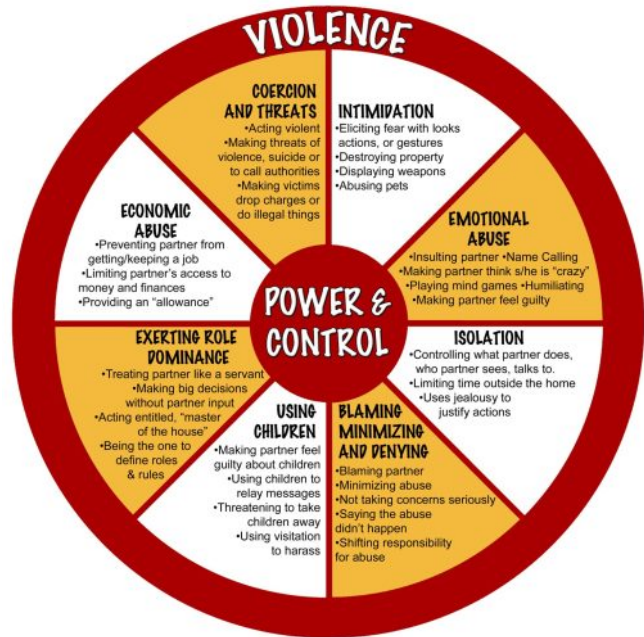
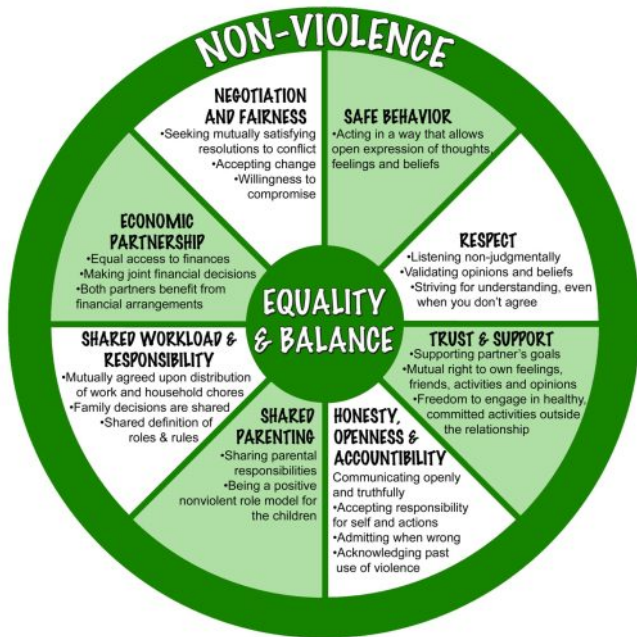


the

# Saratoga

sailor

**October 2016**  
**Naval Support Activity**  
**Saratoga Springs**



## The Cycle of Domestic Violence, and how to break it...

October is Domestic Violence Awareness Month. Unfortunately, though, Domestic Violence (DV) happens year-round, but it can be stopped. If you are the victim of DV, or the one who is acting violently, there is help...you can break the cycle.

It is important to acknowledge that DV is about power and control. It's not about love or connection. And it is NOT gender-specific. Both men and women can be the perpetrator or the victim. Perpetrators want things their way because of fears and insecurities, or the potential to not have control of the relationship or their partner.

Like most problems, DV starts small, often with insults or name-calling. Sometimes, there is jealousy and possessiveness which leads to efforts to limit activities outside the relationship. These efforts to control will often lead to threats of consequences, including violence. It's at this early stage that there is "testing" to see what power the perpetrator can gain.

Eventually, perpetrators and victims learn what is "acceptable" within the relationship. Both parties often explain or excuse the problems within the relationship..."Oh, he didn't mean to do it" or "She just had a bad day." Once these standards of behavior are allowed, they will continue to escalate. A little control works at first, but more is needed as time goes on. Ultimately, these controlling behaviors can lead to violence. This is very frequently a pattern of violence which cycles from the violent act ("explosion phase"); to the "honeymoon phase" when the abuser is apologetic; to the "tension building phase" when the control efforts are escalating; back to the "explosion phase."

If you find yourself in a situation which includes violence and other efforts to control, contact your local Fleet and Family Support Center for assistance. The Family Advocacy Program (FAP), coordinated by the FFSC, has ways to help both parties in these situations, almost always without any negative impact on the perpetrator's career.

However difficult it may be to believe that last sentence, the objective of FAP is for perpetrators and victims to learn new ways of interacting and getting their needs met, without violence or other controlling behaviors. FAP is not about punishment, or ending careers. (That is not to say that consequences are not required at times, there are other programs in place for that to happen, if the victim desires it.)

Take a look at the "wheels" above. The one on the left provides examples of equality and balance in a relationship, which usually leads to a nonviolent environment. The wheel on the right provides examples of efforts to exert power and control, often leading to violence and other significant problems in the relationship. If you find that you identify with more of the wheel on the right, you may find it helpful to get more information on the subject.

Call your FFSC for more information at 518-886-0200 x146. We can explain your reporting options (Restricted and Unrestricted) and help you find ways to a healthier relationship.



# Fall in Upstate New York...

## Army vs. Air Force Football Game

The cost is priced per person for chartered bus transportation, one admission and one ticket to game (sideline ticket in section 32). The bus departs the MWR Community Recreation Center 3569 Galway Road, Ballston Spa. The return trip home departs U.S. Military Academy-West Point at a specified time to return to the MWR Community Recreation Center at approximately 7:30 p.m. Register by Friday, October 21 at MWR Saratoga Ticket and Travel Office, Building 106 or the MWR Community Recreation Center.

For information, please call (518) 886-0200, extension 126 or email: [mwrsaratoga@gmail.com](mailto:mwrsaratoga@gmail.com).

## WEEKLY NEWSLETTER

Interested in receiving the MWR Newsletter/monthly MWR events calendar? Please email [monica.mwr.saratogasprings@gmail.com](mailto:monica.mwr.saratogasprings@gmail.com) to be added to the private distribution list.



## FROM YOUR OMBUDSMAN

Blue Star Families ([bluestarfam.org](http://bluestarfam.org)) is an organization created by Military spouses to help Military families. Blue Star Families has family recreation resources for reading, theaters and museums. There is employment assistance, training, networking and more. Blue Star Families has information to help with moves and deployments as well. This resource has region specific communities set up to help you get connected within your military community and in the civilian community around you. Blue Star Families is growing and conducts surveys and research to help identify where to help, and has received grants to offer employment assistance based on their outreach. Visit [bluestarfam.org](http://bluestarfam.org) for more information.

For more information, call (518) 281-9907 or email [saratogaspringsnptuombudsman@gmail.com](mailto:saratogaspringsnptuombudsman@gmail.com)

Don't fall for just anything when it comes to your housing rights! Remember, as a tenant, you have rights to protect and guide you through a smooth tenancy. The New York State Attorney General's Office in Albany has a full staff of professionals ready to assist you when it comes to Tenant's Rights. The Navy Housing Service Center works in unison with the United Tenants Rights office, (518) 436-8997.

With winter just around the corner, it's important to remember to winterize your home in preparation for the frigid temperatures ahead.

- Check doors and windows for any leaks and work with your landlord to properly seal them to keep the cold out and the heat in! That includes putting away the window air conditioners. Make sure you have the right storm windows up and latched properly to avoid gaps.
- Put away any water hoses, yard equipment or toys. When using your snow blower this winter, you won't want anything but snow going through it!
- Clean out your gutters or ask the landlord to have it done. Use caution if doing this yourself!
- Have the furnace serviced to ensure it is in good working order and remember to change the filters monthly.
- Talk to your landlord about how to keep "critters" in the wild and out of your attic or in your home.
- Prepare your house, garage, or entryway so that you'll have a place for snowy, wet boots.
- Don't use your fireplace unless your chimney has been professionally cleaned and checked for safety.
- Reverse your ceiling fan from summer operation to winter. The fan will push warm air downward and force it to re-circulate keeping you more comfortable and heating costs down. Hint: When looking up at the fan, the blades should be turning clockwise.
- Before temperatures fall below freezing, make sure the water to your garden hoses is shut off inside your house and the lines are drained. If you don't know what that entails call your landlord for guidance or ask him to help you winterize the house. He'll be very happy you're thinking in terms of protecting his property!
- Finally, check those alarms! This time of the year is a great time to replace the batteries on your smoke and carbon monoxide alarms. And TEST them to make sure they are working!

For more information or help with your housing needs, contact the Housing professionals at:

The Navy Housing Service Center  
26 Quiet Harbor Drive  
Saratoga Springs, NY 12866  
(518) 886-0200 extension 168



# SARATOGA SPRINGS PHONE LIST



Happy Autumn everyone! The leaves are falling, the apples have been picked and we are gearing up for October and pumpkin patch season. I hope everyone got back to school well and the kids have adjusted to their new schedules. We've been

busy planning our annual MWR Halloween Party and Family Fair. Can't wait to see you all there a Friday in October from 5 to 7 p.m. Costumes encouraged! In addition, CYP has scheduled the annual Trick or Treat event for Monday, October 31 from 2:30 to 4 p.m. again this year. All the staff at NSA have a great time seeing the children dressed up and able to get around the base to visit us. Please call the CYP office at (518) 886-0200 extension 161 to sign your children up for Trick or Treating so we can get an approximate count of participants. Can't wait to see you all again this year!

Child Development Homes (CDH) is looking to expand! Spouses interested in making extra income for your family? Become a certified, in-home child care provider! For more information on how to start this great career while staying home with your own children, call Wendy at (518) 886-0200 extension 161. Certification is FREE and transferable! CDH has immediate openings! Daily or unexpected drop-in childcare is available. Call or email today to get a list of available CDH programs. Join the online wait list at [www.militarychildcare.com](http://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 (518) 886-0200 extension 161 for any questions. Looking forward to hearing from you soon!

MilitaryChildcare.com - have you created your online account yet? [www.militarychildcare.com](http://www.militarychildcare.com) is the Navy's newest website to help you find information on child care programs worldwide! You have access to your account profile when it's convenient to you! Militarychildcare.com is required procedure to get on any childcare wait list 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 your spouse are working or attending school full-time, you are eligible to apply for Military childcare in your Neighborhood (NACCRRRA) at [www.naccrra.org](http://www.naccrra.org). MilitaryChildcare.com account and income verification is required. For more information, call Wendy in CYP at (518) 886-0200 extension 161 or visit.

Navy School Liaison Officer in full force! Be on the lookout for your School Liaison Officer at various back to school and meet the teacher nights around the area. Lots of helpful information for transitions, tutoring and more! Many schools are already scheduled for attendance. I look forward to introducing myself at your children's schools.

## Reminders...

Saratoga School District:

- Monday, October 10 - closed for Columbus Day
- Wednesday, October 12 - closed for Yom Kippur
- Monday, October 17 & Wednesday October 26 - Parent/Teacher Conferences - half day of school elementary only
- Contact Valerie at the Registration office for a registration packet for the Saratoga Springs School District at (518) 583-4789.

Ballston Spa School District:

- Monday, October 10 - closed for Columbus Day
- Friday, October 28 - Superintendent Conference Day - half day of school K-12
- Contact Annelise at the Registration office for a registration packet for the Ballston Spa School District at (518) 602-0256.

## Looking forward...

- CYP Trick or Treating on NSA Saratoga- Monday, October 31

## 24/7 Sexual Assault Crisis Coordinator (518) 852-0506

Child & Youth Program.....	(518) 886-0200 ext. 161
Monday through Friday.....	8 a.m. to 6 p.m.
Commissary.....	(518) 581-2180
Sunday & Monday.....	Closed
Tuesday, Wednesday, Friday & Saturday.....	10 a.m. to 6 p.m.
Thursday.....	10 a.m. to 7 p.m.
Community Recreation Center-Milton.....	(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 3 p.m.
Sunday.....	Closed
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. 168
Monday through Friday.....	7:30 a.m. to 5 p.m.
Fleet & Family Support Center.....	(518) 886-0200 ext. 146
Monday through Friday.....	7:30 a.m. to 4 p.m.
ID Card Services (DEERS/RAPIDS)	
DMNA - Latham.....	(518) 786-4406
ANG 109 <sup>th</sup> Airlift Wing - Scotia.....	(518) 344-2436
NSA - Saratoga.....	(518) 886-0200 ext. 111
Watervliet.....	(518) 266-5601
Tickets & Tours Office.....	(518) 866-0200 ext. 126
Monday through Friday.....	9 a.m. to 6 p.m.
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.....	(866) 661-7650 ext. 20528
Monday through Friday.....	9 a.m. to 4:30 p.m.
Saturday.....	9 a.m. to 12 p.m.
ATM - on site.....	Available when gate is open.
NEX Barber Shop NSA Building 106.....	(518) 886-0200 ext. 123
Wednesday & Friday.....	9 a.m. to 3 p.m.
NEX Barber Shop on NPTU for Staff and Students Only (access to NPTU required with NPTU ID Badge only)	
Monday through Thursday.....	7:30 a.m. to 3:30 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.....	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 Processing Office.....	(518) 886-0200 ext. 116 or 117
Monday through Friday.....	7:30 a.m. to 3 p.m.
Voting Officer.....	(518) 886-0200 ext. 160
Command Email.....	stgs.admin@navy.mil

## Front Gate Hours

Monday through Friday.....	6 a.m. to 8 p.m.
Saturday.....	8 a.m. to 6 p.m.
Sunday.....	closed



# Children's **HALLOWEEN FEST**

**NAVY**  
COMMUNITY  
RECREATION

**MWR**  
NAVAL SUPPORT ACTIVITY  
SARATOGA SPRINGS

**A FRIDAY IN OCTOBER  
5 to 7 p.m.**

**FREE!**

**At the Wilton YMCA  
located in Wilton  
on Old Gick Road**

**FEATURING:**

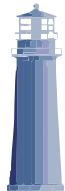
**Crafts, bounce houses, a haunted room, magician,  
face painter, balloon sculpting, food & refreshments,  
an informational vendor fair and much more!**

**OPEN TO MILITARY PERSONNEL AND THEIR FAMILIES ONLY.**

**FOR MORE INFORMATION, CALL (518) 886-0200, EXTENSION 126  
OR (518) 885-5138, EXTENSION 1**

# FFSC Programs

Every day, your Fleet & Family Support Center



FLEET &  
FAMILY  
SUPPORT  
CENTERS  
MID ATLANTIC

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

## OCTOBER WORKSHOPS

**Tues  
4<sup>th</sup>**

**Car Buying**  
FFSC classroom  
1 to 2:30 p.m.

**M-F  
17<sup>th</sup> - 21<sup>st</sup>**

**Transition GPS**  
Building 106  
8 to 4:00 p.m.

**Thurs  
6<sup>th</sup>**

**Suicide Prevention**  
FFSC classroom  
9 to 10:30 a.m.

**Tues  
25<sup>th</sup>**

**Parenting 0 - 1 y/o**  
FFSC classroom  
9 to 10:30 a.m.

**Tues  
11<sup>th</sup>**

**Internet Job Search**  
FFSC classroom  
9 to 10:30 a.m.

**Thurs  
27<sup>th</sup>**

**Interviewing Skills**  
FFSC classroom  
9 to 10:30 a.m.

**Thurs  
13<sup>th</sup>**

**Credit  
Management**  
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.**

**Did we meet your needs? Let us know! [http://ice.disa.mil/index.cfm?fa=site&site\\_id=589](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.cnrc.navy.mil/Saratoga/index.htm>**

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