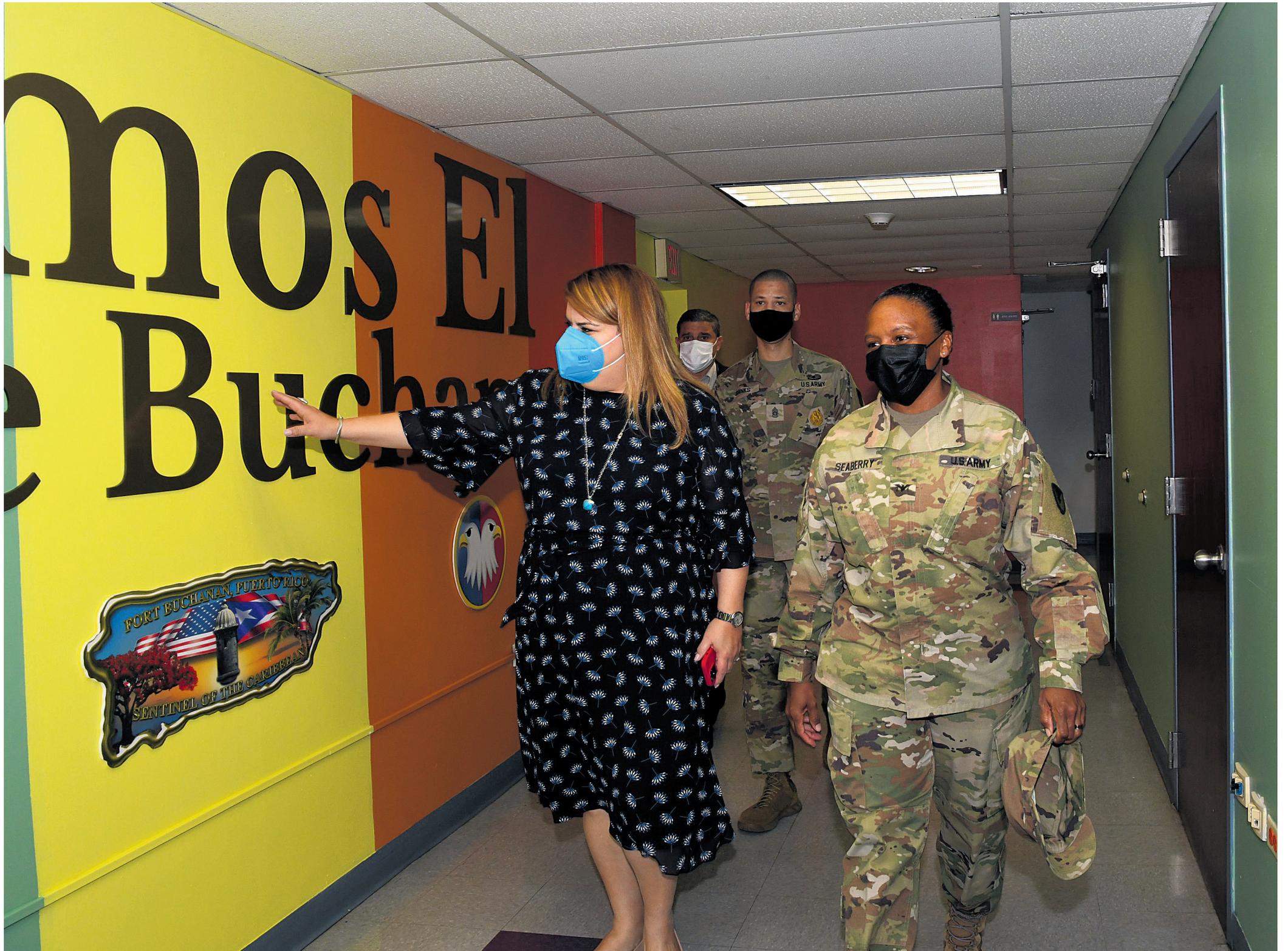


EL MIRRO

SENTINEL
OF THE CARIBBEAN



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Hon. Jenniffer González, Puerto Rico Resident Commissioner in Washington, DC visited USAG Fort Buchanan for a meeting with garrison leaders and directors to discuss initiatives on behalf of Fort Buchanan's military and civilian community, January 24, 2022.



Col. Tomika M. Seaberry Garrison Commander

It's been 44 years since the school district of Sonoma, California, created the celebration of Women's History Month. In 1978 they organized a weeklong celebration to honor women's contributions to culture, history, and society. Their vision grew and inspired a nation. They turned an ordinary event into a powerful movement. In 1987, the United States adopted and observed March as Women's History Month. During this significant anniversary, we honor and reflect on the often-overlooked contributions of women in the United States. Rooted in our history are the contributions of inspiring women who have shaped our nation.

Trails of the world have imprints of women's struggles and triumphs. Women have endured greatness, success, and power despite several closed doors and turned-off opportunities. Although some women didn't request a seat at the table; instead, many decided to build their own. Take this time to reflect on how the bravery of committed women led to several noteworthy achievements. From social

reformer and women's rights activist, Susan B Anthony to civil rights activist Rosa Parks helped shape the lives of not only the women who came after them but the world at large. They are pioneering women who changed America and the world.

Women often are not centered in conversations in male-dominated fields such as aircraft pilots, flight engineers, constructions workers, firefighters, software developers, to name a few. However, women are making an impact and gaining in tech, the military, film industry, sports, and numerous male-dominated fields. Being first was not crucial to these remarkable women; their drive, thirst, love, and passion for their craft propelled them. Their dedication and commitment to enter a challenging field dominated by men made them pioneers and trailblazers. These phenomenal women believe and place bets on themselves. When doors were closed, and no one offered them a seat at the table, they found another door and built new tables.

Lt. Col. Brian Mandock Deputy Garrison Commander



Women in the U.S. Army Leading today for future generations

During Women's History Month, USAG Fort Buchanan joins the nation in widely recognizing and honoring lady leaders' achievements. More specifically, we celebrate the vital role women play in today's mission-driven Army.

Since its establishment on June 14, 1775, the U.S. Army has faced many challenges, at home and abroad. Women, like men, have always answered the nation's call during these times of need. Some performed necessary jobs as nurses, administrators, secretaries and telephone operators. Others ditched the dogma of the day to serve on the front lines, long before they were legally allowed to serve in combat roles. Regardless of the era, women's contributions have been vital to the Army's successes on and off the battlefield.

Nonetheless, women remain underrepresented at the highest levels of leadership. Why is this the case? Most Army senior leaders grow up in the combat arms, which until a few years ago were off-limits to women. Until a few years ago, woman who may have opted for the infantry or armor, but were restricted by

law from "front line combat", instead chose aviation, engineer, military police, or intelligence specialties to get as close to the fight as possible. The Global War on Terror quickly showed us there were no front lines. It did not matter your occupational specialty. Regardless of age, sex, race, or military specialty, you may have needed to engage in close combat with the enemy.

The most recent contingency operations also taught us why it is important to build a diverse and inclusive force. Marine and Army units realized that male service members were not allowed, in most instances, to engage with women in the predominantly Muslim countries of Iraq and Afghanistan. This led to the creation of Female Engagement Teams. Special operations forces (SOF), building off the concept, utilized Cultural Support Teams comprised of specially selected women to accompany Rangers, SEALs, or other SOF elements on missions to engage with any women and children who might be on the objective. Gaining access to a previously inaccessible local population produced beneficial information for both US forces and the local communities.

We have succeeded reaching the first objective. Women can now join the combat arms specialties, apply for the toughest available training, and screen to join the most selective units. The numbers are small now, but will continue to grow over time. I believe soon we will beyond recognizing so many "firsts", as the achievements become common place. In the near future, seeing a female infantry or armor battalion commander will not be newsworthy, but we still have a ways to go to reach the objective of representational leadership at the highest levels.

We will get there. The Army's top priority is its people. We continue to build a ready, professional, diverse, high-performing and inclusive force that places the right person in the right job at the right time, regardless of sex. By doing so, we create an environment where all can thrive and lead the way for future generations of Army leaders.



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

The Army is proud to join the nation in celebrating March, Women’s History Month. The observance, declared by Congress in 1987, honors and recognizes the important contributions women have made and continue to make in every area of our society – political, social, economic, cultural, and the military, among others.

The history of women in our country has been often overlooked and undervalued. Women have come a long way from the first International Women’s Day in 1911 to the declaration of National Women’s History Week in 1980 and Women’s History Month in 1987. This has not been an easy task. Throughout history, the determination of many brave women originated from the inequality solely based on gender. But as they fought for their rights, they transformed their struggle into political, social, and economic movements such as “equal pay for equal work”, the right to vote, the right for education, human rights, health and participation “as equals” in the actions that have shaped our history and set the foundations for the future of our nation. Throughout the history of our nation we must also recognize the many courageous women who joined the Army to defend our unalienable rights of “Life, Liberty and the pursuit of Happiness”. Let’s briefly revisit women’s participation in the U.S. Army.

During the Revolutionary War, women served the U.S. Army in traditional roles as nurses, seamstresses and cooks for troops in camp. Some courageous women served in combat either alongside their husbands or disguised as men. Though not in uniform, women shared Soldiers’ hardships, including inadequate housing and little compensation. An example of these brave women is Deborah Sampson, who disguised herself as a man to serve in the Continental Army. Later, during the Civil War, more than 400 women disguised themselves as men and fought in the Union and Confederate armies in their willingness to assume new nontraditional roles such as Dr. Mary E. Walker, the first and only woman to have been awarded the Medal of Honor.

The Spanish-American War contributed to the creation of the Army Nurse Corps. Due to the epidemic of typhoid fever and the need for highly qualified Army nurses, the surgeon general requested and received congressional authority on April 28, 1898 to establish a permanent Nurse Corps in 1901, with trained nurses that were familiar with the military ways.

During World War I, more than 35,000 American women served in the military. Over 25,000 American women between the ages of 21 and 69 served overseas during World War I. Although many of them were nurses, women served in other capacities; for example, from administrators and secretaries to telephone operators with the U.S. Army Signal Corps and architects. Many women continued to serve after Armistice Day. Their efforts and

contributions in the Great War left a lasting legacy that inspired changes across the nation. Their service helped launch the passage of the 19th Amendment on June 4, 1919, guaranteeing women the right to vote.

World War II marked a new beginning for military women. For example, Women Air Force Service Pilots (WASPs) were the first women to fly American military aircraft. Then, in order “to free a man to fight,” women worked in an array of such as military intelligence, cryptography, parachute rigging, maintenance and supply, among others. Through the course of World War II, 140,000 women served in the U.S. Army and the Women’s Army Corps. For instance, the Women’s Army Auxiliary Corps (WAAC) established, May 14, 1942, open the door for women to work in baking, clerical, driving and medical. Their selfless service to our nation promoted new economic and social changes that would forever change the role of women in American society.

After World War II, the Women’s Armed Services Integration Act of June 12, 1948, created a regular and reserve status for women in the Army. Between 1955 and 1970 the role of women in the U.S. Army transformed when the Army Chief of Staff requested to lift the recruitment ceiling on the number of women. This also allowed the removal of restrictions on promotion, assignments and utilization, and permitted WACs to serve in the Army National Guard.

The Vietnam War, the elimination of the draft, and the rise of the feminist movement had a major impact on the Women’s Army Corps, the Army Nurse Corps and women’s opportunities to participate in other roles and functions within the Army. In 1976, women were admitted to all service academies and to serve the same length of overseas tours as men.

Between 1980 and 1990, the disestablishment of the WAC and the integration of women into the Regular Army provided greater opportunities for women and contributed in breaking down gender barriers. For example, in 1980 the first women cadets graduated from U.S. Military Academy, West Point.

The terrorist attacks of Sept. 11, 2001 left an unprecedented mark in the history of our nation. Thus changing the Army’s mission and the roles and ranks of Army women. The Global War on Terror campaign brought other changes, such as, starting in 2016, women have the equal right to choose any military occupational specialty, including ground combat units. Among the trailblazers of this Army era are Sgt. Leigh Ann Hester who became the first woman in U.S. military history to earn the Silver Star for direct combat action, in 2005, and Gen. Ann E. Dunwoody, the first female four-star general in military history, in 2008.

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For more than 200 years, women have been instrumental in the defense of our country. From the battlefields of the American Revolution to responding to today’s regional conflicts, natural disasters and humanitarian crises, to contingency operations in combat roles or leadership positions. Women overcame many obstacles and challenges to be where they are today. We must also recognize that while all of them selflessly put their lives on the line on behalf of our democratic way of life, some paid the ultimate sacrifice to keep us safe and free.

I invite our community to take a moment during Women’s History Month and reflect on the legacy of our female Service members in Arms. It is my honor to say to you “Thank you for your service.”

Puerto Rico Resident Commissioner visits Fort Buchanan to support initiatives on behalf of the military and civilian communities

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

Hon. Jenniffer González, Puerto Rico Resident Commissioner in Washington, DC visited USAG Fort Buchanan January 24, 2022, for a meeting with garrison leaders and directors to discuss initiatives on behalf of Fort Buchanan’s military and civilian community.

Fort Buchanan Garrison Commander Col. Tomika M. Seaberry; Garrison Command Sgt. Maj. José A. Banks; Deputy Garrison Commander Lt. Col. Brian Mandock and Deputy to the Garrison Commander Derrick W. Hood, greeted Congresswoman González. The meeting was conducted at Gen. Buchanan’s Conference Room where Hon. González discussed various topics with leaders, directors and special staff.

Among the areas of interest were the progress on recovery initiatives after Hurricane Maria and last year’s earthquakes; updates on future infrastructure projects, an overview of services provided at the garrison since COVID-19 pandemic, garrison partnerships with



federal and local agencies, concluding with a visit to the Commissary.

During the meeting, Public Works Director, Anibal Negrón, highlighted the garrison’s sustainability projects and recovery initiatives. Human Resources Director, Ulises Marrero, explained how Fort Buchanan supported retirees and veterans during the pandemic providing uninterrupted services. During

the pandemic DHR issued 15,000 ID cards.

Congresswoman González reiterated her support to Fort Buchanan and asked Col. Seaberry to “Let me know how I can be of help.” Both, Hon. González and Col. Seaberry agree that garrison plans must have a vision for 15 to 20 years. They also coincided in putting action behind the words to make Fort Buchanan the best place for our Soldiers, their Families and the community we serve.



Christine E. Wormuth,
Secretary of the Army

Message from the Secretary of the Army to the Force

By Sec. Christine E. Wormuth
February 8, 2022

Whether it is defending the country at home or overseas, our nation counts on the United States Army to be the first line of defense. We stand ready to deter and defend around the globe, as the tip of the spear in Europe and the backbone of joint operations in the Indo-Pacific. The Army surges in times of crisis and is ready when called upon to fight and win the nation's wars.

We are navigating an unpredictable future, and our nation and our Army are at an inflection point. Building on our strong foundational priorities of people, modernization, and readiness, I have defined six objectives to help guide the force through these shifting times. Through these objectives, my goal is to enable the Total Army to achieve specific and tangible outcomes that we can continue to advance in the years ahead.

As we emerge from two decades of counterinsurgency and counterterrorism operations, my first objective is to put the Army on a sustainable strategic path amidst this uncertainty. The Army must find a way to field the cutting-edge formations we need to conduct multi-domain operations while facing increased fiscal pressures. This means difficult choices must be made to sustain and strengthen U.S. deterrence with China as the pacing challenge and Russia as an acute threat we also confront. Charting this path requires a commitment to innovation and experimenting with new ways of operating. The work that is being done in Project Convergence to bring together our sister Services to test new operational concepts and digital technologies is the kind of innovative approach we need to win the future fight. My second objective is to ensure the Army becomes more data-centric and can conduct operations in contested environments, which will enable our ability to prevail on the future battlefield. Doing so will allow us to embrace emerging technologies to become a more effective and efficient force that can project power in cyberspace and defend our networks, weapons, and data from cyber threats.

My third objective is to continue our efforts to be resilient in the face of climate change. As the planet warms, the polar ice caps melt, and extreme weather becomes commonplace, the Army must adapt its installations, acquisition programs, and training to be able to operate in a changing environment and reduce greenhouse gas emissions. Our future readiness depends on it.

The cornerstone of America's Army is our people. Three of my six objectives are focused on caring for our Soldiers, families, and Army civilians who are the very foundation of Army excellence. My fourth objective is to build positive command climates at scale across all Army formations. This starts with continued Army leadership and must be developed both from the top down and the bottom up. Character and culture matter, and I am committed to ensuring that we select the best possible leaders and give them the tools and resources to care for their Soldiers. My fifth objective is to reduce harmful behaviors in our Army. This is integral to sustaining a positive command climate at scale. We need to shift from responding to harmful events after they have happened to finding ways to prevent them. To do that we must develop and institutionalize prevention-oriented approaches that year after year will reduce the frequency of harmful behaviors such as sexual harassment and assault, extremist activity, racism, and domestic violence. We need to do more to prevent suicide in the Army. I call on leaders to continue making clear that there is no stigma associated with taking care of yourself and your family. We should strive to connect our Soldiers with the necessary resources for their wellbeing. The Army is its people, and a strong, healthy, resilient, trained force is the most

important indicator of our readiness. Finally, the Army is the world's premiere land fighting force because we have brought the nation's best into our ranks. But the talent and recruiting landscape is changing rapidly, so my sixth objective is to strategically adapt the way we recruit and retain talent into the Army in order to sustain the all-volunteer force. We need to tell the Army's story in new ways to ensure we remain the first choice for Americans who want to serve their country. We need to reach out to Americans from all backgrounds, talents, and geographies and give them multiple reasons to come in and stay in our great Army. My goal is to help all Americans to be able to see themselves in what the Army has to offer.

I am excited to continue working with General McConville, Sergeant Major of the Army Grinston and senior leaders throughout the force on the extraordinary opportunities that lay before the Total Army. I look forward to hearing from all of you about how things are across the force. The tasks ahead of us are bigger than any one of us and need every Soldier's and Army civilian's efforts if we are to be successful. Army Strong.



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DeCA Director and Sergeant Major meet with Fort Buchanan leadership

Story and photos by Rosie Irizarry, Public Affairs Specialist



“Command Sgt. Maj. Banks and I were one of the first to use the Click 2 Go service, and it works great,” said Col. Seaberry.

Moore indicated that, “there are more innovations coming soon, such as an online payment system for the Click 2 Go service, making it totally digital.”

The Defense Commissary Agency, which is headquartered at Fort Lee, VA., operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their



Defense Commissary Agency (DeCA) Director and Chief Executive Officer, William F. Moore and Senior Enlisted Advisor to DeCA Director, Marine Corps Sergeant Major Michael R. Saucedo met with Garrison leadership at garrison headquarters Flag Room, January 25, 2022 to discuss future endeavors.

Garrison Commander Col. Tomika M. Seaberry; Garrison Command Sgt. Maj. José A. Banks; Deputy Garrison Commander Lt. Col. Brian Mandock; Garrison Command Chaplain, Maj. David S. Keller and installation Staff Judge Advocate, Lt. Col. Sean D. Rogers met with Moore and Sgt. Maj. Saucedo during their visit to Fort Buchanan and its commissary.

They discussed how the installation’s commissary has been meeting the needs of service members and their families on the island as well as eligible veterans and retirees, and how these services can be further developed. The successful application of DeCA’s Click 2 Go purchasing system has proven to be most useful during the implementation of COVID-19 safety protocols.

families in a safe and secure shopping environment. The commissary system is a global agency, with annual sales exceeding \$4 billion and employing more than 13,000 people, a headquarters, five areas and at nearly 240 commissaries located in 13 countries around the world.

To contact the Fort Buchanan Commissary, online <https://www.commissaries.com/shopping/store-locations/fort-buchanan> or call (787) 707-2245.

The US Army Inspector General visits USAG Fort Buchanan

Story and photos by Rosie Irizarry, Public Affairs Specialist



Garrison Commander Col. Seaberry provided The Inspector General of the US Army, Lt. Gen. Donna W. Martin with installation information during her first visit to Fort Buchanan Garrison Headquarters.



Lt. Gen. Martin posed with Fort Buchanan Command, Col. Seaberry and Command Sgt. Maj. Banks during her walk through of Fort Buchanan's Garrison Headquarters.



TIG Lt. Gen. Martin joined by local and 81st Readiness Division IGs and support staff after their first meeting of the day.



(L to R) 1st Mission Support Command (1st MSC), Command Sgt. Maj. Michael P. Meunier II; 1st MSC Commander, Col. Carlos M. Cáceres; The Inspector General, Lt. Gen. Donna W. Martin and 1st MSC Command Executive Officer, Julio C. Aponte met for an office call.

The United States Army Inspector General (TIG), Lieutenant General Donna W. Martin visited US Army Garrison Fort Buchanan, February 27, 2022. The Inspector General conducts many visits to Military installations as part of the duties of the office.

Lt. Gen. Martin was accompanied by TIG Editor, Dorie Chassin; the 81st Readiness Division (81st RD), Command Inspector General (CIG) Col. Jabar M. Marks; 81st RD Deputy CIG, Maj. Tiffany Robinson; 81st RD NCOIC Master Sgt. Karma J. Rawls and 81st RD IG NCO, Master Sgt. Latonya C. West.

TIG Martin's first meeting at Fort Buchanan was held at the garrison's Gen. James A. Buchanan Conference Room in headquarters, with the afore mentioned staff and US Army Reserve 1st Mission Support Command (1st MSC) IG, Maj. Robert Villa; 81st RD IG with duties in Puerto Rico here in Fort Buchanan, Astrid E. Cuyar, and Investigative Assistant, Kerubín Cruz. Lt. Gen. Martin listened to the local IGs concerns and provided guidance from her vast experience.

Garrison Commander Col. Tomika M. Seaberry and Garrison Command Sgt. Maj. José A. Banks welcomed

Lt. Gen. Martin to Garrison Headquarters (HQ) and gave her a tour of the offices. "I love the colors in the offices of your headquarters. It still feels like Puerto Rico on the installation," said TIG Martin. Col. Seaberry held an office call with The Inspector General, describing Fort Buchanan's organizational structure and the military services available in Puerto Rico, among other matters.

Lt. Gen. Martin escorted by Col. Marks and Maj. Villa participated in an office call with the Commander of the 1st MSC Col. Carlos M. Cáceres, 1st MSC Command Sgt. Maj. Michael P. Meunier II and Command Executive Officer, Julio C. Aponte. Col. Cáceres provided Gen. Martin with a tour of the facilities, particularly the scaled replica of the El Morro Castle sentinel's watch tower, the "Garrita," which is an iconic symbol from Puerto Rico, found on the service patch of several military units on the island, including the 1st MSC.

After celebrating a no-host lunch at Fort Buchanan's Community Club and Conference Center Borinquen Patio, with the IG's and staff, joined by Puerto Rico National Guard CIG, Col. Angel M. Feliciano, The Inspector General held a sensing session with Junior Officers at the Gen. Buchanan Conference Room,

followed by a meeting with Fort Buchanan's Sexual Harassment/Assault Response and Prevention (SHARP) Program, Sexual Assault Response Coordinator, Adelina Reynoso-Acosta and Equal Employment Opportunity (EEO) Director, Magda E. Figueroa at the installation's Army Community Services facility.

Before ending the day with a conversational video interview with Fort Buchanan Public Affairs Officer, Grissel Rosa, TIG Martin visited the installation's Welcome Center where she presented The Inspector General Command Coin of Excellence to Directorate of Human Resources (DHR) staff: Human Resource Military Assistants, Solimar Vélez and Iris Álvarez; Military Personnel Office (MPO) Chief, Eric J. Amaro; Retirement Services Officer, Miguel A. Aponte-Cepeda (in absentia) and DHR Director Ulises Marrero-Díaz. "The in processing Centers are first stops on my installation visits. They serve as Welcome Centers for our Soldiers and Families. They make an initial first impression; it should be welcoming and those who work there should be customer service focused," said Lt. Gen. Martin. "At Fort Buchanan, you get an A+ on both accounts. Thank you for what you do every single day in support of our Soldiers and their Families," she concluded.



(L to R) Fort Buchanan EEO Director, Magda E. Figueroa; SHARP, Sexual Assault Response Coordinator, Adelina Reynoso-Acosta received guidance and presented matters faced by their sections during a briefing with Lt. Gen. Donna W. Martin.



(L to R) Lt. Gen. Martin said, "Thank you for what you do every single day in support of our Soldiers and their Families," to Directorate of Human Resource (DHR) Military Assistants, Solimar Vélez and Iris Álvarez and other DHR staff.



Solimar Vélez and Iris Álvarez proudly display the TIG Coins of Excellence given to them by Lt. Gen. Martin at the installation's Welcome Center, "Just knowing our efforts are valued and to be recognized for doing our jobs, is wonderful," said Álvarez.



(L to R) DHR Director Ulises Marrero and MPO Chief, Eric J. Amaro exultantly show the coins they received for going above and beyond the call of duty from The Inspector General Lt. Gen. Martin.

Fort Buchanan donates Shoebox toys for Three Kings Day to Community Church

Story and photos by Rosie Irizarry, Public Affairs Specialist

The Fort Buchanan Religious Support Office (RSO) carried out a Shoebox Toy Drive, collecting and delivering approximately thirty shoeboxes filled with toys for the less privileged communities serviced by the Christian Alliance and Missionary Church of Santurce (Iglesia Alianza Cristiana y Misionera de Santurce (IACM)) January 5, 2022.

Fort Buchanan Garrison Commander Col. Tomika M. Seaberry; Garrison Command Sgt. Maj. José A. Banks; Deputy Garrison Commander Brian Mandock; Deputy to the Garrison Commander Derrick W. Hood; Garrison Command Chaplain Maj. David S. Keller; RSO Noncommissioned Officer (NCO) Sgt. Juan Merced Jaipersad and Fort Buchanan Chapel Parishioner and volunteer Joseph Bender participated in delivering the toys, some apparel and other personal items and doing a site assessment of the facility.

The team from Fort Buchanan was received by IACM Pastor Rina M. García Rodríguez. This was the second visit that Chap. Keller made to the community church. This church supports very poor neighborhoods in the surrounding San Juan area. Every month they provide to the poor and homeless, food, clothing and articles of personal hygiene in exchange for receiving a Christian service. IACM assists community members in the transition from homelessness to housing. The church has a collaboration with a medical school from Caguas, P.R. who come each month to provide free basic medical screening and medication, providing these services to approximately 40 to 50 persons.



A group shot was taken in the prayer room which has the words, "Trust, Hope, Adoration, Gratitude, Communion, Praise, Confession and Peace" painted on it's the wall.

The donated toys were handed out January 6, 2022, Three Kings Day, to children from Barrio Obrero, Santurce, a community composed of very poor working families and people in extreme poverty, "It was such a dear experience, to see their faces full of surprise, joy, and gratitude. Thank you for blessing over 30 families of our community with your kindness," wrote Pastor Garcia, in a letter of gratitude, January 17, 2022. She wrote, "January 15, 2022, we had the opportunity to serve the homeless and the poor, through the Point of Hope ministry. This time we distribute clothes and shoes that you added to our inventory. Thank you once again for partnering with us to bless our community. It was a pleasant experience to see Chaplain Dave Keller again, get to know other wonderful people from the Fort and meet Commander Colonel Tomika Seaberry."



Approximately 30 Shoeboxes were filled and collected during a toy drive sponsored by the Fort Buchanan Religious Support Office and the installation's Chapel. Photo by Mary Keller, Fort Buchanan Chapel Volunteer



Pastor García showed Col. Seaberry the inventory of donated clothes and items the church has for the community, they needed shoes, t-shirts, undergarments, socks, pants and canned – easy to open – food.



RSO Staff and volunteers package up Shoeboxes filled with toys for delivery to the Christian Alliance and Missionary Church of Santurce.



The visiting Fort Buchanan team received a tour of the church from the Pastor, seen here is the Chapel area, which has need of repairs and paint.



(L to R) Fort Buchanan volunteer Joseph Bender, Chap. (Maj.) Keller and Pastor García review the falling facade and graffiti covered wall of the parking area which is presently unusable due hazardous state.

Fort Buchanan Safety Officer conducts safety training for DODEA Schools

Story and photos by Rosie Irizarry, Public Affairs Specialist



Alvarado provided face to face training for approximately 25 custodial and maintenance personnel from Fort Buchanan’s Antilles Elementary (AES), Antilles Middle (AMS) and Antilles High Schools (AHS) as well as via teleconference to Ramey Air Force Base Schools. Some of the topics the training covered were fall hazards, protection, protection systems, DODEA workplace hazards, Personal Fall Arrest Systems (Inspection & donning), ladder and scaffold safety; and for Control of Hazardous Energy (LOTO) he covered scope, general requirements, energy control procedures and special procedures for multiple energy sources, among others.



The Fort Buchanan Garrison Installation Safety Office, Safety and Occupational Health Manager Carlos J. Alvarado conducted two safety training sessions on Fall Protection and Control of Hazardous Energy (LOTO- LockOut/TagOut the safe means in which to isolate any kind of hazardous energy) for the custodial and maintenance staff of the Department of Defense Educational Activity (DODEA) in Puerto Rico January 24, 2022 at the AHS.



Alvarado provided a display area with samples of safety equipment including harnesses, anchors and connectors which he had the students put on and review their proper use and facilitated the training in Spanish, which is the first language for the majority of attendees.



“The training on Fall Protection is new to me and this training is specific, by classification, which is good. This training is excellent and needs to be done yearly,” said Lead Custodial for the AMS, Félix Donato.

Simultaneously DODEA’s Maintenance Manger Luis De Jesús carried held a Safety Stand Down for part of the staff at the AHS amphitheater.

The Army Safety Program is a collection of policies, tools and informational products designed to maximize integration of risk management across Army operations. The Garrison Safety Office provides support to the Fort Buchanan community to reduce risk and in conducting realistic trainings, enhance our civilian and military workforce confidence.



**American
Red Cross**

Red Cross Resiliency Workshops

Story by Rosemarie Valdéz, Regional Communications Director, Red Cross PR

Red Cross Resiliency Workshops

The American Red Cross Service to the Armed Forces offers virtual resiliency workshops to help guide members of the military and veteran communities on various topics centered around coping and communication skills.

The workshops are offered to small groups with interactive discussions and activities among participants to learn more about how to connect with themselves, their families, loved ones and their communities. These workshops are open to anyone with a military veteran affiliation – this includes service members, spouses, and caregivers.

They are offered virtually on Microsoft Teams and Zoom and led by a licensed mental health professional Service to the Armed Forces volunteer or staff member. In Puerto Rico, there are three mental health volunteers who offer these workshops; one of them is Dr. Vanessa Villafañe Gregory. She has been giving these workshops for the past seven years. For Dr. Villafañe, “Our workshops will empower you [caregivers] to achieve a balance between caring for your loved ones and yourself.”

Some of the modules offered under the Resiliency Workshops throughout the island are: Effective Communication,

Mind- Body, Emotional Grit (includes section on Suicide Prevention), Stress Solutions and Caregivers of our soldiers and veterans.

For instance, in the Mind-Body workshop, participants learn techniques to reduce stress, educate about the connection between the mind and the body, generate self-knowledge and improve personal wellbeing. While Effective Communication, teaches the skills needed to achieve effective communication styles through non-verbal, seeking clarification, “I” statements and other activities.

These workshops are also given in person. In Puerto Rico, since last year, the Red Cross has impacted more than 320 participants.

Register for a Resiliency Workshop
The American Red Cross will continue to offer these workshops. Any service member, veteran or caregiver interested in joining our next Resiliency Workshop, please contact our Program Specialist for the American Red Cross Puerto Rico Chapter at yinet.gonzalez@redcross.org or call (786) 209-5288. Also, to learn more about the Red Cross mission in your community, visit cruzrojapr.net or call (787) 758-8150.



Chaplain's Corner

Navigating life, spiritually and physically

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

Driving in the hills of Puerto Rico is an adventure. The scenic vistas of mountainous terrain from cliff-side roads serve to thrill the senses... and make your hands grip the steering wheel a little harder at times!

The twists and turns of the road navigate through thick forests, small towns and up and over numerous small streams. It is an amazing rollercoaster-like experience that incorporates other cars on similar adventures. There are some points of caution along the way – heavy rain, sharp turns, and of course, potholes!

During one such drive to a remote destination on the island, I came to an abrupt turn to a side road. The GPS clearly said that there was a road to my right and that I should turn. There was a problem though – I could not see the road! I was blind to what was outside my car’s windows. I couldn’t see the turn from the driver’s seat. Fortunately, my wife was with me and could open the passenger window... and look down, to confirm that the GPS was in fact correct. And we safely continued our drive down a steep hill.

On this particular drive, my wife was my accountability. She could help me see a blind spot in my driving. Of course, as my partner in this life, she helps me see multiple other blind spots as well. In

life, we all need help to see what we are missing. Relationships, diet, work-life balance are some areas that we may need someone to help identify parts to which we need to pay attention.

Spiritually, sometimes we need help to be congruent with what we believe. It is not always evident how or what to say when confronted with a difficult situation. For me, I always like to start in prayer that God would help me through the twists and turns of life. Then I find someone I trust to help me see what I am not seeing in order to provide advice. The Bible tells us that, “as iron sharpens iron, so one person sharpens another.”

Today, as you read this, ask God for guidance in this life. And then, find a good friend, who will open the window when you are driving, and keep you from driving off a cliff! If you’d like to learn about how God navigates in the world this weekend, please join us for our chapel services on post every Sunday:

Protestant Service: 9:30 a.m.
Catholic Mass: 11:30 a.m.

Protestant Services continue to be live streamed on Facebook at Ft. Buchanan Chapel Protestant Service.



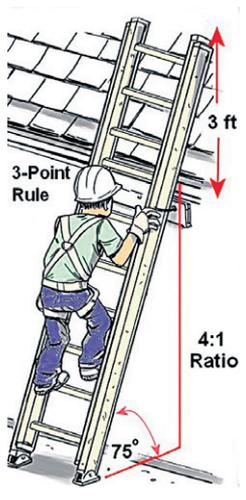
From your Safety Officer... Home Safety Series: Portable Ladders

Column by Garrison Safety Officer
Carlos J. Alvarado

Portable ladders are one of the handiest, simplest tools we use. Because of their practicality, many different people to perform many diverse tasks use ladders. Although ladders are very simple to use, planning and care are still required to use them safely. Each year in the U.S., accidents involving ladders caused an estimated 300 deaths and 500,000 people are treated each year for ladder related falls.

Common mistakes

- Using the wrong ladder (type/size/weight limit)
- Bad support (soft ground / not secure)
- Lack of inspection (damaged ladder)
- Lack of 3-point contact
- Lack of knowledge



Selecting the correct ladder for the job
Planning is essential for a safe job. Using the wrong ladder can be dangerous. Choose the right size and type. When selecting a ladder you should consider the following.

- How high do you need to reach?
- The weight of the intended load. Include your weight plus tools or materials.
- Inspect the ladder prior to

- use. Discard if damage.
- Choose a fiberglass ladder instead of aluminum. Fiberglass is a non-conductive material.

Safe use of ladders

- Use ladders only on stable, level surface.
- Securely fasten extension ladders to an upper support.
- Do not use the top cap or step of a stepladder as a step.
- Ensure extension ladders extend three feet above the roof or platform.
- Place a straight or extension ladder one foot away from the surface it's resting on for every four feet of the ladder's height.
- Before climbing, open completely and lock spreaders on stepladders.
- Never place a ladder on a box, barrel or other object to gain height.
- Face the ladder and grip the rungs, not the side rails.
- Keep three points of contact: two hands and one foot or two feet and one hand.
- Reposition the ladder if you are out of reach.
- Use a tool belt or pull up bucket on a rope instead of climbing while carrying tools.

The National Institute for Occupational Safety and Health (NIOSH) developed an award-winning mobile app to prevent extension and step ladder-related fall injuries and deaths. For more information, access the app at <https://www.cdc.gov/niosh/topics/falls/mobileapp.html>.



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

Kitchen Grease Fire Safety

Cooking Safety

Cooking brings family and friends together, provides an outlet for creativity and can be relaxing. But did you know that cooking fires are the number one cause of home fires and home injuries? Unattended cooking is one of the leading contributing factors for cooking fires. Grease, fat, or butter is one of the leading items first ignited for all cooking fires. Grease, fat, and oil buildup around a stove can lead to home fires. The best way to avoid the devastation that grease fires can cause is to prevent them from happening in the first place. Always stay in the kitchen when frying, grilling, and broiling and keep children away from cooking areas by enforcing a "kid-free zone" of 3 feet around the stove.

Cook with Caution

- By following a few safety tips you can prevent these fires:
- Be on alert! If you are sleepy or have consumed alcohol don't use the stove or stovetop.
 - Stay in the kitchen while you are frying, boiling, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
 - If you are simmering, baking, or roasting food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you are cooking.
 - Keep anything that can catch fire — oven mitts, wooden utensils, food packaging, towels or curtains — away from your stovetop. If you have a

- small (grease) cooking fire and decide to fight the fire...
- On the stovetop, smother the flames by sliding a lid over the pan and turning off the burner. Leave the pan covered until it is completely cooled.
- For an oven fire, turn off the heat and keep the door closed.

If you have any doubt about fighting a small fire...

- Just get out! When you leave, close the door behind you to help contain the fire.
- Call 9-1-1 off post
- Call on post, Fort Buchanan Fire and Medical Emergency (787) 707- 5911. For more information contact the Fort Buchanan Fire Department Fire Prevention Section at (787) 707-3410.

Resources:

Cooking safety tip sheet
<http://www.nfpa.org/~media/files/public-education/resources/safety-tip-sheets/cookingsafety.pdf?la=en>

"Putting out kitchen grease fires"
YouTube video
https://www.youtube.com/watch?v=E0RgdYkc_Po

How to put out a grease fire
<https://www.bobvila.com/articles/how-to-put-out-a-grease-fire/>

Installation Legal Office Soldier promotes to Senior Noncommissioned Officer

Story and photos by Rosie Irizarry



Paralegal Noncommissioned Officer at the Installation Legal Office, Army Sergeant Patricia M. Landrau Santiago proudly stood before family, friends and leaders as she was promoted to the rank of Staff Sergeant during a promotion ceremony held January 13, 2022 at Maj. Gen. James A. Buchanan Conference Room in Fort Buchanan Garrison headquarters.

Present at this ceremony were Fort Buchanan Garrison Commander Col. Tomika M. Seaberry; Garrison Command Sgt. Maj. José A. Banks; Deputy Garrison Commander Lt. Col. Brian Mandock; Acting Deputy to the Garrison Commander Raúl Rodríguez; Installation Legal Office (ILO) Trial Counsel and Master of Ceremony Cpt. Jonathan W. Neenan, along with Legal Office staff, directors and personnel. Garrison Command Chaplain Maj. David S. Keller promoted “In prayer” Staff Sgt. Landrau during the invocation.

Staff Sergeant Landrau was promoted to her current rank by Fort Buchanan Staff Judge Advocate (SJA), Lt. Col. Sean D. Rogers.

“I have the distinct honor of having just a small part to play in Sgt. Landrau Santiago’s career, seeing her go from being a drilling reservist to Active Guard Reserve

(AGR). It has been a great gain for the Army and for the Judge Advocate General (JAG) Corps,” said Lt. Col. Rogers. “This is not so much a reward for all that you have done, but an investment for your potential in the future. I have already seen this potential in her. The three things that stand out for me, it is volunteerism, energy and dedication. Sgt. Landrau has all of these. Thank you very much, congratulations.” concluded Rogers.

Landrau’s father Guarionex Landrau and step-mother Claudia Carvizosa participated in the ceremony, removing and pinning on her uniform and head gear, the new rank of Staff Sergeant. SJA Rogers presented her with the US Army Certificate of Promotion and Garrison Command Sgt. Maj. Banks administered the Noncommissioned Officer (NCO) Charge, reaffirming Landrau’s commitment as a Senior NCO.

“I am very proud. It has always been my expectation and I have worked very hard to get promoted, to be responsible, to apply intelligence and responsibility. I am very thankful for the assistance and encouragement I received from Command Sgt. Maj. Banks,” said Staff Sgt. Landrau. She thanked everyone who attended and in conclusion said, “Although my mom could not be here, there are many more promotions to come for her to attend!” followed by an energetic applause.



ADOS Soldier assigned to Fort Buchanan Command Group awarded Army Achievement Medal

Story and photos by Grissel Rosa, Public Affairs Officer



A rmy Specialist Lorraine M. Piña Muñoz received the Army Achievement Medal in a ceremony held at the garrison’s headquarters January 23, 2022.

The award, presented by USAG Fort Buchanan Commander, Col. Tomika M. Seaberry, recognizes Spc. Piña for her “outstanding performance while serving as Administrative Support Assistant for United States Army Garrison Fort Buchanan Command Group from 01 April 2021 to September 2021.

Spc Piña’s demonstrated initiative, attention to detail, and excellent customer service was instrumental for completing all required actions in a timely and effective manner. Her numerous achievements, dedication, and exemplary performance of duty are in keeping with the highest traditions of military service and reflect great credit upon herself, the Installation Management Command, The United States Army Reserve Command, and the United States Army.”

Members of Fort Buchanan’s Command Group, Garrison Command Sgt. Maj. José A. Banks, Deputy Garrison Commander Lt. Col. Brian Mandock, and Deputy to the Garrison Commander Derrick W. Hood, highlighted Spc. Piña’s professionalism and disposition going above and beyond in support of the organization.

Spc. Piña was assigned to the Fort Buchanan Command Group as part of the Active Duty for Operational Support (ADOS) Program in support of the garrison’s mission.

Also present in the ceremony was Command Group Administrative Assistant, Roberto Carrasquillo who coaches, teaches and provides mentorship to Spc. Piña in the execution of command administrative functions.

The recognition attests to the Army’s initiative of putting “people first” and Col. Seaberry’s goal to recognize Soldiers and Civilians who support the garrison’s policies, programs and services through a diverse, adaptive and cohesive team that sustains Army readiness.

Fort Buchanan Guard and PRNG MP recognized for safeguarding the installation

Story and photos by Rosie Irizarry, Public Affairs Specialist



Law enforcement training kicked into high gear when Fort Buchanan Police Guard Celinés Montañez Meléndez and PR National Guard Military Police (MP), Specialist Zuleyka Cruz’ assigned to Fort Buchanan, carried out Random Vehicle Checks (RAM) at Spc. Francis M. Vega Gate resulting in the prevention of fire arms being brought onto the installation January 25, 2022.

Fort Buchanan Garrison Commander Col. Tomika M. Seaberry; Garrison Command Sgt. Maj. José A. Banks presented Guard Montañez and Spc. Cruz with Fort Buchanan Coins of Excellence for an outstanding job and ensuring the safety of the entire community with their astute actions. Present for the coin presentation were, Deputy to the Garrison Commander Lt. Col. Brian Mandock; Director of Emergency Services, Jorge Quiñones; installation Chief of Police, Lt. Col. Tomás Acosta-Lamberty; Police Operations Officer Maj. Russell F. Lorenzo and Supervisor Police Officer Cpt. Rolando Rios.

Montañez Meléndez and Cruz’ police training compelled them to search more thoroughly the vehicles and in both cases they found munitions magazines and upon further investigation found the corresponding weapons.

“We saw nervousness as we proceeded to investigate based on the standard question sheet on contraband, weapons, drugs, etc. and especially after finding the munitions magazines,” said Montañez Meléndez. In one of the cases the person did not willingly admit to having the fire arm on hand where as in the second case the individual freely admitted and assisted Montañez and Cruz by turning over all munitions and weapons.



“Federal Guard Montañez has demonstrated a keen sense when conducting searches. More than instinct, her highly developed and trained observance of behavior, body language and verbal response has been useful in detecting and preventing the introduction of illegal and dangerous items into the installation,” said Chief Acosta.

Both Montañez and Cruz said, “We are just doing our job, our duty. We love our jobs.”

Title 18 of the United States Code, Section 930 provides that “whoever knowingly possesses or causes to be present a firearm or other dangerous weapon in a Federal facility...or attempts to do so, shall be fined under this

title or imprisoned not more than 1 year, or both.” The fine imposed upon conviction on this offense can be up to \$100,000.

Fort Buchanan is an exclusive federal jurisdiction. It is illegal to possess a firearm or other dangerous weapon on a federal installation or in a Federal facility. The only people who can carry guns around a base—concealed or otherwise—are on-duty military police, who handle routine security. There are exceptions for on-duty local, state, or federal law enforcement officers who come to the base on official business. The base commander can make other exceptions. Check at each military post for specific rules.

USAG Fort Buchanan recognizes employees who went “Above and Beyond” with 3 X 5 Bronze Medal Awards

Story and photos by Grissel Rosa, Public Affairs Officer



The 3 X 5 Award, which is presented in bronze, silver or gold medal, created by USAG Fort Buchanan recognizes garrison employees who go above and beyond their scope of work. A garrison director, supervisor, or a fellow employee can recommend another employee for the award.

For example, Félix Otero Burgos, emergency management specialist at the Directorate of Plans, Training, Mobilization and Security (DPTMS) recommended Girling Z. Otero Diaz and Rafael Pagán for a 3 X 5 Bronze Award for their contributions to the success of the Full Scale Exercise (FSE) conducted December 2021. Acting Director for Public Works (DPW), Carlos O. Guzmán, recommended Javier Moyet for his support to a Directorate of Family and, Morale, Welfare, and Recreation (FMWR) event.

Consequently, January 21, 2022, Col. Tomika M. Seaberry, garrison commander, accompanied by Lt. Col. Brian Mandock, deputy garrison commander, presented the three bronze awards to: Girling Z. Otero Diaz, from the Directorate of Human Resources (DHR), for her contribution to the FSE. Otero provided the makeup for the “victims” and mannequins. She also sanitized the equipment ready to use by Soldiers for their various trainings.

Rafael Pagán from the FMWR Auto Shop, went to another municipality to get the “crashed” vehicle used at The Borinqueneers Access Control Point scenario where firefighters used the Jaws of Life to rescue a “victim.”

Another awardee was Javier Moyet, Electrician, from

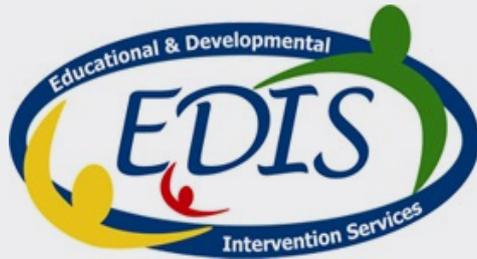
DPW, who “saved Christmas at the Community Club” when the generator went down. Moyet came to the rescue during New Year’s Eve getting a generator from Bldg. 511 and installing it at the Community Club to allow the guests to celebrate the festivity.

Col. Seaberry and Lt. Col. Mandock were pleased with the surprised faces of all award recipients. “We want

to recognize your phenomenal job,” said Seaberry referring to these three exceptional employees for their contributions to the organization, going from the ordinary to the extraordinary.

The bronze medal depicts a “cemí” and the Puerto Rican flag. It reads: “The Honorable Order of the Sentinels, Fort Buchanan, Puerto Rico”.





First Words

Your child just turned 2 years old and still has not uttered his much-anticipated first word. You anxiously have been waiting for the moment he calls you “mama” for the first time. Or perhaps you anticipate that he will say “dada” first or maybe he will have some other preferred first word. At this point, you don’t really care which word it is, all you want is for your little “tot” to start communicating verbally. “Is it something I’ve done?”, “Did I do something wrong?”, “Have I not done something I should have?” “Why isn’t he talking yet?”

A child’s first words are important and should be heard near around 12 months of age. For a first word to be considered a true first word, your child must apply it in more than one context. For example, he sees his ball on the floor and says “ball”. Then he looks at a book and sees a ball and says, “ball”. Later he’s watching a movie and sees a ball and says, “ball”. If your child has not uttered his first word yet, but is constantly babbling and imitating adult intonations as he babbles, he is on the right track. This is the way a child practices his sounds and starts developing coordination in preparation to talk. However, if your child rarely babbles while he is playing and interacting with you and is at an age where he should be doing

this, he may need a little help from a specialist. By 24 months a child should have a vocabulary of at least 50 words and begins using 2-word phrases such as “more juice”. If you feel that your child is not meeting developmental milestones in an area such as language development, you should discuss it with your pediatrician. Recognizing and treating any type of delay will benefit your child’s language and learning skills greatly. Studies show that untreated delays in communication are directly related to later literacy difficulties in school. By: Soide Y. Rodriguez, M.A., CCC-SLP, Speech Language Pathologist, Email: soide.y.rodriguez.civ@mail.mil.

If you have concerns regarding your child’s development, and your child is: entitled to DDESS (Department of Defense Schools) and dependent of an Active Duty military or DoD Civilian with transportation agreements, call the Fort Buchanan Rodriguez Army Health Clinic early intervention program: Educational and Developmental Intervention Services (EDIS), to request services for your child. For more information about EDIS, you can 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

Red Flags That May Warrant An Early Intervention Referral Gross Motor

If a child is...

- Not rolling by 7 months of age
- Not pushing up on straight arms, lifting his head and shoulders, by 8 months of age
- Not sitting independently by 10 months of age
- Not crawling (“commando” crawling—moving across the floor on his belly) by 10 months of age
- Not creeping (on all fours, what is typically called “crawling”) by 12 months of age
- Not sitting upright in a child-sized chair by 12 months of age
- Not pulling to stand by 12 months of age
- Not standing alone by 14 months of age
- Not walking by 18 months of age
- Not jumping by 30 months of age
- Not independent on stairs (up and down) by 30 months of age...an early intervention/developmental therapy referral may be appropriate.

Here are some other gross motor “red flags”:

- “walking” their hands up their bodies to achieve a standing position
- only walking on their toes, not the soles of their feet
- frequently falling/tripping, for no apparent reason
- still “toeing in” at two years of age
- unusual creeping patterns
- any known medical diagnosis can be considered a “red flag”: Down’s syndrome, cerebral palsy, congenital heart condition etc.

Fine Motor

If a child is...

- Frequently in a fist position with both hands after 6 months of age
- Not bringing both hands to midline (center of body) by 10 months of age
- Not banging objects together by 10 months of age
- Not clapping their hands by 12 months of age
- Not deliberately and immediately releasing objects by 12 months of age
- Not able to tip and hold their bottle by themselves and keep it up, without lying down, by 12 months of age
- Still using a fist grasp to hold a crayon at 18 months of age
- Not using a mature pincer grasp (thumb and index finger, pad to pad) by 18 months of age
- Not imitating a drawing of a vertical line by 24 months of age
- Not able to snip with scissors by 30 months ...an early childhood intervention/developmental therapy referral may be appropriate Here are some other fine motor “red flags”:
- Using only one hand to complete tasks
- Not being able to move/open one hand/arm
- Drooling during small tasks that require intense concentration
- Displaying uncoordinated or jerky movements when doing activities
- Crayon strokes are either too heavy or too light to see
- Any known medical diagnosis can be considered a “red flag”: Down’s Syndrome, cerebral palsy etc.

Cognition/Problem Solving

- Not imitating body action on a doll by 15 months of age (ie, kiss the baby, feed the baby)
- Not able to match two sets of objects by item by 27 months of age (ie, blocks in one container and people in another)
- Not able to imitate a model from memory by 27 months (ie, show me how you brush your teeth)
- Not able to match two sets of objects by color by 31 months of age
- Having difficulty problem solving during activities in comparison to his/her peers
- Unaware of changes in his/her environment and routine ...an early intervention/developmental therapy referral may be appropriate

Sensory

If a child is...

- Very busy, always on the go, and has a very short attention to task
- Often lethargic or low arousal (appears to be tired/slow to respond, all the time, even after a nap)
- A picky eater
- Not aware of when they get hurt (no crying, startle, or reaction to injury)
- Afraid of swinging/movement activities; does not like to be picked up or be upside down
- Showing difficulty learning new activities (motor planning)
- Having a hard time calming themselves down appropriately

- Appearing to be constantly moving around, even while sitting
- Showing poor or no eye contact
- Frequently jumping and/or purposely falling to the floor/crashing into things
- Seeking opportunities to fall without regard to his/her safety or that of others
- Constantly touching everything they see, including other children
- Hypotonic (floppy body, like a wet noodle)
- Having a difficult time with transitions between activity or location
- Overly upset with change in routine
- Hates bath time or grooming activities such as; tooth brushing, hair brushing, hair cuts, having nails cut, etc.
- Afraid of/aversive to/avoids being messy, or touching different textures such as grass, sand, carpet, paint, playdoh, etc. ...an early childhood intervention/developmental therapy referral may be appropriate. NOTE: sensory integration/sensory processing issues should only be diagnosed by a qualified professional (primarily, occupational therapists and physical therapists). Some behaviors that appear to be related to sensory issues are actually behavioral issues independent of sensory needs.

Possible visual problems may exist if the child...

- Does not make eye contact with others or holds objects closer than 3-4 inches from one or both eyes
- Does not reach for an object close by Possible hearing problems may exist if the child...
- Does not respond to sounds or to the voices of familiar people
- Does not attend to bells or other sound-producing objects
- Does not respond appropriately to different levels of sound
- Does not babble

Self-Care

If a child is...

- Having difficulty biting or chewing food during mealtime
- Needing a prolonged period of time to chew and/or swallow
- Coughing/choking during or after eating on a regular basis
- Demonstrating a change in vocal quality during/after eating (i.e. they sound gurgled or hoarse when speaking/making sounds)
- Having significant difficulty transitioning between different food stages
- Not feeding him/herself finger foods by 14 months of age
- Not attempting to use a spoon by 15 months of age
- Not picking up and drinking from a regular open cup by 15 months of age
- Not able to pull off hat, socks or mittens on request by 15 months of age
- Not attempting to wash own hands or face by 19 months
- Not assisting with dressing tasks (excluding clothes fasteners) by 22 months
- Not able to deliberately undo large buttons, snaps and shoelaces by 34 months ...an early intervention/developmental therapy and referral may be appropriate.

Social/Emotional/Play Skills

If a child is...

- Not smiling by 4 months
- Not making eye contact during activities and interacting with peers and/or adults
- Not performing for social attention by 12 months
- Not imitating actions and movements by the age of 24 months
- Not engaging in pretend play by the age of 24 months
- Not demonstrating appropriate play with an object (i.e. instead of trying to put objects into a container, the child leaves the objects in the container and keeps flicking them with his fingers)
- Fixating on objects that spin or turn (i.e. See ‘n Say, toy cars, etc.); also children who are trying to spin things that are not normally spun
- Having significant difficulty attending to tasks
- Getting overly upset with change or transitions from activity to activity ...an early intervention program referral may be appropriate

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 Rodriguez Army Health Clinic Educational and Developmental Intervention Services (EDIS), and request a free developmental screening for your child. Your child must be a dependent of an Active Duty military, AGR or Coast Guard member to receive services from the EDIS program. For additional information about EDIS, you can 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 Like us on Facebook Add us to your address book

21 to 27 March is National Drugs Facts Week

Story by Maria N. Ortiz Navarro, Army Substance Abuse Prevention (ASAP) Coordinator, Directorate of Human Resources



Substance abuse carries many risks in society. Substance abuse includes alcohol and drug use and addiction. The effects and risk on substance abuse includes traffic accidents, risky sexual behavior, juvenile delinquency and developmental problems in the adolescent’s brain. Some of these effects can lead to death or permanent injury or disability. Other effects including developmental that delay the proper developmental of the brain, can have permanent impact on a person’s ability to a reason and or sound judgment.

During the last week of March 21-27, National Drug Facts Week is celebrated and the focus is on drugs and the brain. Our goal is to help to prevent substance abuse by keeping our community well informed and drug free, especially the youth population.

During this week the Fort Buchanan Army Substance Abuse Program, (ASAP) will be sharing facts about drug abuse.

Here are some of those facts, short and to the point:

Research indicates that teens who see a lot of smoking in movies are more likely to start smoking themselves. Sometimes characters smoke to look tense and rebellious; but sometimes it’s just about the “product themselves” — the tobacco industry trying to get into your head.

FACT: More than 4 in 10 people who begin drinking before age 15 eventually become alcoholics.

Drinking and driving can add up to tragic endings. In the US, about 5,000 people under age 21 die each year from injuries caused by underage drinking, nearly 40 percent (1,900) from car accidents.

FACT: Most people who start smoking in their teens become regular smokers before they’re 18. Smokeless tobacco DOES cause cancer.

FACT: Tobacco causes wrinkles, bad breath, yellow teeth, and wheezing, stinky clothes.

Some of the risks for the youth population while using tobacco and other substances are:

- FACT:** Tobacco affects the:
- brain with addiction
 - skin with skin damage and wrinkles
 - eyes with cataracts
 - mouth with mouth cancers
 - throat with throat cancer
 - heart with heart disease
 - lung with lung disease

- Damage to the brain, liver, and heart over time.

When someone develops an addiction, the brain craves the reward of the substance. This is due to the intense motivation of the brain’s reward system. In response, many users continue use of the substance; this can lead to a host of excited feelings and strange behavioral traits. Long-term addiction can have severe outcomes, such as brain damage, and can even result in death.

Keep on eye in our social media, <https://www.facebook.com/profile.php?id=100064511569426#!/pages/US-Army-Garrison-Fort-Buchanan/142863785819203> we will be sharing information during the month in awareness of **National Drug Facts Week.**

If you or someone you know needs assistance with an addiction contact:

- Emergency: 911
- Fort Buchanan ASAP Office (787) 707-3125
- Wounded Soldier and Family Hotline – 1-800-984-8523
- www.militaryonesource.com – 1-800-342-9647
- National Suicide Prevention Lifeline – 1-800-273-TALK or 8255
- www.suicidepreventionline.org – 1-800-273-TALK (8255)
- Tragedy Assistance Program for Survivors (TAPS) www.taps.org 1-800-959-TAPS (8277)

On another hand, the risks of Teen Drinking are:

- FACT:**
- Alcohol poisoning
 - Accidental injuries, including falls and drowning
 - Drunk driving/motor vehicle accidents
 - Unprotected sex/sexually transmitted diseases
 - Violence/altercations
 - Suicide
 - Increased likelihood of addiction and stress-related issues in adulthood



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Fort Buchanan Leisure Travel receives recognition as a Military Partner

Story and photos by Rosie Irizarry, Public Affairs Specialist

Supervisory Recreation Specialist, Nadya I. Ayala of the Fort Buchanan Directorate of Family and, Morale, Welfare and Recreation (FMWR) Leisure Travel Office, received on behalf of Fort Buchanan, the Walt Disney World (WDW) Resort two Military Challenge Coins in recognition for providing information and assisting Service members, Veterans, Retirees and Department of Defense (DOD) Civilians, their families and other eligible participants with recreational services.

Ayala gave the Military Challenge Coins to Fort Buchanan Garrison Commander Col. Tomika M. Seaberry and Garrison Command Sgt. Maj. José A. Banks at the Garrison Headquarters Flag Room, January 28, 2022. She also presented the note accompanying the coins, which read, “We wanted to share them (the coins) with your base in appreciation of all you do to help spread Disney Magic to your Military guests, every day. Thank you!”

“What Nadya has developed and established is a trust with our customers. Although they can do their inquiries and reservations on line, customers prefer to come to Leisure Travel and meet with her personally. Our patrons trust she will guide them in the best way,” said Leisure Travel and Sports Supervisory Specialist Roberto Fernández.

During fiscal year 2021, Fort Buchanan’s Leisure Travel Services sold \$1,033,797, in tickets alone. This included, WDW Theme Parks, Universal Orlando Theme Parks,



Leisure Travel Supervisory Recreation Specialist, Nadya I. Ayala (center) presented Garrison Commander Col. Seaberry and Garrison Command Sgt. Maj. Banks the Walt Disney World Military Challenge Coins.



Ayala explains to Col. Seaberry and Command Sgt. Maj. Banks the significant accomplishment of the Fort Buchanan Leisure Travel Office in selling over one million dollars in tickets during fiscal year 2021.

SeaWorld, Busch Gardens, Disneyland California and many other amusement parks in the Orlando area.

FMWR programs and services enable readiness and resilience for a globally-responsive Army by serving their needs and interests. They make opportunities to support military readiness, recruitment, and retention by creating spaces for social bonding, relationship formation, maintenance, and cognitive development.

The Fort Buchanan FMWR Leisure Travel Service offers tickets, travel information and vacations to help Service Members make the most of their leave, offering from a world of destinations, travel arrangements with stateside attraction discounts; Disney vacations, Parks and Resorts like Universal Studios; cruises and lodging reservations.

Leisure Travel is located in the Fort Buchanan Community Club and Conference Center, Building 660 Depot Road, Monday through Friday from 9 a.m. to 4 p.m., (787) 707-4343 or (787) 707-4344.



J & M Palerm
Seguros y Fianzas

Seguros de Viajes

787-902-6566
787-902-6562

- Servicios prestados por Médicos
- Medicamentos Recetados
- 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



Dogs and house soiling's

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

Dog house soiling is a major cause of pet relinquishment to shelters. There are many potential causes and I hope that with this information family members can get a better idea and seek assistance to help your pooch live a happy life.

Prevention is key!

During initial wellness visits behavior problems including house soiling should be communicated. A newly adopted dog, regardless of age, should be supervised until an outdoor elimination preference is established. Accompanying your pet outdoors will help you confirming that elimination has occurred. When supervision is not possible, puppies and newly adopted dogs should be confined in a safe area where elimination is accepted. Most dogs tolerate confinement in a crate.

We often underestimate how frequently puppies need to eliminate. Until a puppy's elimination schedule can be determined, prevention of mistakes should be the goal. Take your puppy to a designated elimination area every 30 minutes when actively playing. Also know that puppies typically defecate 15 to 20 minutes after eating. When outdoor access is not available, your puppy can be trained to use an acceptable indoor elimination area such as absorbent house-training pad or artificial grass.

Newly adopted adult dogs should be taken outdoors frequently until an elimination pattern is determined.

What is happening?

Medical

When a previously house-trained dog suddenly starts house soiling, particularly in the absence of an



environmental change, an underlying medical condition should be considered. Based on patient age, history and physical exam results your veterinarian will recommend diagnostic testing.

Cognitive Dysfunction Syndrome

This is a consideration when house soiling occurs in previously house-trained dogs 8 years of age or more. Cognitively impaired dogs may house soil despite having access to an appropriate elimination area.

Anxiety

One of the most common is separation-related anxiety in which your dog will typically soil only in your absence. Dogs with noise-related anxiety soil even in your presence. In this case, behavior modification and medications may be needed.

Submissive & Excitement-Related Urination

Young dogs may urinate during social interactions (greetings), when they are anxious or excited, or to communicate submission and punishment should be avoided.

Urine & Fecal Marking

Normal communicative behavior; however, it may occur in response to stressful situations such as other household animals or humans or when non household animals trespass in your dog's territory.

A house-training lapse can occur secondary to increased urgency or reduced access to an appropriate elimination area. Possible due to diet changes or routine changes that reduce the opportunity for supervised outings or walks.

Family members and veterinary team can work together to identify the underlying cause. In most dogs, house soiling can be managed with a good prognosis for control or resolution.

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.



Handicap Transport
7 días / 24 horas

SERVICIOS A
Hospital de Veteranos
Clinicas de Veteranos
Viajes Privados

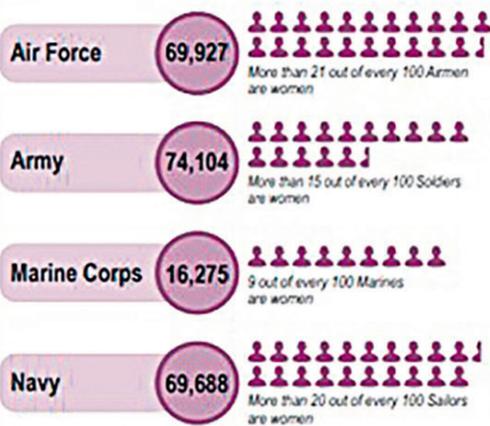


787-712-2030

Lunes a Viernes 7:00am a 7:00pm
Sabado y Domingo 8:00am a 5:00pm

Women's History Month

2021 Portrait of Active Duty Women

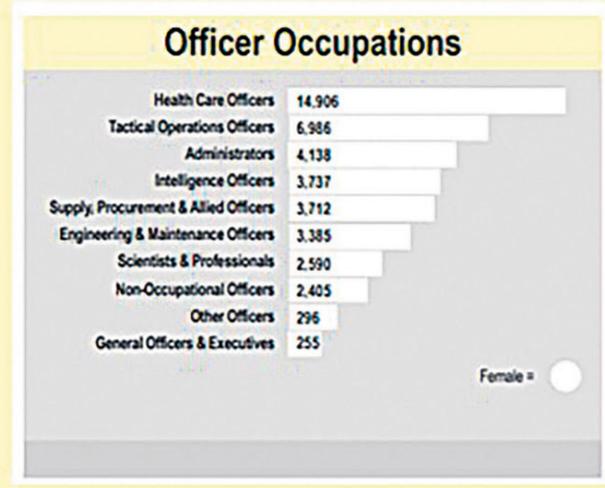
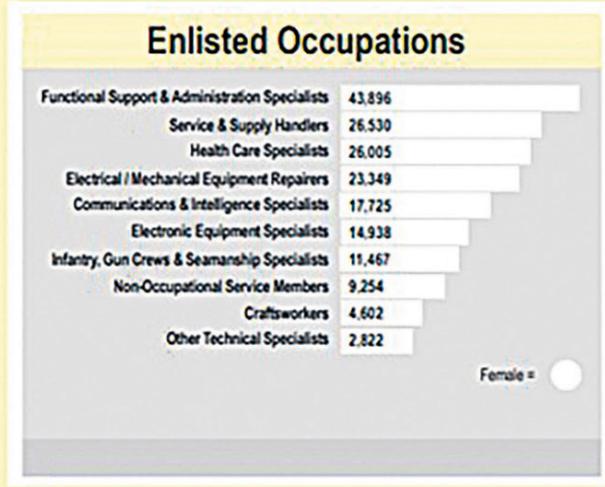


Sarah Emma Edmonds fought in the Civil War disguised as a man and later received a government pension for her service.

In 1972, **Aline Duerk** became the U.S. Navy's first female admiral. She served as the Director of the U.S. Navy Nurse Corps from 1970 to 1975.

In 1979, Brigadier General **Hazel Johnson-Brown** became the first Black Chief of the U.S. Army Nurse Corps and the Army's first Black female general.

In 2020, Chief Master Sgt. **Joanne S. Bass** became the 19th chief master sergeant of the U.S. Air Force and the first woman to serve as the top enlisted leader of a Military Service.



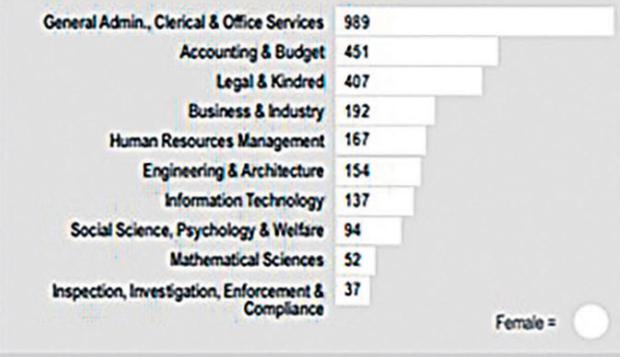
14% The percent of senior enlisted personnel who are female.

15.7% The percent of females on Active Duty who obtained a commission via Officer Candidate School or equivalent, an increase from 13% in FY 2019.

Top 10 GS-1 to GS-14 Civilian Career Fields



Top 10 GS-15 / SES Civilian Career Fields



2021 Portrait of DoD / Government Civilian Women



In 1933, **Frances Perkins** became the Secretary of Labor. She was the first woman appointed to a Cabinet position and therefore the first woman to enter the presidential line of succession.

Dorothy Vaughan, a mathematics teacher, joined the West Area Computing Unit in 1943 and eventually became NASA's first African American manager.

In January 2021, **Kamala Harris** became the 49th Vice President of the United States, making her the first Black American, and first Asian American to hold the position.

In February 2021, **Dr. Kathleen Hicks** became the 35th Deputy Secretary of Defense and the first woman to serve in this role.

27.4% The percent of female DoD civilian employees who are Veterans.

6.8% The percent increase of SES positions held by women between FY 2019 and FY 2021.