



Your source of information for MWR, CYP, Fleet & Family Support Center,
Family Housing at Naval Support Activity Saratoga Springs
<https://www.cnic.navy.mil/saratoga>

the

Saratoga

sailor



October 2012
Naval Support Activity
Saratoga Springs

MWR

Halloween Party

Friday, October 26
from 5 to 7 p.m.
at the Knights of Columbus
in Saratoga

**Costumes, games,
haunted house & candy!**

For details and to R.S.V.P.,
call (518) 885-5138 extension 2.

Child & Youth Program Trick or Treating Event

Wednesday, October 31 from 2:30 to 4 p.m.
at Saratoga Springs Naval Support Activity

All military families are welcome!

Please contact CYP to sign up or for more information. Child & Youth Programs,
NSA Saratoga Springs, 19 J.F. King Drive, Building 104, Saratoga Springs, NY 12866
Phone: (518) 886-0200 extension 161 • Fax: (518) 886-0121



NAVAL SUPPORT ACTIVITY SARATOGA SPRINGS HOUSING SERVICE CENTER

Intramural Basketball

There will be a basketball coaches meeting on Wednesday, October 24 at 11 a.m. All sections interested in participating in the league must have a representative present at the meeting. Call 885-5138 extension 2 for details.



Focusing on ensuring our customers, military service members, both unaccompanied and those with families, receive suitable, affordable and safe housing wherever they live around the world.

Preparing for your next duty station starts with AHRN. To view stateside (CONUS) or overseas (OCONUS) housing listings, go to www.ahrn.com to start your housing search now!

Radio City Music Hall Christmas Spectacular

All through October tickets will be on sale for the MWR Radio City Music Hall Christmas Spectacular Bus trip scheduled for Saturday, November 10. The bus will depart MWR at 7:30 a.m., showtime is 1 p.m., and departs New York City at 6 p.m. Call 885-5138 extension 1 to get tickets, price is to be announced. *MWR does not reserve tickets and full payment is due at the time of request. This is a non-refundable trip.

Weekly Newsletter

Every Monday a MWR weekly newsletter is distributed via email. The newsletter contains all upcoming MWR events and deals. To be added to this list, please email jwheeler_nsumwr@nycap.rn.com.

Automated Housing Referral Network
AHRN is sponsored by the Department of Defense and all Service Branches and is designed to assist Military Housing Offices manage and oversee their housing referral program. AHRN.com is the preferred and trusted housing resource used by US military members and their families around the world.

What People Are Saying about AHRN

"AHRN had the most comprehensive listing of rental houses and condos of all the websites my wife and I scoured to find a place to rent after selling our current home much more quickly than expected. I especially liked the customized searches and sorting functions the site offers."

Naval Support Activity will be closed on Monday, October 8 for Columbus Day.

**Don't let your house be the
"HAUNTED HOUSE ON THE
BLOCK"**

SARATOGA SPRINGS PHONE LIST

24/7 Sexual Assault Crisis Hotline	(518) 587-2336
Child & Youth Program	(518) 886-0200 ext. 161
Commissary	(518) 581-2180
Sunday & Monday	Closed
Tuesday, Wednesday,	10 a.m. to 6 p.m.
Friday & Saturday	
Thursday	10 a.m. to 7 p.m.
Customer Service Desk	(518) 886-0200 option 8, option 2
Monday through Friday	7:30 a.m. to 4 p.m.
Family Housing	(518) 886-0200 ext. 124
Fleet & Family Support Center	(518) 886-0200 ext. 146
ID Card Services (DEERS/RAPIDS)	
DMNA – Latham	(518) 786-4406
ANG 109 th Airlift Wing – Scotia	(518) 344-2436
NSA – Saratoga	(518) 886-0200 ext. 111
Watervliet	(518) 366-5601
ITT Office	(518) 866-0200 ext. 126
Medical & Dental Saratoga Springs	(518) 583-5300
<i>All active duty must call 1-888-NAVYMED for an appointment to medical.</i>	
Navy Federal Credit Union	1(888) 842-6328
Monday through Friday	9 a.m. to 4:30 p.m.
ATM – on site	<i>Available when gate is open.</i>
NEX Barber Shop	(518) 886-0200 ext. 123
NPTU access required	
Monday through Thursday	7:30 a.m. to 3:30 p.m.
NSA Building 106	
Wednesday & Friday	8 a.m. to 3 p.m.
NEX Saratoga Mini-mart	(518) 584-7426
Monday through Friday	7 a.m. to 8 p.m.
Saturday	9 a.m. to 6 p.m.
Sunday	noon to 4 p.m.
NSA Weather Line	(518) 886-0115
Ombudsman Points of Contact	
Medical/Dental	(518) 810-3687
NOSC	(518) 361-3310
NPTU	(518) 281-9907
NRD NE	(518) 788-2961
Outdoor Recreation Center–Saratoga	(518) 885-5138
Monday	6 a.m. to 6 p.m.
Tuesday through Thursday	6:30 a.m. to 6 p.m.
Friday	6:30 a.m. to 7 p.m.
Saturday	7 a.m. to 4 p.m.
<i>Park is open Monday through Saturday 7 a.m. to sunset</i>	
<i>Sunday and holidays 8 a.m. to sunset</i>	
Personal Property Processing Office	(518) 886-0200 ext. 116 or 117
Voting Officer	(518) 886-0200 ext. 104



The Child Development Home program is growing again!

We currently have four providers in the Saratoga and Ballston Spa areas and have many additional providers in-process of becoming CDH providers. If you are looking for quality, loving childcare in a Navy certified home, call to get your name on the wait list for one of these new positions. Infant care will go fast! CDH offers full time, part time or drop-in care. Military subsidies are available to active duty military families to help offset the cost of childcare. For childcare assistance, please contact Wendy Delaney at 886-0200 extension 161.

New York Capital District Family Readiness Group (FRG)

Happy Halloween! This month at our meeting we will be holding a costume contest for adults and kids! So get creative to win a prize! We will also be having a treat exchange so bring your sweet tooth! Please remember our meetings have been changed to the second Monday of every month! So we meet on the 1st this time! Our monthly event will be apple picking for the whole family on the 13th at 11 a.m. at Bowman's Orchard! So bring a basket or bag ready to fill and we hope to see you there!

All branches are welcome to attend our meetings in the Naval Support Activity Training Room located in Building 106 at 6 p.m. and children are welcome at any of our meetings and family events unless noted otherwise.

If you have any questions or need directions please email Katie Reynolds at Ktlirette@gmail.com. The NYCD FRG's goal is to increase morale, friendship and a sense of community and we would love to meet you.

You can find us at the FRG's facebook page: New York Capital District FRG Saratoga Springs, Albany.

Front Gate Hours

Monday through Friday.....6 a.m. to 8 p.m.
Saturday8 a.m. to 6 p.m.
Sunday.....11 a.m. to 5 p.m.



For information, an appointment or confidential counseling for individual, couples and families, call (518) 886-0200 extension 146.

OCTOBER CLASSES

Tue. 2nd	CFS Refresher FFSC classroom, 8:30 to 11:30 a.m.
Wed. 3rd	Stress Management FFSC classroom, 1 to 2:30 p.m.
Thu. 4th	New Spouse Orientation FFSC classroom, 1 to 2:30 p.m.
Wed. 10th	Credit Management FFSC classroom, 1 to 2:30 p.m.
Thu. 11th	Suicide Prevention FFSC classroom, 1 to 2:30 p.m.
Mon.-Thu. 15th-18th	TAP (Pre-Retirement) Empire State College, Mon.-Wed. 8 a.m. to 4 p.m. Thur. 8 a.m. to noon
Tue. 23rd	Internet Job Search FFSC classroom, 1 to 2:30 p.m.
Wed. 24th	Home Buying /Renting FFSC classroom, 1 to 2:30 p.m.
Thu. 25th	Parenting One to Three Years Old FFSC classroom, 9:30 to 11 a.m.
Tue. 30th	Budgeting for the Holidays FFSC classroom, 1 to 2:30 p.m.
Wed. 31st	Job Search Basics FFSC classroom, 1 to 2:30 p.m.

NOVEMBER CLASSES

Thu. 1st	Car Buying FFSC classroom, 10 to 11:30 a.m.
Mon.-Thu. 5th-8th	TAP (Pre-Separation) Empire State College, Mon.-Wed. 8 a.m. to 4 p.m. Thur. 8 a.m. to noon
Wed. 14th	Stress Management FFSC classroom, 1 to 2:30 p.m.
Thu. 15th	Resumes FFSC classroom, 1 to 2:30 p.m.
Tue. 20th	Credit Management FFSC classroom, 1 to 2:30 p.m.
Tue. 27th	Budgeting for the Holidays FFSC classroom, 1 to 2:30 p.m.
Wed. 28th	Interviewing Techniques FFSC classroom, 9:30 to 11 a.m.
Thu. 29th	New Spouse Orientation FFSC classroom, 1 to 2:30 p.m.

***Registration required at least two days in advance for all classes.
To register, call (518) 886-0200 extension 146.**

Family Advocacy Program

What is the Family Advocacy Program?

Family Advocacy Program = FAP

The Family Advocacy Program provides clinical assessment, treatment and services for military members and their families involved in incidents of domestic abuse.

What is Domestic Abuse?

Domestic abuse can be defined as a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner.

What is Child Abuse?

Child abuse is the physical or sexual abuse, emotional maltreatment or neglect of an unmarried person under 18 years old.

How We Can Help

The Family Advocacy Program provides a variety of interventions and treatment services to meet the needs of individual families. FAP provides counseling, clinical case management, treatment groups, and refers families to military and civilian resources as appropriate.

Restricted / Unrestricted Options

There are two types of reporting options for adult victims of domestic abuse, restricted and unrestricted. Both options make available to victims the full range of advocacy, medical and counseling services.

The Fleet and Family Support Center is committed to preventing family violence in our military community. Through education, advocacy, workshops and intervention programs, the Center plays a key role in violence prevention by raising awareness about the scope, nature and impact of family violence, educating the Navy community about productive ways to cope with family conflict, and by providing support when abuse occurs. The Center's Family Advocacy Program (FAP) and Domestic Violence Awareness Month (October) is intended to increase awareness and stop violence.

Did we meet your needs? Let us know! http://ice.disa.mil/index.cfm?fa=site&site_id=589

Check out NSA's website. If you get a security warning, it is ok to continue. <https://www.cnic.navy.mil/Saratoga/index.htm>

On Facebook? Add NSA Saratoga Springs's Fan Page <http://www.facebook.com/NSASaratogaSprings>