

Front & Center

Christmas Tree Lighting

The Annual Christmas Tree Lighting will be held at Admin 255 on December 16 from 1700-1900. Come see Santa and his elves, enjoy some hot cocoa and more at this jolly event.

Active Duty Lunch Special

Bowl for \$1.50 per game with shoes from 1100-1400. regular rates are \$2.50 per game plus \$1 for rental shoes. For more info call (601) 679-2651.

Caregivers Needed!

Child and Youth Programs are looking for individuals who are interested in providing evening care in their homes. For more info call (601) 679-2652.



Phone Directory

Fitness Center	679-2379
All Hands Pool	679-3470
Liberty Center	679-3760
ITT/Library	679-3773
McCain Rec Ctr	679-2651
The Outpost	679-2609
Stables	679-2609
Rudder's	679-2636
Sandtrap Grill	679-2780
Mean Gene's	679-3388
Mom's Diner	679-2531
CDC/CDH	679-2652
SAC	679-5252
SLO	679-2473
P.C. Golf Course	679-2526
MWR Admin.	679-2551
MWR Jobs Line	679-2335

Coming In 2011



NEW ADDITIONS

Foreground, construction on the new 8-lane 25 meter outdoor pool at the Sonny Montgomery Fitness Center Complex. Background, work continues on the expansion of the existing Fitness Center to include an additional 2100 square foot to the fitness area. The center is slated to reopen in early 2011.

PHOTO BY MATT DAVIS / MWR MARKETING MANAGER

Fitness Center renovations expected to be complete early next year

The Sonny Montgomery Fitness Center is scheduled to reopen in Spring of 2011.

For the past year, the center has undergone extensive renovations that will make it more user friendly to customers aboard NAS Meridian.

Below is a list of the new features included in the \$6.9 million dollar renovation project:

- 2100 sq ft addition to cardio room
- 2 Racquetball courts connected to fitness center with new wood floors
- New heating and cooling system

throughout including basketball court

- New windows installed between basketball court and fitness center area to create modern visuals
- New paint, ceilings, flooring and lighting throughout facility
- New game scoreboards
- New furniture throughout facility
- Resurfaced exterior walls of facility
- New landscaping
- New 6-lane 400 meter track with synthetic surface
- Gymnasium divider curtain
- New bathhouse and 8-lane 25 meter outdoor pool

Get Connected With **MWR**
Naval Air Station Meridian

Online

Look for MWR on the web at www.cnic.navy.mil/Meridian.

Be A Fan!

Join MWR Meridian on Facebook today. Search for NAS Meridian MWR.

Want instant updates from us? If so, text MeridianMWR to 30364 to receive text updates about MWR events and programs. Standard text messaging rates apply.

One Person Scramble

December 4, 2010
Shotgun start at 1000

Entry fee, which includes Green and Cart fee, is 15 cans of food

Prizes

1st- 1 month monthly membership and 1 dozen balls.

2nd- 1 month monthly membership and 2 sleeves of balls.

3rd- 1 month membership.



For more info call (601) 679-2526.



601-679-5001

Delivering 1600-2100
Seven days a week!

*Must have minimum order of \$10





Hours of Operation
 Mon. – Thurs.: 1100-1300 & 1500-2100
 Fri.: 1100-1300 & 1500-2300
 Sat.: 1100-2300
 Sun. :1100-2100

The Liberty Program is only for Single and Unaccompanied Active Duty Military Personnel.

Instant Updates from Liberty!

Text 30364 to MeridianLiberty to receive instant info about Liberty events, Center closings, sign up deadlines and more.

Ongoing Throughout December - Wrap It Up!

The Liberty Center supplies wrapping paper, tissue paper, bows, ribbons, name tags, scissors, tape & pens for you to wrap your gifts. Everything is FREE for you to use.

December 3, 10, 17, 24 & 31 - Jingle Bell Bags

Enter your name into the weekly drawing for the chance to win a special holiday bag. One winner will be drawn every Friday at the Liberty Center.

December 2, 8 & 12 Holiday Greeting Card

Have your picture taken & send a holiday greeting card to family or friends! Everything is FREE - just bring your smile. Pictures will be taken from 1800 – 1900 p.m.

Wednesday, December 1 Dart 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. Do not bring your own darts – specialized soft tip darts will be provided.

Saturday, December 4 Birmingham Shopping Trip

Travel to the Riverchase Galleria Mall where a combination of 200 shops and restaurants awaits you. We leave the Library parking lot at 0830. The cost is \$10 per person. You must register & pay for the trip by Wednesday, December 1. A minimum of 20 people is needed for the trip to run – NO REFUNDS (unless the trip is cancelled).

Monday, December 6 Indoor Basketball Hoop Shoot Contest

The hoops contest 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.

Thursday, December 9 Liberty Bowl

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

Saturday, December 11 Atlanta Hawks Basketball Game

The Atlanta Hawks play Indiana

for this game that starts at 1900. We leave the Library parking lot at 1000. The cost is \$40 per person. You must register and pay for the trip by Wednesday, December 8. A minimum of 20 people is needed for the trip to run – NO REFUNDS (unless the trip is cancelled).

Monday, December 13 National Cocoa Day

FREE hot chocolate and brownies will be served in the Liberty Center beginning at 1800.

Wednesday, December 15 Roller Skating Trip

The Skate Odyssey roller skating rink has been reserved for Liberty from 1900-2100! The bus leaves the Library parking lot at 1730 and we will stop for dinner before skating. The cost is \$5 per person. Please pay and register at the Liberty Center by Sunday, December 12. A minimum of 20 people is needed for the event to run – NO REFUNDS (unless the trip is cancelled).

Sunday, December 19 Dog Day Sunday

FREE hotdogs, chips & soda served to Liberty participants beginning at 1300 in the Liberty Center.

Thursday, December 23 Video Game Tournament

Game time is 1400. Prize awarded to the winner. Register the day of the event at the Liberty Center.

Saturday, December 25 Hot Cocoa & Cookies Day

FREE hot chocolate and cookies will be served in the Liberty Center beginning at 1300.

Monday, December 27 Birthday Bash

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

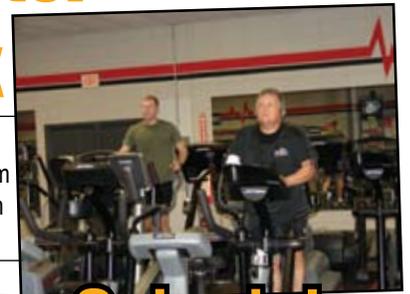
Wednesday, December 29 Ping-Pong Tournament

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.

Sonny Montgomery Fitness Center Complex

Hours of Operation

Monday-Friday (April-September) 5:30am-8pm
 Monday-Friday (October-March) 5:30am-9pm
 Saturday, Sunday, and Holidays 11am-6pm



Group Exercise Schedule

Monday: Self Defense with Dawg @ 1800

Tuesday: Step with Shannon @ 1115

Wednesday: Self Defense with Dawg @ 1800

Thursday: Step Aerobics @ 1115

Insanity and P90X are also available.
 All group exercise classes are free.

Making Healthy Choices
with Beth

Tips for An Active Holiday

Here are a few ways you can stay active during the holiday season.

- Participate in a local Turkey Trot or 10K Walk/Run
- Walk the dog at a quick pace once, or even twice a day
- Consider walking to do an errand at a nearby store
- Take a fitness lap by walking in the mall before you shop
- Toss the football or Frisbee with friends or family
- Follow along with a cable television exercise program
- Play Wii Fit/Sports or PS3 Move!!! (maybe on Santa's List)
- Get the basketball out and play "horse" and just have fun
- Golfers, skip the cart rental and walk the course
- Join in on a group exercise class offered free on base
- Bicycle with a family member who gets a new bike for the holidays

Captain's Cup Schedule of Events

Captain's Cup Standings

	N A S	N T C	M A T S S I	V T 7	V T 9	C T W 1	N B H C
Volleyball	94	104	75	98	0	0	100
5K Run	2	25.5	37.5	15.5	25.5	0	4
Golf	115	89	93	64	67	36	94
Softball	104	94	73	82	95	5	5
10K Run	0	0	0	0	0	0	0
Football	0	0	0	0	0	0	0
Bowling	0	0	0	0	0	0	0
X Ctry Run	4	32	25.5	18.5	16.5	0	0
Basketball	0	0	0	0	0	0	0
Racquetball	27.5	0	0	0	29.5	0	17.5
Bench Press	29.5	0	20	0	25.5	0	23
Soccer	0	115	103	93	0	0	0
Total Points	376	459.5	427.5	371	259	41	243.5

Standings as of December 1, 2010.

Captain's Cup Bowling

Every Tuesday at 1830 at McCain Rec Center.

Captain's Cup Football

Monday, Wednesday & Thursday beginning at 1700 at the Sonny Montgomery Fitness Center.

Questions or Comments?

"On the Deck" is a monthly publication aimed at providing a closer look at MWR events at NAS Meridian. Contact Terry York, MWR Director at (601) 679-2551 or e-mail at terry.york@navy.mil for any comments or suggestions.

Ponta Creek Golf Course



GolfLogix Garmin GPS NOW in All Golf Carts!

Use this new tool to see how far you are from the pin. For more info call 679-2526.

Winter Special

Monday – Sunday, Ride 18 Holes for \$20.00
 Monday-Thursday, Ride 9 Holes for \$12.00
 Friday, Saturday, Sunday's and Holidays after 1500,
 Ride 9 Holes for \$12.00

Pro Shop Hours

Monday-Sunday 0730-1600

Public Welcome!
 Call (601) 679-2526
 for more info!

The Sandtrap @ Ponta Creek

Monday-Thursday 1000-1600
 Friday-Saturday 0730-1600
 Sunday 1100-1600

Pic of the Month



READY, SET, GO!

Festival goers get ready to participate in the "sack race" during AutumnFest held on October 29 at Bernath Field.

PHOTO BY MATT DAVIS / MWR MARKETING MANAGER

Free Holiday Vehicle Inspection



Get your vehicle ready for the holiday road trips. Free vehicle inspection throughout the month of December at the Outpost. Battery, fluids, tire pressure, & more.
 Call 679-2609 for more info.



Smokey Mountain Getaway

Stop by the ITT office for information on specials in Pigeon Forge and Gatlinburg Tennessee.



Hours of Operation
 Monday-Friday: 1000-1700
 Call (601) 679-3773 for info.

Located in the Andrew Triplett Library!

The Sandtrap @ Ponta Creek

Stop by and try our great food from the grill!



December Bowling Specials At McCain Lanes

Sunday

Family Bowling Special. 1100-1400, \$2 a game, \$1 for shoes.

Monday

NTTC/MATSS-1 Student Special Special, \$2.50 a game including shoes.

Wednesday

9 Pin No Tap Tournament. Starts at 1800. \$10 entry fee.

Must have minimum of 6 participants.

Thursday

RCTA Special. 1630-2100, \$2.50 a game including shoes.

Friday

Cosmic Bowling. 1900-Close, \$2 a game, \$1 for shoes.

12/31: New Year's Eve Party, 1900-0100.

Schedule your next birthday party at McCain Lanes! Call (601) 679-2651 for more

Eagle Point Stables



Open for boarding. Military and DoD rates are available.

For more info call (601) 679-2609.

POV & Personal Storage Units



Pov and Personal Storage units for rent. Starting @ \$20 month for military & \$25 month for DOD.

Call (601) 679-2609 or come by for more details!

New Menu Items Now At Rudders

- Pepperoni Calzone \$3.50
- Cheese Calzone \$3.50
- Chicken Breast Filet Sand. \$3.50
- BBQ Pulled Pork Sand. \$3.50
- Jalapeño & Cheese Wrap-Dogs!@ \$3.00
- Smoky Cheese Wrap-Dogs!@ \$3.00

Hours of Operation

Open for **Sunday & Monday Night Football** @ 1900
Tues.-Thurs. 1630-2200
Fri. & Sat. 1630-2300

Rudders

Wings \$3.00
 Pizza \$1.50

* Free spicy french fries or soft drink with purchase of either item.



Be A Fan!

Join MWR Meridian on Facebook today. Search for NAS Meridian MWR.

Call 679-2636 for more info.

NOW SHOWING

at McCain Recreation Center

Movie availability subject to change. All movies are shown free of charge.

There are three scheduled movies that premiere at the McCain Recreation Center during the week. Movies that premiere during the working week start at 1800 and the movies that debut on Saturday starts at 1300.

Date	Movie	Rating	Starring
12/01	Jonah Hex	PG13	James Brolin & Megan Fox
12/04	Ramona & Beezus	G	Joey King & Selena Gomez
12/05	Despicable Me	PG	Steve Carell & Jason Segal
12/07	Dinner for Schmucks	PG13	Steve Carell & Paul Rudd
12/08	K2	R	Michael Biehn & Matt Craven
12/11	The Sorcerer's Apprentice	PG	Nicholas Cage & Jay Baruchel
12/12	Revenge of Kitty Galore	PG	James Marsden & Nick Nolte
12/14	Salt	PG13	Angelina Jolie & Liev Schreiber
12/15	Cyrus	R	John C. Reilly & Jonah Hill
12/18	Disney's: A Christmas Carol	PG	Jim Carrey & Gary Oldham
12/19	The Truman Show	PG13	Jim Carrey & Laura Linney
12/21	Face Off	R	Nicholas Cage & John Travolta
12/22	Vampire's Suck	PG13	Jen Proske & Matt Lanter
12/28	The Addams Family	PG13	Angelica Huston & Raul Julia
12/29	Eat, Pray, Love	PG13	Julia Roberts & James Franco

Monthly Must See

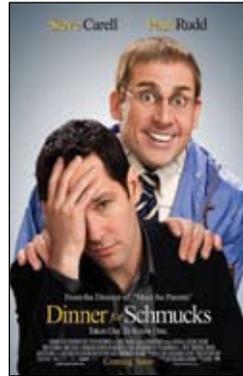
Eat, Pray, Love

Starring:

Julia Roberts
James Franco
Richard Jenkins
Viola Davis

Liz Gilbert had everything a modern woman is supposed to dream of having -- a husband, a house, a successful career -- yet like so many others, she found herself lost, confused, and searching for what she really wanted in life. Newly divorced and at a crossroads, Gilbert steps out of her comfort zone, risking everything to change her life, embarking on a journey around the world that becomes a quest for self-discovery.

Rated PG13, Runtime is 140 minutes



* All movie posters and synopsis used and reprinted with permission

December 2010 *Mom's Diner* *Menu is subject to change

Mom's is located in Building 158 on the Flight Line.

Hours of Operation Mon-Fri ~ 6am-2pm Closed ~ Weekends & Holidays Breakfast Hours ~ 6-9:30am		1 Wednesday Fried Chicken, Macaroni & Cheese, Collard Greens, Field Peas, Cornbread	2 Thursday TACO SALAD	3 Friday Pork Chops, Mashed Potatoes with Gravy, Turnip Greens, Corn, Cornbread
6 Monday Chicken Fried Steak, Mashed Potatoes with Gravy, Lima Beans, Fried Okra, Cornbread	7 Tuesday BBQ Pork on Bun, French Fries, Baked Beans	8 Wednesday Lasagna, Garden Salad, Garlic Bread	9 Thursday MOM'S CHOICE	10 Friday Catfish, Hushpuppies, French Fries, Cole Slaw
13 Monday Salisbury Steak, Mashed Potatoes with Gravy, Corn Nuggets, Green Beans, Roll	14 Tuesday Fried Chicken, Macaroni & Cheese, Collard Greens, Corn, Cornbread	15 Wednesday Meatloaf, Mashed Potatoes with Gravy, Turnip Greens, Peas & Carrots, Cornbread	16 Thursday TACO SALAD	17 Friday Beef Enchiladas, Spanish Rice, Refried Beans
20 Monday Grill Only	21 Tuesday Grill Only	22 Wednesday Grill Only	23 Thursday CLOSED	24 Friday CLOSED
27 Monday Grill Only	28 Tuesday Grill Only	29 Wednesday Grill Only	30 Thursday Grill Only	31 Friday CLOSED