



Autumn Fest

Let's go to the

Carnival

30 October 2004

**Fort Buchanan
Cabaña
Picnic Area • 2 - 5 pm
Free for children all ages!**

**INFLATABLES • GAMES
FACE PAINTING
DUNKING BOOTH
HULA HOOP CONTEST
RING TOSS GAME
JUMP ROPE CONTEST
and all sorts of
GOODIES!!!**

For more details call 787-707-3434

Sponsored by:

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Supplies, Co., Inc.
Empresas
La Famosa
Matosantos
Commercial Corp.



Reisuro

GUIDE

Fort Buchanan, Puerto Rico
October 2004

CELEBRATE October with us!

See details on back cover!

This publication
also available under the
Installation's P- Drive:
Morale Welfare
& Recreation folder

The U.S. Army does not
officially endorse sponsors.



Fort Buchanan Directorate of Morale, Welfare and Recreation

Director of Morale, Welfare and Recreation • Mr. John J. Cuite • T- 787-707-3530 • Bldg 1018-D, Buchanan Heights

Community & Family Activities Program Manager
Ms. Odette Ortiz • T- 787-707-2976 • Bldg 1018-C, Buchanan Heights

Business Operations Division • Acting Chief:
Victor Pérez • T- 787-707-3070 • Bldg. 660, Community Club

Community Recreation Division
• Chief: Ms. Mary Davison • T- 787-707-3301 • Bldg. 1018-C, Buchanan Heights

Financial Management • Chief:
Mrs. Marisol Archibold • T- 787-707-3309 • Bldg. 1022-C, Buchanan Heights

Child & Youth Services
• Chief: Dr. Irma Julia
• T-787-707-3399
• Bldg. 1020-A • Buchanan Heights

Army Community Service • Director:
Mr. Rafael Gilestra
• T- 787-707-3292/3804 • Bldg. 1019-A, Buchanan Heights

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This is an unofficial publication. The U.S. Army does not officially endorse sponsors' names, products, services or logos that may appear in this publication.

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For information or suggestions:
MWR Marketing & Advertising,
T. 787-707-3719/3716.
F. 787-707-



August 2004 Employee of the Month
Helga Negrón from the Fort Buchanan Community Club

MWR August's employee of the month runner-up was Carlos Matos, from the Fort Buchanan Golf Club.

"MWR will serve the needs of each soldier, family member and retiree, with affordable programs and services designed to enhance the quality of their lives, no matter where they are."

Need Help Managing Anger? Army One Source Can Help.

Everyone gets angry. And everyone shows their anger differently. Some people yell or throw things. Others may cry. Some people stay silent because they don't know how to express their anger.

Unfortunately, we can't eliminate anger from our lives. But we can control how we deal with it.

Recognizing signs of anger

Knowing the warning signs of anger can help you recognize it before it sneaks up on you. Signs that you may be getting angry are:

- feeling frustrated, irritated, or annoyed
- clenching your fists
- muscle tension, especially in your neck, back, or jaw
- rapid, shallow breathing

Tips to help you manage your anger

• Take a slow, deep breath when you find yourself getting angry. Count to five. Exhale. Repeat.

- Try distracting yourself by doing something else.
- Take a walk.
- Tell yourself to "calm down," "chill out," or "relax."
- If you're angry at someone, try to calmly explain why you're angry. "I am angry with you because..."
- Don't yell or speak in harsh tones.
- Ask the person you're angry with to tell you what they think -- what happened, and how they feel about it. Try to listen without interrupting, and ask that they do the same.

Remember that you'll have a better chance of fixing the problem if you stay calm.

For more information online:

www.armyonesource.com
User ID: army Password: onesource
En español, llame al 1-888-375-5971
TT TTD: 1-800-346-9188
From the United States: 1-800-464-8107
Fort Buchanan POC is Ms. Wilda Díaz, FAP Manager at 787-707-3709, e-mail: wilda.diaz@buchanan.army.mil

EDUCATIONAL AND DEVELOPMENTAL INTERVENTION SERVICES (EDIS)

If you are concerned about your child's developmental abilities in the areas of:
• **Gross and Fine Motor** • **Communication** • **Cognition (learning)** • **Social-emotional** • **Adaptive (dressing, toileting)**

WE CAN HELP. EDIS helps families who have concerns about their child's development. Services include: screenings, evaluations and educational/therapy services island-wide. For an appointment call: (787) 707-2165/ 2167

ELIGIBILITY: Children, birth to 2 years old, dependent of an Active Duty military member who is command sponsored in Puerto Rico, Coast Guard members, and U.S. Customs families (living on or off post). Additionally, Civilian employees assigned permanent housing on a military installation can be eligible to receive EDIS.



"Malanga" PAR 3 Tournament
Wednesdays at 4 pm

Learn to Play Golf!

Co-ed golf clinics for children and adults on Saturdays resume in October. Must register in advance by calling 787-707-3852 (space limited)



Enjoy breakfast at the **Golf Club Snack Bar**
Your choice... eggs cooked to order or continental breakfast. Starting every day at 5:30 am.

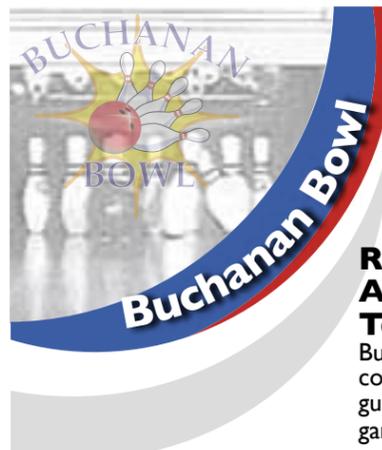
Lunch Specials
Mon - Fri, 10:30 am - 4 pm.

GOLF CLUB

Manager: Jerome Hesby
Tel. 787-707-3980
• Pro-shop: 787-707-3852
Fax: 787-273-7233
• E-mail: golfbuch@coqui.net

Check-out the Golf Pro-Shop

A variety of specialty gifts available for the golfers among your friends or family! (it's not too early to think "Christmas")



BUCHANAN BOWL

Manager: Luis Torres
• Tel. 787-707-2695
• 787-707-BOWL
E-mail: luis.r.torres@us.army.mil

Results of the 12th Anniversary Bowling Tournament

Buchanan Bowl hosted 90 bowlers on the competition this year, plus approximately 130 guests. The winner was determined in the last game of the night, as follows:

Hours of Operations

Snack Bar
Monday to Thursday
11 am to 9 pm
Friday 11 am to 12 midnight
Saturday 11 am to 11 pm
Sunday 10 am to 8 pm

Bowling Hours

Monday to Thursday
1 pm to 10 pm
Friday 11 am - 1 am
Saturday
11 am to 12 midnight
Sunday 10 am to 9 pm

Bar: Thursdays 5 - 10 pm
Fridays 5 - 12 mn
Free admission.



Above: Nitza Martin, Millie Gutiérrez, and Verónica Díaz (left to right)

Sponsored by:

Coors Light & Embassy Suites Hotel, Dorado, P.R.



Female category winners:

1st Enid Silva • series of 671
2nd Gilmar Hernandez • series of 665
3rd Chat Maldonado • series of 64

Male category winners:

1st Miguel Colon • series of 722
2nd Michael Osterman • series of 702
3rd Victor Cid • series of 695

Photo above: winners of the Tournament, Miguel Colón and Enid Silva, who also won the Embassy Suites Hotel vouchers. José E. Roque Ramírez won the raffle.

Photo at left: Carmen Merced, Debbie Marie and Valerie Acevedo (background from left to right); and on the foreground Michael Osterman and Luis Rodríguez.

The US Army does not officially endorse sponsors. Use a designated driver. Do not drink & drive.



The 550-Unit Military Exchange Pre-paid Phone Card Available to Help Our Troops Call Home

The Department of Defense has allowed the Army & Air Force Exchange Service (AAFES) to sell pre-paid calling cards that are designed for overseas use (for use outside the U.S.; unlike regular calling cards). The 550-Unit Military Exchange Pre-paid Phone Card can be purchased by anyone who wishes to make a donation to an individual service member or "any soldier" at www.aafes.com (1-800-527-2345). Just follow the icon on the right to "Help Our Troops Call Home."

Let's help our troops keep in touch with their loved ones.

Community Yard Sale

Saturday, October 2
8 am - 2 pm • Open to all at the Community Club Parking

Vendors must possess Military ID Card or be Civilians with Transportation Agreement. For more information call CRD Office, Ms. Soto at 787-707-3301.

LUNCH BUFFET

at the Community Club
Tue - Fri
11 am - 2 pm
\$5.50 per person
A different menu daily.



Let Us Cater To You...

The Fort Buchanan Community Club offers a complete catering service for your special events. Rooms rented for events, big or small (from 50 - 400 people.) Please contact Ms. Helga Negrón at 787-707-3535, x-206, Tue - Fri, 9 am - 4 pm.

Highlights of the Month

BINGO

Tuesdays & Thursdays at the Fort Buchanan Community Club
Starting at 6 pm, cards sold at 5:30 pm. For details call 787-707-3535, x-206.

KARAOKE

DEMONSTRATION

WEDNESDAY,
OCTOBER 27 '04
4 - 6 PM
FITNESS CENTER
More information: Ft. Buchanan's Sports Office, 787-707-3277

The purpose of practicing Karaoke is to have fun and enjoy the music. The purpose of practicing Karaoke is to have fun and enjoy the music.

Fort Buchanan Directory of Morale Welfare and Recreation Activities

ARMY COMMUNITY SERVICE PROGRAMS

- Admin./Information & Referral Bldg. 1019, Buchanan Heights
Tel: 787-707-3804/3948, Fax: 787-783-1490
rafael.gilestra@buchanan.army.mil
- Exceptional Family Member
Tel: 787-707-3295
raymond.morales@buchanan.army.mil
- Relocation Readiness (& Lending Closet)
Tel: 787-707-3697/3682,
adria.lucca@buchanan.army.mil
- Installation Volunteers
Tel: 787-707-3365
jose.martinez3@buchanan.army.mil
- Employment Readiness
Tel: 787-707-3365
jose.martinez3@buchanan.army.mil
- Financial Readiness
Tel: 787-707-3310
doris.r.planas@buchanan.army.mil
- Army Emergency Relief
Tel: 787-707-3310
doris.r.planas@buchanan.army.mil
- Family Advocacy
Tel: 787-707-3709
wilda.diaz@buchanan.army.mil
- Army Family Team Building, Army Family Action Plan & Mobilization & Deployment
Tel: 787-707-3290
ernesto.berrios@buchanan.army.mil

CHILD & YOUTH SERVICES

- Administrative Office
Bldg. 1020 A & B, Buchanan Heights
Tel: 787-707-3399 Fax: 787-707-3392
irma.julia@buchanan.army.mil
- Child Development Center Bldg. 348, Las Colinas, Tel: 787-707-3598/3769
Fax: 787-707-3187
millie.m.dieppa@buchanan.army.mil
- Family Child Care Program Bldg. 1020-A, Buchanan Heights, Tel: 787-707-3598/3769, Fax: 787-707-3389
millie.m.dieppa@buchanan.army.mil
- Middle School Program
Bldg. 1025, Buchanan Heights
Tel: 787-707-3783 Fax: 787-707-3392
irma.julia@buchanan.army.mil
- School Age Services
Bldg. 148, Telephone: 787-707-3280
Fax: 787-707-3376
maria.m.martinez@buchanan.army.mil
- Teen Center
Bldg. 519, Tel: 787-707-3826/3822,
Fax: 787-707-3392
mildred.a.perez@buchanan.army.mil
- Youth Services Sports
Bldg. 1020 B, Buchanan Heights
Tel: 787-707-3466, Fax: 787-707-3392
mara.clemente@buchanan.army.mil
- Community Project Officer •CLEOS
Bldg. 1020 A, Buchanan Heights
Tel: 787-707-3432 Fax: 787-707-3392
joseph.marton@buchanan.army.mil

COMMUNITY OPERATIONS DIVISION

- Administrative Office
Bldg. 660, Community Club
Tel: 787-707-3070; 787-707-3535 Ext. 200 (Comm) Fax: 787-707-2650
victor.perez@buchanan.army.mil
- Bowling Center Bldg. 168
Tel: 787-707-3272 or 787-273-0220 (Commercial), Fax: 787-707-3524
luis.r.torres@us.army.mil
- Community Club Bldg. 660
Tel: 787-707-3535, Ext. 200
Catering Office: Ext. 206
Cel.787-528-5319 billmerr@coqui.net
- El Caney Lodge
Bldg. 678, Tel: 787-707-3633/3634,
Fax: 787-707-3939
lodging@usarso.army.mil
- Golf Club Bldg. 171
Tel: 787-707-3980,
Pro-shop 787-707-3852
Fax: 787-273-7233 (Commercial)
golfbuch@coqui.net

FINANCIAL MANAGEMENT DIVISION

- Cable TV
Bldg. 1022-D, Buchanan Height
Tel: 787-707-3215 Fax: 787-707-3551
marisol.archibold@buchanan.army.mil

COMMUNITY RECREATION DIVISION

- Administrative Office
Bldg. 1018-C, Buchanan Heights
Tel: 787-707-3301/3778
Fax: 787-707-2008
mary.e.davison@buchanan.army.mil
- Automotive Skill Center
Bldg. 159 • Tel: 787-707-3972
falbert@coqui.net
- Equipment Checkout
Bldg. 67 • Tel: 787-707-3734
Fax: 787-707-3416
- Sports Program Bldg. 167
Tel: 787-707-3277 Fax: 787-707-3263
luis.r.robles@us.army.mil
- Physical Fitness Center
Bldg. 167, Tel: 787-707-3767
Fax: 787-707-3263
roberto.fernandez3@us.army.mil
- Post Library
Bldg. 518 (beside the "Banco Popular")
Tel: 787-707-3208 Fax: 787-707-3480
jtp@coqui.net Library Website:
home.coqui.net/jtp
- The WaterSpout Bldg. 161
Tel: 787-707-3550
jorge.s.villalba@us.army.mil



FORT BUCHANAN COMMUNITY CLUB

Daily Lunches • Tuesday - Thursday 11 am - 2 pm Buffet Style \$5.50 per person	Bingo Nights • Tuesday and Thursday 6 pm (Cards sold at 5:30 pm)	Catering Office • Tuesday - Friday 9 am - 4 pm Call 787-707-3535, x-206 for details.	Internet Lounge Free Admission • Tuesday, Thursday and Friday 9 am - 9 pm • Wednesday 9 am - 2 pm
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Access to Fort Buchanan's Commercial Zone

Access policy allows all Federal ID card holders to have access to Fort Buchanan's "Commercial Zone" which includes the Community Club, and the Food Court. The enclave is separated from the rest of the installation by two inner gates. Access to the zone is through the so-called PX Gate on PR 28 (the Goya road).

From 4 pm Fridays, through 6 pm Sundays, access through that gate is allowed to any vehicle as long as one of its occupants have a federal government ID card. All other adult occupants must have photo ID. The vehicle does not need to have a DoD sticker. Access to the rest of the installation, past the inner gates is subject to regular day to day access policy (i.e., all occupants must have a valid DoD ID).

Up-coming Events:

- Army Family Action Plan (AFAP) Conference**
8-10 November at the Community Club.
- CYS Fun Run**
Wednesday, 17 November
at Fort Buchanan Pee Wee Field, 4 - 5 pm.
- Indoor Cycling Turkey Burn-out**
Wednesday, 17 November, 4:30 - 6 pm,
at Fort Buchanan Fitness Center.



The Storm with a Hurricane Attitude



Benito López, Luis Robles and Juan Sanfeliz

“Every place was secured before 7:00 pm that night when most employees went home to care for their own and even some went at that late hour to help secure the roof of a fellow co-worker.”



Nelson Nieves and Eva Cabañas



Hector Planas, Sigfredo Pérez, and Rafael Gilestra with his son.

On Tuesday, 14 September 2004, Fort Buchanan was surprised by news of the unexpected turn of storm “Jeanne” to Puerto Rico. There was an air of disbelief in everyone’s face! The MWR staff had no time to spare, securing facilities and taking care of mission requirements was the number one priority.

Storm shutters appeared everywhere and were installed in record time. Efraín Valentín, Secundino Machado and Isaac Cruz prepared the Child and Youth Services (CYS) facilities. At places like El Caney Lodge with 75 rooms all with glass doors on each room, preparations went ahead with staff running against time, and heavy rain. Every place was secured before 7:00 pm that night when most employees went home to care for their own and even some went at that late hour to help secure the roof of a fellow co-worker. The Community Club and El Caney Lodge continued to operate. The 75 rooms at El Caney Lodge were at full occupancy. Folks like Miguel Isaac, Alberto Lima and Andrew Torres from El Caney Lodge worked non-stop from Tuesday thru Friday night (after storm). Mobilized soldiers that were to report for training to Camp Santiago, at the southeastern part of the island, had to remain at Fort Buchanan. The Community Club became their training center. The club staff prepared and served breakfast, lunch and dinner for 153 soldiers from the 166th ASG; 3-108th REGT (SC) from Fort Gordon, Georgia; the 164th Maintenance Reserve from Washington, DC. The Club was the only feeding facility on post serving soldiers, El Caney Lodge guests, employees dealing with recovery operations, Military Police, Installation Operations Center personnel and residents from the installation that had no utilities.

While most of the island was practically paralyzed due to the lack of power, water service, and involved in recovery efforts, operations never stopped at the Community Club. A Soldier Readiness Processing Center was established at the Club from 17- 18 September since Camp Santiago was closed. A Risk Management Course Training for 50 soldiers was being held in one of the Club’s rooms, while the Club office was converted to be the Directorate of Morale, Welfare and Recreation (DMWR) Operations Center manned by Debra Chesson and Osiris Soto. But not all was work....,

the Beamer’s lounge was turned into an entertainment center and Library personnel, Eva Cabañas and Nelson Nieves, provided videos, newspapers magazines, paperbacks for the relaxation of soldiers and the community. Late Friday afternoon, a last minute request came for a Saturday, 15 year old birthday party of 150 guests. The Club’s caterer, Helga Negrón, assisted the worried mom whose reservation in a downtown club was cancelled last minute due to lack of power. The “stranded” soldiers were entertained with a TV that transmitted the boxing match from Oscar de La Hoya vs. Hopkins. On 19 September a wonderful dinner set-up was prepared by the Club staff for the deploying soldiers before their departure to Camp Santiago. Bill Merriweather, Club Manager, Ernesto Martínez, Food Manager, Waldo Agosto, and Nelson Vélez worked at the Club throughout the entire emergency period. The acting chief of the Business Operations Division, Victor Pérez, coordinated the efforts of his division.



Joe Martínez and Sigfredo Pérez

If there was disbelief while preparing for the storm, there was even more after we saw how many trees, fallen power cables, and debris spread all over Fort Buchanan. So much for just a tropical storm! Facilities with denser vegetation such as the Golf Club, Fitness Center, picnic areas, the Water-Spout Aqua Park, and the El Caney Lodge landscaping were a sad story. Recovery efforts started immediately by the DMWR staff from Services Branch, Golf Club, Child & Youth Services, and Army Community Service. A Golf Club staff crew of seven, Jaime Quiñones, Gerardo Morales, Christopher Stoneking, Nelson Villegas, Neftalí Alvarado, José Escobar and Miguel Marquez showed up to work on Thursday at 5:00 am cleaning trees and branches from the Golf Course and continued cleaning the surroundings of several DMWR facilities.

Members of Army Community Service staff returned on 16 September to prepare their offices to re-open and volunteered to help in clean-up of community recreation facilities such as the Water-Spout Aqua Park. Doris Planas, Army Emergency Relief Manager, was available to give assistance to soldiers and families affected by the storm while her husband Hector Planas after completing his DOD police guard duty came over and volunteered in DMWR facilities. Other folks like Rafael Gilestra, helped in the clean-up with the assistance of his entire family. Joe Marton, CYS School Liaison helped in many ways throughout every phase of the emergency and coordinated assistance for the Antilles School System. The CYS Team, lead by Irma Julia, went around each of the facilities assisting each other and ensuring that facilities were ready to receive the children.

After assessing facilities another crucial issue was identified, how was the NAF payroll going to be submitted if the facilities lack power? On Friday morning Financial Management Division’s Marisol Archibold and Iván Morales were the first to come with options. El Caney Lodge, one of the few facilities with power generators, was converted into a “Timecard Operation Center”. After the news spread a long line of facility managers lined up to input their data. At the end of the day payroll was all transmitted!



Esther Rodríguez and Carmen Dieppa

“While most of the island was practically paralyzed... operations never stopped at the Community Club”

Six years have passed since the last hurricane hit Puerto Rico. Jeanne was not quite a hurricane but a tropical storm with a hurricane attitude. MWR staff demonstrated readiness, organization, teamwork and selfless dedication to the MWR mission. The MWR staff worked as a team helping each other and with no hesitancy. The task of getting facilities clean, organize furniture and outside program equipment, was monumental but the MWR Team faced all these with a positive attitude and with the same force as Jeanne’s winds.



Nelson Cruz, Miguel Marquez and Nelson Villegas



José Escobar, Christopher Stoneking, and Jaime Quiñones



October Domestic Violence Prevention Campaign

Working Together We Can Make Our Army Community a Safe Place

Domestic Violence Prevention Campaign Activities 2004:

WAYS TO DEAL WITH STRESS AND ANGER
Friday, 8 October, 10 am at ACS, Bldg. 1019-D, Buchanan Heights.

WAYS TO DEAL WITH STRESS AND ANGER
Wednesday, 6 October, 3 pm at ACS, Bldg. 1019-D, Buchanan Heights.

COMMUNICATION SKILLS & CONFLICT RESOLUTION
Wednesday, 20 October, 3 pm at ACS, Bldg. 1019-D, Buchanan Heights.

COMMUNICATION SKILLS & CONFLICT RESOLUTION
Friday, 22 October, 10 am at ACS, Bldg. 1019-D, Buchanan Heights.

For reservations and information please call Ms. Wilda Díaz, FAP Manager, 787-707-3709/3804.

Family Advocacy Program
• FAP



Post Library

Post Library
 Manager: John Tejera
 • Telephone: 787-707-3208
 • Fax: 787-707-3480/3210
 • E-mail: jtp@coqui.net
 • Library Website: home.coqui.net/jtp
Operating Hours:
 Mondays - Fridays 10 am - 8 pm
 Saturdays, Sundays & Holidays 11 am - 5 pm

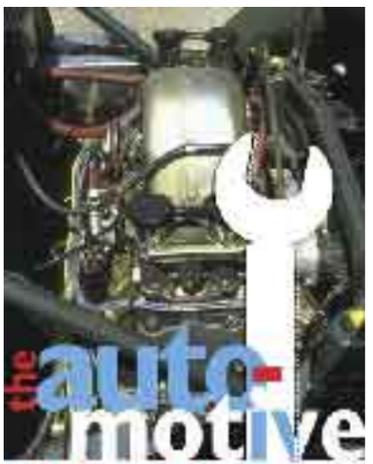


GOOD NEWS FOR SCIENCE FICTION FANS!
FarSpace television series DVD's available at your library.
 Eligible patrons may check-out these DVD's at no cost. For more information call Ms. Eva Cabañas, 787-707-3812.

Reference Information Online Courtesy of Army Libraries:

Active duty, Reserve and National Guard Soldiers, Department of the Army (including NAF) civilians, military and civilians retirees and their families can access online general library commercial reference databases through Army Knowledge Online (AKO) account. The 21 databases available are based on topics with multiple information and research resources, i.e. Facts for Learning, World Almanac for Kids, Student Resource Center and the Military and Intelligence database among others. They can be accessed through the Fort Buchanan Post Library public computers using your AKO account at www.us.army.mil. After logging in, click on Army Libraries under Self Service on the left side of the screen. Then click on the journals & eBooks link on the right side of the screen to open a new window, which will list the databases.

• A collection of over 25,000 books, educational/recreational videos, audio books, and a compact disc collection for all ages. • Book loans through the computer from libraries outside of Puerto Rico. • Internet services for research and work, including Encyclopedias, Word Processing Programs, ProQuest, SIRS and NewsBank. • Check-out movies in VHS or DVD's for authorized patrons at no cost. • Portable CD Players w/ headphones can be checked-out for use inside the Library (for ID card holders).



the auto-motive skill center at Fort Buchanan
 • do your own minor repairs
 • maintain your car
 • AACA stickers
 • PR Vehicle Inspections
 Open Tuesdays - Fridays 9 am - 6 pm
 Saturdays 8 am - 5 pm
 Sunday, Mondays and Holidays closed
 • Clear up time (2 hour before closing time)
 For details call 787-707-3972

Planning a party?

The Community Recreation Division has four picnic areas available for group activities at a nominal fee. The Cabaña Picnic Area is the largest facility that holds approximately 250 persons. It has a stage area, dance floor, enclosed area for food serving and restrooms. Facilities are available from Monday - Sunday, 6 a.m. to 11 p.m. A refundable deposit is required. Please have date and alternate date ready when making reservations. Reservations must be made in advance at Equipment Checkout, Bldg. 67, 787-707-3734, Mondays and Fridays 8 am - 5 pm; Saturdays 8 am to 12 noon.



Cabaña Picnic Area



Preschool Story Time along with a Craft

Introduce your child to the fun of reading. The 2nd and 4th Wednesday of each month from 3 to 4 p.m. Participating children engage in lively programs consisting of stories, arts and crafts, finger plays, and reading games. **CALL THE LIBRARY TO SIGN-UP.**
Dental Hygiene (13 Oct)
 To increase awareness of preventive oral health, a dental hygienist will offer a talk to our children.
Halloween Decorations (27 Oct)
 Be prepared to make an entire colony of Bat Clips!
Parents must stay in the library while story time is in session.



Rent the Equipment you need...

At Equipment Checkout, located at Bldg. 67, Fort Buchanan, you can rent a wide range of equipment and tools for many of your needs. Save by renting at nominal fees. For details visit or call Equipment Checkout at 787-707-3734, Mondays and Fridays 8 am - 5 pm (4:30 pm to pick-up or return items); Saturdays 8 am to 12 noon.

Army Family Team Building (AFTB)

AFTB Level III English
13 - 15 October, 8 am - 2 pm
 at ACS, Bldg. 1019, Buchanan Heights. For details call 787-707-3290.

Exceptional Family Member Program

EFMP Activity
Theme: "Managing Pain."
 Tuesday, 26 October 1:30 - 3 pm at ACS Conference Room, Bldg. 1019, Buchanan Heights. For details call 787-707-3295.

Family Advocacy Program



Family Advocacy

"Army Families are Essential to Readiness"

The Family Advocacy Program has the mission to promote family well-being. We can help find positive ways to create and maintain healthy and happy military families.

• Annual Mandated Training (IAW AR 608-18)

Covers definition of domestic violence, reporting procedure, education and treatment resources for families and soldiers.
 (1) Family Violence Awareness/Prevention for Military/Civilian Personnel
 (2) Recognizing and Reporting Child Abuse/Neglect for ACSS and
 (3) Family Advocacy Commander's Training Course (FACT): Family Violence Prevention for Unit Commanders and First Sergeants

New Parent Support Program (NPSP)

If you are an expectant parent or are a parent of children ages 3 or younger, please call NPSP for information and events. You will receive an information package and a FREE "Stops Crying: Heartbeat Musical Therapy" CD or cassette. For information, please contact Ms. Wilda Díaz, FAPM at (787) 707-3709 or wilda.diaz@buchanan.army.mil

Army Community Service

Director: Mr. Rafael Gilestra
 Tel. 787-707-3292
 7 am - 4:30 pm

Relocation Readiness

Health Local Info. Tour
 Friday, 8 October, 8:30 am - 12:45 pm, meeting at ACS Bldg. 1019, Buchanan Heights. This is a mandatory tour for all newly arrived soldiers. Family members are highly encouraged to attend. A briefing from TRICARE and Health Clinic staff will be presented from 8:30 - 9 am. A tour will follow, with a drive by local hospitals, including "Clínica Las Américas." **Don't wait until an emergency arrives! Know how to get around to your nearest Tricare network hospital.**

Military Sponsorship Training
 Thursday, 14 October, 1:30 - 3:30 pm at Bldg. 1019-D Buchanan Heights. Training provides knowledge and information on being an effective sponsor. Handbooks and guidebooks make sponsorship an easy task.

Farmers Market Trip to San Sebastián

Friday, 15 October, 7:30 am - 5 pm, leaving from the Welcome Center, Bldg. 152 at 7:30 am. Fresh produce and specialty bargain shops to visit. For details call 787-707-3682/3697.

Returning Stateside Smooth Move

Friday, 22 October, 2-3 pm at ACS, Bldg. 1019. When you arrived to Puerto Rico, you may have experienced some "culture shock" the first few months. Since then you have adjusted, but now you are returning to the States. Whether to "go back home" or start a new tour, you may again experience some cultural changes. This orientation will not only help you prepare for "REVERSE CULTURAL SHOCK," but it will provide you with detailed information that can assure you a smooth move.



Fort Buchanan AFAP (Army Family Action Plan) Conference • 8 - 10 November at Fort Buchanan Community Club, 8:30 am - 4 pm

Everybody is eligible to submit issues concerning "Quality of Life". Write your issues no later than 4 November, using the AFAP Issue Form, and drop them at the AFAP Issue boxes. Boxes are located at the Post Office, Commissary, PX (AAFES Main Store), Community Club, Welcome Center, and Army Community Service. **You may also participate in the AFAP Process by volunteering to be:** Delegate, Facilitator, Recorder, Issue Support Person, or Computer Transcriber.

Financial Readiness Program Classes

The purpose of these trainings is to provide participants with practical approaches to financial management issues, to help them gain control over their finances, and to learn to manage money effectively.

Principles of Personal Finance
 Wednesday, 6 October

Planning & Budgeting
 Wednesday, 13 October

Banking & Checking Accounts
 Wednesday, 20 October

Classes from 10 - 11:30 am at ACS, Bldg. 1019. For details call Ms. Doris Planas at 787-707-3310



Cross Cultural Cooking Class for Volunteers and Community

Friday, 29 October, 10 am - 1 pm at ACS Conference Room, Bldg. 1019, Buchanan Heights. Sponsored by the Relocation Readiness and the Installation Volunteer Programs.

For more information call Ms. Adria Lucca at 787-707-3682/3697. Reservations required.





Our Mission is Caring...

- CYS Chief, Dr. Irma Julia, Tel. 787-707-3399
- CDS Coordinator, Ms. Carmen Dieppa, Tel. 787-707-3598
- SAS Director, Ms. María Martínez, Tel. 787-707-3468
- MSP Rec. Specialist, Ms. Carmen Ortiz, Tel. 787-707-3783
- Teen Center Rec. Spec., Ms. Mildred Pérez, Tel. 787-707-3826/3822
- CLEOS, Mr. Joseph Marton, Tel. 787-707-3432
- Supervisor Recreation Specialist YS, Ms. Mara Clemente, 787-707-3434
- Family Child Care (FCC) Director, Ms. Carmen T. Rivera, 787-707-3269

707-KIDS A hotline to express your concerns or alert the School Liaison Officer and the Command of issues related to our youth. A way for the community to support our youth.

Registration for the Youth Soccer Season

4 October through 9 November, from 7:30 am - 4 pm at CYS Central Registration, Bldg. 1020, Buchanan Heights.

Lights After School Activity

14 October, 4 - 6 pm at SAS, Bldg. 148. A series of events and games to create awareness of the importance of safe, fun, and supervised activities for our school-age youth.

Teen Dance

22 October, 7 - 10 pm at the Community Club's Beamers Disco. \$5 per student.

Middle School Program Dance

29 October, 7 - 10 pm, at Antilles Middle School Cafeteria. \$3 per student. You may dress as yourself, or wear your favorite costume!

Autumn Festival

Saturday, 30 October, 2 - 5 pm at the Cabaña Picnic Area.

NEED A BABYSITTER?

CYS has certified 8 babysitters. For more information contact the Outreach Services at 787-707-3787 or visit our office at Buchanan Heights Bldg. 1020, Buchanan Heights.

UNAUTHORIZED CHILD CARE

Unauthorized child care is defined as care provided to children in Government quarters more than ten hours per week regardless of the number of children served. The Army has a responsibility to balance the abilities of families to rely on one another to meet their short-term child care needs while protecting the safety and well-being of children. There is a difference between watching children a few hours each week and providing child care services as a profession. National studies show that training and outside monitoring are two key indicators of providing quality care to children in regularly scheduled child care settings. Therefore, a 10 hours child care limit has been established to protect from being in unregulated child care settings on an on-going basis. For more information on unauthorized child care in Fort Buchanan, contact Mrs. Carmen Dieppa, CDS coordinator at 787-707-3598.

Child & Youth Services Registration by Appointment

To better serve our customers the CYS Central Registration Office now operates Monday to Friday from 7:30 am to 4:30 pm via appointments. Please call and make an appointment to register for a youth program in the community! Please visit us at Building 1020, Buchanan Heights, or call us at: 787-707-3787.



TEEN CENTER OPEN HOUSE



Our Teen Center youth and staff hosted an Open House on September 10. It was an amusing experience for both parents that attended as well as their youth. Our friendly and efficient "hosts" pose for the pictures above and at left.

COMING IN NOVEMBER...

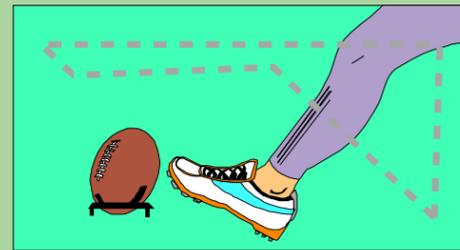
- 4 H's Initiation at CYS
 - Military Family Month Luncheon at CDC
- More details to come...

IT PAYS TO CHOOSE QUALITY: WHAT DO YOUR CARE FEES BUY?

- Peace of mind, knowing your child is happy, involved, and safe while you are at work.
- Loving, supervised care.
- Continuous opportunity for your child to socialize with other children
- Trained, qualified staff who often possess national credentials
- Meals and snacks approved by the USDA food Program
- Learning activities through the day which promote school readiness and foster growth.
- Precautions to guard against possible child abuse
- Opportunities for parents to learn about child development.

Fort Buchanan

FLAG FOOTBALL season



Registration Deadline: 11 Nov '04

- League starts on 23 November • 6 pm at Maxie Williams Field
- Coaches Meeting on 17 November • 3 pm at the Fitness Center
- Fees: Army AD Free
Other military \$250
Other Authorized \$300
ID Sponsored Teams \$400

For details call the Sports Office at 787-707-3277

THANKSGIVING turkey trot 10k

Coming-up on Saturday, 13 November, 4:30 pm at the Fitness Center, Bldg. 167. For ages 15 and above. Awards for top 3 in each category. T-shirts for the first 84 to register. Registrations: \$5 AD/Family, \$8 others (day of race: \$3 additional).



Fort Buchanan Judo Club
Mon & Wed • 7 - 8:30 pm. **Instructor:** Sensei, William Díaz (2nd Degree Black Belt)
Fee: \$35 monthly per student.
For more information call Juan Sanfeliz Jr. at 787-707-3277,
e-mail: juan.sanfeliz@buchanan.army.mil

Fitness Ongoing Programs:



Spinning Class:
Tuesday & Thursday, 5:30 am.
Wednesdays, 6 pm
Mon - Thu, 12 noon & 4:30 pm
Saturdays, 1 pm

Civilian Wellness Program:
DoD employees are authorized work time up to 3 days per week, 1 hour a day, for 6 consecutive months to participate (once during employee's career). Enrollment at the Fitness Center, Bldg. 167, with medical certificate signed by a doctor, supervisor's authorization, and the health risk questionnaire. For information call 787-707-3767.

Group Fitness, Aerobic Class:
Monday and Thursday 5:30 pm. 60 Mins. with instructor David Yourch. Tuesdays: Body Toning Class, 5:30 pm. For details call 787-707-3767.

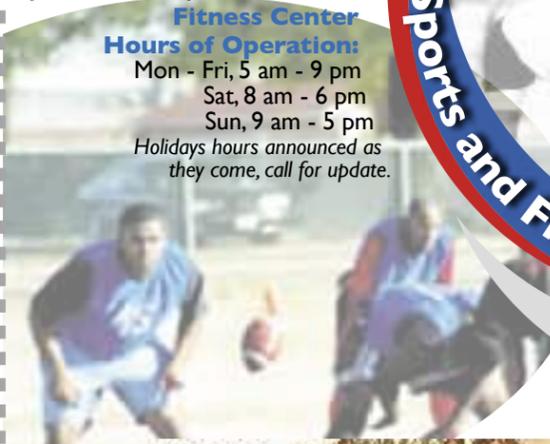
Walking Program:
Enjoy the benefits of walking! Tuesdays and Thursdays at 5:30 pm.

Pick-up Basketball:
Monday thru Friday, 3:30 - 5:30 pm

Fort Buchanan Fitness Center & Sports Program

Sports Director: Luis Robles, 787-707-3277
Fitness Center Manager: Roberto Fernández, 787-707-3767
Sports Specialist: Juan R. Sanfeliz, Jr., 787-707-3277

Fitness Center Hours of Operation:
Mon - Fri, 5 am - 9 pm
Sat, 8 am - 6 pm
Sun, 9 am - 5 pm
Holidays hours announced as they come, call for update.



Challenge

indoor cycling & stability ball

CORE EXERCISES
These swiss (stability) ball exercises are designed to strengthen the muscles that support the spine from the low back to the upper back, in front and in back. The muscles targeted include the abdominal, chest and back muscles.
water is required

October 18, 2004
4:30 - 6 pm
at Fitness Center

For more information call the Fitness Center at 787-707-3767



Golden Age Program:
For patrons 50 years of age or over. Socialize and enjoy physical activities. Tuesdays and Thursdays from 9 - 10 am. Medical certificate required. Sign-up at the Fitness Center 787-707-3767.



Racquetball Challenge:
Mon thru Fri • 11 am - 1 pm
Tuesdays & Thursdays 4 - 7 pm
During these hours participants sign-up to challenge the winner of preceding games. Racquetball court is open to all participants; no individual reservations made during this period. For details call 787-707-3767.

Sports and Fitness

