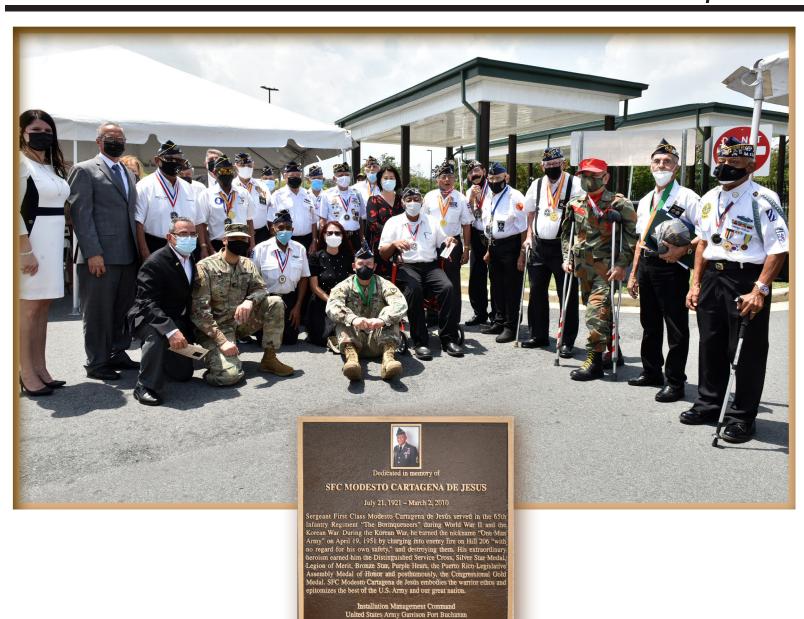
El

Vol. 6

Issue 48

Sentinel of the Caribbean

April 2021





Visitor Control Center named for Borinqueneer

From the Garrison Commander: To the Soldiers, Civilians, Families, and People of Fort Buchanan and Puerto Rico...



where they come from. As we depart, I am confident that Fort Buchanan and Puerto Rico will continue to care for Soldiers and their Families better than any other location across the world.

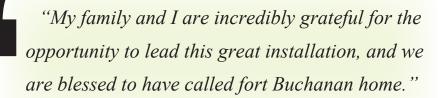
this great installation, and we are

blessed to have called fort Buchanan

home. As it is in the Army, we find

particular move, we can honestly say we will miss everyone. We will always cherish our time spent in Puerto Rico.

Thank you again for your support over the past two years and God bless



Jennifer, Mackenzie, and I would like to pass along our sincere appreciation for all of the support you have provided our family during our past two years in command. We could not have been as successful without your exceptional dedication, loyalty, and sense of duty.

You have made our assignment here the most enjoyable experience in over 23 years of service.

To the Soldiers, your selfless service to our nation never fails to inspire and motivate me. Over the past 18 years of persistent conflict, you have stepped forward and bravely said, send me.

To the families, we can never thank you enough for your support of your Soldiers; it cannot be overstated that we could not serve our country without the sacrifices you make on a daily basis.

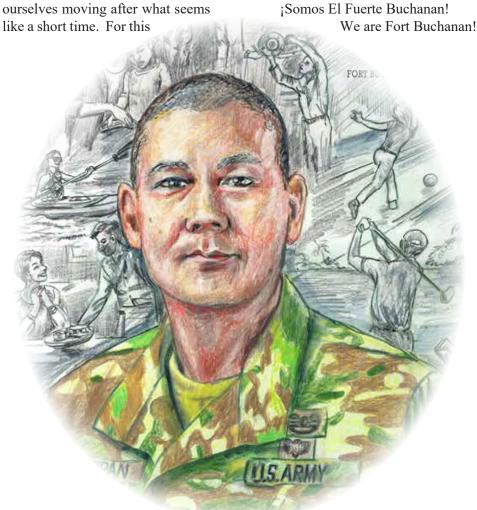
To the civilians, your undying work ethic is what upholds this installation through every transition and deployment. Your service is unparalleled. You are all the strength of the nation.

To the Retirees and Veterans. together we found solutions to problems and worked diligently to make Fort Buchanan and Puerto Rico an even better place to serve, work, and live. Puerto Rico is an incredible island, full of hospitable people who do all they can to serve Soldiers. You make everyone feel welcome, regardless of

My family and I are incredibly you all. grateful for the opportunity to lead

Gracias por darme la bienvenida a tu familia. Hasta que nos encontremos de nuevo. Dios les bendiga a ustedes y sus

familias, gracias. ¡Somos El Fuerte Buchanan!





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 Derrick W. Hood

> Public Affairs Officer Grissel Rosa

Command Information Rosie Irizarry

Mailing address-Public Affairs Office ATTN: IMSE-BUC-PA 390 Double Eagle Ave., Suite 311 Fort Buchanan, Puerto Rico 00934-4616

Story Submissions-Email to: rosario.irizarry.civ@mail.mil

Telephone numbers (787) 707-4013/4486

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Contents of EL MORRO are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, Department of the Army or U.S. Army Garrison, Fort Buchanan.

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The PAO reserves the right to edit all submissions and to determine the suitability for inclusion in EL MORRO.

Every effort will be made to publish submissions in a timely manner. However, time, layout, style and editorial considerations, as well as determinations for publication, are established by the Garrison Commander or the Public Affairs Officer.

US Army Garrison Fort Buchanan

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Visit Our Facebook and our Official Web page

facebook

Photos, lots of information and much more.

Go to Facebook: https://www.facebook.com/US-Army-Gar-

<u>rison-Fort-Buchanan-142863785819203/</u> Go to web: <u>https://home.army.mil/buchanan</u>

On Twitter: @usagftbuchanan

Upcoming events

April

May

June

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 Asian American and Pacific Islander Heritage Month

National Retiree Appreciation Month

National Day of Prayer May 6

Military Spouse Appreciation Day May 7

Mother's Day May 9

USAG Fort Buchanan Change of Command May 11

Armed Forces Day May 15

Memorial Day May 31 **Establishment of US Army Civilian Corps**

PR National Guard Governor's Day at Camp Santiago

Women Veteran's Day June 12

US Flag Day June 14

US Army Birthday June 14

Father's Day June 20

PTSD Awareness Day June 27

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:

Military Children - the strength behind our Armed Forces



Since 1983, April has been designated as the Month of the Military Child. As a fellow Noncommissioned Officer (NCO), husband and parent, I understand the sacrifices military children have to endure while we serve our nation.

We wouldn't be the backbone of the Army without our families and most importantly, our children.

As a father of three wonderful boys, I recognize their contribution to my success as a leader and I thank them for their support.

The ability of our Military Children to adapt throughout multiple relocations, time away from parents, leaving friends behind, attending new schools, and sometimes experiencing the loss of a loved one, is often unrecognized.

Our children display remarkable strength being resilient in an environment that is constantly changing. If you are a military parent, take this time to tell your son/daughter how much you love them and that you appreciate their support. Remind them how important they are in your life, but most importantly take the time to listen to their feedback and

concerns. Many times, our children are the voice of reason reminding us the importance of work-life balance.

The Department of Defense estimates there are more than 1.6 million military children who face many challenges and unique experiences because of their parents' choice to serve our nation. We recognize the stress of "serving" along their military parents that can bringfrustrationandevenloneliness. Compared with civilian families, military families move on average every two to three years, impacting military children through changing schools and support networks. They are the ones who must adjust during PCS, deployments, spending birthdays and holidays apart from Mom or Dad, and endure long separations while their parents serve in dangerous locations during

wartime.

Our military children are the strength behind our Armed Forces. They are the inspiration to generations of Soldiers and Service members who go in harm's way to defend our nation. Their sacrifices allow us to reap the benefits of democracy.

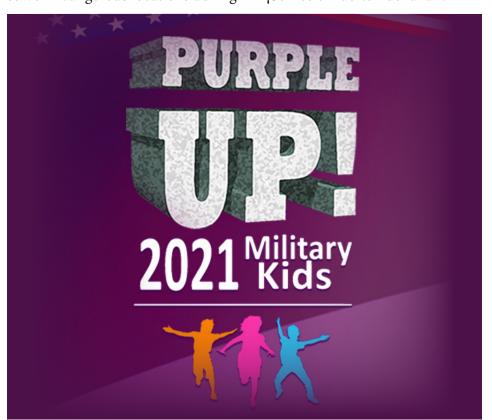
Love your children through actions and do not forget to thank them for their support.

As a Soldier, I want the best for our country.

As a parent, I want the best for my kids, a free nation.

During the Month of the Military Child and every day, God bless our Soldiers, Service Members, their Families and above all, our military children.

We are Fort Buchanan! ¡Somos el Fuerte Buchanan!



Deputy Garrison Commander's Corner:

The Importance of Readiness



Since the 1800's the military departments, as well as Congress, have used the word "readiness" to refer to the state of military personnel, training, equipment and other related activities. If you were to skim defense-related news from the past few weeks, you would notice all services are grappling with challenges to their readiness. What does that mean? Are our servicemen and women not ready to fight and win, if called upon?

The Department of Defense (DoD) defines readiness as "the ability of military forces to fight and meet the demands of assigned missions." Lieutenant General (Promotable) Flynn, Army Deputy Chief of Staff for Operations, Strategy and Planning, took this a bit further in an Op-ed last fall. Ready for what? He proposed a new framework called the "Four C's".

As the Army, we must always be ready to deploy, fight and win in Conflict. In periods absent of armed conflict, we must be prepared to Compete with potential adversaries. In order to compete effectively, we must Change to achieve overmatch on future battlefields. Still, we must retain flexibility that allows the Army to respond to Crisis, like the on-going COVID response or natural disasters like earthquakes and hurricanes.

Fort Buchanan must be ready to protect against the potentially harmful

effects of man-made incidents and natural disasters by ensuring we have action plans in place. These outline what to do during a crisis that otherwise would negatively impact the installation. We put these plans into action through training, rehearsals and drills. Trainings such as Earthquake, Hurricane, All Hazards Table Top Exercises, as well as Anti-Terrorism and Active Shooter drills are conducted as realistic as possible.

We live by our motto "We are Fort Buchanan". All garrison directorates, special staff, tenant organizations and military and federal partners participate in these events. This ensures that all that would be involved acquire the necessary knowledge and skills to perform their required tasks. We synchronize operations, making certain critical response actions are not overlooked by any team members during an emergency. Doing so with all partners helps us reduce the impact these hazards have on essential operations and services, critical infrastructure, and property.

Fort Buchanan works daily to support those who compete with our adversaries, and if necessary, win in conflict. But, if crisis comes, we will be ready.

"There are no secrets to success. It is the result of preparation," General (Ret.) Colin Powell

6/2/2021 Ready Army—About Ready Army **Preparing Army Communities Today** for the Hazards of Tomorrow BE INFORMED ► MAKE A PLAN ► BUILD A KIT ► GET INVOLVED About Ready Army About Ready Army Are you and your Family ready for an emergency? Downloadable Resources Emergencies affect hundreds of people every year. One may hit your installation and community and affect you and your Family. When emergencies occur, military and civilian organizations respond, but it Kids Campaign takes time to mobilize, and they focus on the most critical needs first. Hazard Specific Fact Sheets Failure to prepare can put yourself, your Family and your property in jeopardy! ADPAAS It's up to you. Prepare strong Special Needs Ready Army seeks to inform the Army community of all hazards and to provide targeted Frequently Asked Questions preparedness information to Soldiers, their Families, Civilians and contractors worldwide, Links A-Z Site Map Be Informed Make A Plan **Build A Kit**





Get Involved

For more information on **Ready Army** go to: https://ready.army.mil/ra about.htm

From the Deputy to the Garrison Commander:

Engaged and Caring Leadership: Everyone Can Lead



Each and every member of the USAG Fort Buchanan workforce is vitally important to the garrison mission of providing training infrastructure to enable readiness for the senior

Each member of our team has the responsibility to be an engaged leader and foster an environment of inclusiveness, dignity and respect.

commander.

If you do not think you can lead because you are not currently serving in a management position, you miss a great opportunity to make a significant impact within the organization.

An engaged and caring leader understands the climate of the organization and values the importance of communication, teamwork and mutual support.

An engaged and caring leader takes the time to praise others for a job well done or appreciate their efforts in making the customer service experience unforgettable.

Take the time to pat your colleague on the back, give them a sincere smile, and say two words: "Thank you."

Fostering an environment with open lines of two-way communication between supervisor and subordinate is a sign of engaged leadership. Professional and respectful dialogue will build trust and mutual understanding of expectations.

Finally, engaged leaders know their people, understand their strengths and appreciate their shortcomings. They know when their colleagues are having a good day and they know when "it's just not his or her day."

By establishing a culture of mutual

support, all members of the team can pitch in unselfishly to continue the mission.

I encourage you to be an engaged and caring leader and set a good example.

We are Fort Buchanan!

¡Somos el Fuerte Buchanan!



Leadership Pledge



Taking care of our customers begins with taking care of our most valuable asset - our IMCOM Professionals.

IMCOM Leaders will provide our Team Members the same concern, respect, and caring attitude that we expect them to share with our Customers
- Soldiers, Families, Civilians, and Retirees.



We pledge to position you for success with:

- an impactful on-boarding and orientation experience to welcome you to the IMCOM Team.
- clear performance standards; to include standards for service excellence.
- an Individual Development Plan (IDP) developed with your supervisor; reviewed during periodic counseling.
- opportunities for personal growth and professional development.
- \bullet a recognition program to reward service and performance excellence.
- engaged leaders who seek and welcome your input and take action to continuously improve the organization.
- an organization that embrace the concept of team, teamwork, and empowerment.
- a promise to hold ourselves and each other accountable.



Fort Buchanan dedicates Visitor Control Center on National Borinqueneers Day

Story by Grissel Rosa Public Affairs Officer

USAG Fort Buchanan celebrated the first National Borinqueneers Day April 13, 2021, with the memorialization of it's Visitor Control Center in honor of Sgt. 1st Class Modesto Cartagena De Jesús, member of the 65th Infantry Regiment, The Borinqueneers.

Garrison Commander, Col. Joseph B. Corcoran III; Garrison Command Sgt. Maj. José A. Banks and President of the 65th Inf. Reg. Retired Association, Víctor Labarca, comprised the official party for the event attended by the Governor of Puerto Rico, Hon. Pedro R. Pierluisi Urrutia and his sister



Caridad; PR Resident Commissioner in Washington, Hon. Jenniffer A. González, represented by Norma Miranda-Gallardo; PR Senator Gretchen Hau, PR Representative, Hon. José Aponte Hernández represented by Maria Isabel Van Rhyn; the Mayor of Cayey, Hon. Rolando Ortíz Velázquez; the PR Veteran's Advocate, Agustín Montañez Allman, Esq; members of Sgt. 1st Class Cartagena's family, daughters Wilma and Sara Cartagena Pérez, sonin-law Víctor M. Nicolao Cotto and son Víctor Dummund Colón, garrison directors, staff, and military personnel.

The memorialization ceremony recognized the figure of one of the members of the glorious 65th Infantry Regiment who during the Korean War earned the nickname "One Man Army." On April 19, 1951, Sgt. 1st Class Cartagena charged into enemy fire on Hill 206 "with no regard for his own safety," and destroying them. His extraordinary heroism earned with the Distinguished Service Cross, Silver Star Medal, Legion of Merit, Bronze



Star, Purple Heart, the Puerto Rico Legislative Assembly Medal of Honor and posthumously, the Congressional Gold Medal.

Among the accolades presented to the family members and garrison commander during the event, were copies of the Congressional Record of the Proceedings and Debates of the 117th Congress, First Session submitted by Hon. Jenniffer A. González-Colón commemorating National Borinqueneers Day; and the House of Representatives motion and medals presented on behalf of Hon. José Aponte Hernández.

Gov. Pierluisi quoted General MacArthur, "The Puerto Ricans forming the ranks of the gallant 65th Infantry on the battlefields of Korea...are writing a brilliant record of achievement in the battle and I am proud indeed to have them in this command. I wish that we might have many more like them." He exalted the courage and resiliency of The Borinqueneers represented by Sgt. 1st Class Cartagena.

The Mayor of Cayey and Cartagena's friend, presented a wreath and highlighted his qualities as a citizen committed in improving the quality of life of his community. Víctor Labarca recalled their time in service and shared some anecdotes of him and Cartagena during their deployment to Korea.

USAG Fort Buchanan commander emphasized that over 61,000 Puerto Ricans served during the Korean War. Sgt. 1st Class Cartagena, a 'jibarito' from El Polvorín in Cayey, was one of those Soldiers.

"His achievements and fortitude would not have been possible without the love and commitment of his family and friends, and you all share in his tremendous legacy and certainly in this celebration today," said Col. Corcoran and added, "Like the other members of the 65th Infantry Regiment, Sgt. 1st Class Cartagena encountered cold and harsh winters, a language barrier, and the threat of an uncommon enemy. His remarkable accomplishments earned him the distinction of being one of the most decorated Puerto Rican Soldiers...His fighting spirit will continue to serve as a reminder to all who enter this facility."



Sgt. 1st Class Modesto Cartagena De Jesús distinguished himself through honorable service to our nation and the values of freedom and democracy that our Constitution represents. The spirit and intent of the Visitor Control Center Memorialization Ceremony is to pay tribute and provide lasting honor to a distinguished Soldier and citizen of Puerto Rico with a legacy of outstanding service.



Photo by Lt. Col. Brian Mandock, Deputy Garrison Commander

After the event, members of The Borinqueneers joined Col. Corcoran and Command Sgt. Maj. Banks for the live transmission of the first National Borinqueneer's Day from Congress hosted by PR Resident Commissioner in Washington, Hon. Jenniffer A. González attended by Deputy Garrison Commander, Lt. Col. Brian Mandock, and Deputy to the Garrison Commander, Derrick W. Hood, representing USAG Fort Buchanan.

Fort Buchanan bids farewell to Fire Chief Roig-Casillas during retirement ceremony

Story by Grissel Rosa Public Affairs Officer

Members of USAG Fort Buchanan military and civilian community, along with the garrison leadership Commander, Col. Joseph B. Corcoran III, Garrison Command Sgt. Maj. José A. Banks, Deputy Garrison Commander, Lt. Col. Brian M. Mandock and Deputy to the Garrison Commander, Derrick W. Hood; directors and special staff, got together on April 23, 2021 at Fort Buchanan's Fire Department Building to bid farewell to Fire Chief Luis Raúl Roig-Casillas during his Retirement Ceremony after serving the U.S. government for over 36 years.

Members of Chief Roig's family: his high school sweetheart and wife for more than 36 years, Lilybette Soto-Rosario; mother-in-law Emérida Rosario Flores, his twins, son Luis Raúl and daughter Emy Odette with their respective spouses Keyla Ortíz Pinto and Luis Manuel Castiñeiras; grandchildren Luar Sebastián, Isabella Mia, Emy Camille and Luis Joniel; brothers Luis Arnaldo, Luis Enrique and sister María Gisela Roig-Casillas; niece Ailed Ortíz Roig, nephew René Rodríguez Roig and goddaughter Casandra Torres attended the ceremony filled with camaraderie and goodwill.

You know the caliber of a man like Chief Roig by the people who surround him. Testimony of that was the presence of Chief Javish Collazo, Fire Commissioner for the Puerto Rico Fire Department; Chief José E. Mendoza Rivera, Fire Chief for the Puerto Rico Army National Guard, Camp Santiago and Fort Allen Training Sites; Chief Ronald O. Freeman, Fire Chief for Puerto Rico Air National Guard: Chief Eulando Piñeiro, Fire Chief Metro Emergency Response Team, Volunteer Fire Department and Chief Carlos Hernández, Fire Chief, Luis Muñoz Marin International Airport; in addition to Fort Buchanan's firefighters.

During the ceremony, narrated by Assistant Fire Chiefs David De Jesús and Héctor Rivera Torres, Col. Corcoran and Command Sgt. Maj. José A. Banks presented Chief Roig the Commander's Award for Civilian Service and Garrison Coin for exceptionally meritorious service highlighting his "hard work, dedication to duty, and commitment to excellence" essential elements for the overall success of the Fire Department. Other awards included the U.S. Army Certificate of Retirement from the U.S. government after 35 of loyal service and the Department of the Army

Certificate of Appreciation for the many years of service given to his country. His wife, Lilybette also received a US Army Certificate of Appreciation "for her unselfish, faithful and devoted service. unfailing support and understanding helped to make possible her husband's lasting contribution the Nation." Chief José E.

Mendoza presented a Letter of Appreciation and coin on behalf of Col. Israel Romero, Garrison Commander, Puerto Rico Air National Guard.

The Director of Emergency Services, Jorge Quiñones, recalled in his remarks various anecdotes during Roig's tenure at Fort Buchanan's Fire Department. His son-in-law Technical Sgt. Luis M. Castiñeiras presented remarks on behalf of the family. While Chief Roig's wife, Lilybette ("Tata") remembered the sacrifices of being the spouse of a first responder especially during birthdays. anniversaries. holidays and other significant family events. However, Lilybette, her children and the family understood Chief Roig's great responsibility with the community he served and supported him every step of the way. Her message was very emotional as she emphasized



his values as husband, father, son and brother not only for his family but also for the extended family comprised of grateful friends represented by Ismael Molina and Juliet Colón.

Col. Corcoran emphasized those deeply embedded values as he remembered Chief Roig's late mother, Carmen Leticia Casillas Fernández

and late father, Capt. Luis

Raúl Roig Pérez "who instilled in Roig the inspiration, perseverance, passion to serve while demonstrating what right looked like." As an example, he mentioned Chief Roig's commitment and selfless service when while enjoying "chinchorreo" with family and friends they

saw the plumes of a fire

and identified a family that was in danger. Immediately, him and Fire Inspector Lydia Rivera, who was accompanying the family, got into fire-fighting mode and with the help of bystanders extinguished the fire. There is no doubt that is serving others to its best.

"No greater legacy can be left than having done the following three things: 1) honoring your oath to the best of your ability, 2) serving our nation with integrity, and 3) leaving your fellow Fire Fighters and coworkers better than when you met them. I think we would all agree that Chief Roig has done just that and more," said Col. Corcoran.

The ceremony concluded with the Fire Chief Last Call through the Fire Dispatch ending a successful career of over 36 years of service. Engine 1, Engine 2, Rescue 1, Fire Prevention, and Training "copy" (responded) the message with a heartfelt "Thank you", while Assistant Chief Rivera transmitted "Chief 2 copy, thank you Chief, good luck and enjoy your retirement on behalf of the Fort Buchanan Fire Department." The bell rang for the last time for Retired, Fire Chief Luis Raúl Roig-Casillas. Chief, thank you for your service.

EPA Caribbean Division joins Fort Buchanan plants trees for Earth Day Week

Story and photos by Rosie Irizarry Public Affairs Specialist

The Directorate of Public Works (DPW) Environmental Division prepared events from April 19 to 24, 2021 in celebration of annual Earth Day. This year's theme, "Restore Our Earth" focuses on natural processes, emerging green technologies, and innovative thinking that can restore the world's ecosystems. In keeping with this year's theme, the Fort Buchanan DPW Environmental Team will plant over fifty native trees around the installation.

The US Environmental Protection Agency (EPA) Caribbean Division Director, Carmen R. Guerrero-Pérez; Garrison Commander Col. Joseph B. Corcoran III; Garrison Command Sgt. Maj. José A. Banks; DPW Director, María "Angie" López; DPW Environmental Chief, Anibal Negrón; DPW Business Operation and Integration Division Chief, Carlos O. Guzman; EPA Public Affairs, Brenda Reyes, and the DPW Environmental Team planted 10 native trees April 20, 2021 at the installation's Las Casas Lake area.



They planted two of each of the following trees: West Indian Locust Tree ("Algarrobo"), Sanbox Tree ("Molinillo"), "María" Tree, Black Mampoo Trees ("Corcho") and "Palo de Rosa". The "Palo de Rosa" is a federally protected species and was planted with the permission of US Fish and Wildlife Service and PR



Department of Natural Resources. The installation has been collaborating with these two agencies to enhance the natural occurring population in Fort Buchanan. The other trees were donated by the "Para La Naturaleza" Foundation. All these trees will enhance the Las Casas Lake habitat for



wildlife, beatification, education, and recreation. They will also provide food for birds and insects.

"This is wonderful! It is an honor for EPA to be part of this important event," said EPA Caribbean Director Guerrero. "This is important not just for Fort Buchanan but for Puerto Rico. Hurricane María destroyed millions of trees on the island and these initiatives help in correcting this devastating condition," concluded Guerrero.

"This is the first time the Director of



EPA Caribbean comes to the installation to plant a tree. It is also the first time a Garrison Commander plants a "Palo de Rosa" tree!" said DPW Director López. "This is a great partnership. EPA is involved in initiatives, authorizations and approval of environmental plans for the installation," concluded López.

The reforestation initiative is consistent with the worldwide Earth Day initiatives. The idea is to plant



as many trees as possible worldwide to attack global warming. Trees capture carbon dioxide (CO2). This atmospheric gas is attributed with being one of the major contributors to global warming. Trees filter the CO2 from the atmosphere therefore doing a service to the environment. They cool



overheated places, benefit agriculture, support pollinators, reduce the risk of disease transmission and boost local economies

This is the cheapest way of taking carbon dioxide out of the atmosphere to tackle the climate crisis. Fort Buchanan is committed all year to keeping our environment safe and protected for many generations to come.



Installation Safety Office



ISO Safety Gram 2021-002 (1-9 April) **April is Distracted Driving Awareness Month**

The Distraction Is Coming From Inside the ... CAR!



Touchscreens take your eyes off the road.

In-vehicle tech takes your mind off driving, making it more dangerous for you and those around you.





The easiest ways to drive attentively:

- Program phone and electronics before you start
- Don't interact with them while you're driving

Drive without distractions. Your life is worth more than any call, text or playlist.



nsc.org/justdrive

For technical support or to report an unsafe or unhealthful condition contact Fort Buchanan ISO at (787) 600-4478 or usarmy.buchanan.imcom-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...

Safe Storage and Handling of Flammable Liquids in your Workplace

Flammable liquids are volatile substances that give off igneous vapors that will ignite in the presence of an ignition source. Due to their volatile nature and low flash point, flammable liquids pose many risks for people, property and environment of the workplace. Workplace incidents resulting from the misuse or incorrect storage of flammable liquids can have many negative implications. Some implications may include:

- Severe injury
- Death
- Property Damage
- Environmental harm
- Financial liability due to non-compliance

As there are many possible negative implications associated with flammable liquids, it is very important that you store and handle them in a way that minimizes the risk that they have upon your organization. Some safe guidelines for the storage and handling of flammable liquids are shown below.



In case of Emergency call 9-1-1 Off Post or On Post (787) 707-4911

For training call the Fort Buchanan Fire Prevention Office at 787-707-3410.

Chaplain's Corner

"Closed on Tuesdays!"

...How could this be? How could my favorite lunch spot be closed on a Tuesday?? My emotions ranged from hungry to surprised to disappointed... and then back to hungry. I won't say that I reached the anger level of emotion, but it could have been possible. This event happened to me recently when I was providing a tour to two families with young children. There were 9 sets of eyes watching my reaction. Has this ever happened to you?

Whenever events go off schedule, my patience is usually the first potential victim. The opposite of patience is impatience, or a more commonly used word, annoyance. To be annoyed is simply allowing oneself to be bothered by something or someone else. At the heart of it, when you feel this way it is generally because your placing your own wants, desires and expectations above that of someone else. Wait a minute, are you saying that if you are annoyed, you are selfish? Not exactly, but I would go so far as to say that when we are too focused on a certain outcome, we have a tendency to be anxious, worried, and angry when things don't go our way. The Bible even goes so far as to state that worry causes harm (Psalm 37:8).

So what can we do to relinquish impatience and deal with life's sudden changes? Prayer and meditation serve to place your mind, body and soul in a peaceful state. Plan well, but accept that your plans are susceptible to change. Have a backup plan. If you have a tendency for quickly becoming impatient, confide in a friend who can help you identify your triggers. Memorize verses from your holy book, or an uplifting song, and repeat them back to yourself.

When you feel like you are becoming annoyed, choose to change the outcome. So for me, the next time that a restaurant is closed on a Tuesday, I can endeavor to find a new place to eat, and perhaps it may be my new favorite!

If you'd like to make church your new favorite thing this weekend, please join us for our Protestant and Catholic chapel services at the post chapel on Sundays:

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



Fort Buchanan holds in Spanish the first Operation Excellence training across IMCOM

Story and photos by Rosie Irizarry Public Affairs Specialist

US Army Garrison Fort Buchanan became the first Installation Management Command (IMCOM) garrison to hold the Operation Excellence (OPEX) Training Spanish April 15, 2021 at the Training Division facility on post. The training is part of the Plans, Analysis, and Integration Office (PAIO) initiatives. One its goals is to uphold and ensure the implementation of IMCOM's Customer and Leadership Pledges.

Management and Program Analyst, Lesvia (Zory) Malpica assisted by PAIO Director, Raúl L. Rodríguez provided the course to garrison employees. "All of us have the privilege to serve Service Members, their families, Retirees and Army Civilians, this course strives to ensure we are all providing the best customer service to both our internal and external customers," said Malpica.

"¡Buenos Dias!" said Fort Buchanan Deputy to the Garrison Commander, Derrick W. Hood as he welcomed all participants. He added, "It's all about taking care of people. The Chief of Staff of the Army's number one priority is taking care of people. ...But how do we do that? We do that by treating



everyone with dignity and respect. IMCOM believes that if we take care of our workforce, you will in turn take care of our customers. We get positive feedback, 'Great customer service. Great work.' but my concern is how are we doing with each other? How are we doing in teams? How are we working, not just with our own sections but also

across directorates? How do we take care of, talk to and treat one other? This course not only ensures we are taking care of our customers but each other. We are a Team! So we have to treat each other with dignity and respect in our sections and across directorates. This course strives to improve that. This training has generated a lot of positive feedback, good interaction and sharing of information. I want you today to be involved, engaged and get something out of this," concluded.



"This training is very important, 'Excelencia Operacional' (Operation Excellence) is not new, treating customers and each other well, is not new. The good thing is we are learning additional skills to improve customer service. This is the first time this course will be administered in Spanish. It is the result of thinking outside of the box. I know that all of you speak English but I also know you feel more comfortable communicating in your own language, especially when it comes to important job related things. So as you go through this innovative and new approach to training, your feedback will be vital, especially moving forward to further improve the training in Spanish," said Command Sgt. Maj. Banks.

Juan Gómez, from the Directorate of Public Works (DPW) said that, "This is a tremendous initiative. We understand the course is important. I hope that more courses will be done in this manner. In my case as well as some of my co-workers, we understand better and benefit from it being done



in Spanish. This allowed for more interaction and participation. This was a positive experience because it was done in Spanish."

Other DPW employees described the training as "¡Tremendo!" (Awesome!) "I feel more comfortable due to the language, so I can express myself better," said Joel De Jesús. "I really liked it better in Spanish. It is a big plus," said César Quintero. "I would like to see videos in Spanish with more realistic situations," said José Figueroa.

Manuela Barriera. from Directorate of Resource Management, said that this is an "awesome initiative. It should be carried out at other installations. Other mandatory courses should also be done in Spanish. After all, we are in a bilingual society here in Puerto Rico. 'Me encantó!' (I really liked it!)"

PAIO Chief Rodriguez stated that, "Course participants were not fearful to respond in Spanish. They were visibly more comfortable."

After assessing the outcomes of the first OPEX training conducted in Spanish, Malpica noted more attendance and interaction, "When expressing themselves in Spanish the information flows better, since it's their first language." Malpica who also translated the materials into Spanish reaffirmed that "Although the materials have been translated, IMCOM's message remained intact, and they understood the message better," concluded.

Military Children and Youth: A Resilient Force in a Changing World

Story and photos by Sgt. Josué E. Pagán Carbone Public Affairs Intern

The Month of the Military Child is observed each April as a time to highlight the importance of military children and families worldwide.

It honors and celebrates military children and youth for their service, commitment, and sacrifice in support of the mission.

This year's theme "Military Children and Youth: A Resilient Force in a Changing World" is sponsored by the Department of Defense (DOD) Military Community and Family Policy.

Other organizations such as the Department of Defense Education Activity (DODEA) and Army Family and Morale, Welfare, and Recreation (FMWR) support the national observance hosting virtual events and online resources for military youth.

The initiatives include Military Kids Week, Young Lives, BIG Stories Contest, Earth Day, among others.

As part of the celebration of April, Month of the Military Child, we interviewed students from the DODEA schools at Fort Buchanan.

They are Violet Provitera and Connor Provitera, senior and sophomore,

respectively, at Antilles High School. They are the children of Cpt. John Provitera, an active duty Army officer and Jennifer Provitera.

We asked them, "What is the most difficult thing for a military child?" Violet and Connor agreed that the



continuous moving and unexpected deployments of their father.

They added, "We think that all of these continued movements and the morale side of the Army has brought



our family closer and we are stronger as a family." Furthermore, Connor explained, "the loss of friends is hard, although I make new ones, but it's hard." He concluded that although he loses some friends, he always ends up being happy.

In spite of all the changes every military child goes thru their resilient spirit overcomes the adversities. This is why the Army and its various programs are intended to help all children from three years of age until senior year to overcome these challenges.

Since 9/11, approximately 2 million military children have experienced parental deployments.

The average military family moves three times more often than their civilian counterparts do. There are currently 1.2 million military children of active duty members worldwide.

We also asked, "What would you like to say to your dad or mom?"

Violet said, "To my dad, I understand everything you do for us. To my mom, I don't know how she manages all but she does. I wouldn't know where we'd be without her."

While Connor said, "Thank you for serving our country dad."

Life as a military child can be rough at times, but it is also rewarding. They are resilient. Through their parent's military career they are always ready to start a new family adventure.



April is Child Abuse Prevention and Awareness Month

Story and photos by Sgt. Josué E. Pagán Carbone Public Affairs Intern

Child abuse is defined when a parent or caregiver, whether through action or failing to act, causes injury, death, emotional harm or risk of serious harm to a child.

There are many forms of child maltreatment, including neglect, physical abuse, sexual abuse, exploitation and emotional abuse.

The US Army Family Advocacy Program (FAP) is dedicated to domesticandchildabuse prevention, education, prompt reporting, investigation, intervention and treatment.

The Army provides a variety of services to Soldiers and Families to enhance their relationship skills and improve their quality of life.

This mission is a success through a variety of groups, seminars, workshops and counseling and intervention services.

Incidents of child abuse can be seen at all levels in our society.

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SENT TO SEE YOU
THE PIRATES

In a conversation with Antilles High School students, Brian Marchand, Brigade Commander for the Junior Reserve Officer Training Corps (JROTC) Program and Kamilha Soto, member of the Student Council and National Honor Society we asked, "What would you do if you see someone using violence against a boy or girl?"

Kamilha answered, "I would



evaluate the situation and stand-up to it by going to the principal's office, but also I would try to approach the person being abused so he or she gain confidence in telling their situation."

She also emphasized on having empathy with any person that has been having this type of problem.

"We don't know how difficult it has been for any child in their way of life, that's why we need empathy."

JROTC Bde. Cmdr. Marchand expressed that he would stand against a bully and then present the situation to counselors or teachers.

He added, "In my position, it is my job to be a role model and inspire other people, so I would stand against bullying and child abuse in the proper way."

Child abuse is very common in the schools in the form of bullying.

According to Dave Pelzer, "Childhood should be carefree, playing in the sun; not living a nightmare in the darkness of the soul."

If you suspect child abuse is going on report to your supervisor, teacher or call the Fort Buchanan FAP office at: (787) 707-3709.



USAG Fort Buchanan Honors Gold Star Spouses Day

Story by Grissel Rosa Public Affairs Officer

USAG Fort Buchanan conducted a simple yet significant ceremony, April 5, 2021 in front of the headquarters building to honor the spouses of our fallen Soldiers. Every year on April 5th, the nation gets together to celebrate Gold Star Spouse's Day in honor of the surviving husbands and wives of the men and women who made the ultimate sacrifice. Gold Star Spouses are the resilient legacies of their service member's sacrifice to the nation.



"Today we recognize the spouses who are with us representing the men and women who served our nation," said Deputy Garrison Commander, Lt. Col. Brian

Mandock. "We raise the flag honoring their sacrifices. We raise the flag in awareness of the importance of not letting their sacrifice go without recognition. That after 20 years of war, we will never forget the sacrifices of the fallen," he concluded.



The event started with opening remarks from Army Community Service (ACS) - Directorate of Family and, Morale, Welfare and Recreation (DFMWR) Survivor Outreach Services Specialist, Damaris Quiñones, and Edwin Ramos Jordán from the PR National Guard.

The following officers from the Directorate of Emergency Services, Police Department, solemnly raised the Gold Star flag as part of the ceremony: Lead Police Officer, Capt. Melvin Torres; Police Officer, Sgt. Jorge Rodriguez, Operations Officer, Maj. Russell F. Lorenzo and Supervisory Police Officer, Lt. Rolando Ríos.



Honoring the flag in silent tribute of their fallen Soldiers were Gold Star family members Cynthia Reyes, who lost her husband Spc. Ramón Reyes in Iraq 2003; Daniel Martínez who lost his son, Sgt. Francisco Martínez in Iraq in 2003; Pablo A. Marrero representing his mother Aida Dávila, who lost her husband Sgt. Pablo A. Marrero Beauchamp in the Korean War in 1951 and Migdalia Santiago who lost her husband Staff Sgt. Miguel A. Santiago in Germany.

Other participants included the Garrison Command Sergeant Major José A. Banks, ACS Director Wilda Díaz, garrison staff and employees.

Fort Buchanan is committed to the spouses of our Fallen Warriors. Their resilient spirit makes our nation







stronger as well as the bond that keeps us together as part of the Army and the Fort Buchanan Family.

We are Fort Buchanan! ¡Somos el Fuerte Buchanan!



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

BUILDING A CULTURE OF TRUST





Building Cohesive Teams through Character, Trust & Resilience.
Protecting Our People Protects Our Mission.

Fort Buchanan Sexual Assault and Awareness Prevention Month (SAAPM) 2021

Calendar of Events:

1 April - SAAPM 2021 Proclamation Signing

1-2 April - Meet Your SARC

Meet and Greet with your Garrison SARC, and receive a teal SHARP lapel pin to show your support throughout the month.



1-30 April - Workout of the Day WOD) Mondays Every Monday from 0600-0730 a WOD will be

posted at the Fort Buchanan Sports and Fitness Center, Bldg. 167. Participants will conduct a variety exercises and repetitions that correlate with SHARP/SAPR program statistics.



1-30 April - Decorate your Office Challenge

Office decorating contest for SAAPM. Include SHARP or SAPR prevention and awareness materials in your decorations. All participants will receive a certificate of recognition. The most creatively decorated office/door/cubicle will receive a trophy/plaque.

1-30 April - Wear Your Teal Tuesdays

To raise awareness of sexual assault, and in support of victims of these crimes; wear the color teal to show support and activism.

14 April - A Cup of Prevention

Located at Army Community Service (ACS), Bldg. 225 from 0800-1200; participants will get an opportunity to demonstrate their knowledge by spinning the SHARP Quiz Wheel and answering the questions correctly. Contestants will receive a free cup of coffee in a personalized Garrison reusable coffee cup and coaster.

28 April - National Denim Day

Take a photo in your denim jeans and a "Take Action" sign, submit them to the Garrison SARC for the FT Buchanan, FMWR, and ACS Facebook pages. There will be a Denim Day display at Bldg. 390 for participants to use as a backdrop.



<u>POC:</u> Pallas Cryer-Harris, USAG SARC O: (787)707-3481, ACS Bldg. 225



www.preventsexualassault.army.mil DoD Safe Helpline: 1-877-995-5247





April is National Child Abuse and Sexual Assault Awareness Prevention Month

Story by Grissel Rosa Public Affairs Officer

Fort Buchanan Garrison Commander Col. Joseph B. Corcoran III and Garrison Command Sgt. Maj. José A. Banks signed the proclamations recognizing April as **National** Child Abuse Prevention and Sexual Harassment and Assault Prevention Month during a meeting held April 1, 2021 at Garrison headquarters.

The Director of Army Community Service (ACS), Wilda Díaz and ACS Family Advocacy Program Manager Ruth E. González witnessed the signing of the proclamations that reaffirm Fort Buchanan's commitment of zero tolerance for child abuse, neglect, maltreatment and sexual violence.



As part of the initiatives during Child Abuse Prevention and Sexual Harassment and Assault Prevention Month, ACS representatives gave away pins that depicted blue pinwheels as a reminder to take a stand against child abuse. Because "Every Child Deserves Health and Happiness!"

There are also art projects with paper silhouettes of a child that children from the Child and Youth Service gave it an artistic touch. The goal of these



initiatives is to increase awareness that help prevent child abuse.

ACS has a calendar of events for the month of April, on the FMWR and USAG Fort Buchanan Facebook pages: https://www.facebook.com/ buchananmwr



(L to R) ACS, Wilda Díaz; Col. Corcoran, Command Sgt. Maj. Banks and FAP, Ruth

Remember, if you see something, say something! If you suspect child abuse and/or neglect you can call Fort Buchanan's Police at (787) 707-3337, the Rodriguez Army Health Clinic at (787) 707-2050, their On Call Line at (787) 420-9316 or the Puerto Rico

Department of the Family at (787) 749-1333.

The Army family is a place where we want all members to feel safe, secure and have a successful future. No one deserves to live in fear. One victim is too many.

Click here to view Fort Buchanan Leadership videos: https://www. facebook.com/142863785819203/ videos/1661583817363291 and https:// www.facebook.com/142863785819203/ videos/265471351974047



Reaffirming the garrison's commitment, (L to R) Wilda Díaz, Col. Corcoran and Command Sgt. Maj. Banks display the signed Sexual Harassment and Assault Prevention Month Proclamation.

April is National **CHILD ABUSE PREVENTION MONTH**



2021 CHILD ABUSE PREVENTION MONTH ACTIVITIES

APRIL 2, 9, 16, 23 & 30-WEAR BLUE DAY

Blue is the nationally designated color to recognize Child Abuse Prevention Month. Show your support and encourage everyone in your organization/community to wear blue every Friday in April. Take a selfie or group photo.

APRIL 1-30-INFORMATION/EDUCATIONAL DISPLAYS

he ACS/Family Advocacy Program will have information/ ducation displays at the Welcome Center/ACS Building/ AAFES throughout the month. Please stop by to learn how you can protect our children from child abuse.

APRIL 1-30—FORT BUCHANAN CARDBOARD KIDS

Keep a "lookout" for our Fort Buchanan Cardboard Kids in April. Each child represents one of the thousands of children who are abused in the U.S. and the Army. Take this opportunity to discuss what you can do to prevent child abuse. Take a photo with the different kids throughout the installation.

APRIL 1-30-BLUE RIBBON FAMILY VIRTUAL 1 MILE FUN

Be a Blue Ribbon Family, Parent, or Kid. Complete a virtual 1 Mile Fun Run/Walk with your child. Don't forget to wear blue. Take a Family photo after you finish.

APRIL 1-30—BLUE RIBBON PARENTS

Blue Ribbon Parents focus on their child's strengths to develop their child's courage and increase their self-esteem. Fort Buchanan parents will be asked to complete the "I am a Blue Ribbon Parent" form for each child. The forms will be displayed at the AAFES Food Court and on social media.

APRIL 3-16-BLUE RIBBON COMMUNITY VIRTUAL 5K

Show your support for child abuse prevention in April. We blue when you complete the virtual 5K. Take a selfie or a group photo if you participate as a group. Email your photos to ruth.e.gonzalez.civemail.mil. Registration deadline is 10 April. To register or for more information, please contact ACS at (787) 707-3709.

APRIL 15—CAPM BANNER: HANDS ARE NOT FOR HITTING"

Families will be invited to leave their handprints on the CAPM banner at the CYS/CDC exterior wall to show their support of be at CYS/CDC from 1200-1300 and 1500-1700.

APRIL 16-NEW PARENT SUPPORT PROGRAM & FMWR LIBRARY VIRTUAL STORY TIME AND CRAFT

The ACS/FAP NPSP and the library will have a special guest reader on Friday, 16 April, for Virtual Story Time and Craft on MS Teams. To register for this event, call (787) 707-3709/3208





For more information or to register for any of these events call (787) 707-3709.

Email photos of your participation in any of the CAPM events to ruth.e.gonzalez.civemail.mil.





HURRICANE PREPAREDNESS

Hurricane Condition (HURCON) is a five–stage readiness system that is used by all Installation Management Command (IMCOM) regions and garrisons to report the likelihood of an approaching tropical cyclone and to trigger implementation of the specific protective measures.

HURCON 5

Prepare for the hurricane season (1 June–30 November)

- -Watch or listen to local news on a daily basis for tropical storm updates.
- -Make an emergency family and plan to secure your property.
- -Be sure trees and shrubs around the house are well trimmed.
- -Clear loose and clogged rain gutters and downspouts.

HURCON 4

96 hrs (Four days) before hurricane landfall

- -Complete any possible actions not accomplished from HURCON 5.
- -Continue to listen to the radio or watch TV for further updates.
- -If you have special needs, find out about special assistance services.
- -Secure your home, close storm shutters and secure outdoor objects or bring them indoors.
- -Update your disaster kit and keep it in a designated place and have it ready. Make sure all family members know where it is kept.

HURCON 3

72 hrs (three) days before hurricane landfall

- -Contact school's for emergency guidelines, such as school closure.
- -Contact your employer for specific guidelines during the emergency, such as leave, activation of phone tree and access to the installation.
- -If you have special needs, find out about special assistance or register with the office of emergency services.
- -Take video or photos of your property. This will help later on with any claims for damage that may need to be filed.
- -Continue to listen to the radio or watch TV for further updates.

HURCON 2

48 hrs (two days) before hurricane landfall

-Find out the location of your nearest emergency shelter by contacting the

Emergency Operations Center at (787)707-3838.

- -Evacuate if directed by authorities and follow their instructions.
- -Continue to listen to the radio or watch TV for further updates.

HURCON 1

24 - 12 hrs before hurricane landfall

- -Stay indoors and away from windows and glass doors.
- -Close all interior doors secure and brace external doors.
- -Continue to listen to the radio or watch TV for further updates.

LANDFALL 12 hours prior to and during hurricane

-Stay indoors and away from windows and glass doors and take refuge in a small interior room, closet or hallway when hurricane hits.

-Continue to listen to the radio or watch TV for further updates.

NOAA Storm Alerts

Hurricane Warning

An announcement that sustained winds of 74 mph or higher are expected somewhere within the specified area in association with a tropical, subtropical, or posttropical cyclone. Because hurricane preparedness activities become difficult once winds reach tropical storm force, the warning is issued 36 hours in advance of the anticipated onset of tropical-storm-force winds. The warning can remain in effect when dangerously high water or a combination of dangerously high water and waves continue, even though winds may be less than hurricane force.

Hurricane Watch

An announcement that sustained winds of 74 or higher are possible within the specified area in association with a tropical, subtropical, or post-tropical cyclone. Because hurricane preparedness activities become difficult once winds reach tropical storm force, the hurricane watch is issued 48 hours in advance of the anticipated onset of tropical storm force winds.

Storm Warning

A warning of 1-minute sustained surface winds of 55 mph or greater, either predicted or occurring, not directly associated with tropical cyclones.

Tropical Storm Warning

An announcement that sustained winds of 34 to 73 mph are expected somewhere within the specified area within 36 hours in association with a tropical, subtropical, or post-tropical cyclone.

Tropical Storm Watch

An announcement that sustained winds of 34 to 73 mph are possible within the specified area within 48 hours in association with a tropical, subtropical, or post-tropical cyclone.

In the next monthly issue...









Earth Day 2021 "Restore Our Earth"

US Army Garrison Fort Buchanan, Puerto Rico

