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2012-10

## Peacock Press / October - December 2012

Quality of Life Department, Naval Postgraduate School (U.S.)

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# NAVAL SUPPORT ACTIVITY MONTEREY Peacock Press

QUALITY OF LIFE PROGRAM MONTEREY, CALIFORNIA

## Hoop Action!

NSA Monterey  
Basketball League

Page 6

6th Annual

*Teddy Bear Tea*

Page 3



Community Events.....	2-3
Clubs & Dining .....	3
Tickets & Travel .....	4
Liberty Program .....	4
Sailing .....	4
Flying Club .....	4
Fitness & Sports.....	6
Golf.....	7
Child & Youth .....	8
Fleet & Family Support.....	10
RV Park .....	10

Now taking reservations!

## Pre-Thanksgiving Buffet

Barbara McNitt Ballroom

Page 2





Captain Gerral David  
Commanding Officer

Pete Dausen  
Deputy Director

Megan Ryan  
Quality of Life Director

Samuel Jepsen  
Golf Course/RV Campground  
Manager

Austin Daniells  
Golf Course Superintendent

Theresa Ikstrums  
Child and Youth Programs  
Director

Tina Wekell  
School Liaison Officer

Hugh Butler  
Executive Chef

Melanie Arellano  
Catering Sales  
Manager

David Wolf  
NGIS Manager

Jodi Pallet  
FFSC Site Manager

Cecilia S. Legario  
Marketing Coordinator

MWR ADMINISTRATIVE OFFICE  
Herrmann Hall (Rm. 55)  
Open weekdays,  
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Closed weekends/  
federal holidays  
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MWR BUSINESS OFFICE  
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8 am-3 pm  
Closed weekends/  
federal holidays  
Phone: 831-656-7954

PEACOCK PRESS  
MWR Department  
Naval Support Activity Monterey  
1 University Circle  
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The Peacock Press is a quarterly publication of the Quality of Life Department, Naval Support Activity Monterey. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense or the U.S. Navy, nor does it imply endorsement thereof. Information may be subject to change without notice.

All phone numbers are in  
area code 831.



# HALLOWEEN HAPPENINGS

## Freaky Family Friday

Friday, October 26  
6-9 pm

Join us for a "terrific" night of dancing, goodies and games in the Barbara McNitt Ballroom. Bring your best costume and enjoy a night with the family.  
Cost.....FREE!

## Terror in the Trident

Wednesday, October 31  
5-9 pm

Join MWR for a Halloween Party in the Trident Room. Start the night with our Trivia Slam from 5-6 pm. Costume contest, food, music and lots of fun!  
Cost.....FREE!

## Ghost Walk

Wednesday, October 31  
7-8:30 pm

Explore the mysteries of Herrmann Hall with the Naval Postgraduate School's Historian. This 90-minute walk begins in the La Novia Room and is limited to adults and children ages 12 and above. This event is courtesy of the Dudley Knox Library.  
Cost.....FREE!

Like NSA Monterey Community Activities on Facebook to stay in the know!

Also, Check out Club Del Monte on Facebook!

These events are free and open to all hands. For more information, call 831-656-7955 or e-mail [CommAct@nps.edu](mailto:CommAct@nps.edu)

## Pre-Thanksgiving Buffet

Wednesday, November 23 • 5-7 pm  
in the Barbara McNitt Ballroom

Join us for arugula with candied walnuts, grilled apples and sharp white cheddar cheese with raspberry vinaigrette salad, marinated asparagus with lemon dressing, roasted pumpkin soup, Chef-carved fresh roasted Tom turkey with natural jus, Yukon gold whipped potatoes, stuffed Roma tomatoes with cream spinach, giblet dressing with fresh gravy, cranberry sauce, fresh fruit tarts, assorted pies and cakes with whipped cream, coffee and iced tea.

Adults: \$23 / Children (ages 5-10): \$11.50  
Gratuity not included. Reservation required.  
Call 831-656-2170 or e-mail  
[MWRcatering@nps.edu](mailto:MWRcatering@nps.edu) to reserve your table.





# COMMUNITY ACTIVITIES

Community Activities are available to all patrons and open to all hands. For more information about any of these community events, call 831-656-7955 or e-mail [CommAct@nps.edu](mailto:CommAct@nps.edu)

## Trivia Slam!

**Wednesday, October 31 • 5-6 pm & Wednesday, November 28 • 5-6 pm**

Stop in on Wednesday night, grab a drink and dinner and compete in the battle of useless knowledge. Cost.....FREE!

## Thanksgiving Turkey Shoot

**Thursday, November 15 • 4-5 pm**

Take Aim, Fire! They're coming fast and furious and your job is to harvest your Thanksgiving Day dinner right in the El Prado Dining Room. Familiarity with Wii firearms is a plus for this event. Prizes for highest scores! Join us for appetizers and show off your shooting skills. Cost.....FREE!

## Army Navy Tailgate Party

**Saturday, December 8 •**

**11:30 am-4 pm** in the Trident Room and the El Prado Room.

Kick off time: Noon. It's the time of year everyone has been waiting for...Army vs. Navy Game! You are invited to watch the game with MWR and enjoy complimentary food. A kids' movie will be shown in the La Novia Room. Open to all hands. Cost.....FREE!



# THEATER

Grab a bite from the Trident Bar and enjoy a movie every Wednesday at 6 pm in the El Prado Room. Find movie listings at <http://navylifesw.com/monterey/movies/>. For more information, call 831-656-7955 or e-mail [CommAct@nps.edu](mailto:CommAct@nps.edu)

# CLUBS & DINING

## 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 custom made-to-order sandwich bar. Fresh soup and chili con carne are offered daily. Come in on Fridays for the house special, clam chowder. Hot entrees are offered daily.

## HOLIDAY HOURS

All club facilities will be closed in observance of the upcoming holidays:

- Oct 8, Columbus Day
- Nov 12, Veterans Day
- Nov 22-24, Thanksgiving holidays
- Dec 24-25, Christmas holidays
- Dec 31, 2012-Jan 1, 2013

Café Del Monte will be closed from Dec 15-31, 2012 & Jan 1, 2013 for the holidays.

Trident Room will be open 4-9 pm for dinner and beverage service Dec 17-22 & 27-29.

## Planning a Holiday Party?

Reserve your date today for your business or family holiday party while dates are still available. Contact the Catering Sales Office at **831-656-1049** or [mwrcatering@nps.edu](mailto:mwrcatering@nps.edu) for special holiday menus.

### MWR CATERING

Herrmann Hall (Rm. 55) ground floor (Bldg. 220)  
Open Mon-Fri, 8 am-4:30 pm  
Closed weekends & holidays

## CAFÉ DEL MONTE.....831-656-7885

Located next to Dudley Knox Library. Open Mon-Thu 6:30 am-4 pm & Fri 6:30 am-3:30 pm, Sat 9 am-1 pm. Snacks always available. Closed on federal holidays.

- Breakfast Mon-Fri 6:30-10:30 am
- Lunch Mon-Fri 10:30 am-3 pm

Café Del Monte serves Starbucks Frappuccino® blended beverages! Choose from 3 tasty flavors: Caramel, Mocha, or Coffee Frappuccino. Enjoy delicious right where you are...right now! Stop by Café Del Monte Mon-Sat mornings for a delicious Breakfast Burrito! Café Del Monte features daily specials from around the world. Great prices! Quick service! Club Del Monte Daily Lunch Special Calendar can be found on the NPS Intranet at <http://intranet.nps.edu>

## TRIDENT ROOM.....831-656-7508

Herrmann Hall ground floor (Bldg. 220)

Open Mon-Sat. Come check out our updated dinner menu featuring fabulous new healthy selections in addition to the house favorites. The Trident Bar has a great dinner menu with fresh and healthy appetizers and entrees featuring fabulous new healthy selections. Join us for dinner tonight!

### • Beverage Service:

Mon-Wed 4-10 pm, Thu-Fri 3-10 pm, Sat 4-9 pm

### • Dinner: Mon-Sat 4-9 pm

• **Burger Special!** \$8 x 6 pm. Order one of our delicious burgers by 6 pm and pay only \$8. Includes your choice of fries or slaw and one of our ten draft beers or a fountain beverage.

• **Appetizer Special:** Buy one appetizer at \$6.50 or greater by 6 pm, get the second appetizer for \$3.50.



## Oktoberfest Beirgarten in the Rose Garden

**Thursday, October 4 • 5-7 pm**

It is that special time of year. The celebration includes grilled bratwurst/sausage, served on a fresh baked bun with sauerkraut and German potato salad. Grab your Trident Room mug and pair the grill flavors with one of our ten great beers to include a German selection. Fountain beverages will be available. Polkas will be played by the Del Monte Brass on the Balcony. Prost! For more information, call 831-656-2170 or e-mail [mwrcatering@nps.edu](mailto:mwrcatering@nps.edu)  
Adults: \$7.75 / Children (ages 5-10): \$4

## Teddy Bear Tea

**Saturday, December 15 • 2-5 pm**

Celebrate the holidays with MWR at the Teddy Bear Tea in the Barbara McNitt Ballroom. There will be crafts, a puppet show and a chance for each child to get their picture taken with Santa Claus. Open to all hands. Register at the ITT Office to ensure your child has a seat for this fantastic event!

Children (ages 2-14).....\$5  
Adults (ages 15+).....\$7





The Information, Tickets, and Travel (ITT) Office has all you need to learn about what there is to do in the local area. We have discounted tickets for area tours, attractions, museums, amusement parks, seasonal attractions and more; not to mention the numerous hotel vouchers and car rental vouchers that 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 e-mail itt@nps.edu

INFORMATION, TICKETS & TRAVEL (ITT)  
**831-656-3223**  
 Herrmann Hall (Bldg. 220, Rm 57)  
 Mon-Fri 9:30 am-4:30 pm  
 Closed weekends & federal holidays.

**HOLIDAY HOURS**  
 Dec 17-21, & 26-28: 9:30 am-1:30 pm  
 Dec 24-25, & Dec 31-Jan 1: Closed

**NSA Monterey ITT is on facebook**  
 Check out "Monterey ITT" to stay in the know!

**Carmel Food & Wine Tour**  
 Looking for something new or different to try? Whether you are new to the area or have lived here a while, the Carmel Food & Wine Tour is not to be missed! Taste delicious food, excellent wine, and learn some history and interesting facts about Carmel. Price..... \$51.50

**See's Candies Certificates**  
 See's Candies Certificates make the perfect Christmas gift. Stop by the ITT Office to get yours now!  
 Price ..... \$13.50/1 lb.



**Cinemark Movie Tickets**  
 Cinemark movie tickets are a fantastic deal! There are no blackout dates and tickets can be used any time with no expiration.  
 Movie Ticket..... \$8.50  
 Concession Supersaver ..... \$6.50  
 (good for a small drink and a junior size popcorn)

**Armed Forces Vacation Club (AFVC)** offers eligible military personnel great vacations at special prices. Go to [www.afvclub.com/erube/OM\\_NPS\\_Monterey/May1\\_2010/int/main.taf?p=0&id1=OM\\_NPS\\_Monterey&id2=May1\\_2010&baseid=26&mw\\_rFlag=1](http://www.afvclub.com/erube/OM_NPS_Monterey/May1_2010/int/main.taf?p=0&id1=OM_NPS_Monterey&id2=May1_2010&baseid=26&mw_rFlag=1) to search for your vacation, or call 1-800-724-9988. Mention promo code 860062 and your NSAM installation code #26.

**Monterey Movie Tours**  
 If you are new to Monterey or simply interested in seeing its beautiful sites and learning where many famous movies were filmed, the Monterey Movie Tour is what you need! This three-hour adventure winds through Monterey, Pacific Grove, and Carmel. This is an excellent opportunity to see a side of Monterey you haven't seen before.  
 Adult/Senior ..... \$43.25  
 Child (15 and under)..... \$27

**Roaring Camp Railroads**  
 See California's towering redwood forests from two historic railroads on the Roaring Camp Railroads in Felton.  
 Adult ..... \$20  
 Child (ages 2-12)..... \$14.50



**Bus Trips** - Want to hit the road? Army MWR provides transportation to San Francisco, Reno, and other fun places! Call 831-242-6133 for more details about upcoming trips.

**Winchester Mystery House**  
 Check out the mystery behind the Winchester Mystery House! Explore the maze-like mansion and discover some of the answers to your questions.  
 Adult..... \$17.50  
 Child (6-12) ..... \$13

**Hornblower Cruise**  
 Have a romantic evening in San Francisco on a three-hour yacht cruise. Dinner, wine, dancing and fantastic views of San Francisco await you!  
 Supper Club Dinner Cruise (either Fri or Sat)  
 Cost..... \$48.75

**Vacation Packages & Cruises** - If you are planning an upcoming vacation or cruise, stop by the ITT Office and let us be your travel agent! We work with all major cruise liners and travel groups such as Sandals, Beaches, Apple Vacation, Carnival Cruise Lines, Princess and many more! Come see what kind of a deal we can get for you!



**Are you going out of town? Check out these various Go Cards to have a great experience on your trip!**

**Go Card Los Angeles**  
 Adult: 1 Day \$56.25/2 Day \$95/3 Day \$160  
 Child: 1 Day \$47.50/2 Day \$69.25/3 Day \$125.50

**Go Card San Diego**  
 Adult: 1 Day \$64/2 Day \$91.75/3 Day \$166  
 Child: 1 Day \$51/2 Day \$77/3 Day \$134

**Go Card New York**  
 Adult: Choose 3 \$65/Choose 5 \$108  
 Child: Choose 3 \$46/Choose 5 \$71.75

**Go Card San Francisco**  
 Adult: 1 Day \$47.50/2 Day \$69.25/3 Day \$90.75  
 Child: 1 Day \$34.75/2 Day \$49.25/3 Day \$64

**Go Card Oahu**  
 Adult: 1 Day \$52/2 Day \$82.25/3 Day \$164.25  
 Child: 1 Day \$43.25/2 Day \$65/3 Day \$138.25

**Go Card Orlando**  
 Adult: 1 Day \$69.25/2 Day \$95/3 Day \$160  
 Child: 1 Day \$60.50/2 Day \$76/3 Day \$123.75



**GO CARDS**



Liberty events are open to all single and unaccompanied enlisted Sailors assigned to NSAM and tenant commands. For more information, or if you need a ride to any event, call 831-656-7955 or e-mail Liberty@nps.edu

**Cinemark Movie Night**  
**Thursdays, Oct 18, Nov 15 and Dec 20** - Here is your chance to see one of the latest movies at no cost! Meet up at the Del Monte Center for a free movie. Sign up by Noon the day before.  
 Cost..... FREE!

**Enlisted Recreation Trips**  
 Must be 18 or older to attend. For more information on upcoming trips, call 831-656-7955 or e-mail Liberty@nps.edu



# NPS SAILING ASSOCIATION

Calling all sailing enthusiasts! The NPS Sailing Association (NPSSA) invites all NPS faculty, staff, students and family members to come sail. If you are interested in becoming an NPSSA member or would like to be included on the NPSSA e-mail distribution list, e-mail "Skipper" LT Greg Storer at [gbstorer@nps.edu](mailto:gbstorer@nps.edu). Interested in renting a slip? Contact MWR at [boridley@nps.edu](mailto:boridley@nps.edu). Annual Membership ..... \$50

**Group Sail Excursions** - NPSSA has a Santana 22 sailboat available for group sail excursions and day rentals, Noon-4 pm, launching from the Coast Guard pier and skippered by a qualified NPSSA member. For more information on day rentals or the next group sail excursion, contact [jasavage@nps.edu](mailto:jasavage@nps.edu)

Group Sail ..... \$10/NPSSA members or \$25/non-members  
Individual sailboat rentals ..... \$25/half day or \$50/full day

## Sailboat Familiarization Training

12-12:45 pm, by appointment only. Covers: terminology, equipment, rules of the road, knot tying, safety and emergency procedures. Individual sailboat rentals also available for qualified NPSSA members and are open to anyone. To make an appointment, e-mail [jasavage@nps.edu](mailto:jasavage@nps.edu)

Cost.....FREE



## 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? Have you thought of how beautiful the Monterey area is, and wanted to see it from a different perspective? We have what you need. Our fleet of training and pleasure aircraft are available at reasonable rates. We also have a bright yellow T-34B Mentor for the more advanced pilots or adventurous tourists. If you need instruction, our professional flight instructors are available to meet your schedule. See the area from the air; we have many experienced pilots willing to share the joy of flight with you (and some of the costs, of course!). Our aircraft and facilities are available 24/7 to club members. Visit [www.montereynavyFlyingclub.com](http://www.montereynavyFlyingclub.com), or e-mail at [mncf@nps.edu](mailto:mncf@nps.edu). Do something different. Start living your dreams today!

**PEARL HARBOR  
REMEMBRANCE DINNER**

**FRIDAY, DECEMBER 7**  
6 PM RECEPTION + 7 PM DINNER  
IN THE LA NOVIA ROOM & TERRACE, HERRMANN HALL

Hosted by the Naval Postgraduate School President's Student Council, the Monterey Peninsula Council of the Navy League, the AFCEA Monterey Bay Chapter and the Monterey Bay Commandery of the Naval Order. Tickets are available at the MWR IIT Office starting October 15. Reserve NLT Nov 26. Military: Service Dress Blues with ribbons or service equivalent; Civilian: coat and tie. Childcare for military families will be available at the Child Development Center. For more information, contact LT Andrew Metzcus, USN at 541-223-8192 [ajmetzcu@nps.edu](mailto:ajmetzcu@nps.edu) or CAPT Ken Johnson, USN (Ret) at 831-657-9793 [nousmyken@sbcglobal.net](mailto:nousmyken@sbcglobal.net)  
Active duty E-1/E-5 \$30; E-6/O-3 \$45; all others \$50

# Return to the Romance of Dance



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- Swing
- Salsa
- Tango
- Hustle
- & more

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E-mail: [info@Montereydance.com](mailto:info@Montereydance.com)  
[www.montereydance.com](http://www.montereydance.com)





MWR FITNESS & SPORTS CENTER ..... **831-656-3118**  
 Bldg. 208  
 E-mail: FitnessC@nps.edu

Hours of Operation:  
 Mon-Fri 5:30 am-9 pm  
 Sat 8 am-4 pm, Sun 11 am-4 pm  
 Closed all federal holidays.

Fitness & Sports Center Holiday stand-down hours, Dec 17-Jan 4  
 Mon-Fri 7 am-7 pm  
 Sat 8 am-4 pm  
 Sun 11 am-4 pm

**Fitness Membership**

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

Daily Fitness Membership Fee

Military/Family Members/ DOD/NEX.....	Free
Contractors/Guests/ 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

**Year-Round Fitness Challenge**

It's time to work out for PRIZES!  
 Work out for a cumulative amount of time and earn a variety of prizes. Patrons may participate in outdoor and indoor activities! Sign up at the Fitness & Sports Center.  
 Cost..... FREE!  
*Open to all MWR Fitness & Sports Center members!*

**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. It is cost effective & fun.

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

*By appointment only.*

**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 for 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 help design a fitness program that works for you. Free for Active Duty.

**Active Duty Appreciation**

**Mon-Fri • 10 am-1 pm**  
 Meet with your Fitness Specialist and get a free body fat assessment at the MWR Fitness & Sports Center. Appointments required.

**Judo Club**

**Mon & Wed • 6:30-8:30 pm**  
 Male & Female Judo Classes meet at the Fitness & Sports Center  
 Instructor: Professor Richard Riehle

- Olympic and Kodokan-style Judo
- Tournament and recreational Judo
- Improve your physical fitness while learning a new sport
- Beginners are welcome!

NOTE: Participant must become a member of the United States Judo Federation, Inc. Membership is \$50/year. Application available at the MBAC front desk.

**50+ Strength Training**

Improve your strength, flexibility and cardiovascular health. Taught exclusively in a small group setting by appointment only. Cost..... FREE!  
*(limited to 4 per group)*



**Veteran's Day Invitational Softball Tournament**

**November 9-12** at Sparks Field.  
 This annual invitational softball tournament will bring together the best softball players from Navy Region Southwest and other military installations. The games will kick off Friday night, Nov 9, and will run all weekend. Awards will be given to first and second place teams and all participants can enjoy a BBQ and mini competitions on Saturday night. Open to all Active Duty, family members, DOD, retirees and government contractors. Participants must be 17 years of age and out of high school to play. For more information, call 831-656-3118 or e-mail fitnessC@nps.edu

**Turkey Trot Family Fitness Run**

**Thu, Nov 15 • 3 pm**  
 in front of Herrmann Hall. Run or walk 2 laps around the NSA Monterey campus. This fun run is open to all ages and strollers are welcome. Prizes will be given to the winners of each age group category. Pre-register at the Fitness & Sports Center by Noon the day of the event. For more information, call 831-656-3118 or e-mail fitnessC@nps.edu



**FITNESS CLASSES**

**Military-FEP, PIYO, Muscular Power Flex, Cycling, Yoga, Toning, Zumba & Power Yoga.** For current fitness class schedule go to: <http://navylifesw.com/monterey/fitness/>

**Cycling Class**

**Mon & Wed • 5:30 pm**  
**Tue, Thu & Fri • Noon**  
 Motivating indoor cycling class designed to offer a non-impact, high intensity, cardio workout to all participants - from beginners to advanced riders. Class includes music, a warm-up, cool-down and stretching.

**Zumba Classes**

**Tue & Thu • 11 am**  
**Thu • 6:30 pm**  
 Ditch the workout and join the party! Join our energetic instructors in this 50-minute fusion of cardio, hip-hop, salsa and aerobics. Zumba blends hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away.



**Tennis Club**

The NPS Tennis Club meets **Mon-Fri, 9:30 am-12 noon** at the Pool 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 ladies' clubs on the Monterey Peninsula. For more information, call 831-915-4625.

**LEAGUES & TOURNAMENTS**

*Sign up at the Fitness & Sports Center front desk. Must be 17 and out of high school to participate. For more information, contact 831-656-3118 or e-mail FitnessC@nps.edu*

**Basketball League**

**begins Oct 10.** Games played Mon & Wed 6:10 pm, 7:10 pm and 8:10 pm at the Fitness & Sports Center. Teams consist of 10-15 players, open to all hands. Rosters due to the Sports Coordinator by Oct 3. Awards to 1st & 2nd place teams.

**6-On-6 Dodgeball Tournament**

**Thu, Oct 11 • 6 pm, 7 pm & 8 pm** at the Fitness & Sports Center. Best 2 out of 3 games. Teams consist of 6 players. Rosters are due to the Sports Coordinator by Oct 4. Awards to 1st & 2nd place teams.

**Volleyball League**

**begins Oct 9.** Games are played on Tuesdays 6:40 pm, 7:20 pm and 8 pm at the Fitness & Sports Center. Teams consist of 6-7 players. Rosters are due to the Sports Coordinator by Oct 2. Awards to 1st & 2nd place teams.

**Adult 6-vs-6**

**Flag Football League**  
**begins Nov 9.** Games are played on Thursdays 6 pm, 7 pm and 8 pm at the Sparks Field. Teams consist of 7-10 players. Rosters are due to the Sports Coordinator by Nov 1. Awards to 1st & 2nd place teams.

**Adult Racquetball Tournament**

**Mon-Wed, Dec 10-12 • 4-8 pm** at the Fitness & Sports Center. This is a pool play format tournament. Open to all hands! Sign up by Dec 3. Prizes for the upper & lower division winners.





Monterey Pines  
Golf Course ..... 831-656-2167  
Open daily 6:30 am-7 pm

19th Hole Grill .... 831-656-7799  
Open daily 7 am-7 pm

Golf Shop ..... 831-656-2167  
Open daily 6:30 am-5 pm

Monterey Pines Golf Club continues to be a favorite for Monterey Peninsula golfers. Course conditions are challenging for all, well maintained with a great pace of play and friendly staff. All golf carts have a GPS unit that provides exact yardage from any location on the hole being played. Service members receive an outstanding venue for golf at affordable rates. Multi-play golf passes available for a greater savings.

**The Monterey Pines Grill & Bar** offers a comfortable area to relax after golf and enjoy the latest sporting or news events on multiple televisions. Monterey Pines is a great place for golf, lunch, meetings

or to just sit outside with friends and chat. Our private banquet room is ideal for meetings and special events. All areas have access to Wi-Fi. To reserve our meeting room, contact the Food & Beverage Manager at 831-656-7799.

**Golf Outings** at Monterey Pines are a great way to celebrate an important event or get-together with a group of friends and enjoy a round of golf. The golf staff provides professional tournament management and invites you to contact them for your next event. No matter the size of your group, we'll assist you with preparation of scorecards, long drive and closest to hole markers, cart signs, scoring and prizes. Contact our tournament Director, Sam Jepsen, at 831-656-7659.

**The Golf Shop** stocks the latest in golf apparel and equipment and offers competitive pricing on all merchandise. We invite you to "test drive" our Demo Clubs and one of our PGA Professionals will assist you in selecting the clubs that best fit your swing characteristics. Visit the Monterey Pines Golf Shop for your holiday gift shopping!

PGA Members Sam Jepsen and Neil Larkin offer private and group **Golf Instruction**. Lesson packages can be designed to meet each student's needs, whether it's just one lesson for a "tune-up" or a series that covers putting, chipping, pitching, bunker play, the full swing and on-course play. If you're new to the game, a series of five lessons will familiarize you with the fundamentals of the golf swing, golf terminology and give you the knowledge and confidence to go to a golf course and play a round of golf. Call 831-656-2167 for lesson information and scheduling.

**Pro's Pointer Sam Jepsen, PGA The Tee Shot.** The most accomplished players often find the driver the most difficult club to hit consistently. The added length of a driver is a factor but the culprit lies in the loft of the club. The less the loft of a club the more sidespin that is imparted on the ball. A slightly open face on a wedge imparts little side spin while an open or closed face at impact with the driver produces an extreme slice or hook. While there are many causes for an errant tee shot, the fundamental flaw is often a poor grip! Here are

a few suggestions on developing a proper grip that will help your full swing with the driver and other clubs.

**The Grip.** Do you go through a lot of gloves? If your gloves wear out on the heel or fingers very quickly, this may be the sign of some grip problems. You may be holding the club incorrectly and too tightly and not allowing the club to swing freely. Lighten your grip. Another fault that wear indicates is re-gripping. Keep your grip light and constant throughout the entire swing. Grip the club more in the fingers allowing the heel of your left hand to rest atop the shaft. This allows a better wrist cock in the back swing and an easier release through the hitting area. A proper grip also greatly assists with your balance as the club swings more freely and your body reacts to the swinging motion of the club instead of interfering with the swinging motion. Visit with one of our PGA Professionals on your next visit to the golf course and we'll give you a complimentary five-minute grip lesson. Positive results are guaranteed!



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*Child and Youth programs are provided for children 6 weeks to 17 years of age 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 e-mail CDCAdmin@nps.edu. Request for childcare is available online at [www.navymwr.org](http://www.navymwr.org).*

**HOLIDAY HOURS:** The Child Development Center and the Tech Connection/Teen & Youth Center will be closed Nov 22-23; Dec 24-31, 2012 & Jan 1, 2013. Fees will be pro-rated for the Friday closure.

**CYP Central Enrollment**  
registration and waiting list information for all Child and Youth Programs at NSA Monterey can be obtained at the Tech Connection, Bldg 444, in the La Mesa Housing area, 10 am-5 pm Mon-Fri. For more information or to make an appointment, call 831-656-2143.

**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. Closed all federal holidays. For children ages 6 weeks-5 years, the Child Development Center in La Mesa Village is the place for you. Full-time childcare Monday-Friday 7 am-6 pm. For more information, call 831-656-2734 or e-mail CDCAdmin@nps.edu

# CHILD & YOUTH PROGRAMS

**CYP Hourly Care** is available in all Child & Youth Programs (Child Development Center and School Age Programs) on a space available basis. Cost for Hourly Care is \$4 per hour per child. Reservations are limited in number and availability, however can be scheduled 30 days in advance or on the day of need if space is available.  
CDC Hourly Care ..... 831-656-2734  
School Age/Tech Connection Hourly Care .... 831-656-2127/2142

**Parent Involvement Board Meeting - Fri, Oct 12 & Dec 7 Noon** at the Tech Connection to discuss the 2013 Parent Participation and Child & Youth Program Activity calendar. Hourly care provided at no cost and a light snack will be available.

**Parent Education Opportunity Sat, Oct 13 • 10 am-4 pm** at the Tech Connection. Free pediatric CPR training offered by Carol Jensen Roble, Training and Curriculum Specialist. Free hourly care (limited space) provided. Register by Oct 15. Call 831-656-2734 or 831-656-2142.

**Annual Harvest Parades Tue, Oct 30 • 11 am - Part Day** Preschool classroom parade at the Tech Connection. Parents can watch the festivities and participate in a gathering afterward.  
**Wed, Oct 31 • 3:30 pm - Full Day** Preschool classroom parade at the courtyard. Children can dress up, however, we recommend avoiding face masks. Check with your child's teacher for specific information.

**Annual Thanksgiving Luncheons Nov 15 or 16 • 11 am** for Part Day Preschool. Parents and family members are welcome to attend. Sign up in your child's classroom by Mon, Nov 12.  
**Tue, Nov 20 • 11:30 am** for Full Day Preschool

**TECH CONNECTION**  
La Mesa Village, (Bldg. 444) 1222 Leahy Rd. .... 831-656-2127  
Mon-Fri 3-7 pm.  
(Grades 6-12) Mon, Tue, Thu, Fri 4-7 pm; Wed 2-7 pm. Do you have children ages 12-18? Come meet military and DOD youth in a fun and relaxing environment! Get connected with your local community and participate in 4H and BGCA activities. Weekly programs in 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!

**After School Care - The Tech Connection** offers enriching after-school activities incorporating Boys and Girls Clubs of America and 4H curriculum, to include: fine arts, technology, health & life skills, leadership, education and fitness. To register, go to [www.navymwr.org](http://www.navymwr.org); click on "CHILD & YOUTH PROGRAMS" and fill out "REQUEST FOR CARE."

**Parents' Night Out Sat, Oct 13: 5:30-11 pm Fri, Nov 2: 6:30-11 pm Fri, Dec 7: 6:30-11 pm**

**YOUTH SPORTS/CLASSES**  
For more information call 831-656-1840 or e-mail [Sportsman@nps.edu](mailto:Sportsman@nps.edu)

**Hip-Hop Dance - Mondays** (for children 7-14) at 3 & 4:15 pm at the Tech Connection. Registration is on-going. Classes are 4 and 5-week sessions. Must have a minimum of three students in each class to run the program. Stop by the Tech Connection to sign up and pick up class schedules. Cost..... \$50-\$75 (depending on number of weeks in session)

**Ballet - Tuesdays** (ages 3-10)  
Registration is ongoing. Classes are 4 and 5-week sessions. Must have a minimum of three students to run. Come to the Tech Connection to sign up and pick up class schedules. Cost ..... \$48-\$60 (depending on number of weeks in session)

**Mesa Taekwondo Tue & Thu • 5:30-7 pm** for parent & child co-op classes  
**Wed • 5:30-7 pm** for participants 14 years and older. Join us in learning one of the oldest forms of unarmed self-defense. Through participation in these monthly classes you will gain exercise, confidence and respect for martial arts. Minimum of three students to run the class. For more information, call 831-656-2127 or e-mail [NPSMWRTechConnection@nps.edu](mailto:NPSMWRTechConnection@nps.edu)

**The First Tee Golf Program** (Military Affiliate Program for ages 6-17) - Young people are introduced to the First Tee through Life Skills experience, a character education curriculum developed by experts in the field of positive youth development. Class starts at 3:45 pm Mon-Tue and are taught by Certified First Tee Instructors. Sign up at the Tech Connection today! Cost..... FREE!

**Basketball** (ages 5-13) Registration begins Oct 15-Dec 7. Coaches meet Dec 13 & 14 from 5-7 pm at the Tech Connection/Teen & Youth Center. Cost ..... \$45

**Youth Sport Coaches**  
Child and Youth Programs is looking for positive and dedicated coaches. Volunteer coaches are always needed for soccer, basketball and baseball. Stop by the Tech Connection to receive a coaches' packet today!





**NSA MONTEREY SCHOOL LIAISON (SLO)** is located on the second floor of the Fleet & Family Support Center, Bldg 2, 1280 Leahy Road, La Mesa Village  
Tina Wekell, [ecwekell@nps.edu](mailto:ecwekell@nps.edu)  
Office: 831-656-1008  
Cell: 831-760-2010

Your School Liaison Officer is the primary link between the military family and the local school system. It is our goal to help you find the information you need to make informed decisions regarding your child's education. By providing information to parents and the local school system, we facilitate an interactive relationship that will enable families to make better decisions about their child's education and personal growth.

**Guide To Military Friendly Schools** - Stop by the Fleet & Family Resource Center and pick up your free copy today, or log onto [www.militaryfriendlyschool.com](http://www.militaryfriendlyschool.com). College shouldn't be a budget buster. Find out which schools participate in the Yellow Ribbon Program and where you can make the best use of your child's tuition money.

**Breakfast for Your Brain "Youth Tutorial Program"** Most Saturdays 9-11 am at the NPS Knox Library. The National Naval Officers' Association Monterey Chapter is offering free tutoring in all subjects for military and civilian students grades K-12. Volunteers (adults and high school age) are also welcome. For more information, contact Bridgett Bell at [brbell@nps.edu](mailto:brbell@nps.edu)

**Homeschooling in Monterey?** You can register with a public school, private school, public charter school, correspondence course, virtual academy, or you can file an R-4 affidavit with the state. Contact your SLO for assistance.

**Youth Sponsorship**  
Did you know there are support groups available for your children? Transitioning from place to place can be stressful and confusing for many military children. Support is available. Both La Mesa and Walter Colton Schools offer a Military Youth Sponsorship Club. If your child wants to meet other children who can relate and understand the stressors of being a military child, encourage them to join our groups. Contact your School Liaison Officer with any questions.

**Student To Student at Monterey High School**  
Student to Student is a program designed to help your high school student transition into their new learning and social environment. Monterey High School has a wonderful program that provides support, friendship and knowledge about your child's new school. Contact your child's school counselor or your SLO for more information.

**Free Resources!**

- [www.mic3.net](http://www.mic3.net) - Uncover the mysteries of the "Interstate Compact on Educational Opportunities for Military Children." Log on and find out about what the Interstate Compact is and how it benefits your child.
- <http://soarathome.org> - provides free testing against state standards and DOD school standards and tutorials.
- <http://tutor.com/military> provides free online tutoring to military families.
- [www.eknowledge.com/military.asp](http://www.eknowledge.com/military.asp) - Free SAT/ACT POWERPREP software. Help your high school student get an edge on their SAT/ACT test. This website will send you free test prep materials. You only need to pay for shipping and handling.

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# Pacific Grove Adult Education Parents' Place



**\*Prenatal Yoga**  
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**\*Many other**  
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**well!**



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us at (831) 646-6623

Parents' Place, Pacific Grove Adult Education  
1025 Lighthouse Ave. Pacific Grove CA 93950

831-646-6623







# The Fleet & Family Support Center

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

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)  
Mon 8:30-11:30 am - Work and  
Family Life Programs (Family  
Employment Readiness,  
Transition Assistance and  
Deployment Readiness)  
Wed 1-3 pm - Family Life  
Education Services (Stress  
Management, Couples  
Communication, and Parenting  
classes)  
Thu 8:30 am-Noon &  
1-5:30 pm - Clinical Counseling  
Services (Individual and  
Couples Counseling)

Available by appointment:

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



## Parenting Class/Discussion Group every Wednesday, Sep 19-Dec 19 4:5:30 pm at the Fleet & Family Support Center

Classes provide comprehensive information on child development, effective discipline strategies and cooperative family system models. Family specific goals will be explored and addressed, such as developing coping strategies to reduce stress associated with transition, establishing routines to increase sense of stability, creating family agreements to reduce conflicts and addressing any challenging behaviors and/or needs of your children. Parents with children of all ages are encouraged to attend. Facilitated by a Fleet & Family Support Center counselor to create and sustain supportive parenting network for military families. For more information and to register, call Lisa Ward, LCSW at 831-656-3499.

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!

**FAMILY & LIFESKILLS**  
**Couples Communication**  
Wed, Oct 3, 3-5 pm  
Mon, Nov 5, 3-5 pm  
Mon, Dec 3, 3-5 pm

**Military Basics for New Spouses**  
Mon, Oct 15, 12-1:30 pm  
Tue, Nov 13, 10-11:30 am  
Tue, Dec 11, 10-11:30 am

**Parenting Education for School Age Children** (ages 5-12)  
Tue, Oct 16, 10-11:30 am  
Tue, Nov 13, 11 am-12:30 pm

**Suicide Prevention Awareness**  
Tue, Oct 9, 10-11:30 am  
Tue, Nov 6, 10-11:30 am

**Stress/Time Management**  
Thu, Oct 25, 3-4:30 pm  
Wed, Nov 14, 3-4:30 pm  
Thu, Dec 6, 10-11:30 am

**Anger Management**  
Thu, Oct 11, 10-11:30 am  
Thu, Nov 8, 1-2:30 pm  
Thu, Dec 13, 10-11:30 am

**Baby Signing Class/Communication with Your Young Child**  
Fri, Oct 19, 10-11 am  
Fri, Nov 16, 10-11 am

**EMPLOYMENT**  
**Job Search Strategies**  
Tue, Oct 2, 9-11 am

**Interviewing Skills**  
Thu, Oct 4, 4-6 pm  
Thu, Nov 1, 4-6 pm  
Thu, Dec 6, 4-6 pm

**Resume Writing**  
Thu, Oct 18, 4-6 pm  
Thu, Nov 8, 4-6 pm  
Thu, Dec 20, 4-6 pm

**Federal Employment System**  
Tue, Oct 16, 9-11 am

**FINANCIAL MANAGEMENT**  
**Million-Dollar Sailor**  
Saturdays, 8 am-4 pm

**Car Buying Strategies**  
(New/Used)  
Tue, Oct 23, 10 am-Noon  
Sat, Nov 24, 1-3 pm  
Tue, Nov 27, 10 am-Noon  
Tue, Dec 18, 10 am-Noon

**Basic Savings and Investment**  
Thu, Nov 1, 1-3 pm

**Credit Management**  
Wed, Dec 5, 1-3 pm

**Investment and Saving II**  
Wed, Oct 10, 1-3 pm  
Wed, Nov 7, 1-3 pm  
Wed, Dec 12, 1-3 pm

## 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.

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(831) 656-2060



Morale, Welfare and Recreation Department  
Naval Support Activity Monterey  
1 University Circle  
Monterey, CA 93943-5000



CHECK OUT MWR'S WEBSITE! [www.navylifefsw.com/Monterey](http://www.navylifefsw.com/Monterey)

## What can FMWR do for you?

From Adventure Trips, Equipment Checkout, Vehicle Rentals, Leisure Tours, Financial Assistance, Childcare, Adult Classes, Counseling and Advice to Youth Sports, After School Programs, Food and Beverage Outlets, Fitness Facilities, Discounts for Cruises and Amusement Parks, Sports Tournaments and much more; Family and Morale, Welfare & Recreation can do a lot.

Follow the link to our website where you will find the latest version of our monthly publication, the **Blast**, your one-stop destination to all things FMWR.

Be sure to sign up for our newsletter so that you never miss an issue.

[www.pom-fmwr.com/blast](http://www.pom-fmwr.com/blast) • [www.flickr.com/presidioFMWR](http://www.flickr.com/presidioFMWR)

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### Family & MWR Eligibility

The Directorate of Family and Morale, Welfare & Recreation (Family and MWR) activities are open to eligible Military Service Members, Retirees and their Families, and DoD Civilian Employees with valid photo ID. Specific programs may not be accessible to some, so please contact the Family and MWR activity in question to verify eligibility.



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## ALL SERVICES WELCOME

