



Saratoga Sailor

DEC 2016

*You're Invited to the
Community
Christmas Tree Lighting*

Friday, December 2 at 1700
Front Lawn of ITT Building 106

The Tree Lighting will take place on the front lawn of MWR ITT (Building 106). Carols will be sung and refreshments will be served, provided by DECA.

Children will have the opportunity to make their own ornaments from 1530-1700 in Building 106, to be placed on the tree, or brought home.

Supplies will be provided.

There will also be a visit from Santa!

For more information, call 518-886-0200 x126





Ombudsman Corner

Have you heard of the FOCUS Project? FOCUS (Families OverComing Under Stress) provides resiliency training to military children and families. It teaches practical skills to help families overcome common challenges related to a parent's military service, to communicate and solve problems effectively, and to successfully set goals together and create a shared family story. Be prepared to understand and navigate the Deployment Spiral. FOCUS helps with adjustment for other phases of the military experience as well.

There is a concentrated eight-week session available to families and service members. Find out more at www.focusproject.org or to find a nearby program. Please feel free to contact Athena at the email below for more information about this or other programs available to you.

saratogaspringsnptuombudsman@gmail.com



Fleet & Family Program Schedule

(All classes at FFSC unless otherwise stated)

For more information: 518-886-0200 x146

Car Buying Class	06 DEC	1300-1430
Credit Management	07 DEC	0900-1030
Internet Job Search	08 DEC	0900-1030
Parenting 1-3 year-olds	13 DEC	1300-1430
New Spouse Orientation	14 DEC	0900-1030
Saving & Investing (TSP)	15 DEC	1300-1430
Suicide Prevention	20 DEC	0900-1030
Resumé Writing	22 DEC	0900-1030



Free Creating Holiday Cards at the Liberty Center
Thursday through Friday, Dec 1-9, 2016 from 0900-1600. Spread holiday cheer! MWR will stamp and mail the holiday cards you create for your loved ones. Please limit five cards per active duty service member.

Third Annual Community Christmas Tree Lighting
Friday, Dec 2 at 1700, Building 106 on NSA Saratoga Springs. The ceremony will include an invocation by a local chaplain, Christmas carols, tree lighting, a visit by Santa and refreshments. Children will have the opportunity to make their own ornaments in Building 106 from 1530-1700 to be placed on the tree or brought home. Supplies will be provided. For more information, call 518-886-0200 x126

New York City Bus Trip – Saturday, Dec 10. \$40 per person. MWR Saratoga is planning a bus trip to NYC! Join us for a day in the Big Apple! The bus will depart the MWR CRC (3569 Galway Road, Ballston Spa) at 0600 and arrive in New York City at approximately 1030, and will return to the CRC at approximately 2245. You will have a free day to explore the city. Begin at Bryant Park, a few blocks from Rockefeller Center and Times Square! Register by Dec 2. Please contact either MWR location for more information.

Free Opening Viewing of ROGUE ONE: A STAR WARS STORY. Bow-Tie Theater, Saratoga Springs Friday, Dec 16, Time TBD. See the epic new Star Wars standalone movie! Sign up early, space is extremely limited. Bring money for snacks. Van departure and return time is TBD.

Discounted lift tickets for Gore, Whiteface and West Mountain. If skiing or snowboarding is not your cup of tea, MWR also sells tubing tickets. For more information, please call 518-868-0200 Ext. 126

Holiday Fest - Friday, Dec 16, 1700-1900 at the YMCA of Wilton, 20 Old Gick Road (Behind Walmart)
Join MWR for a fun evening with crafts, bounce houses, face painter, balloon sculpting, games, chair massages, pictures with Santa Claus, children's entertainer/juggler, refreshments, family information fair, and so much more! This event is free for Military ID card holders.

FRONT GATE HOURS

MON-FRI: 0600-2000

SAT: 0800-1800

SUN: CLOSED

PHONE LIST

518-886-0200 + extension, where stated

Barber Shop (Building 106)	x123
WED & FRI: 0900-1500	
Barber Shop (NPTU)	Limited access
MON & THU: 0800-1500	
Child & Youth Program	x161
MON-FRI: 0800-1630	
Command Email	stgs.admin@navy.mil
Commissary	518-581-2180
TUE-SAT: 1000-1800	
THU: 1000-1900	
SUN & MON: CLOSED	
Customer Service Desk	Option 8
MON-FRI: 0730-1600	
Housing Office	x168
MON-FRI: 0730-1700	
ID Cards (DEERS/Rapids)	x111
ANG 109 th Airlift Wing	518-344-2436
DMNA-Latham	518-786-4406
Watervliet Arsenal	518-266-5601
Fleet and Family Support Center	x146
MON-FRI: 0730-1600	
Medical and Dental NBHC	518-583-5300
For appointment:	888-NAVY-MED
MWR-Community Recreation Center	518-885-5138
MON: 0600-1730	
TUE-THU: 0630-1730	
FRI: 0630-1830	
SAT: 0700-1500	
SUN: CLOSED	
MWR - Tickets & Tours	x126
MON-FRI: 0900-1800	
Navy Federal Credit Union	518-583-9739
MON-FRI: 0900-1630	
SAT: 0900-1200	
Navy Exchange (NEX)	518-584-7426
MON-FRI: 0700-2000	
SAT: 0900-1800	
SUN: CLOSED	
Ombudsman Points of Contact	
Medical/Dental: 518-810-3687	
NOSC: 518-858-1179	
NPTU: 518-281-9907	
NRD NE: 518-788-2961	
Personal Property Office	x116 or 117
MON-FRI: 0730-1500	
Sexual Assault Prevention & Response (24/7)	
Sexual Assault Response Coordinator:	518-852-0506
SAPR-Victim Advocate:	518-231-SAPR
Voting Assistance Officer	x160



Individual Augmentees

Individual Augmentees are provided support and assistance by Individual Deployment Support Specialists (IDSS), located at the Fleet and Family Support Center (FFSC) on NSA Saratoga Springs. IDSS are responsible for maintaining contact with family members of Sailors who are deployed, or who will be deployed in the near future, as an Individual Augmentee (IA).

To better serve you, we need to know how often and by what method you would like contact. Your choices are:

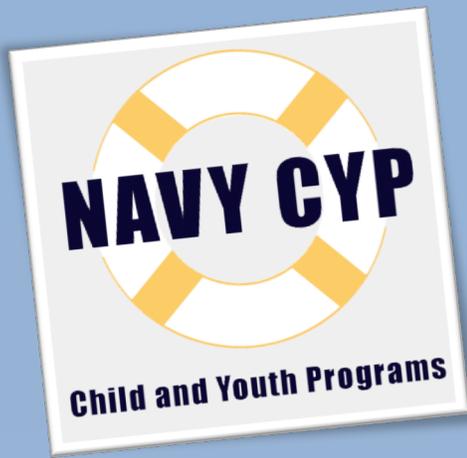
- *Preferred Contact Method:* Phone or Email
- *Contact Interval:* Daily, every two weeks, every month, every two months, every three months, only in the event of an emergency, or never.

The Navy realizes the significant demands placed upon the IA and his/her family. FFSC and Navy leaders want to make sure you are well supported while your service member is deployed.

FFSC has programs specifically for IA family members such as Deployment Preparation and Homecoming briefs.

If you are interested in a copy of the IA Family handbook, and/or the monthly IA Newsletter, please visit the U.S. Fleet Forces IA/IA Family Support website at www.ia.navy.mil

Additional information regarding IA/IA Family support, including copies of the Family Connections monthly newsletter and the IA Family handbooks are also available on the Fleet and Family Support Program website at www.ffsp.navy.mil



As we bring 2016 to a close, I hope everyone had a great Thanksgiving feast and was able to enjoy the holiday with loved ones. It seems as though the 2016 year flew right by but now let the countdown begin! Only 25 days until Christmas and the first day of Hanukkah! Can't wait to see you all at our next events...the MWR Christmas Tree Lighting (02 DEC), the MWR Holiday Family Fair (16 DEC) and the CYP Children's New Year's Eve party (30 DEC)!

CDH has immediate openings!

Child Development Homes (CDH) is looking to expand! Spouses interested in making extra income for your family? Become a certified, in-home childcare provider! For more information on how to start this great career while staying home with your own children, call Wendy at 518-886-0200 x161. Certification is FREE and transferable!

Daily or unexpected drop-in childcare is available. Call or email today to get a list of available CDH programs. Join the online waitlist at www.Militarychildcare.com. And, don't forget to ask about our **Military subsidy program available to families to help cut the cost of full time childcare!** Please feel free to contact the CYP Director at 886-0200 x161 with any questions. Looking forward to hearing from you soon!

MilitaryChildcare.com! Have you created your online account yet? www.MilitaryChildcare.com is the Navy's newest website to help you find information on childcare programs worldwide! You have access to your account profile when it's convenient for you! *MilitaryChildcare.com* is a **required** procedure to get on any childcare waitlist for care or receive subsidized childcare assistance, military or civilian! Login in, create your account and complete your Request for Care form from your own home. It's that easy!

Did you know? Active Duty military families can receive **childcare subsidy benefits** while using registered civilian programs within the community. If both the active duty military member and spouse are working or attending school full-time, you are eligible to apply for Military Childcare in your Neighborhood (NACCRRRA) at www.naccrra.org. MilitaryChildcare.com account and income verification is required. For more information, call Wendy at 518-886-0200 x161 or visit www.naccrra.org. Also, Before and After School Care available at our Certified CDH programs! Call the CYP office for more information.

Navy School Liaison Officer in full force! Be on the lookout for your School Liaison Officer at various school events around the area. Lots of helpful information for transitions, tutoring and more! I look forward to introducing myself at your children's schools.

Reminders...

Ballston Spa School District:

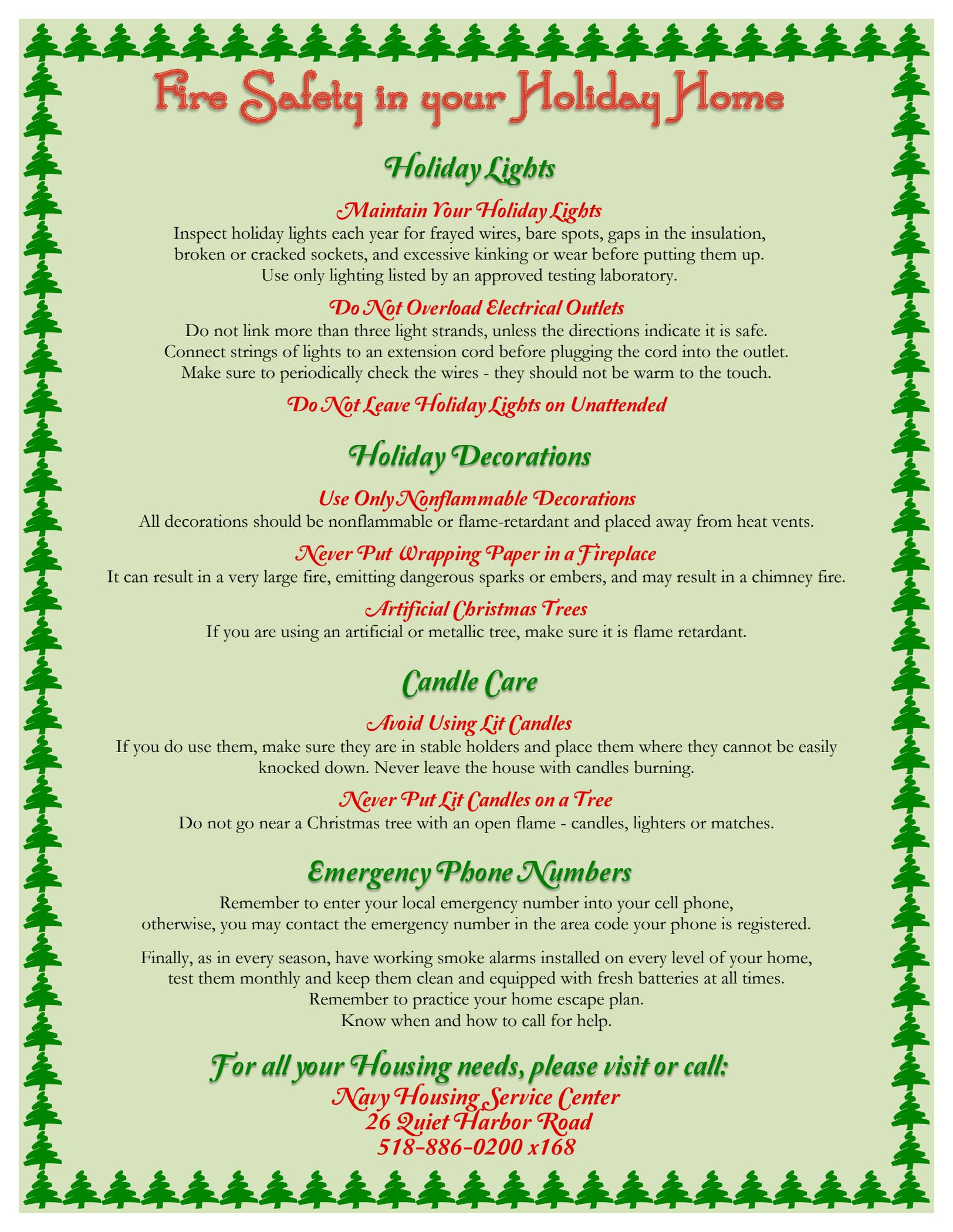
- Closed 23 DEC – 02 JAN for Holiday Recess
- Contact Annelise Kavanaugh at 602-0256 for a registration packet for the Ballston Spa School District.

Saratoga School District:

- Closed 26 DEC – 02 JAN for Holiday Recess
- Contact Valerie Elswat at 583-4789 for a registration packet for the Saratoga Springs School District.

Looking forward...

- 02 DEC – Make Holiday Ornaments before the Tree Lighting: Building 106, 1530-1700.
- 16 DEC – MWR Holiday Family Fest
- 26 DEC & 01 JAN CYP Office and CDH Providers closed for holidays. Please check with your provider for any additional days they may be closed around the holidays.
- 30 DEC – CYP Children's New Year's Eve Party
- 25 JAN – MWR Cabin Fever!



Fire Safety in your Holiday Home

Holiday Lights

Maintain Your Holiday Lights

Inspect holiday lights each year for frayed wires, bare spots, gaps in the insulation, broken or cracked sockets, and excessive kinking or wear before putting them up.

Use only lighting listed by an approved testing laboratory.

Do Not Overload Electrical Outlets

Do not link more than three light strands, unless the directions indicate it is safe. Connect strings of lights to an extension cord before plugging the cord into the outlet.

Make sure to periodically check the wires - they should not be warm to the touch.

Do Not Leave Holiday Lights on Unattended

Holiday Decorations

Use Only Nonflammable Decorations

All decorations should be nonflammable or flame-retardant and placed away from heat vents.

Never Put Wrapping Paper in a Fireplace

It can result in a very large fire, emitting dangerous sparks or embers, and may result in a chimney fire.

Artificial Christmas Trees

If you are using an artificial or metallic tree, make sure it is flame retardant.

Candle Care

Avoid Using Lit Candles

If you do use them, make sure they are in stable holders and place them where they cannot be easily knocked down. Never leave the house with candles burning.

Never Put Lit Candles on a Tree

Do not go near a Christmas tree with an open flame - candles, lighters or matches.

Emergency Phone Numbers

Remember to enter your local emergency number into your cell phone, otherwise, you may contact the emergency number in the area code your phone is registered.

Finally, as in every season, have working smoke alarms installed on every level of your home, test them monthly and keep them clean and equipped with fresh batteries at all times.

Remember to practice your home escape plan.

Know when and how to call for help.

For all your Housing needs, please visit or call:

*Navy Housing Service Center
26 Quiet Harbor Road
518-886-0200 x168*