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

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Jun-Sep 2015

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Peacock Press

QUALITY OF LIFE PROGRAMS • MONTEREY, CALIFORNIA

Calling all Junior Thespians!

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Captain Timothy Faller
Commanding Officer

Pete Dausen
Deputy Director

Megan Ryan
Quality of Life Director

Denise Fairbanks
MWR Recreation Director

Samuel Jepsen
Golf Course /RV Campground
Manager

Austin Daniells
Golf Course Superintendent

Theresa Ikstrums
Child and Youth Programs
Director

Leslie Flynn, M.A.
School Liaison Officer

Hugh Butler
Executive Chef

Melanie Arellano
Catering Sales
Manager

David Wolf
NGIS Manager

Robin Hudson
FFSC Site Manager

Cecilia S. Legario
Marketing Coordinator

MWR ADMINISTRATIVE OFFICE
Herrmann Hall (Rm. 55)
Open weekdays,
8 am-4 pm
Closed weekends/
federal holidays
Phone: 831-656-2533

MWR BUSINESS OFFICE
Open weekdays
8 am-3 pm
Closed weekends/
federal holidays
Phone: 831-656-7954

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

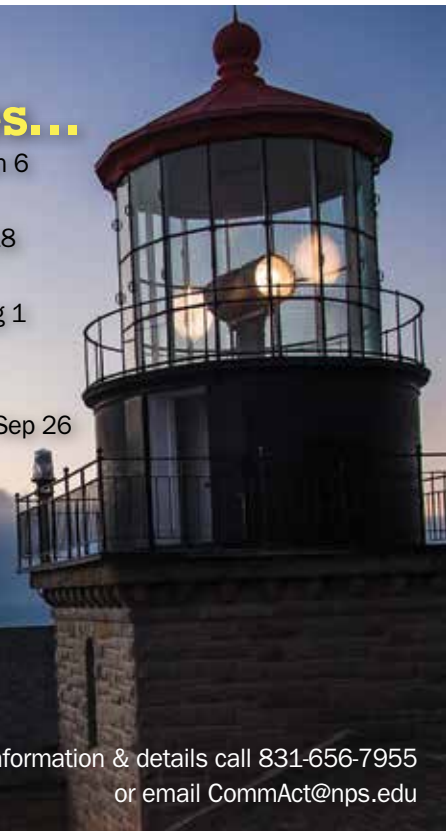
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All phone numbers are in area code 831.



Off Base Adventures...

- Historic Walking Tour of Monterey: Sat, Jun 6
- Point Sur Lighthouse Tour: Sun, Jun 14
- Superbike World Championship: Sat, Jul 18
- Feast of Lanterns: Sat, Jul 25
- Scottish Games & Celtic Festival: Sat, Aug 1
- Rolex Motorsport Reunion: Sat, Aug 15
- 79th Annual Monterey Fair: Fri, Sep 4
- Carmel Valley Gem & Mineral Show: Sat, Sep 26



For more information & details call 831-656-7955
or email CommAct@nps.edu

There's a new store calling your name.

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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

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Texas Hold'em Poker Tournaments

Tuesdays, Jul 21 & 28

Aug 4, 11, 18 & 25 / Sep 1 & 8

5:30-9 pm in the El Prado Room. Go all in and see how far you can go! There is a \$5 registration fee (one time buy-in each night). Registration is at 5 pm on the scheduled day of the tournament.

Each week you will earn points based on how well you played. The top 10 finishers at the end of 7 weeks will move on to the final table on Sep 8. Various prizes will be awarded. For more information, call

831-656-7955 or e-mail: CommAct@nps.edu.

CLUBS & DINING

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!



Holiday Catered Event

Don't wait until the last minute! Book your holiday catered event at the Club Del Monte today! For reservations call (831) 656-1049.

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 entrees, fresh soup and chili con carne are offered daily. Come in on Fridays for the house special, clam chowder.

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

Herrmann Hall ground floor (Bldg. 220)
Open Mon-Sat. Check out our appetizers and dinner menu featuring fabulous healthy entrée

selections in addition to the house favorites. Join us for dinner tonight at the Trident Room!
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. Adult \$16.75 / Child (5-10) \$8.50
- TUESDAY - Prime Rib Night moist & tender prime rib with au jus accompanied with horseradish, baked potato and sautéed fresh vegetables. Adult \$18 / Child (5-10) \$8.75
- 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. Adult \$19.50 / Child (5-10) \$8.25.

Congrats Grads! Trident Room opens at 11:30 am on Jun 19, Graduation Day. All are welcome! Congrats to our newest NPS alumni and their families!

MOVIES

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

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 email CommAct@nps.edu

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



Minute to Win It Lunch Time

Activities - Jun 11, Jul 9, Aug 13 & Sep 10 • 11:30 am-12:30 pm in front of the Café Del Monte. Join us the second Thursday of every month for 'Minute to Win it' activities - test your skills with different challenges. Winners will receive Cinemark Concession tickets and bragging rights.

Game Nights!

- Wednesday, Jun 24 - Trivial Pursuit
- Wednesday, Jul 29 - Pictionary
- Wednesday, Aug 26 - Bingo
- Wednesday, Sep 30 - Scattergories

Come by on the last Wednesday of the month from 5-6 pm, grab a drink & dinner and compete against others on game night. FREE! Open to all hands.

SOCK HOP

Friday, Aug 14 • 6:30-9 pm

at the Fitness & Sports Center. Put on those Blue Suede Shoes and get ready to Rock Around the Clock! Join us as we go back in time to the 50's with poodle skirts and saddle shoes. Music, appetizers and all the dancing you can handle. Pre-register at the ITT Office for \$5/adult; \$2/child and \$7/adult; \$3/child the day of the event. Fun for the entire family! For more information, call 831-656-7955 or email: CommAct@nps.edu.



Yappy Hour - Saturday, Sep 12

10 am-12 pm at Sparks Field. Want to meet up with some puppy pals? Does your four legged friend enjoy a day at the park? Come for snacks and fun with your furry friend. Enjoy a walk or run around the pond, 'sniff-n-greet' and more.

OPERATION BRAVO: ENTERTAINING OUR TROOPS

Thursday, Aug 13 • 7 pm
in the El Prado Dining Room.
Doors open at 6:30 pm

This 60-minute show is packed with laughs featuring the Bornstein's MIND MELD show and the comedic-magician Tom Ogden. An evening of Award-Winning talent featured on such television shows as "The Tonight Show", "World's Greatest Magicians" and "Masters of Illusion". You are guaranteed to be baffled and amazed! Pre-sale tickets are \$5/person (ages 13+) at the ITT Office starting 7/20, or \$7/person at the door.



Welcome Back BBQ!

Thursday, July 9 • 4-7 pm

Join us and make new friends in the Trident Room and out in the beautiful Rose Garden for a special summer evening of Tender BBQ baby back ribs, chicken, baked beans, potato salad, garlic bread, cookies and brownies. Price includes choice of one of our fabulous draft beers or a fountain beverage. Get your own mug down for additional savings. Adults \$13 / Children (ages 5-10) \$6.50

INFORMATION, TICKETS & TRAVEL

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

The Information, Tickets, and Travel (ITT) 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 vouchers 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 itt@nps.edu

NSA Monterey is on Facebook. Like "Naval Support Activity Monterey ITT" to stay in the know!

Enterprise - Planning a trip? Need a Car? Stop by the ITT Office to make a reservation for an Enterprise Compact Rental Car for \$30 a day, available only through ITT.

Cinemark Concession Supersaver - Take your plus 1 to the movies, but don't forget your concession supersaver to get a Jr. popcorn and small fountain drink. Cost....\$6

Disneyland Military Promotional

3-Day Hopper Join Disneyland for their 60th anniversary with a celebration so big, you'll need more than 1 day to enjoy it all. \$129.75 per person, ages 3 and older. Must be active duty, retired, reservist or spouse to purchase. Limit 6. Offer expires Oct 3, 2015.

Gilroy Gardens Your admission includes over 40 rides and interactive play areas. Cool off from the summer heat in the Splash Pad or Oasis Lagoon. \$26 per person, ages 3+.

ITT Leisure Fair

Tuesday, July 7 • 11 am-1 pm

in front of the Dudley Knox Library & Ingersoll Hall. Visit vendors to find out what there is to do locally and throughout California. Free and open to all hands! Over 60 vendors! For more information, call 831-656-3223 or email itt@nps.edu. Presented by JP General Construction and MWR.

Universal Studios Season Pass Are movies your thing? Go behind the scenes and get face to face with King Kong, or go on a high speed chase on the new Fast & Furious-Supercharged ride. Celebrate their 50th anniversary all year round with our discounted annual pass at just \$84.50.



Santa Cruz Beach Boardwalk

Enjoy the best seaside amusement park in the world! Always free admission. Check out the ITT Office for pricing on our unlimited ride pass and 2 attraction combo!

Evenings By The Bay

Jul 5-Aug 31 See the Monterey Bay Aquarium in a different light, during their extended weekend hours. Hours will be extended to 8 pm with live jazz bands, and no-host bar with a specially created menu is included with general admission. Adults \$37.25; students \$32.50

Monterey Beer Festival

Saturday, Jun 13 bringing you a variety of craft beers, unique food and live music all together at the Monterey County Fairgrounds. Get your discounted tickets at the ITT Office!

California Rodeo Salinas - Jul 16-19

Watch as the West comes alive with bull riding, team roping and competitions during this 4-day sporting event of the year.



**THE AMENITIES YOU WANT.
THE LOCATION YOU NEED.**

Amenities tailored to you.

At IHG Army Hotels on Presidio of Monterey, we know that convenience is about more than location. That's why we're changing the face of on-post hotels with complimentary breakfast, free on-post shuttle service, free guest Internet access, and a knowledgeable staff. And since you don't have to be in the military to stay with us, everyone's welcome—no matter their mission.

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Superbike World Championship

Jul 17-19 Come check out international, high performance bike racing with the series' only visit to the United States at the Mazda Raceway Laguna Seca. 3-day admission \$70; 2-day admission \$63; Fri \$28; Sat \$42; and Sun \$56.

Gilroy Garlic Festival

Jul 24-26 Want to try garlic ice cream, lumpia or southwestern sweet potatoes? You can at the world's greatest summer food festival! Enjoy live entertainment, cooking demonstrations and competitions, arts and crafts, and activities for all ages!

Rolex Monterey Motorsports Reunion

Aug 13-16 Relive motorsports history, and celebrate the 50th Anniversary of the Shelby GT350 Mustang, during the Rolex Motorsports Reunion at Mazda Raceway Laguna Seca. 3-day admission \$105; 2-day admission \$84; Friday \$38; Sat \$60; and Sun \$45.

79th Annual Monterey County Fair

Sep 2-7 This year's theme, Farm Fresh Fun! Buy your discounted tickets at ITT to enjoy live entertainment, games, carnival rides and great food! There's something for everyone at this year's fair!



MOVIES ON THE LAWN
Fridays - Jun 12 & 26 / Jul 10 & 24 / Aug 7 & 21

Movies begin at 9 pm or sunset, whichever comes first.
 Bring your family, blankets, snacks and join us outside the Tech Connection in La Mesa Housing Area to watch movies under the stars. Also, between 6:30-8:30 pm on these nights, MWR will host a variety of kid friendly entertainment to include magic shows, face painting, and treasure hunts. All movies are family friendly and open to all eligible patrons.

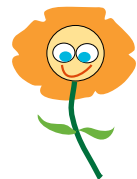


For more information, call 831-656-7955 or e-mail: CommAct@nps.edu

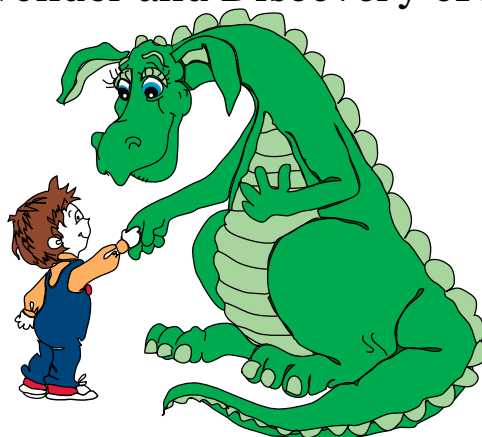
NSA Monterey is on Facebook.
 Like "Naval Support Activity Monterey ITT and Community Activities" to stay in the know!




Serendipity Pre-School, LLC



We open the Eyes and Hearts of Children
 To the Wonder and Discovery of Learning



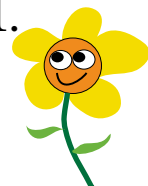
A quality educational program for children ages 3 to 5.
 Offering full and part-time pre-school and pre- K classes.
 Serving families of the Monterey Peninsula since 1981.

1231 Seventh Street, Monterey, CA 93940

831-375-9743

Visit our Web Site!

www.serendipitypreschoollc.com





SPORTS & FITNESS

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

SUMMER BREAK HOURS:
 Jun 22-Jul 3, Mon-Fri 7 am-7 pm

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.*

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.



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. The lifts must be completed in one session, and

monitored by same trainer for all 3 lifts. This is a FREE, ongoing event.

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.

All American Family Fun Run 5K

Fri, Jul 17 • 3 pm. Meet in front of Herrmann Hall. Run 2 laps or walk one lap around NSA Monterey! Open to all hands! Strollers are welcome! Top male and female finishers in each age category will win a T-Shirt! Register by 2:45 pm on the day of the event. FREE!

Fall Fun Run 5K - Fri, Sep 25 • 3 pm.

Meet in front of Herrmann Hall. Run 2 laps or walk one lap around NSA Monterey! Open to all hands! Strollers are welcome! Top male and female finishers in each age category will win a T-Shirt! Register by 2:45 pm on the day of the event. FREE!



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 and join the party! Join our energetic instructors in this 50-minute fusion of cardio, hip-hop, salsa and aerobics blending hypnotic Latin rhythms and easy-to-follow moves to create a dynamic fitness program that will blow you away.

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 riders. Includes music, a warm-up, cool down and stretching.

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, Fri • 6:30 am & 3 pm
 Focuses on core stability, strength, endurance, and nutritional guidance.

NOFFS Endurance Series

Mon & Wed • 8 am
 Focuses on developing cardiovascular fitness while providing training methods to maintain and improve strength.

NOFFS Strength Series

Mon, Wed & Fri • 8:30 am
 Focuses on three training phases: Build Muscle, Get Strong, and Get Powerful.

NOFFS Regeneration Series

Mon & Wed • 10:45 am
 Focuses on soft tissue release utilizing foam roll and trigger point ball, as well as flexibility routines.

NOFFS Functional Training

Fridays • 10:45 am
 Provides a competitive opportunity to understand how the functional movements in the NOFFS transfer to real life tasks.

NOFFS Fueling Series

First Friday of each month • 12 pm
 Focuses on eating clean, eating often, hydrating, recovery, and motivation. This is a classroom instruction held in the group exercise room. Bring your lunch!

Pi-Yo - Tue • Noon - A fun, challenging class fusing Pilates and Yoga. A dynamic approach to mind/body classes that encompass 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 information, 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.

Racquetball Tournament Fri, Jun 19

starting at 9 am. Whether you are a veteran racquetball player or you're just playing for fun, be sure to register for this single elimination tournament! Register by 6/16.

Softball League

begins Mon, Jul 20. Games are played on Mondays and Wednesdays only at 6 pm, 7 pm, and 8 pm at the Sparks Field.

Teams consist of 10 players. Open to all hands! Rosters are due to the Sports Coordinator/Sports Assistant by 7/11.

For information, call 831-656-3118 or email FitnessC@nps.edu.



THE MONTEREY PINES GOLF CLUB

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

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 Department of Defense staff. The eighteen-hole course offers a challenge to all levels of golfers. Playing at 5,700 yards, the layout puts a premium on accuracy without overwhelming the golfer with length. Undulating greens and lakes come into play on several holes and make the course challenging to all skill levels.



Our 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.

Monterey Pines Driving Range, chipping and putting greens are open daily for practice. Practice balls are available for \$4 (34 balls) and \$7 (68 balls). Discounts up to 30% are available with the purchase of an E-Range Key.

Golf Lessons - 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. Sam and Neil have over forty years of teaching experience to share with you.

Annual Captain's Cup - Friday, July 24

It's a four person Scramble with winners getting their name permanently engraved on the Captain's Cup Trophy. You can sign up individually or as a team and the entry fee is only \$60 for military/DOD and \$65 for civilians. Entry fee includes all golf fees, tournament prizes and a fine buffet at the awards presentation after the tournament.

The Club Championship
August 8 & 9

Tournament Players Championship
September 12 & 13

The Ladies Golf Association plays every Wed with tee times beginning at 8:30 am.

The Monday Niners is a 9-hole golf league that plays every Monday through September. Students, faculty, DoD support staff and their friends are eligible to participate. \$30 entry fee includes green fee, cart fee and prize fund. It's a great way to start the work week!

Golf Outings are a great way to celebrate an important event and Monterey Pines is a great place to have your outing. Our professional 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 contact Sam Jepsen at 831-656-7659.

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

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.

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

The Monterey Pines Grill & Bar offers an excellent selection of breakfast, lunch or early dinner items, appetizers and your favorite beverages. Our outdoor patio area has great views of the course and our bar area has five televisions to watch your favorite sporting events after a round of golf. We also have Wi-Fi service for your convenience. In addition, we offer catering for meetings, seminars or golf events held in our Banquet Room. For more information, call 831-656-7799.



Monterey Pines
GOLF CLUB

OUTDOOR RECREATION

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

The Presidio of Monterey Outdoor Recreation Center offers extensive summer 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.

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).

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



Learn to Sail!

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.

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 Cost..... \$25
Full Day Rental Cost..... \$50

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

Sail with a group on Monterey Bay for only \$10/person!

Race with us on 30 foot Shields in regular races on the Bay!

Group Sails are offered several times per month and led by an experienced skipper. Designed to help you brush up on your sailing skills. Novices welcome!

Email: npssa.vc.training@gmail.com.

NPSSA member \$10
Non-member \$25

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

Need RV or Trailer Storage?

Call Monterey Pines RV Storage for more information and fees
831-656-7563



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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 Fun Day

Friday, Jul 31 • 1-3 pm at the Fleet & Family Support Center, 1280 Leahy Rd., Monterey CA 93940. Come, be entertained and sing with Mary Lee Sunseri! Bring a picnic lunch. Lots of activities! Crafts, face painting, bubbles, games, etc. Open to active duty military families. For more information, call 831-656-3060.

FAMILY & LIFESKILLS

Couples Communication

Mon, Jun 8, 3:30-5 pm
 Mon, Jul 13, 3:30-5 pm
 Mon, Aug 10, 3:30-5 pm
 Mon, Sep 14, 3:30-5 pm

Military Basics for New Spouses

Tue, Jun 9, 3:30-5 pm
 Tue, Jul 14, 3:30-5 pm
 Tue, Aug 11, 3:30-5 pm
 Tue, Sep 8, 3:30-5 pm

Suicide Prevention Awareness

Fri, Jun 26, 10-11:30 am
 Fri, Jul 24, 10-11:30 am
 Fri, Aug 28, 10-11:30 am
 Fri, Sep 25, 10-11:30 am

Stress/Time Management Techniques

Thu, Jun 18, 3-4:30 pm
 Thu, Jul 16, 3-4:30 pm
 Thu, Aug 20, 3-4:30 pm
 Thu, Sep 17, 3-4:30 pm

Responsible Anger Management

Tue, Jun 23, 10-11:30 am
 Tue, Jul 28, 10-11:30 am
 Tue, Aug 25, 10-11:30 am
 Tue, Sep 22, 10-11:30 am

PARENTING EDUCATION

Available upon request, tailored to your needs

Attachment Parenting Workshop

Thu, Jun 25, 9:30-11 am
 Thu, Jul 30, 9:30-11 am
 Thu, Aug 27, 9:30-11 am
 Thu, Sep 24, 9:30-11 am

Infant Massage

Fridays, Aug 21-Sep 18, 10-11 am

New Parent Support Home

Visitor - Available upon request, tailored to your needs

We offer many classes for new parents: The mystery of Infant Sleep Patterns; Toilet Training Workshop; Limit Setting For Your 2-4 Year Olds; Family Nutrition; Infant Massage; Traveling With Your Infant, Toddler and Preschooler; Allergies: The great Masquerader, and Baby's First Foods. For more information, please call 831-656-1092 or email: pswillia@nps.edu. Classes are posted at www.Facebook.com/ffscmonterey

Watch our Facebook page for:

- Baby Sleep Class
- Traveling with Small Children Workshop
- Setting Limits for Your 2-4 Year Old Workshop
- Toilet Training Workshop & more!

EMPLOYMENT

Job Search Strategies

Tue, Jun 16, 9-11 am
 Mon, Sep 14, 9-11 am

Interviewing Skills

Thu, Jun 18, 4-6 pm
 Thu, Jul 16, 4-6 pm
 Thu, Aug 20, 4-6 pm
 Thu, Sep 17, 4-6 pm

Resume Writing

Fri, Jun 19, 2-4 pm
 Fri, Jul 17, 2-4 pm
 Fri, Aug 21, 2-4 pm
 Fri, Sep 18, 2-4 pm

Federal Employment System

Mon, Jun 22, 9-11 am
 Thu, Sep 10, 9-11 am

RELOCATION

Smart Move (Transferring/PCS)

Mon, Jun 1, 9-10:30 am
 Wed, Jul 1, 9-10:30 am
 Mon, Aug 3, 9-10:30 am



FINANCIAL MANAGEMENT

Million-Dollar Sailor

Saturdays, 8 am-4 pm, by appointment only

Car Buying Strategies (New/Used)

Wed, Jun 24, 10 am-12 pm
 Wed, Jul 22, 10 am-12 pm
 Wed, Aug 26, 10 am-12 pm
 Wed, Sep 23, 10 am-12 pm

Basic Savings and Investment

Tue, Aug 18, 1-3 pm

Credit Management

Tue, Aug 4, 1-3 pm

Investment and Saving II

Wed, Jun 24, 1-3 pm
 Wed, Jul 22, 1-3 pm
 Wed, Aug 26, 1-3 pm
 Wed, Sep 23, 1-3 pm

Preparing a Personal/Family Budget -Mon, Aug 10, 1-3 pm

Home-Buying Seminar

Thu, Jul 9, 1:30-3:30 pm



DEPLOYMENT

Pre-Deployment/Mobility Briefing

Mon, Aug 17, 1-3 pm

Mid-Deployment/Mobility Briefing - Fri, Jul 24, 1-3 pm

Post-Deployment Return & Reunion - Fri, Sep 25, 1-3 pm

IA Spouse Discussion/Support Group Meeting

Tue, Jun 2, 11 am-12 pm
 Tue, Jul 7, 11 am-12 pm

Tue, Aug 4, 11 am-12 pm
 Tue, Sep 8, 11 am-12 pm

TRANSITION ASSISTANCE PROGRAM

Transition GPS (Goals, Plans Success) Workshop

Mon-Fri, Jun 15-19, 8 am-5 pm
 Mon-Fri, Jul 20-24, 8 am-5 pm
 Mon-Fri, Aug 17-21, 8 am-5 pm
 Mon-Fri, Sep 21-25, 8 am-5 pm

Transition GPS (Goals, Plans, Success) Capstone Workshop

Wed, Jun 3, 1-4 pm
 Wed, Jul 8, 1-4 pm
 Wed, Aug 5, 1-4 pm
 Wed, Sep 9, 1-4 pm

Transition GPS (Goals, Plans Success)Entrepreneurship Workshop

Mon-Tue, Jul 13-14, 8 am-4 pm

Transition GPS (Goals, Plans Success) Higher Education Workshop

Mon-Tue, Jun 29-30, 8 am-4 pm
 Mon-Tue, Sep 14-15, 8 am-4 pm

Transition GPS (Goals, Plans Success) Technical Workshop

Wed-Thu, Aug 26-27, 8 am-4 pm

COMMAND SPECIFIC PROGRAMS:

SAPR Advocate Initial Training

Mon-Fri, Sep 21-25, 8 am-4 pm

SAPR Advocate Refresher Training

Fri, Jun 19, 8 am-12 pm
 Fri, Jul 17, 8 am-12 pm
 Fri, Aug 14, 8 am-12 pm
 Fri, Sep 11, 8 am-12 pm

FOR COMMAND APPOINTED PERSONNEL

- **SAPR POC Training** - Available upon request
- **SAPR Liaison Training** - Available upon request
- **SAPR DCC Training** - Available upon request
- **Command Financial Specialist (CFS) Training** - Available upon request
- **Sponsor Training** - Available upon request
- **Ombudsman** - Temporarily Unavailable

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 <http://militarychildcare.com>



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.

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

Parent Teacher Conferences
Jun 15-19 & 22-26. Dates and times will be determined by the classroom. See your child's teacher for more information and to sign up for a conference time.

Father's Day Ice Cream Social
Fri, Jun 12 • 3 pm. This event will be held in the courtyard of the Child Development Center. We hope to see you there!

Planned Parent Education Opportunities Sep 8 • 6-8 pm at the Child Development Center: Creative Curriculum and The Assessment Process: When, How & Why?

First Day of Part Day Preschool Aug 10/11

Parent Involvement Board Meeting Aug 14 • 12-1 pm at the Tech Connection.

Missoula Children's Theater

"King Arthur's Quest"

July 27-August 1

Registration July 6-24

Back by popular demand, NSA Monterey Child and Youth Programs will be hosting the internationally renowned Missoula Children's Theater for the production of "King Arthur's Quest". Open to children who have completed kindergarten and up through high school registered with NSA Monterey Child and Youth Programs.

Daily tryouts and rehearsals will begin on July 27 (location to be announced) either morning or afternoon sessions, depending on assigned cast role. Performances on Saturday, August 1 both a matinee and an early evening performance.

Don't miss this opportunity for your child to participate in the overall production with roles and assigned duties for up to 60 children. For more information, call 831-656-2127.

TECH CONNECTION TEEN & YOUTH CENTER
 (Grades K-12) **831-656-2127**
 La Mesa Village, (Bldg. 444) 1222 Leahy Rd. 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)

Before/After School Care activities throughout the school year. Offers enriching

after-school activities incorporating Boys & Girls Clubs of America and 4-H curriculum, to include: Fine arts, technology, health & life skills, leadership, education and fitness. To register, go to <http://MilitaryChildCare.com>; create an account, search for and request the childcare that best fits your needs.

Teens (Grades 6-12) Open Mon, Tue, Thu, Fri 4-6 pm & Wed 2-6 pm, School Break 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 activities. Weekly programming 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!

SAC Summer Camp! begins Monday, Jun 8. Registration is priority based so don't wait to join; register online at <http://MilitaryChildCare.com>! Cost is based on total household income. During the summer we will be participating in the Summer Reading Program, taking trips, having fun and making friends! To join our Summer Camp, children need to have been in Kindergarten-5th grade for the 2014/2015 school year. If you have any questions, visit us or call 831-656-2127.

BGCA Day Of Play Sat, Sep 19 • 10 am-2 pm at the Tech Connection. Join us for different gross motor activities and outdoor family fun! FREE!

YOUTH SPORTS & CLASSES
First Tee Golf Program - Young people are introduced to the First Tee (Military Affiliate Program for ages 7-17) through character education curriculum developed by experts in the field of positive youth development. Taught by certified First Tee instructors. Beginners class is on Mondays at 3:45 pm and the program is ongoing. Sign up at the Tech Connection today! FREE!

Ballet (ages 3-10) - **Tuesdays** at the Tech Connection - Registration is ongoing. Classes are 4 to 6-week 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 - 4-4:45 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
(depending on number of weeks in session)

Mesa Taekwondo (ages 7 & up)

Join us in learning one of the oldest forms of unarmed self-defense. Through participation you will gain exercise, confidence, and respect for martial arts. Participants must re-enroll for Taekwondo at the beginning of each month. Monthly classes are ongoing:

- **Tue/Thu 5-5:50 pm** Parent & Child
- **Thu 4:30-5 pm** Intermediate & Up

For more information regarding fees and classes schedule, stop by the Tech Connection today!

Soccer (ages 4-14)

Registration will be early summer. Children are introduced to the fundamentals of soccer to promote camaraderie and sportsmanship. Season will be from mid-Aug to end of Oct. Registration is at the Tech Connection.



Any questions, contact our Youth Sports Coordinator at 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)

located on the first floor of the Fleet & Family Support Center, Bldg 2, 1280 Leahy Rd., La Mesa Village.

Office: 831-656-1008
Leslie Flynn, M.A.
lflynn@nps.edu



Your SLO 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. 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.

Kindergarten Enrollment for the 2015-2016 School Year.

- All children must be age 5 on or before Sep 1 for the 2015-2016 school year.
- Children turning age 5 between Sep 2 and Dec 2 are eligible to apply for Transitional Kindergarten.
- Remember to bring original Birth Certificate, 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.

Registration & Enrollment for the 2015-2016 School Year.

Do not wait until the day before school starts! Monterey Peninsula Unified School District will be open limited hours during the summer. Parents, check both the district & school websites; or call the schools directly for hours of operation. Parents can get enrollment packets at school offices. MPUSD (831)645-1200 http://www.mpusd.k12.ca.us/cms/page_view?d=x&piid=&vpid=1302696183771

- La Mesa 831-649-1872 <http://lme-mpusd-ca.schoolloop.com/>
- Colton MS 831-649-1951 <http://wcms-mpusd-ca.schoolloop.com/>
- Monterey HS 831-392-3801 <http://montereyhigh.mpusd.k12.ca.us/>

Friendly Reminders

- At La Mesa Elementary there is no supervision prior to 7:45 am. Early drop-off is not permitted.
- CA law requires all 7th graders to have a current T-Dap shot. Students will not be permitted to attend school without this immunization.

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 absences or truancy 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 or 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 June 2014 parent conferences are required for all families with school age children arriving in Monterey. 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.

PIE-Partners In Education Volunteers Needed

for the 2015-2016 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. Contact the SLO for more information lflynn@nps.edu or 831-656-1008.

Calling all Marines at NPS!

MOTO-Mentoring Others Through Outreach!

Central Coast High School is in need of volunteers for the 2015-2016 school year. MOTO is part of the PIE program 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, contact CAPT Brian Meade at bwmeade@nps.edu or the SLO at 831-656-1008 / lflynn@nps.edu.

ESL-English as a Second Language

Classes Mon-Fri 8:30 am-2:30 pm in Herrmann Hall, Rm 29. Ongoing registration on Mondays & Fridays. For more information email Ms. Koh at mkniki4@gmail.com. Cost..... \$25/semester

Breakfast For Your Brain "Youth Tutorial Program" Most **Saturdays**

9-11 am at the NPS Dudley 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) welcome. To register for gate access and request a tutor email bfiybnoa@gmail.com with the First and Last Name of the driver(s) who will be transporting the child to NSAM. This is a one-time requirement. On the weeks that you plan to attend email us the subject your child needs help with by Wed at 9 pm.

Tutor.com If you can't make it to Breakfast for your Brain the DOD has an online tutorial option for Active Duty, National Guard & Reservist, K-12th students. www.tutor.com/military Free 24/7 access for online tutoring and homework help from a live tutor.

Ready to enjoy a long weekend?

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1 University Circle, Monterey, CA 93943-5000

