



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



August 2012
Naval Support Activity
Saratoga Springs

Naval Support Activity Housing Service Center

NSA Saratoga Springs Housing Service Center and Balfour Beatty Communities-Partners working together to bring you the best housing possible.

Community services include:

- Referral Counselors to help you find your next home
- Assistance applying for PPV Housing, & HEAT application for your next duty station
- A comprehensive brief about renting, the local area, area maps and literature
- Provide a sample lease, military clause, intent to vacate, property condition reports
- Fair Housing Act and tenants rights information
- Assistance resolving tenant/landlord disputes
- Liaison between military member, PPV housing & area commands
- Assistance registering and navigating the DoD sponsored Automated Housing Referral Network (AHRN.com)
- Showing service by request

PPV-Housing

Bachelors and Families are welcome!!!!

Quiet Harbor 2 bedroom, 1 bathroom apartment with a garage unfurnished is \$1398.00, and furnished for \$1498 including utilities, trash removal, snow removal & landscaping.

Two bachelors share the rent and pay \$699 or \$749

Amenities include:

One car garage with two car driveway, washer/dryer, dishwasher, gas stove, refrigerator, garbage disposal & microwave

Fully furnished units include beds, dressers, tables, and lamps.

For additional information contact the Housing Service Center

26 Quiet Harbor Road
Saratoga Springs, NY 12866
Phone: (518) 886-0200 extension 124
Fax: (518) 886-0123
Email: nsuhmo@navy.mil
Facebook: [NSASaratogaSprings](https://www.facebook.com/NSASaratogaSprings)
<http://www.facebook.com/NSASaratogaSprings>





Bronx Zoo Bus Trip

Join MWR for a bus trip to the Bronx Zoo on Wednesday, August 8. Price is to be determined. The bus will leave MWR at 7:30 a.m. Call 885-5138 extension two for more information.



Fall Fest

Beginning Monday, August 13, MWR will be taking reservations for the 2012 Fall Fest that will be on Friday, September 21 from 5 to 7 p.m. at Naval Support Activity.

This is a FREE event featuring various entertainment and family fun! Call 885-5138 extension one to R.S.V.P.

MWR Golf Tournament

The fourth MWR Golf Tournament will be on Friday, August 17 at Pioneer Hills Golf Club.

Four-person, best ball scramble with a shotgun start at 9 a.m. Price is to be determined. Call 885-5138 extension two to sign up your four-some.

Tri-City Valley Cats

Tri-City Valley Cats and MWR present a Navy night at the ball park Saturday, August 18 at 7 p.m. See the Staten Island Yankees vs Tri-City Valley Cats for \$9.50 per person in premium box seating with post game fireworks! Call 885-5138 extension two for more information.



Flag Football

A flag football coaches meeting will be held on Wednesday, August 29 at 11 a.m. All sections interested in participating in the league must have a representative present at the meeting. Rules, regulations and game scheduling will be taking place. Call 885-5138 extension two for more information.



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.rr.com.

SARATOGA SPRINGS PHONE LIST

CHILD AND YOUTH PROGRAMS

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
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) 884-1823
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 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

Our Navy certified Child Development Homes Program (CDH) has grown! We currently have five providers with openings for full time, part time and drop-in childcare. Childcare for infants through school age children is currently available in the Saratoga Springs School district with more interested providers in Ballston Spa and Galway areas in process to become a CDH. Military subsidies are available to active duty military families and DOD civilian employees to help cut the cost of childcare. Call today to sign-up for one of our new openings! If you have any questions or to add your name to the waiting list, please feel free to call (518) 886-0200 extension 161.



New York Capital District Family Readiness Group (FRG)

With the end of summer closing in on us fast the FRG would like to invite you and your family on one last camping trip! Join us August 2 through 5 at Moreau State Park. Campsites are approximately \$19/day but allow six people per site so get your friends together and share a site! We will be hosting a s'mores roast on August 2nd and a hotdog lunch on the 4th.

Look in your next issue of Saratoga Sailor for details on upcoming September events which will include a meeting focused on back to school safety. We will also be holding a school supplies drive for underprivileged children in the area.

The NYCD-FRG is a group formed for spouses of military members residing in the capital district with meetings being held the second Thursday of every month at the NSA Training Center. You can find out more about this group and how you can get involved in events at our group page on Facebook. We look forward to seeing you at the next meeting or event!

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.

AUGUST CLASSES

Wed.	Resumes
1st	FFSC classroom, 1 to 2:30 p.m.
Thu.	Credit Management
2nd	FFSC classroom, 1 to 2:30 p.m.
Tue.	Suicide Prevention
7th	FFSC classroom, 1 to 2:30 p.m.
Wed.	Interviewing Techniques
8th	FFSC classroom, 1 to 2:30 p.m.
Thu.	Car Buying
9th	FFSC classroom, 1 to 2:30 p.m.
Tue.	Anger Management
14th	FFSC classroom, 1 to 2:30 p.m.
Wed.	Internet Job-Search
15th	FFSC classroom, 1 to 2:30 p.m.
Thu.	Home Buying/Renting
16th	FFSC classroom, 1 to 2:30 p.m.
Wed.	Job Search Basics
22nd	FFSC classroom, 1 to 2:30 p.m.
Thu.	Savings & Investments/TSP
23rd	FFSC classroom, 1 to 2:30 p.m.
Tue.	Couple's Communication
28th	FFSC classroom, 1 to 2:30 p.m.
Wed.	Parenting 1 to 3 years old
29th	FFSC classroom, 1 to 2:30 p.m.

SEPTEMBER CLASSES

Wed.	Resumes
5th	FFSC classroom, 1 to 2:30 p.m.
Thu.	Credit Management
6th	FFSC classroom, 1 to 2:30 p.m.
Tue.	Suicide Prevention
11th	FFSC classroom, 1 to 2:30 p.m.
Wed.	Interviewing Techniques
12th	FFSC classroom, 1 to 2:30 p.m.
Thu.	Car Buying
13th	FFSC classroom, 1 to 2:30 p.m.
Tue.	Anger Management
18th	FFSC classroom, 1 to 2:30 p.m.
Wed.	Internet Job-Search
19th	FFSC classroom, 1 to 2:30 p.m.
Thu.	Home Buying/Renting
20th	FFSC classroom, 1 to 2:30 p.m.
Mon.-Thu.	TAP (Pre-Separation)
24th-27th	Empire State College, Mon.-Wed. 8 a.m. to 4 p.m. Thur. 8 a.m. to noon

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



DEPLOYMENT

Military families and service members experience deployments differently. While the separation is the same, responsibilities and everyday tasks are quite different. Healthy families report that “communication is key to their success”, prior to departure and upon return. In times of family stress, professional help should be consulted. The Fleet and Family Support Center has many programs that support deployment, in addition to Life Skills classes, we have Clinical Counseling for individuals and couples by New York State Licensed Clinical Counselors, Pre and

Post-Deployment Briefs, New Parent Support, and Exceptional Family Member programs. In addition to your extended family, friends, and neighbors other support is found with the Family Readiness Group (FRG), and Command Ombudsman. While deployments can be tough on families and service members, they are very manageable with the support systems and services available to you. Thanks for being a “resilient” Navy family.

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>