

[Subscribe](#) to our email list



Naval District Washington Fleet and Family Readiness Naval Support Activity Annapolis



[Fleet & Family Support Center](#)

[OCTOBER Classes at FFSC](#)

[NDW Regional TAP Classes 2012](#)

[NDW Regional TAP Classes 2013](#)



[Fitness Programs](#)

[Information, Tickets & Travel Program](#)

[ITT Newsletter Link](#)

[Liberty Program](#)

[Carr Creek Marina](#)

[Auto Skills Shop](#)

NSA Annapolis F&FR "News" OCTOBER 2012

NSA Annapolis Fleet & Family Readiness Programs help you make the most of your tour of duty or choice of relocation in the Annapolis area. Fleet and Family Readiness Programs include the Morale, Welfare and Recreation Department, Fleet and Family Support Program, Family and Bachelor Housing, Navy Gateway Inns and Suites, and Galley facilities. We hope that you will employ this newsletter in your decision to become active in our F&FR Programs at NSA Annapolis. The staff at our facilities welcome you!

Learn more about FFR Programs at NSA Annapolis at the new website: <http://cnic.navy.mil/Annapolis/FleetandFamilyReadiness>

Please rate our FFR Programs - Thank You!
https://ice.disa.mil/index.cfm?fa=site&site_id=400&dep=DOD?target=_bla

COMING ATTRACTIONS

Click on linked items or read descriptions below this list if item is not hyperlinked.

- [7th Annual Army-Navy Football Weekend Giveaway Contest Starts Sept. 7](#)
- [Cardio-Kickboxing at MWR Fitness - Starts Oct. 10](#)
- [NGIS Re-open October 5 for Reservations and Business as Usual!](#)
- [CANS Film Festival - Movies for Adults](#)
- [Youth Center Family Fall Festival - October 26 - Sign Up Now!](#)
- [Domestic Violence Awareness Month - Download Resource Materials](#)
- [MWR Auto Wash is Open 24/7 - Tokens are Available at Bldg. #89](#)
- [Blue Jacket Cafe Dining / Catering and Coffee Cafe](#)
- [MWR Outdoor Recreation Equipment Rental Open 7 Days a Week](#)
- [Information, Tickets & Travel OCTOBER Newsletter Link](#)
- [Chick-fil-A Mooov..ie Madness - Family Movies - Next Date - Sept. 20](#)
- [MWR Fitness Weight Room Remains Closed for Renovations](#)
- [Annual Turkey Trot 5K - Sign Up Early to Reserve a T-shirt - November 17](#)



Child and Youth Programs

[Child-Youth Programs](#)

[CYP Central Enrollment](#)

1-877-269-9322 or
Regional Resource and
Referral Office:
1-202-433-3055 or
202-433-0942
Toll Free: 1-855-204-9767



[Navy Gateway Inns & Suites Annapolis](#)

[NGIS Reservation Form](#)

[NGIS Brochure](#)

[Blue Jacket Cafe](#)

[Blue Jacket Cafe
Weekly Menu](#)

[Navy Housing](#)



[Lincoln Military
Housing](#)

[Lincoln Military Housing
OCTOBER Newsletter](#)

**Housing available for
DoD Civilians
410-349-1740**

7TH ANNUAL ARMY-NAVY FOOTBALL WEEKEND GIVEAWAY CONTEST

Look for the entry blank for the 7th Annual Army-Navy Football Weekend Giveaway Contest online at: <http://www.usna.edu/MWR/MARCOM/7thAnnual-Army-NavyFootballWeekendGiveaway-ContestPage> and enter to win a complete weekend for four people at the 113th Army-Navy football game in Philadelphia on the weekend of December 8. Grand prize includes game and pre-game tailgate tickets and an autographed football from NAAA, weekend car rental from Enterprise Rent-a-Car, hotel accommodations for two nights, and Spirit of Philadelphia dinner cruise tickets. There is no cost to enter but all entries must be received either by FAX or mail by November 5. For details, call 410-293-9206. **(Neither MWR, the Navy nor any other part of the federal government officially endorses any company, sponsor or their products or services).**

[Return to Top](#)

Cardio-Kickboxing Classes Start October 10

MWR Fitness will offer Cardio-Kickboxing classes on Mondays and Wednesdays starting Wednesday, October 10 through November 14. Classes will be held in the Gymnasium of the MWR Recreation Services Bldg. #89, NSA Annapolis from 11:15 a.m. to 12:15 p.m. Cost is \$3 per class; FREE for active duty and active reservist. Cardio-Kickboxing focuses on a total body workout using basic kicks and punches along with an ab/core workout. This workout is for all ability levels. If you don't know how to kick and punch, you will be taught how to do the moves. Cardio-Kickboxing does not involve contact. No advance registration is needed. Sign up and pay for each class at the MWR Customer Service Desk in Bldg. #89 prior to the class. Call 410-293-9200 for more information.

"CANS" Film Festival Nights - Movies for Adults

MWR will show movies for adults (PG13 or R) on the 4th Tuesday of each month at 5:30 p.m. in the theater in the MWR Recreation Services Bldg. #89, NSA Annapolis. Admission is free and donations of "canned" foods will be accepted before each movie. Donations will go to the Maryland Food Bank. Donations will also be accepted on Chick-fil-A movie nights. Movies are first-run and youth 17 and under are not permitted at R-rated movies. Upcoming dates are: September 25; October 30; November 27 and December 18 (3rd Tuesday due to Christmas Holiday on Dec. 25). For movie showings, call 410-293-9200.

[Return to Top](#)

Family Fall Festival at the Youth Center - October 26

Dress in costumes, bring the family and enjoy an evening of Fall fun with DJ music, dancing, snacks, games, pumpkin decorating, contests and prizes at the annual Family Fall Festival on Friday, October 26 from 5 to 7 p.m. at the Youth Center, NSA Annapolis. Cost is \$3/person. Sign up in advance at 410-293-9396. Fall Festival is sponsored by [Lincoln Military Housing](#) (neither MWR, the Navy nor any other part of the federal government officially endorses any company, sponsor or their products or services).

MWR Car Wash Available 24/7- Tokens Available for Purchase - Flyer

Customers can purchase CAR WASH TOKENS for MWR's automated Car Wash at the Customer Service Desk in the MWR Recreation Services Bldg. #89. The car wash operates 24/7 and is located between the Navy Exchange Service Station and the Mini-Mart. Features include auto-wash bay for autos and a self-service bay for autos and one for RVs, vacuum, shampoo, air and a change machine.

Tokens are \$1 and \$5 and may be purchased by credit card. There is no limit on the amount of token to be purchased. Car Wash Prices are \$8/Basic; \$9/Deluxe and \$10/Ultimate. For more information, call 410-293-9200.

Outdoor Recreation Equipment Rentals - 7 Days a Week!

MWR rents 7 days a week! Check it all out at the link below or at the bookmarked section under [Outdoor Recreation Equipment Rentals](#).

Brochure (being updated): <http://www.usna.edu/MWR/GEARRENT/NSAAnnapolis-MWROutdoorRecreationEquipmentRental-BROCHURE>

Chick-fil-A Mooovie Madness - Monthly Family Movies! Next Date - Sept. 20

MWR Annapolis shows family movies on the third Thursday of each month - "Chick-fil-A Mooovie Madness."

The program is sponsored in part by **Chick-fil-A, Annapolis Mall** with free chicken sandwiches on a first come, first served basis. G-PG13 movies will be shown at the MWR Recreation Services Bldg. #89 at 5:30 p.m.

Cost is FREE and all DoD-eligible people are welcome. Children 13 and under must be accompanied by an adult. For information, call 410-293-9214. *(Neither the Navy nor any other part of the federal government officially endorses any company, sponsor or their products or services).*

Weight Room Closed for Renovations

MWR Fitness Weight Room Remains Closed for Renovations until further notice. MWR apologizes for any inconvenience this may have caused. Some weights have been moved to the lobby near the racquetball courts.

[Annual Turkey Trot 5K - November 17 - FLYER](#)

Sign up now for MWR Fitness' Annual Turkey Trot 5K Run scheduled for November 17 at 9 a.m. at the Bay Room, Greenbury Point, NSA Annapolis. Pre-registration before November 1 guarantees a T-shirt. Race day registration starts at 8 a.m. but does not guarantee a T-shirt. Cost is FREE for active duty; \$10 for all others. Prizes will be awarded for male and female winners. Turkey subs will be available to all runners and all attendees will have the chance to win a door prize. Call the MWR Recreation Services Bldg. #89 at 410-293-9200 to sign up. The run is sponsored in part by **Lincoln Military Housing, Subway NSA Annapolis, Camelbak, Annapolis Canoe and Kayak, EarthTreks Climbing Center, Life Fitness East Coast and CrunchMaster Crackers** (neither MWR, the Navy nor any other part of the federal government officially endorses any company, sponsor or their products or services).

[Return to Top](#)

Fleet and Family Support Center
168 Bennion Road
Naval Support Activity Annapolis, MD 21402
M-F 8 a.m. to 4:30 p.m.
410-293-2641
410-293-5237 FAX

Welcome to the Annapolis Fleet and Family Support Center. In support of the mission of the United States Naval Academy, we provide programs and services that enrich lives, enhance opportunities, and empower people to meet the unique challenges of naval service. Our services are provided to Navy, Marine Corps and other military personnel, retirees and family members.

For more information on programs and services offered by Fleet and Family Support Center, visit the CNIC webpage:

<http://cnic.navy.mil/Annapolis/FleetAndFamilyReadiness/SupportServices/Families/FamilySupportPrograms/index.htm>

OCTOBER 2012 FFSC NEWSLETTER

October Class Schedule - complete class descriptions - FLYER

Brief descriptions of classes are below.

- RETIRED ACTIVITIES OFFICE, WEDNESDAYS - 9:00 AM - 11:00 AM
- MEDICAL RECORD REVIEW THURSDAYS, OCTOBER 4th, 18th, 25th, CALL FOR AN APPOINTMENT, 8- 3:00 PM
- DEVELOPING YOUR SPENDING PLAN, TUESDAY, 2 OCTOBER – 1PM- 2:30 PM
- "HEARTS APART" - DEPLOYMENT DISCUSSION GROUP, TUESDAYS – 2 & 16 OCTOBER, 6:15 PM – 7:30 PM

FFSC TABLE AT NEX - FAMILY PREPAREDNESS INFORMATION, WEDNESDAY, 3 OCTOBER, 10:00 AM – 1:00 PM

- LATEST TEEN TRENDS FOR PARENTS, WEDNESDAY, 3 OCTOBER, 6:00-8:00 PM
- SMOOTH MOVE SEMINAR, FRIDAY, 5 OCTOBER, 8:30 – 11:30 AM
- TRANSITION ASSISTANCE PROGRAM (TAP) WORKSHOP, TUESDAY - FRIDAY, 9-12 OCTOBER, 8:00 AM - 4:00 PM
- PARENTING TEENS, WEDNESDAY, 10 OCT, 6:00-8:00 PM
- INTERVIEWING SKILLS, WEDNESDAY, 10 OCTOBER, 9:00 – 11:30 AM
- 1-2-3 MAGIC (PARENTING) WORKSHOP, FRIDAY, 12 OCTOBER, 9:00 – 11:30 AM
- FFSC AT NEX - DOMESTIC VIOLENCE AWARENESS OUTREACH, FRIDAY, 12 OCTOBER, 10:00 AM – 1:00 PM
- HOW TO SURVIVE THE HOLIDAYS FINANCIALLY, MONDAY, 15 OCTOBER, 6PM-7:30PM
- 10 STEPS TO A FEDERAL JOB, Part 1, WEDNESDAY, 16 OCTOBER, 9:00 AM - 12:00 PM
- HOME TEAM” - YOUTH DEPLOYMENT SUPPORT, TUESDAY, 16 OCTOBER, 6:00– 7:00 PM
- ANGER MANAGEMENT WORKSHOP, (WED) 17, 24 & 31 OCTOBER, 8:30 – 11:30 AM
- CAR BUYING STRATEGIES, WEDNESDAY, 17 OCTOBER, 2PM- 3:30 PM
- COMMAND INDOCTRINATION/NEWCOMERS’ ORIENTATION, WEDNESDAY – FRIDAY, 17 – 19 OCTOBER, 8:00 AM – 4:00 PM
- LOVE LANGUAGES FOR KIDS 6-12, WEDNESDAY, 17 OCT, 4:30-6:00 PM
- EDUCATION BENEFITS BRIEF, FRIDAY, 19 OCTOBER, 11:45 AM-12:45 PM
- 10 STEPS TO A FEDERAL JOB, Part 11, WEDNESDAY, 23 OCTOBER, 4:30-6:20 PM
- POSITIVE PARENTING FOR KIDS 3-5, WEDNESDAY, 24 OCTOBER, 4:30-6:00 PM
- RESUME WRITING, WEDNESDAY, 31 OCTOBER 9:00 AM -11:00 AM
- REDUCE HOLIDAY STRESS WORKSHOP, FRIDAY, 26 OCTOBER, 8:30 – 10:00 AM
- SPACE – A (THE BWI WAY) TRAVEL, MONDAY, 29 OCTOBER 12:00 – 1:00 PM
- DISABILITY TRANSITION ASSISTANCE PROGRAM (DTAP) BRIEF, THURSDAY, 25 OCTOBER, 8:30 – 1:00 PM

[NDW Regional TAP Class Schedule - 2012](#)

[NDW Regional TAP Class Schedule - 2013](#)

October is Domestic Violence Awareness Month

Brochure: [Home is Not a War Zone; Bringing Peace to Relationships](#)

Calendar: [31 Days of Bringing Peace to Relationships](#)

[Return To Top](#)

Morale, Welfare and Recreation Programs
<https://www.facebook.com/AnnapolisMWR>

Fitness and Athletics / Aquatics Programs
MWR Recreational Services Bldg. #89
410-293-9200
M-F 5:30 a.m. to 8 p.m.
Sat / Sun / Federal Holiday 8 a.m. to 5 p.m.
MWR Fitness Director - 410-293-9211
MWR Fitness Specialist - 410-293-9226

Fitness Center Policy, Fee and Services

FREE use of the Fitness Center is for Active Duty, Retired Military, Active Reservists and DoD Civilians (active and retired with proof of retirement) and their family members throughout Naval District Washington fitness facilities. (Family members are defined as spouse and children; adult age children with valid student ID). DoD civilians may bring their family members to the MWR Recreational Services Bldg. #89, NSA Annapolis to obtain a fitness center access card. Full-time USNA Contractors are \$300 per year, \$44 per month or \$11 per day. Guests of active duty, retired military, reservists, or DoD civilians are \$5/day or \$11 for Contractors.

The Fitness Center includes a gym, weight and cardiovascular rooms and racquetball courts and an intramural sports program. Fitness equipment includes treadmills, cross-trainers, recumbent bikes, upright bikes, stair-masters, Life Fitness equipment and an FM wireless fitness cinema. The fitness center has men's and women's showers with day lockers, a co-ed sauna, free towel checkout, racquetball gear, weight belts, basketballs and other equipment checkout. No youths under 10; 10-14 must be supervised by adult at all times.

MWR Fitness Offers Spin Room for Command PT

A Spin Room with 20 bikes is available in the MWR Recreation Services Bldg. #89(in racquetball court B) from 8 a.m. to 5 p.m. for Command PT by reservation with the Fitness Director, Tony Compton. Please call 410-293-9211 to make reservations.

[Return To Top](#)

MWR Swimming Pools
South Severn across from USNA Gate 8 / North Severn on NSA
Annapolis

2013 MWR Aquatics Job Opportunities: lifeguards, water safety
instructors

<http://www.usna.edu/MWR/employmentopportunities.htm>

MWR Athletic and Fitness Ongoing Programs

- Cardio-Kickboxing: MWR Fitness will offer Cardio-Kickboxing classes on Mondays and Wednesdays starting Wednesday, October 10 through November 14. Classes will be held in the

Gymnasium of the MWR Recreation Services Bldg. #89, NSA Annapolis from 11:15 a.m. to 12:15 p.m. Cost is \$3 per class; FREE for active duty and active reservist. Cardio-Kickboxing focuses on a total body workout using basic kicks and punches along with an ab/core workout. This workout is for all ability levels. If you don't know how to kick and punch, you will be taught how to do the moves. Cardio-Kickboxing does not involve contact. No advance registration is needed. Sign up and pay for each class at the MWR Customer Service Desk in Bldg. #89 prior to the class. Call 410-293-9200 for more information.

- **Intramural Sports:** Intramural sports are free for all military and family members; DoD civilians or DoD family members pay \$30 each per sport; USNA Contractors pay \$44 per sport; payment of intramural fees allows individuals to use the Fitness Center for one month. For details, call 410-293-9211 or Link: <http://www.usna.edu/MWR/Fitness/2012-CaptainsCup-IntramuralSports-POSTER>
- **Fitness Events Calendar:** <http://www.usna.edu/MWR/Fitness/2012-Health&Fitness-POSTER>
- **Personal Training and Fitness Assessments** - Tony Compton, Certified Health Fitness Specialist through the American College of Sports Medicine is the MWR Fitness Director and Mark Maier is the MWR Fitness Specialist. MWR Fitness offers computerized fitness assessments using the "MicroFit" system and personal training sessions. The assessment provides information to help you establish an exercise routine to achieve your desired fitness goal. The fitness evaluation includes height, weight, resting heart rate, blood pressure, body composition analysis using skin fold calipers, cardiovascular endurance, muscular strength and flexibility. Personal training is \$20/hour; \$15/person/hour for a group of two. Computerized fitness assessments cost \$20; computerized assessments are FREE for active duty personnel. Please note that all active duty military have priority, so available times may be limited. For an appointment, call 410-293-9226.
- **WOW - "Women on Weights"** at 5 to 6 p.m. Tuesdays & Thursdays in the Recreational Services Building #89 (MWR Fitness Center) Weight Room. This is a fun workout atmosphere for women of all ages! This is an on going class designed for women to maintain muscular strength, develop muscle tone, increase functional mobility & flexibility, and meet exciting new people! Available for all women allowed access to the MWR. FREE - No signup required! Call 410-293-9204 the day before for updated class schedule information.

[Return To Top](#)

Morale, Welfare and Recreation
Massage Therapy
Bldg. 89, Recreational Services
410-279-2070 (By appointment)

Massage Therapy - FLYER

Massage therapy is available by prior appointment. MWR has a terrific massage therapist (Sharon) who specializes in muscle stretching techniques, Swedish relaxation, deep tissue, prenatal, and myofascial release. The MWR Massage Studio is located in the MWR Recreation Services Bldg. #89, NSA Annapolis. Customers must pay for their session at the Customer Service Desk prior to their appointment. Cost is \$40 for a ½ hour session; \$60 for one hour. **Gift certificates are available** at the Customer Service Desk (410-293-9200 to charge by phone). For an appointment, call Sharon at 410-279-2070.

[Return To Top](#)

Morale, Welfare and Recreation
Information, Tickets and Travel Outlet
Recreational Services Bldg. #89
410-293-9200
M-F 5:30 a.m. to 8 p.m.

The Annapolis ITT Office offers an array of discount tickets, trips, special events and travel / lodging services. Before planning an itinerary, check out what ITT can do for you! The ITT staff can book various vacation packages, trips, tours, cruises, getaways and a lot more. Almost everything you've ever wanted as far as discount tickets, trips and special events is outlined in a separate newsletter.

[ITT INFORMATION LINK](#)

<http://e2.ma/webview/unf2c/dc8a563307de2aaf23eb73b423e62f89>

Click on the above link to find out more information about:

[Navy Football Tickets](#)
[White House Ornament 2012](#)
[Disney's Military Salute for Active and Retired Military Discount Tickets for Tourist Attractions](#)
[SeaWorld Entertainment and Parks: Heroes Salute Extended Broadway in Baltimore Discount Tickets to Hippodrome Informational Flyer for ITT Services - FLYER](#)

[Return To Top](#)

Morale, Welfare and Recreation
Liberty Program (Liberty Zone)
MWR Recreational Services Bldg. #89
M-Th 11 a.m. to 8 p.m.
Friday 11 a.m. to midnight
Saturday 11 a.m. to midnight
Sunday and Federal Holiday 8 a.m. to 5 p.m.
410-293-9214

The Liberty Zone, the recreation center for single and unaccompanied E1-E6 active duty personnel, is located in the MWR Recreation Services Bldg. #89, Naval Support Activity Annapolis. The center is an alcohol and tobacco-free facility designed to be the Sailor's 'home away from home.' The center features a surround sound theater, computers, WIFI connectivity, video games, TV / lounge area, self-serve snack area and kitchen facilities (with a stove), pool tables, ping pong tables and a massage chair. Activities and trips are planned each week. Sign up and pay for trips / activities in advance either at front desk of Bldg. #89 or Liberty Zone.

[Text Message Program](#): Find out about Liberty Zone events the easy way! Sign up for Text Messaging by texting LIBERTYZONE (all one word) to 30364. Message and data rates apply. Text STOP to end or HELP for help.

[Return To Top](#)

Morale, Welfare and Recreation
Carr Creek Marina
CDR John L. Dunning, Jr. Pier at Mill Creek
Winter Hours: September to May 20
Office: Monday through Friday 7:30 a.m. to 4 p.m.
410-293-3731 or 2058; FAX 410-293-3410

Carr Creek Marina is located on the east end of Naval Support Activity Annapolis and is open to all Department

of Defense customers, including active duty of all services, DoD civilian employees, military retirees, reservists and family members.

Marina Services: Haul Outs / Power Washing / Slips / Moorings / Dry Storage

The Marina offers haul-outs and power washings by appointment and also has slips, moorings and dry storage for boats. There is a storage lot for recreational vehicles, boats on trailers and popup campers (no automobiles) and priority is given to active duty housing residents at the Annapolis complex. Carr Creek Marina also operates the CDR John L. Dunning, Jr. Pier at Mill Creek off Greenbury Point, NSA Annapolis. The pier is designated as a "Clean Marina Partner" by the Maryland Department of Natural Resources under the Clean Marina Program. The pier has 32 slips for year-round in-water berthing. Eligible patrons interested in renting a marina slip at Mill Creek can fill out an application (applications can be downloaded from the webpage: <http://www.usna.edu/MWR/millcreekapplication.htm> and mailed to MWR Carr Creek Marina, 89 Bennion Road, Naval Support Activity Annapolis, MD 21402-5058. Marina slips vary in size and some slips accommodate boats up to 40'. A priority list will be used if slip requests exceed the number of slips available.

Boat Rentals and Sailing Lessons

The Marina rents boats and offers sailing lessons from mid-May to early September. Successful completion earns a "B" qualification card. Lessons cost \$220/person and must be booked by reservation. The cost includes course materials. Because of their popularity, a waiting list is maintained throughout the year. This course is available to authorized MWR customers, ages 16 or older. Sailing applications can be downloaded at: <http://www.usna.edu/MWR/MWRSailingLessonsForm.htm>

Kayak Instructions and Tours

From May to September, the Marina also rents canoes and kayaks. The Marina also offers kayaking instructions and tours with certified American Canoe Association Instructors. Please call the Marina at 410-293-3731 for more information, to schedule a class, or make a rental reservation. For a kayaking instruction application, visit: <http://www.usna.edu/MWR/kayakinstructionapplication.htm>

For more information or flyers, click on the following link on the CNIC website: <https://cnic.navy.mil/Annapolis/FleetAndFamilyReadiness/ThingsToDo/Recreation/Marinas/index.htm>. Visit the MWR Annapolis webpage at <http://www.usna.edu/MWR> and click on the Marina links <http://www.usna.edu/MWR/marinarental-storagefees.htm>

for more information or call 410-293-3731 or 2058.

[Return To Top](#)

**Morale, Welfare and Recreation
Auto Skills Shop**
Friday - 12:30 to 9 p.m , Saturday 9 a.m. to 5 p.m. , Sunday - Noon to 5 p.m.
Closed Monday through Thursday and Federal Holidays
410-293-3859

The self-help Auto Skills Shop has eight automotive bays (four with hydraulic lifts) and a variety tools and equipment, including a Diagnostic Scanner, a tire mounter, timing light, electric drill, wash tank, grease tank, brake lathe, hoists, engine stands, Snap-on tools, tire balancer and puller set. Bay time is \$3/hour; \$5/hour with a lift. Check on your vehicle with the shop's new "All Data" computer car manual program for information on recalls, service bulletins and make / model updates. For information, call 410-293-3859.

[Return To Top](#)

**Morale, Welfare and Recreation
Party Rooms and Pavilion Rentals
MWR Recreational Services Bldg. #89
410-293-9200 (Rental Agreement)**

MWR rents party rooms and picnic pavilions. Retelle Room is located on Naval Support Activity Annapolis and accommodates approximately 80 people. There are kitchen facilities, a brick BBQ with grill (currently being renovated), a covered patio and is adjacent to a softball field (**field must be booked separately**). **Retelle Room does not have heat or air conditioning and is not available in winter months from November to April.**

MWR also rents the Bay Room located at Greenbury Point. It offers similar features as the Retelle Room plus a view of the Chesapeake Bay and accommodates 80 people. It is available year-round with heat and / or air conditioning.

A party package is available at North Severn with Pavilion rental and access to North Pool during open hours. Cost for package is \$155 and includes private pavilion with grill and use of North Pool (limit to 50 guests regardless of age). Call MWR for further details: 410-293-9200.

Balloon Bouquets with 12" balloons may be ordered 48 hours in advance (\$9 per dozen - limit of 3 dozen per room rental). Balloons may be picked up on the day of the event at the MWR Recreational Services Bldg. #89.

Rental fee for the Retelle Room or the Bay Room is \$65 plus a \$150 refundable deposit. Reservations may be made no more than three months in advance. For reservations, stop by the Customer Service Desk, Bldg. #89 to complete the rental application or call 410-293-9200 for more information.

[Return To Top](#)

Morale, Welfare and Recreation
Outdoor Recreation Equipment Rentals
Bldg. 299 Halligan Road
(in the Auto Skills Shop Facility)
410-293-3859
(Thursday to Monday)

MWR rents six-foot tables, chairs, a 5-foot charcoal grill, propane heater / cooker, folding picnic tables with umbrellas, four and six-man tents, sleeping bags, camp cots, air mats, camp chairs, ice chests, propane lanterns, flashlight lanterns, two-burner stoves, 10' x 10' canopies and a 4-man Coleman Yuma Camper on a daily basis, for the weekend or weekly to help you experience the great outdoors.

MWR rents mountain bikes, bike helmets and sports equipment such as softball kits, badminton and croquets sets, basketballs, volleyballs and horseshoes.

MWR also rents three inflatables: Moon Bounce, Slide and Basketball Hoop on a daily basis. There is an extra \$75 charge for MWR to deliver and set up any of these three inflatables.

Camping, party and sports equipment can be checked out from the Outdoor Recreation Equipment Rental Facility, Bldg 299 Halligan Road (same facility as Auto Skills Shop). Hours of operation are: M-Th, 8:30 a.m. to 5 p.m.; Friday, Noon to 8 p.m.; Saturday, 9 a.m. to 5 p.m. and Sunday, Noon to 5 p.m. Weekend rentals mean a customer picks up items on Friday and returns them the following Monday. Call 410-293-3859.

Kayak and canoe rentals are available at the MWR Carr Creek Marina. Call 410-293-3731 or 2058.

[Outdoor Recreation Equipment Rental Brochure & Price List](#)

or use this link . . .

<http://files.e2ma.net/12344/assets/docs/nsaannapolis-mwroutdoorrecreationequipmentrental-brochure.pdf>

[Return To Top](#)

Child-Youth Programs

Child Development Center
Bldg 298, Eucalyptus and Gage Roads
M-F 6:30 a.m. to 5:30 p.m.
410-293-9390

Child Development Home Program
Bldg. 298, Eucalyptus and Gage Roads
M-F 8:30 a.m. to 5 p.m.
410-293-9394

Child Development Waiting List Enrollment Parents in need of child care and who want to be placed on a waiting list, can call the Central Enrollment and Waiting List (CEWL) at 1-877-269-9322 or 1-202-433-3059 or register online at <https://qol.navyaims.net/CYPWeb/Web/RFC/RequestForCare.aspx>

[Return To Top](#)

Child Development Center

The Child Development Center of the U.S. Naval Academy Complex is housed in a 25,000 square-foot CDC with 162 available spaces and the latest Unified Facilities Criteria, new furnishings and equipment. The staff at the Center provides quality childcare, preschool and pre-K programs for active duty and DoD families, Monday through Friday from 6:30 a.m. to 5:30 p.m. Eligibility is open to active duty military, DoD civilian employees, reservists on active duty and DoD contractors assigned to or residing at the U.S. Naval Academy Complex. Priority access will be established if there is a waiting list. Fees for childcare at the center are based on total family income. Current shot records are required at the time of registration. Bring Leave and Earning statements and / or pay stubs to register. For more information on services or fees, call 410-293-9390.

Hourly Care Service

Hourly care is open to children, ages 6 weeks to 5 years old at the Child Development Center, NSA Annapolis. Reservations can be made up to 30 days in advance and no more than 25 hours per week are permitted for hourly care. All military and DoD civilian families are eligible for hourly care services. Contact the CDC at 410-293-9390 for more information and costs. Individual Augmentee spouses may be eligible for free hourly care - for information call the Fleet and Family Support Center at 410-293-2641.

Child Development Home Program

<http://www.usna.edu/MWR/Child-YouthPrograms/NSAAnnapolis-CDH-AdLandscape-2011>

CDH program offers self-employment as a child development provider to qualified persons living on and off base. Providers attend 20 hours of orientation classes including CPR and First Aid. National background checks are performed on all CDH providers. Their homes are inspected by the Naval Academy fire department, safety office and preventive medicine department. CDH program offers providers the opportunity to work in their home and watch their own children grow and develop while at the same time caring for children and earning an additional income. **CDH rates are subsidized by DoD to be comparable to Child Development Center rates.**

CDH homes provide a warm, family setting in which children can participate in developmentally appropriate learning activities and home-life experiences. The children are able to build a trusting relationship with a provider who will foster their curiosity and creativity, provide guidance and give them the hugs they need.

CDH homes have space available for new children, ages 6 weeks to 12 years old. Some providers also offer evening and weekend drop-in care. If you need child care or would like to become a provider, call the CDH Monitor at 410-293-9395.

[Return To Top](#)

Child-Youth Programs
Billy the Kid Youth Center
Bldg. #126 Alder Road
School-Age Care (SAC)
M-F 6:30 a.m. to 5:30 p.m.
410-293-9396 SAC / 410-293-4998 Sports/Teens
Membership at the Youth Center is free
Member Affiliate Boys and Girls Clubs of America
Accredited by the Council on Accreditation (COA)

Boys & Girls Clubs of America Character Building Program

The Billy the Kid Youth Center is a Member Affiliate Organization of the Boys and Girls Clubs of America and offers teens the opportunity to be members of Torch Clubs.

[School-Age Care Program - Ongoing Enrollment](#)

The School-Age Care Program is located at the Billy the Kid Youth Center, Naval Support Activity Annapolis. The center is open Monday through Friday from 6:30 a.m. to 5 p.m. The SAC program operates Monday through Friday from 6:30 to 8:30 a.m. and from 3 to 5:30 p.m. (excluding federal holidays) and includes supervised activities such as arts and crafts, indoor / outdoor games, homework time and an afternoon snack. Additional care will be provided for early dismissals, parent-teacher conferences, in-service days and snow days. Anne Arundel County School Bus transportation is available before and after school to Annapolis Elementary and Severn River Middle. **Van transportation provided by the Youth Center is available for before and after school care ONLY from West Annapolis Elementary School on a limited space basis. Van transportation from the Youth Center to school leaves at approximately 7:45 a.m. Children are picked up by the Youth Center staff from West Annapolis Elementary School at 2:50 p.m.** Program fees are based on total family income and depend on whether the child is enrolled in the before or after program or both sessions. There is a 20% discount for each additional child enrolled. Parents need to bring a Leave and Earnings Statement or pay stub when registering their children. The program is open to dependents of all active duty, active reservists and DoD civilian employees. For details, call 410-293-9396

[SAC - Monthly Birthday Parties](#)

Happy Birthday will be ringing every month through December when the SAC children celebrate birthdays of the month at various locations from Chick-fil-A to the Anne Arundel County Fairgrounds to McDonald's and finally at "Lights on the Bay" at Sandy Point State Park. Children with birthdays during the month are free; Costs for other children range from \$6 to \$10. For more information, [view the flyer by clicking here](#).

[Open Recreation](#)

Open Recreation will resume on September 7 and will be offered every Friday from 5:30 to 7:30 p.m. during the school year. The program is free. Youth can take advantage of supervised open play for arts and crafts, games, computers and more! For information, call 410-293-9396. Flyer Link: <http://files.e2ma.net/12344/assets/docs/btkyouthcenter-openrecreation.pdf>

[Return To Top](#)

Teen 1st Fridays, [Cooking Club](#) and [Teen Fitness Workouts](#) are offered during the academic year. For more information, call 410-293-4998.

Teen Room

Hours are: M-F from 3 to 5:30 p.m. for middle school and high school kids with a YC membership. Teens have access to TV with cable, game table, computer room, magazines, X-Box, Playstation 2, and a comfortable sitting area.

4-H PROGRAM INFORMATION

Does your child love to cook, make a robot or have a special interest? If so, then 4-H at the Billy the Kid Youth Center is the place on base for youth! 4-H offers a variety of enriching and fun programs such as Junk Drawer

Robotics, Cooking Club, Reading Makes Cents, Bikes and Heath Rocks. If you are interested in becoming a 4-H Volunteer and attending training, call 410-293-4998.

[Return To Top](#)

Child-Youth Programs
School Liaison Officer
(Located at Fleet & Family Support Center)
Bldg. 348 Kinkaid Road
M-F 8 a.m. to 4:30 p.m.
410-293-2641

School Liaison Officer Position Broadens Navy's Child-Youth Program

The School Liaison Officer's primary function is to provide transition support to DoD-eligible families with school-age children, primarily: **School Transition Services, Deployment Support, Liaison Communications, Partnerships in Education, Home School Link Support, Post-Secondary Preparation.**

Making a move over the summer with school-age children? Don't forget to contact your School Liaison Officer for assistance in locating your new school, the transfer process, high school graduation requirements and the Interstate Compact on Education Opportunities for Military children.

Carol Mohsberg , 410-293-2641 <mailto:carol.mohsberg@navy.mil>

[SCHOOL LIAISON OFFICER - OCTOBER NEWSLETTER](#)

<http://cnic.navy.mil/Annapolis/FleetAndFamilyReadiness/SupportServices/Families/ChildandYouthPrograms/SchoolLiaison/index.htm>

SLO Recommended Websites for Parents

Student Online Achievement Resources (SOAR) - interactive student tutorials

<http://www.soarathome.org>

Need a Tutor - a DoD-provided program

<http://www.tutor.com>

Find a School at Your New Location

<http://www.schoolquest.org>

Morale, Welfare and Recreation
Administrative Information

Sign up to Receive MWR E-mail Announcements

If you want to receive MWR's e-mail announcements, at work or home, here's how you sign up for the listserv: Go to <https://lists.usna.edu> Select the link for "Look at our List of Lists." The list of available lists is in the right hand panel. Select the MWR-ANNOUNCEMENTS and click on the hyper link. Select "Join or leave the list (or change settings)." Put your email address, name, and then click the button for "Join MWR-ANNOUNCEMENTS". This is also where you can remove yourself from the list.

[Return To Top](#)

MWR Employment Opportunities

MWR Annapolis is hiring for Non-Appropriated Fund positions (full and part time). Visit: <http://www.usna.edu/MWR/employmentopportunities.htm> or call Janice Bevins, NAF Personnel, at 301-342-3653.

Navy Housing

Navy Housing (******CEL "A" List Communities**)

Family and Unaccompanied Housing
349 Kinkaid Road, Annapolis, MD 21402
410-293-9731 Main Number (General Inquiries)
410-293-9739 Housing Referral & Rental Partnership
410-293-2600 Fax
Weekdays: 7:30 a.m. to 4 p.m.

The Department of the Navy Housing Welcome Center is available to meet all of your housing needs. Personnel must first report to the Navy Housing Referral staff, who will assist them in locating housing On-Base, Off-Base or within the local area. For a copy of the Housing Application, please visit <http://cnic.navy.mil/Annapolis/FleetandFamilyReadiness> and select "Housing." Frequently asked questions are also available on the CNIC website.

Receive Housing Information FASTER??
Check out the HEAT! (Housing Early Application Tool) on <http://www.cnic.navy.mil/HEAT>

Press Release Link - Issue Resolution
http://www.navy.mil/search/print.asp?story_id=69565&VIRIN&imagetype=0&page=0

Learn more about the Navy's Resident Energy Conservation Program (RECP)
Visit this link for a video about RECP: <http://www.cnic.navy.mil/recp>

Maryland Homefront Mortgage Program Link:
http://www.stardem.com/real_estate/article_c9d8570a-c729-11e1-8904-0019bb2963f4.html

[Return To Top](#)

Property Management for Family Housing
Lincoln Military Housing (410) 349-1740
349 Kinkaid Road, Annapolis, MD 21402
410-349-1740
1 (888) 578-4141 Lincoln Maintenance (Toll Free)
Weekdays: 7:30 a.m. to 4:30 p.m.
Saturdays: 9 a.m. to 1 p.m.
E-Mail: <mailto:annapolis@lpsi.com>

<http://www.lincolnmilitary.com/lmh/installations/annapolis/>

HOUSING IS AVAILABLE FOR DOD CIVILIANS

Military Family Housing on and surrounding the Base is administered by a partnership between the Department of Navy and Lincoln Property Company (PPV – Public Private Venture). Lincoln Military Housing is the Property Manager of PPV Housing for USNA/NSA Annapolis. PPV Housing has two- to four-bedrooms and newly renovated townhomes, single-family and apartment-style homes. PPV Housing is available for all Active Duty Service Members, including bachelors, and for Military retirees and active and retired Federal Civil Service employees. To view PPV homes, features and amenities, community services, policies, area information and more, please visit <http://www.lincolnmilitary.com/installations/annapolis>. Newly arriving personnel are welcome to tour PPV Housing Monday through Friday from 7:30 a.m. to 4:30 p.m. and Saturdays from 9 a.m. to 1 p.m.

Housing in the local area is available through the Rental Partnership Program (RPP) or Private Property Owners. Private Property Owners also support the local housing market by making their real estate rentals/sales available to military families. Personnel should contact the Navy Housing Referral Office for more information about these programs.

[Return To Top](#)

Unaccompanied Housing

**"A LIST PLATINUM AWARD" - Six Consecutive Customer Service Excellence Awards
Three Consecutive "Crystal" Awards for Customer Service!**

Reina Mercedes Bldg. #47

410-293-9067 or 410-293-9066

All newly reporting personnel are required to report to the Unaccompanied Housing office located at Bldg. 47 (Reina Mercedes Hall). All others can secure private-leased residence through the Navy Housing Welcome Center, Unaccompanied Housing facilities consist of three buildings: Reina Mercedes Hall (Bldg. 47), Fuller Hall (Bldg. 46) and Bldg. 298 that house permanent party residents. Reservation requests may be made by the member or sponsor.

Geographic Bachelor (GB). NSA Annapolis Unaccompanied Housing can provide berthing to GBs attached to NSAA or tenant commands only after approval from the Unaccompanied Housing Assignment Review Board (BHARB). GBs should have housing arrangements prior to reporting aboard NSAA/USNA.

[Return To Top](#)

Navy Gateway Inns & Suites

Always Delivering 5-Star Service

***Winner of the Admiral Elmo R. Zumwalt Award for
Excellence in Lodging Management for 2012***

2 Truxtun Road

Annapolis, MD 21402

Toll Free Number is 1-877-NAVY-BED EXT 266

8a.m. to 5:30 p.m. - Monday through Sunday

8 a.m. to 2 p.m. - Federal / Official Holidays

NOTICE - NGIS Re-opens October 5

After a five-month long renovation project to repair the roof and windows of Building #2 (Naval Academy Club Building), the Navy Gateway Inns and Suites, located on the second and third floors of Building #2, will re-open on Friday, October 5 for business as usual. Please note that some scaffolding may remain in place while the finishing touches on windows and the roof are completed. Thank you for your patience during the renovation process.

Tucked away on the second and third floors of the historic Naval Academy Club on the "Yard" at the U.S. Naval Academy, Navy Gateway Inns & Suites (NGIS) Annapolis offers 13 custom decorated rooms and two distinguished visitor suites all within walking distance of beautiful downtown Annapolis, City Dock and Maryland State Government Offices.

Guests are able to enjoy a complimentary temporary membership at the Naval Academy Club valid during their stay at NGIS Annapolis. Upon arrival, Guests will receive a temporary membership card which is also valid for a complimentary drink / cocktail at The Alley, the fine dining establishment located in the lower level of the Naval Academy Club.

Navy Gateway Inns & Suites (NGIS) Annapolis room rates are:

- Regular Suite - \$95.00 per night
- Distinguished Visitor Suite - \$114.00 per night

Reservations can be made at <mailto:ANNAPOLISVO@lists.usna.edu> or download and print out the form at [NGIS Reservation Form link](#); and FAX to NGIS at 410-293-2444 or go to <http://www.dodlodging.net>.

NGIS VIRTUAL TOUR <http://www.usna.edu/MWR/NavyGatewayInns&SuitesAnnapolis.htm>

After-hours Check-in Procedure: All keys will be held at the designated key boxes located at the NGIS lobby. Key box assignment and instruction are posted by the NGIS entrance. [Navy Gateway Inns & Suites Annapolis brochure](#).

[Return To Top](#)

MWR-Blue Jacket Cafe
Serving 5-Star Quality Food and Customer Service
46 Bennion Road
Naval Support Activity Annapolis
Cafe Manager: 410-293-9117
Assistant Manager: 410-293-9119
FAX: 410-293-4222; DSN 281-4222
Daily Menu Recording: 410-293-9120

MWR BLUE JACKET CAFÉ: DINING, CATERING AND COFFEE CAFE SERVICE

The Blue Jacket Cafe offers menu choices and carry-out service as well as a high-end coffee bar / deli area open throughout the day. The Blue Jacket Cafe offers catering services for a variety of functions and events. The MWR-Blue Jacket Café is open Monday through Friday from 6:30 a.m. to 6:30 p.m. for breakfast, lunch and dinner. On weekends and federal holidays, the MWR-Blue Jacket Cafe is only open for brunch (10 a.m. to 12:30 p.m.) and dinner. The cost for brunch is \$5.50 per person.

During the weekdays, customers can get fresh brewed gourmet coffee, specialty coffees, BJC Original Blend coffee, muffins and bagels and take advantage of breakfast sandwiches, deli subs, salads, smoothies, hand-made desserts and pastries from 8 a.m. until 4 p.m. from the Coffee Cafe. Join the Coffee Mug Membership Program! Purchase a coffee mug for \$7.50 and receive refills of coffee for \$.50 each when you bring the purchased mug back to the Blue Jacket Cafe. Customers also receive a membership card and will have access to future special discounts and promotions. For hours and daily menu, call 410-293-9210 or please visit: <http://cnic.navy.mil/Annapolis/FleetAndFamilyReadiness/ThingsToDo/FoodAndBeverage/Galleys/index.htm>

REGULAR HOURS OF OPERATION:

Hours - Weekdays:	Meal Costs for Non-RIK Persons
Breakfast: 0630-0800	Breakfast: \$3.50
Lunch: 1100-1300	Brunch / Lunch / Dinner: \$5.50
Dinner: 1630-1800	

Hours - Saturday / Sunday / Holidays

Brunch: 1000-1230
Dinner: 1630-1800

Coffee Shop and Deli
Monday - Friday 0800-1600_

-

[Blue Jacket Cafe Weekly Menu](#) _

[Summary of Meal Form](#) (for Scout / Youth Groups)

Blue Jacket Cafe Has Two Serving Lines - Check Us Out!

The Blue Jacket Cafe offers two serving lines for customer convenience. Come give us a try! For details, call 410-293-9120.

October Heritage Lunches at the Blue Jacket Cafe

9 - Hispanic Heritage
16 - German Heritage
23 - Italian Heritage
30 - Polish Heritage

COMMUNICATION - NAVY WAY

NAVY's Fleet and Family Readiness on FACEBOOK!

<http://www.facebook.com/navyffr>. To view F&FR's videos on YouTube, visit <http://www.youtube.com/user/NavyFFR>.

Note: YouTube cannot be viewed from an NMCI computer, but the videos have also been loaded on the F&FR Facebook page, which can be accessed from an NMCI computer.

Fleet and Family Support Centers' FACEBOOK!

[Fleet and Family Support Program's Facebook link](#)

[Tweets Fleet and Family Support Program Tweets link](#)

MWR Annapolis FACEBOOK

<https://www.facebook.com/AnnapolisMWR>

[Return To Top](#)

UPCOMING SPECIAL EVENT

- **Family Fall Festival - Youth Center** - October 26; 5-7 p.m.; \$3/person; 410-293-9396
- **Santa Grams in Base Housing with the Fire Truck** - December 12; FREE, 1800-2000, Housing Development
- **6th Annual Travel Show and Outdoor Expo** on April 30, 2013; Rec. Bldg. #89; 11 a.m. to 1 p.m.; FREE admission

SPONSORS' SPOTLIGHT

If you would like to become a sponsor of one of our many programs contact [Donna M. Ruokonen](#) at 410-293-9206 or e-mail ruokonen@usna.edu

The appearance of sponsors' names does not imply government endorsement. (Neither the Navy nor any other part of the federal government officially endorses any company, sponsor or their products or services).

The Navy Morale, Welfare and Recreation Division administers a varied program of recreation, social and community support activities on U.S. Navy facilities worldwide. Our programs here at NSA Annapolis provide active-duty, reserve and retired Navy personnel, DoD Personnel attached to the facility and their families with sports and physical fitness activities, and child development and youth programs. Our mission is to provide quality support and recreational services that contribute to the retention, readiness, mental, physical, and emotional well-being of our Sailors.

Thank you to

Chick-fil-A, Annapolis Mall for sponsoring "**Chick-fil-A Moo...vie Madness**" for families to watch movies on the third Thursday of every month.

Lincoln Military Housing for sponsoring the Youth Center's Family Fall Festival on October 26, 2012.

Naval Academy Athletic Association, Enterprise Rent-a-Car and Spirit of Philadelphia for sponsoring the 7th Annual Army-Navy Football Weekend Giveaway Contest through November 7, 2012.

[Sponsorship Opportunities . . . \(brochure\)](#)

Have a friend receive upcoming issues of our newsletter.

<https://app.e2ma.net/app/view:Join/signupId:22556>

Send this sign-up link to a friend

Please note that your participation in any MWR event may result in having your photo taken. This photo may be used in any Fleet and Family Readiness Program publication and / or shared with commercial sponsors, if applicable.

[Return To Top](#)

FFRP Naval Support Activity Annapolis
89 Bennion Road | Annapolis, MD 21402 | (410) 293-9206 | E-mail address: FFRPMarketing-NSAAnnapolis@usna.edu

Web: www.cnic.navy.mil/annapolis/fleetandfamilyreadiness

