

FORT BUCHANAN

El Morro

NEWS AND EVENTS • MARCH 2015

Live & Explore
Vol. 1 Issue 3



Hop on...



for a game...



in the heart of San Juan!





From the Garrison Leadership

From the Garrison Commander

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March is National Women's History Month, and this year's theme is "Weaving the Stories of Women's lives". During this month, we reflect on the extraordinary accomplishments of women and honor their role in shaping the course of our Nation's history. Some are household names.... Like Betsy Ross, who created our nation's most cherished symbol-the American flag. Then there is Harriett Tubman, who guided more than 300 slaves to freedom on the Underground Railroad. Others are unknown outside of their families and communities.

However, all are part of our history, and where we are today. All have stories that have been woven into a legacy.

Today, women continue to reach heights their mothers and grandmothers might have only imagined. Women now comprise nearly half of our workforce, and the majority of students in our colleges and universities. They expand our economy as entrepreneurs and business leaders, and serve our country at the highest levels of government and our Armed Forces. In honor of the pioneering women who came before us, and in recognition of those who will come after us, this month, we have the opportunity to acknowledge groundbreakers of the past thank the heroines of today and inspire the leaders of the future.

It is also a reminder that, if we believe in ourselves, we can continue to make a real difference. We have come a long way; and we have struggled in the process but we have made significant progress. We can still go even further.

From the Garrison Command Sergeant Major



During the month of March we commemorate the Women's History Month. It is a month we honor and celebrate the struggles and achievements of women. As we all know, women have struggled throughout our history to gain rights not simply for themselves but for many other underrepresented and disenfranchised groups in America. Women's History Month had its origins in 1981 Congress passed Public Law 97-28 which authorized and requested the President to proclaim the week beginning March 7, 1982 as "Women's History Week".

Women in the military have a history that extends over 400 years into the past, throughout a large number of cultures and nations. Women have played many roles in the military, from ancient warrior women, to the women currently serving in conflicts. During the last two years of World War I, women were allowed to join the military. Over 33,000 women served as nurses and support staff officially in the military.

Another important fact of our history is that women entered the workforce in unprecedented numbers during World War II, as widespread male enlistment left gaping holes in the industrial labor force. Between 1940 and 1945, the female percentage of the U.S. workforce increased from 27 percent to nearly 37 percent, and by 1945 nearly one out of every four married women worked outside the home. "Rosie the Riveter," star of a government campaign aimed at recruiting female workers for the munitions industry, became perhaps the most iconic image of working women during the war.

Throughout our history we can mention many women have broken the boundaries and have opened the windows of opportunities that many are benefiting from today. We are honored to have some of these hard-charged women in our workforce and our community.

Carter Takes Helm as 25th Secretary of Defense

DoD News
Defense Media Activity

WASHINGTON, Feb. 17, 2015 – Ash Carter, who was sworn in earlier today as the 25th secretary of defense, laid out his top priorities in a message to the DoD workforce.

Carter's message reads as follows:

To all Department of Defense personnel:

I am honored to become your Secretary of Defense. I am proud to lead men and women who devote their lives to the highest calling – the defense of our nation. And I am grateful to follow in the footsteps of Secretary Hagel, one of our nation's most honorable and conscientious public servants.

We live in challenging times – times that demand leadership and focus. And starting today, I will be calling on each and every one of you to help carry out three top priorities.

Our first priority is helping the President make the best possible national security decisions for protecting our country– and then implementing those decisions with our department's long-admired excellence.

We confront a turbulent and dangerous world: continuing turmoil in the Middle East and North Africa, and the malignant and savage terrorism emanating from it; an ongoing conflict in Afghanistan; a reversion to archaic security thinking in parts of Europe; tensions in the Asia-Pacific; the proliferation of weapons of mass destruction; and intensifying threats in cyberspace.

In addressing these challenges, I have pledged to provide the President my most candid strategic advice. I will count on your experience and expertise as I formulate that advice. I will also ensure the President receives candid professional military advice.

But as we tackle the many threats to our national security, we must never lose sight of our nation's enduring strengths – or of the opportunities to make a brighter future and better world for our children. The United States remains the strongest and most resilient nation on earth. Because of you, we have the finest fighting force the world has ever known. We have friends and allies in every corner of the world, while our adversaries

have few. We have long possessed the world's most dynamic and innovative economy. And our values, principles, and leadership continue to inspire hope and progress around the world.

Safeguarding America's security and global leadership will depend on another of my main priorities: ensuring the strength and health of you who make up the greatest fighting force the world has ever known – our soldiers, sailors, airmen, Marines, civilians, and contractors all around the world.

I will do that by focusing on the well-being, safety, and dignity of each of you and your families. I will ensure your training and equipment are as superb as you are. And I pledge to make decisions about sending you into harm's way with the greatest reflection and utmost care – because this is my highest responsibility as Secretary of Defense.

Honoring all these commitments also requires us to focus on building the force of the future, which is my third priority.

We must steer through the turmoil of sequestration, which imposes wasteful uncertainty and risk to our nation's defense. We must balance all parts of our defense budget so that we continue to attract the best people – people like you; so that there are enough of you to defend our interests around the

world; and so that you are always well-equipped and well-trained to execute your critical mission.

To win support from our fellow citizens for the resources we need, we must show that we can make better use of every taxpayer dollar. That means a leaner organization, less overhead, and reforming our business and acquisition practices.

It also means embracing the future – and embracing change.

We must be open to change in order to operate effectively in an increasingly dynamic world; to keep pace with advances in technology; and to attract new generations of talented and dedicated Americans to our calling.

I first arrived at the Pentagon more than three decades ago, and have had the privilege of serving 11 Secretaries of Defense in Democratic and Republican administrations. I took the oath of office this morning because I love our country and am devoted to you who defend it. And I am committed to our fundamental mission: the defense of our nation.

I look forward to leading and serving alongside you at this extraordinary moment in our nation's history.

May God bless you and your families, and may God bless America.



Vice President Joe Biden swears in Ash Carter as the 25th defense secretary as Carter's wife, Stephanie, looks on during a private ceremony at the White House, Feb. 17, 2015. DoD screen shot

MWR INFORMS

Check Out the Family and MWR Monthly Coupons!

Save at Family and MWR Business Operations Facilities with coupons! In this new section we feature a different coupon every month so you can save and enjoy what our facilities have to offer!

How it works:

1. Print out this page
2. Cut out coupon through the dotted lines
3. Present coupon at facility cashier to redeem offer
4. Repeat with next month's coupon



COUPON

Fort Buchanan Community Club & Conference Center



Half Price
on any BBQ Entrée

WITH THE PURCHASE
OF THE RIB & MEAT DINNER (\$13.95)

REDEEMABLE AT
FORT BUCHANAN COMMUNITY CLUB & CONFERENCE CENTER,
BLDG. 660 ANY OPERATIONAL DAY
WHEN BBQ IS OFFERED
EXPIRES APRIL 15TH, 2015

Must present printed coupon to redeem offer. No coupon will be accepted via cell phone or tablet. Coupon offer must be used in one visit. No cash value. Not for sale. One (1) coupon per person. Coupon cannot be combined with other offers.

FAMILY AND MWR EMPLOYEE HIGHLIGHT

Recreation Delivery System Programmer

Estrella Casanova

There are always many fun, interesting and challenging things going on in Fort Buchanan community every day. Many of them engage us in different ways, to name a few: the Country Night, Month of the Military Child Special events such as Parking Lot Picasso, the San Juan Night Party, BOSS's Cupid Balloon-A-Gram and more. These are designed to offer affordable, fun and safe options to our Military Families for entertainment within our installation.

For these events to take place there is a person that works constantly behind the scenes planning, coordinating and executing them. This person is Ms. Estrella Casanova,

whose dynamism, enthusiasm and sense of responsibility make it happen!

Ms. Casanova started working as Army Civilian in 1983 as Pre-Teen Director in Kitzingen, Germany. In 1985, she moved to Fort Bragg, North Carolina, to work as Lead Registrar for the Youth Center until 1989 when she transferred to Roosevelt Roads, Ceiba, to work as Community Services Director with the Navy. From 2009 to present, she has been the *Recreation Delivery Programmer* for Family and MWR, Fort Buchanan.

Estrella's determination amazes everyone. She is never afraid to get her hands dirty.

When needed, you will find her cutting out panels with a circular saw for holiday decorations.

In her own words: "The greatest satisfaction I get from my work is seeing children and Families happy, being able to meet and interact with them, whether its finding their favorite song for the Karaoke or cheering them in a contest".



Fort Buchanan Family and MWR is fortunate to have staff members such as Ms. Casanova, whose commitment goes beyond the boundaries of her job's description.

Thank you Estrella!

COMMUNITY CLUB & CONFERENCE CENTER

St Patricks Day Lunch

at the Community Club

Tuesday, March 17th, 11:00 am - 1:00 pm

Featuring Irish dishes & Irish background Music. If you dress in green or wear a themed accessory (i.e., hat, Leprechaun garment) you get \$1.00 off on your lunch of the day. Items such as Corned Beef & Cabbage, and Shepherd's Pie will be available. More details at 787-707-3535.

How to Choose a Caterer

It's one of the first questions we're all asked after attending a wedding: How was the food?

The dining arrangements at your wedding constitute one of the biggest decisions you can make. Food helps set the tone of the wedding, and menu variety, quality, and presentation all contribute to the culinary experience.

If your reception venue doesn't provide in-house dining service, it can be difficult to distinguish between caterers that offer similar services. Peter Callahan, founder of Callahan Catering shares tips on choosing the right caterer for your wedding:

- **Ask what they do best:**

A caterer might present itself as a jack-of-all-trades that can give you whatever cuisine you envision, but every caterer has its specialty. "Find out what he thinks is terrific on his menu," Peter says, "and decide how well that melds with your own sensibility."

- **Consult friends:**

No one knows better than the customer whether a caterer does a good job, so ask friends whose taste you share if they have any first-hand recommendations -- or horror stories.

- **Know what they supply:**

Be sure to ask what kind of rentals the caterer supplies, such as china, silver glasses, linens, etc. Sometimes the reception venue or florist will provide these items.

- **Book early:**

The best caterers are in the greatest demand, so book as far in advance as possible to ensure that you get your top choice.

Looking for the perfect caterer for your special event? Contact our Catering Office: 787-707-3516

Source: www.marthastewart.com

Salsa Night

LIVE & DJ MUSIC

Live Music by:
Son D' Aquí

March 27

7:00pm-10:00pm
Community Club
787-707-3974/5105

The US Army does not officially endorse sponsors. Do not drink and drive.

EASTER BRUNCH

Sunday **April 5th**

11:00 am - 1:00 pm

Celebrate Easter Sunday with a Special Buffet Style Brunch at the Community Club & Conference Center. Please call 787-707-3535 for fees and more details.

April is Sexual Assault Awareness and Prevention Month

José A. Colón Rivera
Sexual Assault Response Coordinator

April is recognized as National Sexual Assault Awareness and Prevention Month (SAAPM). This designation is recognized by civilian organizations as well as by the Armed Services of the United States.

Years back, the Army developed the Sexual Harassment/Assault Response & Prevention (SHARP) Program with the mission of eliminating sexual harassment and sexual assault from within our ranks. Our strategy is simple: to prevent further incidents of sexual harassment and sexual assault, we will provide assistance to those who are sexual assault survivors, bring perpetrators to justice, and hold ourselves accountable in the establishment of a work and living environment where everyone in our military community is treated with dignity and respect. These lines of effort are intended to rally our Army community with the purpose of achieving cultural change.

What do I mean when I say that we want to achieve cultural change? Sexual Assault does not happen in a vacuum. History shows us that communities where sexual assault occur the most have several



characteristics in common. Sexual innuendo and sexually charged jokes, excessive consumption of alcohol, and lack of respect and equality toward individuals independently of their gender are usually the norm in these communities. In a culture where all of these factors are accepted as normal, victims of sexual predators will have a hard time coming forward to report incidents of sexual assault; and as a result, they will continue to live in fear, not receiving proper care, and predators will continue to roam free.

That is precisely why the Department of Defense and the Army place so much emphasis on achieving cultural change. Our community understands that sexual

assault is a crime. But we want to go a few steps farther. We want our community to stand up and point out wrong behavior and make dignity and respect the norm. We want to make sure that gender discrimination does not exist in our community and women and men are treated equally. We want to address excessive consumption of alcohol, since it not only presents a health problem, but alcohol is the number one rape drug used today.

These behaviors, when accepted and practiced by all, will achieve the goals of the Department of the Army, aligning our behavior and culture along with the Army values, and making our military community a blueprint for our Nation.

The theme for this year's Sexual Assault Awareness and Prevention Month is: "Eliminate Sexual Assault: Know your part. Do your part." We can only cure a disease when we identify it, and treat it aggressively. Let's eliminate sexual assault from our society. "Know your part. Do your part."

MEC Equals RRR

What to do if you find a Munitions Explosives of Concern (MEC) item

Recognize - Recognize you have a possible MEC item (hand grenade, Stoke Mortar, Rockets, Cannonball, Chemical Warfare glass ampule etc).

Retreat - Retreat to a safe area (at least 300-feet). Cell phones may activate the MEC).

Report (Call: 787-707-4911-Fort Buchanan Security) Do not touch or move the item.

787-707-4911



DHR Educates on ID Card Requirements

Orlando Garcia
Directorate of Human Resources

Fort Buchanan's Directorate of Human Resources' Welcome Center, ID Card Section, wants you to be prepared to receive your new ID card when you come to your appointment.

There are some information and required documents that you must know to renew or to be issued an ID card, CAC card, or to enroll a Family Member in DEERS.



The ID Card Section operates on appointment only system. Please use our online appointment system at <https://rapids-appointments.dmdc.osd.mil> or visit the Fort Buchanan Website at <http://www.buchanan.army.mil/index.html> for your appointments. On the RAPIDS appointments schedule, you will be able to see all future appointment dates and time that are available and select the appointment that best meets your needs. An appointment is required for each family member that you plan to bring. If you don't have access to the internet, then the telephone appointment line is 787-707-3838 or 787-707-3030. Please understand that the telephone waiting time for customer's service assistance may be lengthy.

We have a limited number of walk-in just for emergency purpose. Walk-in



customers only apply to Active Duty Soldiers; Army Reserve Soldier on Duty and Civilians working on Base with a damaged ID Card. Customers with expired ID Cards must make an appointment.

There is required documentation you must bring to renew or to be issued an ID card, CAC card, or to enroll a Family Member in DEERS. These documents must be original or certified true copies.

Below is a list of the most common documents you will need.

- Two valid forms of Identification. At least one must be a picture ID from a local, state or government agency. The second form can be another of the above, or an original Social Security card.

- Social Security card or letter from the Social Security Administration Office. The letter must include your Social Security number.

- Divorce decree signed by a judge with legible file numbers.

- Marriage and Birth Certificate. Must be original document with seal intact.

- In order to add a stepchild into DEERS, we require an original marriage certificate (even if the mother is enrolled in DEERS); original birth certificate, original social security card or letter from Social Security Administration Office.

- Power of Attorneys (if sponsor not available): Must be original with raised seal. Special POA must specify for DEERS enrollment/update and ID card issuance.

- For Common Access Card (CAC), civilians, contract employees, and military personnel must have valid AKO accounts.

Contract employees must be entered into the Contractor Verification System (TASS) in order to be issued a CAC.

- Students over 21 years of age: Must provide proof from an accredited university, or college registrar office or national student clearinghouse at <http://www.studentclearinghouse.org>, verifying they are enrolled full time in a degree program and must include the anticipated graduation date.

- Sponsor must accompany the eligible recipient unless they have a valid Power of Attorney (POA).

**The ID Card Section
is located at
Building 152
(Welcome Center).
Hours of Operation:
Monday thru Friday
from
7:30 a.m.- 4 p.m.**

Game Improvement Clinic Series

Saturday, March 14, 12:00 pm

How to curve the golf ball

Includes lunch box with drink

Cost: \$15 per student per session.

Open to the first 12 students to pay enrollment per session.



Puerto Rico Open Road Trip

Friday, March 6th

Take a shuttle to the PGA Tour Puerto Rico Open with your fellow Fort Buchanan Golf Members.

Trip includes:

Tickets for PR Open, Shuttle service from Fort Buchanan Golf Course, Lunch Box, Cap with Fort Buchanan's Golf Course logo. Call for cost.

Basic Club Repair Series: Re-gripping your golf clubs

Friday, March 13th, 3:00 pm - 4:00 pm

Come and learn how to re grip your golf clubs.

Class includes materials. (Includes putter and iron grip)

Limited to the first 10 students to register.

Cost: \$10 per student. Open to first 10 students to register and pay.

2 Person Blind Draw Tournament

Saturday, March 21st, 9:00 am

Shotgun Start

Format: Individual stroke play, Best Ball Blind Draw

Must have current GHIN index to participate.

Cost: \$30 Members, \$45 Guests

Registration deadline is Wednesday, March 18th at 5:00 pm.

2 Person Scramble Tournament

Saturday, April 25th, 9:00 am

Shotgun Start

Format: 2 Person Scramble

Must have current GHIN index to participate.

Cost: \$30 Members, \$45 Guests

Registration deadline is Wednesday, April 22nd at 5:00 pm

GOLF COURSE



Golf in the Heart of San Juan

Fort Buchanan's Golf Course is a sea of tranquility in the midst of the hustle and bustle of Metropolitan San Juan. The peaceful greens set the perfect atmosphere for an afternoon golf getaway. Using alternate tee boxes, its nine hole regulation course allows for an 18-hole round of over 6300 pristine yards.

From game improvement clinics to monthly tournaments there is always something for golfers of all ages and skill. Whether it is to cast your social net, grab peace of mind or to just plain enjoy the sport, there's always good motive to step onto the green.

This month Golf members get the opportunity to be part of PGA's Puerto Rico Open and glimpse the professionals at their best!

Fort Buchanan Golf Membership fees:

Sign-up during March and get a free sports shirt and cap embroidered with the Golf Course logo!

Category	Individual	Family
Active Duty	\$300.00	\$480.00
E1-E5 & Youth		
Active Duty	\$480.00	\$760.00
E6-03		
Remaining qualified/DoD	\$660.00	\$1,050.00
Civilian	\$900.00	\$1,400.00

Membership upgrade

- Free 1 year cart rental
- Free 1 year PRGA GHIN Handicap
- 20 Golf Range Tokens to practice

A value of over \$1,200.00 yearly!

Become a member today, call 787-707-3980



Enjoy your day... one sip at a time

The coolest hot spot you will find for breakfast, lunch or a snack in Fort Buchanan!

Menu:

BREAKFAST

Hot Cereals

- Cream of Wheat • Oatmeal
Small \$2.00 Large \$3.25
- Turkey Croissant \$4.75

ALL DAY SNACKS

- Assorted Bagels \$2.50
- Assorted Muffins \$2.00
- Quesitos \$2.00
- Cookies \$1.50
Variety of flavors
- Danish Variety of flavors \$2.00
- Cake \$3.00
Variety of flavors

ON THE LIGHT SIDE

- Yogurt (variety of flavors) \$2.00

SOUPS

- Small \$2.50
- Large \$4.50

ASK FOR OUR SEASONAL ITEMS

DRIVE-THRU AVAILABLE

Located across from the Welcome Center.
Hours of Operation: Monday through Friday 6:00 am - 4:00 pm
Saturdays 6:00 am - 2:00 pm
Closed on Sundays and Federal Holidays

LUNCH

SANDWICHES

- Avocado Chicken Club** \$6.50
Chicken breast fillets, bacon, avocado spread and Romaine lettuce
- Roast Beef** \$6.50
with Caramelized Onion & Swiss Cheese
- Smoked Turkey** \$6.50
with Cheddar cheese and Dijon Mustard

WRAPS

- Tuna Salad** \$5.50
Apples, dried cranberries, tomatoes and mayonnaise
- Ranch Chicken** \$5.50
Cheddar cheese, lettuce and Ranch dressing

SALADS

- Classic Roast Chicken Caesar** \$5.75
Romaine lettuce, Caesar dressing and croutons
- Tuna Salad with Almonds** \$6.00
Almonds and Raspberry Vinaigrette

COFFEE DELIGHTS

ESPRESSO DRINKS

- **Macchiato** (cortadito) • **Traditional Cappuccino** • **Latte**
- SMALL \$2.50 • MEDIUM \$3.00 • LARGE \$3.50
- Brewed Coffee**
Café colao, pick up and go!
- SMALL \$1.50 • MEDIUM \$2.00 • LARGE \$2.50

FROZEN BLASTS

- Mocha, Caramel, Cinnamon Blast**
• MEDIUM \$4.00 • LARGE \$4.50
- Iced Coffee**
• MEDIUM \$3.25 • LARGE \$3.75

Ask your Barista for additional flavors

ADD-ONS

- Additional Flavors** .50¢
- Chocolate Syrup • Caramel Syrup
- Whipped Cream • Additional Flavors
- Milk: Low Fat, Soy or Lactose Free** .50¢

OTHER BEVERAGES

SMOOTHIES

- Strawnana** (Strawberry and Banana)
- Banana Boat** (Mangos and Banana)
- Lady Berry** (just Strawberry)
- Miss Peachie** (just Peaches)
• MEDIUM \$3.50 • LARGE \$4.00

Hot Cocoa

- SMALL \$2.50 • MEDIUM \$3.00 • LARGE \$3.50

Hot Tea

- 8 oz \$2.00

Iced Tea

- MEDIUM \$2.50 • LARGE \$3.00 (unsweetened)

Bottled Water / Sodas

- \$1.00

Juices

- \$1.75



787-707-CAFE (2233)
www.buchananmwr.com



The Fort Buchanan Bowling Center's goal is to provide guests with a first class bowling experience from start to finish. Our 18 lanes are certified to PBA standards and our Cosmic Bowling program is fantastic! We offer a variety of adult mixed leagues year round throughout the week from 4:00 pm - 9:00 pm. We also conduct a Junior Program for children ages 6 through 21.

Café 300 Snack Bar

Our snack bar Café 300 offers a variety of menu items including sandwiches, hamburgers, pizza and more. We also offer **daily specials** featuring local cuisine Mondays thru Fridays from 11:00 am to 1:00 pm. You don't have to bowl to enjoy these great offerings. We offer the regular menu on Sundays at 1:00 pm so stop by for lunch!

Is your child having a Birthday?

Why stress? Contact us and we'll handle all the details for you. Our Birthday Packages include plates, napkins, cups and three menus for children to choose from. Please call for additional information or visit us, we'll be happy to assist you! Party Operating Hours upon request.

The 11th Pin Bar

The 11th Pin Bar offers a comfortable place to relax, enjoy a game of dominoes and unwind after a long week. The Lounge is available for small private parties and adult birthday parties, please contact us for additional information. We are open Thursday from 5:00 pm to 10:00 pm and Friday from 5:30 pm till midnight.

Bowling Center

Monday thru Thursday
1:00 pm - 10:00 pm
Friday 11:00 am - 1:00 am
Saturday 11:00 am - 12:00 am
Sunday 1:00 pm - 9:00 pm
Bldg. 168 Fort Buchanan

Phone: (787) 707-2695



Legal Ethics

INCOME TAX

Individuals Living or Working in U.S. Territories/Possessions

An individual who has income from Guam, the Commonwealth of the Northern Mariana Islands, American Samoa, the U.S. Virgin Islands or Puerto Rico will probably have to file a tax return with the tax department of one of these territories. It is possible that you may have to file two annual tax returns: one with the territory's tax department and the other with the U.S. Internal Revenue Service. You should ask for forms and advice about the filing of territory tax returns from that territory's tax department and not the U.S. Internal Revenue Service.

In some situations you may have to determine if you are a resident or a nonresident of a certain territory. Please contact the Puerto Rico Treasury Department for additional information, please call (787) 722-0216 or you can access their web site on the Internet at <www.hacienda.gobierno.pr>. Here you can find the "Informative Booklet To Provide Guidance on the Income Tax Responsibilities of Federal, Military and Other Employees", available at <http://www.hacienda.gobierno.pr/sites/default/files/folleto-militares.pdf>

Filing requirements for specific U.S. territories are explained in Publication 570, www.irs.gov/publications/p570/index.html

The Tax Center is located at Bldg. 34. It opened on 16 January to help file only Federal taxes and will receive customers by appointment only. These services are offered to active duty, Active Guard Reserve (AGR), Reserves, and National Guard, retirees and Fort Buchanan federal civilian employees. Please call our tax center numbers for more information and/or appointments: (787) 707-5155 and (787) 707-5138.

If you need legal advice on ethics principles applicable to federal employees, and you are a federal civilian employee of the U.S. Army working at Fort Buchanan, please feel free to call the Installation Legal Office at 787-707-5163.

Chaplain's Corner

The elderly man's faithful companion, a dog that had been with him more than a decade, fell ill. He went to the local veterinarian's office and lifting the dog onto the examination table, the old man asked the vet: "Do you love animals more than anything else?" The vet replied, "Well yes, but I am a Christian so I have to say that I do love God. I love God more than animals, and in keeping with the Bible, I guess I would have to say people. I love people more than animals."

The old man gently lifted his friend up and began moving toward the door. "Where are you going?" asked the vet. I need to find someone who cares about animals. You are not fit to treat my dog."

I first heard that anecdote in a seminary preaching class more than a quarter of a century ago, and it still haunts me. The veterinarian claims to be Christian, a man of faith, and yet he is unfit to care for this man's animal.

The story may be heard at a variety of levels, but the most striking is that faith is not governed simply by right answers. Doctrine may be correct. We may have good guidance, but that alone does not constitute genuine faith. It is merely a hollow shell.

The religious or if you prefer, spiritual, aspects of human existence gravitate around the heart. Mind is important, but without heart, faith is dead.

A person may attend worship on a regular basis, know the teachings of his or her faith, perform works of charity and even give away all they own, but without feeling, personal engagement, they are lacking.

It's not that the veterinarian gave poor answers, he had not integrated those answers into the present situation. At that moment, all the things he claimed to love presented themselves to him in that poor creature and her owner. Love of God cannot be separated from love of God's creatures. This is why the most ancient teaching of the Hebrew Scriptures involved loving both God and neighbor. We cannot separate them. Life requires compassion and engagement. May we have the courage to engage.

Chaplain Crawford
787-707-3405





The Inspector General Informs

Army Leadership

Spot-on leadership is a cornerstone of the U.S. Army. All leaders in the U.S. Army are governed by a set of procedures and regulations. AR 600-100, Army Leadership, establishes the roles and expectations of U.S. Army leaders. In summary, they are:

- Set and exemplify the highest ethical and professional standards as embodied in the Army Values.
- Accomplish the unit mission.
- Ensure the physical, moral, personal, and professional wellbeing of subordinates.
- Effectively communicate vision, purpose, and direction.
- Build cohesive teams and empower subordinates.
- Teach, coach, and counsel subordinates.
- Build discipline while inspiring motivation, confidence, enthusiasm, and trust in subordinates.
- Develop their own and their subordinates' skills, knowledge, and attitudes.
- Anticipate and manage change and be able to act quickly and decisively under pressure.
- Use initiative to assess risk and exploit opportunities.
- Treat subordinates with dignity, respect, fairness, and consistency.
- Foster healthy command climate.

These items are a part of an overall leadership traits required and expected from U.S. Army leaders. For more information contact our office at 787-707-3729

Upcoming Events

Month of the Military Child

Child Abuse Prevention Month

Alcohol Awareness Month

National Volunteer Week
April 12- 18

Earth Day
April 22

Administrative Professionals' Day April 22

Roberto Alomar Visits FB



Roberto Alomar, former Major League baseball player, signs autographs at Fort Buchanan's Army and Air Force Exchange Service (AAFES) main lobby on 2 February 2015. Photo Courtesy AAFES

SUN 1



Every Sunday Family Bowling from 1pm to 5pm, 787-707-2695

Every Sunday Family Golfing, Save 50% call 787-707-3980

MON 2



Every Monday Oil Change for \$8.00 at the Automotive Skills Center 787-707-3972

MFLC Outreach Services 9am-12pm, Exchange, Welcome Center, 787-707-3709

Customers' first choice of new books and DVD selections at the Post Library 10am 787-707-3208

Yoga, Cabaña Picnic Area, 10:30am-11:30am, 787-707-3767

Cycling Class 12:00pm/4:30pm/6:00pm, @ the Fitness Center, 787-707-3767

Mondays thru Thursdays Teen Bowling Special @ Bowling Center, 3 pm - 5 pm 787-707-2695

TUE 3



Every Tuesday Cycling Class at Fitness Center 5:30am/12pm/4:30pm 787-707-3767

Tue thru Fri: Lunch @ the Club, 11 am -1 pm 787-707-3535

Every Tuesday and Thursday BINGO at the Club 6pm, 787-707-3535

SKIES Swimming Classes, @the Water Spout, 4:30pm/5:00pm, 787-707-3767

WED 4



Tue thru Fri: Lunch @ the Club, 11 am -1 pm 787-707-3535

MFLC Training for Parents and Community, bldg. 1000, 4:00pm-5:00pm, 787-707-3767

SKIES Swimming Classes, @the Water Spout, 4:30pm/5:00pm, 787-707-3767

MFLC Beyond the Loss for Military Families at Chapel Annex Bldg 292 6pm 787-685-3423

Mat Pilates, Cabaña Picnic Area, 7:00pm, 787-707-3767

THU 5



Every Thursday Cycling Class at Fitness Center 5:30am/12:00pm/4:30pm 787-707-3767

Tue thru Fri: Lunch @ the Club, 11 am -1 pm 787-707-3535

BBQ at the Club, 4:00pm, 787-707-3535

SKIES Swimming Classes, @ the Water Spout, 4:30pm/5:00pm,

MFLC Beyond the Loss for Military Families at Chapel Annex Bldg 292 6pm 787-685-3423

Cinema Club Movie: 7:30pm: The Hunger Games: Mockingjay Pt. 1, PG-13, 787-707-3535

FRI 6



MFLC Outreach Services 9am-12pm, Exchange, 787-707-3709

Every Friday Out of the Box at Fitness Center 9am, 787-707-3767

Tue thru Fri: Lunch @ the Club, 11 am -1 pm 787-707-3535

PGA Tour Puerto Rico Open Road Trip, 787-707-3980

BBQ at the Club, 4:00pm, 787-707-3535

EVERY Thursday Chess and Checkers Club @ Community Club, 6pm-8pm, 787-707-5105

Bouncy Night, Community Club Parking, 5:00pm-7:00pm, 787-707-5105

BIG Screen Movie: 7:30pm: Penguins of Madagascar, PG 787-707-3535 Community Club Parking Lot

SAT 7



Advanced SCUBA class, 787-707-3734

Every Saturday : -Yoga 9am at Cabaña Picnic Area -Cycling Class 10:30am at Fitness Center 787-707-3767

SUN 8



Advanced SCUBA class, 787-707-3734

Every Sunday Family Bowling from 1pm to 5pm, 787-707-2695

Every Sunday Family Golfing, Save 50% call 787-707-3980

MON 9



Every Monday Oil Change for \$8.00 at the Automotive Skills Center 787-707-3972

Cycling Class 12:00pm/4:30pm/6:00pm, @ the Fitness Center, 787-707-3767

Mondays thru Thursdays Teen Bowling Special @ Bowling Center, 3 pm - 5 pm 787-707-2695

TUE 10



Every Tuesday Cycling Class at Fitness Center 5:30am/12pm/4:30pm 787-707-3767

Computer Orientation @ the Post Library, 10am 787-707-3208

Tue thru Fri: Lunch @ the Club, 11 am -1 pm 787-707-3535

Every Tues. & Thursday BINGO at the Club 6pm, 787-707-3535

Tuesdays through Thursdays SKIES Swimming Classes, @the Water Spout, 4:30pm/5:00pm, 787-707-3767

Salsa Lessons, Community Club, 6:30pm-8:30pm 787-707-3974

WED 11



Every Wednesday: -Out of the Box 9am at the Fitness Center -Mat Pilates 7pm at Cabañas Picnic Area 787-707-3767

Wed. to Fri. Lunch -A- Bowl @ Bowling Center, 11 am - 1 pm, 787-707-2695

MFLC Educational Groups for Families at the Chapel Annex Bldg.292 2pm to 3pm 787-685-3423

Tuesdays through Thursdays SKIES Swimming Classes, @ the Water Spout, 4:30pm/5:00pm

THU 12



St. Patrick's 90 min.Cycling Class @ Fitness Center, 11:30am, 787-707-3767

Tue thru Fri: Lunch @ the Club, 11 am -1 pm 787-707-3535

BBQ at the Club, 4:00pm 787-707-3535

Parents and Community CYSS Computer Lab Open House, bldg. 1000, 787-707-3767

MFLC Beyond the Loss for Military Families at Chapel Annex Bldg 292 6pm 787-685-3423

Tuesdays through Thursdays SKIES Swimming Classes, @the Water Spout, 4:30pm/5:00pm, 787-707-3767

Salsa Lessons, Community Club, 6:30pm-8:30pm 787-707-3974

FRI 13



Tue thru Fri: Lunch @ the Club, 11 am -1 pm 787-707-3535

Wed. to Fri. Lunch -A- Bowl @ Bowling Center, 11 am - 1 pm, 787-707-2695

Basic Club Repair Series: Regripping Your Golf Clubs, 3:00pm-4:00pm, 787-707-3980

BBQ at the Club, 4pm 787-707-3535

Cinema Club Movie: 6:00pm: Interstellar, (PG-13) 8:30pm: Horrible Bosses, (R) 787-707-3535

EVERY Thursday Chess and Checkers Club @ Community Club, 6pm-8pm, 787-707-5105

DJ Music at the Zone 7pm, 787-707-3535

SAT 14



The National Rain Forest Tour El Yunque, 787-707-3734

Basic SCUBA course, 787-707-3437

Game Improvement Clinic Series, 12:00pm, Golf Course, 787-707-3980

Every Saturday : -Yoga 9am at Cabaña Picnic Area -Cycling Class 10:30am at Fitness Center 787-707-3767

SUN 15



Basic SCUBA course, 787-707-3437

Every Sunday Family Bowling from 1pm to 5pm, 787-707-2695

Every Sunday Family Golfing, Save 50% call 787-707-3980

MON 16



Every Monday Oil Change for \$8.00 at the Automotive Skills Center 787-707-3972

Cycling Class 12:00pm/4:30pm/6:00pm, @ the Fitness Center, 787-707-3767

Every Monday & Wednesday Conversational English Course for Adults, @ Chapel Annex bldg.292, 2:30-4:30, 787-707-3682

Mondays thru Thursdays Teen Bowling Special @ Bowling Center, 3 pm - 5 pm 787-707-2695

Training for Parents and Community, bldg. 1000, 4:30pm-5:30pm 787-707-3767

TUE 17



St. Patrick Lunch @ the Club Irish menu and music 11am-1pm 787-707-3535

YS Leprechaun Run, 4:00pm, 787-707-3466

Tuesdays through Thursdays SKIES Swimming Classes, @ the Water Spout, 4:30pm/5:00pm, 787-707-3767

Every Tues. & Thursday BINGO at the Club 6pm, 787-707-3535

Salsa Lessons, Community Club, 6:30pm-8:30pm 787-707-3974

WED 18



Green Out of the Box 2-Hour Challenge @ Fitness Center, 9:00am, 787-707-3767

Tue thru Fri: Lunch Menu @ the Club, 11 am -1 pm 787-707-3535

Wed. to Fri. Lunch -A- Bowl @ Bowling Center, 11 am - 1 pm, 787-707-2695

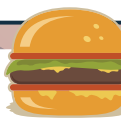
MFLC Educational Groups for Families at the Chapel Annex Bldg.292, 2pm to 3pm 787-685-3423

Every Monday & Wednesday Conversational English Course for Adults, @ Chapel Annex bldg.292, 2:30-4:30, 787-707-3682

Storytime: Spring, Post Library, 3pm, 787-707-3208

Tuesdays through Thursdays SKIES Swimming Classes @ the Water Spout, 4:30pm/5:00pm, 787-707-3767

THU 19



Kick Butts Tobacco Day, bldg. 1000, 787-707-3466

Every Tuesday & Thursday Conversational English Course for Adults, @ Chapel Annex bldg.292, 2:30-4:30, 787-707-3682

BBQ at the Club, 4pm 787-707-3535

MFLC Beyond the Loss for Military Families at Chapel Annex Bldg 292 6pm 787-685-3423

Salsa Lessons, Community Club, 6:30pm-8:30pm 787-707-3974

Cinema Club Movie: 7:30pm: The Hobbit: The Battle of the Five Armies (PG-13) 787-707-3535

FRI 20



Military & Family Life Counselors Program Outreach Services at the Exchange 11am-1pm 787-685-3423

BBQ at the Club, 4pm 787-707-3535

Bouncy Night, Community Club Parking, 5:00pm-7:00pm, 787-707-5105

DJ Music at the Zone 7pm, 787-707-3535

BIG Screen Movie: 7:30pm: Night at the Museum 2 Secret of the Tomb (PG) 787-707-3535 Community Club Parking Lot

SAT 21



Kayaking Adventure- La Parguera, 787-707-3734

Every Saturday : -Yoga 9am at Cabaña Picnic Area -Cycling Class 10:30am at Fitness Center 787-707-3767

2-Person Blind Draw Tournament, Golf Course, 9:00am, 787-707-3980

St. Patrick's 10k Race, Community Club, 5:00pm, 787-707-3767

SUN 22

Every Sunday Family Bowling from 1pm to 5pm, 787-707-2695

Every Sunday Family Golfing, Save 50% call 787-707-3980



MON 23



Every Monday Oil Change for \$8.00 at the Automotive Skills Center 787-707-3972

Cycling Class 12:00pm/4:30pm/6:00pm, @ the Fitness Center, 787-707-3767

Every Monday & Wednesday Conversational English Course for Adults, @ Chapel Annex bldg.292, 2:30-4:30, 787-707-3682

Mondays thru Thursdays Teen Bowling Special @ Bowling Center, 3 pm - 5 pm 787-707-2695

TUE 24



Computer Orientation @ the Post Library, 10am 787-707-3208

Tue thru Fri: Lunch @ the Club, 11 am -1 pm 787-707-3535

BINGO Every Tues. & Thursday at the Club 6pm, 787-707-3535

Salsa Lessons, Community Club, 6:30pm-8:30pm 787-707-3974

WED 25



Tue thru Fri: Lunch Menu @ the Club, 11 am -1 pm 787-707-3535

Wed. to Fri. Lunch -A- Bowl @ Bowling Center, 11:00 am -1:00 pm, 787-707-2695

MFLC Educational Groups for Families at the Chapel Annex Bldg.292 2pm to 3pm 787-685-3423

Every Monday & Wednesday Conversational English Course for Adults, @ Chapel Annex bldg.292, 2:30-4:30, 787-707-3682

Mondays thru Thursdays Teen Bowling Special @ Bowling Center, 3 pm to 5 pm 787-707-2695

THU 26



Coupon Club@ the Post Library, 11:00am - 12:00pm 787-707-3208

Every Tuesday & Thursday Conversational English Course for Adults, @ Chapel Annex bldg.292, 2:30-4:30, 787-707-3682

BBQ at the Club, 4pm 787-707-3535

EVERY Thursday Chess and Checkers Club @ Community Club, 6pm-8pm, 787-707-5105

MFLC Beyond the Loss for Military Families at Chapel Annex Bldg 292 6pm 787-685-3423

Movie at the Library: Half the Sky, Post Library, 6:00pm, 787-707-3208

Salsa Lessons, Community Club, 6:30pm-8:30pm 787-707-3974

FRI 27



BBQ at the Club, 4pm 787-707-3535

Evening at the Café @ Café 151, 4:00pm

MFLC Beyond the Loss for Military Families at Chapel Annex Bldg 292 6pm 787-685-3423

Cinema Club Movie: 6:00pm: Taken 3 (PG-13) 8:30pm: Unbroken (PG-13) 787-707-3535

Salsa Night at the Club @ 7:00pm 787-707-3974

DJ Music at the Zone 7pm, 787-707-3535

SAT 28



Basic Scuba Course 787-707-3437

Every Saturday: Yoga 9am at Cabaña Picnic Area -Cycling Class 10:30am at Fitness Center 787-707-3767

SUN 29



Basic Scuba Course 787-707-3437

Every Sunday Family Bowling from 1pm to 5pm, 787-707-2695

Every Sunday Family Golfing, Save 50% call 787-707-3980

MON 30



Every Monday Oil Change for \$8.00 at the Automotive Skills Center 787-707-3972

Cycling Class 12:00pm/4:30pm/6:00pm, @ the Fitness Center, 787-707-3767

Mondays thru Thursdays Teen Bowling Special @ Bowling Center, 3 pm - 5 pm 787-707-2695

TUE 31



Tue thru Fri: New Lunch Offers @ the Club, 11 am -1 pm 787-707-3535

Tue thru Fri: Lunch @ the Club, 11 am -1 pm 787-707-3535

BINGO Every Tues. & Thursday at the Club 6pm, 787-707-3535

March 2015

Family and MWR Events

WEEKLY EVENTS: • Mondays & Wednesday- Cycling class 12:00pm/4:30pm/6:00pm at Fitness Center •Tuesdays & Thursdays Cycling Class 5:30am/12:00pm/4:30pm at Fitness Center • Saturdays - Cycling Class 10:30am at Fitness Center • Monday, Wednesday & Fridays - Out of the Box 9:00am at Fitness Center • Mondays, Tuesdays & Saturdays - Yoga Class at Cabañas Picnic Area (Mon. 10:30am/Tue. 5:30pm/Sat. 9:00am) • Wednesday - Pilates 7:00pm at Cabañas Picnic Area • Monday & Thursday - Teen Bowling Special, 3:00 pm at Bowling Center • Tuesday thru Friday- Lunch Offerings 11:00am-1:00pm at the Community Club & Conference Center • Tuesdays & Thursdays- BINGO 6:00 pm at the Community Club & Conference Center • Thursdays & Fridays BBQ, 4:00 pm, at the Community Club & Conference Center • Wednesdays thru Fridays - Lunch-A-Bowl, 11:00 am at Bowling Center • Fridays -Cinema Club, 6:00pm & 8:30 pm at Community Club & Conference Center

Calendar subject to change. For updated version: www.buchananmwr.com

COMMUNITY RECREATION DIVISION

BBQ and Bouncy Nights

Thursday and Friday BBQs at the Community Club is a place where family and friends gather, eat and feel relaxed. Straight out of work or not, no need to dress up, or spend a lot. Starting at 4:00 pm at the Community Club Parking area.

On **Friday's March 6th and 20th** inflatables add to the children's fun at "Bouncy Nights", starting at 5:00 pm. For more details call 787-707-5105 / 3535

Chess & Checkers Club

at the Community Club

THURSDAYS

6:00 pm - 8:00 pm

LEARN HOW TO PLAY-
RULES & BASIC STRATEGIES.

You'll have partners to play with!
More information by calling
787-707-5105



OUTDOOR RECREATION

If you have already started to plan your Family Vacation for this year, consider Family and MWR's Outdoor Recreation as the place to find equipment for rent. For those interested in Water Sports we offer Stand Up Paddleboards & two person Kayaks with life vests and paddles. If you are into snorkeling, we have all gear and Morey boards available.

Scuba gear is also at your reach, and if you would like to start discovering the underwater beauty of the Caribbean, Basic Scuba lessons for beginners include: student training book, scuba equipment (full set) for \$150.00 per person 14 years of age and older. Advanced classes and trips are also available.

If throwing a party is your thing, we have party items: Canopies in various sizes: 10' x 20', 20' x 20', 20' x 30' and the 10' x 10' pop-up tents, chairs, tables, Domino tables set, BBQ grills (gas or charcoal) popcorn, cotton candy or nacho machines.

We also have folding beach chairs, trimmers, lawn mowers, steam cleaners, chain saws, buffers and rotary hammers. Almost everything you might need is at your reach at Outdoor Recreation Center, Bldg. 136. For more information call 787-707-3734.

cinema club

thursday 5 | **The Hunger Games: Mockingjay Part 1**
7:30pm • PG-13 • 123 min

Interstellar | **Horrible Bosses 2** | **friday 13**
6:00pm | 9:30pm
PG-13 • 169 min | R • 96 min

thursday 19 | **The Hobbit: The Battle of the Five Armies**
PG-13 • 144 min • 7:30pm

Taken 3 | **Unbroken** | **friday 27**
6:00pm | 8:30pm
PG-13 • 105 min | PG-13 • 137 min

BIG SCREEN MOVIE **friday 6**
Penguins of Madagascar
7:30pm • PG • 91 min

friday 20 | **BIG SCREEN MOVIE**
Night at the Museum 3
7:30pm PG • 98 min

PENGUINS

787-707-3535

SPORTS & FITNESS • OUTDOOR RECREATION

FITNESS CLASSES

ST. PATRICK'S CHALLENGE RIDE

90 minute Class of Indoor Cycling
Thursday, March 12th, 11:30 am, Fitness Center.

GREEN OUT OF THE BOX

Two hours functional Exercises Outdoors!
Fitness Center, Wednesday, March 18th, 9:00 am.

More details by calling 787-707-3767.

OUTDOOR RECREATION ADVENTURES & CLASSES

SCUBA

Advanced SCUBA class

March 7th and 8th

Cost: \$135.00 (equipment not included)
Equipment cost: \$50.00 (weekend)

SCUBA Basic (4 days course)

March 14 and 15 (pool), 28 and 29 (ocean)

Cost: \$150.00 (equipment included)



ADVENTURES

The National Rain Forest Tour to El Yunque

Saturday, March 14th

Includes: *El Yunque* visitor center and *La Mina* trail tours, transportation, guides

Cost: \$19.00 per person

Departure and arrival: 8:00 am from ODR Bldg. 67 and 4:00 pm to ODR

Requirements: Good physical condition, wear closed toe shoes. Participants must be 8 years of age or older. Note: People can bring backpacks with snacks, water, mosquito repellents.

St. Patrick's 10k RUN

MARCH 21ST 2015
Starting at 5:00 pm at the Community Club, Bldg. 660

T-Shirts for the first 84 runners that register & participate!

AGE GROUPS:
Children both genders 0-12
Female Youth: 13-15, 16-18
Male Youth: 13-15, 16-18
Female: 19-24, 25-34, 35-44, 45-54, 55-64, 65 & over.
Male: 19-26, 27-35, 36-45, 46-54, 55-63, 64 & over

Free of cost: for Army Active Duty, National Guard, Army Reserve, Marines, Navy Reserves and DoD Civilians attached to Fort Buchanan

Fee: \$5.00 for employees & other Military not attached to Fort Buchanan
\$8.00: Others

Registration deadline: March 21st until 2:00 pm at the Fitness Center, Bldg. 176.
An additional \$5.00 late fee for registration on the day of the race.

For information and registrations call
787-707-3767

Kayaking Adventure to La Parguera

Located in the town of Lajas

Saturday, March 21st

Departure: 6:00 am from ODR Bldg. 67 and 6:00 pm to ODR

Includes: Transportation, kayaks, safety equipment, guides, refreshments and snacks

Requirements:

Participants needs to be in good physical condition in order to participate, bring towels, sunscreen, mosquito repellent, change of clothes.

Cost: \$45.00 Adults
\$35.00 Children

Call 787-707-3734 for more details.





2015: Epidemic Influenza

In February 5, 2015 Ana Rius Armendáris, Health Secretary for the Puerto Rico Health Department, declared an Influenza Epidemic for the Puerto Rico region. During the epidemiologic week of February 1st thru the 7th there have been 799 Influenza cases, elevating this calendar year cases to 4,219. Out of the 4,219 cases 90% are Influenza A, 9% Influenza B and 1% are from Influenza A&B. Recent statistics show that 53% of the reported cases were young patients ranging from 0-19 years. The first reported fatality for 2015 was an 85 year old NON-vaccinated woman.

Influenza is a viral infection caused by influenza virus A and B. There are many different strains of the virus every year. Most common symptoms are fever, chills, sore throat, muscle aches, fatigue, cough, headache and stuffy or runny nose. Symptoms like vomiting or diarrhea are not likely to be present. The people at higher risk are children; pregnant women and patients with impair immune system.

Rius Armendáris and the Department of Health are urging people to get vaccinated and are emphasizing on the Influenza vaccine safety. There are two types of influenza Vaccine. According to the Centers for Disease Control, the live attenuated influenza vaccine or LAIV is the vaccine with a weakened influenza virus or attenuated. This process is done to pre-

vent getting the flu because of the vaccine. This attenuated vaccine is given intranasal with a syringe that is divided in two parts that will be administered in each nostril. The recombinant or inactivated influenza vaccine is the one that does not contain the live virus and will be administered via intramuscular injection.

In the efforts to prevent the virus to keep spreading, the department of health is inviting the public to the vaccination clinics they will have throughout the island, during the month of February. Vaccinations will be done in the municipalities of Cabo Rojo, Caguas, Humacao



and Carolina. The vaccination clinic is subject to change. Contact the Department of Health or visit <http://www.salud.gov.pr> for more information or other places to get the vaccine.

The Child Youth and School Services are recommending all parents to vaccinate their children to avoid further spreading of the virus. We want to review the Illness Criteria for Denial of Service during the Influenza (Flu) Season. During the season a child having a fever of 99.6 degrees axillary or orally and have at least one re-

spiratory symptoms such as runny nose, cough, congestion, or sore throat, will be excluded from care. Children may be re-admitted when the fever has subsided for a minimum of twenty-four hours. The child/youth primary care physician will need to complete the CYSS Illness Form (9062) or make a medical certificate letting the center know that his/her condition is not contagious and is able to return to the center. As always, upon returning the child must be able to participate in daily activities.

The Child Youth and School Services is compromised with the health and safety of each and every child, youth and employees participating and working in our centers. If you have any questions related to this virus, the treatment or if you want more information regarding health, you may contact me at 787-707-3578.

María T Colón
CYSS Nurse

References:

Noticia 24/7. (2/12/2015) Continúan en aumento casos de Influenza y Chikungunya. <http://www.noticias247.pr/index.php/salud-y-ambiente/3471-continuan-en-aumento-casos-de-influenza-y-chikungunya>
Center for Disease Control (2014-2015)

Influenza Vaccine What You Need to Know. <http://www.cdc.gov/vaccines/hcp/vis/vis-statements/flulive.pdf>
WebMD (N.D). Influenza (Seasonal Flu) - Topic Overview <http://www.webmd.com/cold-and-flu/tc/influenza-topic-overview>

CHILD, YOUTH & SCHOOL SERVICES

Classes & Events

MARCH

Monday, March 2nd-

**Dr. Zeus B-Day
Story Time**

9:00 am - 10:00 am at CDC
3:30 pm - 4:30 pm, SAC Bldg. 1000

Wednesday, March 4th-

**"The Three C's of
Communication"**

training for parents
4:00 pm - 5:00 pm, SAC Bldg. 1000

Thursday, March 12th-

**Computer Lab Open House
for parents and community**

4:00 pm - 5:00 pm at SAC
Bldg. 1000

Monday, March 16th-

**A Way to Get Healthy
training for parents and
community**

4:30 pm - 5:30 pm, SAC Bldg. 1000

Tuesday, March 17th-

Leprechaun Fun Run

Ages 4 to 18, 4:30 pm at
Fort Buchanan Track

Thursday, March 19th-

Kick Butts Day

Starting 3:00 pm at Bldg. 1000

APRIL

Tuesday, April 7th-

**Kick-off Month of the
Military Child**

3:00 pm - 5:00 pm, Bldg. 1000

Wednesday, April 1st-

Bicycle Class

10:00 am - 12:00 pm, Auto Shop

Wednesday, March 8th-

**Challenges faced by
Dual Military**

**training for parents and
community**

4:00 pm - 5:00 pm, SAC Bldg. 1000

Saturday, April 4th-

**Bowling with
The Easter Bunny** (fees apply)

2:00 pm - 5:00 pm, Bowling Center

Sunday, April 5th-

**Underwater Easter
Egg Hunt** (fees apply)

3:00 pm, the Water Spout



SKIES Unlimited
Journal of Community, Alternative, Experiences & Skills

PIANO LESSONS

Wednesdays from
2:30pm-6:00pm

Group • 3:00pm-4:00pm

Classes • 4:00pm-5:00pm

Also individual classes

Ages 5 to 18

Limited Spaces



Transportation provided to all children
and youth attending CYSS center based
programs. (SAC-MST) For additional
information and registration, contact the
CYSS SKIES Unlimited Program
located at Bldg. 1301-G, Depot Road
AD/DoD, Federal, NG, Reserve
and Retiree dependents are
eligible to participate.

For more information
787-707-3541/3787



A colorful poster for an Easter Egg Hunt. At the top left is a cartoon bunny wearing a red bow tie. A string of colorful triangular bunting hangs across the top. The text reads: "EASTER EGG HUNT", "Saturday April 4th", "Cabaña Picnic Area", "10:00 am Hunt starts at 10:30 am by age groups", "Inflatables & Photos with the Easter Bunny", "FREE OF COST", and "787-707-3466". On the right side, a cartoon boy with glasses and a red shirt is peeking from behind a tree. At the bottom, there is a basket of colorful Easter eggs and a single egg on the grass.

YOUTH SPORTS CALLING ALL VOLUNTEER COACHES

Impact a child's future.
Become a coach.
Make a difference.

CYSS Sports Program is looking for
coaches for the upcoming soccer,
baseball, and volleyball seasons.
If interested, please contact
CYSS Youth Sports Office at
787-707-3466.

All candidates will receive training
on Child Abuse and the National
Youth Sports Coaches Association
(NYSCA) Certification training, both
paid for by Youth Sports. Back-
ground checks will be required prior
to the start of any season. Volunteer
registration is at ACS Army Volun-
teer Corps Coordinator, Ms. Dávila
at 787-707-3365

Public Notice

US ARMY GARRISON (USAG) FORT BUCHANAN WILL CONDUCT ENVIRONMENTAL RESTORATION CLEAN UP NEAR BUILDING 517

Environmental Restoration Clean up at the USAG Fort Buchanan for site near Building 517 (Army Environmental Data Base Record – AEDBR Site # CCFTB-038) is performed under a voluntary clean up agreement between the Army, USEPA, and PREQB. The Army's Defense Environmental Restoration Program (DERP) authority is utilizing the Resource Conservation Recovery Act (RCRA) corrective action procedures in cooperation with USEPA Region 2 and PREQB.

Background

In August 2008, the Army replaced a light pole (#LH021) that was damaged during a vehicle accident. Soil impacted with petroleum was encountered during the installation for the new light pole. A soil sample was collected in 2008 and confirmed the soil contamination. An initial site assessment suspected the contamination was the result of a leaking fuel tank used to supply the refrigerated building 517. A contract was developed to conduct a site investigation for the surrounding soil and groundwater. Fieldwork conducted in March 2014 confirmed the extent of the soil impacted with fuel. Analytical results indicated that groundwater was not impacted. A contract was developed to conduct a RCRA Facility Investigation (RFI) / Corrective Measure Study (CMS).

Proposed Action

The Army will be conducting a Corrective Action (CA) consisting of removing a total of twenty-six (26) cubic yards of impacted soil from four (4) locations near Building 517 and the intersection of Columbus Street and Isabella St. The excavated soil will be characterized for disposal offsite into an approved landfill according to federal and local regulations. Confirmatory soil samples will be collected and analyzed for clean closure compliance and No Further Action determination. The proposed action will be scheduled to take place in Spring of 2015.

Administrative Record

The environmental restoration project records for the soil investigation near Building 517 (AEDBR Site # CCFTB-038) can be found in the Administrative Record File located at the new Directorate of Public Works (DPW) facilities, Environmental Division Storage Room, Building 34, on Southgate Road, Fort Buchanan, P.R. 00934.

For questions or additional information, please contact Mr. Anibal Negrón, Chief, DPW-Environmental Division at 787-707-3575, or email:

Vehicle Extrication Training Held at FB

José L. López
Public Affairs

Fort Buchanan's Fire Department held Vehicle Extrication Training at their training facility on 28 and 29 January 2015. Firefighters from the municipalities of Bayamón and Cataño participated along with the installation's team in order to comply with annual training requirements.

Wikipedia.org defines vehicle extrication as "the process of removing a vehicle from around a person who has been involved in a motor vehicle accident, when conventional means of exit are impossible or inadvisable. A delicate approach is needed to minimize injury to the victim during the extrication."

Hector Rivera, Firefighter, was in charge of training. Rivera stated: "The exercise was held because of the need to maintain rescue proficiency skills within the Fire Department. All Fort Buchanan Firefighters are Emergency Medical Technicians. They are required to qualify for their license ev-

ery three years. Vehicle Extrication Training is a portion of training that can be used as continuing education credit for this requirement."

This training is performed at their training facility annually.

Rivera invited firefighters from the offices of Emergency Management of Bayamón and Cataño to participate and assist during this exercise.

"We do not know if there will be a time when we reach outside the fence to ask for assistance in an emergency. We invite them so they can become familiar with our capabilities and learn from each other while we train together."

Rivera concluded: "Hands on training is very important during vehicle extrication. There is no other way to gain proficiency in this matter. Hands on use of the proper tools is necessary before confronting real world emergencies."



(Above) Jean Carlos Ortíz, Oficina de Manejo de Emergencias de Bayamón, shatters tempered glass on the driver's side of a vehicle during Vehicle Extrication Training held at Fort Buchanan's Fire Department training facility on 28 January 2015. (below) Fort Buchanan firefighters, along with firefighters from the municipalities of Bayamón and Cataño observe as Edgardo Rodríguez, Fort Buchanan Firefighter, breaches a passenger side door. José L. López, PAO





The Fort Buchanan Fire Department, Fire Chief wants you to know...

WORKPLACE FIRE PREVENTION TIPS

Eliminate Fire Hazards

Keep work spaces free of waste paper and other combustibles, have damaged electrical cords replaced and do not over load circuits.

Prepare for Emergencies

Make sure you know who to call in an emergency (4911); participate in all drills.

Report Fires and Emergencies Promptly

Immediately report all foul odors or defective equipment to the Building Manger or Security. If fire is detected pull the fire alarm station to sound the alarm.

Evacuate Safely

Leave the area quickly in an emergency; use stairs instead of the elevator. Assist your coworkers.

Do not use Open flames

The use of open flames in the work place is prohibited.

General Workplace Fire Safety

Make sure all walk ways and corridors are kept clear to ensure emergency egress is uninhibited.

Equipment

Use and maintain wiring, tools and equipment correctly. Keep everything oil and dust free.

Extension Cords

Uncoil an extension cord fully before temporary use. Also ensure the amperage of the cord is appropriate for the job being performed.

Faulty Equipment

Do not use equipment that delivers mild electrical shock, gives off unusual heat or smells odd. If in doubt have it checked and repaired or replaced by a professional.



DES BLOTTER

For the month of January 2015 Police Department reports the following:

- Six shopliftings at the Main Exchange (AAFES). This is when people don't pay for the items or change price tags.
- Five traffic accidents reported due to improper backing
- Four accidental damages (rocks, golf balls, shopping carts and cars hitting vehicles)
- One driving while intoxicated (DWI)
- One customer paid at AAFES with counterfeit money (fake money)
- One false identification document with the intent to defraud

Traffic Violations for the month:

- 24 Central Violations Bureau (CVB Traffic Tickets)
- The most common violations were expired registration and expired drivers license.
- Three Warning Tickets (DD1408) – They are issued to military personnel and federal civilians who work on the installation. A DD1408 is not a "to pay" fine but is administrative in nature.

Entries in the DES Blotter are not necessarily adjudicative or prosecutorial in nature and do not always involve criminal charging by a prosecutor or in a criminal court.

ARMY COMMUNITY SERVICE

Service Members and Families: Help us Learn How to Help You and Earn Compensation \$

You may be eligible for a research study exploring the experiences of families of service members with Posttraumatic Stress Disorder (PTSD) or depression.

We are looking for:

Active/Guard/Reserve Soldiers with symptoms of depression or PTSD, aged 21-65

AND

A spouse/partner or other relative, also aged 21-65

This study will:

1. Help us learn new information about service members and their Families.
2. Ultimately help develop new interventions for service members and Families.
3. Earn a \$50 gift card for the spouse/partner or relative who participates. Service member participation will involve completing basic eligibility and background questions plus three brief questionnaires.

Family member participation will involve completing basic eligibility and background questions plus 30 to 60 minute phone interview of open-ended questions focused on Family members' experiences.

Participation in the study and all information given will be COMPLETELY CONFIDENTIAL.

This study is being run by the Anxiety, Stress, & Relationships Lab at George Mason University, under the direction of Keith Renshaw, Ph.D. To receive more information about this study or to find out if you are eligible, please visit <http://tinyurl.com/militaryfamilies-gmu>. You can also email militaryfamilies.gmu@gmail.com or call (703) 993-5662. The voice mail at this number and this email address are confidential. Please reference "Military Family Study" when you call or email. Thank you!

Relocation Readiness Program

Multilevel Conversational English as a Second Language Course for Adults

Ongoing until May 27th, 2015
2:00 pm - 3:30 pm, every Monday and Wednesday at the Post Chapel Annex Bldg 292.

A valid Military/DoD ID card is required. Course is free of charge.

There are still spaces available.

To register or for more information, please call: 787-707-3682 or email: arlene.romero.civ@mail.mil

Cross Cultural- Spanish Teacher Volunteer position recruitment

Required qualifications for this position are:

- Educational academic background and experience teaching Spanish
- Experience teaching adults
- Ability to follow verbal and written instructions
- Ability to organize tasks
- Ability to communicate effectively with the public.
- Volunteer is required to speak and write Spanish and English.

For more information, please call 787-707-3682 or email: arlene.romero.civ@mail.mil

ARE YOU A SURVIVOR OF A DECEASED ARMY SERVICE MEMBER?

Please share your experiences in a brief and confidential survey



Link to survey:

<https://usaphcapps.amedd.army.mil/Survey/se.ashx?s=251137451E205DCA>

The Clearinghouse for Military Family Readiness is requesting volunteers among Army Survivors to learn:

1. The needs of Army Surviving Families
2. How well those needs are being met by existing programs and services

The information will be summarized into a report for Survivor Outreach Services' staff and leaders.

To learn more about the survey, please contact:

Dr. Kelly Davis
Research & Evaluation Scientist
Clearinghouse for Military Family Readiness
Phone: (814) 863-1431
Email: kdavis@psu.edu

Dr. Steve Bullock
Public Health Assessment Program Manager
Army Institute of Public Health
Phone: (410) 436-7007
Email: Steven.H.Bullock.civ@mail.mil

The Clearinghouse for Military Family Readiness has been directed by the Office of the Secretary of Defense to survey Army Survivors on services they received. FOR MORE INFORMATION ABOUT THE CLEARINGHOUSE GO TO: www.militaryfamilies.psu.edu



ARMY COMMUNITY SERVICE • POST LIBRARY



\$2,000 Military Spouse Scholarship

Career Step and Army Wife Network have joined forces to support and strengthen the military community. In an effort to help military spouses find the resources they need, Career Step has partnered

with Army Wife Network to present a military spouse scholarship program to provide the financial jump start a spouse may need to gain the education needed to improve their life. Career Step's Army Wife Network scholarship offers one deserving military spouse \$2,000 that can be used for higher education at the institute of their choice. Current spouses of service members who are active duty or veterans of the Army, Navy, Air Force, Marines, Coast Guard or National Guard are welcome to apply. There is no age requirement, but the student must be planning to start school in 2015 or 2016 if they are not already enrolled. To apply candidate must submit an 800-1000 word essay and/or video on how you plan to use your education to benefit your family and/or community. Competitive candidates will cite specific experiences that encouraged them to continue their education or specific situations where they can apply their skills. The essay should be submitted through the application form and the video should be submitted as a YouTube link. The application period opened February 6, 2015. The deadline for the 2015 application and essay submission is April 24, 2015. For more information please visit: <http://www.careerstep.com/awn>

Family Advocacy Program

New Parent Support Morning Playgroup

Bldg. 1140, 9:30 am to 11:30 am
Wednesdays March 4th and 18th.

FAP Classes offered by appointments:

Dealing with Family Stress and Anger

Prevention of Domestic Violence

Dealing with Separation

For Prevention Program classes and events please call Ms. Wilda Díaz, FAP Manager, Victim Advocate at 787-707-3709 or e-mail: wilda.l.diaz.civ@mail.mil

POST LIBRARY

Customers' first choice:

New books and DVD selections, March 2nd, 10:00 am.

Author of the Month:

Michael Connelly with a display of his books available for check-out.

Born in Philadelphia and moved to Florida with his family when he was 12 years old. Connelly worked at newspapers in Daytona Beach and Fort Lauderdale, primarily specializing in the crime beat. In Fort Lauderdale he wrote about police and crime during the height of the murder and violence wave that rolled over South Florida during the so-called cocaine wars.

The Fort Buchanan Library celebrates

National Women's History Month:

Theme: **Writing Women Back to History**, in March with a display of reading materials available for check-out.

Story Time: Wednesday March 18th at 3:00 pm and the theme will be **Spring**. Children of all ages are welcome and must be accompanied by an adult.

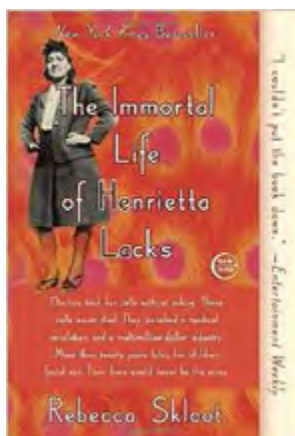
Computer Orientations: Tuesdays, March 10th & 24th at 10:00 am to assist customers in accessing public computers and reference resources.

FREE Wi-Fi AT THE LIBRARY

Library Coupon Club: Thursday, March 26th from 11:00 am – 12:00 pm. Come learn how to save money on your grocery bill, where to find and organize your discount coupons to maximize your savings!

Video Games

Available @ your Library: Xbox 360 and PS3 games for check out for 7 days, one per family. You must present your military ID card and to register at the library.



Our Book of the Month: **The Immortal Life of Henrietta Lacks** by Rebecca Skloot. Her name was Henrietta Lacks, but scientists know her as HeLa. She was a poor Southern tobacco farmer, yet her cells taken without her knowledge became one of the most important tools in medicine.

For more information call the Post Library at 787-707-3208

New at Your Library:

AudioBookCloud: Audio books for all ages in many different categories: fiction, non-fiction, classics and even Spanish language audio books. To learn more about AudioBookCloud visits the Library or call at (787)707-3208.

Movie at the Library: Half the Sky, NR

Thursday, March 26th, 6:00 pm. Inspired by Nicholas

Kristof and Sheryl WuDunn's groundbreaking book, half the sky: turning oppression into opportunity for women worldwide takes on the central moral challenge of the 21st century: the oppression of women and girls worldwide.



A Different Way to Measure Your Child

Daphne Narváez,
Early Childhood Special Educator

Did you know there are different ways to measure how well your child is growing and developing? Besides monitoring your child's height and weight, it is just as crucial to keep an eye on how he plays, learns, speaks, behaves and moves. A delay in any of these areas could be a sign of a developmental problem.

The good news is that the earlier you recognize a delay, the more you can do to help your child reach his/her full potential. The first step is to ask for a developmental screening, which is a procedure used by health care professionals and educational specialists. A developmental screening will let you know if your child is learning the basic skills when he/she should, and if a comprehensive assessment is needed to confirm or rule out a developmental delay.

The developmental milestones listed below can give you a general idea of what is expected for each age range. We encourage you to take time to observe your child and complete the checklist. If you answer "NO" to 3 or more items in any age range, let your pediatrician know. If you have any concerns, please contact the Fort Buchanan Early Intervention (EDIS) office to request a developmental screening: (787) 707-2165.

Developmental Checklist

By 12 months of age

Does your baby...

- ...stand alone and start to take a few independent steps?
- ...take a few steps with you holding his hand?
- ...follow simple commands such as "Come here", "Give it to me" or "Give me a kiss"?
- ...say a few words like "Mama", "Dada" or "baba" (bottle)?
- ...bang 2 toys together?
- ...use his thumb and forefinger to pick or pinch small objects like Cheerios?

By 15 months of age

Does your child...

- ...move around the house by walking rather than crawling?
- ...crawl up the stairs?
- ...point to what he wants?
- ...have 5 words in addition to "Mama" and "Dada"?
- ...throw a small ball?
- ...drop small toys into a container (such as a box or bowl)?

By 19 months of age

Does your child...

- ...walk down the stairs if you hold onto one of her hands?
- ...run?
- ...point to her body parts when asked?
- ...say 2 words that mean different ideas such as "Mommy go" or "baby night-night"?
- ...scribble on a piece of paper when given a crayon or pen?

By 24 months of age

Does your child...

- ...walk up at least 2 stairs by himself?
- ...jump?
- ...name pictures in a book when asked?
- ...speak 50 or more words?
- ...put things away where they belong?
- ...pretend that objects such as blocks or boxes are something else?

By 30 months of age

Does your child...

- ...kick a ball without holding on to something?
- ...run well without falling or bumping into things?
- ...speak sentences three to four words long?
- ...know the prepositions of "on" and "under"?
- ...turn doorknobs, twist tops or screw off lids?
- ...get a chair or box to stand on if something is out of her reach?

By 36 months of age

Does your child...

- ...go up the stairs alternating feet (right foot then left foot)?
- ...stand on one foot without holding onto something?
- ...tell you what is happening in a storybook?
- ...hold a crayon or pencil like an adult?
- ...dress himself?
- ...use a fork and spoon with little or no spilling?



Newcomer's Orientation held 15 Jan 2015

José L. López
Public Affairs

Fort Buchanan Garrison's Directorate of Human Resources (DHR) held its third Newcomer's Orientation at Miguel Ramos Hall, 1st Mission Support Command Headquarters, on 15 January 2015.

During this event, newcomers

learned first hand of the services available that ensure a superb quality of life at Fort Buchanan, such as Children, Medical & Housing; Human Resources; Safety, Fire & Police Dept.; AAFES, DECA, Chaplain Services; and Garrison specific information.

Rafael Contreras (below left), DHR, coordinated the activity and has scheduled the

event for every quarter during 2015.

Directorate and service representatives briefed newcomers concerning their respective areas. Magda Figueroa, Employee Equal Opportunity (EEO) Office (below right), presented information regarding employees' rights and responsibilities regarding EEO issues.



Repairs Continue for Bridge 157

José L. López
Public Affairs



The Fort Buchanan Directorate of Public Works (DPW) started making repairs to Bridge 157 on 12 January 2015. The bridge is located between the Fire Station and the former commercial gasoline station by the traffic circle.

One side of the bridge will be demolished and redesigned with a sidewalk and a protective wall similar to the bridge close to Banco Popular. The other side will not be demolished to conserve part of its original design.

By 22 January, the asphalt had been removed (above) and by 29 January the area was to be prepared for placement of the reinforced concrete slab. The repairs are scheduled to finish by 16 March 2015.





Remember This.

Because We Can't Afford to Forget.



On September 11, 2001, Americans woke to face one of the most challenging times in our history. We cannot forget that horrific day—nor the sacrifices that the men and women in uniform and their families are making every day.



Terrorists can strike anytime, anywhere. Americans have always risen to overcome such threats to our way of life.

This time, right now, is no exception.

But it will take all of us ... Always Ready, Always Alert.

To report suspicious activity in the installation, call
Fort Buchanan's Police Station at 787-707-3337 and/or
Fort Buchanan Garrison Antiterrorism Office 787-707-3393



Vigilance • Training and Education • Awareness
For information: <https://www.usarmy.mil/suite/page/605757>