday, May 6, ticket prices increase to Adult \$15; Child \$12. A dinner special (sold separately) will be offered in the Trident Room for this event. Make reservations by Monday, May 16 at the Tickets and Travel Office.

UPCOMING EVENTS!

Jun-Aug: Movies on the Lawn
Sep: MWR Block Party
Day of Play

NSA MONTEREY TICKETS & TRAVEL

Herrmann Hall (Bldg. 220, Rm 131) **831-656-3223**
Mon-Fri 10 am-3 pm.
Closed weekends and federal holidays.

The Tickets & Travel Office has all you need to learn about what there is to do in the local area. Discounted tickets for area tours, attractions, museums, amusement parks, seasonal attractions and more; and numerous hotel and car rental vouchers are also available. Stop by and pick up some free brochures and get the fun started today! For more information, call 831-656-3223 or email tickets@nps.edu

New Travel Services

Whether you're planning a beach escape or going on a cruise, we can help you plan your next vacation! Call 831-656-3223 to set up an appointment with one of our vacation experts.

California Academy Of Sciences

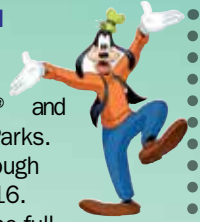
A San Francisco scientific and educational institution made to explore and sustain life on Earth. Adult \$30.25 / Senior-Student \$26 Child \$21.75

See's Candies Gift Certificates

See's Candies make the perfect Valentine's Day gift. Purchase a certificate for a one pound box for your sweetie...just \$16.

Military Salute Disneyland

Tickets \$140.50 - Ticket is valid for three (3) days of admission to both Disneyland® and Disney California Adventure® Parks. Tickets may be purchased through 12/16/16, valid 1/3-12/19/16. Each day of use constitutes one full day of use. Tickets not valid for use 3/20-4/1/16. Not valid for Magic Morning early entry admission. Valid only for active duty or retired U.S. military personnel (or their spouses). Valid and active U.S. military (or military spouse) ID required for purchase and admission. No more than six (6) Disney Military Salute Tickets may be purchased by any eligible service member and his/her spouse together. Military member (or spouse) must accompany the persons using these tickets for Theme Park admission. May not be combined with other ticket discounts or promotions. Tickets may not be sold or transferred for commercial purposes. Subject to restrictions and change without notice. ©Disney MIL-15-45372.



Cinemark Concession Supersaver

Coupon Take the kids or your plus 1 to the movies, but don't forget your concession supersaver to get a Jr popcorn and small fountain drink for \$6.


AT&T Pro Am at the Pebble Beach


Golf Course - Feb 8-14. Free tickets for Active Duty, Military Reserve, National Guard, Military Retirees, and Veterans. Receive four (4) complimentary tickets, may be used in any combination (i.e. two for Thu, one for Fri & one for Sun.) Must show Department of Defense issued ID or Photo ID along with ticket voucher at the tournament. Note: A \$1 verification fee per Military Service Member does apply. Visit <https://birdiesforthebrave2.sheerid.com/ATTPebbleBeach2016/>

Monterey Symphony Concerts

Feb 19-21, Mar 18-20, Apr 22-24, May 20-22
Discounted tickets available for Friday, 7:30 pm showings at Sherwood Hall Salinas \$10; Sat 8 pm or Sun 3 pm showings at Sunset Center Carmel \$25

Enterprise - Planning a trip? Need a Car? We have Enterprise Compact Rental Cars available for \$30 a day.

 **ARMED FORCES** Get affordable Military vacations around the world for Military personnel and their families by visiting www.afvclub.com. Be sure to select Navy-Monterey Bay Postgraduate as your military installation!

 NSA Monterey is on Facebook. Like Naval Support Activity Monterey Tickets & Travel to stay in the know!

Mother's Day Art Contest

April 1-22

Teens and adults, enter your best original Mother's Day artwork or poem. Grade school children enter your best drawing or letter about your mother. Various prizes awarded for first and second place of each category.

Submit one entry per person by 5 pm on Friday, April 22.

Send artwork or writing through email to CommRec@nps.edu or drop it off at Herrmann Hall, Rm 60. Include your contact information and age. Winners announced Monday, May 2.



FREE!
Tickets & Travel Leisure Fair
presented by NSA Monterey MWR & JP General, Inc.
Tuesday, July 5
11 am-1 pm in the Dudley Knox Library quad area.
Visit up to 80 vendors sharing information about local area attractions, organizations and services.
For more information, call 831-656-3223 or email tickets@nps.edu

NPS MONTEREY SPORTS & FITNESS



MWR FITNESS & SPORTS CENTER
 Bldg. 208 **831-656-3118**
 Email: FitnessC@nps.edu
 Mon-Fri 5:30 am-8 pm
 Sat 8 am-4 pm / Sun 11 am-4 pm
 Closed all federal holidays.

Fitness Membership

Active duty, reservists, retirees and their family members and DOD civilians are eligible for a **FREE** membership.

<u>Daily Fitness Membership Fee</u>	
Military/Family Members/DOD/NEX....	FREE!
Contractors/Guest	
DOD Family Members	\$3
<u>Monthly Membership Fee</u>	
Contractors/DOD Family Members.....	\$25
<u>Six-Month Membership Fee</u>	
Contractors/DOD Family Members.....	\$138
<u>Annual Membership Fee</u>	
Contractors/DOD Family Members.....	\$250

Personal Trainers - Are you frustrated with your workout routine? Are you seeing the results you'd like to see? Not sure where to start? Let one of our Personal Trainers help you achieve your goals. Cost effective & fun.

- Half-hour session \$20
- Hour session \$40
- 6 one-hour sessions..... \$225
- 10 one-hour sessions..... \$350

By appointment only.

Active Duty Appreciation

Mon-Fri • 10 am-1 pm - Meet with your Fitness Specialist and get a free body fat assessment. Appointments required.

Equipment Orientation available on a walk-in basis. Questions about a machine or how to use a program on the cardio equipment? Stop by the front desk and ask any of our Navy Fitness certified staff to maximize your time at the gym.

Fitness Improvement Tips!

Feel like your program isn't working for you? Not seeing improvements? Let our Fitness Specialist design a fitness program that works for you. Free for Active Duty.

Massage Therapist offers classic, deep tissue, sports, Esalen, pregnancy and reflexology massage. Help improve performance, decrease pain and promote relaxation! Gift certificates available. For more information or to make an appointment, call 831-656-3118.

FITNESS CLASSES

Cardio Kickboxing

Mon • Noon
 A popular training program that is a fun, action-packed workout combined with martial arts, boxing and dance moves. You get a challenging cardiovascular and full body workout as you kick, punch, block and move in each cardio kickboxing class. There is a \$3 fee per class for all participants.

Zumba Classes - Mon & Wed • 4:30 pm

Ditch the workout! Join our energetic instructors in this 50-minute fusion of cardio, hip-hop, salsa and aerobics blending Latin rhythms and easy-to-follow moves to create a dynamic fitness program.

Cycling Class - Mon & Wed • 5:30 pm

Motivating indoor cycling class designed to offer a non-impact, high intensity, cardio workout to all participants from beginners to advanced. Includes music, a warm-up, cool down and stretching.

Pi-Yo - Tue • Noon - A fun, challenging class fusing Pilates and Yoga. A dynamic approach to mind/body classes that encompasses many formats for optional enhancement of strength, balance, and flexibility. \$3 per class.

Body Pump

Tue • 4:30 pm & Thu • Noon - This class is one of the world's fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, lift, and curl!

Yoga Classes

Wed • Noon / Thu • 4:30 pm
 Yoga uses slow movements to increase strength, mobility, stability, and balance.

SPORTS CLUBS & LEAGUES

Sign up at the Fitness & Sports Center front desk. Must be 18 years old, out of high school and have a valid ID to participate. Open to all hands! For more information about these programs, contact 831-656-3118 or email FitnessC@nps.edu

Women's Tennis Club

Mon-Fri 9:30 am-Noon at the tennis courts adjacent to the Fitness & Sports Center across from Lake Del Monte. All levels and abilities are welcome. Dues paying members of the Club may participate in inter-club match play against other Women's Clubs on the Monterey Peninsula. Hope to see you on the courts! For more info, call 831-915-4625.

Judo Club

- Beginners - **Mon • 6:30-8 pm**
 - Intermediate/Advanced - **Wed • 6:30-8 pm**
- Judo classes meet at the Fitness & Sports Center. 12-week Beginners course starts the first week of each academic quarter. No previous experience required. Intermediate/Advanced sessions for those who have completed the Beginners course, experienced Judoka, or with instructor permission. Olympic and Kodokan style Judo; Tournament & recreational Judo; Improve your physical fitness while learning a new sport. **NOTE:** Participant must become a member of the United States Judo Federation, Inc. Membership is \$50/year. Application available at the Fitness & Sports Center front desk.

1000 Lb/600 Lb Club is a combination of your squat, dead lift and bench press. The lifter must meet or exceed 1000 lbs. or 600 lbs. with any combination of these three lifts. Each participant schedules an appointment with the Fitness & Sports Center Staff and provides their own spotter for bench press and back squat. Gloves, wrist wraps and/or lifting straps are permitted. Bench press suits/



NAVY OPERATIONAL FITNESS & FUELING SERIES (NOFFS)

Fitness Membership Fees Apply. The following classes are held at the Fitness and Sports Center:

NOFFS Operational Series Mon & Wed - 6:30 am & 3 pm / Thu - 3 pm / Fri - 6:30 am
 Focuses on core stability, strength, endurance and nutritional guidance.

NOFFS Regeneration Series Mon & Wed • 4 pm
 Focuses on soft tissue release utilizing foam roller, trigger point ball and flexibility training.

NOFFS Fueling Series (By appointment only)
 Focuses on eating clean, eating often, hydrating, recovery and motivation.

NOFFS Strength Series (By appointment only)
 Focuses on training phases. Build muscle, get strong and get powerful.



shirts are not allowed. Weight lifting belts are permitted for all 3 lifts. The lifts must be completed at the Fitness & Sports Center in one session, monitored by same trainer for all 3 lifts. This is a FREE, ongoing event.

Volleyball begins Tuesday, Feb 9.

Games are played at 6 & 7pm on Tuesday and Thursday evenings at the Fitness & Sports Center. Teams consist of six-twelve players. Open to all hands! Rosters are due to the Sports Coordinator/Sports Assistant by Wednesday, Feb 3.

2016 Annual Catch The Leprechaun Family Fun Run

Friday, Mar 11 • 3 pm

Meet in front of Herrmann Hall. Run two laps or walk one lap around NSA Monterey! Top male and female finishers in each age category win a T-Shirt. All participants that run faster than the Leprechaun win a prize!



Dodgeball begins Monday, Apr 11.

Games are played at 6 and 7 pm on Monday and Wednesday evenings at the Fitness & Sports Center. Teams consist of six-twelve players. Open to all hands! Rosters are due to the Sports Coordinator/Sports Assistant by Thursday, Apr 7.



One Rep Max Bench Press Competition
Thursday, Feb 18 • 8 am-Noon & 1-4 pm

at the Fitness & Sports Center After a warm-up, competitors will have 3 opportunities to achieve their one rep max. The first and second place male and female participants in each age weight category win a medal! Each participant weighs in just before his or her lift.

Pound for Pound Bench Press Competition

Friday, Apr 15 • 8 am-Noon & 1-4 pm at the Fitness & Sports Center - After a warm-up, competitors will have 3 opportunities to achieve their one rep max. The male and female participants in each age category who lift the largest percentage of his or her body weight receive medals! Each participant weighs in prior to their lift.

Powerlifting League

begins Tuesday, Apr 12. Lifts start at 6 pm Tue & and Thu evenings at the Fitness & Sports Center. Five-ten participants per team. Open to all hands! Rosters are due to the Sports Coordinator/Sports Assistant by Thursday, Apr 7.



2016 Sexual Assault Prevention Run

Friday, Apr 22 • 3 pm

Meet in front of Hermann Hall. Run two laps or walk one lap around NSA Monterey! Top male and female finishers in each age category win a T-Shirt!



UPCOMING SPORTS:

Softball and Flag Football

NAVAL SUPPORT ACTIVITY MONTEREY QUALITY OF LIFE PROGRAMS

You Work Hard.
We'll Work Hard to Save You Money.

GEICO has been proudly saving Military customers money on their car insurance since 1936 and we want to do the same for you. We understand the special needs and sacrifices made by Military members and their families which is why we offer numerous discounts, flexible payment options, overseas coverage and more.

We stand ready to serve you. Get a free quote today.

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geico.com | 1-800-MILITARY | local office

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FLYING CLUB

Did you always want to learn to fly? Are you a pilot, but figured you just couldn't fly during your time in Monterey? Want to see Monterey from a different perspective? Our fleet

of training and pleasure aircraft are available at reasonable rates. We have a T-34B Mentor for more advanced pilots or adventurous tourists. If you need instruction, our professional flight instructors are available to meet your schedule. Experienced pilots share the joy of flight with you (and some of the costs, of course!). Aircraft and facilities available 24/7 to club members. Visit www.montereynavyFlyingclub.com, or email mnfc@nps.edu

Now Hiring Certified Flight Instructors

Call us at 831-372-7033 about using your U.S. military flight instructor experience to become a civilian Certified Flight Instructor and teach at the MNFC.

THEATER

Movies are shown every Wednesday at 6 pm in the El Prado Room. Grab a bite from the Trident Bar and enjoy a movie. Look for movie listings at <http://navylifesw.com/monterey/movies/>. For more information, call 831-656-7955 or email CommRec@nps.edu



PRESIDIO OF MONTEREY OUTDOOR REC

Bldg 228, Lewis Hall **831-242-6133/5506**
Mon-Fri 9:30 am-2 pm & 3-6 pm
www.pom-fmwr.com

The Presidio of Monterey Outdoor Recreation Center offers extensive year-round programs, hands-on training, trips and more! Rental equipment available for camping, skiing, boating and fishing. Vacation rentals are a short distance away from South Lake Tahoe. Enjoy condominiums and cabins.

LIBERTY PROGRAM

Liberty events are open to all single and unaccompanied enlisted sailors assigned to NSA Monterey and tenant commands. For more information (or if you need a ride to any event) call 831-656-7955 or email Liberty@nps.edu



GOLF COURSE **831-656-2167**
Open daily 6:30 am-7 pm

GOLF SHOP **831-656-2167**
Open daily 6:30 am-7 pm

**THE MONTEREY PINES
GRILL & BAR** **831-656-7799**
Open daily 7 am-7 pm

Monterey Pines Golf Course offers area golfers the best value for golf on the Monterey Peninsula. Superb course conditions year round make a golf round a memorable experience. Special fees are offered for Active Duty Officers, Enlisted Active Duty, retired military and DOD civilians. The eighteen-hole course challenges the best of golfers and offers a great recreational experience for the rest of us. Undulating greens and lakes that come into play on several holes add to the excitement of a round of golf at "The Pines". The practice facility includes a driving range, chipping green with bunker and a large putting green. These are available daily to hone your golf skills and prepare for a round of golf at one of the Navy's finest golf facilities.

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If you visit a local AT&T store, please have proof of eligibility (Employee badge, paystub or student ID).

Mention code: 2421954



Sponsorship Program discounts: Service discounts are available to qualified employees, students and other authorized individuals associated with eligible sponsoring organizations, such as companies and colleges/universities with a qualified wireless service agreement ("Business Agreement"). Qualified individuals must provide proof of eligibility (i.e., valid employee badge/paystub, student ID or other approved validation method) and subscribe to service as Individual Responsibility Users ("IRUs"), taking personal liability for their accounts. Service discount is subject to the Business Agreement and may be interrupted, changed and/or discontinued without notice to you. A minimum number of employees, minimum monthly service charge for qualified plans, additional AT&T services or other requirements may apply for eligibility. Under some Business Agreements, service discount can vary monthly depending on the organization's aggregate volume of qualified charges. Service discount applies only to the monthly service charge of qualified plans (unless otherwise provided in your organization's Business Agreement). Service discounts are not available with any unlimited voice plans. For Family Talk plans, service discount will only apply to the primary line. For all Mobile Share plans, service discount applies only to the monthly service charge for the data allotment (i.e., plan charge) of eligible plans, not to the additional monthly device access charge(s). Additional plan and other restrictions apply. Service discount may take up to two (2) billing cycles to appear on invoice after eligibility is confirmed and will not apply to prior charges. Service discount is applied after application of any available credit or other promotional offer and may not be combined with other service discounts. If you have a question about available service discount and/or your eligibility, contact your organization's telecom manager/administrator or contact us at att.com/getIRU. All other marks contained herein are the property of their respective owners. Service provided by AT&T Mobility. © 2015 AT&T Intellectual Property. All rights reserved. AT&T and the AT&T logo are trademarks of AT&T Intellectual Property.

For those interested in participating with other golfers in friendly competition, we have several groups for your consideration.

- **The Monterey Pines Golf Club** hosts monthly tournaments played on the second Saturday of each month.
- **Ladies Golf Association** plays every Wednesday beginning at 8:30 am
- **The Monday Niners Golf League** plays every Monday, Apr-Sep.

The Monterey Pines Golf Club Championship is scheduled for Aug 8 & 9 and the tournament players championship is on Sep 12 & 13. For information on golf groups and events at Monterey Pines, call 831-656-1087.

Whether a golfer or not, the **Monterey Pines Grill & Bar** offers a scenic venue to enjoy your favorite food and beverages for breakfast, lunch or an early dinner. The outdoor patio area has great views of the course, and the Clubhouse offers an excellent selection of breakfast and lunch items, appetizers and your favorite drinks. Our bar area and five televisions make it a great place to watch sporting events after a round of golf. And we have Wi-Fi so you can bring your personal computers for easy access to the web. In addition to our daily offerings at the Clubhouse, our Banquet Room offers the necessary privacy to conduct meetings and seminars in addition to providing food

and beverage requirements for golf events. For information on special events at the Clubhouse, call 831-656-7799.

Golf Outings are a great way to celebrate an important event and Monterey Pines is a great place to have your outing. Our staff provides professional tournament management and allows you to relax and enjoy the event while we do all the work for you. For information on having Monterey Pines host your next golf event, call 831-656-7659.

If you are in the market for a new putter, driver, irons or golf apparel, you'll find the best deals in the area at **Monterey Pines Golf Shop**. If we don't have it, we can get it for you! Our extensive selection of Demo Clubs gives you the opportunity to "try before you buy." Custom club fitting is available daily from one of our PGA Professionals. Sometimes a golf lesson may be all you need to get that old club working better. PGA Members Sam Jepsen and Neil Larkin are available for private and group **golf instruction**. Private instruction is \$40 for a half hour lesson and \$60 for an hour lesson.

Monday Niners League

hosts a 9-hole golf event every Monday beginning Apr 11. All NSA Monterey students, faculty and DOD Support Staff are eligible to participate. Your spouses and friends are also welcome to join you in these weekly events. Tournaments begin with a 5 pm shotgun start. Registration for each tournament may be made until Noon on the day of play. (Earlier registration, up to a week in advance, is encouraged and appreciated.) Players need to arrive and pay entry fees at the Golf Shop no later than 4:30 pm to ensure a prompt start. An entry fee of \$30 includes greens fees, cart fee & prize fund. Contact the Golf Course for complete details.

Call 831-656-1087 to register for each of the Monday Niners Golf Tournaments.



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MONTEREY CHILD & YOUTH PROGRAMS



Child and Youth Programs (CYP) are provided for children ages 6 weeks to 17 years in state-of-the-art facilities within walking

distance of La Mesa Village. The La Mesa Elementary School is right next door to the Child Development Center and up the street from the Tech Connection. Open to Active Duty military, reservists in Active Duty status, and DOD civilians on a space available basis. For more information, call 831-656-2734 or email CDCAdmin@nps.edu. Request for childcare is available online at militarychildcare.com

CHILD DEVELOPMENT CENTER 831-656-2734

Located at 2 La Mesa Way, Bldg 439 La Mesa Village next to La Mesa Elementary School. Open Mon-Fri, 7 am-6 pm for full-time care. Closed all federal holidays. For children ages 6 weeks-5 years, the Child Development Center in La Mesa Village is the place for you. For more information, call 831-656-2734 or email CDCAdmin@nps.edu

TECH CONNECTION TEEN & YOUTH CENTER (Grades K-12) 831-656-2127

La Mesa Village, 1222 Leahy Rd. Bldg. 444

(Grades K-12) Building hours are 8:30 am-6 pm (during summer/school breaks the building is open from 7 am-6 pm for School Age Care). Closed all federal holidays.

Registration Process for CYP Programming starts online. Visit www.militarychildcare.com to create an account containing information about your family, search for the child care options that best fit your needs and submit your request for care online.

Hourly Care spaces are available at both the Child Development Center and the Tech Connection School Age facilities. Although spaces are limited, we encourage parents to be aware of the availability. Reservations can be made up to 30 days in advance. Cost is \$4 per hour. Call 831-656-2734 for CDC information/availability and 831-656-2127 for Tech Connection information/availability; or utilize CYP online at www.navylifsw/cyponline to make reservations.

Youth Sponsorship lunch meetings are offered once a week at Colton Middle School throughout the school year. These meetings are a time to play ice breakers/group games, meet other military youth and get information on local attractions.

Pick up a Youth Sponsorship form from the Tech Connection today!

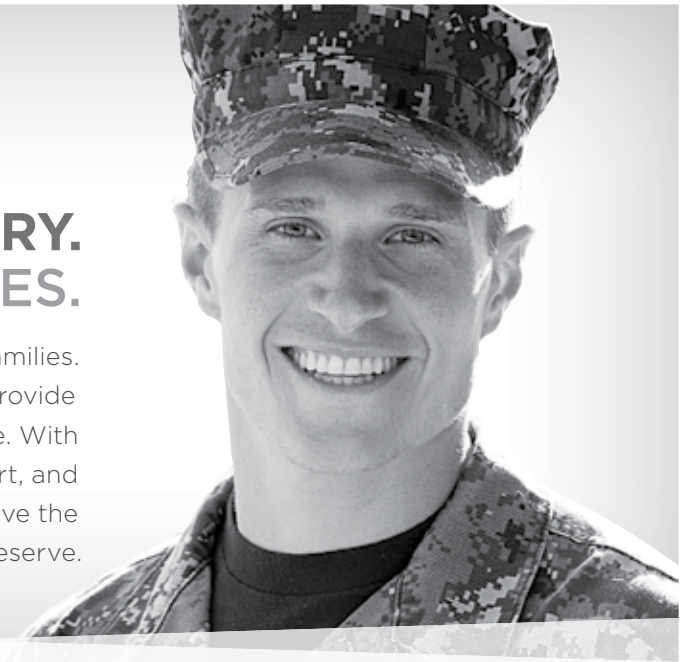
S2S (Student To Student) every other Thursday from 1:05-1:25 pm at Monterey High - S2S is a student-led program that focuses on helping students build connections with their peers and their school. The core of S2S programming is their ABC's- Acceptance, Belonging and Connection. For more information, call 831-656-1870 or email: NPSMWRTechConnection@nps.edu

Before And/Or After School Care registration is active throughout the school year. The Tech Connection offers enriching activities incorporating Boys and Girls Clubs of America and 4H curriculum, to include: fine arts, technology, health & life skills, leadership, education and fitness. To start the registration process, visit www.militarychildcare.com, create a family profile and select the type of care needed.

Teens (Grades 6-12) Open Monday, Tuesday, Thursday, Friday 4-6 pm Wednesday 2-6 pm and Summer & School Breaks Hours 12-6 pm daily. Meet military and DOD youth in a fun and relaxing environment! Get connected with your local community and participate in 4H and

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FAMILY



Boys and Girls Clubs of America activities. Weekly programs include athletics, arts & crafts, education & technology, leadership, and life skills. Our staff would love to show you around and tell you about our programs. Join the fun!!

Friendship Tea - Friday, Feb 12 at the Child Development Center. Each classroom will coordinate their special celebration. Check with your child's teachers to see time and schedule of events. All Friendship Tea activities will take place in the afternoon so don't miss out! (Part Day Preschool will celebrate their Friendship Tea the respective mornings of Feb 11 and Feb 12. See teachers for more details!)

SAC Friendship Celebration Friday, Feb 12 • 3:15-3:45 pm at the Tech Connection. Families are invited to join their school age children.

Spring Camp - Mar 21-Apr 1. Sign up for Tech Connection's Spring Camp and join us for two weeks of athletics, arts, science, and more! Registration is priority based so don't wait to join. To start the registration process, visit www.militarychildcare.com, create a profile and select the type of care needed. Families enrolled with our SAC program will need to register by Mar 4. Open registration Mar 7-18 on a space available basis. Cost is based on total household income. For more information visit us or call 831-656-2127.

Month of The Military Child Event
There will be a family fun event in April to celebrate the Month of the Military Child. The date is to be determined and more information to come!

Mother's Day Tea - Friday, May 6 in the afternoon at the CDC. Each classroom will have a special celebration to honor our Moms (and other special ladies in our lives). Check with your child's teachers to see the time and schedule of events as each class will have their own celebration. (Part Day Preschool Mother's Day Celebrations the respective mornings of May 5 & 6).

Last Day of Part Day Preschool is May 26/27.

SAC Summer Camp begins Jun 6. More information in regards to SAC summer camp will be made available at the Tech Connection towards the end of April. For more info, call 831-656-2127.

YOUTH SPORTS & CLASSES
Ballet (ages 3-10) - **Tuesdays** at the Tech Connection - Registration is ongoing. Classes are offered in one month sessions. Minimum of three students in each class to run. Classes currently offered are:

- 3-4 year olds - 2:30-3:15 pm
 - 5-6 year olds - 3:15-4 pm
 - 7-10 year olds - 4:4-4:45 pm
- Participants must re-enroll for ballet at the beginning of each month. (Class times subject to change; verify class times as you sign up monthly). Sign up and pick up class schedules at the Tech Connection. Cost\$48-\$72

Cheer/Dance (ages 5-18) every Wednesday at the Tech Connection. Registration is ongoing. Monthly enrollment fees must be paid prior to attending the first class and we must have current registration paperwork on file. Class currently offered is Friday: 3:30-4:30 pm (if there is a varying turn-out in ages, we may create two classes). Classes must have a minimum of three students to run. Cost \$36-\$60 monthly (depending on the number of weeks in the session – we do not prorate monthly fees for individuals that do not attend scheduled classes).

First Tee Golf Program (Military Affiliate Program for ages 7-17). Young people are introduced to the First Tee through character education curriculum to develop positive youth. Registration is on-going. Program begins in September. Classes starts at 3:45 pm Monday or Wednesday and are taught by certified First Tee Instructors. Sign up at the Tech Connection today! FREE!

T-Ball/Baseball/Softball (ages 4-12) Children are introduced to the fundamentals of T-ball/baseball/softball to promote camaraderie and sportsmanship. Girls softball is offered for 9-12 year olds. Season is from March to May. Registration at the Tech Connection will be in February. For more information, call 831-656-2127 or email: NPSMWRTechConnection@nps.edu

Youth Sport Coaches Needed!
Child and Youth Programs is looking for positive and dedicated coaches. Volunteer coaches are always needed for sports programs. Stop by the Tech Connection to receive a coaches' packet today!

SCHOOL LIAISON OFFICER (SLO)
Office: 831-656-1008 located on the first floor of the Fleet & Family Support Center, Bldg 2, 1280 Leahy Rd., La Mesa Village. Leslie Flynn, M.A. • lflynn@nps.edu

Your SLO is the primary link between the military family and the local school system. Our goal is to help you find the information you need to make informed decisions regarding your child's education.



SLO provides information to parents and the local school system, to facilitate an interactive relationship enabling families to make better decisions about their child's education and personal growth.

SB 277-CA School Immunization Requirements Are Changing
Almost all California school children are required to be fully vaccinated in order to attend public or private school, regardless of their parents' personal or religious beliefs. SB 277 is being phased in and will go into full effect by 7/1/16.

6-12 Grade Students - It is not too early to get your 6th grader ready for the 2016-2017 school year. Students entering or advancing to grades 7-12, or entering school in California for the 1st time must provide proof of immunization with a pertussis (whooping cough) vaccine booster called tetanus toxoid, reduced diphtheria toxoid and accellur pertussis vaccine-TDAP. Students will not be allowed to begin the 2016-2017 school year until proof of immunizations or exemptions are presented to their school site. See Education Code 48210-48216

MPUSD Open Enrollment/School Transfers For The 2016-2017 School Year - Parents/guardians who want their child to attend a school other than their neighborhood school must submit an application for transfer from Jan 6-Feb 5, 2016. Applications are available at the District Office, 700 Pacific Street Monterey, CA 93940. Information on Open Enrollment, including the request form, may be found online beginning in Jan. www.mpusd.net For more information call 831-645-1267.

- Transitional Kindergarten & Kindergarten Enrollment** begins Jan 6, 2016 for the 2016-2017 School Year.
- All children must be age 5 on or before Sep 1 for the 2016-2017 school year.
 - Children turning age 5 between Sep 2 and Dec 2 are eligible to apply for Transitional Kindergarten (TK).
 - TK will be offered at most school sites for the 2016-2017 school year. A complete list will be available in Jan.
 - Kindergarten will be offered at all elementary schools.
 - Parents must complete a registration form & emergency contact form which can be obtained at www.mpusd.net
 - Register at school sites & the district office.
 - Remember to bring original Birth Certificate or Passport, Physical Exam, Immunization Records, & Proof of Residency.
 - If you are temporarily housed at NGIS or the Navy Lodge, bring your room receipt as Proof of Residency.
 - An Oral/Dental Exam must be completed during the school year but is not needed at the time of enrollment.

SCHOOL LIAISON *continued*



Prevent Truancy & Unexcused Absences Utilize Independent Study

On the rare occasion that you must take your child out of school for a vacation or travel outside of a regularly scheduled holiday or school break, you must arrange for independent study. Successful completion of I/S prevents unexcused days for students who are ill and ensures that your child doesn't fall behind academically.

- I/S must be for an absence of at least 5 days and no more than 15 days
- Parents/Guardians must notify the school at least 5 days in advance of the future absence/departure
- The school principal must approve the I/S contract
- Upon the student's return, the teacher will evaluate the work and award attendance
- Failure to complete the assignment(s) during the absence will result in unexcused absences and/or truancy referral
- I/S is not for recapturing unexcused days for students who are ill
- No credit will be given for incomplete assignments or work that fails to demonstrate reasonable quality.

Homeschooling In Monterey? Register with a public school, private school, public charter school, correspondence course, virtual academy, or file an R-4 affidavit with the State. Contact your SLO for assistance.

Parent Conferences PCSing In or Out? Have questions about academic options in Monterey or your next duty station? The SLO will be happy to assist you. As of Jun 2014 parent conferences are required for all families with school age children arriving in Monterey. Please bring your check-in sheet and the SLO will sign off. Parent conferences are also highly recommended for families that will be PCSing out during the middle of the school year. Book early to ensure enough time to gather all pertinent school records.

PTI-Partners In Education volunteers needed for the 2016/2017 school year. The PIE Program is designed to encourage and increase support of the local schools

through a Navy volunteer effort. This program offers opportunities for military and civilian members attached to commands within Navy Region Southwest to give their time as volunteers at local schools. Both one-time and on-going options are available. For more information, call 831-656-1008 or email lflynn@nps.edu

Calling All Marines at NPS! Moto-Mentoring Others Through Outreach!

Central Coast High School is in need of volunteers for the 2016/2017 school year. MOTO is part of the PIE program here in Monterey. CCHS provides an educational opportunity for students who desire to get back on track and achieve their high school diploma. Be part of a rewarding journey. For more information email jafisher@nps.edu; hlpelach@nps.edu; lflynn@nps.edu or call 831-656-1008.

English Tutorial Program For Children

for international military associated children attending La Mesa Elementary School. Meetings are held most Saturdays 10 am-Noon at the Tech Connection Youth Center, Bldg. 444, 1222 Leahy Road, Monterey, CA 93940. To join send an email by Wednesday of each week to lflynn@nps.edu

ESL-English As A Second Language

Classes Monday-Friday • 8:30 am-2:30 pm in Herrmann Hall-Rm 29. Ongoing registration on Mondays & Fridays. For more information email mkniki4@gmail.com Cost: \$25/semester.

Tutor.com is an online tutorial option for Active Duty, National Guard & Reservist, K-12th grade students. www.tutor.com/military Free 24/7 access for online tutoring and homework help from a live tutor.

MONTEREY PINES RV CAMPGROUND

Located on Fairgrounds Road at Garden Road by the Monterey County Fairgrounds. Open daily. **831-656-7563**

Located deep within the serene Monterey Pines Recreation Complex, Monterey Pines RV Campground is OPEN YEAR ROUND to all active duty, reservists, retirees, family members and DOD civilians. 29 full hook-ups, 8 partial hook-ups, bathhouse and coin-op laundry facilities. Visa/Mastercard accepted.

NAVY LODGE



1100 Farragut Rd, Monterey
Open daily **831-372-6133**

Open to all Active Duty military members and their families, retired military, reservists, DOD personnel, International military, U.S. Public Health Service, Red Cross, and the National Oceanic and Atmospheric Administration. Spacious and comfortable rooms with fully-equipped kitchenettes, located within walking distance to the Housing Welcome Center, La Mesa Elementary School, NEX Mini-Mart and the Family Service Center. Only a short drive to NPS, NEX, MWR Fitness & Sports Center, Presidio of Monterey and the Monterey U.S. Coast Guard Station. Free Seattle's Best Coffee in our guest rooms/lobby and free daily newspapers. Free "Breakfast to Go" available daily from 6-9 am. Plus, a limited number of pet-friendly rooms at a nominal fee. Call the Navy Lodge Central Reservation Center at 1-800-NAVY-INN (800-628-9466).

NPS SAILING ASSOCIATION

NPSSA Membership

Open to NPS students, faculty, staff and local DOD personnel. Cost is \$50/year and covers the member and immediate family. Email: npssa.commodore@gmail.com for an application or to be added to the email distribution list. <http://npssa.org>

Sailboat Rental

All skippers must complete a check sail through NPSSA and pass a written exam. Group sail participation is normally required prior to requesting a check sail. Email: npssa.vc.training@gmail.com to schedule a check sail.

- Half Day Rental \$25
- Full Day Rental \$50



Sailing Classes - No experience necessary. Earn a Navy "B" keelboat skipper qualification, recognized at MWR Marinas worldwide. NPSSA Membership required.

Email: npssa.vc.training@gmail.com for details. Cost \$175

Rent a Santana 22-ft sailboat for only \$25!

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Main Line 831-656-3060
 Sexual Assault Prevention Response
 Hot Line 877-995-5247
 Appointments 1-866-923-6478

The FFSC supports the military by providing a wide range of services and assistance that respond to personal and family needs that positively impact the quality of life for our service members and their families. Classes are free of charge. Space is limited. Call ahead of time to reserve a spot. All classes are held at the FFSC- La Mesa Housing Community, 1280 Leahy Road, unless otherwise indicated. Childcare is available, however, must be arranged no later than 5 days prior to class date. For more information, call 831-656-3060. Volunteer opportunities are available!

FFSC Office Locations:

- **La Mesa Village**, 1280 Leahy Rd
 Mon-Fri 8 am-4:30 pm
- **Herrmann Hall** - Bldg 220,
 2nd Floor West Wing (Room 157)
 Counseling Services available by
 appointment.

Available by appointment:

- Resumé and Federal
 Application Review
- Family Employment Readiness
 Program
- Individual Relocation
 Counseling
- Individual Financial
 Counseling
- Individuals, Couples & Family
 Counseling



FAMILY & LIFESKILLS
Two Birds Never Sing the Same Song: Couples Communication
 Thu, Feb 18, 12-2 pm
 Tue, Mar 1, 3-5 pm
 Thu, Mar 17, 12-2 pm
 Tue, Apr 5, 3-5 pm
 Tue, May 3, 3-5 pm
 Thu, May 19, 12-2 pm

**What's a "BZ"?
 The Lingo and Lifestyle of a
 Military Spouse**

Fri, Feb 5, 9-11 am
 Wed, Mar 2, 10 am-12 pm
 Fri, Apr 1, 9-11 am
 Wed, Apr 6, 10 am-12 pm
 Wed, May 4, 10 am-12 pm

**You're Not Alone
 Suicide Prevention Awareness**

Wed, Feb 10, 12-2 pm
 Wed, Mar 9, 12-2 pm
 Wed, Apr 13, 12-2 pm
 Wed, May 11, 12-2 pm

**Don't Sweat the Small Stuff...
 It's all Small Stuff: Managing
 Stress and Time**

Mon, Feb 8, 8-10 am
 Mon, Mar 7, 8-10 am
 Mon, Apr 11, 8-10 am
 Mon, May 16, 3-5 pm



**What to expect when...
 Parenting Tips and Tools**

Mon, Feb 29, 8-9 am
 Mon, Mar 28, 8-9 am
 Mon, Apr 25, 8-9 am

**"I Said Over Easy!!!!" Controlling
 Anger Before Anger Controls You**

Thu, Feb 4, 12-2 pm and 4-6 pm
 Thu, Mar 3, 12-2 pm and 4-6 pm
 Mon, Mar 21, 3-5 pm
 Thu, Apr 7, 12-2 pm and 4-6 pm
 Mon, Apr 18, 3-5 pm
 Thu, May 5, 12-2 pm and 4-6 pm
 Mon, May 16, 3-5 pm

5 Love Languages and More

Fri, Feb 5, 1-3 pm
 Fri, May 6, 1-3 pm

FINANCIAL MANAGEMENT

Sold: Home Buying Seminar
 Mon, Feb 1, 8 am-12 pm

Million Dollar Sailor

Thu-Fri, Feb 4-5, 9 am-3 pm
 Thu-Fri, May 5-6, 9 am-3 pm

Budgeting For Baby

Wed, Feb 17, 7-8 pm
 Wed, Mar 16, 7-8 pm
 Wed, Apr 20, 7-8 pm
 Wed, May 18, 7-8 pm

Credit and Debt Management

Mon, Mar 7, 8 am-12 pm

Saving and Investing Seminar

Mon, Apr 4, 8 am-12 pm

Military Saves Week

Mon-Fri, Feb 22-26

Military Saves Fun Run

Fri, Feb 26, 3 pm

Deal on Wheels

Mon, May 2, 8 am-12 pm

RELOCATION

**PCS Right: Techniques to take
 your PCS to the next level**

Wed, Feb 10, 1-3 pm
 Wed, Mar 9, 1-3 pm
 Wed, Apr 13, 1-3 pm
 Wed, May 11, 1-3 pm

EMPLOYMENT

Resumé Writing

Thu, Feb 11, 10 am-12 pm
 Thu, Mar 10, 10 am-12 pm
 Thu, Apr 14, 10 am-12 pm
 Thu, May 12, 10 am-12 pm

Interview Strategies

Thu, Feb 18, 10 am-12 pm
 Thu, Mar 17, 10 am-12 pm
 Thu, Apr 21, 10 am-12 pm
 Thu, May 26, 10 am-12 pm

Community Job Fair

Thu, May 19, 9 am-12 pm



**TRANSITION ASSISTANCE
 PROGRAM**

Transition GPS (Goals, Plans, Success) is a program designed to ease the transition from military to civilian life.

Transition GPS Workshop

Mon-Fri, Feb 22-26, 8 am-5 pm
 Mon-Fri, Mar 21-25, 8 am-5 pm
 Mon-Fri, Apr 18-22, 8 am-5 pm
 Mon-Fri, May 23-27, 8 am-5 pm

Capstone Workshop

Wed, Feb 3, 1-4 pm
 Wed, Mar 2, 1-4 pm
 Wed, Apr 6, 1-4 pm
 Wed, May 4, 1-4 pm

Entrepreneurship Workshop

Mon-Tue, Apr 11-12, 8 am-4 pm

Higher Education Workshop

Mon-Tue, Mar 14-15, 8 am-4 pm

Technical Workshop

Thu-Fri, Feb 4-5, 8 am-4 pm
 Thu-Fri, May 5-6, 8 am-4 pm



**EXCEPTIONAL FAMILY
 MEMBER PROGRAM**

**EFMP Community Support
 Group**

*At Army Community Service
 Center, CYSS Conference Room
 Thu, Feb 11, 6-8 pm
 Thu, Mar 10, 6-8 pm
 Thu, Apr 14, 6-8 pm
 Thu, May 12, 6-8 pm

PARENTING EDUCATION

Infant Massage

Fri, Mar 4, 10-11 am
 Fri, Mar 11, 10-11 am
 Fri, Mar 18, 10-11 am
 Fri, Mar 25, 10-11 am
 Fri, Apr 1, 10-11 am
 Fri, Apr 8, 10-11 am
 Fri, Apr 15, 10-11 am
 Fri, Apr 22, 10-11 am
 Fri, Apr 29, 10-11 am
 Fri, May 6, 10-11 am
 Fri, May 13, 10-11 am
 Fri, May 20, 10-11 am
 Fri, May 27, 10-11 am

Monterey Bay Parenting hosts free discussion on a variety of topics related to creating healthy family relationships. For more information visit: www.montereybayapi.org

Signing With Baby

Tue, Feb 2, 9:30-10:15 am
 Tue, Feb 9, 9:30-10:15 am

**Pregnancy and Postpartum
 Nutrition**

Tue, Feb 16, 9:30-11 am

Baby's First Foods

Tue, Apr 5, 9:30-11 am



EFMP AND PARENTING COMBINED PROGRAM

Be My Valentine Music & Craft
Fri, Feb 12, 3-4:30 pm

Speech 101 - Everything you want to know about speech development and resources
Fri, Mar 4, 1-2:30 pm

NEW PARENT

New Parent Support Home Visitor - Available upon request, tailored to your needs

The New Parent Support Home Visit Program provides a variety of support, referral and education services for expectant and new parents with children from birth up to 4 years old. We serve both single and married, active

duty, foster, adoptive and eligible family members. The program is designed to be a personal, private interaction for family members that want to get along better, communicate more and feel closer to each other. What we teach in the program is self-awareness, empathy, discipline alternatives, age appropriate expectations, bonding and attachment. You will learn to replace yelling with more effective discipline techniques such as redirection, choice and consequences, family rules and praise. Find us on Facebook at facebook.com/ffscomonterey for updated information about our Toilet Learning Workshop, Baby's First Foods class, Baby Sleep's 101 Class and more!

DEPLOYMENT

Pre-Deployment/Mobility Briefing
Thu, Feb 18, 1-3 pm

Mid-Deployment/Mobility Briefing - Thu, Mar 31, 1-3 pm

Post-Deployment Return & Reunion - Thu, Apr 14, 1-3 pm

IA Spouse Discussion/Support Group Meeting

Mon, Feb 1, 12-1 pm
Mon, Mar 7, 12-1 pm
Mon, Apr 4, 12-1 pm
Mon, May 2, 12-1 pm

COMMAND SPECIFIC PROGRAMS:

SAPR Advocate Initial Training
Mon-Fri, Feb 8-12, 8 am-4:30 pm
Mon-Fri, May 9-13, 8 am-4:30 pm

SAPR Advocate Refresher Training
Thu, Feb 18, 8:30 am-12:30 pm
Thu, May 19, 1-4:30 pm

Initial Point Of Contact Training
Thu, Mar 17, 8 am-4:30 pm



FOR COMMAND APPOINTED PERSONNEL

- (available upon request)
- SAPR Gmt
 - SAPR Civilian One Team One Fight
 - Commander's Toolkit
 - CDO Training And Refresher
 - Victim Sensitivity

Command Financial Specialist (CSF) are members of the military who have been appointed by the commanding officer to provide financial education and training, counseling, and information referral at the command level. CSFs are trained to establish, organize, and administer the command's personal financial management program.

Command Financial Specialist Training (Also available upon request)
Mon-Fri, Mar 21-25, 8 am-4 pm

CFS Round Table
Fri, Mar 4, 10 am-3 pm

Ombudsman
Mon-Wed, Feb 1-3, 9 am-3 pm
Wed-Fri, Apr 20-22, 5:30 pm-9:30 pm

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