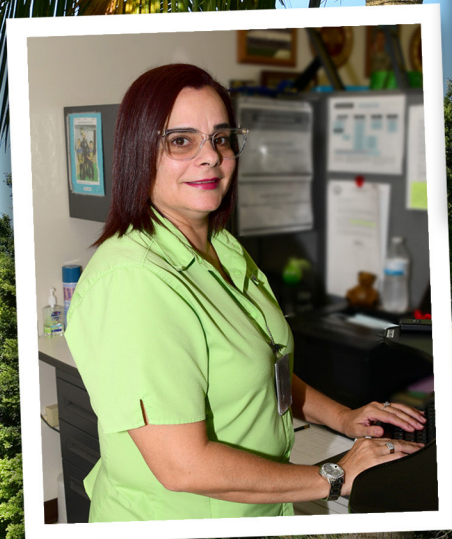
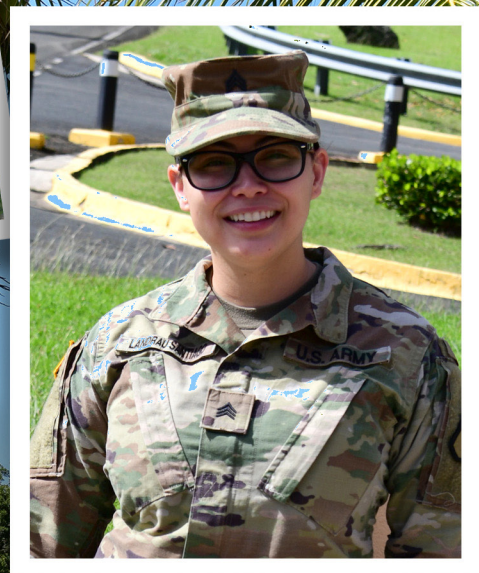


El Morro

Vol. 6 Issue 47 Sentinel of the Caribbean March 2021



Recognizing exceptional
women of Fort Buchanan

Story on page 7



From the Garrison Commander: Today's Army - People and Readiness



The key priorities in today's Army are People and Readiness. The combination of these two elements set the foundation for strong and resilient communities.

At Fort Buchanan, we understand that the people who comprise our community are our strength and that by treating everyone with dignity and respect we continue to inculcate trust and create a bond that makes us stronger. When we say "Somos el Fuerte Buchanan" or "We Are Fort Buchanan" it is all-inclusive - Military, Civilians, Veterans, Retirees, Families, and Visitors – because we are a family. This is what makes the Buchanan family so strong, so resilient, and so awesome.

The family concept has been the basis for our community partnerships: inviting the children from Hospital del Niño to have a fun day at our facilities; reaching out to La Fondita de Jesús; sharing with our neighbors from Goya and San Patricio; joining DEA in their drug awareness and prevention campaign; expanding our interagency partnership with Customs and Border Protection; participating in the Armed Forces Leaders meeting at the US Coast Guard in San Juan; supporting the University of PR ROTC Program on the celebration of their 100th anniversary; making a difference in

the lives of those in need through food drives, lending a hand to the Second Harvest of Puerto Rico, Bill's Kitchen; and meeting with the leaders of Banco Popular, the San Juan Rotary Club and the San Patricio Coalition.

Like any other family, we have faced adversity over the past two years. From tropical storms, to earthquakes, and the COVID 19 pandemic, we came together as a family to protect the community while maintaining mission readiness. We all did our part to mitigate the spread of COVID-19 by adhering to established policies and preventative measures while being flexible and adaptive to the many changes in protocols. Finally, we successfully conducted COVID-19 vaccinations as part of our commitment to ensure the health and safety of the Buchanan family.

Despite these challenges, we always found time to celebrate the Buchanan family. In 2021, the installation chapel hosted the first wedding amid the pandemic. We recognized our military spouses during Gold Star Spouses Day, our children during Month of the Military Child and Child Abuse Prevention Month. Further, we inaugurated the new access control point after The Borinqueneers and memorialized the Visitor Control Center in honor of Sgt. 1st Class Modesto Cartagena during the first National Borinqueneers Day and the

Physical Fitness Annex in honor of PFC Roberto Clemente. Finally, we rededicated the Maxie Williams Track to support service members' readiness and the community's quality of life, and honored a great Puerto Rican for his service to the nation during the Maj. Gen. (Ret.) Félix A. Santoni Coin Unveiling Ceremony.

There were also plenty of pre-COVID celebrations where we were able to extend the reach of the Buchanan family at events such as the "Hiring Our Heroes" event that we executed with our neighbors from Cataño. In support of our Veterans, we participated in the Wreaths Across America Ceremony at the Puerto Rico National Cemetery, the Governor's Veterans Day Celebration in Fajardo, and AMGEN's Veterans Ceremony. Further, we were proud to support the Puerto Rico Veterans Induction Ceremony at the Puerto Rico State Department. Finally, we humbly accepted an award from the government of Puerto Rico for our support during emergency operations in a ceremony held at the Puerto Rico State Department.

The interaction between People and Readiness results in strong and resilient communities. The dignity and respect we extend to everyone who works, lives, trains or visits the installation is what makes our family stronger.

We are Fort Buchanan!

¡Somos el Fuerte Buchanan!

FIND THE FUN

Looking for something fun to do? Find fun events and activities at Fort Buchanan with the **NEW** Digital Garrison app on your smartphone or tablet.

We Are Fort Buchanan
Somos El Fuerte Buchanan

DG **DIGITAL GARRISON**
POWERED BY

Download on the App Store
GET IT ON Google play



Garrison Commander
Col. Joseph B. Corcoran III

Garrison Command Sergeant Major
Command Sgt. Maj. José A. Banks

Deputy Garrison Commander
Lt. Col. Brian M. Mandock

Deputy to the Garrison Commander
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US Army Garrison Fort Buchanan



Visit Our Facebook and
our Official Web page



Photos, lots of information and much more.

Go to Facebook: <https://www.facebook.com/US-Army-Garrison-Fort-Buchanan-142863785819203/>

Go to web: <https://home.army.mil/buchanan>

On Twitter: [@usagftbuchanan](https://twitter.com/usagftbuchanan)

Upcoming events

March

**March is Women's
History Month**

**American Citizenship
Day**
March 2

**Maj. Gen. (Ret.)
Félix A. Santoni Coin
Unveiling Ceremony**
March 12

Saint Patrick's Day
March 17

**2nd Quarter USAG
Fort Buchanan Town
Hall Meeting**
March 19

**Visitor Control Center
Memorialization
Ceremony**
March 25

**National Vietnam War
Veterans Day**
March 29

April

**April is Month of the
Military Child**

**April is Sexual Assault
Awareness and
Prevention Month**

**Child Abuse
Prevention Month**

**Gold Star Spouses'
Day**
April 5

**Volunteer
Appreciation Week**
April 18-24

**Apparatus Building
Memorialization
Ceremony**
April 19

**Days of Remembrance
and Holocaust
Remembrance Day**
April 19-26

Earth Day
April 22

**US Army Reserve
Birthday**
April 23

May

**Asian American
and Pacific Islander
Heritage Month**

**National Military
Appreciation Month**

**Public Service
Recognition Week**
May 2-8

National Day of Prayer
May 6

**Military Spouse
Appreciation Day**
May 7

Police Week
May 9-15

Mother's Day
May 9

Armed Forces Week
May 8-16

Armed Forces Day
May 15

Memorial Day
May 31

The community is invited to participate in these events as we partner together to provide opportunities, expand relationships, and show our appreciation to all who serve and support the United States Armed Forces.

From the Garrison Command Sergeant Major: Sexual Harassment and Sexual Assault: Not in Our Army



April is Sexual Assault Awareness and Prevention Month (SAAPM). During this month, the Army highlights the efforts of the Sexual Harassment/Assault Response and Prevention (SHARP) Program to address a problem that impacts not only the Soldier but also the unit's climate and the community.

Fort Buchanan joins the Army in an effort to eliminate this insider threat from our ranks. A threat that is incompatible with our Army Values and the Warrior Ethos. In order to eradicate sexual harassment and sexual assault and to create an environment that respects the dignity of every member of the Army family, we must confront this reality.

There is no place in civilized society for sexual violence, but the statistics present us a scary picture. Just read any newspaper or watch any newscast to see the repercussions of this behavior.

The facts are real. Statistics prove that each year, there are about 293,000 victims of sexual assault in the United States. Every 107 seconds, another American is sexually assaulted. Forty four percent of victims of sexual assault are under the age of 18. Eighty percent of the victims of sexual assault are under the age of 30. Eighty percent of sexual assaults are committed by someone known to the victim. Forty seven percent of rapists are friends or acquaintances of the victim. Sixty

eight percent of sexual assaults are not reported to the police. The worst part is that ninety eight percent of rapists will never spend a day in jail.

No one deserves to live this way, in fear. However, many people choose to remain silent. Therefore, silence and shame must end for good. We must work together to reduce the stigma of reporting, to protect the victim, to increase prevention, investigation, prosecution and victim care capabilities, to increase training and resources and refine and sustain response capability.

Fort Buchanan invites all - men and women, regardless race, age – as well as members of our sister services to

join us to stop sexual violence. Sexual violence will not be tolerated. One sexual harassment or sexual assault is too many. The Army family is a place where we want all members to feel safe, secure and have a successful future.

If you see something, say something. Do not remain silent. Silent only protects the rapist, not the victim. To know more about how to prevent sexual harassment or sexual assault please contact Fort Buchanan Sexual Assault Response Coordinator at (787) 707-3481, the SHARP Helpline at (787) 406-4222 or the DOD SAFE Helpline at (877) 955-5247.

SHARP
SEXUAL HARASSMENT/ASSAULT RESPONSE & PREVENTION

I.A.M. STRONG
INTERDEPENDENT • ADAPT • MOTIVATED

**SEXUAL ASSAULT.
SEXUAL HARASSMENT.
NOT IN
OUR ARMY.**

Every Soldier, Civilian, and Family Member takes care of the Army Team, contributes to mission readiness and upholds our values by doing their part to eliminate sexual assault, sexual harassment, and retaliation from our Army.

TOGETHER, THIS WE'LL DEFEND.

Join Us: [USArmySHARP](#) [f](#) [t](#) [@](#)
WWW.PREVENTSEXUALASSAULT.ARMY.MIL
DOD SAFE HELPLINE: 1-877-995-5247
WWW.SAFEHELPLINE.ORG

Deputy Garrison Commander's Corner: Meet USAG Fort Buchanan's New Deputy Commander



Lieutenant Colonel Brian M. Mandock assumed the responsibilities of Fort Buchanan's Deputy Garrison Commander February 2021.

He brings to the Command Group skills, knowledge and experience that

revealed itself to me, I jumped at the opportunity to become part of the Buchanan family. The challenges and opportunities this job presents will be unlike any others I have had thus far in my career." Among his expectations are "to continue the progress the command team has made to address and solve problems. To that end, I expect the Buchanan family to be open, honest, and willing to talk with me about how make Fort Buchanan even better for the community."

Despite the "new reality" and challenges presented by COVID-19 in 2020, Mandock has a vision of progress, changing plans and developing new routines. "I believe we are starting to see light at the end of the tunnel. I am looking forward to working with the rest of the command team and installation

we work with, we develop a deeper trust of each other that is characteristic of high performing teams. I believe that if you focus on building, organizing, and developing the right team, you can accomplish anything. It is not just about the best people. It is about the right people and maximizing the strengths each person contributes to the team. When we all feel respected, valued and being able to utilize your strengths, that's when you see teams performing at a higher level."

Even in the short time Lt. Col. Mandock and his family have been at Fort Buchanan, they experienced the hospitality of this community and culture. "Everyone has been so welcoming and gracious to me and my family, proving to me all the stories I heard before coming about the cultural

"The challenges and opportunities this job presents will be unlike any others I have had thus far in my career."

will contribute to the success of the garrison's mission and the community it serves.

Lt. Col. Mandock describes himself as "extremely practical, pragmatic, and level-headed person who is good at getting to the best achievable outcome, not necessarily the best possible outcome."

As a firm believer of family and service, he hopes "to continue to build and develop high performing teams that feel like family... Family is priority. My immediate family, work family, Buchanan family. They are all incredibly important to me."

For the new Deputy Garrison Commander, Fort Buchanan wasn't even an option in his near future.

However, "when Fort Buchanan

partners to continue progressing back to normalcy on Buchanan", he said.

Two of the Army Values that Mandock has deeply embedded in his way of life as an Army leader are respect and integrity. "Whether you are a general or private, you are still a human being. The Army is a hierarchical organization, but that does not mean that someone is better than someone else. It is my sincere hope that when people interact with me that they feel comfortable that someone is genuinely listening to them, because everyone matters. It is also my sincere hope that people realize what you see is what you get with me. I am not one person in one situation and completely different in another. By living with integrity and earning respect of those

importance of family on the island. My wife, two young boys, and I are excited to dive into the Puerto Rican culture and grow with the greater Buchanan family."

Welcome to the Fort Buchanan community and Puerto Rico Lt. Col. Mandock and family!

¡Bienvenido a la comunidad del Fuerte Buchanan y Puerto Rico al Teniente Coronel Mandock y su familia!

We are Fort Buchanan!

¡Somos el Fuerte Buchanan!

You can read Lt. Col. Mandock's bio clicking the following link:

<https://home.army.mil/buchanan/index.php/about/leadership/deputy-garrison-commander>

From the Deputy to the Garrison Commander: Understanding Generations at the Workplace



The workplace is more diverse than ever, particularly when it comes to generational representation.

The USAG Fort Buchanan workforce, for example, has up to five generations ages ranging from baby boomers, who were born between 1946 to 1964, to Generation Z employees who are just joining the workforce, fresh out of college.

Garrison supervisory and non-supervisory personnel are currently

participating in various professional development workshops and book discussions on the topic of generations in the workplace.

Leadership believes that it is important that all generations understand the unique perspectives and needs of each generation to more fully leverage the potential of every organization's most valuable asset: its people.

Problems in leading and managing a diverse, generational workforce can arise in misunderstanding.

Hayden Shaw, author of the book, "Sticking Points: How to Get 5 Generations Working Together in the 12 Points That They Come Apart" argues that the most common causes of conflict due to generational differences within organization are the result of:

- 1) Poor Communication
- 2) Decision Making
- 3) Meetings
- 4) Policies

5) Work ethics

Shaw offers a five step plan to for leading through generational differences to include:

1) Talking about the differences within your teams.

2) Focusing on the why instead of the what of the problem you're trying to solve.

3) Agree on how to accommodate differences.

4) Maximize the strength of each generation.

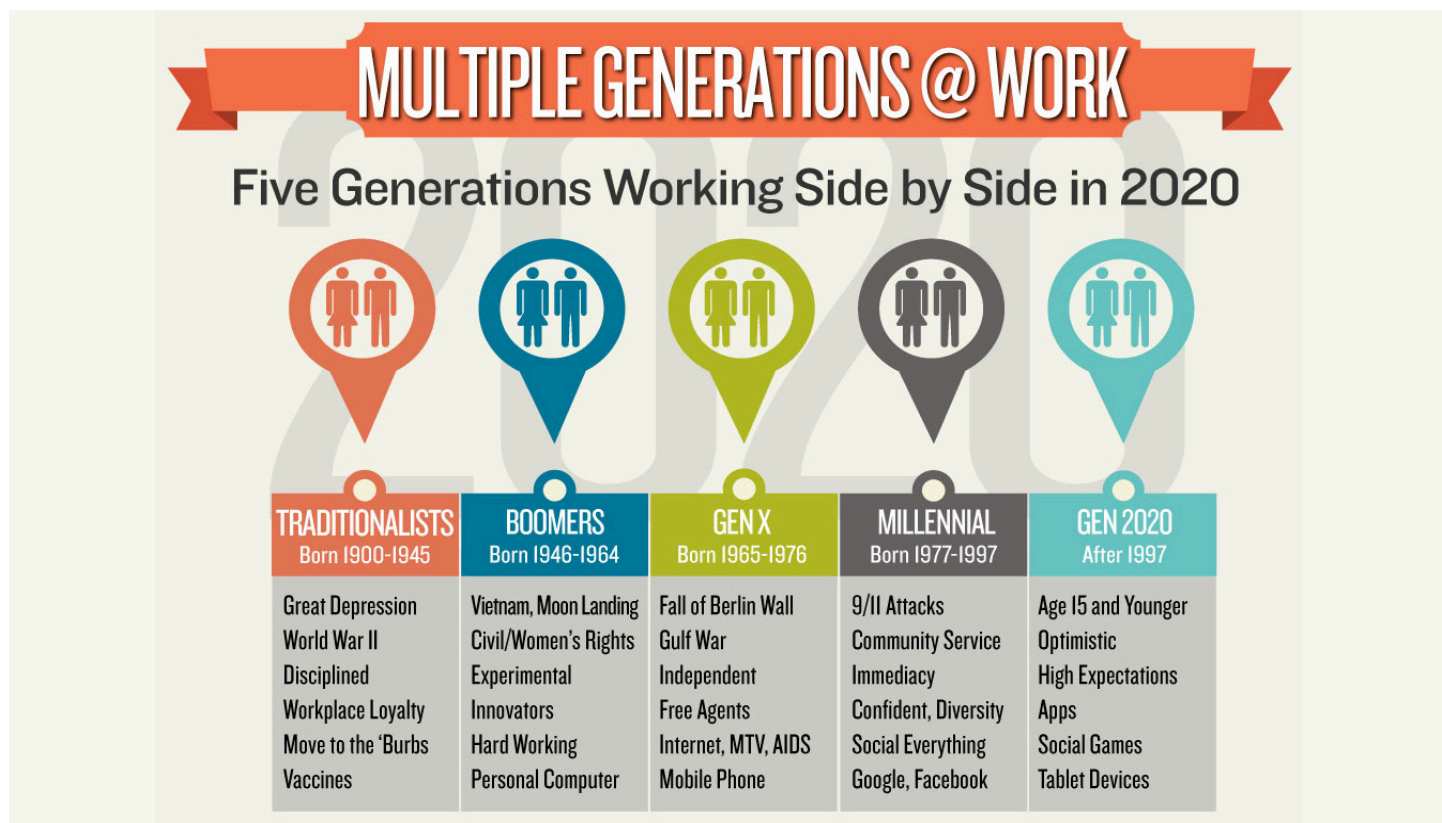
5) Decide on which option is best when accommodation of differences isn't an option.

Its important for supervisors to understand how every generation of workers perform best.

It's worth taking the time to understand your subordinates needs and preferences in order to help the organization thrive.

We are Fort Buchanan!

¡Somos el Fuerte Buchanan!



Fort Buchanan recognizes women's contributions for Women's History Month

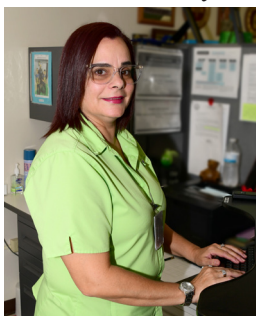
Story by Sgt. Josue E. Pagán Carbone
Public Affairs Intern

Today, women worldwide have transcended the way of thinking within each country's social, economic and political history. The following interviewees are part of Fort Buchanan's great representatives of our military and civilian female population. They contribute every day to the enhancement of this community quality of life and the Army's mission in Puerto Rico. Each one has a compelling story. Each being an example and inspiration for our community.



Joanne Fitzgerald,
director of Family
and, Morale,
Welfare, and
Recreation.

Joanne Fitzgerald, director of Family and, Morale, Welfare and Recreation (FMWR), inspires leadership and discipline to all who work with her. She is "proud to lead the Directorate of FMWR, which has the highest percentage of women in the workforce and female supervisors. I am biased, but I think my whole FMWR team is the heart of Fort Buchanan – they are committed to building the physical, emotional, social, and family strengths of our community."



Solimar Vélez,
installation
automation
specialist and
mother of a college
student.

Solimar Vélez Sánchez, automation specialist, ID Card Section, Directorate of Human Resources (DHR), elaborated the definition of women's role in today's society emphasizing that it has changed drastically. "The image

that I represent as a woman is being independent, with structure, organized and proactive." In a work environment comprised mostly of male co-workers, Vélez indicated that she feels very respected by her peers.

Some of these incredible women are mothers, spouses and examples of perseverance. Carolina Banks, Department of the Army civilian contract specialist, Mission Installation Contracting Command (MICC) and spouse of Garrison Command Sergeant Major José A. Banks, exemplifies the many roles performed by women every day, from taking care of the household, children with virtual academic tasks, a professional contract specialist and the support of her "battle buddy," Command Sgt. Maj. Banks. She says that women's roles in today's society "have improved significantly. Women of all ages have adapted,

Carolina D. Banks,
spouse of Garrison
Command Sgt.
Maj. José A. Banks,
mother of three
boys and Army
Contract Specialist.



evolved and learned new skills. They inspire professional growth and self-development. Because of their commitment and dedication, women are now self-sufficient, well aware and financially independent. They have attained immense success in every field, whether it is sports, politics or academics," she concluded.

Stacy Mandock, University of North Carolina (UNC) Research and Development Program Lead, and Research Analyst, wife of Garrison Deputy Commander Lt. Col. Brian Mandock, represents another example of the many roles performed by military spouses. She is a mother who also has a professional career in research and development. She highlights the contributions of military spouses to Fort Buchanan. "We are natural

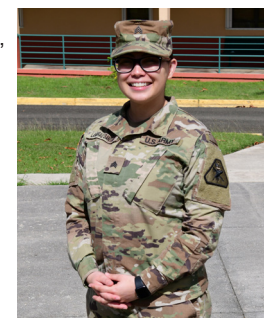
Stacy Mandock,
wife of the
Deputy Garrison
Commander,
mother and
professional in the
field of research
and development.



community builders and it starts from within our neighborhood and spreads out to other areas we touch – schools, businesses, gym, etc." She amplified on her statement by saying that "The role of women is to be the glue that holds it together. The connectors, the leaders, the mothers, the wives, the teachers and mentors, whatever it is that we feel called to and to pursue it."

Army Sergeant Patricia M. Landrau, paralegal noncommissioned officer (NCO), Installation Legal Office, is a great example of the achievements of women in the military. Her education is impressive. She holds two bachelor degrees, one in Foreign Languages and another in Communication in English and Linguistics; speaks fluently four languages - Spanish, English, German and French and a little Italian, and is

Sgt. Patricia Landrau,
paralegal non-
commissioned
officer and
linguistics expert.



working on her Master's degree on Speech Language Pathology to work with bilingual children. Regarding her goals, she wants "to be recognized for my merits and education." She added, "Men are starting to see how capable women are becoming, that is why I am my own motivator in everything I do. I can obtain all my goals when I'm considered as a person not because of my gender, race or anything else, but by my merits."

USAG Fort Buchanan 2nd Quarter Hybrid Town Hall Meeting

Story and photos by Rosie Irizarry
Public Affairs Specialist

US Army Garrison Fort Buchanan held its 2nd Quarter in-person/virtual town hall meeting March 19, 2021 at the Maj. Gen. (Ret.) Félix A. Santoni Reserve Center. Garrison Commander, Col. Joseph B. Corcoran III hosted the event, transmitted to garrison personnel via Microsoft Teams application. Garrison Command Sgt. Maj. José A. Banks and Garrison Deputy to the Garrison Commander Derrick W. Hood co-hosted the meeting that consisted of the presentation of honorary awards and a retirement ceremony. It also had the participation of representatives from the Drug Enforcement Administration (DEA) Diversion Program and the delivery of the Department of Defense information and videos by garrison commander on “Extremism”.



Receiving certificates and pin for time in service with the US Government were: Directorate of Family and, Morale, Welfare and Recreation (FMWR) Financial Management Technician Nataly Maldonado for Five Years and DPW Operations and Maintenance Admin. Angel Berrios 10 Years. Other honorary awards included: the Service Culture



Campaign Award for Excellence in Customer Service for the 1st Quarter FY21 presented to Casualty Affairs Specialist Wilbin Colón Vargas; the Department of the Army Achievement Medal for Civilian Service presented to the Directorate of Emergency Services,



Police Officers Jorge Rodríguez for his exemplary reaction and response in the apprehension of an intruder on



the installation and Diego Betancourt for acting without hesitation in the detection and quick response to a warehouse fire on the installation, both resulting in saving lives and property.

The awards culminated with the retirement ceremony of Jesús M. Gálvez, Chief of DPW Operations and Maintenance Division, after 50 years of combined service to the Government



of the United States both as an Army Officer and Army Civilian. Command group leaders joined Angie López, Director of Public Works (DPW) to present Gálvez the Department of the Army Certificate of Appreciation and Certificate of Retirement. López, spoke to Gálvez' faithful and honorable service while highlighting some of his contributions to DPW.

USAG Fort Buchanan 2nd Quarter Hybrid Town Hall Meeting (cont.)

Story and photos by Rosie Irizarry
Public Affairs Specialist



DPW employees joined garrison leaders who presented Gálvez with a plaque and a memento. Col. Corcoran invited Gálvez to “maintain an active interest in the Army” after his retirement.



Chief of DPW Operations and Maintenance Division, Jesús M. Gálvez, spoke to change being a good part of life in addressing his retirement after 50 years of service to the Nation.



DEA Diversion Program Manager Silvia N. Colón conducted a presentation on the illegal use of drugs and their mission to prevent, detect, and investigate the diversion of controlled medications and their

components that could be used for illegal purposes. Col. Corcoran presented Colón with the Garrison Coin of Excellence in appreciation for their partnership, especially on the Drug Take Back initiatives in support of Fort Buchanan’s community.



Fort Buchanan garrison commander closed the Town Hall with two video messages on the topic of Extremism, the first from the Secretary of Defense Hon. Lloyd Austin and the second

Col. Corcoran presented DEA Diversion Program Manager Silvia N. Colón with a Garrison Coin of Excellence for the support her office has provided to the Fort Buchanan community.



from the Department of the Army on Impermissible Behaviors and Reporting Procedures. To expand on this mandatory brief to the garrison workforce, Col. Corcoran emphasized that “acts of extremism are not acceptable, nor will they be tolerated in our Army. The Army’s



number one priority is our people. We are proactively addressing these issues to remove these activities from within our ranks and provide an environment conducive to good order and discipline. I assure you our command continues to strengthen an

environment free of discrimination, hate, and harassment in order to provide a culture where everyone will be shown dignity and respect.” He added that “The Army needs our help...I need your help...to eradicate this pervasive ideology that runs counter to our core values that is metastasizing rapidly through social media outlets unless we acknowledge its existence. If you see something, say something. ¡Somos El Fuerte Buchanan! We are Fort Buchanan!” Col. Corcoran concluded.

Meet Fort Buchanan's new Safety and Occupational Health Manager

Story by Rosie Irizarry
Public Affairs Specialist

Carlos J. Alvarado joined the Fort Buchanan Garrison team March 1, 2021, as the new Safety and Occupational Health Manager.

He brings 16 years of experience from both private and military sectors. Till recently, he was the US Army Reserve (USAR) 1st Mission Support Command, Command Safety and Occupational Health Specialist and continues to serve in the USAR as a senior noncommissioned officer, "My priority has always been the safety and welfare of the individuals under me," said Alvarado.

"I joined USAG Fort Buchanan to explore new experiences by moving out of the tactical operations field to a more general industrial section of the



(Front L to R) Luis A. Salazar, installation Motorcycle Training Instructor and Safety and Occupational Health Manager, Carlos J. Alvarado took a selfie during Alvarado's first visit to the Motorcycle Safety Training Course.

profession," Alvarado continued, "This opportunity allows expansion of my knowledge base and implementation of new initiatives. While here, I look forward to developing new relationships and strengthening old ones. I want to influence a change in the work culture



Carlos J. Alvarado
Safety and Occupational Health Manager

that fosters a workplace free of known hazards; empowers employees with the knowledge and management support to achieve a safe, accident free, working environment. This is an opportunity

to give back to a community that has provided me with so much," he concluded.

The new Safety Officer started immediately by attending March 2 to 4, 2021 a training session of the Safety Office' Army Traffic Safety Training Program at Fort Buchanan's Motorcycle Safety Training Range.

He actively supports the Motorcycle program indicating that it enables "readiness by honing road survival skills with the end state of safeguarding our most precious resources- Soldiers, Sailors, Marines, Airmen and Coastguardsmen. DODI 6055.04 requires all service members who ride motorcycles to complete the requirements of the progressive motorcycle safety training," said Alvarado.

Your Fort Buchanan Safety Officer wants you to know... March is National Ladder Safety Month

Installation Safety Office

ISO Safety Gram 2021-001

March is National Ladder Safety Month

Ladder Safety at Work

Do you know how much ladder accidents are costing you?

\$17.1 bil

\$17.1 billion is spent on workplace falls from working at heights

Top 3

Falls are in the top 3 most common disabling workplace injury

#6

Ladders are #6 on OSHA's Top 10 Most Cited Violations List

"Liberty Mutual Workplace Safety Index" - United States, 2018, Liberty Mutual

SAFETY BEFORE THE FIRST STEP

Are you taking the time to properly inspect your ladders before starting to work? A thorough inspection must be made when the ladder is initially purchased and each time it is placed into service. Here are a few reminders of what you should be inspecting:

- Locks and spreader braces
- Steps and rungs
- Rails
- Connections and fasteners
- Safety shoes
- Ropes and pulleys

Here are some steps to follow before taking your first step onto the ladder:

- Thoroughly inspect the ladder to ensure it is in good working condition.
- Clean the ladder feet as well as the climbing and gripping surfaces.
- Read the safety information label(s) on the ladder.
- Confirm that the ground where the ladder is set-up is firm and level, or use approved accessories, such as ladder levelers.
- Ensure that any surrounding doors are blocked from opening, locked or properly guarded.
- If you're using a ladder outdoors, ensure that the weather is safe for ladder use.
- Clean the soles of your shoes to maximize traction and avoid slipping.
- Ensure that you are not tired, dizzy or prone to losing your balance before using the ladder.
- Use toolboxes, a tool belt or an assistant to carry materials so that your hands are free when climbing.

Find everything
you need at:
laddersafetymonth.com

For technical support or to report an unsafe or unhealthful condition contact Fort Buchanan ISO at (787) 600-4478 or usarmy.buchanan.incom-atlantic.list.safety@mail.mil

ISO ICE comment card:



"Safety By Choice, Not By Chance"



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

Scald Prevention Safety Tips

A scald injury can happen at any age. Children, older adults and people with disabilities are especially at risk. Hot liquids from bath water, hot coffee and even microwaved soup can cause devastating injuries. Scald burns are the second leading cause of all burn injuries.

Scald Safety

- Teach children that hot things can burn. Install anti-scald devices on tub faucets and shower heads.
- Always supervise a child in or near a bathtub.
- Test the water at the faucet. It should be less than 100° Fahrenheit (38° Celsius).
- Before placing a child in the bath or getting in the bath yourself, test the water.
- Test the water by moving your hand, wrist and forearm through the water. The water should feel warm, not hot to the touch.
- Place hot liquids and food in the center of a table or toward the back of a counter.
- Have a "kid-free zone" of at least 3 feet around the stove and areas where hot food or drink is prepared or carried.
- Open microwaved food slowly, away from the face.
- Never hold a child while you are cooking, drinking a hot liquid, or carrying hot foods or liquids.
- Never heat a baby bottle in a microwave oven. Heat baby bottles in warm water from the faucet.

- Allow microwaved food to cool before eating.
- Choose prepackaged soups whose containers have a wide base or, to avoid the possibility of a spill, pour the soup into a traditional bowl after heating.

Dial Off Post 9-1-1 or On Post (787) 707-4911
For info Fort Buchanan Fire Prevention Office at: (787) 707-3410

Burn Rx

Treat a burn right away. Cool the burn with cool water for 3-5 minutes. Cover with a clean, dry cloth. Get medical help if needed.

FACT!

Prepackaged **microwavable soups** are a frequent cause of scald burn injuries (especially noodle soups) because they can easily tip over, pouring hot liquid (and noodles) on the person.



Greenhalgh DG, Bridges P, Coombs E, et al. Instant cup of soup: design flaws increase risk of burns. Journal of Burn Care and Research. July-August 2006; 27(4):476-81

Chaplain's Corner

"Over the river and through the wood, to grandmother's house we go!"

You may recognize this popular song lyric from the 1844 nursery rhyme by Lydia Maria Child. It is traditionally sung in the winter months with fondness, in anticipation of meeting with family over the holidays. It was also sung by me as I slogged through winter Ranger school training as a way of making the hours and days go by.

It is amazing what things you will remember as you go through life's happenings, whether it be monotony, a difficult situation, or even a pleasant time of simple reflection. What you learned as a youth sometimes spills out of you like an unrestrained fountain later in life. It may bring about happy memories, sometimes anger and resentment, or sad remembrances of times gone by. What is important is to appreciate that life brings many seasons, and none of them are exactly the same. This can be an encouragement to us that what is next may be even better.

It also teaches us that what goes in our minds can be difficult to forget. So be careful! There is another old saying, garbage in - equals - garbage out. If you dwell too long on what is immoral and unproductive, it can ruin your outlook. So as much as possible, feed your mind, your heart, and your soul with what is pure, lovely and worthy of reflection. The Bible talks about focusing on what is good so that we can appreciate the wonderful, inspired creation around us. When the hard times in life come upon us, we have prayer and positive thoughts to counter the negativity.

The power of your mind is truly amazing. When given good things to dwell on, it can lift your countenance. I don't know why that song would pop into my head during the many and arduous movements in the Georgia mountains, but it sure did take my mind off of the miles to go before the day is through!

If you'd like to fill your mind with good things this weekend, please join us for our Protestant and Catholic chapel services at the post chapel:

Protestant Chapel Service: 9:30 am on Sunday

Catholic Chapel Service: 11:30 am on Sunday

Services will continue to be live streamed on each communities' Facebook page, Protestant Service: <https://www.facebook.com/Ft-Buchanan-Chapel-Protestant-Service-101189707958782/>

Catholic Service: <https://www.facebook.com/Fort-Buchanan-St-Francis-of-Assisi-Catholic-Community-115141189921692>

Serving With You

Maj. David S. Keller Garrison
Garrison Command Chaplain



Puerto Rico National Guard supporting Fort Buchanan Readiness

Story and photo by Sgt. Josue E. Pagán Carbone
Public Affairs Intern

As part of USAG Fort Buchanan strategic partnerships, the Puerto Rico National Guard (PRNG) 1011th Vertical Engineering Company (Vert. En. Co.) part of 130th Engineer Battalion is clearing the area and building a gravel path around Las Casas Lake since March 1, 2021.

The initiative of mutual collaboration ensures the installation's future water sustainability and water security, provides opportunities for training to our Soldiers and supports our community with a space for passive recreation in the future.

The unit commanded by Cpt. Yamil Rosario and 1st Sgt. Benigno Seda has been working for almost a month in this mission to clear the area and to divide the lake into two spaces, one for recreational purposes and another for military training and operations.

According to Sgt. Rick Maysonet, member of the 19 Soldiers who



Col. Corcoran thanks PRNG Soldiers for the work.

comprise this mission, they are working in collaboration with the garrison's Directorate of Public Works "creating a new gravel path, clearing the area and fence to build a new one. The Soldiers are highly motivated," said Sgt. Maysonet.

During a site visit Garrison Commander Col. Joseph B. Corcoran III, accompanied by Garrison Command Sgt. Maj. José A. Banks, expressed his gratitude to the Soldiers of the PRNG 1011th Vert. En. Co. for the work being done. "Thank you for everything you do and the work you are putting into this mission. This is something for the community. Someday you will pass

by and remember the contribution you made to Fort Buchanan. So be proud of the effort you are doing here," said Col. Corcoran.

For Pvt. Enrique Borges this is "something big for us as a unit and Fort Buchanan. I feel proud and honored to be part of the mission. Someday I will bring my family and say I was part of this." Lt. Carlos Espada, a civilian engineer and the unit's Officer in Charge stated, "This project is a presentation letter for us. The unit wants to let the base know that we are here to support any other mission the command group identifies." Sgt. Freddy Matos said, "We, the Puerto Rico National Guard, are proud to contribute with our work to Fort Buchanan. We are putting our capabilities to work and will do our best for the installation."

Las Casas, a 10.5-acre lake, belonged to CEMEX until November 2, 2018 when it was acquired by the only federal military installation in Puerto Rico, USAG Fort Buchanan.

Plans, Analysis, Integration Office provides OPEX customer service training

Story by Rosie Irizarry
Public Affairs Specialist

Fort Buchanan Plans, Analysis, and Integration Office (PAIO) is conducting an Operation Excellence (OPEX) Customer Service Training for Installation Management Command (IMCOM) employees during March 2021, at the Fort Buchanan Training Center Bldg. 511.

The training's goal is to select delivery methods to uphold the Installation Management Command (IMCOM) Pledge to Customers; employ effective strategies to resolve challenging situations with customers and determine strategies to present professionalism when delivering customer service.

The customer service campaign is built upon the fundamental premise that "excellence in customer service is a by-product of how IMCOM professionals are treated. If they are treated with dignity and respect, have



(Center) PAIO Management and Program Analyst, Lesvia Z. Malpica conducts customer service OPEX training.

engaged and caring leadership, take pride in and are enthusiastic about their work, they will pass on and convey this positive attitude toward their customers (the Soldiers and Families we support) and their co-workers," from IMCOM OPEX Facilitator Certification course.

PAIO Management and Program Analyst, Lesvia Z. Malpica, leads the training as Fort Buchanan's primary Appropriated Fund (APF) Customer Service Facilitator, with the assistance

of fellow Management and Program Analyst, Jósian Sánchez. They have been providing OPEX training since the end of January 2021.

"I'm very happy on how employees have embraced the training. It is going very well. Participants are extremely engaged, grateful for the training, and most importantly, willing to make a difference. In fact, several participants have expressed, they wish the training was longer," said Malpica.

Fort Buchanan Senior Commander observed reopening of DODEA schools

Story by Grissel Rosa
Public Affairs Officer

The Commanding General for the 81st Readiness Division and USAG Fort Buchanan Senior Commander, Maj. Gen. Jami C. Shawley visited the installation March 15-16, 2021 to observe the reopening of Department of Defense Education Activity (DODEA) schools. She was part of the group comprised of Fort Buchanan Garrison Commander, Col. Joseph B. Corcoran III; Deputy Garrison Commander, Lt. Col. Brian Mandock and Garrison Command Sergeant Major José A. Banks and DODEA-Puerto Rico Community Superintendent, Dr. Jacob Sherwood.

Dr. Sherwood pointed out that despite the result of DODEA's parent survey that showed approximately half of the group supporting face-to-face interaction versus continuing in the virtual education mode, over 80% of the students returned to the classroom environment. "Parents were excited to have the kids back at school. We want parents, school personnel and Fort Buchanan command group to feel comfortable with the preventive measures we are following," he said.



The visit started at Antilles Elementary School (AES) where the Senior Commander was greeted by the school principal Lydia Blázquez.



She showed the color-coded system implemented throughout the school to comply with COVID-19 preventive measures. Information posted around the elementary school (as well as middle and high schools) consistently emphasized the use of a facemask, hand sanitizer and keeping six feet apart from each other. Maj. Gen. Shawley said that she prefers using the term "physical distance because we never stop socializing. We can still socialize being six feet apart from each another."



At Antilles Middle School (AMS), school principal, Luldes Giraud, showed other rules and procedures such as closing all the water fountains, except those used to fill water bottles and conducting 10-minute "mask breaks" outdoors throughout the day (same initiative is implemented at the high school). Maj. Gen. Shawley was impressed with the preventive measures around AMS.

Cadets from the Junior Reserve Officers' Training Corps (ROTC)

Photos by Army Sgt. Josue E. Pagán Carbone, Public Affairs Intern

Program at Antilles High School (AHS) greeted Maj. Gen. Shawley. She recommended to the cadets that "while you are in an elite group for your age, you must focus on the part of leadership and most important, have empathy. You must think about your Soldiers, their Families and the community. You must be the leader for your community regardless of what you choose."



During an interview by Junior students for the school's "Pirates" newspaper, Maj. Gen. Shawley recognized Women's History Month and her experience being the first female pilot in her group by saying "When you are the first of something, you are the only of something. That puts more pressure on yourself. It's not about kicking the glass ceiling [She used this metaphor that represents an invisible barrier or obstacle that keeps a given demographic group (in this case women) from rising beyond a certain level in the organizational hierarchy], but kicking the door [of opportunity]."



Maj. Gen. (Ret.) Félix A. Santoni donates military coin collection to Fort Buchanan

Story by Grissel Rosa
Public Affairs Officer

USAG Fort Buchanan conducted a historical ceremony March 12, 2021 in which Maj. Gen. (Ret.) Santoni, Civilian Aide to the Secretary of the Army (CASA) Emeritus unveiled the military coin collection donated to the garrison to be displayed at the Reserve Center that bears his name. Members of the military and civilian community of Fort Buchanan, as well as representatives from the local community attended, the event that was transmitted via Facebook Live.

Derrick W. Hood, deputy to the garrison commander representing Col. Joseph B. Corcoran III, garrison commander, highlighted the importance of the military coin tradition that dates back to Roman times. “They commemorate the bravery of a Soldier. Sometimes they commemorated a special occasion or victory,” said Hood. Referring to Maj. Gen. (Ret.) Santoni’s coin collection, he explained “each coin represents General Santoni’s exceptional history of selfless service to the United States Army and long lasting relationship with the Fort Buchanan community.”



his wife for 36 years, Carmen (Ñañi) “for allowing me to serve as long as she has.”

The collection of over 300 military coins encompasses Maj. Gen. (Ret.) Santoni’s career since he was commissioned as a 2nd Lieutenant in the Quartermaster Corps at the University of Pennsylvania June 15, 1955 until his retirement as Civilian Aide to the Secretary of the Army November 2016. “The Army has been an institution that has given me many highlights, but above all, it has made sure that serving has been part of my life.”



The CASA Emeritus thanked all for their support to this activity, especially Col. Patrick J. Dillon, former deputy garrison commander, “who put forth the idea of donating my entire collection of coins so that they can be part of this building,” said Santoni. He also acknowledged Col. Corcoran for being “extremely supportive of me and my family” and showed his appreciation to



Photos by Rosie Irizarry, Public Affairs Specialist

Fort Buchanan Senior Commander Promotes Staff Judge Advocate to Colonel

Story and photo by Rosie Irizarry
Public Affairs Specialist

Lieutenant Colonel Dorion S. Germany, USAG Fort Buchanan Staff Judge Advocate, was promoted to the rank of Colonel in a ceremony presided by Maj. Gen. Jami C. Shawley, Commanding General, 81st Readiness Division and Fort Buchanan Senior Commander. The event took place March 16, 2021 at the garrison's Brig. Gen. James A. Buchanan conference.

Present for the ceremony were Garrison Commander Col. Joseph B. Corcoran III, Deputy Garrison Commander Lt. Col. Brian Mandock, Deputy to the Garrison Commander Derrick W. Hood and Garrison Command Sgt. Maj. José A. Banks. Also in attendance were the civilians, volunteers and military members of the Installation Legal Office, garrison directors, staff and Soldiers.

"Retirement and promotion ceremonies are very personal, It's all



Maj. Gen. Jami C. Shawley administered the Oath of Office after promoting Fort Buchanan Staff Judge Advocate Col. Dorion S. Germany.

about the trajectory, life and career of the person. It is a tremendously important event. As the military career moves on and up there is a peak to get to the rank of Colonel – especially for an AGR (Active Guard-Reserve). These officers are dedicated to the profession of arms and it is highly competitive," said Maj. Gen. Shawley. "This is where you have the best pool

of people. That is why this promotion is highly significant. These persons can change the Army for good. Colonels run the Army, they run the policy, they run it all...they can make that change for good. I believe the Army system is right," concluded Maj. Gen. Shawley.

When Maj. Gen. Shawley proceeded with the pinning ceremony, upon removing the rank of Lieutenant Colonel from Col. Germany's uniform she pitched it to Garrison Command Chaplain, Maj. David S. Keller for his future promotion.

Col. Germany opened by quoting Maj. Gen. Shawley, "Leadership begins and ends with trust." Col. Germany attributes his successful career to people who over the years impacted his achievements, including the team from the Fort Buchanan Installation Legal Office. He thanked them for their support and expressed his gratitude to everyone who attended the ceremony.

Installation Legal Office opens first Satellite Tax Assistance Center at USCG

Story by Rosie Irizarry
Public Affairs Specialist

Fort Buchanan's Installation Legal Office (ILO) for the first time, deployed a satellite Tax Assistance Center (TAC) in the recreational area at the US Coast Guard Sector San Juan base in La Puntilla, Old San Juan March 17, 2021.

The initiative, led by Fort Buchanan Staff Judge Advocate (SJA) Col. Dorion S. Germany and Commanding Officer of the US Coast Guard Base San Juan, PR, Commander Javier A. Delgado provided free basic Federal and Puerto Rico income tax return assistance, filing and orientation during March 17 and 24, 2021 from 7:30 am to 4 pm.

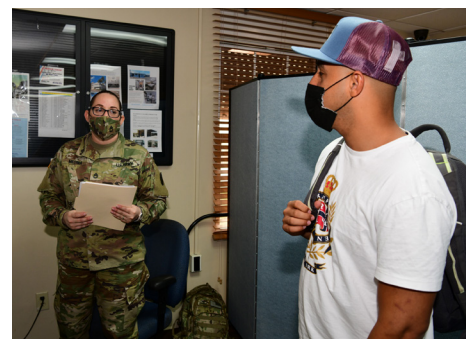
ILO Senior Noncommissioned Officer in Charge, (NCOIC) Sgt. 1st Class Kidys Medina and ILO Paralegal Leonel A. Albizú assisted in the completion of 20 Federal and local Puerto Rico Tax returns for USCG Service Members.



Fort Buchanan SJA Col. Germany and USCG Chief Petty Officer Molina review the list of service members requesting tax services.



USCG Chief Petty Officer Carlos A. Molina assists a fellow Coastguardsman.



ILO NCOIC Sgt. 1st Class Medina provides tax orientation to an off duty coastguardsman.



Commanding Officer of Coast Guard Base San Juan, Commander Javier A. Delgado with ILO Paralegal, Leonel A. Albizú.

Photos by Army Sgt. Josue E. Pagán Carbone, Public Affairs Intern

Directorate of Human Resources promotes organizational fitness and team spirit

Story and photos by Rosie Irizarry
Public Affairs Specialist

Fort Buchanan's Directorate of Human Resources (DHR) conducted a fitness and team building activity March 12, 2021 at the "El Changuito" amphitheater, part of the USAG Fort Buchanan Civilian Fitness and Wellness Program with the participation of staff members from the Administrative Services Division; ID Card Section; Army Substance Abuse Program; Army Continuing Education Center; Casualty Assistance; Military Personnel Division; Retirement Service Office and Soldier for Life – TAP as well as the DHR director.

The fitness activity was a beginners spinning class lead by USAG Fort Buchanan Command Sergeant Major José A. Banks. Command Sgt. Maj. Banks' spinning class mixed a variety of musical genres with energetic and challenging rhythms and moves. All the stationary bicycles are spaced over six feet apart and the amphitheater is an open area, which allows for



implementation of COVID – 19 safety measures and compliance. All the equipment is sanitized before and after each class, this is overseen by Sports and Fitness personnel from the Fort Buchanan Directorate of Family and, Morale, Welfare and Recreation (DFMWR).

Command Sgt. Maj. Banks helped the participants adjust bikes to their height, identified the controls and provided guidance before the class on how the equipment works and what to expect. DHR staff encouraged each

other before and during the class.

The Civilian Fitness and Wellness Program's objective is to optimize organizational readiness and work performance by improving employee fitness. The activity also promoted team cohesion and an opportunity for employees to participate of one of the many fitness classes offered by the DFMWR – Sports and Fitness staff.

For additional information on Spinning Classes and more call: (787) 707-3767 / (787) 707-3763 / (787) 707-3277.

Fort Buchanan Tax Assistance Center holds Ribbon Cutting Ceremony

Story by Rosie Irizarry
Public Affairs Specialist

Fort Buchanan Installation Legal Office (ILO) Tax Volunteers, Jennifer Privitera and US Marine Corps Staff Sgt. Joanna Millán joined Staff Judge Advocate Lt. Col. Dorion S. Germany (left) and Garrison Commander Col. Joseph B. Corcoran III (right) in a ribbon cutting ceremony for ILO's Tax Assistance Center (TAC) March 4, 2021 at garrison headquarters. The TAC prepares and electronically files federal income tax returns free of charge to eligible individuals. For information and/or appointments call first: (787) 707-5155. Click on link:

https://home.army.mil/buchanan/application/files/5016/1522/9894/Tax_Assistance_Center_Info_-_El_Morro_February_-_FINAL_w_PAO_Edits_already_open.pdf



FB Fire Department supports Camp Santiago National Guard Fire Department

Story by David De Jesús
Fort Buchanan Assistant Fire Chief

Relationship between fire departments is critical and the Fort Buchanan Fire Department has historically maintained a good relationship and partnerships with fire service and emergency response agencies in the surrounding community. Building these relationships through mutual training is important and benefits communities both on and off the installation.

Responding when asked by National Guard Joint Training Center at Camp Santiago Fire Chief, Staff Sgt. Jose E. Mendoza, to provide support in the areas of fire service training, emergency medical services management, standard of cover, community risk assessment, and fire management was an easy decision.

After visiting the Camp Santiago Fire



Photo by Kevin R. Little Jr., FB Firefighter

(L to R) Fort Buchanan FD: Station Captain Winfrid Melendez, Training Officer Carlos J. Lebrón, Assistant Fire Chief David De Jesús; Camp Santiago Fire Chief José E. Mendoza; Fort Buchanan Fire Chief Luis Raúl R. Roig-Casillas; Camp Santiago and Fort Allen Commander, Colonel Israel Romero.

Station and meeting with firefighters March 10, 2021, Camp Santiago and Fort Allen Commander, Colonel Israel Romero invited the FBFD team to his office where he was brief by FB Fire Chief Luis Raúl R. Roig-Casillas on

the continuous collaboration with the Camp Santiago Fire Department. Col. Romero expressed his gratitude for the support being provided and urged FBFD to continue fostering the relationship between the fire departments.

Fire Station Captain first Fort Buchanan Training Officer

Story by David De Jesús
Fort Buchanan Assistant Fire Chief

Fort Buchanan Fire Department (FBFD) Station Captain Carlos J. Lebrón was promoted to the position of Training Officer in a ceremony held during roll call at Building 394 Fort Buchanan Fire Apparatus Building March 8, 2021.



Captain Lebrón is the first firefighter in Fort Buchanan to occupy this position.

"This is a great accomplishment for our department. It is the first time



we have a person dedicated in this position to run our fire service training program," said Fire Chief Luis Raúl R. Roig-Casillas. The Training Officer position was recently added to the fire department staff positions.

During the ceremony, Training Officer Lebrón was presented with his certificate of promotion. Fire Chief Roig pinned his new fire badge, and



Assistant Chiefs David De Jesus and Hector Rivera-Torres pinned his new lapel pins.

The Director of Emergency Services Jorge Quiñones presented Lebrón with his new fire helmet. "This is a great day to be at Fort Buchanan and to be here, because we are able to promote from within our own in the fire department," said Director Quiñones.

Lebrón has been a member of the Fort Buchanan Fire Department since 2016 and has 11 years of fire service experience.

Photos by Kevin R. Little Jr., FB Firefighter



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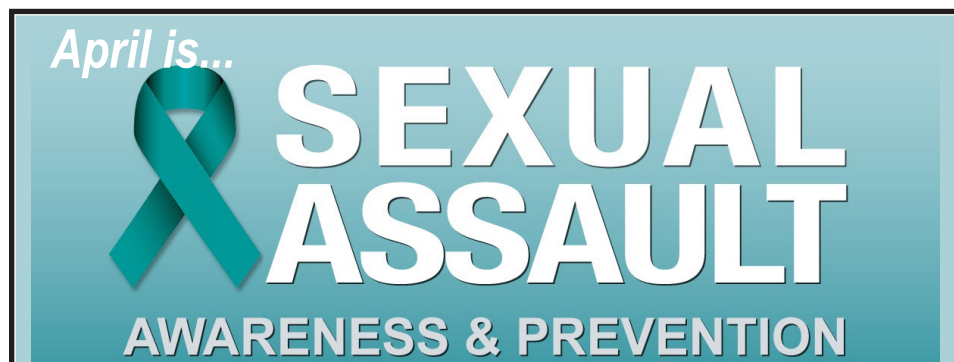
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In the next monthly issue...



Fort Buchanan Visitor Control Center Memorialization Ceremony...

April 13, 2021





VALIANT WOMEN OF THE VOTE:
REFUSING TO BE SILENCED

WOMEN’S HISTORY MONTH
MARCH

