

FORT BUCHANAN

El Morro

NEWS AND EVENTS • AUGUST 2015

Live & Explore
Vol. 1 Issue 8



COL Harvey takes command
of USAG Fort Buchanan

See pages 4-5



Garrison Commander

Col. Michael T. Harvey

Garrison Command Sergeant Major

Command Sergeant Major Luis A. Rosario

Deputy Garrison Commander

Lt. Col. Joseph M. Dreksler

Deputy to the Garrison Commander

William S. Leyh

Public Affairs Officer

Grissel Rosa

Command Information

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Community Recreation Division

Chief: Mr. Michael J. Carlomany,

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From the Garrison Leadership From the Garrison Commander



Command is a privilege and I don't take it lightly. There are very few opportunities to command and it's a huge honor to lead this fine garrison staff. First and foremost, I thank God for being my mentor, my family – Laura, Dale, Katelyn, Courtney and Josh - for their support, as well as my fellow Soldiers and officers for their coaching, teaching and mentorship throughout my career. To our Senior Mission Commander, Maj. Gen. Janet L. Cobb, and IMCOM Atlantic Region Director, Mr. Davis D. Tindoll, Jr. I humbly accept this responsibility, along with this fine team that I confidently know they will be behind me as we will grow our strategic partnerships, enhance our strategic communications and refine our strategic plan. In doing so, I ask all for your patience in teaching me "español" and I will patiently teach y'all hillbilly English. I'm just a "jibarito" from Piney Flats, Tennessee, raised in "el campo", proud of my family and the values they instilled in me, just like you – to be honest and treat others the way we would want to be treated. To Fort Buchanan's team I ask you one thing, do one kind act to everybody, every day and we are going to get along great. We are going to do great things. That way we will show our community commitment, pride and resilience. Join me because "Juntos podemos lograr mucho". Gracias a todos por compartir este momento tan importante. Dios les bendiga a ustedes y sus familias our great Army, and our great nation.

From the Garrison Command Sergeant Major



Please join me in giving a warm welcome to COL Harvey, Laurie and their family to the Fort Buchanan Community. COL Michael T. Harvey officially took command of our installation on a change of command ceremony celebrated on the 30 July. He and his family come to us from Fort Bragg, NC where he worked as Assistant Chief of Staff for G-4 at the United States Army Civil Affairs and Psychological Operations Command (Airborne). Throughout his career he has occupied a myriad of leadership and staff positions all around the United States. Let us demonstrate to the Harveys our Puerto Rican hospitality.

In another topic, I would like to emphasize the importance of the Interactive Customer Evaluations (ICE) system. This system allows you, the customer, to let us know how well or how we can improve what we are doing. It is also use to recognize those employees the made that extra effort to satisfy your needs, or those members of our workforce who need a little extra customer service training. We have different kiosks or computer terminals available throughout the installation. We also have a link in our website that will give you quick access to this valuable system. Once in the ICE main page, pick the service or facility you will like to evaluate, answer a few questions and/or write your comments and click on submit. We, at the command group, review these comments on a weekly basis and take necessary action as needed. So, if you have a comment, a complaint, accolades, ideas and/or a concern; we want to hear from you. Always ready to support and serve, God bless.

From the top

Army to realign brigades, cut 40,000 Soldiers, 17,000 civilians

C. Todd Lopez

WASHINGTON (Army News Service, July 9, 2015) -- By the end of fiscal 2018, the active Army expects to have drawn down in size from 490,000 to 450,000, said Army officials during a press conference at the Pentagon, July 9. The service will also shrink the size of several brigade combat teams and will cut 17,000 civilian employees.

"These are incredibly difficult choices," said Brig. Gen. Randy George, director of force management for the Army. "The Army followed a long and deliberate process that included utilization of a [Government Accountability Office]-endorsed military value analysis process, and an inclusive total Army analysis, in order to determine the best construct for the Army, based on the threats we face and the current fiscal environment we must operate in."

The most-recently announced cuts will heavily affect six installations, where more than 1,000 Soldiers will be cut. These locations include 3,402 Soldiers on Fort Benning, Georgia; 3,350 Soldiers on Fort Hood, Texas; 2,631 Soldiers on Joint Base Elmendorf-Richardson, Alaska; 1,251 Soldiers on Joint Base Lewis-McChord, Washington; 1,214 Soldiers on Schofield Barracks, Hawaii; and 1,219 Soldiers on Fort Bliss, Texas.

During the press conference, the Army provided a list of 30 installations - including those six - where changes would be made. Communities outside those installations will regrettably be affected, by the changes, George said, but "the Army has to operate within the budget provided. Part of doing that is restructuring and reorganizing to be able to accomplish the Army's mission in the best manner possible."

Cuts to the force will come from reductions of headquarters - focusing on two-star and above headquarters; the reduction of brigade combat teams; the Aviation Restructure Initiative; operational force design changes; and reduction to



The "Stone Gate" is shown on Benning Road on Fort Benning, Georgia. During a July 9, 2015 news conference, the Army announced that by the end of fiscal year 2018, the active Army expects to have drawn down in size from 490,000 to 450,000. Army officials also said the service will shrink the size of several brigade combat teams and will cut 17,000 civilian employees. At Fort Benning Ga., the 3rd Brigade Combat Team, 3rd Infantry Division, will convert to a maneuver battalion task force by fiscal 2017.

enabler and generating forces.

By the end of fiscal 2015, the force will be at 490,000 Soldiers; at the end of FY16, 475,000; at the end of FY17, 460,000; and at the end of FY18, 450,000.

With the latest reductions, the Army will try to use attrition as well, George said, and the slope of the drawdown will help with that. But with this drawdown, not all Soldier cuts will be able to come through attrition. Instead, the Army will need to continue officer and enlisted involuntary separations to meet the end-strength target of 450,000 Soldiers. There will also be early retirement boards. "We do expect that will happen."

Among civilians, there will be a 17,000-person reduction in fiscal years 2016 and 2017. The Army has said that these reductions can be achieved through attrition and by not filling currently unfilled positions. The Army has already cut the civilian workforce by 8,000. The additional 17,000 cuts will mean a total loss of 25,000 Army civilians by FY17.

SEQUESTRATION

If sequestration continues, the Army is expected to shrink further to about 420,000 Soldiers - a loss of an additional 30,000 Soldiers. George said that would happen after the recently-announced

cuts were completed, so they would begin sometime in 2019.

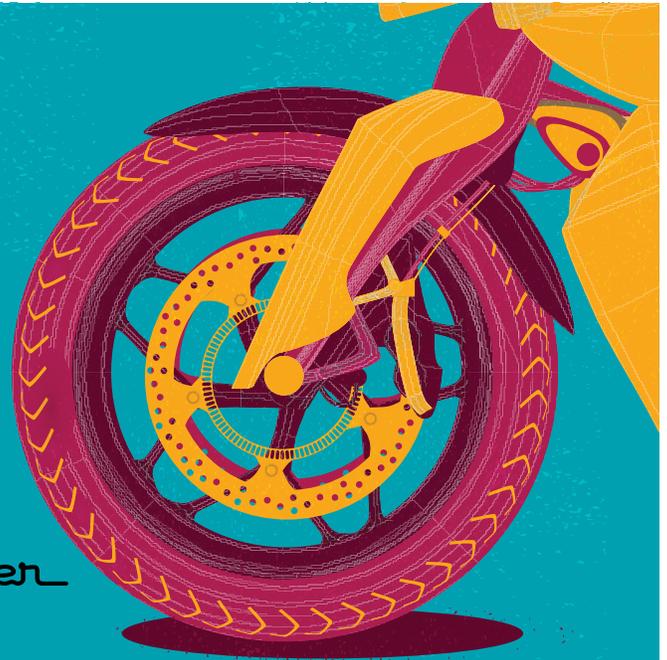
Citing earlier comments by the Army's chief of staff, George said that cuts below 450,000 Soldiers "would be significant risk" for the Army, in terms of meeting current combatant commander requirements and also "being ready for the unknowns."

Under current reduction plans, the "Total Army," which includes the active force, the Army National Guard and the Army Reserve, will drop to 980,000 Soldiers. That includes 450,000 active Soldiers, 335,000 Army National Guard Soldiers, and 195,000 Army Reserve Soldiers.

Were sequestration to continue unabated, the total Army end strength will drop by an additional 60,000 Soldiers. The Total Army would then stand at 420,000 active-duty Soldiers, 315,000 Army National Guard Soldiers, and 185,000 Army Reserve Soldiers.

This article has been edited for space requirements.

MWR IN ACTION!



Develop physical & mental skills needed to operate a motorcycle safely in real life traffic situations.

Basic Training Course

August Sat. 1 - Sun. 2
September Sat. 5 - Sun. 6

\$225.00 pp

Advanced Rider Course

August Sat. 8
September Sat. 12

\$110.00 pp

Classes held at Fort Buchanan's Motorcycle Safety Range, Bldg. 399. Motorcycles, equipment & books are provided for the class. Certificates provided at completion of the course. Limit of six students per class.

Classes open to Retirees, DoD Civilian Employees and Family Members 18 years of age and older. Registrations at Automotive Skills Center, Bldg. 159, Bayley Rd., Fort Buchanan. More details by calling 787-707-3972.

Military personnel training classes are available free of cost by contacting Mr. Luis Salazar at 787-707-2560 / 3853 / 2418 or by registering at <https://imc.army.mil/airs/>

FAMILY AND MWR EMPLOYEE HIGHLIGHT

Family and MWR, Marketing, Advertising & Commercial Sponsorship

Meet Neysa Maldonado

With over 30 years of service, Ms. Neysa Maldonado has proven herself to be an irreplaceable part of the MWR family. As an Illustrator in MWR's Marketing Department, Neysa loves what she does and it's easy to see. Always kind and eager to help, Ms. Maldonado greets challenges and general tasks alike: with a genuine smile and positive, can-do spirit. She has a lifelong passion for the arts and loves the creation and development aspect of her job. "When I start a project I get very involved. It's like, all I want to do is continue until it's done. Time stops around me." When asked why she chose a career in design, Neysa explains, "Sometimes I think that art chose me rather than I chose art." It seems to have chosen her indeed. Ms. Maldonado is sur-



Neysa Maldonado

rounded by it on all sides. Her eldest son, Edwin H. Maurás (24) is an artist. Omar E. Maurás, her 16-year-old son is the family's "art critic" and also enjoys creating works of art. Her two brother-in-laws, Manolo Acosta and Abner Gutiérrez are musicians, the latter member of the rock band, "Child". Award-winning graphic artist, Mayra Maldonado is her sister. Gabriel Beauchamp Hurtado, Neysa's cousin is a musician in the popular band "Macabeo".... The list goes on and on. Through her family, her home and her work, Neysa Maldonado truly exhibits the benefits of "living what you love". For Ms. Maldonado, that love has and will always be one thing: art.

COMMUNITY CLUB & CONFERENCE CENTER

Outdoor Salsa Night

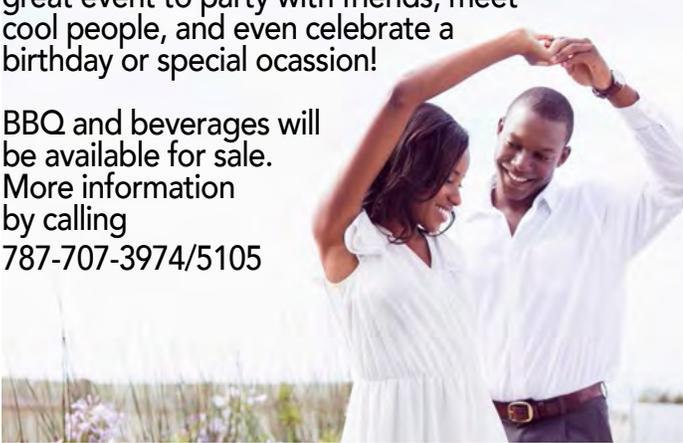
Put on your dancing shoes, come out and experience the magic of Salsa dancing to the rhythm of live band **Son D' Aquí**.

Join us on September 18th starting at 7:00 pm at the Community Club & Conference Center until 10:00 pm.

Free admission!

The perfect opportunity for those that recently completed their Salsa Dance Lessons to practice their newly acquired dancing skills! Also a great event to party with friends, meet cool people, and even celebrate a birthday or special occasion!

BBQ and beverages will be available for sale. More information by calling 787-707-3974/5105



Salsa

Dancing Lessons

Get a great workout and socialize! Salsa is all about the beat, JOIN NOW!
Basic & Basic Plus
TUESDAYS and THURSDAYS starting September 1st to the 17th, 6:30 pm to 8:30 pm at the Community Club.
\$30.00 per person.
Details at **787-707-3974/5105**

CINEMA CLUB

00000660 \$FREE

FRIDAYS OF AUGUST

7	6:00PM • ALOHA PG-13 • 105 MIN	21	6:00PM • POLTERGEIST PG-13 • 94 MIN
	8:30PM • MAD MAX FURY ROAD R • 120 MIN		8:30PM • ENTOURAGE R • 104 MIN
14	6:00PM • PITCH PERFECT 2 PG-13 • 115 MIN	28	6:00PM • SAN ANDREAS PG-13 • 114 MIN
	8:30PM • LITTLE BOY R • 105 MIN		

COMMUNITY CLUB
787-707-3535

Fort Buchanan's passing of the Colors

Grissel Rosa
Public Affairs Officer

Fort Buchanan conducted a Change of Command ceremony on July 30, 2015 in front of the garrison's headquarters building. During the ceremony Colonel Caryn S. Heard relinquished command of the United States Army Garrison Fort Buchanan to Colonel Michael T. Harvey. The Change of Command demonstrates that while there is change in the face of leadership, the Soldiers and Civilians remain steadfast to the mission.

Davis D. Tindoll, Jr., Director of the Atlantic Region of the Installation Management Command (above right) was the guest speaker for the event in which he highlighted the accomplishments of the outgoing commander, Col. Heard and welcomed the incoming commander, Col. Harvey.

"The center piece of IMCOM is the garrison and the individuals who lead this organization into success," said Tindoll. He described Col. Heard as one of the "leaders that are capable, innovative and motivated to handle the challenges of the garrison command." He added that, for the past three years Heard was up to those expectations specially dealing with significant challenges such as the unprecedented uncertainty of a sequestration, among other issues.

Tindoll emphasized that "integration and synchronization of installation services is hard work." But through planning and effective communication and by aligning the garrison goals and objectives with those of the Senior Mission Commander, Heard "made the job seem easy." She set the path for the continuous success of the garrison by setting "a standard that proved to be effective and efficient and a responsible organization capable of accomplishing its mission today as in the future."

The Atlantic Region Director provided some information on Col. Harvey's previous assignments and "extensive experience as a logistician." He also highlighted Harvey's military career and accomplishments. These back-

ground made him "ready to take on the challenges of running a small city," said Tindoll.

"The challenges are many but I am confident that you bring new energy and excellence to the garrison command of this army community of excellence," expressed Tindoll, who also recognized "the superb US Army Garrison team that make it happen each and every day." He had kudos for the garrison directors and stated "I am proud of your accomplishments. I realize you work hard to deliver extraordinary services and provide great facilities for the soldiers, family members and army civilians who work, live and train in this installation."

Col. Heard (right) reminisce on the day of her Change of Command ceremony on 3 July 2012, "that's when this journey started." She underlined the importance of establishing teams and relationships and recognized the hard work of the following: the tenants for their partnerships; and the following groups for their performance in customer service: Outdoor Recreation, Child, Youth and School Services and security guards, Environmental Division and Fire Department.

Heard concluded her remarks recognizing two individuals for their support during her command. CSM Simpson who helped her accomplish many things together and Mr. Leyh for his wealth of knowledge.

The incoming commander, Col. Michael T. Harvey (below right) started his remarks by thanking God for being his mentor and his family for keeping him squared away.

"Command is a privilege and I don't take it lightly. There are very few opportunities to command and it's a huge honor to lead this fine garrison staff," he said. He thanked Maj. Gen. Janet L. Cobb, Fort Buchanan Senior Mission Commander and Commanding General, 81st Regional Support Command and Mr. Tindoll for this assignment. "I humbly accept this responsibility, along with this fine team as we will aggressively continue to move forward on the path set by Col. Heard over the



Photos by José L. López, PAO

last three years. I confidently accept this challenge and know that the Fort Buchanan team will be behind me and we will grow our strategic partnerships, enhance our strategic communications and refine our strategic plan."

Col. Harvey concluded his message by asking Fort Buchanan's workforce to "do one kind act to everybody, every day and we are going to get along great. We are going to do great things. That way we will show our community commitment, pride and resilience."

To finish his remarks, Col. Harvey invited the community to join him to do more because "Juntos podemos lograr mucho" ("Together we can achieve more.")



A joint color guard rendered honors during the United States Army Garrison Change of Command Ceremony held July 30, 2015. Photo by José L. López, public affairs office



Nilsa Nuñez, surviving spouse of Cpl. Jason Nuñez presents the Fallen Heroes' Book to Col. Michael T. Harvey, Fort Buchanan garrison commander, during the commander's reception held July 30, 2015. Photo by José L. López, public affairs office



Col. Michael T. Harvey, Fort Buchanan garrison commander, joins his daughter Katelyn, son Dale, and wife Laura as they cut the cake during his reception held immediately after the change of command. Photo by José L. López, public affairs office



Military Working Dog Beno, L 381, Directorate of Emergency Services, takes his last walk escorted by his handler, Officer Efraín A. Laureano and fellow police officers during his retirement ceremony after eight years of service at Fort Buchanan. The ceremony was conducted July 30, 2015 at Ramos Hall, 1st Mission Support Command Headquarters Building.

Photo by José L. López, public affairs office

GOLF COURSE



Member & Employee Tournament

Saturday, August 22nd

9:00 am Shotgun Start

Format: 4 Person Scramble

Must have current GHIN index to participate.

Cost: \$35 Members, \$50 Guests

Includes: Tournament, Food, Drinks and Prizes. Registration deadline is Wednesday, August 22th at 5:00 pm.

See What We Have at the Pro-Shop!

Golf clubs, balls, training aids, shoes, gloves, bags & carts, clothing, hats & visors, gifts and accessories at Fort Buchanan's **Golf Pro-Shop**

Open Mondays thru Sundays

8:00 am thru 5:00 pm.

Call **787-707-3980/3559**

for more information

"It's good sportsmanship to not pick up lost golf balls while they are still rolling."

-Mark Twain

ACHIEVE GREAT RESULTS WITH OUR FIVE DAY LESSON PROGRAM!

SATURDAY SESSIONS

<p>AUG. 15 <i>Putting</i> at 10:00am</p>	
	<p>AUG. 22 <i>Chipping</i> at 10:00am</p>
<p>AUG. 29 <i>Pitching</i> at 10:00am</p>	
<p>SEPT. 12 <i>On the Golf Course</i> at 10:00am</p>	
	<p>SEPT. 5 <i>Full Swing</i> at 10:00am</p>

For more information **787-707-3980**

Package fee: **\$99.00**

First 8 students maximum to register and pay per session.

Bright & Early Breakfast Specials at the Golf Course

\$5.00 • Mondays - Fridays, 6:00 am to 10:30 am

Mondays

Two Eggs any Style with Ham & Potatoes with Toast

Tuesdays

Western Omelet with Toast

Wednesdays

Homemade Pancakes with Bacon

Thursdays

Two Eggs, Ham & Cheese Breakfast Hoagie

Fridays

Homemade French Toast with Sausage

All breakfasts include Coffee

787-707-3559



BOWLING CENTER

Fort Buchanan

6th Annual Open Bowling Tournament

23rd ANNIVERSARY



21, 22 and 23 August 2015

\$9,300 in Prizes!



ROUNDS

FRIDAY (TEAMS) 6:00 PM

SATURDAY 1:00 PM

SUNDAY 9:00 AM (DOUBLES)

AFTERNOON (ALL EVENTS LADDERS)

PRIZES FOR SENIORS (50+) AND LADDERS

ENTRY FEE

\$400.00 per TEAM

FORMAT HANDICAP 100% OF 200 BASE ON MAXIMUM SCORE OF 840 PER TEAM AVERAGE USE WILL BE AS OF JULY 30, 2015. TEAMS, DOUBLES AND ALL EVENT LADDER

Team Prizes

1st \$3,000.00
2nd \$1,900.00
3rd \$1,205.00

Doubles

1st \$550.00
2nd \$300.00
3rd \$200.00

Ladder (M&F & Seniors)

1st \$150.00
2nd \$125.00
3rd \$75.00

1st Perfect Game \$300.00

High Handicap Game \$50.00 each

2nd Perfect Game \$150.00

High Handicap Series (Male, Female, and Seniors) \$50.00 each

SPONSORED BY:

787-707-3272/2695
787-309-5210 TOURNAMENT DIRECTOR
luis.r.torres6.naf@mail.mil

THE U.S. ARMY DOES NOT OFFICIALLY ENDORSE SPONSOR. CHOOSE A DESIGNATED DRIVER, DO NOT DRINK & DRIVE.



Afternoons for Family Good Times

The Bumper Cars and Bouncing Inflatables have been such a success that they will continue during the month of August at the Community Club's parking area every Thursday and Friday starting at 5:00 pm, free of cost.

Now that school starts again, what a better way to unwind from work/school with outdoor recreation, BBQ, and on Fridays, DJ Music and Free Movies. Be sure to bring your Family for some fun time!

More details by calling 787-707-3974/5105.



WITH BARON LOPEZ

Saturday, September 12th

9:00 pm - 2:00 am
at the Community Club & Conference Center.

Purchase eight tickets in advance and reserve a table. Perfect to celebrate birthdays and special occasions!

Admission: \$10.00 per person includes one drink.

Doors open at 8:00pm

787-707-3974/5105



Legal Corner

The Servicemembers Civil Relief Act (SCRA) website will help you determine if an individual is/was actively serving on active duty, or received a notice to serve, on a given date.

If you need to learn if an individual was actively serving, received a notice to serve, or was serving 367 days prior to a given date (e.g., loan date, default date, foreclosure date, etc.), you can specify the 'Active Duty Status Date', and the website will provide you with the information you need as to the status of the individual on that date.

Overview

The Servicemembers Civil Relief Act (SCRA) (50 USC App. §§ 501 et seq, as amended), formerly known as the Soldiers' and Sailors' Civil Relief Act of 1940, provides important safeguards to members on active duty status in the area of financial management, including rental agreements, security deposits, evictions, installment contracts, credit card interest rates, mortgages, civil judicial proceedings, income tax payments, etc. As a financial service provider, this website will help you verify if an individual is eligible for the provisions of SCRA.

This document is intended to be used with the Defense Manpower Data Center (DMDC) SCRA website. The website supports laws and privileges related to active duty Service members and are free to the public.

The website will enable you to input identifying information along with a specific Active Duty Status Date and determine if the individual:

- ◆ Is on active duty on the date in question
- ◆ Has left active duty within 367 days of the date in question, or
- ◆ Has been notified of call-up to active duty before the date in question.

Website: <https://www.dmdc.osd.mil/appj/scra/welcome.xhtml>

If you need legal advice on ethics principles applicable to federal employees, and you are a federal civilian employee of the U.S. Army working at Fort Buchanan, please feel free to call the Installation Legal Office at 787-707-5163.

Chaplain's Corner

When I was in elementary school I had a year of Spanish. All I can remember from that experience is "hola Juan" and at Christmas singing "tod' el mundo, contact, contact" imagining spinning the propeller of a WWI barnstormer to go after the Red Baron in a dogfight. In high school I was exposed to French because it was the language of propriety, the "haut culture" our mamas wanted us to have. I don't remember much past "mon sewer" which they told me was the proper pronunciation of "monsieur" again with the appropriate images.

In college I ambitiously took Latin and found some immediate utility in knowing that the plural of stadium is "stadia" and a few handy phrases such as "quid pro quo" and "e pluribus Unum." Am I fluent? Not even close. In seminary I enrolled in koine Greek, and while I am proud to know the Greek alphabet, I can't translate much New Testament. I rarely use it.

The one language I gained fluency in is German (my wife, a native speaker, may disagree). I never studied it outside the occasional self-help book and a couple of conversational classes at the Goethe Institute. I never had any interest in it outside the war movies I loved which always had subtitles. The few words that had filtered into English were enough for me: Gesundheit, Kaput, Ja, Nein.

I remember the months of struggle when I wanted so desperately to understand what they were saying and wondering why they talked about me all the time? It was like being in a dark room when finally someone turns up the dimmer switch and suddenly you can see. How wonderful to understand and how disappointing to realize the conversation was not about you.

Why did German take when no other language did? (I have not given up on Spanish: Aprendo despacio!) "The best place to learn a language," say the French, "is on a pillow." It may be a bit exaggerated, but there is a kernel of truth. You have to have a compelling reason, or even better, a compelling person to provide the necessary incentive. Mine came in the form of a most interesting girl from Bochum, Germany whose thoughts and words I wanted so desperately to share.

Language might well be a metaphor for connection, for making friends and for finding your place in the community. It requires effort, but more than that, you have to want it. There are a thousand reasons to be elsewhere, and you have to decide if you want to be here. Fitting in is more than luck or probability: it takes both effort and risk. Nothing like thinking you are asking for the check and discovering you just insulted the waiter's mother. Native speakers are very forgiving, however, and so are people when they know you care and are trying. There is risk involved, but there is also great reward. You just have to want it.



Chaplain Crawford
787-707-3405



The Inspector General Informs

Getting to know Army Regulation 58-1 "Management, Acquisition, and Use of Motor Vehicles"

Many government agencies have government-issued vehicles assigned to them. They assist in accomplishing the government mission and are a vital tool in the commander's toolbox. Army Regulation 58-1, "Management, Acquisition, and Use of Motor Vehicles" spells out exactly how these vehicles are to be used and implemented in the mission of each agency.

Regulations for government-issued nontactical vehicles:

- Only used for official business
- Not used for personal errands
- Not used for transportation of dependents or visitors without permission
- Not to be parked in front of The Exchange, Commissary, vendors, bowling alley, etc.
- Not to be at a domicile unless authorized by AR 58-1 (exceptions for SEC ARMY, Army COS, etc.)

Army Regulation 58-1 reads: (2-4, c) "Government vehicles must not be used for transportation to or be parked at commissaries, post exchanges (including all concessions), bowling alleys, officer and noncommissioned officer clubs, or any nonappropriated fund activity unless personnel using the vehicles are on official government business or temporary duty travel (TDY)." Violations will be submitted to the command.

If a violation is noticed please contact the chain of command or the Inspector General's office at:

81st RSC Inspector General Office
 1300 Mayaguez Barracks Road, Suite A
 Fort Buchanan, Puerto Rico 00934
 Phone: 787-707-3257

For further information, consult AR 58-1



Photo courtesy DHR

Orlando García (fourth from right), joins fellow graduates for a photo during the Director of Human Resources (DHR) Signature Course.

FB participates in DHR Signature Course

José L. López
 Public Affairs Office

A Fort Buchanan employee participated in training held July 15-19, at the Installation Management Command Academy, Fort Sam Houston, Texas.

Orlando García, chief, Military Personnel Division, Directorate of Human Resources, graduated from the Director of Human Resources (DHR) Signature Course. This training is provided to those with high potential and "aspiration" to be DHRs.

Karen M. Perkins, G1, director of human resources, US Army Installation Management Command, wrote to the garrison here in an e-mail, "This course is designed to provide an overview for garrison DHRs to effectively provide the full spectrum of services in support of the military and civilian human capital programs at Army installations. With each class, the staff updates the POI to ensure the most relevant information is being taught."

Perkins reiterated that this training allows participants to collectively apply critical thinking skills to human resource management challenges, identify and employ service delivery strategies, and administer/manage resources.

Upcoming Events

Labor Day

Sept. 7

Patriot Day

Sept. 11

Suicide Prevention Week

Sept. 7-13

POW/MIA Recognition Day

Sept. 18

FAMILY MWR EVENTS

August 2015



Back to school!



SAT 1



Stand Up Paddle Boarding Tutorials
@ 7am 787-707-3734

Softball Weekend Tournament
@ Cabaña Softball Field 9am 787-707-3767

Customer's First Choice, new books and DVD's
@ Post Library 10am

Every Saturday:
- Yoga 9am at Cabañas Picnic Area
- Cycling Class 10:30am at Fitness Center 787-707-3767

Motorcycle Basic Safety Training @ Bldg.399
Register @ Automotive Skills Center 787-707-3972

SUN 2



Softball Weekend Tournament
@ Cabaña Softball Field 9am 787-707-3767

Every Sunday Family Bowling
from 1pm to 5pm, 787-707-2695

Motorcycle Basic Safety Training @ Bldg.399
Register @ Automotive Skills Center 787-707-3972

MON 3



Every Monday Oil Change for \$8.00 at the Automotive Skills Center 787-707-3972

Cycling Class
12:00pm/4:30pm/6:00pm, @ the Fitness Center, 787-707-3767

Mondays thru Thursdays Teen Bowling Special @ Bowling Center, 3 pm – 5 pm 787-707-2695

TUE 4



Every Tuesday Cycling Class at Fitness Center
5:30am/12pm/4:30pm 787-707-3767

Every Tues. & Thursday BINGO at the Club
6pm, 787-707-3535

Youth Basketball Season Ongoing till Sept.4
@PSC Bldg. 1301-G 787-707-3787/3434

WED 5



Every Wednesday:
-Out of the Box 9am at the Fitness Center
-Mat Pilates 7pm at Cabañas Picnic Area 787-707-3767

Wed. to Fri. Lunch -A- Bowl @ Bowling Center,
11 am – 1 pm, 787-707-2695

MFLC Educational Groups for Families at the Chapel Annex Bldg.292 2pm to 3pm 787-685-3423

THU 6



ACS Dealing with Family Stress and Anger,
10:00am-12:00pm, 787-707-3698

BBQ at the Club, 4:00pm 787-707-3535

Bump & Blast Summer Blast
@ The Community Club 5pm-9pm

FRI 7



Wed. to Fri. Lunch -A- Bowl @ Bowling Center, 11 am – 1 pm, 787-707-2695

BBQ at the Club, 4pm 787-707-3535

EVERY Friday Taekwondo Classes,
4pm-6pm, 787-707-3878/3541

Bump & Blast Summer Blast
@ The Community Club 5pm-9pm

Cinema Club @ Community Club
6:00pm - Aloha • PG-13
8:30pm - Mad Max Fury Road • R
787-707-3535

DJ Music at the Zone 7pm, 787-707-3535

SAT 8



Ponce Beach Family Day (Kayaking/Paddle Boarding/snorkeling) @ 7am 787-707-3734

Every Saturday :
- Yoga 9am at Cabañas Picnic Area
-Cycling Class 10:30am at Fitness Center 787-707-3767

EVERY Saturday
Mighty Mites Taekwondo Classes, 9am-10am, 787-707-3878/3541

Perimeter Road Challenge @ Fitness Center
5pm 787-707-3767

Motorcycle Advanced Safety Training @ Bldg.399
Register @ Automotive Skills Center 787-707-3972

SUN 9



Every Sunday Family Bowling
from 1pm to 5pm, 787-707-2695

MON 10



Every Monday Oil Change for \$8.00 at the Automotive Skills Center 787-707-3972

MFLC Outreach Services 9am-12pm,
Exchange, and Welcome Center, 787-707-3709

Cycling Class
12:00pm/4:30pm/6:00pm, @ the Fitness Center, 787-707-3767

Mondays thru Thursdays Teen Bowling Special
@ Bowling Center, 3 pm – 5 pm 787-707-2695

TUE 11



Computer Orientation
@ the Post Library, 10am 787-707-3208

Every Tuesday Cycling Class at Fitness Center
5:30am/12pm/4:30pm 787-707-3767

Every Tues. & Thursday BINGO
at the Club 6pm, 787-707-3535

WED 12



Every Wednesday:
-Out of the Box 9am at the Fitness Center
-Mat Pilates 7pm at Cabañas Picnic Area 787-707-3767

Wed. to Fri. Lunch -A- Bowl @ Bowling Center,
11 am – 1 pm, 787-707-2695

MFLC Educational Groups for Families at the Chapel Annex Bldg.292, 2pm to 3pm 787-685-3423

Story Time "Balloons" @ Post Library
3pm 787-707-3208

THU 13



BBQ at the Club 4pm 787-707-3535

Bump & Blast Summer Blast
@ The Community Club 5pm-9pm

MFLC Beyond the Loss for Military Families
at Chapel Annex Bldg 292 6pm 787-685-3423

FRI 14



Military & Family Life Counselors Program Outreach Services at the Exchange
11am- 1pm 787-685-3423

EVERY Friday Taekwondo Classes,
4pm-6pm, 787-707-3878/3541

BBQ at the Club, 4pm 787-707-3535

Bump & Blast Summer Blast
@ The Community Club 5pm-9pm

Cinema Club @ Community Club
6:00pm - Pitch Perfect 2 • PG-13
8:30pm - Little Boy • PG-13
787-707-3535

DJ Music at the Zone 7pm, 787-707-3535

SAT 15



Botanical Garden and Guavate Tour
@ 8:30am 787-707-3734

Every Saturday :
- Yoga 9am at Cabañas Picnic Area
-Cycling Class 10:30am at Fitness Center 787-707-3767

Flea Market @ Exchange Parking Lot
10am-4pm 787-707-3974/5105

EVERY Saturday
Mighty Mites Taekwondo Classes,
9am-10am, 787-707-3878/3541

Golf Ready Lessons @ Golf Course
10am/787-707-3980

SUN 16



Flea Market @ Exchange Parking Lot
10am-4pm 787-707-3974/5105

Every Sunday Family Bowling
from 1pm to 5pm, 787-707-2695

MON 17



Every Monday Oil Change for \$8.00 at the Automotive Skills Center 787-707-3972

Cycling Class
12:00pm/4:30pm/6:00pm, @ the Fitness Center, 787-707-3767

Mondays thru Thursdays Teen Bowling Special
@ Bowling Center, 3 pm – 5 pm 787-707-2695

TUE 18



Computer Orientation @ the Post Library,
10am 787-707-3208

Tue thru Fri: New Lunch Offers @ the Club,
11 am -1 pm 787-707-3535

Relocation Readiness Program
Conversational English Course, 1:30pm-3:00pm
787-707-3682/3804

BINGO Every Tues. & Thursday at the Club
6pm, 787-707-3535

WED 19



90 Minute Out of the Box Challenge
@ Fitness Center 9am 787-707-3767

90 Minute Indoor Cycling & Running
@ Fitness Center 4:30pm 787-707-3767

Adult Volleyball League registration deadline
@ Fitness Center 787-707-3767

MFLC Educational Groups for Families at the Chapel Annex Bldg.292 2pm to 3pm 787-685-3423

Mondays thru Thursdays Teen Bowling Special
@ Bowling Center, 3 pm to 5 pm 787-707-2695

THU 20



BBQ at the Club, 4pm 787-707-3535

FAP Dealing with Separation, Losses, Grieving & Empty Nest Syndrome, Post Chapel Annex,
787-707-3709/3804

Bump & Blast Summer Blast
@ The Community Club 5pm-9pm

Federico's 90 Minute Indoor Cycling Birthday Challenge @ the Fitness Center
4:30pm 787-707-3767

FRI 21



BBQ at the Club, 4pm 787-707-3535

EVERY Friday Taekwondo Classes,
4pm-6pm, 787-707-3878/3541

MFLC Beyond the Loss for Military Families at
Chapel Annex Bldg 292 6pm 787-685-3423

Bump & Blast Summer Blast
@ The Community Club 5pm-9pm

Cinema Club @ Community Club
6:00pm - Poltergeist • PG-13
8:30pm - Entourage • R
787-707-3535

DJ Music at the Zone 7pm, 787-707-3535

6th Annual Open Tournament Bowling
@ Buchanan Bowl 787-707-3272/2695

SAT 22



Caja de Muertos Island Adventure
@ Ponce 6:00am 787-707-3734

Member & Employee Tournament
@ Golf Course 9am 787-707-3980

Golf Ready Lessons @ Golf Course
10am/787-707-3980

Every Saturday :
- Yoga 9am at Cabañas Picnic Area
-Cycling Class 10:30am at Fitness Center 787-707-3767

EVERY Saturday
Mighty Mites Taekwondo Classes,
9am-10am, 787-707-3878/3541

6th Annual Open Tournament Bowling
@ Buchanan Bowl 787-707-3272/2695

SUN 23

Every Sunday Family Bowling from
1pm to 5pm, 787-707-2695

6th Annual Open Tournament Bowling
@ Buchanan Bowl 787-707-3272/2695

MON 24



Every Monday Oil Change for \$8.00 at the Automotive Skills Center 787-707-3972

Cycling Class
12:00pm/4:30pm/6:00pm, @ the Fitness Center,
787-707-3767

Mondays thru Thursdays Teen Bowling Special
@ Bowling Center, 3 pm – 5 pm 787-707-2695

TUE 25



Computer Orientation
@ the Post Library, 10am 787-707-3208

Every Tuesday Cycling Class at Fitness Center
5:30am/12pm/4:30pm 787-707-3767

BINGO Every Tues. & Thursday at the Club
6pm, 787-707-3535

WED 26



Wed. to Fri. Lunch -A- Bowl @ Bowling Center,
11:00 am – 1:00 pm, 787-707-2695

Mondays thru Thursdays Teen Bowling Special
@ Bowling Center, 3 pm to 5 pm 787-707-2695

THU 27



BBQ at the Club, 4pm 787-707-3535

Bump & Blast Summer Blast
@ The Community Club 5pm-9pm

Library Coupon Club, 11:00am-12:00pm
Post Library, 787-707-3802

Movie @ Post Library: "More than Honey"
6pm 787-707-3208

FRI 28



BBQ at the Club, 4pm 787-707-3535

MFLC Beyond the Loss for Military Families at
Chapel Annex Bldg 292 6pm 787-685-3423

Cinema Club @ Community Club
6:00pm - San Andreas • PG-13
787-707-3535

DJ Music at the Zone 7pm, 787-707-3535

Bump & Blast Summer Blast
@ The Community Club 5pm-9pm

SAT 29



Toro Verde Adventure
@ Orocovis 7am 787-707-3734

Every Saturday :
- Yoga 9am at Cabañas Picnic Area
-Cycling Class 10:30am at Fitness Center 787-707-3767

EVERY Saturday
Mighty Mites Taekwondo Classes,
9am-10am, 787-707-3878/3541

Swimming Under the Stars
@ The Waterspot 8pm 787-707-3550

WEEKLY EVENTS: • Mondays & Wednesday- Cycling class 12:00pm/4:30pm/6:00pm at Fitness Center • Tuesdays & Thursdays Cycling Class 5:30am/12:00pm/4:30pm at Fitness Center • Saturdays - Cycling Class 10:30am at Fitness Center
• Monday, Wednesday & Fridays - Out of the Box 9:00am at Fitness Center • Mondays, Tuesdays & Saturdays - Yoga Class at Cabañas Picnic Area (Mon. 10:30am/Tue. 5:30pm/Sat. 9:00am)
• Monday & Thursday – Teen Bowling Special, 3:00 pm at Bowling Center • Tuesdays & Thursdays- BINGO 6:00 pm at the Community Club & Conference Center
• Thursdays & Fridays BBQ, 4:00 pm, at the Community Club & Conference Center • Wednesdays thru Fridays - Lunch-A-Bowl, 11:00 am at Bowling Center • thursdays & Fridays -Cinema Club, 6:00pm & 8:30 pm at Community Club & Conference Center

Calendar subject to change. For updated version: www.buchananmwr.com

COMMUNITY RECREATION DIVISION



Swimming under the stars

Enjoy the nights splashing and singing Karaoke to the rythm of a good tune on our Big Screen. DJ music and tasty food will make the night brighter. Join us for a great time at the Waterspout from 8:00pm to Midnight.

Dates:
 August 29, 2015
 November 14, 2015
 February 20, 2016
 May 14, 2016

For tickets and info
 787-707-3550

Fees:
 \$8 ages 11 and above
 \$5 children ages 10 or younger

OUTDOOR RECREATION ADVENTURES: We'll take you places!



SUP Tutorial

(Stand up Paddle Boarding)
 Place: San Juan
 Date: Saturday, August 1
 Departure: 7:00 am from Outdoor Recreation, Bldg. 67
 Cost: \$29.00 per person
 Includes: transportation, equipment, refreshments and tutorials.

Ponce Beach Family Day

• Kayaking • Paddleboarding • Snorkeling

Date: Saturday, August 8
 Departure: 7:00 am from Outdoor Recreation, Bldg. 67
 Arrival: 5:30 pm to Fort Buchanan
 Cost: \$25.00 adults / \$19.00 children
 Includes: transportation, BBQ, refreshments, kayaks and paddleboard equipment.

Botanical Garden and Guavate Cultural Tour

Place: Caguas
 Date: Saturday, August 15
 Departure: 8:30 am from Outdoor Recreation, Bldg. 67
 Arrival: 5:00 pm to Fort Buchanan
 Cost: \$16.00 Adults / \$12.00 Children
 Includes: transportation, entrance fee to Botanical Garden and transportation to Guavate in Cayey.

Caja de Muertos Island Adventure

Place: Ponce
 Date: Saturday, August 22
 Departure: 6:00 am from Outdoor Recreation, Bldg. 67
 Boat departure from Ponce: 8:30 am
 Arrival to Fort Buchanan: 6:30 pm
 Cost: \$55.00 adults / \$45.00 children (ages 12 years and under)
 Includes: transportation, ferry fee, hike to the Island's lighthouse, guides and refreshments

Toro Verde Adventure

Place: Orocovis
 Date: Saturday, August 29
 Departure: 7:00 am from Outdoor Recreation, Bldg. 67
 Cost: \$95.00 adults
Requirements: Minimum height 5 feet, maximum weight 250 pounds, must be age 12 years and over.
Includes: transportation, safety equipment, tour guides
NOTE: On this tour you can experience the most hair raising thrill this park has to offer. Enjoy one cable, five suspension bridges and a "rappel".

Call **787-707-3734** for more information,
 Tuesday thru Thursday 9:00 am - 6:00 pm,
 Fridays 8:00 am - 6:00 pm, Saturdays 8:00 am - 5:00 pm.

SPORTS & FITNESS • OUTDOOR RECREATION

FITNESS CLASSES

90 minute Out of the Box Challenge

Wednesday, August 19th, 9:00 am at the Fitness Center. A functional fitness class.

90 minute Indoor Cycling & Running

Wednesday, August 19th, 4:30 pm at the Fitness Center

Federico's 90 Minute Indoor Cycling Birthday Challenge

Thursday, August 20th, 4:30 pm at the Fitness Center

For more information call: 787-707-3767



ADULT INTRAMURAL SPORTS

Softball Weekend Tournament

Saturday, August 1st and Sunday, August 2nd, 9:00 am at Cabaña Softball Field.

- Military Teams and Civilians attached to Fort Buchanan Free of charge.
- Other Military Teams (e.g., Coast Guard, National Guard, Reserve Components outside Fort Buchanan Free of Charge.)
- Federal Employees Team \$100.00
- ID Sponsored Team \$125.00.

Double elimination format.

Perimeter Road Challenge 5.2 Mile Run

An enthusiastic group showed up on Saturday, August 8th at 5:00 pm to conquer the route's steep hills. Participants in all age categories went for their best and made it to the finish line regardless the warm temperatures of the day. More runs will be coming up soon and they are great opportunities for community members to improve their fitness, while setting examples of healthy lifestyles. Bring your family and friends to the next one! More details by calling the Sport & Fitness center at 787-707-3767.

Singles Tennis Tournament

Registration Deadline: Tuesday, September 22nd
Tournament dates: Saturday & Sunday, September 26th and 27th at 9:00 am, Fort Buchanan's Tennis Courts, Bldg. 369. Fee: \$10.00 per participant.

Flag Football League

Registration deadline: Wednesday, September 9th at the Fitness Center.

Coaches meeting: September 16th, 3:00 pm, Bldg. 167.

League starts September 23rd.

- Military Teams and DoD Civilians attached to Fort Buchanan Free of charge.
- Other Military Teams (e.g., Coast Guard, National Guard, Reserve Components outside Fort Buchanan Free of Charge.
- Federal Employees Team \$300.00
- ID Sponsored Teams \$400.00

For more information related to Adult Sports Leagues call 787-707-3277/ 3767

ADULT VOLLEYBALL LEAGUE

AUGUST 19
Registration Deadline at Fitness Center

AUGUST 26
Coaches Meeting @ 6:00pm
at Fitness Center

SEPTEMBER 2
League Starts

FEES:

- Military/DoD civilians teams attached to Fort Buchanan - FREE
- Other Military Teams (e.g. Coast Guard, National Guard Reserve Components outside Ft. Buchanan - FREE
- Federal Employees - \$300
- ID Card Holder Sponsored Teams - \$400

FITNESS CENTER • 787-707-3767

CHILD, YOUTH & SCHOOL SERVICES



U.S. Army Child, Youth
& School Services



2015 SUMMER CAMP

The CYSS Summer Camp 2015 has been a major success. Our daily schedule was action-packed with field trips, fun games and other activities. The children had a wonderful time exploring things and expanding their learning through the variety of activities. Kudos to the CYSS Staff for a job well done!



MULTI-DISCIPLINARY TEAM INSPECTION

The *Multi-Disciplinary Team Inspection* (MDTI) was conducted from June 2nd to July 1st, 2015. The programs inspected were Child Development Center, School Age Care, Middle School/Teen Center Program, Outreach Program, Sports and Fitness Program, and the CYS Services Main Office. CYSS will continue to work to ensure that our children are in a safe and healthy environment. CYSS Coordinator Ms. Carmen Dieppa thanks the CYSS staff for their support during the MDTI and also the proponents for conducting the inspection.

YOUTH BASKETBALL SEASON REGISTRATIONS ONGOING

Register your children/youth to play in the Youth Services 2015 Basketball Season. Registrations continue until September 4th. League starts on September 21st at 4:30 pm. For ages 5 to 18, coed, Active Duty, DoD, Federal, National Guard, Reserve and Retiree dependants. \$40.00 per season. Registrations by appointment, call Parent Central Services at 787-707-3787/3434 from 7:30 am to 5:00 pm. Required physical forms available at PSC office, Bldg. 1301-G Mayagüez Barracks Road.

★ YOUTH SERVICES ★

BASKETBALL LEAGUE

AGES 5 TO 18

REGISTRATION ONGOING UNTIL SEPT. 4
LEAGUE STARTS SEPTEMBER 21 * 4:30 PM.
COED. For Active Duty, DoD, Federal, National Guard, Reserve and Retiree dependants. \$40.00 per season, per child/youth.

U.S. Army Child, Youth & School Services
REGISTER TODAY

Registrations by appointment, call Parent Central Services at 787-707-3787/3434 from 7:30 am to 5:00 pm. Required physical forms available at PSC Office, Bldg. 1301-G Mayagüez Barracks.

CHILD, YOUTH & SCHOOL SERVICES

Youth Leadership Forum held in San Antonio, TX

By: Aida Aguilú
CYSS Youth Services Director



Michael Colón, Arleen Santos and Meredith Vargas

Youth Leadership Forums provide youth ages 13 to 18 the opportunity to develop skills needed to be successful and contributing members of our society.

During the forum (YLF), participating youth have the opportunity to review, discuss and prioritize issues that concern them and establish an Action Plan delineating possible solutions and how youth will contribute to the solution of the problem.

In finding solutions, youth frame their concerns and possible answers in the Character Counts! six pillars, ensuring that any action considered or taken can be justified within the context of value education. It is important to note that

they not only state concerns but work hard at finding solutions that impact not only their concerns, their lifestyles and their club. This year the Fort Buchanan representation to the Youth Leadership Forum held in San Antonio, TX during the week of July 13-18, 2015 included Michael Colon, Arleen Santos and Meredith Vargas.

Michael and Arleen are both military dependants who attend Antilles High School. Meredith has worked for CYSS for over two years in various of our programs.

The youth which so proudly and effectively represented Fort Buchanan have been loyal participants of the Youth program for over 2 years. They know as well as any other youth the needs and wants of youth attending the program. More importantly, they have been always willing to participate in the variety of activities presented and have contributed to the success of community service programs such as the visits to Casa Cuna, visits to the Animal Shelter, Let's Give and others. Among the issues discussed in the Forum were: participation in BGCA teen Conferences, acquiring additional equipment for sports and clinics, and providing suicide prevention training and techniques to Youth Program staff. A variety of possible solutions were discussed. Youth will work with alternatives and will eventually brief directors and Garrison Commander on the possibilities.

Youth Center programming is impacted by suggestions and ideas presented by attending youth. It is through these suggestion and ideas for the programming that our youth can explore solutions as well as evaluate plans of action. It is through this process that they learn to become active leaders in their community and take responsibility for making our world better.

Supervised Homework by SKIES Unlimited Program

Supervised homework provides students with quiet, focused time to do their homework. If you would like to have your children do their homework before going home, you can register your child/youth now! Offered Mondays thru Thursdays for 1st to 5th graders from 4:00 pm to 5:00 pm, and 6th thru 10th graders from 5:00 pm to 6:00 pm. Fee: \$40.00 per month (four weeks). For registrations and information call Parent Central Services at 787-707-3787 / 3541 / 3434. Transportation provided to all children/youth attending CYSS center based (SAC/MST).



How to prepare your child for the 1st day of daycare or preschool

Daphne Narvaez
Early Childhood Special Educator

Starting daycare or preschool is one of the many exciting milestones of childhood. However, it can also be a stressful time for both children and parents, especially if it is your child's first time going to daycare or preschool. However, if you take some steps to prepare yourself and your child for this new experience, you can ease some of the anxiety you both may have about starting preschool. Here are some ways to help your child learn some important preschool skills. To find more tips, refer to the websites at the end of this article.

1- Follow simple directions and obey.

In daycare or preschool, children go from one activity to another. The teacher will ask your child to follow simple instructions as they move through the day (like "sit in a circle" or "put the blocks away").

TO HELP, practice at home. Make a game out of it, "Put your toys in a box the clap." Say, "Yay, you did it!" Also play "Simon Says."

2- Handle separation anxiety.

If your little one freaks out when you leave, work on this problem at home.

TO HELP, schedule some trial separations. Leave your child with a trusted adult. At the start, leave for only 15 minutes, then maybe a trip to the grocery store. Work your way up to a few hours. The first day at daycare or preschool, remember that your child is facing - and managing - a big change in his life. Your child may need more support, nurturing, and patience from you while he makes this transition.

3- Visit the Day care center or Preschool.

Visit the daycare or preschool with your child at least once ahead of time.

TO HELP, spend some time with your child at the center or preschool where she'll be, this will make her more familiar with the new environment with the safety of you being with her.

Use these tips as a guide. They are not absolute. Readiness really depends upon the child's age, temperament, and level of maturity. However, if you have any concerns regarding your child's development, and your child is enti-

led to DDESS (Department of Defense Schools), dependent of an Active Duty military or Coast Guard member, or lives in a military installation or housing area, call the Fort Buchanan Rodriguez Army Health Clinic early intervention program: Educational and Developmental Intervention Services (EDIS), to request services for your child. We are located in Building 228 Davis Road, across Garrison HQ Building. For more information on EDIS, call: (787) 707-2165, access www.edis.army.mil, or Like us on Facebook: <https://www.facebook.com/pages/Educational-Developmental-Intervention-Services-Fort-Buchanan-PR/322960504532747>

Information taken from:

The Noodle Soup. Ten ways to prepare your child for preschool. 2013

www.zerotothree.org
www.parents.com

Vet informs to protect pets against fleas and ticks

Cpt. Julie Paige Brown
OIC, Fort Buchanan Veterinary Services

During Puerto Rico's hottest months, fleas and ticks can become a big problem for our pets. While fleas are usually just a big nuisance, ticks carry several very dangerous diseases that we see often at our clinic. If your pet ever goes outside, he/she needs a veterinary flea and tick prevention product. Unfortunately, with the large number of ticks in some areas, there is no "magic bullet" that is guaranteed to prevent all ticks. Some pets will only need one product, but others may need two or more, depending on the number of fleas/ticks in their environment. Some of the options are "spot-on" drops such as Ad-

vantix, flea/tick collars such as Seresto, or the new oral medication Bravecto. (Frontline, available at the PX or pet stores, is another excellent veterinary product - but we do NOT recommend cheaper over-the-counter products/collars because they are often ineffective, and can even cause serious skin problems in some pets.)

It is also important to

treat your yard/house if you have a flea or tick infestation, and to check your pet carefully and remove any ticks every time he/she comes inside. A tick has to be attached for 12-24 hours to transmit most diseases, so if you pull it off in time, you can usually prevent disease transmission.

Please stop by the VTF (Tuesday to Friday, 8:30-4:30) or call us at 787-707-2038 for more information or to purchase flea/tick products.



Public Media Release

The Child Nutrition Services of Antilles Consolidated Schools (AES, AMS, AHS, and Ramey School) announces to the community that is sponsoring the Food and Nutrition Services. We offer the services of breakfast and lunch to all students enrolled in our institution beginning on August 6, 2015 under the supervision of the Independent School Food Authority of the Department of Education of Puerto Rico.

The Child Nutrition Services of Antilles Consolidated Schools does not discriminate against because of race, color, sex, age, handicap or national origin. Any person who believes he or she has been discriminated against in any related activity should write to:

USDA, Director, Office of Adjudication
 1400 Independence AVE, SW
 Washington D.C. 20250-9410
 Tel. Toll free (866)632-9992 Voice,
 (800)877-8339
 Hearing Impaired or Speak or (800)
 845-6136
 OR
 Child Nutrition Services Office
 566 Columbus Street
 Fort Buchanan, PR 00934

Tel. (787) 707-2774, 2764, 2765, 2768

Notes:

- Free & Reduced Application will be accepted beginning July 1, 2015
- Please ensure you attach your most current Leave & Earning Statement
- All Students already in the program must complete an application before September 17, 2015

Eligibility Guidelines 2015-2016

Effective from July 1, 2015 to June 30, 2016

HOUSEHOLD SIZE	FEDERAL POVERTY GUIDE LINES	REDUCED PRICE MEALS					FREE PRICE MEALS				
		Annual	Monthly	Twice Per	Every Two	Weekly	Annual	Monthly	Twice Per	Every Two	Week
				Month	Weeks				Month	Weeks	
1	11,770	21,775	1,815	908	838	419	15,301	1,276	638	589	
2	15,930	29,471	2,456	1,228	1,134	567	20,709	1,726	863	797	
3	20,090	37,167	3,098	1,549	1,430	715	26,117	2,177	1,089	1,005	
4	24,250	44,863	3,739	1,870	1,726	863	31,525	2,628	1,314	1,213	
5	28,410	52,559	4,380	2,190	2,022	1011	36,933	3,078	1,539	1,421	
6	32,570	60,255	5,022	2,511	2,318	1,159	42,341	3,529	1,765	1,629	
7	36,730	67,951	5,663	2,832	2,614	1,307	47,749	3,980	1,990	1,837	
8	40,890	75,647	6,304	3,152	2,910	1,455	53,157	4,430	2,215	2,045	1,000
For each add'l family member, add		4,160	7,666	643	331	302	1,168	5,408	451	226	200

Effective August 1, 2015, the Soldier for Life Center will be located at building 1300E.



Miguel A. Aponte
 Retirement Services Officer,
 (787) 707-2061



Rafael E. Contreras
 Transition Services Officer,
 (787) 707-3546

GOLD STAR PINS
 SYMBOLS OF HONOR

REMEMBER
 RESPECT
 HONOR



www.GoldStarPins.org

ARMY COMMUNITY SERVICE

Army Community Services Birthday Celebrated its 50th Birthday while Reiterating its Future Path

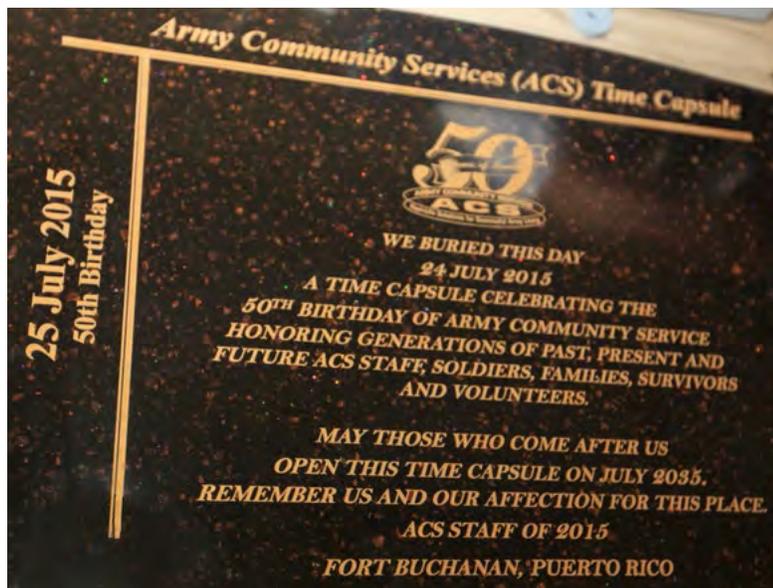


July 25th, 2015 marked ACS's 50th Anniversary and Fort Buchanan joined many installations worldwide in celebrating this milestone at the Cabaña Picnic area.

Community members, their Families, CYSS Youth and Garrison employees enjoyed the celebration with clown show, youth performances, inflatables, a display of photos highlighting ACS history and achievements, a cake cutting ceremony, goodies and mementos. During the afternoon, attendants congregated around the spot where objects such as copies of the ACS Drawing and Essay Contest winning works, a flyer that announced the celebration, newspapers with the day's news and envelopes provided by various garrison directorates were buried in a time capsule, to be unburied in 2035. This represents the compromise ACS makes to continue providing Soldiers and Families the support needed to navigate the challenges of Army life and promote successful living conducive to Army Readiness.



Photo above left: ACS staff and volunteers during the cake cutting ceremony. Photos at left: Military Family enjoying childrens games during the celebration; ACS staff members Mr Ernesto Berrios and Angel Castro with Col. Michael T. Harvey, Garrison Commander and Lt. Col. Joseph M. Drexler, Deputy Garrison Commander with some items that were placed inside the time capsule. Photos below: Youth covering the buried time capsule, and at right, the message on the plaque that will cover the time capsule until 2035.



ARMY COMMUNITY SERVICE

Join the wonderful world of volunteerism!

The Relocation Readiness Program is recruiting a Volunteer Spanish Teacher. If you are interested in volunteering please contact the Relocation Readiness Program at 787- 707 - 3682 or email: arlene.romero.civ@mail.mil

Relocation Readiness Program Class

will be offering the following class
Conversational English Course

Dates: August 18 to December 17, 2015
Hours: 1:30 pm - 3:00 pm, Tuesday and Thursday, free of charge
For more information please call 787- 707-3682 /3804 or email: arlene.romero.civ@mail.mil

POST LIBRARY

Customers' first choice: New books and DVD selections, August 1st, 10:00 am.

The Fort Buchanan Library celebrates **Women's Equality Day** and **Back to School**. Various reading materials and movies available for check-out.

Story Time: August's story time will be Wednesday August 12th at 3:00 pm and the theme will be "Balloons". Children of all ages are welcome and should be accompanied by an adult.

Computer Orientations: Tuesdays, August 11th & 25th at 10:00 am to assist customers in accessing public computers and reference resources.

Library Coupon Club: Thursday, August 27th from 11:00 am – 12:00 noon

New at Your Library:

Safari Books Online: Safari is an e-reference business and information technology library where you can search across thousands of books from O'Reilly, Addison-Wesley, Cisco Press, Microsoft Press and more. Read books cover to cover or flip directly to the section you need in seconds.

Video Games Xbox 360 and PS3 games available for check out for seven days, one per family. Must present your military ID card and register at the library.

FREE Wi-Fi AT THE LIBRARY

Department of the Army SHARP Improvement Process

By: José Angel Colón Rivera;
Sexual Assault Response Coordinator

Fort Buchanan's Sexual Harassment/Assault Response & Prevention (SHARP) Program is dedicated to the prevention of sexual harassment and sexual assault in all its forms.

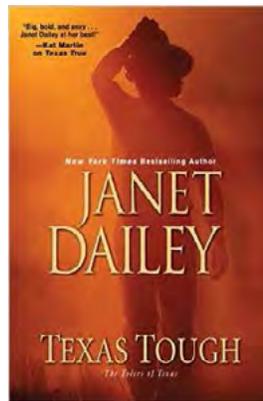
It is our goal to ensure that Fort Buchanan provides an environment free of offensive behavior to our community, where our Military, our Department of the Army Civilians and our Family Members can work and thrive in a safe environment. Our efforts are directed towards advocacy to the members of our community who have experience one of these unfortunate incidents, prevention of sexual harassment and assault, and outreach to our community.

The Department of the Army, in an effort to ensure that we provide the best

possible services to our Community, is asking for suggestions and recommendations to make our program better. Whether you are a Serviceman or Woman independently of Branch of Service, a Department of the Army Civilian, or a Family Member, we want to hear your opinion.

If you have any recommendations on how to make our program better here in Fort Buchanan, or at any level of the Command, we encourage you to email them to jose.a.colonrivera4.civ@mail.mil. These recommendations will be evaluated by our Command and our legal office, and, if found feasible and legal, we will consider them for implementation.

This will be an annual process in which the best recommendations throughout the year will be forwarded to Department of the Army for their consideration. We appreciate your continuous support.



Book of the Month:

Texas Tough
by Janet Dailey
The quiet horse whisperer whose touch still ignites her dreams—and is everything wealthy Lauren Prescott is not. She can think of a million

reasons why she should never ever fall into Sky Fletcher's sure embrace again. Until she clashes head-on with the dangerous complications of her privileged life and needs his protection like air to breathe.

Author of the Month: Janet Dailey

Her first book was published in 1976. Since then she has written more than 100 novels and became one of the top-selling female authors in the world, with 300 million copies of her books sold in nineteen languages in ninety-eight countries. She is known for her strong, decisive characters, her extraordinary ability to recreate a time and a place, and her unerring courage to confront important, controversial issues in her stories.

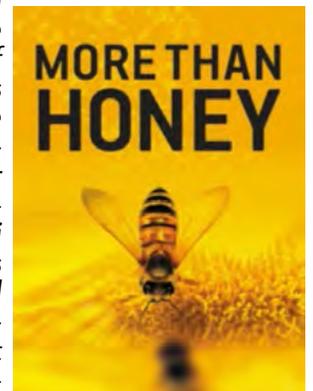
For more information call the Post Library at 787-707-3208

Movie at the Library:

More Than Honey (Not rated)

Thursday, August 27 at 6:00 pm.

Markus Imhoof tackles the vexing issue of why bees, worldwide, are facing extinction. With the tenacity of a man out to solve a world-class mystery, he investigates this global phenomenon, from California to Switzerland, China and Australia. Exquisite macro-photography of the bees in flight and in their hives reveals a fascinating, complex world in crisis. Writes Eric Kohn in *Indiewire*: Imhoof captures the breeding of queen bees in minute detail, ventures to a laboratory to witness a bee brainscan, and discovers the dangerous prospects of a hive facing the infection of mites. In this latter case, the camera's magnifying power renders the infection in sci-fi terms. This is a strange and strangely moving film that raises questions of species



FB implements corrective measures at site

Derrick Stepanof
Installation Restoration Manager

The United States Army has an environmental policy that has made a commitment for the continual improvement of environmental and safety management practices. The Fort Buchanan installation is among hundreds of installations that are taking on the responsibility of contamination caused by past practices and restoring the affected areas for a safe environment.

The Fort Buchanan Environmental Restoration Program is centrally funded by the United States Army Environmental Command (USAEC). The clean-up program is responsible to restore former contaminated sites to remove land use restrictions and improve land use options.

Background Site FTB-034

In 2005, The United States Environ-

mental Protection Agency (EPA) notified Fort Buchanan that a chlorinated solvent (Trichloroethylene, also known as "TCE" a chemical used mainly as a solvent to remove grease from metal parts) was detected in the groundwater at the CAPE-CO oil Refinery (Now known as PUMA). The Army conducted an investigation and determined the boundaries and the concentrations of the contamination. The source of the contamination was never found; however the contamination source was presumed to be in the radius area located immediately south of Building 539.

In 2012, the Army conducted a Corrective Measure Study (CMS) and proposed a remedy. The selected remedy is Enhanced Bioremediation, Reductive Dechlorination, Monitored Natural Attenuation (MNA), and Land Use Controls (LUC), as presented in the CMS.

Bioremediation at the site will include injecting a carbon substrate electron donor (a patented formula consisting of a mixture of fatty acids and emulsified vegetable oil to condition the aquifer, followed by injection of bacteria (Dehalococoides) that can sustain and increase the breakdown of chlorinated solvents.

Enhanced bioremediation uses bacteria to help break down chlorinated solvents into non-toxic byproducts. MNA describes a range of natural physical and biological processes, which, unaided by human intervention, reduce contaminant volumes and concentrations in the subsurface. These processes include biodegradation, adsorption, and dilution from recharge, dispersion, and volatilization. MNA is a remediation technology that combines these processes with a carefully designed monitoring program to ensure achievement of remediation goals.

Corrective Measure

In 2014, KEMRON Environmental Services, Inc. has been contracted by USAEC to design and implement the remedy selected in the CMS for the Site FTB-034 at Fort Buchanan.

A bench-scale treatability study was performed last year and determined that the right kind of bacteria exist at the site to break down the TCE to ethene (the banana ripening gas); however the population of the bacteria will have to be enhanced.

In May 2015, KEMRON has begun performing the Corrective Measure Implementation at the Restoration Site in Fort Buchanan. During the month of May 2015 KEMRON installed the injection points. The injections of the carbon substrate occurred during June 08-16, 2015. Bacteria will be added in 3rd week of July. MNA will be conducted at the site for 30 years or until contamination levels reach safe drinking water standards.

For additional information the technical POC is Derrick Stepanof, Installation Restoration Manager (contractor) at Fort Buchanan, derrick.a.stepanof.ctr@mail.mil.





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

Fire Exit Drills

Plan Ahead for Safety!

Fires can happen anywhere. A fire in any facility creates an enormous risk to everyone. Conducting regular fire drills will give you the knowledge and confidence to escape a fire safely.

Planning

Planning gives you the information you need ahead of time to evacuate safely. Everyone should plan together for exiting their work site.

Each building should have a posted exit diagram (plan) and everyone should be familiar with it.

Everyone should exit in an orderly manner to prevent confusion and minimize panic or injury.

Consider Special Needs People

When developing your escape plan, remember that younger, older, or disabled people may need special assistance. Train others to give special assistance with evacuation.

Be Sure to Know 2 Ways Out

There should be 2 ways out of every area. If the primary exit is blocked by smoke or fire, use your second exit.

Always use the stairways to exit multi-story buildings. Do not use an elevator.

Plan Your Meeting Place

A designated meeting place outside the building is a vital part of an evacuation plan. Count heads. When the fire department arrives, you can report if there is anyone missing.

Know What to Do If You Can't Escape

You'll need to plan your actions in case immediate escape is impossible. If there is a phone, call the local fire department with your location, even if firefighters are already on the scene.

Practice

After planning, practice to make sure that everyone knows what to do. Have fire drills. Practice your fire escape periodically throughout the year.

Remember, once you are outside, stay outside. Don't go back in until the proper authorities say it is okay.



DES BLOTTER

For the month of June 2015
Police Department reports the following:

Most relevant offenses that occurred during this month:

- ◆ Five Traffic Accidents reported due to improper reversing (this occurs when a driver is backing out of a parking space and by not take precautionary measures, impacts another vehicle or an object) or negligent driving (negligent means the failure to exercise ordinary care, and is doing of some act that a reasonably careful person would not do under the same or similar circumstances) .
- ◆ One Criminal Trespassing. Where someone enters or stays on the property without consent or permission.

Traffic Violations for the month:

- ◆ Ten Central Violations Bureau (CVB Traffic Tickets) The most common violations were Expired Vehicle Registration, Illegal Parking (Is the act of parking a motor vehicle in a restricted place or for parking in an unauthorized manner) and Driving while Talking on the Cellular Phone without hands free device.
- ◆ Ten Warning Tickets (DD1408) – They are issued to military personnel and federal civilians who work on the installation. A DD1408 is not a "to pay" fine but is administrative in nature. The most common warnings were Defective Equipment (A motor vehicle with Defective Equipment is a vehicle that lacks or has one or more of its equipment in an inoperable state. Examples include missing body parts (bumper), a blown out stop light or headlight and a horn that doesn't work). and Failure to stop at the posted Stop Sign.

Entries in the DES Blotter are not necessarily adjudicative or prosecutorial in nature and do not always involve criminal charging by a prosecutor or in a criminal court.

Find your Zen Moment
*Indulge with
 Green Tee!*



*Fort Buchanan
 Golf Course*

We provide the golfing community a first class golf facility consistent with the established standards of the *United States Golf Association (USGA)* and the *United States Army Directorate of Family and Morale, Welfare and Recreation*.

Nestled in the heart of the San Juan metropolitan area, Fort Buchanan Golf Course is a nine hole regulation Golf Course that uses alternate tee boxes provides an 18 hole round of over 6300 yards with a rating of 71 for men and 75 for ladies, and a slope of 130 and 131 respectively. The course layout provides many challenges including undulating terrain and doglegs.

*Come experience Fort Buchanan's
 Golf Course and start enjoying your
 Tee Time!*



Yearly Membership

CATEGORY	INDIVIDUAL	FAMILY
Active Duty E1-E5 & Youth	\$300.00	\$480.00
Active Duty E6 -O3	\$480.00	\$760.00
Remaining qualified O4 -up / DoD	\$660.00	\$1,050.00

Non Affiliated Civilian Membership

	INDIVIDUAL	FAMILY
	\$900.00	\$1,400.00

Members are entitled to use the Bowling Center and Community Club Facilities.

Membership Upgrade

\$700.00 includes:

- One year car rental
- Free one year PRGA GHIN handicap
- 20 Golf Range Tokens to practice