



DEPARTMENT OF THE NAVY

NAVAL SUPPORT ACTIVITY
19 J F KING DRIVE
SARATOGA SPRINGS, NEW YORK 12866-9267

5750
Ser N00/014
26 Feb 2016

From: Commanding Officer, Naval Support Activity Saratoga Springs
To: Archives Branch, Naval History and Heritage Command

Subj: NAVAL SUPPORT ACTIVITY SARATOGA SPRINGS COMMAND OPERATIONS
REPORT

Ref: (a) OPNAVISNT 5750.12K

Encl: (1) Command Operations Report

1. In accordance with reference (a), enclosure (1) is submitted.

A handwritten signature in black ink, appearing to read "E. T. Mikel", written in a cursive style.

E. T. MIKEL

OPNAVINST 5750.12J

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Command Operations Report

This report is required by commands listed in SNDL Parts 1 & 2 and all operational Task Forces, Groups and Units temporarily established to meet operational requirements.

The report format is divided into six sections: Command Data, Commander's Assessment, Chronology and Narrative, Supporting Reports, Published Documents, and Photographs. Required information is identified in specific sections of the form. Instructions on submitting this form and the required attachments are at the end.

1. Command Data

Name of your Command or Organization: Naval Support Activity Saratoga Springs

Unit Identification Code (UIC), per the SNDL: 61011/40157/40331/40085

Name and Rank of Commander/Commanding Officer/Officer in Charge:

Last: MIKEL First: ELVIS M.I.: T Rank: CDR

Date Assumed Command (date format YYYY-MM-DD): 2014-05-22

Mission/Command Employment/Area of Operations: Provide base operational support to the Fleet, Fighter, and Family; supported commands, and over 108,000 military personnel in NY, MA, and VT. Promote readiness through efficient and effective shore installation management and operations..

Permanent Location (Home Port for deployable units): SARATOGA SPRINGS NY

Immediate Superior In Command:

Operational: Commander, Navy Region Mid Atlantic

Administrative: Commander, Navy Region Mid Atlantic

Identify your assigned Task Force/Group/Unit name(s) and mission(s). Include OPLAN(s) and or named operations you participated in during Task Force assignment (if applicable): NA

Name(s) of Forces, Commands, Ships, Squadrons or Units assigned or under your operational control (if applicable): NA

Type and number of Aircraft Assigned and Tail Codes, if applicable: NA

Commands, Detachments or Units deployed on board or stationed aboard as tenant activities (as applicable): Tenant activities: Customer Service Desk Saratoga Springs, Defense Commissary Agency, Navy Exchange, Joint Personal Property Shipping Office Detachment TWO, Naval Facilities Engineering Command Public Works, Naval Supply Systems Command Site Supply Office, and Navy Federal Credit Union.

Number of Personnel Assigned:

Officers: 2 Enlisted: 8 Civilian: 23

Command Point of Contact (required entry, complete in full):

Name (Rank, First Name, Middle Initial, Last Name): CIV, SUE E BONE

Job Title/Office Code: ADMIN OFFICER, N04C

E-mail (both classified and unclassified, if available): SUE.BONE@NAVY.MIL

Phone number(s): 518-886-0200 X104

Command Mailing Address: NAVAL SUPPORT ACTIVITY, 19 J F KING DRIVE,
SARATOGA SPRINGS NY 12866

2. Commander's Assessment

The Commander's Assessment briefly tells the story of the command's role in national defense and should highlight any general and specific lessons-learned. It should contain the commander's commentary, insights and reflections on the unit's activities. Attention should be directed to significant issues impacting training, operations and mission accomplishment during the reporting period. Descriptions of circumstances and sequence of events leading to major command decisions and results of those decisions are particularly desired. Also desired are accounts of specific contributions of individuals in the command to mission accomplishment. For units engaged in or directly supporting combat, significant wartime or peacetime operations (named operations, non-combat evacuation operations, disaster relief or other humanitarian operations, etc.) or major exercises, particular attention should be given to the commander's estimate of the situation, records of discussions and decisions, descriptions of circumstances and sequence of events leading to operational decisions and results of those decisions. For a unit returning from deployment or participating in a single operation this can normally be a single assessment. For higher-echelon commands or units engaging in multiple operations, a separate assessment for each operation in addition to an overall assessment may be appropriate.

Naval Support Activity Saratoga Springs continued to excel in supporting the Fleet, Fighter, and Family in New York, Massachusetts, and Vermont. This year's focus was to

enhance two areas; 1) Enhancing Morale, Welfare, & Recreation (MWR) services, programs and events with an emphasis of tailoring services to meet the needs and desires of the majority demographic, young Sailors of Naval Nuclear Power Training Unit (NPTU); and 2) Foster and increase awareness and partnership between the Navy and the local community to facilitate Sailors successful completion of NPTU training providing the Fleet with "full-up round" Sailors ready to immediately make an impact on fleet operations. Our annual MWR Summerfest event was the most attended MWR event in base history; energizing our staff to continue to provide quality events and services. Community relationships with local government, business, and civics groups has grown exponentially. Our improved relationships were evident with support from the business community provided during the holiday season through discounted dining opportunities at local restaurants and numerous other initiatives to create an inviting and friendly place for Sailors to spend the holidays. Additionally, we have mentored the Unified Military Advisory Council and provided guidance as to how they can best support all military in the Upstate New York region. The base has improved its training program and has collaborated with local agencies to ensure seamless support in the event of security or emergency management events. The base continues to improve efforts in supporting the Fleet, Fighter and Family while never settling for the status quo. Using an environment of continual improvement, these efforts have translated into the best valued programs and services.

3. Chronology and Narrative

Chronology should include dates of movements; local operations and training; exercises and operations (define acronyms and purpose of exercise or operation); installation of new weapons systems or changes; major physical changes to facilities, ship or aircraft; Class A or B mishaps; port visits; unit awards received; reserve augmentation; and other significant operational or administrative events.

The short narrative should amplify chronology entries (such as objectives and results of exercises/operations; commander's evaluation of exercises/operations, etc). Entries may refer to an enclosure of this report without additional description if the enclosure sufficiently reports the incident/event. For all other entries, give the date or period in YYYY-MM-DD format and provide a brief narrative. All significant events during the reporting period are to be included.

Public Works - UIC 40085

Facility Investment & Preventive Maintenance

- Managed and provided government oversight of the Installation's \$452K Base Operating Support Contract.
- Managed the sustainment, repair, and modernization program for the Base's facilities which has a Plant Replacement Value of \$23M.
- Executed \$106K in facility investment efforts in order to keep the Base fully mission capable.
- Completed 103 Trouble Calls with an estimated value of \$206K.

Environmental

- Completed 6 environmental checklists to ensure projects were in compliance with the National Environmental Policy Act.
- Completed Potential to Emit calculations for all base facilities to ensure we are meeting the NY DEC emissions permitting regulations.

Vehicle and Equipment Support

- Managed 4 GSA vehicles
- Maintained 2 fork lifts supporting NAVSUP

Energy Management

- Completed a base-wide exterior lighting upgrade replacing old metal halide bulbs with high efficiency LEDs. This \$268K project will reduce maintenance and save \$16K annually in energy cost. It has a return on investment of approximately 12 years.

Facility Support

- Provided \$138K in custodial services for 10 facilities supporting 8 tenant commands and 13 different programs.
- Provided \$92K in lawn services and grounds maintenance and care for 62 acres.
- Provided \$24K in pest control for the Installation.
- Provided Solid Waste Disposal for the installation. Disposed of 4,368 CY of general waste and 1,248 CY of recycling.
- Provided \$91K in pavement clearance and snow management services.

Supply - (UIC 00189/40331)

Financial Management:

Continued to administer OPTARS for Naval Nuclear Power Training Unit (NPTU) Ballston Spa utilizing the Funds Administration and Standardized Document Automation (FASTDATA) and Standard Accounting and Reporting System/Field Level Systems (STARS-FL). Annual OPTAR is 495K.

Utilized Navy Enterprise Resource Planning (N-ERP) to manage a 103K OPTAR .

HAZMAT:

Underwent training on the new procedures which became effective on 01 Apr 15 per the new FLCN HAZMAT instruction. On 30 May 15 The NSA CO, Department Heads, cardholders/requisitioners were briefed on the new procedures for the HAZMAT program. Local instruction was revised.

MHE:

2015JUN22-25. Provided MHE Operator and Operator Instructor Training to NAVSUP FLCN Earle, NJ personnel.

FLCN Saratoga Springs resubmitted a MHE Specification Worksheet and Allowance Change Requests (ACRs) to NAVSUP (WSS) to replace a 2650 lbs. electric forklift with a 4K electric forklift.

Site Visits:

2015JUL. Shirley Black conducted an assessment of the Supply spaces for any security issues with emphasis on the Official Mail Center.

2015AUG19-20. NAVSUP FLCN CMC Site Visit – CMDCM(SW) Charles Jones and the Command Career Counselor NCC Michele Clodfelter met with LS1 [REDACTED].

2015SEP. Mr. Donald Darling conducted an assessment of the Official Mail Center.

2015NOV19. FLCN Supply Director met with CO NSA, Public Works Officer, and Supply personnel. He took a tour of all Supply spaces.

2015DEC07-11. Annual Safety Inspection was conducted by the Safety Officer from Newport, RI. Area of focus was the Supply Warehouse.

Contracts:

A new Logistic Support Services Contract was established and was effective 1 Oct 15. The new provider is Automation Precision Technology, LLC.

Miscellaneous:

The water line that provides water to the Supply Warehouse (Bldg 102) became frozen on 20 February 2015. Supply and PPSO staff had to use bathrooms in nearby buildings. The lines were repaired on 19 April 2015.

Installation Development Plan (IDP) – Supply provided inputs to NAVFAC /IDP contractors to resolve building deficiencies and security discrepancies. Two proposals were submitted in the IDP (a short project and aggressive approach).

DUI Program – Acquired two vehicles from Cornell's Used Auto Parts that were had been in accidents for the DUI programs on board NSA Saratoga Springs and NPTU Ballston Spa.

Security & Operations - (UIC 40157/61011)

Navy Security Force Saratoga Springs 2015 statistics:

POVs visited the Installation: 127,331

Commercial Vehicles: 5006

Calls for Service: 6409

RAMS Conducted: 941

ID Cards Confiscated: 8

2015Mar. NOSSA conducted an Explosive Safety Inspection, We received a grade of Satisfactory.

2015Mar. Navy Audit Service ATFP-CNRMA Security Personnel Audit. The audit interviewed individuals ensuring compliance with OPNAVINST 5530.14A

2015Apr. NSA Saratoga Springs participated in Hurrex Exercises . This is a Navy wide Emergency Management Exercise for emergency preparations and accountability during the Hurrigan Season.

2015Jun. USMC Recruiting Command Albany NY held their Poolee event onboard NSA Saratoga Springs

2015Jun. NSA Security Forces executed their Special Event Antiterrorism Plan for the MWR Summerfest Event at the Ballston Spa location.

2015Jun. Regional Security Training Team instructed on CNRMA's New Vetting Process and software application (OpenFox). Three team members were qualified as administrators for the system.

2015Jul. NSA Saratoga Springs was awarded a contract for phone recorders for its Operations Centers.

2015Jul. MA2 [REDACTED] transferred from NSA Saratoga Springs

2015Sep. NSA Security Force executed its Special Event Anti-terrorim Plan for the POW/MIA 5K held at the Saratoga Springs State Park.

2015Sep. Dispatcher Jamie Bonner resigned as a Public Safety Dispatcher.

2015Nov. MA2 [REDACTED] reported to NSA Saratoga Springs for duty.

2015Dec. Newport Safety Office was on board to complete the Explosive Safety Self Assessment and Occupational Safety Inspection. No major finding were noted during this assessment.

2015Dec. MA1 [REDACTED] transferred from NSA Saratoga Springs

Housing (UIC 61011)

Housing Billets - Installation Program Director, Referral Specialist, and 2 Referral Assistants

Current Manning - Installation Program Director and Referral Specialist in place.
2 Referral Assistant positions are vacant.

Scope of responsibility included the following:

- Sustain working relationship with PPV entity to ensure compliance with Business Agreement:
- Met daily with PPV partner to assess waitlist and inventory availability.
- Met every six months with PPV partners, CNRMA, NAVFAC for Member Advisory Group to keep DON Representatives fully informed on all financial and property management aspects of PPV business. (Mar and Sep 2015)

2015Sep. Conducted annual Condition Assessment involving CNRMA, NAVFAC and PPV partner.

Provided all data for the following reports to CNRMA:

- Housing Requirements Market Analysis, (Spring), Base Loading, (Spring), Inventory and Utilization- (Fall), BAH annual determinations (Feb through Aug)

Processed all housing applications and oversaw waitlist and referrals to PPV Housing:

- Processed 308 housing applications overseeing waitlist and referrals to PPV Housing.

Jan- 21

Mar- 20

Apr- 8

May- 47

Jun- 18

Jul- 91

Aug- 7

Sep- 43

Oct- 6

Nov- 17

Dec- 15

- 15 HEAT housing applications for the year

Sustain communications with new residents regarding move-in/out satisfaction:

- Sustained communication with 272 new residents regarding move-in and 285 departing residents for move-out satisfaction surveys.
- Monitored resident satisfaction and housing conditions for health and safety violations involving repetitive complaints and all water infiltration issues as mandated by CNRMA.
- Monitored 227 tenancies and documented monthly all safety concerns for submission to CNRMA.
- Maintain extensive rental database of community referrals for all service members, retirees and DoD Civilian.
- Provided daily oversight of extensive database of community referrals totaling 2,213 listings in the www.Homes.mil website and monitored most other web-based referral websites with listings numbering in the thousands.

Provide Mediation/Issue Resolution services:

- Provided mediation services for 52 formal cases and 100+ informal resolution issues.

Conduct safety inspections for all referrals, community and PPV housing:

- Conducted weekly inspections in PPV housing, new listings and/or complaints totaling over 100 visits.

Sustain communication with surrounding communities to foster positive public relations and increase awareness of rental referral program:

- Met monthly with the Chamber of Commerce and civic leaders, builders, developers and real estate organizations and staff. Sustained daily communication with civic members and property owners and managers of the community.

- Fielded approximately 4,625 phone calls
- Addressed 10,000+ emails
- Conducted 42 Housing briefs for approximately 3,758+ service members and their families.

Fleet and Family Support Center (UIC 61011)

Fleet & Family Support Center (FFSC) total billets include seven GS employees, two NAF employees, and one contractor. GS employees include one Director, two Counseling and Advocacy Program Clinical Counselors, two Work and Family Life Specialists, and two administrative support personnel. NAF employees include one full-time Sexual Assault Response Coordinator, and one part-time Victim Advocate (vacate) Contractor is the New Parent Support Home Visitation Program (75%) and Exceptional Family Member Liaison (25%).

Certifications: There are two certified Command Financial Specialist trainers and two certified Ombudsman trainers. The Program Manager and one clinician are Tier III, and one clinician is Tier I credentialed mental health providers within the Navy.

Information and Referral (I&R): Provided oversight of the CDRC, assisting Sailors with various computer tasks including assistance to approximately 450 Sailors setting up their PCS moves online. Maintained a monthly email distribution list of approximately 1700 contacts, consisting of retirees, active duty members, and DoD civilian personnel to distribute the Saratoga Sailor and other I&R material. Marketed FFSC programs by distributing brochures and posters to NBHC, the USAF 109th and to the Commissary and other buildings on NSA.

Clinical Counseling: Clinicians provided individual, couples, and family counseling on a variety of life issues, including anger and stress management, work performance and relationship issues, opened 174 new cases and provided 589 clinical sessions. Both clinicians continued to provide customized life skills education briefs to our primary customer (NPTU) to satisfy the specific needs of the NPTU population. Examples include stress management and suicide prevention provided to 1,751 incoming students and staff. Clinicians also provided child abuse awareness and mandated reporting requirements to new Child Development Home providers and refresher courses for current providers.

Family Advocacy Program (FAP): Incident Determination Committee IDC met as needed. There were four new cases, and three cases currently open. The Family Advocacy program continues to provide awareness and prevention briefs to all newly arriving Sailors.

Internal budget management for all lines of accounting proceeds according to all guidelines. Executing funds to the highest percentage as needs are filled.

Surveys were compiled for 46 classes with 1,751 in attendance, met with an overall rating of 4.70 out of 5.

One Ombudsman Basic Training Course was conducted.

The Personal Financial Management (PFM) program trained 8 new Command Financial Specialists from one local command. 36 PFM workshops were conducted with 2,389 contacts reached. Transition GPS PFM workshops totaled 240 contacts during the year. Indoctrination classes for new students totaled approximately 150 individuals per quarter who received training and education through the PFM program. Provided Savings and Investing and Car buying workshop to 6 people. Savings and Investing, Credit Report and TSP workshops were given to 50 ROTC students at RPI as part of annual training.

Life Skills: 130 sessions to 3,750 attendees on a variety of programs such as suicide prevention, stress management, new spouse orientation and relocation. Monthly approximately 1700 email contacts were contacted with the Saratoga Sailor that included workshop schedules, times and places.

Deployment: 2,897 individuals were assisted with deployment information and referral.

Individual Augmentees (IA): Monthly coordination conducted as required, with 80 active cases.

The NPS Home Visitation Worker provided information/referral to 225 participants. Information /referral was also given to 25 groups with 2186 attendees. During 289 home visits, she saw 795 people. Sixteen new cases were opened and 16 cases were closed.

The EFMP Liaison provided information to 24 groups with 2142 attendees. Information/referral services were provided to 509 people in 357 sessions.

Sexual Assault Response Coordinator

- Re-organization of SAPR response protocol with assistance from NPTU and NSA Command Triad, along with Installation Program Manager
- Bi-annual SAPR Installation Drill with subsequent hot wash and corrective actions
- Quarterly SAPR refresher trainings for military and civilian victim advocates. Training is didactic, dialogue driven and involves scenario based, role play learning strategies
- Maintenance and dissemination of SAPR related information through SAPR 24/7 Project Facebook page and related marketing materials, to include posters, brochures and table tents
- Reviewed and updated FFSC SAPR SOP
- Routine SAPR GMT's for new student classes and new staff members at NPTU Ballston SPA with content which reviews definition of assault, harassment, consent; recent DoN statistics, and Bystander Intervention strategies. These are performed with assistance from SAPR VA.
- SAPR awareness posters stationed throughout FFSC facility, NSA facility and NPTU facility which detail outreach information to victims and promoting prevention
- Maintenance and review of Victim Advocate response rosters for NSA, NPTU and all other installations within AOR
- SAPR Command Toolkit Brief provided to Command triads within SARCs AOR, as needed, ongoing

- Revised SAPR POC training provided to all Commands within AOR
- Routine SAPR GMT provided to all new spouses/intimate partners at regularly held family night indoctrination
- SAPR C provided for all civilian staff at NSA Saratoga Springs as a part of new hire, onboarding process (ongoing)
- FAC/SACC held in early 2015 which affords military and civilian members to interface, brainstorming and then sharing of ideas
- Reinforced the increased role of victim's commander in monthly SACMG, in accordance with recently published OPNAVINST 1752.1C and all other FY15 SAPR guidance revisions.
- Collaboration with Installation command and Installation Program Director in attending and providing updates for quarterly CNRMA SAPR ESC (Executive Steering Committee).
- Maintenance, continued awareness of NSA Saratoga Springs SAPR Pledge
- Collaboration with MWR in early planning, marketing and execution of SAAPM
- Regular collaboration with POC from local BUMED clinic in devising and implementing MOU with Saratoga Hospital, ongoing.
- Increased community involvement and collaboration with community providers as part of the Quarterly Forensic Stakeholders meeting at Saratoga Hospital.
- Ongoing utilization and monthly verification of Wellspring (Saratoga DVRC), 24/7 victim response line
- SARC was selected member of FY15 CNIC HQ SAPR Advisory Group. The SAPR Advisory Group consists of RSARCs, SARCs, and Civilian SAPR VAs, who are selected, based on nominations, and represents a diverse cross-section of the SAPR program.

Continued collaborative partnerships with community services:

- Saratoga Forensic Stakeholders (quarterly meeting at Saratoga Hospital)
- Capital District Coalition for Crime Victims' Rights
- Capital District Rape Crisis Educators
- NY State Coalition Against Sexual Assault (Quarterly Meeting)
- Capital District Coalition of Trauma Services
- NY State Coalition Against Domestic Violence
- Capital Women's Bar Association Legal Project
- Representation at Rensselaer County SART Annual Conference
- Saratoga County District Attorney's Office

Morale, Welfare and Recreation (UIC 61011)

MWR experienced its 15th and final year under contractor-executed MWR recreation programs. Service contract was not renewed in October and 7 new NAF positions were established and filled to run the MWR program. This change brought the staffing in line with CNIC standards. Overall MWR usage was 86,966 down from 94,431 customers in 2014.

The YMCA contract operated all year. Total YMCA usage for 2015 was 61,416 down from 64,038 in 2014.

Special events and tournaments were held throughout 2015. The 2014/2015 basketball league played 77 games with over 847 attendees; softball: 195 games with over 3,315 players and spectators; flag football: 62 games with 1,233 spectators and players. Two golf tournaments were held with 88 participants. The second annual POW/MIA 5K run was held at Saratoga State Park with 95 runners and about 170 attendees.

MWR sponsored trips: two Yankee baseball games, a trip to New York City for the Bronx Zoo and Radio City Music Hall with a total of 198 participating.

MWR sold 790 tickets for the Great Escape and 6 Flags New England, as well as 4,742 Regal Movie and Bow Tie tickets. Gore and White Face ski vouchers were also popular, 574 ski vouchers were sold. The 2014/2015 winter season went into March again, 525 ski and snowboards were rented. The summer Outdoor Equipment Gear Issue season was also successful with 2,899 pieces of equipment rented. The picnic pavilions were used by more than 1,154 customers.

MWR sponsored family holiday parties, Spring, Halloween and Christmas events had a total of 930 attendees and 2 of the 3 events were held at the Saratoga YMCA and one at the Wilton YMCA. Community Christmas tree lighting was conducted in front of Bldg. 106 and had approximately 75 people in attendance. The Summer Fest was conducted on 24 June and had an attendance of at least 850. A combination of sponsorship and grant money allowed increased programs and activities. Some of the items included: fireworks, DJ, comedian, Miss NY, car show, rock wall, zip line, zorbing, bounce houses, obstacle course, ice cream, vendor fair, face painting, balloon sculpting, finger printing service, photo booth, massage chairs and full food and beverage service.

MWR continued a NAF service contract with a local scuba diving shop offering all levels of PADI scuba diving certification. MWR receives a portion of the proceeds. A Navy exclusive bowling league was established with a local bowling center and MWR received a portion of the fees with a total of 44 patrons participating.

MWR completed its 14th full year operating the Fitness Facility at NPTU. The fitness instructor is there 40 hours per week providing personal instruction and fitness classes. A cardio theater is in place, which provides televisions for patrons to watch while they are working out. 46,514 patrons used the Fitness Center with 2,577 participating in fitness classes.

MWR Saratoga began participating in the Military Ticket Program with first year gross sales of \$61,749.

The Paintball course in the wooded area at the Outdoor Recreation Center had 111 customers down from 132 last year.

Child and Youth Program (UIC 61011)

The Child Development Home (CDH) staff consists of one Child and Youth Program Director. The CDH program ended the year with 2 certified providers, 3 certified back-up providers and 0 in the background check process. The CDH program provides full-time,

part-time, hourly, drop-in, before & after school and special needs care. New provider training is conducted as interest requires. CDH provided care for 18 full time, unduplicated children; in addition to 47 opportunities for drop-in children, throughout the year.

The School Liaison Officer Program is the command point of contact for school issues and implements CYES programs by providing resources and information, making referrals, educating families, and assisting families in advocating for their children. Approximately 18 families were assisted with references for special education schools, Gifted and Talented programs, Interstate Compact transition help, school registration information, NACCRRRA enrollment, home school, Summer school-age care, relocation and tutoring information. Focus was set on informing local schools of Impact Aid and helping pursue counts of federally affiliated families within the districts with a direct mailing to 23 school districts within a 20 mile radius of NSA Saratoga Springs.

2015Jan02. Parent Involvement Board (PIB) and Parent Participation sign-up sheets sent to CDH families. 0 positive reply.

2015Jan28. MWR Cabin Fever event with Unlimited Play tickets for Tree Paad Fun Center. Great annual event with a lot of positive feedback. 232 attended with 187 people playing.

2015Feb24. CDH Information Night. Additional opportunity for spouses to get information on becoming a CDH Certified Provider. 1 active CDH provider in attendance.

2015Mar28. MWR Spring Holiday Party and Family Fair. Many sponsorships from Holiday Inn, Barnes & Noble, Tree Paad, Target, Malta Med, Balfour Beatty, Martin's Point, Price Chopper, Stewarts, Hannaford, NFCU, and Dunkin Donuts. Crafts, egg hunt (inside due to weather), pictures with the Easter Bunny, bounce houses, games and family informational fair. Great event held at YMCA Saratoga with 350+ participants.

2015Apr01-30. Month of the Military Child SLO interactions. Promoted the MOMC on NSA digital signs, on Facebook and with promotional flyers at Housing, FFSC, MWR, NEX, and commissary locations.

2015APR 08, 16, 21 and 23. Month of the Military Child events. Included Military Appreciation movie at Bowtie Cinemas (39 ppl), Night at the Saratoga Children's Museum (66 ppl), Ice Cream Social/Earth Day event at the MWR ORC playground, including planting flowers (120+ ppl) and Family Bicycle helmet giveaways (64 kids for helmets: 105 total ppl). Offered certificates of appreciation to children in attendance at all events. Events included 330 participants.

2015May08. Provider Appreciation Day. XO, CMC, CYP Director and MWR Director went to 2 providers homes and presented 3 Providers with thank you cards, a bag of arts & crafts and summer toys and certificates of appreciation signed by CO. Parents and children of CDH were included to recognize the hard work providers do everyday by making hand-made cards or small gifts of recognition of the families choice.

2015May11-12. Annual Commander, Navy Installations Command (CNIC) Inspection was conducted. Child Development Home and the Child and Youth Program reviewed. CNIC listed some minor findings that were updated and corrected. Improved effort to keep CYMS electronic files up-to-date in system was discussed. CNIC compliance score for 2015 inspection was 91%; down 3% from last year. Navy average is estimated at 93% compliance.

2015Jun09. Command Financial Specialty Brief-FFSC training for military families. Included examples of income from becoming a CDH Provider vs. paying civilian costs and how to save money by using CDH homes. Nice interactions, a few questions. Promoted transferrable career. 10 Sailors attended.

2015Jun16. CDH Information Day and Night. Additional opportunities for spouses to get information on becoming a CDH Certified Provider. 0 in attendance at either meeting.

2015Jun16, Sep01 & Dec01. Parent Advisory Board Meeting. CDH Parents invited to discuss volunteer opportunities, future parent interests in trainings and events, and give feedback and recommendations about programming. Parents and Providers emailed directly. Consistently offering different times to accommodate changing schedules. No parents in attendance at any meeting.

2015Jun12. Flag Day Ceremony at Division Street School-Very nice SLO event. Well organized by all. Kids and staff enjoyed including military members in uniform. Event outdoors at Flag pole with nice weather. Included over 400 elementary students, 11 in military uniforms including Color Guard, Navy and Army reserve. Boy scouts, bagpipe player and many teachers and parents involved.

2015Jun26. MWR Summer Fest-Largest event on NSA each year. Information posted on LED signs, Facebook, banners and flyers in all NSA buildings. CYP handed out information about CDH, kicked-off the Summer Reading Program by signing up 77 children, and handed-out reading program giveaways to children. Total Summer Fest attendance was approx. 720ppl. First time event held at MWR ORC. Many sponsored raffle items for families.

2015Jul17. DECA Health Fair and Farmer's Market. CYP was a participating vendor. Promoted CDH, POW/MIA 5K Run and Kids Fun Run sign-ups. Approx. 75 visitors.

2015Aug08. As part of our Parent Involvement, the CDH program opens up various monthly trainings to interested parents. Training offered to families on Car Seat Safety and Installation. No parents in attendance.

2015Aug27. NEX Back to School event with Kids Fun Run (rain date). Included children's bike giveaways by NFCU, facepainting, NEX bookbag and sneaker giveaway, healthy snacks, obstacle course, Summer Reading Program wrap-up, toothbrush giveaways, FRG clothes swap, police vehicle and Back to School supply giveaway of over 500pcs. Kids Fun Run included 39 runners; a decrease from years prior. Approx. 150 guests in attendance.

2015Oct23. MWR Halloween Fest. Event at YMCA Saratoga with bounce houses, crafts, games in gym, magician, facepainter, balloon artist, haunted house and family informational fair including NSA offices. First event with new NAF staff. Great turnout. 300+ people in attendance.

2015Oct30. CYP Children's Trick or Treating Event. Over 20 participating offices/staff on NSA with list given at gate of where kids could go. Participation increased again this year with nice, warm weather. Approx. 100 guests, including 50+ trick or treaters participated.

2015Nov30-Dec31. Operation Home Front and the local Dollar Tree store offered donated toys to all military children and families. 27 boxes, including over 1,200 toys were picked up and available to all military families at the MWR ITT office for holiday giveaway.

2015Dec04. MWR Tree Lighting at NSA. Nice event. Caroling, hot chocolate, cookies and pictures with Santa offered. Approximately 75 participants including families, children and staff.

2015Dec14. MDTI conducted on 1 home. Inspectors include FAP, Preventative Medicine, Fire & Safety, QA, MWR Director, CYP Director and a parent volunteer for inspections. CDH home scored well with all areas met.

2015Dec18. MWR Holiday Party and Family Fair. Another great event. Held at the YMCA Wilton branch with bounce houses, face painting, balloon artist, crafts, games, pictures with Santa and family informational fair. Approx. 250 in attendance.

2015Dec31. CYP Children's New Year's Eve Party. Nice event. So much fun and many parent compliments. Soft tumbling mats, games, New Year's Eve crafts, pizza lunch, cake celebration, and noise makers and bubblewrap fireworks at noon. 81 guests+ staff in attendance. Utilized both ITT side and training side of Bldg. 106 for space and added more tables and seats for eating. Another great year-ending event!

Monthly. Mandated 2 hour monthly trainings for CDH providers scheduled and documented to meet training requirement. All trainings are documented in provider files on the Individual Development Plan Training Records.

Monthly. New Staff and Student INDOCs attended to promote CYP functions of CDH and SLO. Families assisted with childcare or school-related questions when requested. Attention spent on promoting NACCRRRA and subsidized care as well as certifying more spouses for CDH certification. 142 Sailors, 39 spouses and 27 children in attendance.

Advertising. Promotion of CYP programs including SLO, CDH and school related information for parents, new waitlist registrations, subsidy websites, and MWR events in monthly Saratoga Sailor, weekly in MWR newsletter and reoccurring on Facebook FRG, NSA and Navy Wives pages.

Annual review. 1 new CDH provider certified in May, 2 providers leaving due to duty transfers. End of year childcare capacity is 10 children (6 FT spots and 4 PT/drop-in spots), with all 6 FT positions filled. Currently have 1 CDGH with 2 certified providers, and 3 back-up providers.

Community Sponsorship. Increased communication with community restaurants, entertainment and stores for donated items to enhance and promote MWR events. Saratoga Springs Business Chamber has been utilized for advertising sponsorship events. All contracts and signatures are complete prior to date of events. Command Thank you notes and After Action Reports are completed after each event. Total sponsorship received for YE 2015 was \$2,250.00 cash plus over \$13,839.55 in product and giveaways for military members and families.

2015Oct/Nov. SLO Promotions. Continued pursuit of getting number of federally affiliated children in the school districts through Impact Aid surveys. At last update, Saratoga Springs School District had 209 accounted children that qualify them for Impact Aid. Schools have been encouraged to apply for the grant. Teachers, parents and all Principals very receptive of information and interested in continued relationships, as needed. Multiple communications throughout school year by phone, email and in person visits.

Ongoing SLO Communications-Secondary and Post-Secondary Education. Continual communications with local college and event participation in Snow-A-Palooza on 9 Dec for promotion of Navy CYP programs in community. Approx. 100 guests participated.

School and Community. Communications with local civilian childcare center for training, CACFP, and enrollment using NACCRRA subsidy. Lack of CDH programs has many military families using civilian care. Childcare Aware (NACCRRA) being utilized by many. CYP survey to be created for local families to poll how childcare and subsidy is used. Survey in-process and to be completed for release in Jan 2016.

4. Supporting Reports

Supporting Reports are those reports required by other instructions that provide significant data about the command during the calendar year. These reports may be submitted "as is," eliminating the need to duplicate information for this report that is already contained in reports prepared in response to other instructions and requirements. Examples include battle efficiency, safety and other award submissions, major staff or command studies, and end of cruise reports or briefs. For units engaged in or directly supporting combat, significant wartime or peacetime operations (named operations, non-combat evacuation operations, disaster relief or other humanitarian operations, etc.) or major exercises, enclosures may include, but are not limited to:

- a. Situation Reports
 - b. Intentions Messages
 - c. Operational Reports
 - d. Operations Orders/Deployment Orders
-

- e. Operational Plans
- f. Personal For Messages
- g. After Action Reports
- h. Significant Electronic Message Traffic (outgoing/e-mail/chat)
- i. Battle Damage Assessments
- j. Casualty Reports
- k. End-of-Cruise/Deployment Reports
- l. Intelligence Summaries
- m. Major Exercise Reports

List below the items submitted, indicating the classification of each. Electronic reports should be in a Microsoft Office format (Word, Excel, Power Point, or Access), HTML, PDF, JPG, GIF, or plain text. It is unnecessary to convert non-electronic documents to electronic format. Submit electronic reports via e-mail or on CD-ROM as explained at the end of this form. Enclosures that do not exist in electronic format should be listed below and submitted in hardcopy in the same manner as a CD-ROM.

5. Published Documents

List below the published documents being submitted in either electronic or paper format, indicating the classification of each item. Documents to be submitted include cruise books, change of command programs, commissioning/decommissioning brochures, establishment/disestablishment/deactivation brochures, copy of command's web site, news releases, biography of commander, welcome aboard brochures, newspaper articles, command studies, statistical data, etc.

Electronic documents should be in a Microsoft Office format (Word, Excel, Power Point, or Access), HTML, PDF, JPG, GIF or plain text. Documents in electronic format are to be submitted via e-mail or on CD-ROM as explained at the end of this form. It is unnecessary to convert non-electronic documents to electronic format. List any enclosures that are not electronic and submit in hardcopy in the same manner as a CD-ROM.

Command website:

http://www.cnic.navy.mil/regions/cnrma/installations/nsa_saratoga_springs.html

Organizational Chart

Telephone Directory

Welcome Aboard letter

Command's monthly newsletters

6. Photographs

List below official photographs and any other command-generated media being submitted in either electronic or paper format. Photographs to be submitted include: official photo of commanding officer; recent photo of ship, aircraft, or facility; and photos of historic events associated with the

command. Photographs submitted electronically should be in JPG, TIFF or GIF format. It is unnecessary to convert non-electronic documents to electronic format. Photographs in electronic format are to be submitted via e-mail or on CD-ROM as explained below. Enclosures that do not exist in electronic format should be listed below and submitted in the same manner as the CD-ROM. Also include any photographs covering operational strikes, battle damage (especially that sustained by own ship, aircraft, facilities or equipment), or other relevant photos relating to combat or deployment operations.

Photo of CO, CDR Mikel and XO, LT Mulqueen
Photo of base

Submit this Command Operations Report as follows:

Via e-mail, to one of the three e-mail addresses:

All air/aviation commands: aviationhistory@navy.mil

All ships: shiphistory@navy.mil

All other commands: archives@navy.mil

Place any attachments too large for transmission via e-mail on CD-ROM and send by an approved commercial courier, such as FEDEX or UPS. Check CDs for readability before submission to guard against corruption. Forward paper records included as attachments in the same manner. **Do not forward Command Operations Reports via U.S. mail, as all mail addressed to the Naval Historical Center is irradiated and will result in destruction of discs and damage to paper enclosures.** Address all shipments to:

Naval Historical Center
(Attn: Ships History/Aviation History/Operational Archives) *
805 Kidder Breese Street SE
Washington Navy Yard, DC 20374-5060

Submit **Confidential and Secret** Command Operations Reports electronically via SIPR-net e-mail to one of the three e-mail addresses:

All air/aviation commands: aviationhistory@nhc.navy.smil.mil

All ships: shiphistory@nhc.navy.smil.mil

All other commands: archives@nhc.navy.smil.mil

Place any **classified** attachments too large for transmission via e-mail on CD-ROM and send by an approved commercial courier, such as FEDEX or UPS. Check CDs for readability before submission to guard against corruption. Forward classified paper records included as attachments in the same manner. **Do not send attachments to the Command Operations Report via U.S. mail, as all mail addressed to the Naval Historical Center is irradiated and will result in destruction of discs and damage to paper enclosures.** Ensure all items are properly marked and wrapped. Address all shipments to:

Naval Historical Center

(Attn: Ships History/Aviation History/Operational Archives) *
805 Kidder Breese Street SE
Washington Navy Yard, DC 20374-5060

Forward Command Operations Report enclosures containing **Top Secret** via courier to:

405130-BA 33
NHC/AR Washington, DC

Forward Command Operations Report enclosures containing **Sensitive Compartmented Information (SCI)** via courier to:

449354-BA 31
ONI/Suitland, MD

The inner wrapper should read: ONI Historian, ONI-ODB EXT 2975

Telephone numbers for the ONI Historian are DSN 659-4488/5901, Commercial (301) 669-4488/5901.

* The attention line should read **Ships History** for all ships, **Aviation History** for all air/aviation commands, and **Operational Archives** for all other commands. Telephone numbers for these branches are as follows: Ships History Branch, DSN 288-6802, Commercial (202) 433-6802; Aviation History Branch, DSN 288-2321, Commercial (202) 433-2321; Operational Archives Branch, DSN 288-3224, Commercial (202) 433-3224.







Naval Support Activity Saratoga Springs NY



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



March 2015
Naval Support Activity
Saratoga Springs

Welcome to the Naval Support Activity Navy Housing Service Center!

Your Navy Housing program will work to enhance the quality of life for service members and their families by providing comprehensive housing referral, liaison and mediation/issue resolution services. We are committed to working with our PPV partners, encouraging the development of quality neighborhoods, residences and services that improve the lives of service members and their families.

Helping service members and their families find a house to call home!

Your Navy Housing Center provides:

- Referral counselor to tailor your home search to your specific needs
- A comprehensive brief about renting in the local area, area maps and literature
- Information regarding Federal, State and local housing laws, codes and guidelines
- Sample lease, military clause, property condition reports
- Assistance registering and navigating the DoD sponsored referral website; www.homes.mil
- Showing service by request
- Assistance resolving tenant/landlord disputes
- Administrative support to include use of fax and copy machines
- Processing applications for PPV Housing and HEAT application to your next duty station
- Liaison between military member, PPV housing and area commands





SUMMER RESERVATIONS

MWR will begin taking summer reservations (campers, boats, kayaks, pavilions etc.) Wednesday, April 1. Please note that there is a two camper limit per family, not per ID holder.



MWR SOFTBALL LEAGUE

There will be a coaches meeting for all teams/sections looking to participate in the MWR Softball League on Wednesday, April 22 at 11 a.m. Rules, regulations and game scheduling will be taking place.



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, email nsa.mwr.events@gmail.com.

MWR SPRING EASTER FEST

**Saturday, March 28
10 a.m. to 12 p.m.**

**YMCA Saratoga Springs
West Ave Branch**



**Snacks
Crafts
Games**

**Bounce Houses
Egg Hunt
and much more!**

**For more information,
call (518) 885-5138.**

A Note From Your FRG

We are seeing so many new faces this year; make sure yours is one of them!

The Family Readiness Group (FRG) plans and coordinates informational and social events for active duty families. The FRG is comprised of spouses just like you! Whether you've been here a day, a month, a year (or longer!) we'd love to meet you! Find us on Facebook (search: New York Capital District FRG) for all sorts of information, as well as details on our upcoming events. You can also reach us by e-mail at: frgnycd@gmail.com.

Join us at Plum Dandy Cookies & Milk in Saratoga at 7 p.m. on March 20th for our second Meet & Greet of the month. Meet new people or connect with old friends, while enjoying some sweet treats! Plum Dandy offers a generous military discount.

MARCH EVENTS

March 2nd - Meet & Greet at Housing office
9:30-11 a.m.

March 12th - General Meeting at Building 106 on NSA
5:45-7:45 p.m.

March 20th - Meet & Greet at Plum Dandy Cookies & Milk 7-8:30 p.m.

March 24th - Board Meeting at Alison's house
5-7 p.m.

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, Friday & Saturday ..	10 a.m. to 6 p.m.
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) 266-5601
ITT Office	(518) 866-0200 ext. 126
Medical & Dental Saratoga Springs.....	(518) 583-5300
<i>All active duty must call 1-888-NAVYMED</i>	
<i>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.
ATM – on site	<i>Available when gate is open.</i>
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) 361-3310
NPTU.....	(518) 281-9907
NRD NE.....	(518) 788-2961
Outdoor Recreation Center–Saratoga	(518) 885-5138
Monday	6 a.m. to 5:30 p.m.
Tuesday through Thursday	6:30 a.m. to 5:30 p.m.
Friday	6:30 a.m. to 6 p.m.
Saturday	7 a.m. to 4 p.m.
<i>Park is only open during normal business hours.</i>	
Personal Property	(518) 886-0200 ext. 116 or 117
Processing Office	
Voting Officer	(518) 886-0200 ext.146

Winter should be almost done and with any luck we will start to see warmer weather and lots of sunshine. I think we are all ready to see the first day of Spring on March 20th. This year's MWR Spring Holiday Party is on Saturday, March 28th at the YMCA, from 10 a.m.-12 p.m. With any luck, the snow will be close to gone for our egg hunt outside! As always, keep CDH in mind for unexpected days off from school or for drop in care. A provider list can be acquired from the CYP office by calling (518) 886-0200 extension 161.

Child Development Homes (CDH) is currently taking names of interested spouses to become certified, in-home child care providers! For more information on how to start this great career while staying home with your own children, call the CYP Director at (518) 886-0200 extension 161.

Reminders...

Saratoga School District:

- Closed March 20th-Superintendent's Conference Day
- Kindergarten registration begins. Contact Carol Groff at the Registration office for more information, 583-4789

Ballston Spa School District

- Parent Orientation Nights begin for incoming Kindergarteners. Contact Annelise Kavanaugh at the Registration office for more information, 602-0256

Upcoming events...

- April is Month of the Military Child. Watch for event announcements. (Hint...I know one of them will include ice cream sundaes!)

Currently, CDH has three certified providers in our CDH family and is looking to grow! CDH Providers offer full or part-time childcare for children ages four weeks (with doctor's note) to 12 years old. School Age care, full time care for infant, toddler and preschool children and daily or unexpected drop-in childcare is available. Call or email today to get a list of available CDH programs. And, don't forget to ask about our Military subsidy program available to families to help cut the cost of full time childcare! If you have any questions or would like to register to participate in a CDH program, please feel free to contact the CYP Director at (518) 886-0200 extension 161.

Front Gate Hours

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

Naval Support Activity's command email address is:
admin.nsa.saratoga.fct@navy.mil

Weekly Educational Tip: Did you know?

By Andy Brachfeld, LCSW-R

Finding a Counselor

Military life is full of stress for both service members and their families. Recurring or unexpected deployments, feelings of loneliness or isolation at bases far from home, and the daily dangers faced by Sailors and Marines in training or on operations, all contribute to a stress-filled environment.

Usually, service members and their families prefer to deal with their problems on their own (who doesn't?), but sometimes it takes more than self-help to get through the tough times. For the military family, abundant resources are available to provide the guidance and counseling needed to get back on track and to face life's challenges head on.

According to the American Counseling Association, anxiety or depression affects one in three people at some point in their life seriously enough so that professional help is needed. Other stresses result from changes occurring in life. Relocation, parenting struggles, or changes in finances can easily cause people to be overwhelmed.

How to Know When You or a Family Member Needs Help

Sometimes it's difficult to recognize when you are depressed. You know you're not happy, but don't

know where to turn or how to resolve the problem.

Signs of depression and anxiety include drastic changes in appetite and sleep patterns or isolation from others. Drug and alcohol abuse and suicidal thoughts or feelings may cloud your mind. Family members who are left behind during a deployment often have these feelings and can work through them on their own. But sometimes, they can't. This is the time to consider seeking additional help from a trained professional who understands what you are going through and can assist you in working through your emotions.

What Kind of Counselor Should You See?

The military has a variety of trained professionals to meet your needs. Your Fleet and Family Support Center has Master's Level Licensed Clinical Social Workers and Professional Counselors ready to serve you or make the appropriate referral. Counseling services are free and are not entered into your service record or affect your advancement opportunities. During the first meeting, FFSC counselors will explain the limits to privacy and confidentiality and the circumstances under which they are required to report to the command or others. Call today and schedule an appointment.



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

MARCH WORKSHOPS

Tue 3rd	Suicide Prevention FFSC classroom, 9 to 10:30 a.m.
Thu 5th	Car Buying FFSC classroom, 1 to 2 p.m.
Tue-Wed 10th-11th	Entrepreneur Track Building 106, 8:30 a.m. to 4 p.m.
Thu 12th	Job Discovery SUNY Adirondack Gym, 10 a.m. to 2 p.m.
Tue 17th	New Military Spouse Orientation FFSC classroom, 1 to 2 p.m.
Thu 19th	Couple's Communication FFSC classroom, 1 to 2:30 p.m.
Mon-Fri 23rd-27th	Transition GPS Building 106, 8 a.m. to 4 p.m.

APRIL WORKSHOPS

Wed 1st	Capstone Event Building 106, 8 a.m. to 2 p.m.
Mon-Fri 6th-10th	CFS Course Building 106, 8 a.m. to 4 p.m.
Tue-Thu 7th-9th	Ombudsman Training FFSC classroom, 8 a.m. to 4 p.m.
Wed 15th	Home Buying/Renting FFSC classroom, 1 to 2:30 p.m.
Thu 16th	Credit Management FFSC classroom, 9 to 10:30 a.m.
Mon-Fri 20th-24th	Transition GPS Building 106, 8 a.m. to 4 p.m.
Wed 29th	Resume Writing FFSC classroom, 8:30 to 11 a.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

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>



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



May 2015
Naval Support Activity
Saratoga Springs



In today's military the spouse plays an integral role in the war fighter's success. Spouses offer quiet strength and untold support. During long deployments, they sustain morale with letters, emails and the comforting knowledge that their thoughts and prayers are always with them. Spouses maintain a sense of stability for families providing a constant foundation despite daily challenges and unspoken worries. Let's pause to recognize Military Spouse Appreciation Day on May 8th, the Friday before Mother's Day.

America values your professionalism, character and sense of duty.

“Bravo Zulu” and “Thank You.”





GOLF TOURNAMENT

There will be a MWR golf tournament at Airway Meadows on Friday, May 15. For more information and cost of tournament, please contact either MWR location.

UPCOMING EVENTS AT MWR

The MWR CPR class will be on Saturday, May 16 at 9 a.m. Cost of \$35 to be paid by Wednesday, May 13 at either MWR location.

Great Escape Navy Day with BBQ on Saturday, June 20 \$45 per person

Boston Red Sox .vs New York Yankees baseball game on Tuesday, August 4, \$70 per person

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, email nsa.mwr.events@gmail.com.



A Note From Your FRG

As the weather gets warmer we'll be doing many of our get-togethers outside, so come out and enjoy beautiful Saratoga with us!

The New York Capital District FRG is now the Saratoga Family Readiness Group (FRG). We're the same group, just with a new name and logo.

We plan and coordinate informational and social events for all military families in the area. The FRG is comprised of spouses just like you! Whether you've been here a day, a month, a year (or longer!) we'd love to meet you! Find us on Facebook (search: Saratoga FRG) for all sorts of information, as well as details on our upcoming events. You can also reach us by e-mail at: saratogafrg@gmail.com

We'd love to see you at any or all of our upcoming events:

- 5/2 - Volunteer for I Love My Park Day at Saratoga Spa State Park, 9 a.m.-12 p.m.
- 5/4 - Meet & Greet at Housing playground, 9:30-11 a.m.
- 5/14 - General Meeting at NSA Bldg. 106, 5:45-7:45 p.m.
- 5/17 - Ladies' Afternoon Out at Saratoga Paint & Sip, 2-4 p.m.
- 5/19 - Board Meeting at Alison's house, 5-7 p.m.
- 5/30 - Meet & Greet at High Rock Park, 10 a.m.-12 p.m.

ON THE ROAD AGAIN?

Did your spouse come home with orders? You may soon see moving trucks in your neighborhood with more and more frequency. You will receive your official PCS orders, but you may not know where to start. Moving is a large part of the military lifestyle and can be exciting and stressful at the same time. A successful move is not a matter of chance. It is the result of planning and hard work. At the center of this effort is YOU, the customer. If you expect a good move, you must play an active role in the process and start the moving process well in advance of your departure.

Your new unit may assign you a sponsor who should contact you weeks or months in advance of your reporting date. A sponsor can often provide information helpful to you in arranging a smooth move. Contact your new unit if you have not heard from your sponsor within a reasonable period.

It is your move. Ask questions. Read and understand what you sign. Get involved!

But the moving process takes more than just setting up a move to relocate your household goods; it also means preparing to relocate to a new area, either CONUS or OCONUS. Finding suitable housing for you and your family can be as easy as contacting the Housing Service Center at your next command.

FINDING A PLACE TO CALL HOME

Moving takes a lot of coordination and research. Start your house search by contacting the Housing Service Center (HSC) at your new location. Consider visiting: www.homes.mil, www.ahrn.com; www.zillow.com and www.trulia.com for listings which might meet your housing needs. After you have identified prospective properties, contact your HSC to get more information not provided in the listing. Many of the landlords and properties are well known to the HSC staff and they can be helpful and save service members valuable time during the search for a place to call home.

HEAT

HEAT, Housing Early Application Tool, was developed to assist service members (SVMs) and their families in applying for housing Navy wide.

HEAT allows SVMs and their families to get the housing application process started at one or more Navy installations online before or after they receive their Permanent Change of Station (PCS) orders. You can submit a housing application by going to www.cnic.navy.mil/HEAT.

To order visit either MWR facility and fill out a *GOTickets* form!

Military & DoD discounted tickets to the following and more!

SeaWorld Disney World
 Universal Studios Theme Parks
 Sesame Place Busch Gardens
 Disneyland

For more information, call (518) 885-5138 extension 1

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, Friday & Saturday	10 a.m. to 6 p.m.
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) 266-5601
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	(866) 661-7650 ext. 20528
Monday through Friday	9 a.m. to 4:30 p.m.
ATM – on site	<i>Available when gate is open.</i>
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) 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 only open Monday-Sunday 8 a.m.-sunset.</i>	
Personal Property Processing Office	(518) 886-0200 ext. 116 or 117
Voting Officer	(518) 886-0200 ext.146

Spring is finally here and I'm ready for the May flowers! During May, we celebrate Provider Appreciation Day on the Friday before Mother's Day, May 8. Be sure to recognize your childcare provider for the great care they show your child. Some suggestions would be a hand drawn card from you and your child, a single flower, some craft supplies or summer activities for the childcare, or a simple hug and "thank you". Be creative and show your child's provider he or she is appreciated.

As always, keep CDH in mind for unexpected days off from school or for drop in care. A provider list can be acquired from the CYP office by calling 518-886-0200 extension 161.

Child Development Homes (CDH) is currently taking names of interested spouses to become certified, in-home child care providers! For more information on how to start this great career while staying home with your own children, call the CYP Director at (518) 886-0200 extension 161. Certification is transferable! Come kick-start the only career that will transfer with you!

Reminders...

Saratoga School District:

- Closed on Monday, May 25 for Memorial Day.
- Contact Carol Groff at the Registration office for a registration packet for the Saratoga Springs School District, 583-4789.

Ballston Spa School District

- Closed on Monday, May 25 for Memorial Day.
- Contact Annelise Kavanaugh at the Registration office for a registration packet for the Ballston Spa School District, 602-0256.

Plan ahead...Summer Fest 2015 is June 26th, 5-10 p.m.! This year we'll be celebrating at the MWR Outdoor Rec Center at 3569 Galway Road with FIREWORKS!!!

Currently, CDH has two certified Child Development Homes and is looking to grow! CDH Providers offer full or part-time childcare for children ages four weeks (with doctor's note) to 12 years old. School Age care, full time care for infant, toddler and preschool children and daily or unexpected drop-in childcare is available. Call or email today to get a list of available CDH programs. And, don't forget to ask about our Military subsidy program available to families to help cut the cost of full time childcare! If you have any questions or would like to register to participate in a CDH program, please feel free to contact the CYP Director at 886-0200 extension 161.

Front Gate Hours

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

Naval Support Activity's command email address is:
admin.nsa.saratoga.fct@navy.mil

RELOCATION: GOOD TO KNOW FACTS

Financial:

PER DIEM:	<ul style="list-style-type: none"> ✓ \$129.00 per day for member ✓ \$96.75 per day for each family member > 12 ✓ \$64.50 per day for each family member < 11 ✓ One day travel (per diem) granted per 350 miles ✓ OCONUS – Travel to POV processing station.
MILEAGE (MALT)	\$0.23 per mile per vehicle (can be authorized two vehicles)
TEMP LODGING EXP (TLE)	<ul style="list-style-type: none"> ✓ Use in CONUS to partially reimburse temporary living expenses, max of ten days (for days not covered by per diem), keep receipts and discuss max. daily allowance under TLE with your Travel Clerk at CSD. ✓ Customer Service Department (CSD) 518-886-0200 x 176.
ADVANCE TRAVEL AND PER DIEM	<ul style="list-style-type: none"> ✓ You can draw 80% of DLA and Per Diem. ✓ Submit Advance travel requests to CSD 10 days prior to transfer
ENTITLEMENTS/BAH RATES:	https://secureapp2.hqda.pentagon.mil/perdiem/

Household Goods:

- All service members must utilize the DPS web site when arranging shipment of
- personal goods. Personal Property Office (Bldg 102) must receive a copy of your orders prior to your move.
 - DPS Registration at: www.move.mil
 - Call 518-886-0200 x 116 for questions regarding your move.

POV:

- SHIPPING:** http://www.transcom.mil/dtr/part-iv/dtr_part_iv_app_k_3.pdf
STORING: http://www.transcom.mil/dtr/part-iv/dtr_part_iv_app_k_4.pdf

Military One Source:

- <http://www.militaryonesource.mil/> Phone: 800-342-9647
- "INSTALLATION LOCATOR" in the middle of the page. Find your new duty station and download book with a comprehensive directory and info about your new assignment.
- For more helpful hints and information select "MOVING" from MILITARY LIFE TOPICS at the bottom of the webpage.



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

MAY WORKSHOPS

Tue-Wed 5th-6th Fri 8th Mon-Fri 11th-15th Mon-Tue 18th-19th Tue-Wed 19th-20th Wed 27th Thu 28th Fri 29th	Technical Track Building 106, 8:30 a.m. to 4 p.m. Interviewing & Job Salary Topics FFSC classroom, 9 to 10:30 a.m. Transition GPS Building 106, 8 a.m. to 4 p.m. Education Track Building 106, 8:30 a.m. to 4 p.m. Technical Track Building 106, 8:30 a.m. to 4 p.m. Car Buying FFSC classroom, 1 to 2:30 p.m. Anger Management FFSC classroom, 9 to 10:30 a.m. Resumes FFSC classroom, 9 to 10:30 a.m.
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JUNE WORKSHOPS

Tue-Wed 2nd-3rd Wed 10th Thu 11th Fri 12th Mon-Fri 15th-19th Tue 23rd Wed 24th Thu 25th	Technical Track Building 106, 8:30 a.m. to 4 p.m. Car Buying FFSC classroom, 1 to 2:30 p.m. Suicide Prevention FFSC classroom, 9 to 10:30 a.m. Internet Job Search FFSC classroom, 9 to 10:30 a.m. Transition GPS Building 106, 8 a.m. to 4 p.m. Capstone Event Building 106, 8:30 to 11:30 a.m. Credit Management FFSC classroom, 1 to 2:30 p.m. Parenting: Newborn to One Year Old FFSC classroom, 9 to 10:30 a.m.
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***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

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>



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

the

Saratoga

sailor



June 2015
Naval Support Activity
Saratoga Springs



GOLF TOURNAMENT

Friday, June 19 at Windy Hills

The four-player tournament is a shotgun start at 9 a.m. Cost is \$45 per person and includes 18 holes, the use of a cart and a light lunch. Registration is due to MWR by Friday, June 12. 18 rounds will be awarded to the winning team!



Friday, June 26

MWR Recreation Park
3569 Galway Road, Ballston Spa

Events from 5 to 8 p.m.:

Ballston Spa Car Club Show, Mobile Zip Line, Miss New York, Rock Wall, Obstacle Course, Photo Booth, DJ, Massage Chairs, Paintball, Batting Cage, Petting Zoo, Face Painter, Balloon Clown, Air Brush Tattoo, Free Ben & Jerry's Ice Cream, Cotton Candy and much more. Food and drink will be available for purchase (No personal food or beverage will be allowed).

Raffle for Giveaways

Family & Vendor Fair

Comedian at 8 p.m.

Fireworks Show at 9:15 p.m.

Event open to all Military ID card holders

Great Escape
A Six Flags Theme Park

Navy Day
at the
Great Escape!

Saturday, June 20
Lunch will be served from Noon to 1 p.m. in the North Woods Picnic Grove

\$45 PER PERSON
Picnic package includes:
Admission to The Great Escape & Splashwater Kingdom, an all-you-can-eat buffet BBQ lunch, and FREE parking!

\$18 PER PERSON
Season Pass Holders:
You can buy into the picnic with parking included.

Participants must make payment to MWR NLT Friday, June 12!

FREE for children ages two and under.

MWR
NSA SARATOGA SPRINGS

Please contact us for more information.
(518) 885-5138 ext. 1
(518) 886-0200 ext. 126



UPCOMING GOLF TOURNAMENTS

Thursday, July 9 at Ballston Spa

Thursday, August 20 at Ballston Spa

Friday, September 11 at Airway Meadows

For more information, call (518) 885-5138, extension 1.

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, email nsa.mwr.events@gmail.com.



A Note From Your FRG

The Saratoga FRG is pleased to present a Military Spouse Vendor Fair at the Saratoga Winery & Tasting Room, Thursday, June 18 from 5-8 p.m. The Winery is located on

Route 29, approximately two miles past NSA.

Thursdays are also trivia nights, so you can hang out and test your knowledge after shopping from a variety of military spouse vendors!

Coupon Swaps are here! Locations and times vary; check our Facebook page for the next one.

The Saratoga Family Readiness Group (FRG) plans and coordinates informational and social events for active duty families. The FRG is comprised of spouses just like you! Whether you've been here a day, a month, a year (or longer!) we'd love to meet you! Find us on Facebook (search: Saratoga FRG) for all sorts of information, as well as details on our upcoming events. You can also reach us by e-mail at: saratogaFRG@gmail.com

June Events

6/9 - Meet & Greet at MWR Playground, 3569 Galway Rd, 9:30-11 a.m.

6/13 - March in Flag Day Parade at North Broadway, 11:30 a.m.

6/16 - Meet & Greet at Plum Dandy in Malta, 6:30-8 p.m.

6/18 - Vendor Fair at Saratoga Winery, 5-8 p.m.

6/23 - Board Meeting at Elizabeth's house, 5-7 p.m.

6/26 - Summer Fest at ORC (volunteer opportunity!), 5-10 p.m.

Children welcome at all events, unless stated otherwise

Naval Support Activity's command email address is: admin.nsa.saratoga.fct@navy.mil.

To order visit either MWR facility and fill out a *GO*Tickets form!

Military & DoD discounted tickets to the following and more!

SeaWorld DisneyWORLD

UNIVERSAL STUDIOS THEME PARKS

SESAME PLACE Busch Gardens

Disneyland

For more information, call (518) 885-5138 extension 1

DO YOU KNOW WHAT TO LOOK FOR IN A LEASE?

A rental agreement is a legal agreement between tenant and landlord; therefore, it is constituted as a lease. Before signing such an agreement, it is wise to read it and understand it.

The contract/lease should record the full names and identifications of the parties involved in signing the contract, the specific address of the unit involved, the beginning and ending dates of the total rental period, the total amount of rent payable, the amount of the rent deposit, the amount and due dates of subsequent payments required.

Blank spaces not applicable to your lease should be filled in with "N/A".

It should include provisions for cancellations (military clause, deployment, and PCS orders), extensions of lease beyond the first rental period (one year, six months, month to month option, notice to vacate, etc.). It should specify the landlord's rights and responsibilities as well as the tenant's. The contract should clearly state the utilities and services applied by the landlord in the rental charge.

Many contracts will also include operating policies or house rules that are applicable to the tenants, and if not observed can be cause for eviction.

Important Note: Prior to signing a lease, the member should take the lease to the housing office and have it reviewed. Maintaining a smooth tenancy is easy if you have the right information. Let the Navy Housing Service Center staff guide you through the process!

Navy Housing Service Center
26 Quiet Harbor Road • (518) 886-0200 extension 124

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, Friday & Saturday	10 a.m. to 6 p.m.
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) 266-5601
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	(866) 661-7650 ext. 20528
Monday through Friday	9 a.m. to 4:30 p.m.
ATM – on site	<i>Available when gate is open.</i>
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) 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-Sunday 8 a.m.-sunset.</i>	
Personal Property Processing Office	(518) 886-0200 ext. 116 or 117
Voting Officer	(518) 886-0200 ext.146

Summer is almost upon us and the last day of school is coming quick! Plan ahead! Have you made arrangements for summer-care for your school age child yet? Be sure to give CDH a call to help you plan your childcare needs. Both full-time and part-time childcare is available.

And don't forget about our MWR Summer Fest on Friday, June 26, 5 to 10 p.m. This year we'll be celebrating at the MWR Outdoor Rec Center at 3569 Galway Road with FIREWORKS!!! CYP will kick off the Summer Reading program at Summer Fest so be sure to stop by. Sign up and get your FREE T-shirt for summer readers and other fun goodies! This year's Summer Fest is expected to be the biggest event NSA has ever held!

Child Development Homes (CDH) is currently taking names of interested spouses to become certified, in-home child care providers! For more information on how to start this great career while staying home with your own children, call the CYP Director at (518) 886-0200 extension 161 or join us at one of our two informational meetings being offered on how to become a CDH provider; June 16th, 1 p.m. and 5 p.m. at the FFSC. Certification is transferable! Come kick-start the only career that will transfer with you! Reservations are requested.

Reminders...

Saratoga School District:

- Half day of school for elementary Friday, June 5
- Regents Exams June 2th & 16th-24th
- Last day of school Thursday, June 25
- Contact Carol Groff at the Registration office for a registration packet for the Saratoga Springs School District, 583-4789.

Ballston Spa School District

- Half days of school Middle School-June 22th-25th; Elementary June 24th-25th
- Regents Exams June 2 & 16-24,2015
- Last day of school-Thursday, June 25
- Contact Annelise Kavanaugh at the Registration office for a registration packet for the Ballston Spa School District, 602-0256.

Currently, CDH has two certified Child Development Homes and is looking to grow! CDH Providers offer full or part-time childcare for children ages 4 weeks (with doctor's note) to 12 years old. School Age care, full time care for infant, toddler and preschool children and daily or unexpected drop-in childcare is available. Call or email today to get a list of available CDH programs. And, don't forget to ask about our Military subsidy program available to families to help cut the cost of full time childcare! If you have any questions or would like to register to participate in a CDH program, please contact the CYP Director at (518) 886-0200 extension 161.

Front Gate Hours

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

RELOCATION

Fleet and Family Support Center (FFSC) has all your relocation needs, whether you are moving to the New York area or transferring out of the area. For those members reporting to the local area – FFSC has loan lockers available, eight internet access computers – Common Access Card Readable – faxes, copiers, notary services, clinical counselor's and New Parent Support.

For those members transferring from the local area – the eight computers in FFSC can be used to log into Move.mil to complete your move. Our staff is highly trained in completing this process before you go to Personal Property to submit your orders. We have information on your new base/command, plus all the travel pay and allowance you're entitled to. Whether you are having a moving company move your household items or your doing a Personally Procured Move (PPM), our staff is here to help you.



FLEET &
FAMILY
SUPPORT
CENTERS
MID ATLANTIC

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

JUNE WORKSHOPS

Tue 2nd	Spending Plan FFSC classroom, 2 to 3:30 p.m.
Wed 3rd	Car Buying FFSC classroom, 1 to 2:30 p.m.
Tue-Wed 2nd-3rd	Technical Track Building 106, 8 a.m. to 4 p.m.
Thu 4th	Suicide Prevention FFSC classroom, 9 to 10:30 a.m.
Mon-Fri 8th-12th	Command Financial Specialist Building 106, 8 a.m. to 4 p.m.
Mon-Fri 15th-19th	Transition GPS Building 106, 8 a.m. to 4 p.m.
Tue 23rd	Resumes Building 106, 9 to 10:30 a.m.
Wed 24th	Credit Management FFSC classroom, 1 to 2:30 p.m.
Thu 25th	Parenting: Newborn to One Year Old FFSC classroom, 9 to 10:30 a.m.

JULY WORKSHOPS

Wed 1st	Car Buying FFSC classroom, 1 to 2:30 p.m.
Tue 7th	TSP Saving & Investing FFSC classroom, 9 to 10:30 a.m.
Wed 8th	Interviewing & Job Salary Topics FFSC classroom, 1 to 2:30 p.m.
Thu 9th	Couple's Communication FFSC classroom, 9 to 10:30 a.m.
Tue 20th	Resumes FFSC classroom, 1 to 2:30 p.m.
Wed 21st	Stress Management FFSC classroom, 9 to 10:30 a.m.
Thu 22nd	Developing Your Spending Plan FFSC classroom, 9 to 10:30 a.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

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>



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

September 2015
Naval Support Activity
Saratoga Springs



NSA Saratoga Springs Second Annual

POW/MIA

5K Run



Saturday, September 19 at 10 a.m.

- This "fun run" starts at the Columbia pavilion inside Saratoga State Park
- Free registration open to the first 400 active duty, eligible family members and DoD civilians to register
- Run T-shirts cost \$10 each (must register by September 1)
- Trophies awarded to the first overall male and female runners

- Registration will take place from Wednesday, July 1 through Thursday, September 17
- Register at <https://register.chronotrack.com/reg/form?eventID=14747>
- Pick up your race bib and T-shirt from September 14 to 18 at the ITT office, bldg. 106 (during normal operating hours)
- A health fair will be held with area vendors and information



**FREE
Registration!**

**For more information,
call 518-885-5138, ext. 1 or 518-886-0200, ext. 126.**



MWR FLAG FOOTBALL

The season begins on Thursday, September 10 and runs through Thursday, November 5.

MWR GOLF TOURNAMENT

The tournament will be on Friday, September 11 at Airway Meadows Golf Course. This will be a two-player scramble tournament. Cost is \$55.00 per person and includes 18 holes, use of cart and a light lunch. Register by Tuesday, September 1

MWR FRIGHT FEST AT GREAT ESCAPE

Navy Day will be on Saturday, October 3. Passes are \$45 and include a buffet wristband. If only purchasing a buffet wristband; cost is \$18 per wristband.

RADIO CITY CHRISTMAS SPECTACULAR: THE ROCKETTES BUS TRIP

The trip will be on Thursday, December 17 and will cost \$85 per person. The bus will depart at 7 a.m. and return at 10:45 p.m. You will have time to explore the city afterwards. Reservation deadline is Monday, November 16.

WEEKLY NEWSLETTER

To receive the weekly MWR Newsletter email nsa.mwr.events@gmail.com to be added to the list.



A Note From Your FRG

Join us for a delicious and informational event, as we take a tasting tour of Saratoga Olive Oil Company! Our tour will include the history, production and taste

characteristics of olive oil and how to taste olive oil like an expert! Following the tour, we will also receive 20% off any item in the store (no purchases are required to participate in the tour. This is a FREE event.) Spaces are limited, so be sure to RSVP on our Facebook page, soon! Children welcome.

Have you wondered "What is the FRG?" The Saratoga Family Readiness Group (FRG) is comprised of spouses just like you! We plan and coordinate informational and social events for active duty families. Whether you've been here a day, a month, a year (or longer!) we'd love to meet you! Find us on Facebook (search: Saratoga FRG) for all sorts of information, as well as details on our upcoming events. You can also reach us by email at: saratogaFRG@gmail.com

Upcoming Events

- 9/10 - General Meeting, NSA Bldg. 106, 5:45 p.m.
- 9/14 - Saratoga Olive Oil Tour, downtown Saratoga, 1 p.m.
- 9/22 - Board Meeting, Alison's house, 5 p.m.
- 9/25 - Meet & Greet, The Fortunate Cup, 9:30-11 a.m.

**Naval Support Activity's command email address is:
admin.nsa.saratoga.fct@navy.mil**



*Acclimating to Your
New Neighborhood*

*Did you just recently PCS
to New York?*

*Have you met your
neighbors?*



The sooner you explore your new neighborhood, the quicker you'll feel at home. Whether you're moving across the country or to a suburb 30 minutes away, you'll go through an adjustment period following your move. You'll face the initial uncertainty of knowing absolutely nothing about where the "important" landmarks are: the commissary, the NEX, the pharmacy, the gas station, the hospital, mall, etc.

Once you've located the basics, you'll want to expand your horizons and get to know your new hometown's cultural offerings. Some newcomers remain hermits in their own homes for several months before they begin to venture out. The fact is, the sooner you begin to explore your new hometown, the sooner you'll establish a comfort level in your surroundings, and the more positive your New York experience will be.

Moving to a new hometown is like any other new experience in life: You get out of it what you put into it. Don't waste any time getting to know your new hometown. Stop by the Housing Service Center and speak to a housing counselor for help in finding your way around your new hometown!

*Let the Housing staff help you
find a place to call home!*

Navy Housing Service Center
26 Quiet Harbor Road, Saratoga Springs
518-886-0200 extension 124
SaratogaSprings_Housing@navy.mil

"TAKING CUSTOMER SERVICE TO THE NEXT LEVEL"

SARATOGA SPRINGS PHONE LIST



24/7 Sexual Assault Crisis Coordinator	(518) 852-0506
Child & Youth Program	(518) 886-0200 ext. 161
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.
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) 266-5601
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	(866) 661-7650 ext. 20528
Monday through Friday	9 a.m. to 4:30 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) 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-Sunday 8 a.m.-sunset.</i>	
Personal Property Processing Office	(518) 886-0200 ext. 116 or 117
Voting Officer	(518) 886-0200 ext.146

Summer has come to a close and we are “Back to School”. The excitement of new clothes, new shoes and new school supplies fills the stores. I hope everyone was able to have a great summer vacation and get outside and enjoy some fun in the sun! The CYP office was able to include the Summer Reading program, Summer Fest and the Kid’s Fun Run into our summer. Thank you to all that joined us and made each event VERY successful. And a BIG THANK YOU to Operation Home Front and the Dollar Tree of Saratoga for the FREE back to school supplies.

Currently, CDH has two certified Child Development Homes with immediate openings! CDH Providers offer full or part-time childcare for children ages four weeks (with doctor’s note) to 12 years old. School Age care, full time care for infant, toddler and preschool children and daily or unexpected drop-in childcare is available. Call today to get a list of available CDH programs. And, don’t forget to ask about our Military subsidy program available to families to help cut the cost of full time childcare! If you have any questions or would like to register to participate in a CDH program, please feel free to contact the CYP Director at 886-0200 extension 161.

Reminders...

Saratoga School District:

- First day of school - Wednesday, September 9
- School closed in observance of Yom Kippur - Wednesday, September 23
- Contact Carol Groff at the Registration office for a registration packet for the Saratoga Springs School District, 583-4789.

Ballston Spa School District

- First day of school - Tuesday, September 8
- Contact Annelise Kavanaugh at the Registration office for a registration packet for the Ballston Spa School District, 602-0256.

Looking forward...

- Plan ahead...Before & After School Care available at our Certified CDH programs! Call the CYP office for more information at 886-0200 extension 161.
- MWR POW/MIA 5K Run & Health Fair in Saratoga State Park - Saturday, September 19. Run kicks off at 10 a.m.
- MWR Halloween Party at the YMCA on Friday, October 23
- CYP Trick or Treating on NSA Saratoga - Friday, October 30

Child Development Homes (CDH) is currently taking names of interested spouses to become certified, in-home child care providers! For more information on how to start this great career while staying home with your own children, call the CYP Director at (518) 886-0200 extension 161. Certification is transferable!

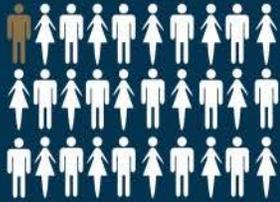
Front Gate Hours

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

Suicide At A Glance

Suicide (su·i·cide) - Death caused by self-directed injurious behavior with any intent to die as a result of the behavior.

For every **1 Suicide** Death, there are at least **30 Suicide Attempts.**



In 2010 in the U.S.

10th leading cause of death in all populations.

2nd leading cause of death for the 25-34 age group.

3rd leading cause of death for the 15-24 age group.

FACT: Military suicides have increased over the past several years.

DID YOU KNOW?

Firearms are the most commonly used method of suicide among males

Suicidal Behaviors: Behaviors related to suicide, including preparatory acts, as well as suicide attempts and deaths.

Suicidal Ideation: Thinking about, considering, or planning for suicide.

Suicide Attempt: A non-fatal self-directed potentially injurious behavior with any intent to die as a result of the behavior. A suicide attempt may or may not result in injury.

Risk Factors: These factors have been found to be associated with suicide and increase the risk of suicidal behaviors. Risk factors DO NOT cause or predict suicide.

History of depression and other mood disorders

Past suicide attempts; Family history of suicide

Alcohol and other substance use disorders

Lack of social support and sense of isolation

Major physical illnesses

Loss of relationship or significant personal loss

Severe, prolonged, or perceived unmanageable stress and/or anxiety

Feeling like a burden to others, helplessness

Easy access to lethal means

History of trauma or abuse

Impulsive and/or aggressive tendencies

Hopelessness

Job, financial, school or legal problems

Life transitions such as retirement, permanent change of station (PCS) or change in job or work duties

A.C.T. NOW

Take all talk about suicide seriously and know the warning signs.

Ask

- Ask if they are thinking of hurting themselves.
- Actively listen.
- Acknowledge their talk, behavior and feelings.

Care

- Listen and let the person know they are not alone.
- Let the individual know you care and understand.
- Discuss and care about what is troubling them.

Treat

- Get help as quickly as possible such as the duty officer, chaplain, friend, medical personnel, or others who can help.
- Do not leave the person alone.

If you or someone you know is in need of immediate assistance:

1. Call the Military Crisis Line at **1-800-273-8255** and press **1**
2. Text the Military Crisis Line at **838255**
3. Chat live online at <http://www.veteranscrisisline.net/ActiveDuty.aspx>.

Additional Resources

1. Military OneSource provides a variety of non-medical counseling services and resources. Contact Military OneSource at 1-800-342-9647 or visit their website at www.militaryonesource.mil
2. Contact your local Navy Fleet and Family Support Center which can assist you during times of transition or stress.
3. Navy Suicide Prevention Program: http://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/suicide_prevention/Pages/default.aspx
4. Marine Suicide Prevention Program: https://www.manpower.usmc.mil/portal/page/portal/M_RA_HOME/MP/IG_Behavioral%20Health/BH_Community%20Counseling%20and%20Prevention
5. Navy and Marine Corps Public Health Center (NMCPHC) Health Promotion and Wellness (HPW) Psychological and Emotional Well-Being webpage at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/psychological-emotional-wellbeing/Pages/psychological-emotional-wellbeing.aspx>

Sources:

- <http://www.cdc.gov/violenceprevention/pdf/SuicideDataSheet-a.pdf>
http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/psychological-emotional-wellbeing/Suicide_Terminology_SP_Webpage.pdf
<http://www.sprc.org/basics/about-suicide>
<http://www.sprc.org/sites/sprc.org/files/library/RandPPrimer.pdf>
<http://www.suicidepreventionline.org/Learn/RiskFactors>
<http://www.surgeongeneral.gov/library/reports/national-strategy-suicide-prevention/overview.pdf>

Reasons Sailors and Marines won't seek help:



Protective Factors Against Suicide

Resources and aspects of our lives that promote healthy stress navigation and build resilience. During times of extreme stress or crises, protective factors can counterbalance risks for suicidal behavior.



Biological



Psychological



Social



FLEET & FAMILY SUPPORT CENTERS MID ATLANTIC

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

SEPTEMBER WORKSHOPS

Thu 3rd Savings & Investing/TSP
FFSC classroom, 9 to 10:30 a.m.

Wed 9th New Military Spouse Orientation
FFSC classroom, 1 to 2:30 p.m.

Thu 10th Stress Management
FFSC classroom, 1 to 2:30 p.m.

Tue-Wed 15th-16th Entrepreneur Track
Building 106, 8 a.m. to 4 p.m.

Tue 15th Parenting: Newborn to One Year Old
FFSC classroom, 1 to 2:30 p.m.

Thu 17th Parenting: One to Three Years Old
FFSC classroom, 9 to 10:30 a.m.

Mon-Fri 21st-25th Transition GPS
Building 106, 8 a.m. to 4 p.m.

Tue-Wed 29th-30th Technical Track
Building 106, 8 a.m. to 4 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



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>



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE



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

the



Saratoga *sailor*

December 2015
Naval Support Activity
Saratoga Springs

MWR Holiday Fest

Friday, December 18

at the Wilton YMCA, 20 Old Gick Road

from 5 p.m.-7 p.m.





MWR TREE LIGHTING

Friday, December 4
The tree lighting will take place outside Building 106 at 5 p.m. and will include a visit from Santa Claus, refreshments and Christmas carols.

MWR HOLIDAY FEST

Friday, December 18
5 to 7 p.m. at the Saratoga YMCA

WEEKLY NEWSLETTER
Interested in receiving the MWR Newsletter/monthly MWR events calendar?

Please email monica.mwr.saratogasprings@gmail.com to be added to the private distribution list.



A Note From Your FRG

The Saratoga Family Readiness Group (FRG) is made up of spouses just like you! We plan and coordinate informational and social events for active duty families. Whether you've been here a day, a month, a year (or longer!) we'd love to

meet you! Find us on Facebook (search: Saratoga FRG) for all sorts of information, as well as details on our upcoming events.

You can also reach us by e-mail at: saratogaFRG@gmail.com

Elections for the 2016 Saratoga FRG Board are coming soon, and we need your vote! You can still nominate someone (including yourself!) Every person's involvement matters!

What: December General Meeting, including 2016 FRG Board Elections and a cookie exchange

When: Thursday, December 10, 5:45-7:45 p.m.

Where: NSA Bldg. 106

Please RSVP on our Facebook page.

We would like to thank everyone who donated items for the children we adopted through the Franklin Community Center's Holiday Assistance Program. Your generosity is providing a magical holiday season for these kids!

Every year, the FRG provides cookies for the Sailors who work on Christmas. If you are interested in baking, keep an eye on our Facebook page for sign-up information.

Naval Support Activity's command email address is: admin.nsa.saratoga.fct@navy.mil.

FIRE SAFETY IN YOUR HOLIDAY HOME

Keep your military family and home safe!

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. Take time to periodically check 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

Using wrapping paper in a fireplace can create a large fire, throwing off dangerous sparks and embers which may result in a chimney fire.

Artificial Christmas Trees

When using a metallic or artificial tree, ensure it is flame retardant.

Candle Care

Avoid Using Lit Candles

If you must use them, ensure 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! Finally, as in every season, ensure operable smoke alarms are installed on every level of your home. Test them monthly and keep them clean and equipped with fresh batteries at all times. Know when and how to call for help. And remember to practice your home escape plan at least annually.

Happy Holidays!



For all your Housing needs please visit:
Navy Housing Service Center
26 Quiet Harbor Road
Saratoga Springs, NY 12866
(518) 886-0200 extension 127
Monday through Friday,
8 a.m. to 4 p.m.

SARATOGA SPRINGS PHONE LIST



As we bring 2015 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 2015 year flew right by but now let the countdown begin! 7 days until Hanukkah! 25 days until Christmas! Can't wait to see you all at our next events...the MWR Christmas Tree Lighting on Friday, December 4, the MWR Holiday Family Fair on Friday, December 18 and the CYP Children's New Year's Eve party on Thursday, December 31.

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 (518) 886-0200 extension 161. Certification is transferable!

Reminders...

Saratoga School District:

- Closed Thursday, December 24-Sunday, January 3 for Holiday Recess
- Contact the registration office for a registration packet for the Saratoga Springs School District, 583-4789.

Ballston Spa School District:

- Closed Thursday, December 24-Sunday, January 3 for Holiday Recess
- Contact the registration office for a registration packet for the Ballston Spa School District, 602-0256.

- MWR Christmas Party at the Wilton YMCA on Friday, December 18, 5 to 7 p.m. Come enjoy an evening with friends and family. Local vendor fair, kids' activities and someone in a big red suit will be making a visit!
- CYP Children's New Year's Eve party on Thursday, December 31, 10 a.m. to 1 p.m. Come ring in the New Year with children's crafts, games, and snacks. Noise makers and bubble-wrap fireworks will sound-off at noon!
- New Provider Orientation being scheduled! Contact the CYP office for more information. It's a great way to make some extra money and all training is transferrable.
- CDH Office and Providers closed on Friday, December 25 in observance of Christmas Day and Friday, January 1 in observance of New Year's Day. Please check with your provider for any additional personal days they may be closed around the holidays.

Looking forward...

- Cabin Fever? Join us at the Tree Paad on January 27, 2016 from 5 to 7 p.m. More information and sign ups for our annual all military event coming soon!

Military subsidy program available to families to help cut the cost of full time childcare! If you have any questions or would like to register to participate in a CDH program, please feel free to contact the CYP Director at 886-0200 extension 161.

24/7 Sexual Assault Crisis Coordinator	(518) 852-0506
Child & Youth Program	(518) 886-0200 ext. 161
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.
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) 266-5601
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	(866) 661-7650 ext. 20528
Monday through Friday	9 a.m. to 4:30 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
Outdoor Recreation Center–Saratoga	(518) 885-5138
Monday	6 a.m. to 5:30 p.m.
Tuesday through Thursday	6:30 a.m. to 5:30 p.m.
Friday	6:30 a.m. to 6:30 p.m.
Saturday	7 a.m. to 3 p.m.
Sunday	Closed
Personal Property Processing Office	(518) 886-0200 ext. 116 or 117
Voting Officer	(518) 886-0200 ext. 146

Front Gate Hours

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

New Parent Support Program Overview

The New Parent Support Home Visitation Program (NPSHVP) provides supportive and caring services to military families who are expecting and/or have children under age four. Military families expecting a child or with children up to four years of age are given the assistance they may need to help in managing the demands of parenting young children.

In the program, Moms and Dads are eligible to participate in a voluntary home visitation program, free of charge. During home visits information about parenting skills, developmental behaviors and infant care, breastfeeding and community resources may be shared.

The New Parent Support Home Visitation Program was developed to assist military families in ways that friends and family would do if you were back home. This program supports and encourages parents by building on their strengths. It reduces the stress of being a parent and emphasizes the joys.

The NPSHVP provides the tools, information and support for parents to cope with the unique issues of raising children in a military family.

The New Parent Support Home Visitation Program can help you

- Cope with stress
- Manage the additional physical and emotional demands of parenting due to separation and deployment of the Service Member
- Nurture children to promote growth and development
- Answer questions about the everyday challenges of parenthood
- Locate local services and resources that can help parents with young children

Enrolling in the New Parent Support Home Visitation Program is easy! Contact the NSA Saratoga Fleet and Family Support Center at (518) 886-0200 extension 148.



FLEET &
FAMILY
SUPPORT
CENTERS
MID ATLANTIC

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

DECEMBER WORKSHOPS

Wed 2nd	Car Buying FFSC classroom 1 to 2:30 p.m.	Thu 10th	New Spouse Orientation FFSC classroom 9 to 10:30 a.m.
Thu 3rd	Credit Management FFSC classroom 9 to 10:30 a.m.	Wed 16th	Savings & Investing/TSP FFSC classroom 1 to 2:30 p.m.
Fri 4th	Internet Job Search FFSC classroom 9 to 10:30 a.m.	Thu 17th	Suicide Prevention FFSC classroom 9 to 10:30 a.m.
Wed 9th	Parenting: One to Three Years Old FFSC classroom 1 to 2:30 p.m.	Fri 18th	Resumes FFSC classroom 9 to 10:30 a.m.

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



As a resource specialist I want to empower you with two key resources. One important address everyone should have bookmarked is NSA's website, <http://www.cnic.navy.mil/saratoga>. There you can find business hours and phone numbers of the different offices on base, links to helpful programs, current newsletters, the MWR price list, and more. I also encourage you to take advantage of Family INDOC. This is a great opportunity for spouses of local Sailors to hear directly from the source what resources are available. Family INDOC is required for new staff at NPTU but everyone is welcome. Maybe your Sailor is a student; maybe you moved here or got married after your Sailor went through INDOC; maybe your Sailor is at a different command. Whatever the case may be, you can benefit from this information. There is much more support available here than most people realize. Contact me for details on when the next INDOC is. I can be reached at saratogaspringsnptuombudsman@gmail.com or (518) 281-9907.

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>



**NAVAL SUPPORT ACTIVITY
SARATOGA SPRINGS**

**Commanding Officer
(N00)
CDR Elvis Mikel**

**Executive Officer
(N00A)
LT T. J. Mulqueen**

TRIAD

**Command Master
Chief (N00B)
CMDCS Jeffrey
Simpson**

CO Special Assistants

**CNRMA Legal Service Office
LT [Redacted]
(Groton)**

**Religious Min.
LCDR [Redacted]
(Groton)**

**NCIS
SA Mike Lanasa
(Syracuse, NY)**

**EOA (N0EOA)
LS1 [Redacted]**

**CNRMA IG
Ms. Anne Anderson
(Norfolk)**

**Public Affairs
VACANT**

Command Staff

**Admin
(N1)
Ms. Sue Bone**

**CO/XO Secretary
(N00C)
VACANT**

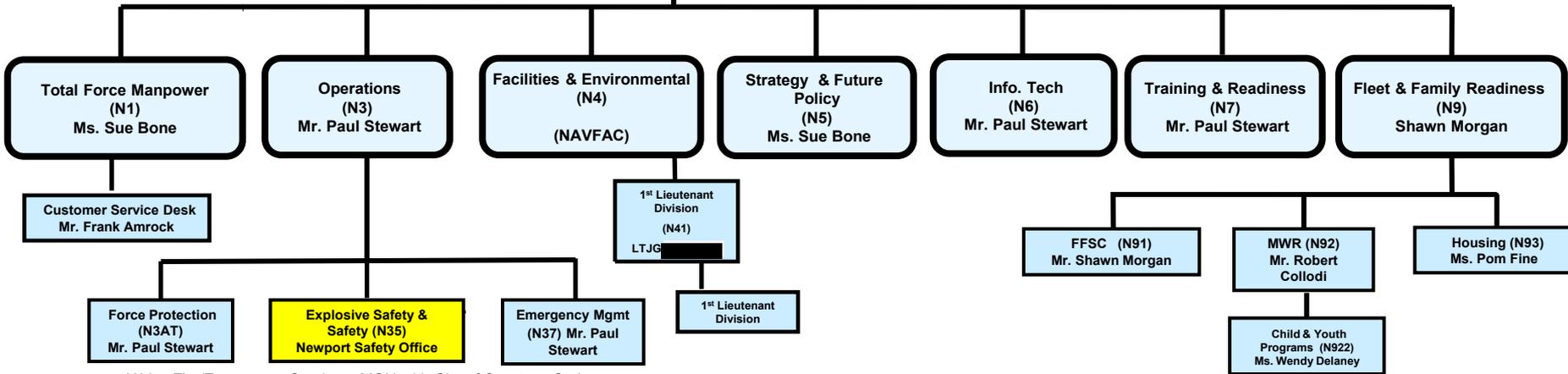
Supporting Commands

Aka "Strategic Partners"

**Navy Exchange Mgr.
Ms. Mary Papasso**
Sales Supv
Ms. Kristi Bill

**Commissary Officer
Mr. Doug Quinn**
Store Manager
Mr. Craig

**Branch Med Clinic
CDR [Redacted]**
NAVSUP
Mr. Aubrey Levons



N30 – Fire/Emergency Service – MOU with City of Saratoga Springs

Base Tenants:
NEX
DECA
FLCN Saratoga Springs
JPPSO DET 2
NFCU (Non-Federal Entity)

Navy Commands Served:
NPTU
Branch Medical
NOSC Schenectady
NROTC RPI

1700
Ser N00/

Dear Petty Officer:

Welcome to Naval Support Activity (NSA) Saratoga Springs, New York for a tour of duty you'll find extremely challenging and rewarding.

Our primary mission is to deliver efficient and effective shore readiness and operational support to the Fleet, Fighter, Family and perform host command functions in support of supported commands and the military community in the New York Capital District, Vermont, and Massachusetts.

We have a commissary and a small Navy Exchange on base and a small medical and dental clinic for active duty service members available in Saratoga Springs. Contracted housing and off base housing are both available and our Housing Welcome Center staff can assist you in finding suitable quarters. Contact Linda Woodrow at linda.woodrow@navy.mil or (518) 886-0200 extension 124 for more information. If you are interested in Public-Private Venture (PPV) housing, contact Balfour Beatty Communities at 518-587-3101.

Child care is available through our Navy Child Development Home Program. Please be aware that infant openings are limited and a waiting list is maintained. Call (518) 886-0200 extension 161 for more information.

Our Fleet and Family Support Center can be reached at (518) 886-0200 Ext. 146. The command web address is <https://www.cnmc.navy.mil/saratoga> and we are also on Facebook, NSA Saratoga Springs. To find out more about the base you can log onto: www.militaryinstallations.dod.mil.

Your sponsor is . If you have any additional questions you may reach him at (518) 886-0200 Ext. 110 or by email at . The command's mailing address is:

Naval Support Activity
19 J. F. King Drive
Saratoga Springs, NY 12866-9500

Again, welcome aboard NSA Saratoga Springs! I look forward to your arrival.

Sincerely,

E. T. MIKEL