

# ON THE DECK

January 2012



## New Beginnings In '12!

■ New Child Development to open.

### INSIDE

Check out the 2012 Intramural Sports Calendar!



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On the Web



[www.cnic.navy.mil/Meridian](http://www.cnic.navy.mil/Meridian).



## Table Of Contents

MWR Facility Listing and Sports & Fitness	2
Intramural Sports Calendar and Fitness Events	3
McCain Rec Center, ITT and Eagle Point Stables	4
CDC Feature, CYP News & Notes, Library & Rudders Party	5
Rudders, Golf and Liberty Events	6
Winter Wonderland Photos & Mom's Diner Menu	7

## MWR Facility List

Facility	Phone #.	Hours of Operation
Fitness Center	679-2379	Mon.-Fri. (Summer): 0530-2000 Mon.-Fri. (Winter): 0530-2100 Wkends & Holidays: 1100-1800
All Hands Pool	679-3470	May-September
Liberty Center	679-3760	Mon.-Thurs.: 1600-2130 Friday: 1600-2330 Saturday: 1000-2330 Sunday: 1000-2130
ITT	679-3773	Mon.-Fri.: 1000-1700
McCain Rec Ctr	679-2651	Mon.-Thurs.: 1100-2130 Friday-Saturday: 1100-2200 Sunday & Holidays: 1100-2100
The Outpost	679-2609	Mon., Tu. & Th.-Sat. 0930-1800
Andrew Triplett Lib.	679-2326	Mon.-Fri.: 1000-1800 Saturday: 1200-1600
Rudder's	679-2636	Mon.-Thurs. 1600-2200 Friday 1600-0000 Saturday 1100-0000 Sunday 1100-2200
Sandtrap Grill	679-2780	Mon.-Fri.: 0730-1430 Sat.-Sun.: 0700-1600
Mom's Diner	679-2531	Mon.-Fri.: 0600-1400
Ponta Creek G.C.	679-2526	Daily: 0730-1715
CDC/CDH	679-2652	Mon.-Fri.: 0600-1800
SAC	679-5252	M, Tu, Th, Fri: 0600-0800 1500-1800 Wednesday: 0600-0800 1300-1800
SLO	679-2473	
MWR Admin./Job Line	679-2551/2109	Mon.-Fri. 0730-1630

\* Hours of Operation are subject to change.

## Captain's Cup Standings

	N A S	N T T C	M A T T S S 1	V T 7	V T 9	C T W 1	N B H C
Volleyball	0	0	0	0	0	0	0
5K Run	4	21	40	0	0	0	5
Golf	125	90	27	33	80	76	93
Softball	99	71	61	125	95	0	71
10K Run	4	25.5	40	0	5	0	0
Football	86	93	125	71	85	0	0
Bowling	105	80	70	0	0	0	100
X Ctry Run	15	32	29	0	23	0	0
Basketball	0	0	0	0	0	0	0
Racquetball	32	8	16.5	27	28	9	0
Bench Press	32	1	35	0	1	0	0
Soccer	45	0	65	55	49	0	40
Duathlon	26	0	0	31	24	0	0
Triathlon	15	0	0	32	28	27	8
<b>Total</b>	<b>588</b>	<b>421.5</b>	<b>508</b>	<b>374</b>	<b>418</b>	<b>112</b>	<b>317</b>

\*Standings as of Jan. 1, 2012.

## Group Exercise Schedule

Day	Class/Time
<b>Monday</b>	Belly Dancing Class @ 1130 Self Defense with Dawg @ 1800
<b>Tuesday</b>	Yoga with Shannon @ 1115
<b>Wednesday</b>	Belly Dancing Class @ 1130 Self Defense with Dawg @ 1800
<b>Thursday</b>	Yoga with Shannon @ 1115
<b>Friday</b>	Belly Dancing Class @ 1130

\*All group exercise classes are held in Bldg. 266 and are free.



## Fitness Center Notes

- Captain's Cup Basketball Season begins the week of 17 January with games scheduled for 1800, 1900, 2000 on Tuesday and Thursday nights.
- Organized Captain's cup teams can reserve 1/2 court for basketball practice in one hour increments.
- Gymnasium courts can also be reserved for Command Functions, PRT, etc.
- Tennis courts will be completed in January; customers can check out balls, racquets and tennis pitching machine from front counter at fitness center.

For more information about these events, call the Sonny Montgomery Fitness Center at (601) 679-2379.

# MWR Novel Air Station Meridian Spotlight



## Frank Harbin

Fitness Center  
Personal Trainer

**Hometown:** Meridian, MS

**Objective:** To train and teach everyone how to live a healthy lifestyle.

**Qualifications:** Head trainer at Unlimited Fitness in Miami, Florida for 2008-2010.

**Accreditations:** IFTA, CPR, AED, ASFA Master Trainer Certificate with a specialty in childhood obesity.



# 2012 Sports Calendar

SPORT	ORG. MEETING	START DATE
New Year's 5K Resolution Run	None	1/14/12, Fitness Center @ 1100
Volleyball	2/29/12, Fitness Center @ 1300	3/11/12
5K Run	None	3/17/12, Fitness Center @ 1100
Duathlon	None	4/14/12, Fitness Center @ 0900
Softball	4/10/12, Fitness Center @ 1300	4/30/12
Golf	4/11/12, Golf Course @1300	5/1/12
Bench Press (Schwartz)	None	6/5/12, Fitness Center @ 1630
10K Run	None	6/16/12, Fitness Center @ 0900
Triathlon	None	7/14/12, Fitness Center @ 0800
Football	8/15/12, Fitness Center @ 1300	9/10/12
Bowling	9/11/12, McCain Rec Center @ 1600	9/22/12
5 Mile Cross Country Run	None	10/13/12, Fitness Center @ 0900
Racquetball	10/10/12, Fitness Center @ 1300	10/29/12
Basketball	10/24/12, Fitness Center @ 1300	11/13/12

# HAPPY NEW YEAR Resolution 5K Run

January 14, 2012  
Fitness Center at 1100

Call 679-2379 for info.

Get Prizes for  
doing cardio.

100 miles  
500 miles  
1,000 miles

100 Mile Club

T-Shirt  
Ball Cap  
Gym Bag

Are You A  
Member?

Track your progress at the Fitness Center!

## MEMBER OF THE MONTH

Your hours count in the fitness center!  
Monthly winner receives a GYM RAT T-shirt!

# Football Champs



## GRIDIRON KINGS

MWR Director Chad Baldwin presents the 2011 End of Season Football Championship Trophy to Dawg Pound of MATSS-1 staff. They defeated the Devil Pups, MATSS-1 students to claim the championship on December 12, 2011. See below for full results of the Regular and End of Season results.

Photo By Matt Davis / MWR Marketing Manager

### Captain's Cup Football Regular Season Final Results

	W	L
1 Dawg Pound	8	2
2 NAS Air Ops	7	3
3 NTTC Monstartz	4	6
4 VT-9 Tigers	4	6
5 Devil Pups	3	7
6 VT-7 Eagles	2	8

### Captain's Cup Football End Of Season Tourney Final Results

- MATSS-1 Dawg Pound
- MATSS-1 Devil Pups
- NTTC Monstartz
- VT-9 Tigers
- VT-7 Eagles
- NAS Air Ops

## McCain Lanes Bowling Specials

**Monday-** "Cosmic" Bowling with the flashing lights and all, 1800-2100. Regular rates apply.

**Wednesday-** NTTC/MATSS1 Student Special- 2.00 a game including shoes, 1800-Close.

**Saturday-** Family Bowling Special- 1100-1600- 2.00 game/1.00 for shoes.

Call (601) 679-2651 for more info.



## Parties at McCain Lanes

For more information or to schedule your party call McCain Rec Center at (601) 679-2651.

### Birthday Party- \$50

This party package includes 2 lane rental for one hour and Free shoe rental for a minimum of 10 people. Package also includes a "Keepsake Birthday Pin." You may bring in soft drinks, cake and ice cream. Lanes may be rented at \$15 per lane for each lane after the initial hour.

### "Cosmic Bowl" Birthday Party- \$60

Turn out the lights and bowl in the dark with the Cosmic Bowl party package! This party package includes 2 lane rental for one hour and Free shoe rental for a minimum of 10 people. Package also includes a "Keepsake Birthday Pin." You may bring in soft drinks, cake and ice cream. Lanes may be rented at \$15 per lane for each lane after the initial hour. You may also bring your child's favorite music CD as well for play during the party.

### Birthday Party- \$35

If bowling is not your thing, then why not invite your friends to a private screening of a movie you choose for your birthday! You may bring in soft drinks, cake and ice cream.

### Church Groups- \$50

This party package includes 2 lane rental for one hour and Free shoe rental for a minimum of 10 people. Lanes may be rented at \$15 per lane for each lane after the initial hour.

### Special Functions

Want to rent out the whole facility? Call McCain Rec Center for pricing on holding your next special function at the center. Lanes may only have 5 people maximum and rental shoes are not included. Pool tables, video games, food and beverages are all extra.

**All Parties Require At Least A Two Business Day Notice.**

## Eagle Point Stables

Open for boarding. Military and DoD rates are available.



For more info call (601) 679-2609.

# Bowling Champs



## RULING THE LANES

MWR Director Chad Baldwin presents the 2011 Regular Season Trophy to NBHC "Spare Me" team members. Spare Me completed the regular season with a record of 53.5 wins and 16.5 losses. See below for full results of the Regular and End of Season results.

Photo By Matt Davis / MWR Marketing Manager

## LUNCH LEAGUE TO RESUME WEEK OF JANUARY 23, 2012

2 Person teams to bowl once a week on Mon-Thurs from 1100-1300. Cost is \$6 per person per session. If interested send email to Eugene.derusha@navy.mil or call 679-2651.

## "DYNAMIC DUO" BOWLING LEAGUE

Every Tuesday at 1800, each team will consist of 2 people, (rosters limited to 3 folks per team) cost is 10.00 per person per night. This will be a sanctioned league. Organizational meeting will be January 17, 2012 at 1600 here at McCain Lanes. Season to start the following week until 04/17.

## Captain's Cup Bowling Regular Season Final Results

	Wins	Losses
1 NBHC Spare Me	53.5	16.5
2 Dilligaf	49.5	20.5
3 NTTC Silencers	48.5	21.5
4 Devil Dogs	30.5	39.5
5 NEX Gutterfingers	26.5	43.5
6 Turkey Hunters	26	44
7 NAS Air Ops	25	45
8 PW Keglers	20.5	49.5

## Captain's Cup Bowling End Of Season Tournament Results

	Total Pins
1 NAS Air Ops	2433
2 PW Keglers	2425
3 NEX Gutterfingers	2400
4 Dilligaf	2368
5 NBHC Spare Me	2327
6 NTTC Silencers	2322
7 Turkey Hunters	2305
8 Devil Dogs	2154

## ITT Trips

### Casino Trip

Saturday, January 28th, 2012

Location: Pearl River Resort, Choctaw, MS

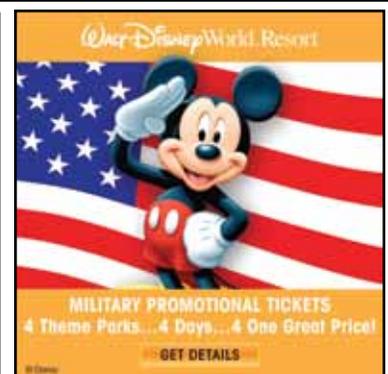
Bus Departure: 1600 from Admin 255

Cost: \$15.00 per person

Included in Price: Bus transportation and \$25.00 Casino Credit

Return Time: Approximately 0100

Call (601) 679-3773 for more info!



# MWR to open state of the art Child Development Center in 2012



The brand new \$6.9 million Child Development Center is slated to open in 2012. Below are some of the state of the art features of the facility:

1. 8 infant care spaces
2. Two pre-toddler rooms (10 in each classroom totaling 20)
3. Training room with overhead projector with screen and TV
4. State of the Art Kitchen equipment and appliances
5. Improved security and surveillances cameras (inside and outside)
6. Solar panels for energy efficiency
7. Heated floors in Infant and pre-toddler classrooms
8. Changing tables in all classrooms to accommodate all ages including children with disabilities
9. Improved landscaping
10. Each classroom has its own playground area and storage room
11. New and improved closed area for trash and recycling
12. New Voice Activated Fire Alarm



## News & Notes

- Open Enrollment is underway for children ages 1 to 5 years old at the Child Development Center. For more info call (601) 679-2652.
- Stop by the CDC to get your child on the waiting list for Infant Care coming in 2012.
- 1st Tee meets at SAC every Wednesday from 1400-1600.
- **Do you want to be your own Boss?**  
Become A Child Development Home Provider!  
\*Independent work environment \*Flexibility \*Income \*Education and Training \*Information and Resources \*Transferable Benefits

The Child Development Home Profession gives providers an opportunity to work in their homes and watch their own children grow and develop while caring for children of Military Families as well. Join a group of unique professionals who enjoy a home based work environment. We are looking for 24/7, evening 1800-2300, and weekends. For more information on Becoming a Certified Child Development Home Care Provider, Please call 601-679-2652 for an appointment.

**Now Available!**  
XBox 360 and Wii Consoles for checkout, plus games!  
Call the Andrew Triplett Library at (601) 679-2326 for more info.

**BCS National Championship**  
Watch @ 3:30 PM  
LSU vs. ALABAMA  
Jan. 9, 2012  
Free bar snacks and specials on your favorite games!  
@mwrnavy

### Questions or Comments?

"On the Deck" is a monthly publication aimed at providing a closer look at MWR events at NAS Meridian. Contact MWR Marketing at [nasmer.mwr.marketing@navy.mil](mailto:nasmer.mwr.marketing@navy.mil) for any comments.

# Ponta Creek

Golf Course



## Daily Special

Daily, Ride 18 Holes for \$20.00  
Daily, Ride 9 Holes for \$12.00

## Pro Shop Hours

Monday-Sunday & Holidays  
0800-1600

## End of Season Club Sale



	Orig.	Sale
Taylor Made R11 Drivers	\$399	\$250
Taylor Made Burner Superfast Driver		\$180
Taylor Made R9 Driver		\$150
Taylor Made R9 Fairway		\$120
Nike Mach Speed Black SQ Driver		\$180
Cobra Zero Limits Driver		\$150
Titleist 910 D3 Driver		\$280
Titleist 910 D2 Driver		\$280
Titleist 910 Hybrid		\$150
Titleist 910 Fairway		\$150

**\*Prices are good for clubs that are In-Stock only!**



## Happenings



Try our new holiday flavors of Keurig coffee: Egnog, Southern pecan, and Rudders' own candy cane peppermint.

### Hours of Operation

Sun.-Thurs. 1600-2200  
Fri.-Sat. 1600-Midnight



### Hours of Operation

Mon. – Thurs.: 1600-2130  
Friday: 1600-2330  
Saturday: 1000-2330  
Sunday: 1000-2130

**“The Liberty Program and Center are for Single and Unaccompanied Active Duty Military Personnel exclusively.”**

### Sunday, January 8 Roller Skating Trip

Join your friends for two hours of private rink time out in town at Skate Odyssey from 1900-2100. The bus leaves the Liberty parking lot at 1830. The cost is \$10 per person. You must register & pay for the trip by Thursday, January 5. A minimum of 20 people is needed for the trip to run – NO REFUNDS (unless the trip is cancelled).

### Monday, January 9 Double Elimination Pool Tournament

The tournament begins at 1900 in the Liberty Center. No entry fee – prize awarded to the winner. Register the day of the event at the Liberty Center.

### Wednesday, January 11 Redneck Horseshoes

Want to know more details? Stop by and join us for silly and crazy fun in the Liberty Center beginning at 1900.

### Saturday, January 14 Pajama Jam

Starting at 2000 - 2330 you can wear your pajamas to the Liberty Center! All Liberty patrons MUST be appropriately covered or you will not be allowed into the Liberty Center. Continuous movies, food, contests and music. Let's Rock!

### Sunday, January 15 Dog Day Sunday

FREE hotdogs, chips, beans & cookies served at 1300 in the Liberty Center.

### Monday, January 16 Ping-Pong Tournament

The tournament begins at 1900 in the Liberty Center. No entry fee – prize awarded to the winner. Register the day of the event at the Liberty Center.

### Wednesday, January 18 Double Elimination Pool Tournament

The tournament begins at 1900 in the Liberty Center. No entry fee – prize awarded to the winner. Register the day of the event at the Liberty Center.

### Saturday, January 21 New Orleans Trip

A time for shopping, exploring the French Quarter & sampling a wide array of Creole food! The bus leaves the Liberty parking lot at 0700. The cost is \$20 per person. Please pay and register at the Liberty Center by Wednesday, January 18. A minimum of 20 people is needed for the trip to run – NO REFUNDS (unless the trip is cancelled).

### Sunday, January 22 Video Game Tournament

Game time is 1900. Prize awarded to the winner. Register the day of the event at the Liberty Center.

### Monday, January 23 Winter Sundaes

Chill out at the Liberty Center with a FREE sundae. Ice cream, whip cream and a variety of toppings will be available at 1900 for you to make cool treat.

### Wednesday, January 25 Liberty Bowl

FREE bowling to all Liberty patronage at the McCain Recreation Center from 1800 – 2030.

### Monday, January 30 Birthday Bash

A celebration of January birthdays! FREE cookies and soda will be provided at 1900 in the Liberty Center.

# Winter Wonderland

A Look Back At



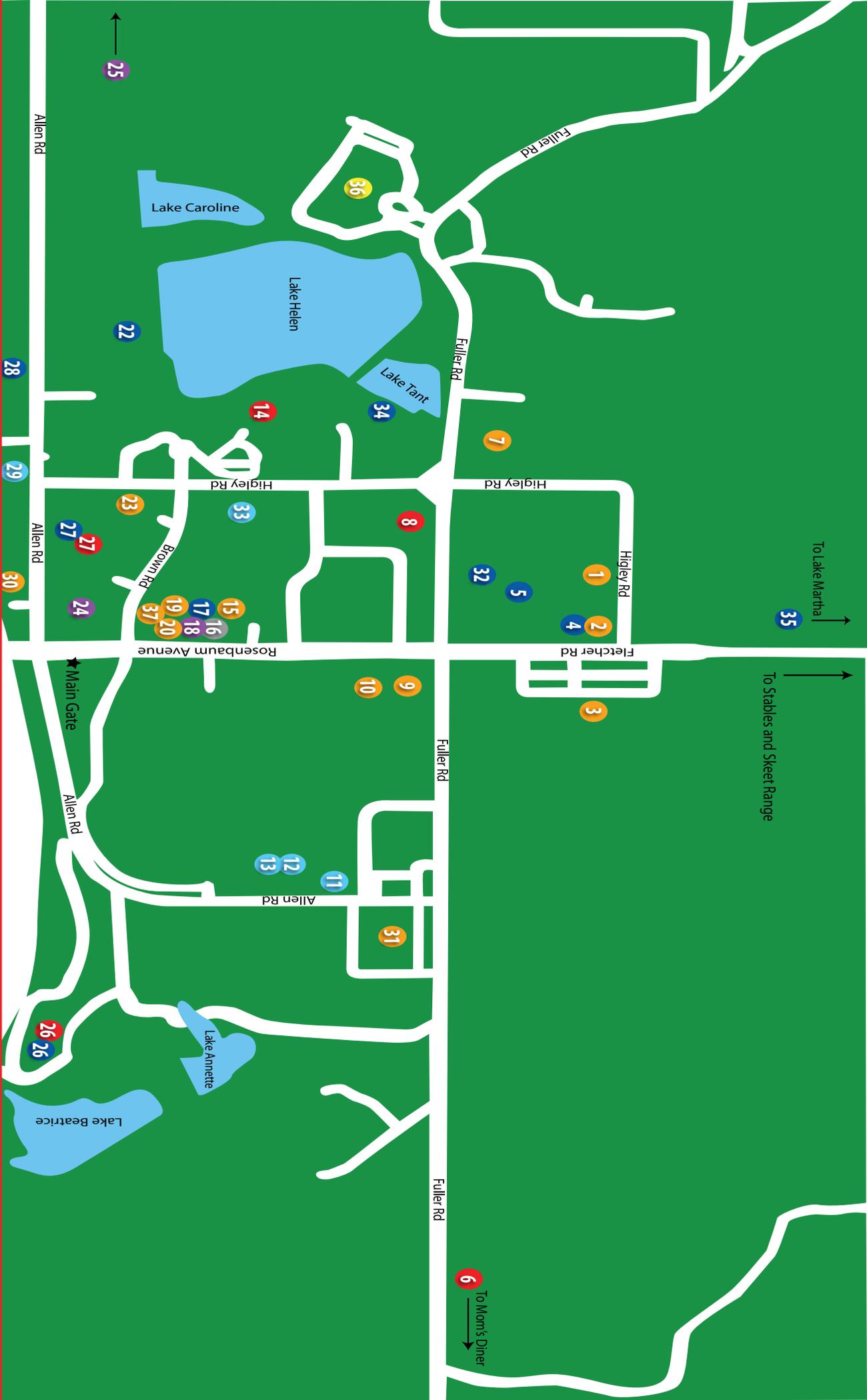
Photos By Matt Davis / MWR Marketing Manager

January 2012

## Mom's Diner

\*Menu is subject to change

<b>2 Monday</b> <b>HOLIDAY- CLOSED</b>	<b>3 Tuesday</b> Shepard's Pie, Vegetable Sticks, Corn Nuggets, Roll	<b>4 Wednesday</b> Fried Chicken, Macaroni & Cheese, Turnip Greens, Peas & Carrots, Cornbread	<b>5 Thursday</b> <b>TACO SALAD</b>	<b>6 Friday</b> Pork Chops, Oven Potatoes, Green Beans, Corn, Rolls
<b>9 Monday</b> Smothered Hamburger, Mashed Potatoes with Gravy, Turnip Greens, Squash, Cornbread	<b>10 Tuesday</b> Chicken Spaghetti, Broccoli with Cheese, Purple Hull Peas, Garlic Bread	<b>11 Wednesday</b> Pork Roast, Oven Potatoes, Lima Beans, Fried Okra, Cornbread	<b>12 Thursday</b> Meatloaf, Mashed Potatoes with Gravy, Collard Greens, Field Peas, Cornbread	<b>13 Friday</b> <b>HOTDOG BAR</b>
<b>16 Monday</b> <b>HOLIDAY- CLOSED</b>	<b>17 Tuesday</b> Salisbury Steak, Mashed Potatoes with Gravy, Calif. Blend, Turnip Greens, Cornbread	<b>18 Wednesday</b> Chicken & Dumplings, Rice, Vegetable Sticks, Corn Nuggets, Cornbread	<b>19 Thursday</b> <b>TACO SALAD</b>	<b>20 Friday</b> Beef Tips Over Rice, Field Peas, Turnip Greens, Cornbread
<b>23 Monday</b> BBQ Pork on Bun, Baked Beans, Cole Slaw, French Fries	<b>24 Tuesday</b> Fried Chicken, Mashed Potatoes & Gravy, Corn on the Cob, Collard Greens, Cornbread	<b>25 Wednesday</b> Lasagna, Garden Salad, Garlic Bread	<b>26 Thursday</b> Ham, Baked Potato Casserole, Green Beans, Squash, Cornbread	<b>27 Friday</b> Red Beans & Rice, Cabbage, Vegetable Sticks, Cornbread
<b>30 Monday</b> Chicken Fried Steak, Mashed Potatoes with Gravy, Fried Okra, Lima Beans, Cornbread	<b>31 Tuesday</b> Baked Chicken, Macaroni & Cheese, Turnip Greens, Carrots, Cornbread	<b>*Menu is subject to change.</b>	<b>Hours of Operation</b> Mon-Fri ~0600-1400 Closed ~ Weekends & Holidays Breakfast Hours ~ 0600-0930	



MAP#	BLDG#	FACILITY					
16	255	ADMINISTRATION					
16	255	Morale, Welfare and Recreation (MWR) Administration					
16	255	Base Administration / Quartersdeck					
36	218	LODGING					
36	218	Navy Gateway Inns and Suites (NGIS)					
6	158	RESTAURANTS & CATERING					
6	158	Mom's Diner					
8	207	14	216	18	255	CHILD & YOUTH PROGRAMS	
8	207	Galley	8	216	18	255	School Liaison Officer
14	216	Rudders	24	404	24	404	Child Development Centers
26	388	The Sandtrap	24	404	24	404	School Age Care Center
27	313	Subway	25	994			

MAP#	BLDG#	FACILITY
4	362	RECREATION & SERVICES
4	362	The Library Center
5	272 & 368	The Outpost
17	255	Information Tickets and Travel
22	596-599	MWR Storage Lot
26	388	Ponta Creek Golf Course
27	313	McGinn Recreation Center
27	313	POV Storage Lot
28	220	Andrew Triplett Library
32	34	Lake Tant Pavilion
34	34	Lake Martha Pavilion
35	435	Stables
35	284	Skeet Range

MAP#	BLDG.	FACILITY
11	343	FITNESS, AQUATICS & SPORTS
11	343	Playing Fields/Playing Courts
12	369	Sonny Montgomery Fitness Center
13	369	All Hands Pool
29	259	Bernath Field
33	33	Outdoor Basketball Courts
1	360	OTHER
2	362	NEX Mini-Mart
3	330	CSD
3	330	Supply and Marine Schools
7	211	Chapel
9	266	Starbase Atlantis
10	405	Fleet and Family Service Center
15	255	Navy Federal Credit Union
19	255	Post Office

MAP#	BLDG.	FACILITY
20	255	OTHER Cont.
23	213	Navy College Office
30	431	Navy Exchange
31	367	Commissary
37	255	Medical
37	255	Legal Office

