

NAVAL SUPPORT ACTIVITY MONTEREY

Peacock Press

QUALITY OF LIFE PROGRAMS • MONTEREY, CALIFORNIA

ST. VALENTINE'S DAY MASSACRE DINNER • TUESDAY, FEBRUARY 14, 2012

MURDER MYSTERY AT THE HOTEL DEL MONTE!

Put on your zoot suits or your flapper dresses and join us for a roaring 1920's St. Valentine's Day that you will never forget.

MWR will present a St. Valentine's Day Massacre Murder Mystery Dinner on Tuesday, February 14 in the Barbara McNitt ballroom of the historic Hotel Del Monte.

The evening begins with cocktails from 5-6 pm, followed by a buffet dinner

from 6-7 pm. The show begins at 7 pm.

Pre-register at the ITT Office by Monday, February 13. Menu includes caesar salad, carved prime rib, salmon with tarragon beurre blanc sauce, scalloped potatoes, fresh asparagus and assorted chocolate desserts. Cost includes buffet dinner, Murder Mystery Show and 2 drink tickets. Cost is \$45 per person (gratuity not included).

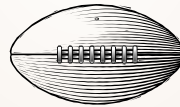


COMMUNITY EVENTS AT NAVAL SUPPORT ACTIVITY MONTEREY



WELCOME BACK NIGHT!

Thursday, January 5 • 4:30-7 pm
We're so happy you made it back from the holidays, and are ready to begin a new term! Let's continue celebrating into the New Year at the Trident Bar with music, food and games! Open to all hands. Cost.....FREE!



SUPER BOWL XLVI PARTY

Sunday, February 5 • 3-7 pm

Who is going to go down in football history this year? Will the Saints come marching back in? Come to the El Prado Room and the Trident Bar for the party! Open to all hands. There will also be a "Super Kid" movie in the La Novia Room. Cost.....FREE!

LAISSEZ LES BON TEMPS ROULEZ!

MARDI GRAS

Thursday, February 23 • 6 pm

Throw on a mask and come dancing in the street for a Mardi Gras Masquerade. The Trident Bar is ready to see you down in New Orleans.

CostFREE!

IN THIS ISSUE

Liberty Program.....	3
Community Events	3
Lodging	3
Sailing.....	3
Flying Club	3
Tickets & Travel.....	4
Clubs & Dining.....	5
Fitness & Sports.....	6
Golf.....	7
Child & Youth	8
School Liaison	9
Fleet & Family Support	10



Captain Gerral David
 Commanding Officer

Pete Dausen
 Deputy Director

Megan Ryan
 Quality of Life Director

Courtney Silvestre
 MWR Recreation Director

Samuel Jepsen
 Golf Course/RV Campground
 Manager

Austin Daniells
 Golf Course Superintendent

Theresa Ikstrums
 Child and Youth Programs
 Director

Tina Wekell
 School Liaison Officer

Hugh Butler
 Executive Chef

Melanie Arellano
 Catering Operation
 Coordinator

David Wolf
 NGIS Manager

Jodi Pallet
 FFSC Site Manager

Cecilia S. Legario
 Marketing Coordinator



MWR ADMINISTRATIVE
 OFFICE
 Herrmann Hall (Rm. 55)
 Open weekdays,
 8 am-4:30 pm
 Closed weekends/
 federal holidays
 Phone: 831-656-2533

MWR BUSINESS OFFICE
 Open weekdays
 8 am-4:30 pm
 Closed weekends/
 federal holidays
 Phone: 831-656-7954

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

*The Peacock Press is a quarterly
 publication of the Quality of
 Life Department, Naval Support
 Activity Monterey. Its contents
 do not necessarily reflect the
 official views of the U.S. Gov-
 ernment, the Department of De-
 fense or the U.S. Navy, nor does
 it imply endorsement thereof.
 Information may be subject to
 change without notice.*

*All phone numbers are in
 area code 831.*

Pacific Grove Adult Education Parents' Place



- *Childbirth Classes**
- *Prenatal Yoga**
- *Age-related Class
 for parents with
 children birth to age
 three**
- *Many other
 specialty classes as
 well!**



For more information visit our website
 at www.pgusd.org/parents and then call
 us at (831) 646-6623

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

831-646-6623



Start Planning for Easter today.
 Make reservations to join us for our

Easter Brunch

Sunday, April 8 at Noon

at Club Del Monte's Barbara McNitt Ballroom

Adult: \$32.95

Child (5-10 years): \$12

Free for children 4 & under

Reservations required:

831-656-2170





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

LIBERTY COORDINATOR **831-656-7955**
Herrmann Hall Room 60 (Bldg. 220)

Trident Room Monday Dinners

- **January 9, 23 & 30**
- **February 6, 13 & 27**
- **March 5, 12 & 19**

Join MWR for delicious food beginning at 5:30 pm. Bring money for drinks! CostFREE!

Second Thursday Dinners

- **January 12: Thai Bistro II**
- **February 9: Ocean Sushi Deli (Monterey)**
- **March 8: RG Burgers**

Tag along with Liberty and enjoy a fun meal. Second Thursday of every month at 6 pm.

Cinemark Movie Night

- **January 19**
- **February 16**
- **March 22**

Here's your chance to see one of the latest movies at no cost! Meet up at the Del Monte Center at 5:30 pm for a free dinner and movie. Sign up the day before. Cost FREE!

LIBERTY SKI TRIPS

South Shore Sierra Ski Tour January 27-29

Be prepared to hit the slopes.
More information to follow.

Kirkwood Three Night Ski Trip February 17-20

North Shore Diamond Peak & Squaw Weekend Trip March 9-11

All trips depart from
NSA Herrmann Hall at 5 pm.
Cost.....\$149/person
*(Based on 4 person occupancy; Price includes
lodging, lift ticket and gas. Food on your own)*



COMMUNITY EVENTS

Action Figure Therapy Stand Up Comedy Tour Thursday, January 12 • 7pm

Come enjoy a live 90-minute standup comedy performance in the La Novia Room by the comedians who voice the popular Action Figure Therapy comedy web series. This show is the first stop on AFT's 2012 domestic military standup tour! For more information and for a guaranteed seat, contact Commact@nps.edu or call 831-656-7955. CostFREE!

St. Patrick's Day Celebration! Thursday, March 15 • 4:30 pm

Join us in the Trident Bar and enjoy live music from Irish Band Sweet Fire, throw back a drink, and have corned beef and hash. All you have to do is show up in your finest green! For more information, call 831-656-7955 or email CommAct@nps.edu. Cost.....FREE!

St. Patrick's Day 5K Friday, March 16 • 3 pm

Meet in front of Herrmann Hall. Run or walk 2-laps around NSAM! Prizes for first and second place winners in the 17+ age categories! Children ages 4-16 will receive a medal. Register at the Fitness & Sports Center by 2 pm the day of the race. CostFREE!

St. Patrick's Day Corned Beef & Cabbage Specials Friday, March 16

- LUNCH - El Prado lunch will feature corned beef and cabbage. Cost.....\$7.95
- DINNER - Trident Room Dinner includes tender corned beef and cabbage, buttered baby red potatoes and braised carrots, soda bread and chocolate cake. Cost.....\$14



NSAM SAILING ASSOCIATION

Come sail with us! The NSAM Sailing Association provides sailing opportunities to the NSA community, including

faculty, staff, and students. NPSSA has two Santana 22' sailboats available for rent at substantially lower rates than anywhere out in town. The boats are located at the Coast Guard pier in downtown Monterey, providing an incredible opportunity to get out and experience the beautiful Monterey Bay firsthand. No previous sailing experience is required to come and sail, however a check-out sail is required to be completed by all members prior to renting boats. Classes will be offered soon to those people desiring to learn to sail. Additionally, a US Sailing certification program will be offered so that sailing certifications will be transferable to any sailboat rental organization in the country. Sailing at NSA has a long history, and we are proud to be able to offer NSAM personnel the chance to get back out on the water! For more information, contact gbstorer@nps.edu Interested in renting a Slip? If so, contact MWR at ccsilves@nps.edu.

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.

FLYING CLUB

Did you always want to learn to fly? Are you a pilot, but figured you just couldn't fly during your time in Monterey? Have you thought of how beautiful the Monterey area is, and wanted to see it from a different perspective? We have what you need. Our fleet of training and pleasure aircraft are available at reasonable rates. We also have a bright yellow T-34B Mentor for the more advanced pilots or adventurous tourists. If you need instruction, our professional flight instructors are available to meet your busy schedule. If you just want to see the area from the air, we have many experienced pilots willing to share the joy of flight with you (and some of the costs, of course!). Our aircraft and facilities are available 24/7 to club members. Check out our website at www.montereynavyFlyingclub.com, or drop us an email at mnfc@nps.edu. Do something different. Start living your dreams today!

NAVY GATEWAY INNS & SUITES

Located in Bldg 220,
Herrmann Hall **831-656-2060**

Need more space for family & friends this winter? Join us at the Navy Gateway Inns & Suites, Naval Support Activity Monterey, and stay at the historic Hotel del Monte. Our facility is unique! Accommodations include standard rooms, rooms with kitchenette and two-room suites. Dine at the Café del Monte, or enjoy an evening at the Trident Room pub, both onsite. Space available reservations may be made 7 days prior to your arrival for up to a 7-day stay. Open to active duty, retired military and DOD personnel. For more information, visit www.nps.edu/Services/NGIS. For reservations or information, call 831-656-2060 or send an email to npsvqresrv@nps.edu.



The Information, Tickets, and Travel (ITT) Office has all you need to learn about what there is to do in the local area. We have discounted tickets for area tours, attractions, museums, amusement parks, seasonal attractions and more; not to mention the numerous hotel vouchers and car rental vouchers that are also available. Stop by and pick up some free brochures and get the fun started today! For more information, call 831-656-3223 or email itt@nps.edu.

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

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



Go Card San Francisco is an all access pass offering you the ultimate convenience, cost savings and flexibility for all the best things to do in the Bay Area. It provides free access to

any and all of the 50 attractions with savings of up to 40% compared to buying separate tickets such as California Academy of Sciences, Aquarium of the Bay, Exploratorium, Bay Cruises, Six Flags and Wine Tastings.
 Adult \$47.50 (1 day)/\$66 (2 days)
 Child (3-12) \$30.50 (1 day)/\$46 (2 days)

Go Card Los Angeles is your admission pass to 45+ of LA's must-see attractions. Perfect for active sightseers. Saves you up to 50% off the cost of individual tickets.
 Adult \$52 (1 day)/\$86.50 (2 days)
 Child (3-12) \$43.25 (1 day)/\$60.50 (2 days)

Go Card San Diego is your discount admission pass to San Diego's top attractions. Perfect for active sightseers. Includes admission to more than 50 of the best things to do in San Diego, more than any other pass sold.
 Adult \$60 (1 day)/\$85.50 (2 days)
 Child (3-12) \$50.25 (1 day)/\$75.25 (2 days)



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

Travel/New Student INFORMATION FAIR
Wednesday, January 11
11 am-1:30 pm
 in the Barbara McNitt Ballroom.
 Stop by the Travel/New Student Information Fair! Find out from our vendors what there is to do locally and throughout California. Over 60 vendors! Lots of giveaways and fabulous prizes! Open to all hands! Cost...FREE!
 For more information, call 831-656-3223 or email itt@nps.edu.

Monterey Movie Tours
 If you are new to Monterey or simply interested in seeing its beautiful sites and learning where many famous movies were filmed, this tour is what you need! This three-hour adventure winds through Monterey, Pacific Grove and Carmel. See a side of Monterey you haven't seen before.
 Adult/Senior \$27.00
 Child (15 and under) \$16.50

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

Disneyland Military Salute Tickets now through August 2012 for active, reservists and retired U.S. military personnel (including United States Coast Guard & National Guard) and up to five additional tickets for family members or friends. No more than six promotional tickets may be purchased by any eligible member (or spouse) pursuant to this offer. Disney Military Promotional 3-Day Park Hopper \$97.25

Armed Forces Vacation Club (AFVC) offers eligible military personnel great vacations at special prices. Go to www.afvclub.com to search for your vacation, or call 1-800-724-9988. Mention promo code 860062 and your NSAM installation code #26.

Valentine Gift Ideas from ITT!

See's Candies
 Surprise your sweetie with a box of delicious See's Candy. Stop by the ITT Office and purchase a See's Candies gift certificate, good for 1 lb. of chocolate for only \$13.50!

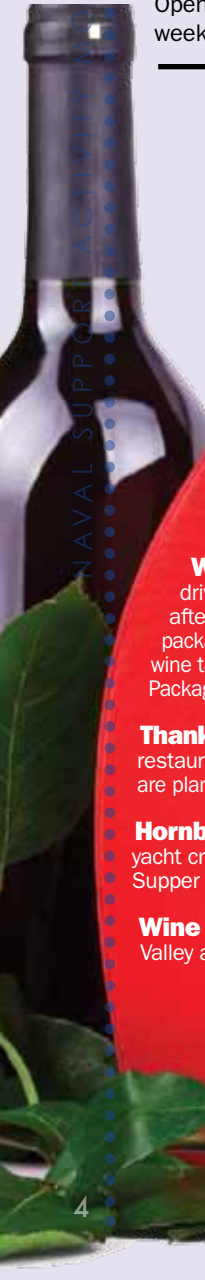
Wine Trolley - Relax as the Wine Trolley drives you to local wineries for an unforgettable afternoon. Purchase your discounted wine trolley package for two at the ITT Office. Enjoy the five-hour local wine tasting without the worry of having to drive.
 Package for two \$210.75

Thanks-A-Bunch - Enjoy a dinner out on the town at participating restaurants. Stop by the ITT Office to purchase your card for the next time you are planning a dinner out! The card is valued at \$50 for only \$10

Hornblower Cruise - Have a romantic evening in San Francisco on a 3-hour yacht cruise. Dinner, wine, dancing, and fantastic views of San Francisco await you! Supper Club Dinner Cruise (Friday or Saturday) \$48.75/person

Wine Country Explorer Pass - Take a day to visit the beautiful Napa Valley and taste some of the world's best wines. Cost \$42.50/person

BASE THEATER
 Movies will be shown at 6 pm in the El Prado Room. Grab a bite from the Trident Bar and enjoy a movie. Look for movie listings on our Website at www.nps.edu/Services/mwr or the marquee located outside the El Prado Room.



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 sandwich bar with sandwiches custom made to order. Fresh soup and chili con carne are offered daily. Come in on Fridays for the house special clam chowder.



Café Del Monte now proudly serves Starbucks Frappuccino® blended beverages! Choose from 3 tasty flavors: Caramel, Mocha, or Coffee Frappuccino. Enjoy delicious right where you are...right now!

CAFÉ DEL MONTE**831-656-7885**

Located next to Dudley Knox Library. Open Mon-Thur 6:30 am-4 pm & Fri 6:30 am-3:30 pm, Sat 9:30 am-1 pm. Snacks always available. Closed on federal holidays.
 • Breakfast 6:30-10:15 am
 • Lunch 10:45 am-2 pm

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

Check out Club Del Monte on Facebook!

CATERING**831-656-1049**

Herrmann Hall (Rm. 55) ground floor (Bldg. 220). Open Mon-Fri, 8 am-4:30 pm. Closed weekends & holidays. Club Del Monte caters Great Deals for "Wetting Down" promotions and special occasions of all types. Check out our three tier menu pricing! Room fees no longer apply. For reservations, call 831-656-1049 or mwrcatering@nps.edu.

TRIDENT ROOM**831-656-7508**

Herrmann Hall ground floor (Bldg. 220). Open Mon-Sat.

• Beverage Service:

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

• Dinner: Mon-Sat 4-9 pm

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

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

• Dinner Specials

Dinner is served Mon-Sat 4-9 pm in the Trident Room. Early Bird Dinner Special is 4-6 pm with \$2 off Adult Menu Price.

• **MONDAY** - Seafood Cioppino with scrumptious shrimp, calamari, crab, mussels & garlic bread.
 Cost..... \$16*/\$7.75**

• **TUESDAY** - Prime Rib Night moist & tender prime rib with au jus accompanied with horseradish, baked potato & sour cream.
 Cost..... \$17*/\$8**

• **WEDNESDAY** - Seafood Linguini tossed with fresh clams, green lip mussels, fresh basil in white wine butter broth. Cost.. \$14*/\$6.75**

• **THURSDAY** - French Dip Sandwich thinly sliced roasted beef on a fresh-baked roll with au jus, served with fries. Cost.. \$9.75*/\$4.50**

• **FRIDAY** - Surf And Turf grilled top sirloin steak & sauteed shrimp topped with beurre rouge sauce and served with scalloped potatoes & fresh vegetables.
 Cost..... \$18.50*/\$9**

• **SATURDAY** - Grilled Pastrami Sandwich thinly sliced with Swiss cheese on wheat, sourdough or white bread, served with fries or coleslaw. Cost.... \$9.75*/\$4.50**

**Adult price / **Children price (ages 5-10)*

Join Us

*Sip the Peninsula
 Wine and Beer Tasting
 And Silent Auction*

Saturday, March 3rd, 2012

7-11 p.m., McNitt Ballroom

\$40 per person

Featuring
Regional Wines and Breweries
Savory Food Pairings
Exceptional Auction Items
Music and More

This event is presented by the Monterey Bay Officers' Spouses Club (MBOSC) and MWR. All proceeds benefit MBOSC scholarships and charities. For Tickets and more information, visit www.MontereyBayOSC.com

The Naval Support Activity Monterey, Morale Welfare and Recreation Department thanks and appreciates the sponsor(s) of this event. However, neither the United States Navy nor any other part of the federal government officially endorses any company, sponsor or their products or services.

FITNESS & SPORTS

NSAM MWR FITNESS
& SPORTS CENTER..... **831-656-3118**
Bldg. 208 / Email: FitnessC@nps.edu

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

Fitness Membership

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

Daily Fitness Membership Fee

Military/Family Members/
DOD/NEX.....Free
Contractors/Guests/
DOD Family Members\$3

Monthly Membership Fee

Contractors/DOD Family Members\$25
Six-Months Membership Fee
Contractors/DOD Family Members\$138
Annual Membership Fee
Contractors/DOD Family Members\$250

Year-Round Fitness Challenge

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

Personal Trainers

Maximize your time in the Fitness & Sports Center, reach new fitness goals, improve functional strength and improve performance. Come by to meet one of our personal trainers. Fitness tests are available.

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

By appointment only.

Cardio Equipment Orientation

available on a walk-in basis. If you have questions about a machine or how to use a program on the cardio equipment, stop by the front desk and ask for any of our Navy Fitness certified staff to maximize your time at the gym.

50+ Strength Training

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

Active Duty Appreciation

Monday-Friday • 10 am-1 pm

Come to the MWR Fitness & Sports Center, meet with your fitness specialist and get a free body fat assessment. Participants must make an appointment.

Judo Club

Monday & Wednesday • 6:30-8:30 pm

Male & Female Judo Classes meet at the Fitness & Sports Center

Instructor: Professor Richard Riehle

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

For more information call the Fitness & Sports Center at 831-656-3118 or email rdriehle@nps.edu.

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

Fitness Classes

Fitness classes include: **Military-FEP CFL, Cardio Kick, PiYo, Power Flex (Interval), Power Flex (Muscular), Spin/Cycle, Yoga, Zumba & Judo.** For current fitness class schedule go to: <http://www.nps.edu/Services/MWR/Services/FitnessRecreation/FitnessCenter/index.html>

ZUMBA Classes

Tuesdays & Thursdays • 11 am & Thursdays 6:30 pm

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

AEROB-A-THON

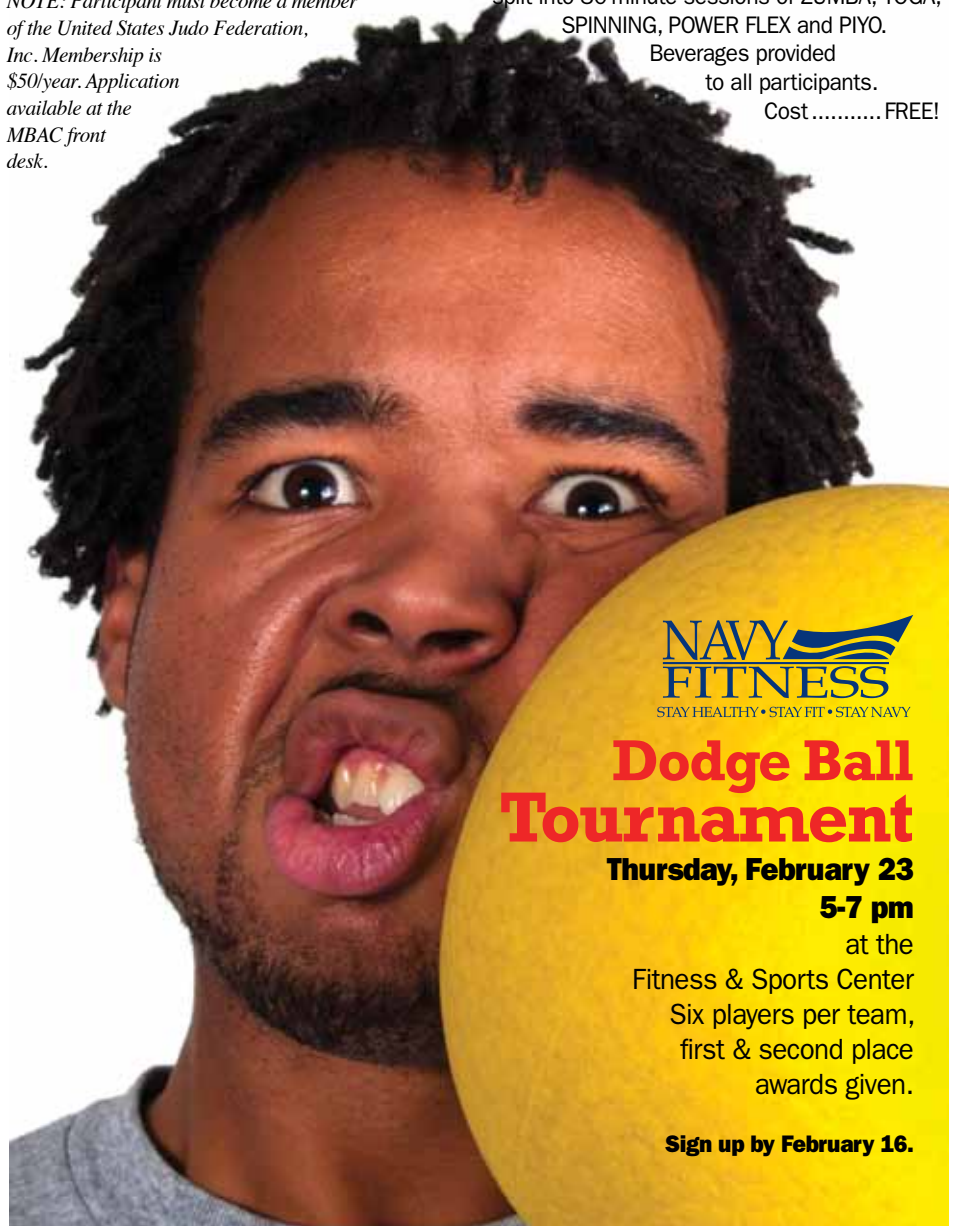
Thursday, January 12 • 10 am

Need help with your New Year's Resolution? Come in and sample our classes and meet our instructors! This three-hour challenge will be split into 30-minute sessions of ZUMBA, YOGA, SPINNING, POWER FLEX and PIYO.

Beverages provided

to all participants.

Cost FREE!



NAVY FITNESS
STAY HEALTHY • STAY FIT • STAY NAVY

Dodge Ball Tournament

Thursday, February 23

5-7 pm

at the

Fitness & Sports Center

Six players per team,

first & second place

awards given.

Sign up by February 16.

CYCLE-A-THON

Friday, March 9 • 9 am-12 noon

This event is a 3 hour cycle class that will be led by 3 of our awesome cycle/spin instructors. Each instructor will lead the riders in an energetic and rewarding class. This event will take place outside at Centennial Park with our beautiful lake in the background (weather permitting). Register today at the Fitness & Sports Center.

LEAGUES/TOURNAMENTS

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

Volleyball League begins January 17.

Games are played on Tuesdays at 5:30 pm, 6:30 pm, 7:30 pm and 8:30 pm at the Fitness

& Sports Center. Teams consist of 6-14 players. First and second place teams will receive prizes. Open to all hands! Rosters are due to the Sports Coordinator by January 10.

Basketball League begins January 18.

Games are played on Mondays & Wednesdays at 6:10 pm, 7:10 pm and 8:10 pm at the NSA MWR Fitness & Sports Center. Teams consist of 10-15 players. First and second place teams will receive prizes. Open to all hands. Rosters are due to the Sports Coordinator by January 11.

Soccer League begins January 21.

Games are played on Saturdays at 9 am, 10:30 am, 12 noon, 1:30 pm and 3 pm at the La Mesa fields. Games are 7 on the side, all rules apply. Teams can consist of up to 15 players. First and second place teams will receive prizes. Rosters are due to the Sports Coordinator by January 12.

Racquetball Tournament

February 14-16 • 4-9 pm. Games are played at the Fitness & Sports Center. This will be a pool play format. Prizes for the upper & lower division winners. Sign-up by February 9.

Ultimate Frisbee Tournament

Thursday, March 8, 5-7 pm at the Fitness & Sports Center. First & second place awards given. Sign up by February 24.

March Madness Tournament Free Throw Lay-Up Competition

Thursday, March 22, 5-7pm at the Fitness & Sports Center. See how many free throws & lay-ups you can make in two minutes. Highest points wins, first & second place winners. Sign up by March 15.

MONTEREY PINES GOLF COURSE

If you are looking for a regular golf game, we have an active **Golf Association** that plays monthly tournaments and a **Women's Association** that plays every Wednesday. Information and entry forms for each group are available in the Pro Shop.

Golf Fees

	WEEKENDS/ M-F	HOLIDAYS
Military	\$19	\$21
Military 2 pm	\$15	\$15
Military 4 pm	\$10	\$10
Military Jr.....	\$10	\$10
DOD	\$26	\$28
DOD 2 pm	\$20	\$22
DOD 4 pm	\$14	\$14
Civilian	\$35	\$38
Civilian 2 pm.....	\$26	\$28
Civilian 4 pm.....	\$16	\$16

Cart Rental\$15 Per Rider
(Twilight Times subject to change as days shorten/lengthen.)

Monterey Pines Driving Range, chipping and putting greens are open daily for practice. Discounts up to 30% are available with the purchase of a Range Key. Practice balls..... \$4 (37 balls)/\$7 (74 balls)

The Monterey Pines Grill & Bar offers a comfortable area to relax after golf. Enjoy the latest sports or news on multiple TVs. We're a great place for lunch, meetings or to just sit outside with friends and chat. Our private banquet room is ideal for meetings and special events. All areas have Wi-Fi. To reserve our meeting room contact the Food & Beverage Manager 831-656-7799.

Golf Outings at Monterey Pines are a great way to get together with a group of friends and enjoy a round of golf. The golf staff provides professional tournament management and invites you to contact them for your next event. No matter the size of your group, we'll assist you with all the details. Contact our tournament Director at 831-656-7659 for information and scheduling your next event.

Golf is a year-round activity in Monterey and Monterey Pines Golf Club has become a year-round favorite for Monterey Peninsula golfers. Those who have played are unanimous in their assessment of the course... Challenging for all, well-conditioned, great pace of play and friendly staff.



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

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

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

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. Call 831-656-2167 for dates of our Demo Days this year.

Golf Lessons - If you have young children or a spouse that you'd like to give this gift to, there's no better way than to begin with Golf Lessons. Private and group Golf Instruction 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 and terminology to play a round of golf. Call 831-656-2167 for lesson information and scheduling.

Monday Niners Golf League Weekly Tournaments

Beginning April 16, a 9-hole golf event will be held every Monday with a 5 pm shotgun start. All NSA students, faculty and DoD support Staff are eligible to participate. Your spouses and friends are also welcome to join you in these weekly events. Registration for each tournament may be made until noon on the day of play. Contact the Golf Shop at 831-656-2167 to register.

Entry fee\$30
includes green fee, cart fee & prize fund

Pro's Pointer Sam Jepsen, PGA

Stand taller and make more putts! Golfers who bend over too much tend to get their arms folded too much and their putting strokes are inconsistent. Stand tall and let your arms hang down so that you can make a more pendulum-type motion in your stroke. You should be able to feel that your arms are swinging rather than being pushed and pulled back and forth. Bending over too much will also increase pressure on your back and limit the time you can spend practicing your putting. Tall putters are good putters.

CHILD & YOUTH PROGRAMS

Child and Youth programs are provided for children 6 weeks to 17 years of age in state-of-the-art facilities within walking distance of La Mesa Village. The La Mesa Elementary School is right next door to the Child Development Center and up the street from the Tech Connection. Open to active duty military, reservists in active duty status, and DOD civilians on a space available basis. For more information, call 831-656-2734 or email CDCAdmin@nps.edu. Request for childcare is available online at www.navymwr.org.



Spring Camp Sign-Up Time!

Hurry now to get on the waiting list for School Age Care Spring Camp during the weeks of **March 19-30**. Fill out an online Request for Care at www.navymwr.org and select "Child and Youth Programs". Make sure you mention that you are interested in camp enrollment!

CHILD DEVELOPMENT

CENTER831-656-2734
 Located at 2 La Mesa Way, Bldg 439 La Mesa Village next to La Mesa Elementary School. Open Mon-Friday 7 am-6 pm. Closed all federal holidays.

TECH CONNECTION831-656-2127
 La Mesa Village, (Bldg. 444) 1222 Leahy Rd. Open for School Age Care, Monday-Friday 2-6 pm while school is in session. Special camps offered for school breaks (all seasons) & teacher in-service days, 7 am-6 pm. Youth & Teen Open Recreation, Mon-Friday 2-7 pm while school is in session and 12-6 pm during breaks.

CHILD DEVELOPMENT CENTER (CDC)

For children between the ages of six weeks and five years, the Child Development Center in La Mesa Village is the place for you! Full-time childcare Monday-Friday 7 am-6 pm. For more information, call 831-656-2734 or email CDCAdmin@nps.edu.

Central Enrollment & Hourly Care

available on a space available basis in all Child and Youth Programs. Reservations may be made 30 days in advance. Current immunizations and a health assessment required. Registration packets available at the CDC or Tech Connection. Once registered, CDC hourly care is available by calling 656-2734 or 656-7607. For school age hourly care, please call 656-2127.

Parent Involvement Board Meeting

Friday, January 20 • 12-1 pm at the Tech Connection. Childcare provided free of charge. Reservations must be made no later than Friday, January 13 by calling 656-2734. A light snack will be provided and topics of discussion will include the accreditation process at the CDC, and upcoming special events. Feel free to submit other topic suggestions.

Friendship Tea - Tuesday, February 14

Each classroom will be coordinating their special celebration so please 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!

Parent Education Opportunity

Friday, February 17 • 12-1 pm at the Tech Connection. A short presentation will be given by Ms. Carol Jensen-Roble and invited school district guests to discuss questions every parent asks when thinking about enrolling their child in kindergarten. Come prepared with your questions! Childcare will be available at no cost; however reservations must be made no later than Friday, February 10. Light snacks will be provided.

Parents' Night Out

at the Child Development Center is offered once a month free of charge to parents with children ages 6 weeks to 5 years of age who are registered with Child and Youth Programs. Spaces are limited; reserve your spot early.

- **Friday, January 6 • 5:30-11 pm:**
Reservations open on December 5.
- **Friday, February 3 • 5:30-11 pm:**
Reservations open on January 9.
- **Friday, March 3 • 5:30-11 pm:**
Reservations open on February 6.

Parent-Teacher Conferences

March 1-16 at the Child Development Center. Conference schedules will be posted in your child's classroom so don't forget to sign up! If you have any questions, please check with your child's primary teacher or at the front desk.

Parent Education Opportunity: Infant/Child CPR Class

Saturday, March 31 • 10 am-4 pm at the Tech Connection. This is an American Red

Cross certified course at no cost and free child care will be available if reservations are made no later than Friday, March 23.

TECH CONNECTION & YOUTH CENTER

(Grades 7-12) **Monday-Friday • 3-7 pm**
 Have children ages 13-18? Are they looking for a place to hang out with other teens? Come to the Tech Connection to pick up a registration packet for our Teen Center. Our staff would love to show you around and tell you about our programs and events.

School Age Care (After School Program)

If you need afterschool care or Spring Break Camp (K-6 grade), go online to www.navymwr.org, click on the Child & Youth Programs; click: "I Need TO APPLY FOR CHILDCARE" Fill out: REQUEST FOR CARE RECORD. You will be contacted by one of our staff once your request has been received. After school care hours of operation are 2-6 pm. Hourly care is available please contact the Tech Connection to make your reservation.

YOUTH SPORTS/CLASSES

For more information call 831-656-1840 or email Sportsman@nps.edu.

Ballet - Tuesdays (ages 3-10) Registration is ongoing. Classes are 4 and 5-week sessions. Must have a minimum of three students to run. Come to the Tech Connection to sign up and pick up class schedules.

Cost.....\$48-\$60
 (depending on number of weeks in session)

Baseball - (For ages 5-13) Registration will begin February 6 and end March 2. Practices will begin in March. Games begin the first week of April and run through the second week of June. The game schedule will be out in March. Cost.....\$45

The First Tee Golf Program

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

NSA MONTEREY SCHOOL LIAISON (SLO)

NSA Monterey School Liaison Officer
 Tina Wekell, ecwekell@nps.edu
 Office: 831-656-1008 / Cell: 831-760-2010
 School Liaison Officer (SLO) is located on the second floor of the Fleet & Family Service Center, Bldg 2, 1280 Leahy Road, La Mesa Village.

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

Homeschooling in Monterey?

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

Military Home School Families Meetings

The SLO Program supports Military Home School Families! Join our meetings the first Thursday of the month at the La Mesa Community Center Party Room.

- **Thursday, January 5, 2 pm**
- **Thursday, February 2, 2 pm**
- **Thursday, March 1, 2 pm**

Take this opportunity to network, share ideas, plan activities, and establish connections. The Party Room connects to a fenced in playground where you children can play and enjoy each other's company. In the event of inclement weather, your SLO will plan an activity to engage your children while the adults network with each other.

Walter Colton Middle School Families

Parent Seminars will be held once a month from January to March. These seminars will be taught by experienced Fleet & Family personnel and cover a range of topics. Please come and join other families to learn about the mysteries of adolescence. See details on the next page.

Breakfast for Your Brain


"Youth Tutorial Program" - The National Naval Officers Association Monterey Chapter is offering free tutoring in all subjects for military and civilian students grades K-12 on the following Saturdays:

- **Jan 21 & 26 • 9-11 am**
- **February 4, 11 & 25 • 9-11 am**
- **March 3, 10 & 17 • 9-11 am**
- **Apr 7, 14, 21 & 28 • 9-11 am**
- **May 5, 12 & 19 • 9-11 am**


Volunteers (adults and high school age) are also welcome. For more information, contact LT Darryl Diptee at ddiptee@nps.edu

Free Resources!

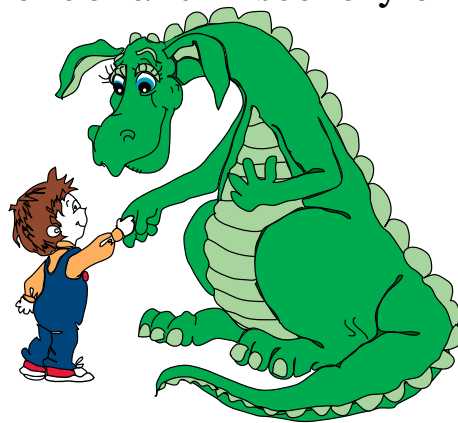
- <http://soarathome.org> - provides free testing against state standards and DOD school standards and tutorials. Parents need to register their student in order to utilize this FREE resource.
- <http://tutor.com/military> - provides FREE on-line tutoring to military families. Tutoring is available to both students K-12 and college level students. Parents need to register grades K-12 student in order to utilize this resource.
- www.eknowledge.com/military.asp - Free SAT/ACT POWERPREP software. Help your high school student get an edge on their SAT/ACT test. This website will send you free test prep materials. You only need to pay for shipping and handling.



Serendipity Pre-School, LLC



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



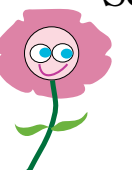

A quality educational program for children ages 3 to 5.
Offering full and part-time pre-school and pre-K classes.
Serving families of the Monterey Peninsula since 1981.

1231 Seventh Street, Monterey, CA 93940

831-375-9743

Visit our Web Site!

www.serendipitypreschoollc.com

FLEET & FAMILY SUPPORT

1280 Leahy Road • Open Mon-Fri 8 am-4:30 pm
 Main Line: 831-656-3060 / Sexual Assault Prevention Response Hot Line: 760-2329
We support 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:

- 1280 Leahy Road, La Mesa Village
Mon-Fri 8 am-4:30 pm
 - Herrmann Hall, Bldg 220
 Second Floor West Wing (Rm 157)
Mon 8:30-11:30 am – Work and Family Life Programs (*Family Employment Readiness, Transition Assistance and Deployment Readiness*)
Wed 1-3 pm – Family Life Education Services (*Stress Management, Couple's Communication, and Parenting classes*)
Thu 8:30 am-12 noon & 1-5:30 pm
 Clinical Counseling Services (*Individual and Couple's Counseling*)
- For appointments call 1-866-923-6478.

Fleet and Family Support Center Grand Re-opening Event

Tuesday, March 13 • 6-8 pm

The Fleet and Family Support Center (1280 Leahy Road in Monterey) has undergone complete renovations. We invite you out to view our "new" center at our grand re-opening event. This will be an evening of family fun to include tours, door prizes, refreshments and activities for the whole family. Please join us! For more information, call 831-656-3060.

PARENTING SEMINARS

Focusing on children ages 11-15 years old. Held every month at at Walter Colton Middle School (100 Toda Visa Dr, Monterey) provided by Lisa Ward, LCSW. Free childcare will be available. Potluck dinner/snacks are welcome. Open to the public.

Life Skills

Thursday, January 26 • 6:30-8 pm

Life Skills: Examining family roles and appropriate responsibilities and limits to reduce conflict in the home.

Warning Signs of Crisis

Thursday, February 16 • 6:30-8 pm

Warning Signs of Crisis: Symptoms of depression, anxiety, assault, suicidal ideation and safety measures you can take to support your child.

Family Fun

Thursday, March 15 • 6:30-8 pm

Family Fun: Maximizing fun time with your children to develop and sustain caring, supportive and enjoyable relationships.

FFSC WORKSHOPS

The following services are available by appointment:

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

FAMILY & LIFESKILLS

Couples Communication:

- Wed, Jan 11, 4-6 pm
- Wed, Feb 1, 3-5 pm
- Wed, Mar 28, 3-5 pm

Military Basics for New Spouses

- Tue, Jan 17, 11-12:30 am
- Mon, Feb 13, 11am-12:30 pm
- Fri, Mar 9, 10-11:30 pm

Parenting Education for School Age Children (ages 5-12)

- Fri, Jan 6, 10 am-12 noon
- Tue, Feb 14, 10 am-12 noon
- Mon, Mar 12, 10 am-12 noon

Suicide Prevention Awareness

- Tue, Jan 10, 10 am-12 noon
- Thu, Feb 9, 1-3 pm
- Thu, Mar 8, 10 am-12 noon

Stress/Time Management

- Fri, Jan 27, 10 am-12 noon
- Wed, Feb 8, 3-5 pm
- Wed, Mar 7, 1-3 pm

Anger Management:

- Wed, Jan 25, 3-5 pm
- Mon, Feb 27, 10 am-12 noon
- Mon, Mar 26, 10 am-12 noon

EMPLOYMENT

Job Search Strategies:

- Tue, Jan 3, 9-11 am

Interviewing Skills:

- Thu, Jan 5, 4-6 pm
- Thu, Feb 2, 4-6 pm
- Thu, Mar 1, 4-6 pm

Resume Writing:

- Thu, Jan 19, 4-6 pm
- Thu, Feb 16, 5-7 pm
- Thu, Mar 15, 4-6 pm

Federal Employment System:

- Tue, Jan 17, 9-11 am

FINANCIAL MANAGEMENT

Million-Dollar Sailor:

- Wednesdays, 1 pm-4 pm

Car Buying Strategies (New/Used):

- Tue, Jan 24, 10 am-12 noon
- Sat, Feb 25, 1-3 pm
- Tue, Feb 28, 10 am-12 noon
- Tue, Mar 27, 10 am-12 noon

Basic Savings and Investment:

- Thu, Feb 2, 1-3 pm
- Thu, Feb 21, 4-5 pm

Credit Management:

- Wed, Feb 23, 4-5 pm
- Wed, Mar 28, 1-3 pm

Investment and Saving II:

- Wed, Jan 11, 1-3 pm
- Wed, Feb 8, 1-3 pm
- Thu, Feb 23, 4-5 pm
- Wed, Mar 14, 1-3 pm

Preparing a Personal/Family Budget:

- Fri, Feb 10, 1-3 pm

Home-buying Seminar

- Fri, Feb 24, 1:30-3:30 pm

RELOCATION

Smart Move

- (Transferring/PCS):
 Tue, Jan 24, 10 am-12 noon
 Wed, Feb 22, 2-4 pm

DEPLOYMENT

Pre-Deployment / Mobility Briefing:

- Fri, Jan 27, 1-3 pm

Mid-Deployment / Mobility Briefing:

- Fri, Feb 3, 1-3 pm

Post-Deployment Return & Reunion:

- Fri, Mar 23, 1-3 pm

IA Spouse Discussion/Support Group Meeting:

- Wed, Jan 11, 11am-12 noon
- Wed, Feb 8, 11am-12 noon
- Wed, Mar 14, 11am-12 noon

TRANSITION

TAP (Transition Assistance Program) Workshop (Must Register to attend)
 Tue-Fri Feb 14-17, 9 am-5 pm

"TAP: CARIT Briefing"

Mandatory for Navy personnel not retiring.
 Fri, Feb 17

SEXUAL ASSAULT/ DOMESTIC VIOLENCE

SAPR (SAVI) Advocate Refresher Training

- Fri, Jan 13, 12-2 pm
- Fri, Feb 24, 10 am-12 noon
- Fri, Mar 30, 10 am-12 noon

SAPR (SAVI) Advocate Initial Training

- Mon-Thu, March 19-22, 8 am-4 pm

For Command Appointed personnel

SAPR POC Training
 Available upon request

SAPR Liaison Training

Available upon request

SAPR DCC Training

Available upon request

SPONSOR

Sponsor Training:

Available upon request

OMBUDSMAN TRAINING

Available upon request

NEW PARENT SUPPORT HOME VISITOR

Available upon request

Family and Morale, Welfare & Recreation Presidio of Monterey

AIR TIME!



January 13–15
Weekend Ski Trip
Ski Kirkwood on MLK Weekend
with Beal and Travis AFB.

Prices and schedule subject to change. Call
ODR at 242-5506 or visit www.pom-odr.com
for the latest information.

Celebrating Military Children



Saturday April 21, 2012

For more information go to
www.pom-cyss.com/cmc

Big Sur Mud Run



March 24, 2012
Register Now!
www.bigsurmudrun.org



Events at ACS:

Armed Forces Team Building—Jan 5 & 10
Teaches the basics of military life.

Newcomers Get Together—Jan 12
Meet other spouses and learn about the area.

Smart Moving—Jan 26
Learn about your next PCS move.

Resume Class—Jan 26
Learn how to write a winning resume.

Call **242-7660** to register. This is just a sample
of the classes ACS offers. For a complete list,
please visit www.pom-acs.com.



Hobson JAVA Café • (831) 242-7323

Located adjacent to Hobson Student Activity Center in Bldg. 843 on POM.

Hours: Mon–Fri 7 a.m.–1 p.m., Fri 7 p.m.–1 a.m., Sat 7 p.m.–12 a.m.

Hobson JAVA is open every Friday and Saturday for food specials and extensive
drink menu. Stop by for games, entertainment, great food and to meet new people!

Mid-POM JAVA Café • (831) 242-7123

Centrally located right at the green area at the Berlin wall in Bldg. 632 on POM.

Hours: Mon–Fri 7 a.m.–3 p.m.

Lower-POM JAVA Café • (831) 236-3274

Conveniently located on Soldier Field on POM.

Hours: Mon–Fri 7 a.m.–1 p.m.

Follow these links to learn more about FMWR

Website www.pom-fmwr.com (in progress)

Magazine www.pom-fmwr.com/blast

Facebook www.facebook.com/presidioFMWR

Twitter www.twitter.com/presidioFMWR



Scan this QR code with
your smartphone to see our
events Blast. If your phone
does not support Flash, there
is a .pdf version available for
your convenience.



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

10% OFF*

**Your First Purchase with a
Military Star Card**

NEX Monterey
1650 Lake Del Monte Drive • (831) 373-7277
Mon-Sat 9 am-6 pm • Sun 10 am-4 pm



**Upon Approval*



CHECK OUT MWR'S WEBSITE! www.mwrtoday.com/Monterey

Carmel River State Beach



Monterey Bay Aquarium



So much to discover.

To members of the military, their friends and family:
Thank you. We hope you enjoy the unlimited adventure
of Monterey County. Plan your experience at SeeMonterey.com.

MONTEREY
COUNTY CONVENTION AND VISITORS BUREAU