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Peacock Press

2015

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Naval Postgraduate School (U.S.)

Monterey, California, Naval Postgraduate School

February - May 2015

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Peacock Press

QUALITY OF LIFE PROGRAMS • MONTEREY, CALIFORNIA

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Daughter
Dance**

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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 Daniels
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.



MONTEREY 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>

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!

- **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.

THE BATTLE OF MIDWAY 73RD ANNIVERSARY DINING OUT

Saturday, June 6

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 LT James Hough,
USN, Battle of Midway Committee Chairman at 336-
870-7720 or e-mail jthough@nps.edu

There's a new 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





Club Del Monte

Valentine's Dinner Buffet

Saturday, February 14, 2015

6-8 pm • La Novia Room

Join us for a romantic rendezvous!

Your special menu:

Fresh roasted red pepper and arugula salad topped with caramelized walnuts and white balsamic dressing
Avocado and Roma tomatoes drizzled with basil vinaigrette

Your choice of:

Chef-carved herbed crusted tender roasted prime rib with au jus and horseradish

or

Grilled Sand dabs with Meyer lemon reduction

Twice baked potato

Grilled asparagus and tender young beets

Chocolate cake with flamed blackberries

\$35 per person

Call for reservations • 831-656-2170



St Patrick's Day Dining Specials

Tuesday, Mar 17

- **Lunch 10:45 am-1:15 pm** in the El Prado Room featuring Corned Beef and cabbage, steamed potatoes and baby carrots for \$8.
- **Dinner 4-9 pm** in the Trident Room with braised tender Corned Beef and sautéed cream cabbage, buttered baby red potato, horseradish, soda bread and chocolate decadence. Adults \$16.50; Children (ages 5-10) \$8.25.

New Spouse Orientation Family Night Out Dinner Special - Thursday, Apr 2 • 5-8 pm


in the El Prado Dining Room. Buffet BBQ (one trip) Green salad, BBQ baby back ribs, roasted chicken, roasted Yukon potato wedges, sautéed vegetable medley, cookies and brownies. Adults \$10; Children (5-10) \$6. Reservations recommended. To make reservations, call 831-656-2170 or email: mwratering@nps.edu



Cinco De Mayo Specials

Tuesday, May 5

- **Lunch 10:45 am-1:15 pm** in the El Prado Room. Mexican lunch featuring grilled tri tip with roasted tomato salsa or flame broiled breast of chicken topped with grilled peppers, Spanish rice, sautéed vegetables and all the side dishes. \$8 per person.
- **Dinner 4-9 pm** in the Trident Room. Baked tender baby back ribs in chipotle sauce with Spanish rice, medley of beans and corn served with avocado salsa and cream cilantro. Adult \$13; Children (ages 5-10) \$6.50.

Check out  Club Del Monte on Facebook!

MBOSC Presents

35th Annual *Sip the Peninsula* Wine & Beer Tasting Event

Entertainment - Food - Auction

March 7, 2015
6-10pm
Barbara McNitt Ballroom
Naval Postgraduate School

\$50 Per Person
\$40 Non-Alcoholic
\$60 At the Door

Register online at montereybayosc.com

Proceeds benefit local charities and military dependent scholarships.

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 e-mail Liberty@nps.edu.

Bowling Night - Friday, Feb 20 • 6-8 pm

Meet at Monterey Lanes. Let's get out and bowl! \$11 per person for 2 games shoe rentals and pizza!

Poker Night - Tuesday, Mar 10 • 6-9 pm

in the La Novia Room. Test out your Texas Hold'em skills and see who the best is! Prizes for 1st and 2nd place. Cost...FREE!



Lunch Time Bingo - Wednesday, Apr 15

• 1130 am-1230 pm in the La Novia Room. Break up the monotony of the work week with a fun game of Bingo with your fellow Sailors! Prizes for the winners. Cost...FREE!

MOVIES

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



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!



A great way to celebrate Valentine's Day!

Wine Trolley - Enjoy a 5 hour local wine tasting tour, without the worries of driving. Wine Trolley Package for 2 \$216 includes wine tasting for 2 at 5 venues, one bottle of Ventana table white or red, two souvenir glasses, a bottle opener and deluxe cheese platter, or go all out and get the Wine Trolley Package for 2 Premium \$389 includes wine tasting for 2 at 5 venues, six bottles of premium wine, two souvenir glasses, bottle opener and a feast platter.

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

Sees Candies Gift Certificates

See's Candies Certificates make the perfect Valentine's Day gift. Stop by the ITT Office to purchase your sweetie a one pound certificate for \$15.25.

Monterey Symphony - Discounted tickets available for Friday 7:30 pm showings at Sherwood Hall Salinas \$10. Saturday 8 pm or Sunday 3 pm showings at Sunset Center Carmel \$25. Concert Dates: Charismatic Glow: February 20-22; Ethereal Skies: March 20-22; Majestic Realm: April 17-19; Invitation to Dance: May 15-17.

Dia Del Niño - April 26 • 10 am-6 pm

Join the Monterey Bay Aquarium during their Dia Del Niño on April 26 • 10 am-6 pm, with live Latin music performances, crafts, special bilingual programming and more.

Adults \$37.75
Students/Seniors..... \$32.50
Children ages 12 & under FREE with paid adult!

Monterey Street Food Festival

Saturday, May 2 - Enjoy the afternoon at the Monterey Fairgrounds with gourmet and international street food from 12-5pm. Admission is free.

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.

Keep an eye out for these tickets:

- **California Academy Of Sciences** A San Francisco scientific and educational institution made to explore and sustain life on Earth.
- **AT&T Pro Am** at the Pebble Beach Golf Course: **February 9-15.**
- **Laguna Seca** Continental Tire Grand Prix: **May 1-3.**
- **California Roots Music And Arts Festival** at the Monterey County Fairgrounds: **May 22-24.**
- **Castroville Artichoke Festival** at the Monterey County Fairgrounds: **May 30-31.**

Save the date!

ITT Leisure Fair

Tuesday, July 7 • 11am-1pm in front of the Dudley Knox quad area, presented by JP General Construction & MWR, NSA Monterey. Signups begin in May at the ITT office. For more information, call 831-656-3223 or email itt@nps.edu



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Home of the \$5,000 Military Thank You Program



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Fairfax, VA 22033
bob.graham@longandfoster.com
(800) 456-6873



We're your Quantico, and NRO experts with 27 years serving NPGS families!



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



Super Bowl Party

Sunday, Feb 1 • 3-7 pm. Come watch the game 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. We will be serving Submarine Sandwiches, Grilled Hot Dogs, Potato Salad, Corn chips and Salsa, appetizers, fresh fruits and cookies. Adult \$8; Children (ages 5-10) \$4. There will be kid's movies shown in the La Novia Room for those that do not want to watch the game. Open to all hands.

Minute To Win It Lunch Time Activities

Feb 12, Mar 12, Apr 9, May 7 11:30 am-12:30 pm in front of the Del Monte Café. Join us the second Thursday of every month for 'Minute to Win it' activities. Each hour there will be a different challenge to test your skills. Winners will receive various prizes and bragging rights.

Game Night!

Wednesdays • 5-6 pm

- **Feb 25** (80's Trivial Pursuit)
- **Mar 25** (Name 5)
- **Apr 29** (Apples to Apples)
- **May 27** (Battle of the Sexes)

Sign up your team. Come by on the last Wednesday of the month, grab a drink & dinner and compete against others on game night. Cost, free! Open to all hands. For more information, call 831-656-7955 or e-mail CommAct@nps.edu.



St. Patrick's Day Celebration!

Tuesday, Mar 17 • 4-8 pm in the Trident Room. Join us for some good Irish eats and music! Best Irish accent and Irish Jig competitions. Open to all hands. FREE!



Mother's Day Contest - April 1-24

Teens and Adults enter your best original Mother's Day poem. Grade school children enter your sweetest letter about your mother. There are various prizes for first and second place of each category. Submit one entry per person by 5 pm on April 24. Please send the poem or letter through email to CommAct@nps.edu or drop it off at Herrmann Hall, Rm 60. Include your contact information, winners will be announced Friday May 2.

Homemade Salsa Competition

Tuesday, May 5 • 5-7 pm in the El Prado Room. Think you have the best salsa recipe? Join us on Cinco de Mayo to prove if your salsa has what it takes. Categories are Best Mild, Best Spicy, Best Fruit, and People's Choice. To register or for more information, call 831-656-7955 or e-mail CommAct@nps.edu and receive your registration packet and complete rules.



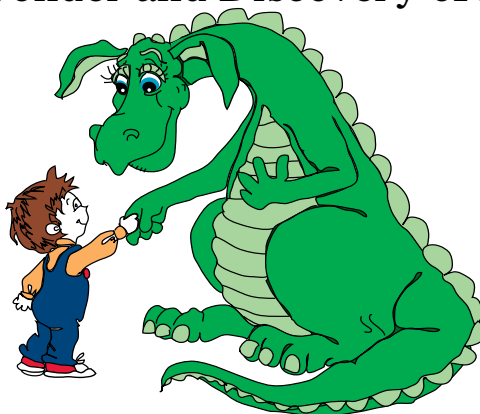
6th Annual Daddy Daughter Dance

Friday, May 29, 6-9 pm in the Barbara McNitt Ballroom. Make this a night your daughter won't soon forget! Treat her to a night of dancing, snacks and entertainment. Attire for the evening's affair is formal Military/Civilian. The Trident Room open at 4 pm if you would like to treat your special someone(s) to dinner before dancing. Register at the ITT Office by 20 May, \$9/daughter, \$12/father. After 5/20, prices increase to \$12/daughter, \$15/father.



Serendipity Pre-School, LLC

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



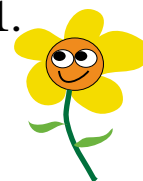
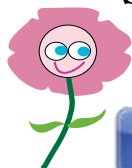
A quality educational program for children ages 3 to 5.
Offering full and part-time pre-school and pre- K classes.
Serving families of the Monterey Peninsula since 1981.

1231 Seventh Street, Monterey, CA 93940

831-375-9743

Visit our Web Site!

www.serendipitypreschoolllc.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.

For more information, call 831-656-3118 or fitnessC@nps.edu.

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.

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.

One Rep Max Bench Press Competition

Thursday, Feb 19 • 8 am-Noon & 1-4 pm
 at the Fitness & Sports Center. What's your 1 Rep Max? 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 will win a medal! Participants will weigh in just before his or her lift.

Pound For Pound Bench Press Competition - Thursday Apr 16 • 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 category who lift the largest percent of his or her body weight will receive medals! Participants will weigh in just before his or her lift.

Catch The Leprechaun 5K

Friday, Mar 13 • 3 pm. Meet in front of Herrmann Hall. Run or walk 2 laps around NSA Monterey! Top Male and Female finishers in each age category will win a t-shirt. All participants that run faster than the Leprechaun will win a prize! Register by 2:45 pm on the day of the event.

Spring Into Action 5K

Friday, May 22 • 3 pm Meet in front of Herrmann Hall. Run or walk 2 laps around NSA Monterey! 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

FITNESS CLASSES

Cardio Kickboxing - Monday • 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.

FEP (Military) Fitness Enhancement Program - Tue, Wed & Thu • 6:30 am

If you want to improve your PT score, join us for a good workout with a certified CFL instructor.

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 way 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.

Barre - Tue • 5:30 pm

A unique, high energy/no impact exercise class that combines Barre work and light resistance training with continual fat burning motion. Central to the workout are toning and resistance exercises for the glutes, legs, torso and arms to sculpt muscles and elongate the appearance of your body. There is a \$3 fee per class for all participants.

SPORTS CLUBS & LEAGUES

Sign up at the Fitness & Sports Center front desk. Must be 18 years old and out of high school, 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 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 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.

Softball League

Get ready to swing away with Softball Season in July. Sign up at the Fitness & Sports Center front desk. Must be 18 and out of high school to participate. Open to all hands! All must have valid ID cards.



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, Veterans 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. The undulating greens and lakes that come into play on several holes 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.

For those interested in participating with other golfers in friendly competition, we have several groups for your consideration. The Monterey Pines Golf Club, Ladies Golf Association and The Monday Niners Golf League. The Monterey Pines Golf Club hosts monthly tournaments played on the second Saturday of each month. The Ladies Golf Association plays every Wednesday with tee times beginning at 8:30 am. For information, call 831-656-1087.

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.

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. Contact Sam or Neil at 831-656-2167 for lesson information and scheduling.

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.

Monday Niners Golf League meets every Mon beginning Apr 13 for a 9-hole golf event. All NSA Monterey students, faculty and DOD support staff are eligible to participate. Your spouses and friends are also welcome to join you in this weekly event. Each tournament will begin with a 5 pm shotgun start. Registration for each tournament may be made until noon on the day of play. (Early registration up to one week in advance is encouraged and appreciated). Players need to arrive and pay entry fees in the golf shop no later than 4:30 pm to ensure a prompt start. The weekly tournaments are individual events with a format of individual stroke play using the Point Quota System for scoring. Individuals/Teams that score highest in relation to their quotas are the winners. You may sign up individually and be paired by the golf staff or as a twosome, threesome or foursome. Teams for scoring purposes well be drawn in the Clubhouse after play is completed while players enjoy light appetizers and a no host beverage of their choice. Gift Certificates will be awarded to the individual and team winners. An optional Skins Game and closest to hole will be a part of each event. The entry fee of \$30 includes green fee, cart fee and prize fund. To register, call 831-656-1087.

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

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 and fitting you with the clubs that best fit your swing characteristics. We periodically conduct Demo Days on the range with the major golf manufacturers showcasing their latest innovations in golf equipment. Contact the golf shop for dates of our Demo Days this year.

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.

NPS SAILING ASSOCIATION

Learn to Sail! - 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!

Sailing Classes - No experience necessary. Earn a Navy "B" keelboat skipper qualification, recognized at MWR Marinas worldwide. NPSSA Membership required. Email LT Jack Fine at npssa.vc.training@gmail.com for details. Cost..... \$100

NPSSA Membership is open to NPS students, faculty, staff and local DOD personnel. Cost is \$50/year and covers the member and immediate family. Email LT Reid Smythe at 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 LT Jack Fine at npssa.vc.training@gmail.com to schedule a check sail. Rental Cost \$25/half or \$50/whole day

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 LT Jack Fine at npssa.vc.training@gmail.com
NPSSA member \$10
Non-member \$25

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 is available for camping, skiing, boating and fishing. Vacation rentals are a short distance away from South Lake Tahoe where patrons can 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, bathroom and coin-op laundry facilities. Visa/Mastercard accepted.

Need RV or Trailer Storage?

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



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. Navy Lodges also offer 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

Now Hiring Additional CFIs. Call us at 831-372-7033 about using your U.S. military flight instructor experience to become a civilian CFI and instruct at the MNFC.

City of Monterey Recreation



Preschool Program



Our popular pre-kindergarten program is structured around the concept of learning through play. Children acquire the knowledge and social skills necessary to ensure a successful transition into elementary school.

AGES:

3-5 years (must be "potty" trained) Monday - Friday, 10:00 a.m. - 1:00 p.m.

DAY/TIME:

Casanova Oak Knoll Park Center
 735 Ramona Avenue
 831-646-5665

Hilltop Park Center
 871 Jessie Street
 831-646-3975

Monterey Youth Center
 777 Pearl Street
 831-646-3873

Please call the Preschool location of your choice for a registration appointment.



Main Line831-656-3060
 Sexual Assault Prevention Response
 Hot Line877-995-5247
 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

Couples Communication

Fri, Feb 13, 3:30-5 pm
 Fri, Mar 13, 3:30-5 pm
 Mon, Apr 13, 11 am-12:30 pm
 Fri, May 15, 11 am-12:30 pm

Military Basics for New Spouses

Mon, Feb 9, 12-1:30 pm
 Mon, Mar 9, 10-11:30 am
 Mon, Apr 13, 8:30-10 am

Suicide Prevention Awareness

Tue, Feb 3, 10-11:30 am
 Tue, Mar 3, 10-11:30 am
 Tue, May 5, 10-11:30 am

Stress/Time Management Techniques

Mon, Feb 2, 3-4:30 pm
 Mon, Mar 16, 3-4:30 pm
 Mon, Apr 27, 10-11:30 am
 Fri, May 15, 2-3:30 pm

Responsible Anger Management

Tue, Feb 10, 10-11:30 am
 Tue, Mar 10, 1-2:30 pm
 Thu, May 12, 10-11:30 am

Parenting Education

Available Upon request, tailored to your needs

New Parent Support Home Visitor

Available upon request

DEPLOYMENT

Pre-Deployment/Mobility Briefing

Fri, Mar 27, 1-3 pm

Mid-Deployment/Mobility Briefing

Fri, Apr 24, 1-3 pm

Post-Deployment Return & Reunion

Fri, May 22, 1-3 pm

IA Spouse Discussion/Support Group Meeting

Wed, Mar 11, 11 am-12 pm
 Wed, Apr 8, 11 am-12 pm
 Wed, May 6, 11 am-12 pm

EMPLOYMENT

Job Search Strategies

Tue, Apr 7, 9-11 am

Interviewing Skills

Thu, Mar 5, 4-6 pm
 Thu, Apr 2, 4-6 pm
 Thu, May 7, 4-6 pm

Resume Writing

Thu, Mar 12, 4-6 pm
 Thu, Apr 16, 4-6 pm
 Thu, May 14, 4-6 pm

Federal Employment System

Tue, Apr 14, 9-11am

FINANCIAL MANAGEMENT

The following classes are available upon request:

- Million-Dollar Sailor
- Car Buying Strategies (New/Used)
- Planning for Retirement
- Home-buying Seminar
- Saving and Investing
- Credit Management
- Preparing a Personal/Family Budget

RELOCATION

Smart Move (Transferring/PCS)

Thu, Feb 26, 2-3:30 pm
 Thu, Mar 26, 2-3:30 pm
 Thu, Apr 30, 2-3:30 pm
 Thu, May 28, 2-3:30 pm

TRANSITION ASSISTANCE PROGRAM

Transition GPS (Goals, Plans Success) Workshop

Mon-Fri, Feb 23-27, 8 am-5 pm
 Mon-Fri, Mar 23-27, 8 am-5 pm
 Mon-Fri, Apr 20-24, 8 am-5 pm
 Mon-Fri, May 11-15, 8 am-5 pm

Transition GPS (Goals, Plans, Success) Capstone Workshop

Wed, Feb 11, 1 pm-4 pm
 Wed, Mar 11, 1 pm-4 pm
 Wed, Apr 8, 1 pm-4 pm
 Wed, May 6, 1 pm-4 pm

Transition GPS (Goals, Plans Success) Entrepreneurship Workshop

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

Transition GPS (Goals, Plans Success) Higher Education Workshop

Mon-Tue, Mar 16-17, 8 am-4 pm

Transition GPS (Goals, Plans Success) Technical Workshop

Thu-Fri, Feb 12-13, 8 am-4 pm
 Mon-Tue, May 27-28, 8 am-4 pm

COMMAND SPECIFIC PROGRAMS:

SAPR Advocate Initial Training

Mon-Fri, Mar 16-20, 8 am-4 pm

SAPR Advocate Refresher Training

Fri, Feb 20, 8 am-12 pm
 Fri, Mar 13, 8 am-12 pm
 Fri, May 8, 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 - Temporarily Unavailable

Sponsor Training

Tue, Mar 24, 1-3 pm
 Also available upon request

Ombudsman - Temporarily Unavailable

NAVAL SUPPORT ACTIVITY MONTEREY QUALITY OF LIFE PROGRAMS

New Parent Support Home Visitor Program

is for any military family that wants to make life easier by developing tools to learn to get along better, communicate more and grow closer as a family. Who is this program for? Families with children 0-4; families who are expecting, two parents, single parents, adoptive, foster parents, blended families and families with special needs children. Learn effective communication and age appropriate parenting techniques that work with your 0-4 year old. Find us on Facebook at facebook.com/ffscomonterey for updated information about our Breastfeeding Support Group, First Foods class, Traveling with Toddler and Baby Workshop and more!



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 www.navymwr.org.

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

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.

Youth Sponsorship lunch meetings are offered once a week at La Mesa Elementary, and 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!

Friendship Tea - Friday, Feb 13 at the Child Development Center. Each classroom will be coordinating 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 12 & Feb 13. See the teachers for more details!)

SAC Friendship Celebration
Friday, Feb 13 • 3:15-3:45 pm at the Tech Connection. Families are invited to join their school age children.



Spring Camp - Mar 23-Apr 3

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. Register online at <http://navymwr.org>! Families enrolled with our SAC program will need to register by March 2. Open registration will be Mar 4-20 on: 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

Saturday, Apr 18 • 10 am-2 pm at the Porter Youth Center, Ord Military Community 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 8 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 will celebrate their Mother's Day Celebration the respective mornings of May 7 & 8).

Last Day of Part Day Preschool is May 28/29. The first day for **SAC Summer Camp is June 8.** More information in regards to SAC summer camp will be made available at the Tech Connection towards the end of April. If you have any questions, visit us or call 831-656-2127.

TECH CONNECTION TEEN & YOUTH CENTER

(Grades 6-12)..... 831-656-2127
La Mesa Village, (Bldg. 444) 1222 Leahy Rd. Mon-Fri 3-6 pm

Before/After School Care registration is active throughout the school year. We offer enriching after-school activities incorporating Boys & Girls Clubs of America and 4H curriculum, to include: fine arts, technology, health & life skills, leadership, education and fitness. To register, go to <http://navymwr.org>; click on "CHILD & YOUTH PROGRAMS" and fill out "Request for Care."

Teens (Grades 6-12) Open Mon, Tue, Thu, Fri 4-6 pm Wed 2-6 pm and Summer & School Breaks Hours 12-6 pm daily. Come meet military and DoD youth in a fun and relaxing environment! Get connected with your local community and participate in 4H and 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. Come and join the fun!

S2S (Student To Student) at Monterey High every other Thu from 1:05-1:25 pm. 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

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! Cost 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)

Tue & Thu • 5-6 pm - 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. Monthly classes are ongoing; parent & child classes Tue & Thu 5-6 pm. For more information regarding fees and classes schedule, stop by the Tech Connection today! Participants must re-enroll for Taekwondo at the beginning of each month.

T-Ball/Baseball/Softball (ages 4-13)

Children are introduced to the fundamental T-ball/baseball/softball to promote camaraderie and sportsmanship. Girls softball will be offered for 9-13 year olds. Season will be from April to June. Register at the Tech Connection. 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) 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

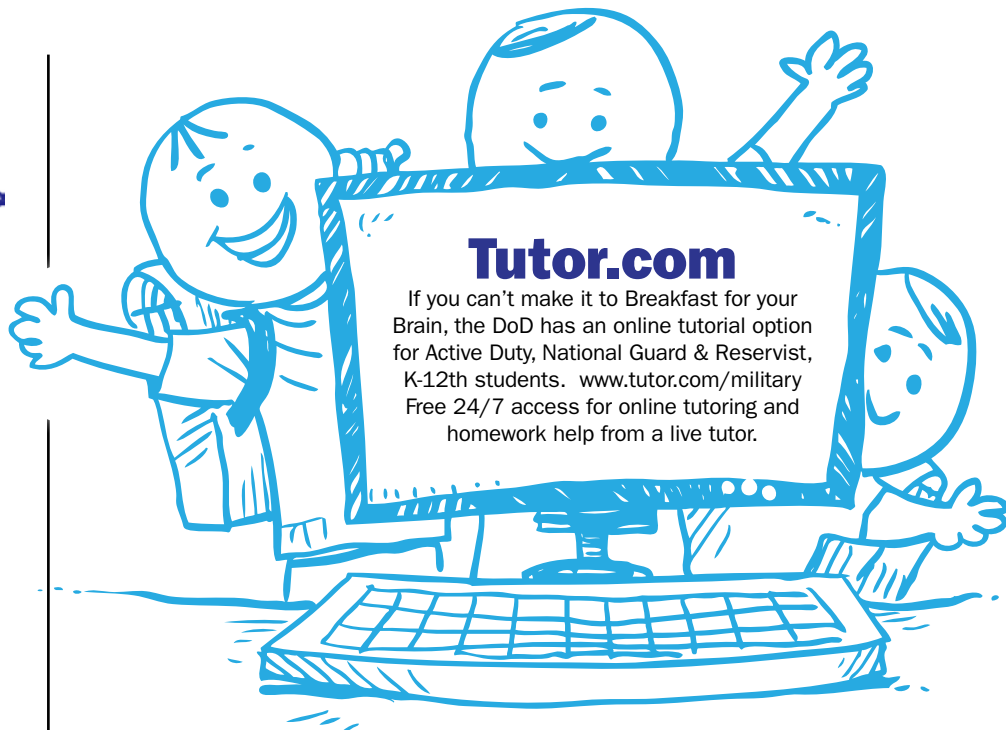
Your SLO is the primary link between the military family and the local school system. It is our goal to help you find the information you need to make informed decisions regarding your child's education. SLO provides information to parents and the local school system, to facilitate an interactive relationship enabling families to make better decisions about their child's education and personal growth.



MPUSD Open Enrollment/School Transfers for the 2015-2016 School Year Parents/guardians who want their child to attend a school other than their neighborhood school must submit an application for transfer during the month of Jan. If the request for transfer is granted by the District parents should be notified during the first week in February. Applications can be obtained at the Instructional Materials Center (IMC) located at 540 Canyon Del Rey Blvd. Del Rey Oaks, CA. For more information call Ms. Batista at 831-392-3914.

Kindergarten Enrollment begins in March 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.



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 2014/15 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 2014/2015 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 bwmeade@nps.edu or the SLO at lflynn@nps.edu or by phone at 831-656-1008.

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 bfybnnoa@gmail.com with the First and Last Name of the driver(s) who will be transporting the child to NPS. 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.

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



Watch for these future Community Activities...

JUNE/AUGUST

Movies on the Lawn

SEPTEMBER

MWR Block Party Day of Play

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

CHECK OUT MWR'S WEBSITE! <http://navylifesw.com/monterey/>

HEROES STAY WITH!

Ready to enjoy a long weekend?

Navy Gateway Inns & Suites is there for you!



- Martin Luther King, Jr. Holiday
- Presidents Day Weekend
- Time with your Valentine

If you are a NAF or DoD employee, active duty, or retired military, you are eligible to stay at Navy Gateway Inns and Suites facilities. And you can sponsor friends and family to stay there, too.



Make reservations by calling 831-656-2060
or by visiting <http://dodlodging.net/>

NGIS is the official and preferred lodging choice for all TDY travelers!