



**A Reason  
to Smile...**  
Liberty Events  
**PAGE 2**



FFSC helps  
with Your  
**Financial  
Fitness**  
**PAGE 11**

JAN/FEB/MAR 2012

# Desert Winds



NAVAL AIR WEAPONS STATION COMMUNITY SUPPORT PROGRAMS

**A New Year to...**

## **Get Fit!**

**FREE Aerobics  
Classes!**

SEE PAGE 4

## **Youth Fit Factor**

SEE PAGE 10

## **ITT Ski Trips Mammoth Mountain**

SEE PAGE 7

THE REC STOP LIBERTY CENTER.....	2
BOWLING.....	3
SPORTS, FITNESS & AQUATICS.....	4
GEAR RENTAL.....	5
EMPLOYMENT.....	5
HOUSING.....	5
AUTO SKILLS CENTER.....	5
INFORMATION, TICKETS & TOURS.....	6
OUTDOOR RECREATION.....	7
DINING FACILITIES.....	8
GOLF.....	9
CHILD & YOUTH PROGRAMS.....	10
FLEET & FAMILY SUPPORT.....	11
LODGING.....	12



# Desert WINDS QUARTERLY

## NAWS China Lake

CAPT JEFFREY A. DODSON  
*Commanding Officer*

CDR LEE JOHNSON  
*Executive Officer*

CMDCM CHARLES GRANDIN  
*NAWS Command Master Chief*

KEN D'AMATO  
*Community Support Programs Director*

COMMUNITY SUPPORT  
PROGRAMS (CSP)  
ADMINISTRATIVE OFFICE  
Bldg. 00021, Blandy Avenue  
Open weekdays 7:30 am-4:30 pm  
Closed weekends/federal holidays  
Phone: 760-939-3440 or 939-2010

MAILING ADDRESS  
Department of the Navy  
Commander  
NAVWPNSTA  
Code MWR CSP  
1 Administration Circle Stop 1313  
China Lake, CA 93555-6100

Desert Winds is a quarterly publication of the CSP Department, NAWS China Lake. Information may be subject to change without notice. Advertisements or listings in this publication do not express or imply the endorsement of commercial sponsors, businesses, or products by the Navy or any other part of the Federal Government.

For advertising and sponsorship information, please contact  
Lindy Page at [Lindy.Page@navy.mil](mailto:Lindy.Page@navy.mil)  
760-939-2602.



# Liberty Program

Bldg. 00017, Blandy Ave.

**Monday-Thursday 11 am-11 pm**  
**Friday-Saturday 11 am-Midnight**  
**Sunday 11 am-11 pm**  
**760-939-4FUN (4386)**

The Liberty Program is open to all single and unaccompanied enlisted military and all geographical bachelors. One guest (18 and over) is allowed per patron.



Monthly Liberty Activities include:

- **Pool Tournaments**
- **Overnight Trips**
- **Poker Tournaments**
- **Rock Wall**
- **Movie Premiers**
- **Tailgate Games**
- **Golf**
- **Land Sailing**
- **Community Service**
- **Bowling**
- **Flight Line BBQs & Tailgates**
- **Weekend Getaways**

The Rec Stop Liberty Center is equipped with the following for our single and unaccompanied enlisted military and all geographical bachelors to enjoy...

- **Billiard Tables**
- **Card Tables**
- **Movie Area**
- **Gaming Stations**
- **Computers**
- **Wi-Fi Access**
- **Reading Area**
- **Outdoor BBQ**

The staff at the Rec Stop Liberty Center regularly holds video game tournaments, board game tournaments, card games, backyard BBQs, Xtreme bowling and movie nights. Trips are scheduled monthly to the local paintball area as well as quarterly to areas in and around Las Vegas, San Diego and Los Angeles.

## FREE BOWLING for Active Duty

Bowl up to 3 free games per active duty member on

- Tuesday • 3-5 pm
- Wednesday • 3-5 pm
- Thursday • Noon-5 pm
- Friday • 3-5 pm

## Winter Leagues

Hall Memorial Lanes winter leagues are in full swing with

### Mixed Leagues

- Tuesday • 6 pm
- Wednesday • 6 pm
- Thursday • 6 pm

Senior Young Ones - Thursday • 9 am

Plus, check out our new Pahrump league that is always looking for new members!

## Pahrump League

Every Sunday - Looking for individuals and teams. Bowl your season at Hall Memorial Lanes and your sweepers at the Nugget Casino in Pahrump, Nevada! (32 weeks)

## Red Head Pin Bowling

Thursdays & Fridays • 11 am-2 pm

Get a strike while the head pin is red and receive a free game of bowling. Maximum of 2 free games per day. Strike must be witnessed by the front desk attendant.

## Xtreme Bowling

Saturdays • 7-10:30 pm

Don't just bowl—Bowl Xtreme! Take your fun and games to a whole new level with high-energy music, neon bowling balls & pins and a colorful light show. Come to Xtreme Bowling for a glow-in-the-dark good time!

## BOWLING SNACK BAR

Tuesday-Wednesday 3-9 pm

Thursday 11 am-9 pm

Friday 11 am-11 pm

Saturday Noon-11 pm

Sunday Noon-8 pm

Grill closes 1 hour prior to closing.

Don't forget those famous China Lake Nachos only at the Hall Memorial Lanes Snack Bar!

## Make it a Bowling Party!

Birthdays & Holidays

Group Gatherings

Office/Command

Functions

Re-enlistments

& Promotions

Codes and Commands are encouraged to call for rates on team building tournaments that can be held during lunch or weekends.

**Flexible party options and food packages available.**

*Reserve your lanes today!*

**760-939-3471**

## HALL MEMORIAL LANES

Bldg. 01092, King Street

Tuesday-Wednesday 3-5 pm

Thursday 11 am-9 pm

Friday 11 am-11 pm

Saturday Noon-11 pm

Sunday Noon-8 pm

**760-939-3471**

# China Lake Bowling

*Hall Memorial Lanes*

## City Bowling Championship

hosted by Hall Memorial Lanes

**Saturday & Sunday, February 25-26**

**Saturday & Sunday, March 3-4**

Men's and Women's • Singles and Doubles

Open practice February 10-25 for all participants!

# CHINA LAKE Sports & Fitness



## FITNESS ANNEX

Bldg. 00019, Blandy Ave.  
Monday-Thursday 5 am-7 pm  
Non-Flex Friday 5 am-6:30 pm  
Flex Friday 5 am-5 pm

**760-939-0756**

**Holiday Closures:** Monday, January 16  
& Monday, February 20

## SPORTS & FITNESS COMPLEX

Bldg. 00022, Blandy Ave.  
Monday-Thursday 5 am-9:30 pm  
Friday 5 am-7 pm • Saturday 8 am-6 pm  
Sunday 9 am-6 pm • Holidays 10 am-6 pm

**760-939-2334**

Bosu/Power Flex, Body Sculpting and Spin classes offered each week!

## Intramural Volleyball

**Opening serve January 9**

(Sign up January 4) • 4-12 teams

Military Teams .....FREE  
All Other Teams .....\$100

## Intramural Flag Football

**Opening day February 6**

(Sign up by January 27)

Military Teams .....FREE  
All Other Teams .....\$400

Prizes awarded to 1<sup>st</sup> and 2<sup>nd</sup> place teams.

## Indoor Sprint Triathlon

**Friday, March 2 • 8 am-Noon**

(Sign up by February 24) • 10-30 participants

Military .....FREE  
All Others .....\$20

Prizes will be given to 1<sup>st</sup> and 2<sup>nd</sup> place finishers,  
and Men's and Women's division winners.

## AQUATICS

**Indoor Pool (Lap Swim Only)**

Monday-Friday 5-7 am, 11 am-1 pm, 5-7 pm  
Saturday 8 am-3 pm • Sunday 9 am-3 pm  
Holidays 10 am-3 pm

**Oasis Pool - Closed for Winter**

## Aqua Logix

**Fridays • 11:30 am-12:30 pm**

## Master Swim

**Every Monday and Wednesday • 5-7 am**

## China Lake Swim Academy

Swim lessons offered to children, ages 4-15.

Available to Sports & Fitness Complex eligible patrons. Three Sessions Offered!

• **January 23-February 16**

• **February 27-March 29**

• **April 2-26**

Active Duty Child .....\$30

Additional Active Duty Child .....\$25

All Other Children .....\$45

## Polar Bear Plunge

**Saturday, January 28 • 9 am**

(Sign up January 4)

4-12 teams

T-shirts & breakfast provided!

Military .....FREE

All Others .....\$5



## Powerlifting Meet Bench, Deadlift & Squat

**Friday, February 10 • 11 am-1 pm**

Prizes will be given for 1<sup>st</sup> and 2<sup>nd</sup>  
and 3<sup>rd</sup> place finishers! Participants must  
pass a physical activity questionnaire.

Military .....FREE

All Others .....\$10



## Happy New Year FREE Aerobics Classes January 2-6 • All Day

Free classes all week for all eligible patrons. Limited space available.

## LIFEGUARD TRAINING

**March 19-24 • 9 am-5 pm**

(Sign up is January 1-20)

Prerequisites:

Must be 15 years old

Ability to swim 300 yards continuously  
Ability to surface dive to the bottom in  
the deep end of the pool

Cost .....\$150

Fee includes instruction,  
textbook and mask.



## China Lake Outdoor Recreation is your Equipment Headquarters!

Ask about our trailers, stables, RV storage, canoes, kayaks, mountain boards, mountain and street bikes, and party equipment.

### Planning a camping trip?

We've got you covered!

Tents • Stoves • Lanterns • Sleeping Bags • Cook Kits  
Backpacks • Coolers & much more

**760-939-3006**

Community Support Programs jobs are available!

## Human Resources

Bldg. 00021, Blandy Ave. • **760-939-0882**

Monday-Friday 7:30 am-4:30 pm

**Holiday Closures:** Monday, January 16 & Monday, February 20

- Recreation Aid
- Food Service Worker
- Child Youth Program Assistant
- Motor Vehicle Operators

For more information on these and other Community Support Programs jobs, visit our Employment Opportunities link at [www.mwrtday.com](http://www.mwrtday.com), call or stop by Bldg. 00021.

## Housing Office & Welcome Center

Bldg. 01395, Hussey Rd. • **760-939-4450**

Monday-Friday 7 am-4 pm

**Holiday Closures:** Monday, January 16 & Monday, February 20

Welcome to Naval Air Weapons Station, China Lake! The Welcome Center is the starting point for military housing on base. The Housing Office assists with both the bachelor and family housing process. Family housing applicants are qualified by our office and referred to our housing partner, Lincoln Military Housing, for placement. We assign Bachelor Housing personnel to rooms and provide assistance in locating numerous properties off-base. We are looking forward to helping you and your family!



**Your Car Care Clinic** - Join us the first Wednesday of each month at 5 pm to become better acquainted with your car.

### MONTHLY SPECIALS

- **January Special** - Engine Analyzer: 50% off for military / 25% off for all others. Receive spark plug status, sensor test, fuel injection test and hard starts for all distributor and most distributor-less vehicles.
- **February Special** - Battery/Electrical System Tester: 50% Off for Military / 25% Off for All Others. Test your charging and starting systems and battery status
- **March Special** - Tire Machine: 50% Off for Military / 25% Off for All Others. Easily mount single tires.

**Auto Skills Drop Off Services** for Military and DoD include brake jobs, lube oil and filter and transmission/coolant fluid flushing. Call for more information.

**Car Lifts** - One indoor and one outdoor hydraulic lift for those do-it-yourselfers. Don't forget to call to reserve your lift time. Avoid waiting in line! 760-939-2346

# Auto Skills

Bldg. 1094, Richmond Rd. • **760-939-2346**

Open Wednesday-Sunday 10 am-7 pm

(Auto Skills Center will be closed on:

Sunday, January 15 & Sunday, February 19)

# Information, Tickets & Tours

Bldg. 00021, Blandy Ave. • Monday-Friday 9 am-5 pm • 760-939-8644

Visit MWR's Information, Tickets & Tours Office or call 760-939-8644 for the latest promotions and discount tickets to your favorite attractions.

**Holiday Closures:** Monday, January 16 & Monday, February 20



## ITT TRIPS

ITT trip prices include transportation only, unless otherwise noted. Additional fees may be required for the trip. Children are 15 years and younger.

### Medieval Times (10+)

**Saturday, January 14 • 2 pm-Midnight**

Military sign up: December 19-January 6

Civilian sign up: December 26-January 6

Adult ..... \$80

Child..... \$60

*Price includes dinner show.*

### Rastrelli Cello Quartet in Bishop, CA (10+)

**Tuesday, February 21**

**Departs at 3:30 pm**

Military sign up: January 30-February 10

Civilian sign up: February 6-10

Cost ..... \$25

# Whale Watching Trip

**Saturday, February 11  
9 am-8 pm**

Military sign up: January 16-27  
Civilian sign up: January 23-27

Adult ..... \$60  
Child ..... \$34

(10+)

## Shopping Trips



*All shopping trips require a minimum of 10 participants.*

Adult ..... \$20  
Child ..... \$10

### ITT Shopping Trips to Ontario Mills

**Tuesday, January 3 • 9 am-6 pm**

Military sign up: December 15-January 1

Civilian sign up: December 22-January 1

**Tuesday, February 14 • 9 am-6 pm**

Military sign up: January 16-February 3

Civilian sign up: January 23-February 3

**Tuesday, March 6 • 9 am-6 pm**

Military sign up: February 10-24

Civilian sign up: February 17-24

### ITT Shopping Trips to Barstow Outlets

**Tuesday, January 17 • 9 am-6 pm**

Military sign up: December 19-January 6

Civilian sign up: December 26-January 6

**Tuesday, February 28 • 9 am-6 pm**

Military sign up: February 6-17

Civilian sign up: February 13-17

### ITT Shopping Trips to Palmdale/Lancaster

**Tuesday, January 31 • 9 am-6 pm**

Military sign up: January 1-23

Civilian sign up: January 9-23

**Tuesday, March 20 • 9 am-6 pm**

Military sign up: February 20-March 9

Civilian sign up: February 27-March 9



# ITT Ski Trips to Mammoth Mountain



INFORMATION  
TICKETS & TRAVEL  
Navy Morale, Welfare and Recreation

<p><b>Friday, January 6</b> 4:45 am-9:30 pm Military sign up: Dec 15-30 Civilian sign up: Dec 22-30</p>	<p><b>Friday, February 3</b> 4:45 am-9:30 pm Military sign up: Jan 9-27 Civilian sign up: Jan 16-27</p>	<p><b>Friday, March 2</b> 4:45 am-9:30 pm Military sign up: Feb 10-24 Civilian sign up: Feb 17-24</p>	<p><b>Friday, March 30</b> 4:45 am-9:30 pm Military sign up: Mar 5-23 Civilian sign up: Mar 12-23</p>
<p><b>Friday, January 20</b> 4:45 am-9:30 pm Military sign up: Jan 1-13 Civilian sign up: Jan 9-13</p>	<p><b>Friday, February 17</b> 4:45 am-9:30 pm Military sign up: Jan 30-Feb. 10 Civilian sign up: Feb 6-10</p>	<p><b>Friday, March 16</b> 4:45 am-9:30 pm Military sign up: Feb 20-Mar 9 Civilian sign up: Feb 27-Mar 9</p>	<p><i>All ski trips require a minimum of 6 participants for trip to run.</i> Adult .....\$100 Child..... \$75</p>

## Outdoor Rec

**Bldg 00021, Blandy Ave.**  
Monday-Friday 9 am-5 pm  
Saturday 9 am-2 pm  
760-939-3006

**Holiday Closures:**  
Monday, January 16  
Monday, February 20

*Visit the Outdoor Recreation office or give us a call at 760-939-3006 for more information on our amazing trips! Arrive 15 minutes prior to trip departure time. All Outdoor Recreation trips include transportation.*

### WEEKLY ACTIVITIES

**B-Mountain Hike (5+)**  
Monday, Wednesday & Friday  
11 am-1 pm  
Active Duty Military .....FREE  
All Other Patrons .....\$1

**Land Sailing**  
Tuesday-Thursday • 3:30 pm-Dusk  
All Patrons .....\$5

*NOTE: Participant Key: 5+, 6+, 10+ indicates number of participants needed for ITT/Outdoor Rec trip to run.*

**Rock Wall**  
Tuesday • 5-8 pm  
Wednesday • 11 am-1 pm & 5-8 pm  
Free with gym access. All gear supplied. Available for party rental, per hour.  
Military .....\$35  
DoD.....\$50

### SPECIAL ACTIVITIES

**Mammoth Day Trip (10+)**  
Friday, January 6 • 4:45 am-9:30 pm  
Military sign up: December 15-30  
Civilian sign up: December 22-30  
Adult ..... \$40  
Child ..... \$25

**Geocaching Skills Clinic (5+)**  
Saturday, January 28 • Noon-4 pm  
Military sign up: January 1-23  
Civilian sign up: January 9-23  
Adult ..... \$5  
Child ..... \$5  
Child ..... Free with Adult  
*Price includes gear and instruction.*

**Big Pine Winter Day Trip (10+)**  
Saturday, February 18 • 8 am-7 pm  
Military sign up: January 1-February 10  
Civilian sign up: January 15-February 10  
Adult ..... \$50  
Child ..... \$20  
*Price includes gear and instruction.*

**Bike Maintenance Clinic (5+)**  
Thursday, February 23 • 1-3 pm  
Military sign up: January 1-February 20  
Civilian sign up: January 15-20  
Adult ..... \$5  
Child ..... \$5  
Child ..... Free with Adult  
*Price includes gear and instruction.*

**Walker's Pass Full Moon Hike (6+)**  
Thursday, March 8 • 6-11 pm  
Military sign up: February 1-March 5  
Civilian sign up: February 15-March 5  
Adult ..... \$10  
Child ..... \$6

**Kayak Skills Clinic (5+)**  
Saturday, March 24 • Noon-4 pm  
Military sign up: February 1-March 19  
Civilian sign up: February 15-March 19  
Adult ..... \$5  
Child ..... \$5



*Hungry for lunch?*

Paradise Café Salad Bar  
is available  
Monday-Thursday,  
11 am-1 pm.

## PARADISE CAFÉ Lunch Buffets



MONDAY  
Comfort Foods

TUESDAY  
Soups, Salads,  
Sandwiches & More

WEDNESDAY  
Mexican Fiesta

THURSDAY  
Prime Rib



# Dining Facilities

### Holiday Closures for all Dining/Bar Facilities:

Monday, January 16  
Monday, February 20

**CATERING** ..... 760-939-8662  
Open Monday-Thursday 8 am-4 pm  
Friday & Saturday by appointment.

**PARADISE COMMUNITY CENTER**  
Bldg. 01384, Blandy Ave.  
Ballroom Open for Special Events.  
Call for your private parties.

**PARADISE CAFÉ** ..... 760-939-2739  
Monday-Thursday 11 am-1 pm

**Valentine's Day Lunch Buffet**  
Tuesday, February 14 • 11 am-1 pm  
at Paradise Café. Cost..... \$9.95



### St. Patrick's Day Lunch Buffet Wednesday, March 14 • 11 am-1 pm

at Paradise Café. Menu is Corned Beef,  
Cabbage, Boiled Potatoes, Soup and  
Salad Bar. Cost ..... \$8.95

**PARADISE BAR** ..... 760-939-3633  
Open by request.

**BAREFOOT BAR** ..... 760-939-3166  
Located behind the China Lake Museum  
Wednesday & Thursday 4-7 pm  
Friday & Saturday by request.

## Stop by and check out Mulligans Friday Dawg Days

featuring a foot-long hotdog with  
gourmet topping bar, available  
11 am-1 pm.



**MULLIGANS GRILL  
AT CHINA LAKE  
GOLF COURSE** ..... 760-939-2002  
Bldg. 2693, Halsey St.  
Tuesday-Thursday 6:30 am-6 pm  
Friday-Monday 6:30 am-8 pm

*Everyone needs a mulligan now and again!*  
Mulligans Grill serves up its excellent new menu  
morning, noon and evening! Enjoy the newly  
installed 60-inch TVs viewing your favorite  
sporting event. Private party reservation area  
available through the Catering office.

# Golf Course

Bldg. 02606, Halsey St. • 760-939-2990

Open Sunrise-Sunset

*Check out our reduced military prices!*

China Lake Golf Course...A Great Place to Play! We have a championship length, desert-style golf course with four sets of tees to fit all golf levels. The golf course features a driving range and short game area to work on your game.

## GOLF SPECIALS

### **Early Bird Special**

Round of golf with cart all day, any day ..... \$21

### **Twilight Special**

Round of golf with cart beginning at 1:30 pm..... \$14

### **Active Duty Military & Community Appreciation Free Golf Days!**

- Friday, January 20
- Friday, February 17
- Friday, March 16



### **Clubhouse Special**

Every Monday-Thursday, prebook your tee time and Clubhouse Special to get a **Cheeseburger, fries, small soda, green fees and cart,**

all for only ..... \$25

*(Tee-time must be pre-booked for special)*

## **GOLF SHOP**

*Top of the line golf shop with top of the line merchandise!* The Golf Shop carries a full line of clubs, balls and apparel. If we don't have exactly what you want in stock, we can special order it from just about any major club/equipment manufacturer.

### **Club Fitting**

Get fitted and play your best. Club fitting is by appointment only. Call the Golf Shop to schedule your appointment.

### **Golf Shop Specials**

Spend \$100 or more on any Golf Shop Merchandise and get a FREE e-range key worth 15% of the purchase price.



**Super Bowl  
GOLF  
TOURNAMENT**  
**Sunday, February 5**  
 8 am shotgun start  
 4-person teams

Call 760-939-2990 for more information.

# Child & Youth Programs

**Holiday Closures:**  
 Monday, January 16  
 Monday, February 20

## CHILD DEVELOPMENT CENTER

Bldg. 02688, Nimitz Ave.  
 Monday-Thursday &  
 Non-Flex Friday 6 am-5:30 pm  
 Closed Flex Friday  
**760-939-3171**

## CHILD DEVELOPMENT HOMES

Benefits of using Child Development Home Care:

- Caring providers certified through the Navy Child Development Program: CPR, Fire Safety, Child Development, etc.
- Home-based care – comfortable, home-like environment that allows flexibility and convenience of scheduling
- Lesson plans that are age appropriate and that follow curriculum
- Care for children from 6 weeks to school age

Benefits of becoming a Child Development Home Provider:

- Excellent training
- Excellent opportunities
- Hours can be flexible
- Make a difference in the lives of children!

For more information on enrolling your child or becoming a Provider, call the Child Development Center at 760-939-3171 or visit [www.navymwr.org](http://www.navymwr.org) and click on Child and Youth Programs on the left hand side of the page.

## SCHOOL AGE CARE/ MOVIN' ON UP

Bldg. 00880, Inyokern Rd.  
 Open Monday-Thursday  
 & Non-Flex Friday 6 am-6 pm / Closed Flex Friday  
**760-939-2909**

The Movin' On Up! Program offers fun and educational programming for children in Kindergarten through fifth grade. Accredited by the National Afterschool Alliance, the programs for school-aged children include arts & crafts, physical activities, field trips, 4H & Boy's and Girl's Club programs and a whole lot more.



## CASTLE X YOUTH CENTER

Bldg. 02480, Richmond Rd.  
 Monday-Friday 2-6 pm  
 Non-Flex Friday 2-9 pm  
 Vacation/Summer Hours:  
 Monday-Friday 7 am-6 pm  
**760-939-TEEN (8336)**

Castle X is a Boy's and Girl's Club affiliate recreation program for students in middle and high school. To register or gather more information about Castle X Youth Center, stop by or call 760-939-8336.

## YOUTH CLASSES & CLUBS

**Power Hour Homework Help**  
 Monday-Thursday • 2:30-3:30 pm

### Activity Clubs • 3:30 pm

- **Photography Club** - Mondays
- **Torch Club** - Tuesdays
- **Threadbanger Sewing Club** - Wednesdays
- **Easy Eats Cooking Club** - Thursdays

## Shotokan Karate

Mondays & Wednesdays • 6-8 pm.  
 Open to all ages. Registration required.  
 Cost .....\$25/month

## YOUTH SPECIAL EVENTS

### Castle X

### Teen Paintball

Saturday, January 21, February 11  
 & March 3 • 11 am-4 pm  
 Military Dependent..... \$15  
 DoD Dependent ..... \$20  
 Community Dependent ..... \$25

### Smart Gurlz & Boyz2Men

### Dance for R-E-S-P-E-C-T

Friday, February 24 • 6-9 pm  
 Music, food and prizes ..... FREE!



**FitFactor** is the Navy youth and teen health & fitness program for ages 6-18. Get in the fame! Staying fit is fun – and now you can win prizes for getting active and making healthy choices. That's what FitFactor is all about. Take it to the next level – and earn more prizes. Get active...eat healthy...and keep track of all your activities. The more points you get, the more prizes you can claim! Visit your local Navy Youth Center to get enrolled and join in the FitFactor fun! Be active and eat healthy to reach the FitFactor levels and earn prizes!



Bldg. 02308, Blandly Ave.  
760-939-4545  
Monday-Thursday 7 am-5 pm  
Non-Flex Friday 7 am-4 pm  
Closed Flex Friday

#### **F&FSC Holiday Closures:**

Monday, January 16  
Monday, February 20

#### **RELOCATION**

For more information or to register, contact Andy Lara at 760-939-4545.

#### **Base Indoc**

January 16-19 and March 19-22 - Open to all Commands. Spouses welcome the first day.

#### **Transferring to a New Duty Station**

Topics include hints on shipping household goods, travel and financial planning, entitlements, family preparation, and ways to reduce relocation stress.

#### **Sponsorship Training**

Open to all Command members interested in becoming a sponsor. Topics include how to welcome new arrivals to the base, obtaining Welcome Aboard packets, an overview of the community and FFSC services, etc.

#### **TRANSITION ASSISTANCE**

For more information or to register, contact Joan Telles at 760-939-4553.

#### **TAP Class**

January 9-12 and March 12-15

The Transition Assistance Program (TAP) is a four-day seminar designed to help separating/retiring service members and their spouses to successfully transition into civilian life.

#### **CONSEP - February 13-16**

#### **Ten Steps to a Federal Job**

January 9 & March 12 • 1-3 pm

#### **Spouse Job Club**

January 18, February 22 & March 21  
11:30 am-12:30 pm - brown bag lunch

Other workshops:

- China Lake's Hidden Job Market
- Interview Techniques
- Federal Resume Writing

#### **LIFE SKILLS COURSES**

For more information or to register for these workshops, contact Laura Sage at 760-939-8010.

#### **Skill-Building Workshops**

Topic discussions will cover communication skills, negative thoughts when upset, jealousy, stress management and parenting skills.

Other workshops:

- Social Survival for Desert Life
- Marital Strategies for Military Families
- Suicide Prevention

*Military Saves Week...*

#### **PERSONAL FINANCIAL MANAGEMENT**

For more information or to register, contact April Naill at 760-939-1018.

Get free advice if you are struggling financially, your security clearance is in jeopardy, or you just want to plan for the future.

**Credit Management** - Topics include learning how to obtain and read a credit report, improving your credit score, finding low interest rate credit cards, etc.

Other workshops:

- Consumer Awareness
- Car Buying Strategies
- The Basics of Retirement Planning
- Developing Your Spending Plan

#### **COUNSELING**

For more information or to register, contact Laura Sage at 760-939-8010.

12 free sessions for active duty, dependents and retirees to address adjustment and personal issues.

#### **"Taming the Dragon in Your Child" or Coping with Angry Kids**

Strategies to deal with kids and their emotions, based on a book by Meg Eastman.

**Choices** - A 12-week class for domestic violence. Learn to control thoughts, emotions, behaviors and take responsibilities for their anger and find alternative ways to express it in a respectful way.

Other workshops:

- Child Abuse Prevention Training
- The Seven Principles for Making Marriage Work

#### **INDIVIDUAL AUGMENTEES**

For more information or to register, contact Deborah Ernst at 760-939-4551.

#### **IA Spouse Support Group**

January 17, February 21 & March 21 - lunch provided

Other workshops:

- Return and Reunion Support
- Pre & Post Deployment Brief

#### **NEW PARENT SUPPORT**

For more information or to register for these workshops, contact Laura Sage at 760-939-8010.

- Baby Signing Times
- Music Play Group
- Nurturing Touch: The Art of Baby Massage

#### **SEXUAL ASSAULT**

For more information, contact Deborah Ernst at 760-939-4551.

- Dating and General Safety Workshop

#### **EXCEPTIONAL FAMILY MEMBER PROGRAM**

For more information or to register, contact April Naill at 760-939-1018.

If a family member has special needs due to a medical issue, contact April Naill for information, referrals and assistance.

#### **FAMILY ADVOCACY PROGRAM**

For more information or to register, contact Laura Sage at 760-939-8010.

Victim advocates conduct safety planning, assist with obtaining emergency shelter or housing, assist in obtaining protective orders, provide information on reporting options, divorce, child custody, and transitional compensation, and make referrals to community agencies.



*NOTE: All FFSC classes are free unless otherwise noted. Childcare is available upon advance request for active duty.*



# Ready to enjoy a long weekend?

## Navy Gateway Inns & Suites is there for you!

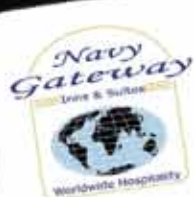
- Martin Luther King, Jr. Holiday
- Presidents Day Weekend
- Time with your Valentine



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.

China Lake Navy Gateway  
Inns & Suites  
Bldg. 01395, Hussey Rd.

Open 24 Hours  
**760-939-3146**



Creating  
comfortable guest  
services for those  
we serve:  
Today & Tomorrow.

Over 24,000 guest rooms worldwide!

Make reservations by calling 1-877-NAVY-BED (1-877-628-9233)  
or by visiting [www.dodlodging.net](http://www.dodlodging.net)

Also, you can  
call us by  
scanning this  
code with your  
smartphone.

