

EL MORRO

SENTINEL
OF THE CARIBBEAN



MENTORSHIP: the way of the future

Story on Page 4

Fort Buchanan's Senior Commander and 81st Readiness Division Commanding General, Maj. Gen. Jami C. Shawley had a conversation with Antilles High School Junior Reserve Officers Training (JROTC) Cadets during her visit to the garrison in December. The meeting turned into a mentoring experience with the future leaders of the U.S. Army.

Fort Buchanan joins the nation in celebrating African American/Black History Month. In 1926 when blacks did not have the right to vote, a brave and influential man named Dr. Carter G. Woodson took additional steps in acknowledging the achievements and contributions made by black people in the United States. Unknown to many Americans, Dr. Woodson's participation in the annual festivities of the Emancipation Proclamation inspired him to lay the foundation for a week-long celebration. Dr. Woodson's observance coincided with the birthdays of President Abraham Lincoln and activist Frederick Douglass, to his content and because of the role they played in abolishing slavery. Due to his initiative, Dr. Woodson's vision of a week-long celebration expanded into a month-long remembrance, and he would go on to be named the "Father of Black History Month".

If one wanted to compare Dr. Carter's initiative to past and current leaders' initiatives, they all started with a glimmer of hope and a dream. And it is not just Civil Rights where African Americans have made their mark. However, during the heat of the Civil Rights movement, an African American named Wilma Rudolph was fighting to overcome the many obstacles life had handed her. Polio paralyzed Wilma when she was a child, and she contracted pneumonia and scarlet fever. Doctors told her she would never walk again. However, her will and determination helped her regain her ability to walk, and her drive eight years later pushed her to participate in the 1960 Olympics in Rome. She won Gold in three events, including breaking three World Records.

"Never underestimate the power of dreams and the influence of the human spirit. We are all the same in this notion: The potential for greatness lives within each of us." - Wilma Rudolph

Since 1976, every U.S. president has officially designated the month of February as African American/Black History Month. Their actions acknowledged the magnitude and contributions in which African Americans have influenced the world. If you ask a hundred people why we celebrate African American/Black



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

Black History Month: A time to celebrate the contributions and achievements of African American Service members.

February marks a national observance that celebrates the achievements and the contributions to U.S. history of an important group – African Americans. At Fort Buchanan, we recognize the important role of African American Service members during the celebration of Black History Month, also known as African-American History Month.

The history of African Americans serving in the United States Army is a long and proud one. In 1776, Congress passed legislation that allowed African American men to enlist in the Armed Services. During the American Revolution, 7,000 African American men, both slave and free, joined the Continental Army and defended America in the war of independence from Great Britain. We can recall in history the Black Minutemen, the Buffalo Soldiers (39 of them were awarded the Congressional Medal of Honor), even

Cathay Williams, who disguised herself as a male becoming the first African American female Buffalo Soldier. From the Spanish American War to the two World Wars, African Americans responded the call to duty by serving the nation despite their limited participation in American society. At the time, the Army still operated under a policy of racial segregation that ended in 1948, when President Truman signed Executive Order #9981 that officially ended segregation in the military. It declared "equality of treatment and opportunity for all persons in the Armed Services without regard to race, color, religion, or national origin." Since that time, the percentage of African Americans serving in the United States Military Services has increased significantly. They were no longer relegated to supply and labor jobs, but were involved in major combat operations.

Col. Tomika M. Seaberry Garrison Commander

Remembering Why We Celebrate African American/Black History Month



History Month, you will get many reasons. Regardless of the reason, we must also remember that educating new generations is essential as time seamlessly distances us from our rich past.

I applaud Martin Meech for saying, "Black History Month must be more than just a month of remembrance; it should be a tribute to our history and reminder of the work that lies in the months and years ahead." He captured the essence behind the 'why' we must always commemorate African American/Black History Month.

Being a leader is not an easy task. I remember the exact moment and location I was occupying when Dr. Mae Jemison to her journey into space as the first African American female astronaut. She instantly touched the lives of millions through her actions and her charismatic personality. When she spoke, it seemed as if she was only speaking directly to me. I recalled Dr. Jemison saying, "Never be limited by other people's limited imaginations. Her words echoed once again in my mind on May 11, 2021, when I humbly took command as the first African American female of Fort Buchanan.

It is not easy being the Garrison Commander of the historical Fort Buchanan. However, I take my responsibility seriously and bear full ownership. Through my twenty-plus years of military service, I will never forget the distinguished leaders and trailblazers that

paved the way for me and future leaders to come. As we remember the strength and personal courage of leaders like General Colin Powell, former U.S. Secretary of State and Chairman of the Joint Chiefs of Staff. Poets: Maya Angelou and Ralph Ellison. Science: George Washington Carver and Neil Degrasse Tyson. Entrepreneurship: Madame C.J. Walker and Dr. Dre. Sports: Kareem Abdul-Jabbar, Serena Williams, and Muhammad Ali. Politics: Condoleezza Rice is the first Black woman to serve as the United States' national security adviser and the first Black woman to serve as U.S. Secretary of State, former U.S. President Barack Obama and current Vice President of the United States Kamala Harris. The list could go on and on.

African Americans have made enormous impacts in every single area of American life. Their commonality characterizes them as inspirational leaders to all. They instilled in many of us the values of treating everyone with dignity and respect, serving all equally and fairly, while being compassionate and humble.

During African American/Black History Month and throughout the year, let's reflect on the trailblazers and their journey. Let their lessons remind us of the strength and resiliency of our military community and how we can apply it to our daily lives.

God bless you and your family.

African American Service members served the nation with great valor and distinction throughout its military history and continue to serve the U.S. in many Overseas Operations. According to the Army Demographics, FY 20 Army Profile, African American Soldiers comprise 21% of the active-duty Army, divided by rank as 11% officers, 17% warrant and 23% enlisted. They comprise 15% of the Army National Guard, divided by rank as 8% officers, 5% warrant and 16% enlisted. They also serve in the Army Reserve with a participation of 21% of the force divided by ranks as 16% officers, 14% warrants and 23% enlisted. America's Army remains highly capable and mission ready by leveraging the strengths of a diverse, all-volunteer force of over 1,000,000 that includes approximately 190,000 African-American Soldiers.

Fort Buchanan is proud to honor African-American military and civil service at all levels by sharing their stories. They are all members of the Army Family. A family that embraces diversity by creating an environment where all individuals can maximize their talents regardless of race, creed or color. Fort Buchanan's strength comes from its people, their diversity in faiths, cultures and races sharing the Army Values as their common denominator – loyalty, duty, respect, selfless service, honor, integrity and personal courage. Today's African American Service members follow in the footsteps of those who have served our nation with distinction and honor for more than two hundred years. To all, thank you for your service.



Lt. Col. Brian Mandock Deputy Garrison Commander

It takes a village to do positive changes in today's challenging environment

As an organization and a community, the Fort Buchanan team is constantly looking for ways to improve. This may bring to mind the first part of a quote that many use, "It takes a village..." There is another quote that I consider pertinent for today's discussion. President Abraham Lincoln said "The dogmas of the quiet past are inadequate to the stormy present...As our case is new, so we must think anew and act anew."

This past December, we conducted a Full Scale, Earthquake-related Exercise with support from garrison tenants, military and civilian, as well as local community partners. The lesson learned from this exercise was that it takes a village, an entire community, if we are to respond and recover from our most significant challenges. This exercise, as well as other joint trainings, allow us to gain experience and grow skills that might be crucial to maintain a safe environment for the "village".

President Lincoln's talk of the dogmas which "are inadequate to the stormy present" rings true to our current reality. Whether natural disasters, a worldwide pandemic, or any other crisis that threatens to impact our way of living, "we must think anew and act anew." Strategic partnerships have a real and productive impact on operational readiness. They improve training opportunities and effectiveness, expand capabilities, and increase cost efficiency while maintaining positive relationships with the community. Therefore, as validated again by our most recent exercise, we must strengthen relationships with existing partners while also building new partnerships.

The extremely challenging training event helped us "think anew" and "act anew" on behalf of our most valuable resource, our people. Strengthening the relationships with our military and civilian partners proves its value by deepening interoperability and expanding networks that work together to solve common problems, thus, creating positive changes to all villages.



As depicted in the photo, the Full Scale Exercise held in December included support from garrison tenants, military and civilian, as well as local community partners. From first responders, rescue units to the use of specialized equipment, all tasks were promptly and professionally executed as it would be in a real life emergency. The lesson learned from this exercise was, "It takes a village..."

Photo by Tech. Sgt. Josué Rivera, Public Affairs Office, Puerto Rico National Guard



EL MORRO is published monthly by the Public Affairs Office, U.S. Army Garrison. All editorial content of EL MORRO is prepared, edited, provided and approved by the U.S. Army Garrison, Public Affairs Office. For guidance on how to submit items for publication, e-mail the garrison Public Affairs Office.

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.

EL MORRO is an authorized publication, published in accordance with Army Regulation 360-1. 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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Mentorship: the way of the future

Story and photos by Grissel Rosa, Public Affairs Officer



Antilles High School JROTC cadets listen attentively as Maj. Gen. Shawley recalled her personal experiences, from her humble beginnings, to her way of what became a successful military career.

During her visit to USAG Fort Buchanan December 8, 2021, Maj. Gen. Jami C. Shawley, Commanding General, 81st Readiness Division and Fort Buchanan's Senior Commander, participated in a conversation with Antilles High School Junior Reserve Officers Training Cadets (JROTC) that transformed into a mentoring experience.

According to Eric Parsloe, international executive coach-mentor and author of many books aimed at maximizing individual potential and performance while maintaining sensible life-balance had an excellent definition for mentoring. He said, "Mentoring is to support and encourage people to manage their own learning in order that they may maximize their potential, develop their skills, improve their performance and become the person they want to be."

Maj. Gen. Shawley put this definition in the proper context and action. During her last visit to the garrison, she had the opportunity to talk to the JROTC cadets at Antilles High School. She started the conversation sharing her personal background and the obstacles she surmounted throughout her career. "I come from a little town with very defined gender roles," she said. "I was told. There's no college for you." So she found her own path until she reached West Point. After graduating from one of the most competitive and selective schools in the nation, she remembers she was well trained by her unit. "They honed my skills." Then she said something that



Teachers, students and JROTC cadets were mesmerized by Fort Buchanan's Senior Commander as she explained her "Leadership Fundamentals", a true lesson in mentoring.

resonated with the adults in the audience. "As a leader you are not above the team, but you are with the team." That was the spark that transformed the conversation into a mentoring experience.

Mentoring connects an individual who has a lot of knowledge and experience (the mentor) with someone who has not gained that knowledge or experience yet (the mentee). The Commanding General shared with the young cadets what she considers her Leadership Fundamentals. They are, 1) trust – you cannot lead a team if they don't trust you. Therefore, a leader must be transparent in order to gain the team's trust; 2) let people have a voice. In other words, transparency and inclusion are active things a leader can do. Another fundamental

factor for leaders is 3) teamwork. You must be part of the team because as soon as you separate from them, you lose their trust.

In order to move on, Maj. Gen. Shawley's advice was to 4) volunteer to go to different schools and trainings. "Have a transcript with random qualifications. That's how you make your own luck. Every time the door of opportunity opens, have the courage to cross it. Because when the door opens, hardworking people who are resilient get the opportunity." In her curriculum vitae, she has an array of schools and trainings that added to her professional experiences allowed her to move forward in her military career.

The final Leadership Fundamental is 5) courage. One of the cadets asked Fort Buchanan Senior Commander what inspired her. Her answer was courage to do different things in her life. "For example, I had the courage to go through the tests (at West Point). I never thought about whether I passed or failed. I was focused and mentally driven to succeed."

At the end of her conversation/mentoring experience with AHS JROTC cadets, her advice to her mentees was, "the JROTC cadets are disciplined, focused and hard workers. Be proud of yourself. Recognize your own accomplishments. Use them as your basis to get you to the next things." Maj. Gen. Shawley recognized the importance of mentorship and recommended the cadets to have a mentor, someone who knows more than themselves to share advice, offer guidance and be a sounding board for their thoughts and benefit from experience beyond their own. Whether in their military or professional career or even in life, having a mentor is crucial for continued growth and development.

In this brief symbiosis between mentor and mentees, Maj. Gen. Shawley had the opportunity to lead the future generation of officers sharing best practices on what it takes to succeed in the Army. Meanwhile, AHS JROTC cadets had the opportunity to learn from the knowledge and experience of a General Officer on their way to advance and be ready for the next steps in their careers as the future leaders of our Profession of Arms.



The 81st Readiness Division Commanding General was also an inspiration to all the female JROTC cadets who pursue a military career.



Active Army achieves 98 percent vaccination rate with less than one percent refusal rate

Excerpts of story by US Army Public Affairs

The United States Army announced December 16, 2021, that 468,459 active-component Soldiers have been vaccinated against COVID-19, fewer than 120 days after a vaccination mandate went into effect for all U.S. service members. That number represents 98 percent of the active-duty force who have received at least one dose of the vaccine, while 96 percent – a total of 461,209 Soldiers – are fully vaccinated. The Army is still processing thousands of exemption requests for those seeking medical or administrative exemptions, including religious exemptions. The service established Dec. 15 as the goal for all Soldiers in active-duty Army units to be vaccinated.



Medical requests are reviewed primarily by healthcare providers, while religious accommodation requests include interviews with the Soldier’s chaplain, recommendations from the chain of command, as well as a public health and a legal review.

The Army also announced that starting this month, U.S. Military Academy and U.S. Army Senior Reserve Officers’ Training Corps cadets must be fully vaccinated against COVID-19 or receive an approved permanent exemption to be commissioned as officers in the U.S. Army. Following graduation, cadets who are not fully vaccinated against COVID-19 and have not received an approved exemption will be placed in an appropriate leave of absence status consistent with Army policy.

“Vaccinating our Soldiers against COVID-19 is first and foremost about Army readiness,” said Secretary of the Army Christine Wormuth. “Thank you to the medical staff who have been supporting the pandemic response at home and to the vaccinated Soldiers who put the health and welfare of their fellow Soldiers and families first. To those who continue to refuse the vaccine and are not pending a final decision on a medical or administrative exemption, I strongly encourage you to get the vaccine. If not, we will begin involuntary separation proceedings.”

Army policy allows Soldiers to submit requests for temporary (up to 365 days) or permanent medical exemptions through medical channels. Soldiers may

also request an administrative exemption from the vaccine requirement. Administrative exemptions include request for religious accommodations.

To date, 6,263 active-duty Soldiers have temporary medical or administrative exemptions. This category also includes Soldiers who have requested permanent exemptions and are pending final disposition of their requests.

Army officials have approved four permanent medical exemptions and no religious accommodations.

Army officials review each request on an individual basis to determine whether an exemption is appropriate.

Approximately 83 percent of Soldiers across all Army components have received at least one dose or are completely vaccinated. Additional information about exemptions for Reserve and Guard Soldiers will be released next summer as they reach their goal to have all Soldiers vaccinated by June 30, 2022.

As the Army works to vaccinate every Soldier, it continues to support the federal COVID-19 response. Since March 2020, more than 6,000 Army medical professionals have supported the federal response, deploying to hospitals and vaccination sites around the country.

African Americans in the US Army – trailblazers in medicine

Story by Rosie Irizarry, Public Affairs Specialist

African Americans, who have defended our nation since the Revolutionary War, have built a legacy of courage and professionalism by serving the U.S. Army with great honor and distinction, inspiring generations to come. It is important that we celebrate the vital roles African Americans play in today's Army as Soldiers and Army Civilians, all critical members of our Army team.

The theme for 2022, Black Health and Wellness focuses on its importance during this time where world health and wellness are in the forefront. This theme acknowledges the legacy of not only Black scholars and medical practitioners in Western medicine, but also great African Americans who have served in the field of medicine throughout the Army and America's history.

“Dr. Alexander T. Augusta was among 13 known African Americans that served as surgeons during the American Civil War. A native Virginian, Augusta traveled to Canada to study medicine and achieve his degree. Following his request to President Lincoln, Dr. Alexander Augusta was the first commissioned medical officer in the Union Army. Augusta would later become the first Black surgeon to lead a hospital in the U.S., leading the contraband camp in Washington, D.C. from May through October 1863.

1914-1918, Dr. Louis T. Wright joined the Army Medical Corps, serving as a lieutenant during World War I, stationed in France. While there, he introduced intradermal vaccination for smallpox and was awarded the Purple Heart after a gas attack. Dr. Wright was one of 104 African American doctors who served the 40,000 Black troops who saw combat during WWI. Wright, who lived until 1952—despite a gas-inhalation



Lt. Gen. Nadja West, US Army photo



Capt. Della Hayden Raney Jackson, photo from Army Women's Foundation

injury that permanently affected his lungs—helped pioneer the use of chemotherapy, became the first African American physician on an integrated hospital staff, and challenged stereotypes about Black people through his civil rights activism.

In 1941, Major Raney Jackson became the first Black nurse to be commissioned in the U.S. Army. After the war, she was assigned to head the nursing staff at the station hospital at Camp Beale, California. In 1946, she was promoted to major and served a tour of duty in Japan. Major Raney Jackson retired in 1978.

In 2013, Lt. Gen. Nadja West became the first black female major general of the Army's active component, and was Army Medicine's first African American female two-star general. In 2015, Lt. Gen. West was the first African American appointed as the U.S. Army Surgeon General. In 2016, Lt. Gen. West became the first black female lieutenant general and the highest-ranking woman to graduate from the U.S. Military Academy, West Point.

Army Col. Audra L. Taylor is the current Division Chief of the Defense Health Agency's Armed Services Blood Program. Her leadership was instrumental in achieving the Department of Defense's goal to acquire more than 10,000 units of COVID-19 Convalescent Plasma by Sept. 30, 2020, surpassing the goal set by then Secretary



Dr. Alexander Augusta in uniform, photo from Ford's theater US National Park Service



Dr. Louis Tompkins Wright, photo from American College of Surgeons

of Defense Mark Esper,” from the *Military Health System web site.

There are many more African American Army Soldiers and Civilians throughout history and serving their units and communities today, as doctors, surgeons, nurses, medical technicians, researchers and assistants, making breakthroughs for humanity.

The U.S. Army and Fort Buchanan is dedicated to leveraging the strength of our diverse force and ensuring equality for all its members, it embraces diversity as a way to maximize individual talent, increase morale and enhance military effectiveness – regardless of race, creed or color. Let us honor them during the entire year.

*<https://www.health.mil/Military-Health-Topics/Military-Medical-History/African-American-History-Month>



Senior Commander visits Fort Buchanan sites and facilities

Story by Rosie Irizarry, Public Affairs Specialist

Photos by Grissel Rosa, Public Affairs Officer and Rosie Irizarry, Public Affairs Specialist

Commanding General of the 81st Readiness Division (81st RD) and Fort Buchanan Senior Commander, Major General Jami C. Shawley accompanied by Fort Buchanan Garrison Commander Col. Tomika M. Seaberry; Deputy Garrison Commander Lt. col. Brian Mandock and Deputy to the Garrison Commander Derrick W. Hood visited several installations sites and facilities December 9, 2021.

The visit began with a walk-thru of the Army Reserve Center under construction. The reserve center is 60% completed and began with a security briefing by the contractor RB Construction's (RBC) Safety Officer Cesilio Velázquez. At the walk-thru were members of the Fort Buchanan Directorate of Public Works staff including Chief Engineering Division Luis E. Torres and members of the US Army Corps of Engineers Antilles – Jacksonville, Maj. Jesús D. Soto, Maricarmen Crespo and Public Affairs Officer Luis Deya.

Crespo provided an update on the construction status. "Although both weather and COVID have been factors

this project has continued to move forward," said Torres. RBC Project Manager Miguel Diaz provided the tour to the Senior Commander and Garrison Command Group.

After the tour of the reserve center Maj. Gen. Shawley and the command group was joined by Directorate of Family and, Morale, Welfare and Recreation (FMWR) Program Director, Yvette L. Castro and FMWR Business and Recreation Chief, Thomas M. Kenney as they did a visual tour of the outdoor Physical Fitness areas by the PFC Roberto Clemente Fitness Center.

From there the leadership walked to the recently opened Water Spout, where they received an update on the opening, use and future plans for the water park.

At the Las Casas Lake, Kenney presented some of the recreational plans for kayaking, fishing (catch and release), Soldier training and more, he foresees happening as soon as the modifications on dock and pedestrian access is all safely completed.

The next facility visited was the DOCS Dental Clinic at the PXtra complex. There they were escorted by Office Manager Damaryst Johnson throughout the clinic, they met doctors, dental technicians, customers and viewed state-of-the-art dental equipment available. Before leaving the dental clinic Maj. Gen. Shawley met owner and CEO of DOCS Health Dr. Larry Caplin and his spouse Kelli Caplin. They discussed the establishment throughout US Army Garrison's of dental clinics where there were none, filling a very important void in medical services for Soldiers, Veterans, Retirees, their families and Department of the Army Civilians.

The last facility visited was the Fort Buchanan Community Club and Conference Center (CCCC) where they held a meeting – luncheon with Garrison Directors. Directors were able to speak freely with the Senior Leader about their concerns, plans and matters of interest. The visit ended with a tour of recently renovated conference and event rooms at the CCCC provide by Yvette Castro and Thomas Kenney accompanied by Col. Seaberry and Lt. Col. Mandock.



Fort Buchanan Fire Department collects and delivers toys to children in need

Story and photos by Héctor Rivera, Assistant Fire Chief



Caption: Assistant Fire Chief of Training, Cpt. Carlos J. Lebrón stands by one of the vehicles loaded with toys on its way to Institución de Niños Andrés in Bayamón.

Institución de Niños Andrés mission is to welcome, restore and improve levels of development of children between the ages of 5 and 12 who are at high risk and suffer vulnerabilities such as: abandonment, family violence, inappropriate parental models, poverty, misery and lack of human rights. They strive to neutralize the process of deterioration with comprehensive care and Christian life style. During the past 20 years Institución de Niños Andrés has assisted over 200 children from all over the island and today former program participants are parents themselves and are working successfully in society.

Fort Buchanan's Fire Department stated, "It was a pleasure to give those kids a bit of joy and happiness."



Fort Buchanan Fire Department delivered toys for the Institución de Niños Andrés, in Bayamón December 22, 2021. Institución de Niños Andrés is a non-profit center for kids 12 years and younger that suffer from neglect, have been mistreated and displaced from their families. These children are referred to the institution to provide an improved quality of life and a safe environment while providing social education, psychiatric help and spiritual endurance.

Fort Buchanan Firefighter Fernando J. Vélez' spouse, Zelma González established the initial contact with the children's center and Vélez presented the idea to collect, purchase and deliver toys to this institution to all 28 members of the Fort Buchanan Fire Department who gladly took it upon themselves to contribute to this good cause, raising over \$1,000.

Firefighter Héctor J. Chang then assisted in this special endeavor by purchasing and gathering the toys for all the kids, using the children's own wish lists provided by the institute which included the developmental age of each child to ensure the toys were individually appropriate.

Due to COVID protocols established by the institution, only four members of the Fire Department were permitted delivery of the toys. The firefighters who

delivered the gifts, described the looks of happiness and joy amongst the children, which gave great satisfaction to the 24 members who could not attend in person.



Firefighter Fernando J. Vélez presented the idea to give gifts to needy children from the Institución de Niños Andrés to the Fort Buchanan Fire Department, with over 1,000 dollars collected for the toy drive.

Fort Buchanan Firefighter is Santa Claus at installation's Child Development Center

Story and photos by Rosie Irizarry, Public Affairs Specialist

Commanding General of the 81st Readiness Division (81st RD) and Fort Buchanan Senior Commander, Major General Jami C. Shawley accompanied by Fort Buchanan Garrison Commander Col. Tomika M. Seaberry; Deputy Garrison Commander Lt. col. Brian Mandock and Deputy to the Garrison Commander Derrick W. Hood visited several installations sites and facilities December 9, 2021.

Firefighters arrived at the Fort Buchanan Child Development Center with fire trucks in the early hours of December 17, 2021 to surprise the children with a special visit by Santa Claus. Fire Inspector, Paul A. Hartman wore the bright red suit, a beautiful white beard, red hat and shiny black boots and belt surprising the preschool children.

Outside at the play yard toddlers and infants ran around screaming from joy at seeing Santa Claus. Inside the facility Lead Child Youth Program Assistant-Pre-School, Isareyda Medina, escorted Santa Claus to the Pre-Kindergarten and Pre-School program classes to the amazement and delight of children during their daily activities.

In the classrooms the children gathered around Santa as he asked them about what they wanted for Christmas. They cried out, "bicycles, dolls, walking toys, puppies!" and asked Santa if he would please bring them all. Hartman asked them, "but, have you been good?" And in one great voice all the kids said, "YES!"

Later Santa Claus posed for photographs with the children to share with their parents.





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Chaplain's Corner

Each day is a new opportunity

Column by Garrison Command
Chaplain Maj. David S. Keller – “Serving with You!”

Each New Year comes and goes. As you get older, they seem to come and go at a seemingly more rapid pace!

With the start of each New Year comes many things like evaluating your budget, taking time off of work, and setting goals. For many, it is developing a resolution to do something consistently or new that can improve one's health, intellect, or personal interests. But if you are like me, you might have already relinquished that ideal for a dose of reality... or at the very least a few more minutes of sleep!

However, there are some years that resolutions do seem to stick. For me, last year I endeavored to read through the complete Bible again in a year using a relatively easy app on my phone.

For someone tied to paper and holding a book, this was a new way to develop a spiritual practice. And you know what, it worked. In the midst of COVID restrictions, a few longer hours of work, and video calls, a consistent approach to seeking God was just what I needed. It allowed me to put things in perspective, worry less and pray more.

As we enter the month of February, don't lose hope if you started something and stopped. Each day is a new opportunity to develop a new, best habit. Forget the past and lean into the New Year. Don't let fear or life's obstacles stop you from blazing a trail through your circumstances.

And don't forget to listen to and encourage others along the way. We have ten months left to draw closer to God, family and friends, and perhaps learn something new. As the Apostle Paul said, "I can do all this through Him who gives me strength," Philippians 4:13.

If you'd like to learn something new about God this year and start a new spiritual habit, join us for chapel services on post every Sunday:

Protestant Chapel Service at 9:30 am

Catholic Chapel Service at 11:30 am.

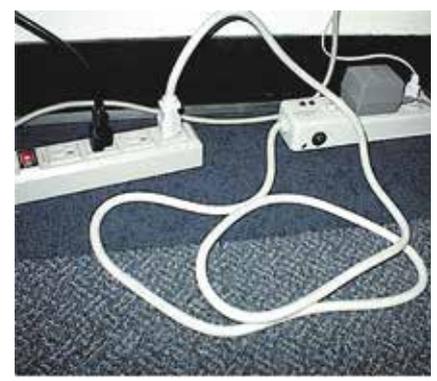
Services will continue to be live streamed on Facebook for the Ft. Buchanan Chapel Protestant Service <https://www.facebook.com/Ft-Buchanan-Chapel-Protestant-Service-101189707958782>.



From your Safety Officer... Home Safety Series: Power Cords

Column by Garrison Safety Officer
Carlos Alvarado

The U.S. Consumer Product Safety Commission (CPSO) estimations show that electrical power cords are responsible for an average of 4,000 injuries and 3,300 residential fires each year. The data points out that short circuits, overloading, and damage or misuse of these power cords as the root cause of such fires. By keeping safety in mind, you can ensure that power cord use will never result in injury. The following tips will help keep you safe when using an electrical extension cord:



- Do not use extension cords in place of permanent wiring.
- Make sure your hands are dry before plugging or unplugging a power cord.
- Examine cords before each use. If the cord is damaged or frayed - DO NOT USE IT!! Take damaged or frayed cords out of service and replace them immediately.
- Do not use a power cord with the ground prong removed.
- Never disconnect a plug from a socket by jerking the cord. Instead, grasp the plug and remove the plug from the socket.
- Use only weather-resistant heavy gauge extension cords marked “for outdoor use when working outdoors.” When working on wet/humid areas, consider using a Ground Fault Circuit-Interrupter (GFCI).
- Do not drag cords over rough surfaces and never use them to lift or pull materials.
- Never connect extension cords/power strips to each other “Daisy chain”.

Doing this can overload the circuit, creating a potential fire hazard.

- Do not run extension cords under rugs or furniture.



Electrical safety is essential in any household. From powering your appliances to lighting your home, electricity is a remarkable force worthy of our respect and consideration. By selecting the correct tool for the task on hand, you can lower your risk of accidents and keep you and your family safe.



Your Fort Buchanan Fire Chief wants you to know...

What are some Hazardous Materials in the home?

During the holiday season many toys and electronic gifts given require the use of various different types of batteries, these require proper use and disposal.

Many common household materials can also be a fire hazard if not handled or stored properly.

Items such as lithium ion and 9-volt batteries should be kept away from children and installed properly.

To avoid a short circuit, corrosive material leaks, and overheating, batteries should be kept in the original package until ready to use and should be disposed of at a recycling center.

Other items such as gasoline cans, oily rags, paint cans, and other solvents should be stored in their original containers in an outbuilding, shed, or detached garage.

These items should never be stored inside the home or in an attached garage. All hazardous materials should be disposed of at a designated recycling center.

Always read labels so you know how to properly store and dispose of hazardous materials.

Never pour where you store! Always pour gasoline and other hazardous materials outside.

Many hardware stores and community trash sites offer disposal locations or pick-up for hazardous materials. Local hospitals and health departments can offer assistance if someone comes in contact with a hazardous or corrosive material.

National Fire Protection Association (NFPA) Messages:

Lithium Ion Batteries General Tips
Always follow manufacturer’s instructions

that come with the device.

Stop using the lithium ion battery if you notice any of the following problem signs: odor, change in color, too much heat, change in shape, leaking, or odd noises. If it is safe to do so, move the device outside and away from anything that can catch fire. Call the manufacturer or your fire department’s non-emergency number.

Battery Disposal

Take lithium ion batteries to a recycling location or contact your community for disposal instructions.

Additional messages:

Flammable and Combustible Liquids:

Never smoke when you work with flammable or combustible liquids.

Store gasoline in a tightly capped container that is specifically sold for that purpose. Store the container outside the home in your garage or garden shed, never in your basement.

The following resources are available for additional safe handling of various materials:

9-Volt battery safety tip sheet

<https://www.nfpa.org/-/media/Files/Public-Education/Resources/Safety-tip-sheets/9VoltBatterySafety.ashx>

Lithium ion battery safety tip sheet

<https://www.nfpa.org/-/media/Files/Public-Education/Resources/Safety-tip-sheets/LithiumIonBatterySafety.ashx>

Oily rags safety tip sheet

<https://www.nfpa.org/-/media/Files/Public-Education/Resources/Safety-tip-sheets/OilyRagsSafetyTips.ashx>

Proper hazardous material disposal

<https://www.tn.gov/environment/sw-mm-household-hazardous-waste-program.html>

Lithium Ion Battery Safety

for Consumers



Lithium ion batteries supply power to many kinds of devices including smart phones, laptops, scooters, e-cigarettes, smoke alarms, toys, and even cars. Take care when using them. In rare cases, they can cause a fire or explosion.

The problem

- These batteries store a large amount of energy in a small amount of space.
- Sometimes batteries are not used the right way; batteries not designed for a specific use can be dangerous.
- Like any product, a small number of these batteries are defective. They can overheat, catch fire, or explode.

Safety Tips

- Purchase and use devices that are listed by a qualified testing laboratory.
- Always follow the manufacturer's instructions.
- Only use the battery that is designed for the device.
- Put batteries in the device the right way.
- Only use the charging cord that came with the device.
- Do not charge a device under your pillow, on your bed or on a couch.
- Keep batteries at room temperature.
- Do not place batteries in direct sunlight or keep them in hot vehicles.
- Store batteries away from anything that can catch fire.

Signs of a Problem

Stop using the battery if you notice these problems: odor, change in color, too much heat, change in shape, leaking, odd noises. If it is safe to do so, move the device away from anything that can catch fire. Call **9-1-1**.

Battery Disposal

- Do not put lithium ion batteries in the trash.
- Recycling is always the best option.
- Take them to a battery recycling location or contact your community for disposal instructions.
- Do not put discarded batteries in piles.

High-Tech Luggage

Some major airlines no longer accept 'smart' luggage with non-removable lithium ion batteries as checked or carry-on luggage. The powerful batteries can potentially overheat and pose a fire hazard during flight.

In some instances, smart bags with removable lithium ion batteries will be allowed on board if the battery can be removed on site and taken on board with the customer. Check with your airline for restrictions.

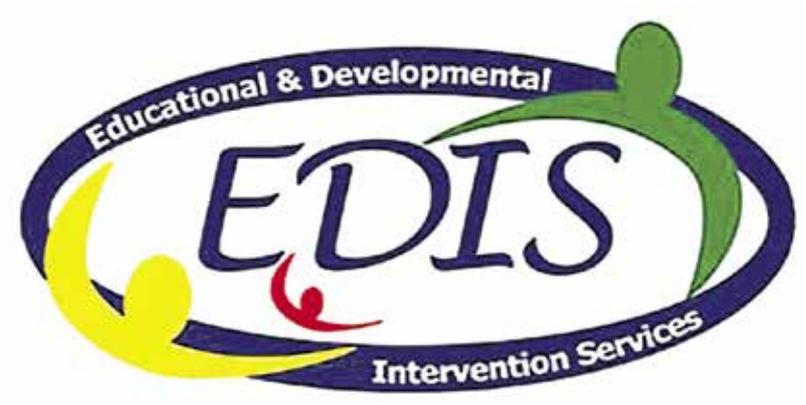


**NATIONAL FIRE
PROTECTION ASSOCIATION**
The leading information and knowledge resource
on fire, electrical and related hazards



EDIS, a unique program for military families assigned to Puerto Rico

Story by María de los A. Ortíz, EDIS Program Manager, Rodriguez Army Health Clinic



Most people think that the Rodriguez Army Health Clinic (RAHC) only provides medical care to soldiers and their dependents (5 years and older) when they are sick, need well-baby care or vaccinations. However, RAHC has a unique program called Educational and Developmental Services (EDIS) whose mission is to provide early intervention services to infants and toddlers (0-36 months of age) who live on and off post and are entitled to attend Department of Defense school (DODEA-PR) schools in Fort Buchanan and Ramey Air Force Base, under the Tuition-free category.

Parents can request these services, without needing a referral from their pediatrician, if they notice any delay in their child's development or have any concerns regarding their child's behavior, motor, adaptive, communication or cognitive skills.

The first step of the EDIS process is to visit the family's home and conduct a developmental screening to determine where the child is performing in comparison to his/her peers. The EDIS professional, with the family, will then decide if a comprehensive evaluation and further observations by the EDIS team is required to learn more about the child's skills and to determine if the child and Family would benefit from support from the EDIS program.

Once the child is determined eligible for early intervention services, an Individualized Family Service Plan is developed with the family to identify their goals and needs with regard to their child's development.

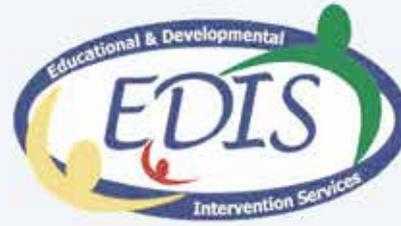
Early intervention services are then provided to support parents with reaching the goals they have for their child and Family.

Very young children learn differently than older children; they learn through play and the natural activities of everyday life, while at home interacting with their family. Therefore, the primary focus of early

intervention is supporting families in enhancing their child's development in his/her natural environment, which can be home, daycare center or any setting where he/she spends time.

For more information about EDIS, call (787) 707-2165 / 2167, look us up in Facebook, or access our websites: www.edis.army.mil or www.buchanan.army.mil/edis/home





The Educational and Developmental Intervention Services (EDIS) program offers early intervention services to support Military Families in their efforts to promote their children's growth, development, and learning.

ACT EARLY AND CALL EDIS IF YOUR CHILD AT:



12 MONTHS

Does not crawl or sit on his own



18 MONTHS

Does not have at least 6 words or point to things



24 MONTHS

Does not use 2-word phrases to talk



30 MONTHS

Does not want to play with other children or with toys

If your child is younger than 36 months and you would like to have more information regarding your child's development, call the Fort Buchanan EDIS program, and request a **FREE DEVELOPMENTAL SCREENING** for your child.

Call today: (787) 707-2165/2167

Visit our website: www.edis.army.mil

Your child must be a dependent of an Active Duty Military, AGR or Coast Guard member assigned to Puerto Rico to receive services from EDIS.

Fort Buchanan Senior Commander presents 3 x 5 Awards to installation First Responders

Story by Rosie Irizarry, Public Affairs Specialist

Photos by Staff Sgt. Crystal Harlow, Public Affairs NCO 81st Readiness Division and Rosie Irizarry, Public Affairs Specialist



Eleven US Army Garrison Fort Buchanan Assistant Fire Chiefs, Firefighters and Paramedics received from the installation's Senior Mission Commander and 81st Readiness Division Commanding General Major General Jami C. Shawley 3 x 5 Bronze Awards for achievements in various emergency scenarios preventing major catastrophes, potential loss of life, facilities and equipment.

The awards presentation was held December 9, 2021 at the Fort Buchanan Fire Station in the presence of Garrison Commander Col. Tomika M. Seaberry; Deputy Garrison Commander Lt. Col. Brian Mandock; Deputy to the Garrison Commander Derrick W. Hood; Fort Buchanan Fire Chief Robert B. Stuart, Assistant Fire Chiefs, Captains, and Firefighters.

The Three By Five Awards come in three categories,

Bronze, Silver and Gold medals and are hung on an Army Gold and black ribbon. In describing the awards Col. Seaberry said, "we honor people with the Three By Five as an on-the-spot-award. It doesn't require a lot of detailed paper work, authorizations, justifications and time." "They are being honored here for being outstanding, it recognizes the greatness they do every day," said Col. Seaberry.

"I am so impressed with what you did during the Full Scale Exercise and what you do every day; your competence, skills and dedication. You really go above and beyond, congratulations," said Maj. Gen. Shawley.

The basis of this particular award recognition were two incidents, both August 2, 2021. The first was a Liquefied Petroleum

Gas (Propane) leak from a main service pipeline at the west side of building 689. In one hour, rapid response and control measures which included: isolation of the area, evacuation of personnel from the facility, elimination of ignition sources, atmospheric testing, fire suppression measures and emergency medical assessments resulted in a fast, safe operation and mitigation of the inherent danger.

The second incident, later that day, was a response to a 55,000 lbs., semi-trailer's loss of control and partial overturn while exiting a parking landfill for building 613. The operation lasted approximately an hour and thirty minutes resulting in great success due to efforts from the Directorate of Emergency Services, Fire Department, Emergency Medical Services and Police Department. Their rapid and organized response stabilized the

scene, preventing potential loss of life, environmental contamination from flammable and hazardous materials.

The eleven recipients were: Firefighter Josuéli Áviles; Firefighter Héctor Chang; Firefighter Winfrid Meléndez; Firefighter Trent Tucker; Firefighter Kevin Little; Firefighter Phillip Orlinki; Firefighter Alex Fleites; Paramedic Carlos Bellavista; Paramedic Eddie Martínez; Assistant Fire Chief David De Jesús and Assistant Fire Chief Héctor Rivera. Congratulations!





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- Exámenes y Procedimientos Diagnósticos
- Servicio Dental por Emergencia
- Traslado por Emergencia Médica
- Repatriación de Heridos o Enfermos
- Estadía de Hotel durante Convalecencia ordenada
- Repatriación de Restos Mortales

- Traslado de Familiar para acompañarle en la Convalecencia
- Estadía de Regreso, en fecha diferente a la prevista
- Repatriación de menores, hasta los 15 años de edad
- Asistencia Legal en caso Accidente de Tránsito
- Reembolso de Gastos or demora o cancelación de Vuelo
- Localización de Equipaje retrasado o extraviado
- Indemnización por perdida definitiva de Equipaje

- Localización de Equipaje retrasado o extraviado
- Compensación por Equipaje no localizado (en 72 horas o más)
- Regreso por fallecimiento de un familiar
- Regreso por un siniestro en su domicilio
- Pérdida de Conexión Aérea
- Pérdida de Pasaporte





Understanding Distracted Driving and Inattention Blindness

INTRODUCTION

More than 700 injury crashes involve distracted driving on a typical day in the U.S. While the percentage of drivers using handheld devices has decreased in recent years, many experts feel the use of distracting devices is significantly undercounted. Fact is, drivers frequently lose focus of the road. Their eyes drift and their minds wander as they connect on cell phones or other technologies built into vehicle dashboards.

Studies indicate drivers can be distracted long after programming a GPS device or sending a text via a voice command system.¹ Long enough to miss a stop sign or pedestrian? You bet. At 25 mph, you can travel the length of more than one football field in 10 seconds. What else could you miss during that time? (Pause to allow for answers)

YOUR MIND IS ELSEWHERE

So, let's now talk about "inattention blindness," defined as the failure to notice a visible hazard because your attention is focused elsewhere. This phenomenon occurs regularly when drivers are cognitively distracted.

Example: Let's say a driver is using voice commands to order takeout food. The driver's brain becomes lost on that order (thin or thick crust pizza?). Instead of focusing on what's ahead, the driver can miss up to half of what is in his or her driving environment, including slow or stopped vehicles up ahead. This behavior can have deadly consequences. In America, eight people die every day in distracted driving crashes.²

Research shows just listening to a cell phone conversation decreases brain activity associated with driving by more than one-third, leading to safety performance issues, such as the inability to react

quickly in congested driving zones.³ Think of it as ... (put on a blindfold) ... driving blindfolded. Who drives like that?

ACTIVITY

Of course, using electronics is not the only way drivers can be distracted. Ask: What things do drivers do that may be distracting?

Expect answers such as these:

- Talking or texting on the phone
- Eating or drinking
- Applying makeup or shaving
- Reading a newspaper or book
- Watching a video
- Programming a GPS

All of these examples fit under one of the following distraction categories: visual, manual (taking a hand off the wheel) or cognitive (taking your mind off driving). All can raise safety risks, not only for drivers but also for those sharing the road around them. Hands-free devices may be marginally safer than handheld ones, but the safest choice of all is not using your cell phone or other technology while you are driving.

SUM IT UP

The human brain cannot handle two thinking tasks at the same time, such as driving and talking on the phone. Your brain toggles quickly between these two tasks. When driving, this can slow reaction time and cause crashes. Be safe by silencing your phone, programming your GPS and setting up your radio or music while you still are parked.

Your life is much more valuable than any phone call, text or playlist. Let's get on board with traffic safety. Take the pledge to drive distraction-free from the National Safety Council at nsc.org/pledge.

¹ <https://newsroom.aaa.com/2017/10/new-vehicle-infotainment-systems-create-increased-distractions-behind-wheel>

² <https://injuryfacts.nsc.org/motor-vehicle/motor-vehicle-safety-issues/distracted-driving>

³ https://www.cmu.edu/news/archive/2008/March/march5_drivingwhilelistening.shtml

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Fort Buchanan, P R 00934

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Understanding a cat in your house

Story by Cpt. Guisele Ballarini, U.S Army Veterinary Corps Officer



Prevention

Place the litter box in an easily accessible area frequented by the cat. Large or multi cat homes need multiple litter boxes. The rule is a single box per cat, plus an additional box. Litter boxes should be scooped once daily and cleaned thoroughly once per week.

In large houses or when the cat has pain, a litter box should be placed on each floor. The route to the litter box should be safe and quiet. A cat that exhibits a location preference often benefits from having a litter box in that area. Once that litter box is used regularly, it may gradually be moved to a more desirable location.

Do not punish your cat by scolding or spraying with water. Punishment is associated with fear, which can disrupt the bond and behavior.

Medical

Underlying medical conditions contribute to house soiling. Orthopedic pain can affect the cats' ability to move up and down the stairs or to comfortably position/enter the litter box. Try providing a large, low-sided, nontraditional litter box. Medical conditions can create an urgency to eliminate forcing cats to select a more readily available location.

Medication may be indicated, particularly in cases in which social stressors or other triggers cannot be controlled (PCS, loss/gain a family member).

Marking

Marking serves a communicative function among cats, and socially significant areas are usually targeted. The marking location is used to identify the trigger. Marking near windows/doors is related to presence of outdoor cats or frustration about not going outside. Free outside roaming is not recommended. Marking is also associated with anxiety in response to a routine or event. Marking is a normal communicative behavior for cats, and its occurrence does not always reflect behavioral problem. Marked surfaces should be cleaned with a product designed to neutralize urine and feces stains and odors to discourage cats from reusing these areas.

Providing individually tailored environmental enrichment can help prevent or eliminate house soiling and increase the overall well-being of any indoor cat.

For additional information, wellness packages, disease testing, vaccinations and additional services, Fort Buchanan Veterinary Treatment Facility, Tuesday to Friday from 8:30 am to 4 pm at (787) 707-2038.

House soiling can cost many cats their home or life despite treatment being largely successful.

The unexpected arrival of a new four legged family member can be challenging, therefore understanding cat house soiling issues can be helpful.

House soiling refers to indoor urination and/or defecation outside the litter box and includes urine and fecal marking. Cats house soil for multiple reasons (medical, litter box locations, environmental stressors), and the cause may be simple or complex.

Prevention and early intervention play an important role in resolution. Accurate diagnosis and identification of factors are crucial for a successful outcome.

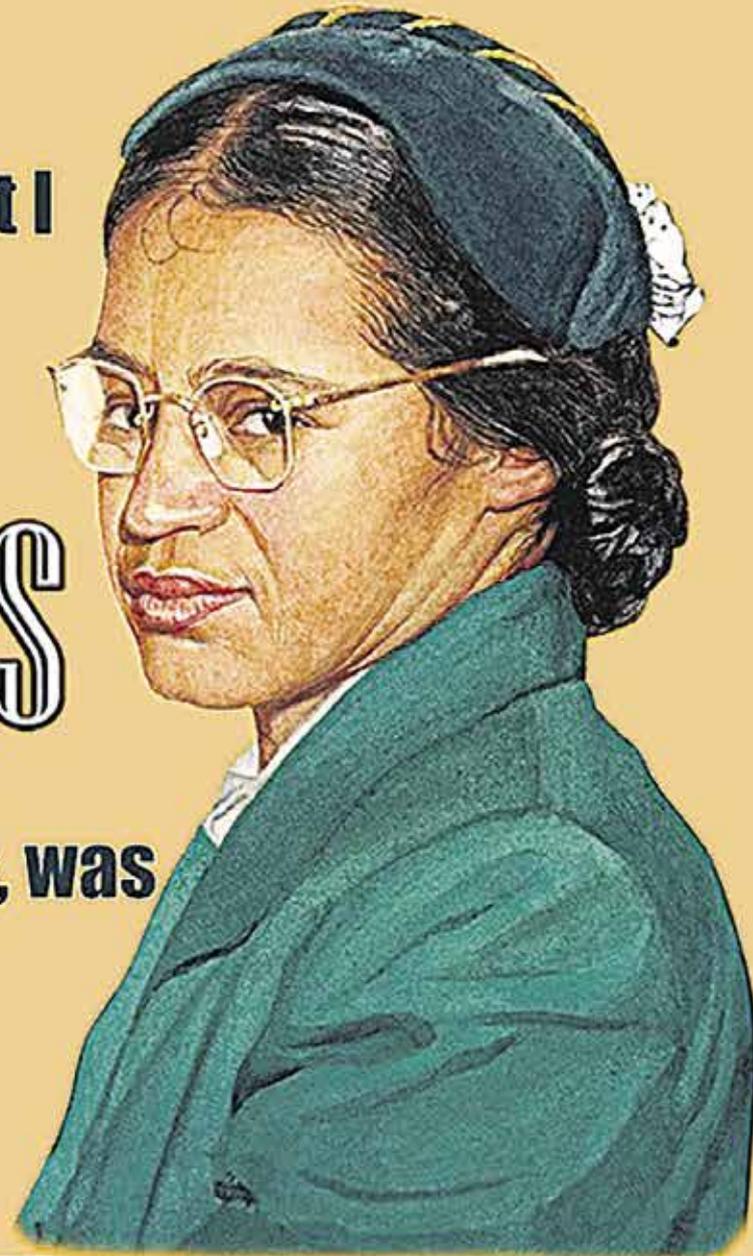


Mother of the Civil Rights Movement

“People always say that I didn’t give up my seat because I was tired...

ROSA PARKS

...the only tired I was, was tired of giving in.”



- **Arrested Dec. 1, 1955**
- **Sparked the Montgomery Bus Boycott**
- **Nov. 13, 1956, Supreme Court rules public transportation segregation unconstitutional.**
- **Sep. 6, 1996, awarded the Presidential Medal of Freedom**
- **First woman to “Lie in Honor” at Capitol Rotunda**

