

FORT BUCHANAN

El Morro

NEWS AND EVENTS • JULY 2015

Live & Explore
Vol. 1 Issue 7

240th
**ARMY
BIRTHDAY**





Garrison Commander

Col. Caryn S. Heard

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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Chief: Mr. Pedro Segarra

T. 787-707-3373, Bldg. 390, Suite 100

Community Recreation Division

Chief: Mr. Michael J. Carlomany,

T. 787-707-3278, Bldg. 390, Suite 100

Child, Youth & School Services

Chief: Ms. Carmen Dieppa

T. 787-707-3399 / 3598

Bldg. 1301-F, Mayagüez Barracks

Army Community Service

Chief: Mr. Rafael Gilestra

T. 787-707-3292 / 3709 / 3804

Bldg. 390, Suite 101

NAF Support

Chief: Mr. Dan Carter

T. 787-707-3301, Bldg. 390, Suite 100

Marketing Coordinator & Editor:

Mr. Carlos R. Sotomayor, T. 787-707-3719

Bldg. 193, Crane Loop

From the Garrison Leadership From the Garrison Commander



It seems like only yesterday that I took command of United States Army Garrison Fort Buchanan...but it was about three years ago. On 3 July 2012, I had the honor and privilege to assume command of Fort Buchanan. My journey over the last three years has been a rewarding experience. It has truly been my honor to serve Soldiers, Sailors, Marines, Airmen and Coast Guardsmen, Civilians, Families and Retirees as the Fort Buchanan Garrison Commander.

I have learned many things during my tenure and will choose to take the good memories with me. As with all assignments, challenges are part of the process. We

learn and grow from these opportunities. And the organization grows as we face the challenges together. The team has accomplished so much in the short time that I have been here. Thank you for your dedication to the mission and to our nation!

If I leave you with anything, I hope it is the following:

Remain loyal to Army Values- they define you in all aspects of life - personal and professional.

Be a leader for others to emulate regardless of your position/rank and grade.

Adhere to the standards, laws and regulations.

Accept change, embrace it, and dedicate 100% effort to make it work.

Build and maintain cohesion with the team.

Now the Army says that it is time to move on to another position. On 30 July 2015 I will relinquish command of Fort Buchanan to the incoming Commander, COL Michael T. Harvey. I will be assigned as the Congressional Liaison for the 81st Regional Support Command, Fort Jackson, SC. Please show COL Harvey the same support and dedication when he arrives and throughout his entire tenure. Army Strong!

From the Garrison Command Sergeant Major



During the month of July we celebrate Independence Day, a federal holiday in the United States commemorating the adoption of the Declaration of Independence on July 4, 1776, declaring independence from Great Britain. This holiday is customarily celebrated with parades, family picnics or gatherings, barbecues, concerts and fireworks. Either way you are celebrating it always remember to place safety as the top priority for you and your loved ones. Independence Day celebration is a part of the Army tradition, just like during the month of June we celebrated the 240th Birthday of the United States Army and Flag Day.

July is also a bittersweet month for the Fort Buchanan workforce. During this month COL Caryn S. Heard relinquishes her command as Garrison Commander, and transfer it to COL Michael T. Harvey. During her tenure as Garrison Commander she has increased the readiness of our installation and improved the services we provide to our service members, their families and our tenants. Her tireless dedication to Fort Buchanan have placed our installation in the top as we compare it with others worldwide. We will like to wish the best in her future endeavor to COL Heard as she embarks in her new position in the 81st Regional Support Command. At the same time we will like to provide a warm welcome COL Harvey and his family to the Fort Buchanan Community.

As always, thank you for your support and commitment to our Armed Forces, our civilian workforce and their families. They are the reason we exist, and we are the reason why Fort Buchanan is the place to be. God Bless.

Army Secretary McHugh to step down

Ben Kamisar

Army Secretary John McHugh will step down from his post by November, the Department of Defense announced Monday.

"Secretary McHugh has been a tremendous public servant for decades, and he has helped lead the Army through a period of challenge and change," Secretary of Defense Ashton Carter said in a statement.

"There will be much time in the coming months to appropriately celebrate his many accomplishments, but for now I will just say that every soldier is better off because of his hard work and vision, and so is the country."

The Pentagon added that McHugh told Carter of his intentions "several weeks ago."

The DOD said McHugh has "expressed his gratitude to the

president and his appreciation to the secretary of defense and, most importantly, the men and women of the United States Army for the tremendous honor to serve as Secretary for these many years."

McHugh, a former Republican congressman from New York, served stints as ranking member of the House Armed Services Committee and a member of the Intelligence Committee. He resigned from Congress to serve in the Obama administration.

He has served since September 2009 and is the only person President Obama has nominated to be Army secretary. Pete Geren, his predecessor, was a hold-over from the George W. Bush administration. McHugh made headlines in 2010, when he told reporters that he wouldn't follow the military's "Don't ask,



don't tell" policy as the administration looked to repeal it. He said punishing soldiers for speaking "openly and honestly" would be "counterproductive."

REMEMBER • RESPECT • HONOR

GOLD STAR PINS

SYMBOLS OF HONOR



www.GoldStarPins.org

MWR IN ACTION!

Enjoy a *stay-cation* with Family and MWR

As school has come to a close, families all across America are looking forward to slowing down and spending time together. What better time to bring families together than *Summer Time*? Summer time is the best time to spend and make those magical summer memories with family. Not having to rush home, beat the traffic, cook dinner, help with homework and prepare for the next day, when summer arrives parents and children have two months to breathe and enjoy some the beauty of summer, sun, and quality time with one another. According to American Express, the average vacation expense per person in the United States is \$1,145 or \$4,580 for a family of four.

During the summer months, families spend more time setting fitness goals, visiting local and state parks, tourist attractions, and recreational theme parks than any other time of year; often times saving for months to create some magical summer memories. Seeking to eliminate financial stressor associated with summer vacationing, Family and MWR offers a wide range of inexpensive activities for all to enjoy. From the Outdoor Recreations Adventure Trips to Golf's *Junior Camp* to the cool **Water Spout** where every member of your family will have an exciting story to tell at low a cost.

So, enjoy a *stay-cation* with Family and MWR. Take advantage of every opportunity and activity that MWR has to offer you and your family. Enjoy the rest of your summer time by taking advantage of the awesome events offered to people of all ages.

Reference: Ebony Magazine Vol 57 No. 10
<https://books.google.com/> / Forbes Magazine <https://www.forbes.com>



FAMILY AND MWR EMPLOYEE HIGHLIGHT

Family and MWR, Marketing, Advertising & Commercial Sponsorship

Meet Carlos Sotomayor

It is our pleasure to introduce to you a new addition to our Fort Buchanan MWR Family, Carlos Sotomayor. He has joined us as Marketing and Advertising Coordinator.



Carlos Sotomayor

Tell us a little about yourself: I'm a native of Puerto Rico (San Juan area). I studied Marketing at the *University of Phoenix* where I completed my BSB and MBA. While studying, I did a lot of pro bono work for small businesses and start-ups, helping them create business plans, marketing strategies and navigate the challenges of running a business. Now I'm here at Fort Buchanan and excited to be able to continue doing what I love.

What made you decide to choose marketing as your career path? I always wanted to be a creative at an Ad Agency. But at the same time, I wanted to be involved in the strategy part of it. In order to have the right blend of creativity and strategic mind set, I knew marketing as a whole was the way to go.

What do you look forward to most about working at Fort Buchanan? I look forward to providing a positive impact to the initiatives of the MWR program. With the help of my team, a new creative mindset, and in addition to the right strategies; I look forward to providing maximum value and effort to the program.

What's on your playlist? From DJ Tiesto to David Guetta, to Chris Cornell and Hector Lavoe

What do you do now in your free time? Any hobbies? Main hobby is running and I love to write.

What inspires you? My four year old son. The reason I work hard to become a better man each and every day.

COMMUNITY CLUB & CONFERENCE CENTER

Family Fun in One Stop! The place to release energy!

Are you looking for a fun place for your children to have some summer fun during the month of July? If so, you're in luck. Family and MWR will host **Bump & Bounce Summer Blast** for children, beginning July 9th and 10th, 5:00 pm – 8:00 pm at the Community Club. Children can enjoy summer evenings driving bumper cars and jumping in the bouncy houses/ inflatables in a fun and safe environment.

After an evening of fun and your children are hungry, come and enjoy some delicious barbeque at **BBQ Nights** at the Community Club from 4:00 pm-9:00 pm. The menu offers a variety of quick foods for all to appreciate. Adults can enjoy a variety of tasty foods like Pulled Pork Sandwiches, Grilled Churrasco with Cole Slaw, Signature Burgers and "yummy" BBQ Ribs. Children can relish in some of their all time favorite foods such as Cheeseburgers and Hotdogs with Tortilla Chips.

More details by calling 787-707-3535.



**BUMP & BOUNCE
SUMMER BLAST**

BUMPER CARS **INFLATABLES**

THURSDAYS AND FRIDAYS

JULY 2015 9 & 10 - 16 & 17
23 & 24 - 30 & 31

5:00PM-8:00PM
COMMUNITY CLUB

FOR MORE INFO CALL 787-707-3974/5105



**DJ
PARTY**
WITH **BARON LOPEZ**

Saturday, August 1st

9:00 pm - 2:00 pm
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.

More details by calling 787-707-5105



**BETTER OPPORTUNITIES
FOR SINGLE SOLDIERS**

Better Opportunities for Single Soldiers (BOSS) is a dynamic *Department of the Army* program. Participants enhance their quality of life, contribute to their community through community service activities and assist in the planning and execution of their own recreation and leisure events. To join Fort Buchanan's BOSS program call **787-707-5105**



FB Garrison hosts 240th Army Birthday Ball

José L. López
Public Affairs Office

Service members and Civilians celebrated the 240th Army Birthday ball June 12, 2015 at the Gran Meliá Golf Resort Puerto Rico, Río Grande.

Col. Caryn S. Heard, Fort Buchanan Garrison Commander introduced the guest speaker for the event, Major Gen. Janet L. Cobb, Commanding General, 81st Regional Support Command, and Senior Mission Commander for Fort Buchanan.

Cobb emphasized the Soldier's role in the militia 240 years ago and in today's Army. "Since 1775, American Soldiers have been the strength of our nation. Our Soldiers are driven by the ideals of the Warrior Ethos and commit themselves to succeed in any mission our nation gives them." said Cobb.

She said today's forces hold similarities with those which participated in America's past. "Today's Army is not the Army of 1775, but some things remain the same. Our Soldiers were once untrained farmers, merchants and tradesman using their own rifles. And still volunteers -because 21 percent of the total U.S. population serve in the Armed Forces."

Major Gen. Janet L. Cobb affirmed that the strength of America's Army lies in the support Soldiers receive from their families, not just technology and equipment. "We are committed to constantly modernizing our technology and equipment to ensure we retain our fighting edge. In all these efforts, we still must remember that we are an Army of people - not just Soldiers, but Families as well. They are the support network

of our Soldiers. Many Family members dedicate long hours volunteering and the Army strives to improve the quality of life for our Soldiers and their Family members as they continue to make tremendous sacrifices for our nation."

Cobb proceeded to mention the Soldier's employers who with their help have also assisted in the success of the Army's mission and said it is "a debt we can't repay".

She concluded, "It's the Army's birthday and all of you -citizens, service members, employers- have been a part of the heritage and the reason we can celebrate this day with immense pride. You are all a part of the United States Army - the strength of our nation. I salute you for your continued service and look forward to all the Army birthdays yet to come".

The ceremonial cake was donated by Fort Buchanan Pentagon Federal Credit Union. Col. Caryn S. Heard, Fort Buchanan Garrison Commander; Spc. Standrich Granell, youngest Soldier; Command Sgt. Maj. Luis A. Rosario, Garrison Command Sergeant Major; Maj. Gen. Janet L. Cobb, Commanding General, 81st Regional Support Command, and Senior Mission Commander for Fort Buchanan; Col. Jesús M. Galvéz, most experienced Soldier and Command Sgt. Maj. Ronald Law, 81st Regional Support Command Sergeant Major, cut the ceremonial cake.

Staff Sgt. Arndrell Waters displayed the Fallen Soldier table as honors were rendered during the event 12 June, 2015.



Major Gen. Janet L. Cobb, Commanding General, 81st Regional Support Command shared her remarks during the 240th Army Birthday Ball, June 12, 2015. Photo by José L. López, PAO



Staff Sgt. Arndrell Waters displayed the Fallen Soldier table as honors were rendered during the event 12 June, 2015. Photo by José L. López, PAO

María Martínez, Management Analyst, Resource Management Office, presented one of the toasts during the Army Birthday Ball, June 12, 2015. Photo by José L. López, PAO





Civilians and service members participated in the Army Birthday Ball



Soldiers from the 402nd Civil Affairs Battalion stand proud as they provided the Color Guard for the event.



Maj. Gen. Janet L. Cobb commended members of the Army Birthday Ball Committee for their teamwork in organizing the event.



(L to R) Col. Caryn S. Heard, Fort Buchanan Garrison Commander; Spc. Standrich Granell, youngest Soldier; Command Sgt. Maj. Luis A. Rosario, Garrison Command Sergeant Major; Maj. Gen. Janet L. Cobb, Commanding General, 81st Regional Support Command, and Senior Mission Commander for Fort Buchanan; Col. Jesús M. Galvéz, most experienced Soldier and Command Sgt. Maj. Ronald Law, 81st Regional Support Command Sergeant Major cut the ceremonial cake during the Army Birthday Ball, June 12, 2015.



Maj. Gen. Janet L. Cobb thanked Soldiers from the 402nd Civil Affairs Battalion for providing their services.

Photos by José L. López, PAO



Independence Day Golf Tournament

Saturday, July 25th

9:00 am Shotgun Start

Format: Seven Club Limit format
Must have current GHIN index to participate.

Cost: \$30 Members, \$45 Guests

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

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

"The most important shot in golf is the next one"

~ Ben Hogan

GOLF COURSE



What do Golfers seek in a Golf Course?

After decades of watching golfers, I think I know what normal golfers want: Affordable golf within a reasonable time limit, smooth greens, and wide fairways. They want a digestible sandwich at the turn, friendly folks behind the pro shop counter and a warning, prior to purchasing the green fee, that the course is littered with 97 big bunkers and the rough is at US Open height due to a green committee with a TV golf fixation.

The Recreational player just wants a friendly place to play, is typically pleasant, grateful to the staff for the hard work and is genuinely understanding when it comes to course work. These golfers are fun to have around until they are indoctrinated into the cult of griping by an alpha golfer who has discovered the magic customer service button.

I should seek a course that would fit my *comfort level* as well as my skill level.

What are average golfers looking for when they choose a course for their next round? Golf is a competitive sport, so most will seek a track that will challenge their skill level. History and status are the first things that many will seek when selecting a course to play. Many want to walk where Hogan, Palmer, and Nicklaus plied their craft at the highest levels. Golfers want to attempt shots that they have seen their heroes make.

"The golf course is so-so, but the members are great, and they participate in many club activities. I wouldn't want to play anywhere else." A large, ostentatious edifice would make most golfers I know uncomfortable and self conscious. As a good friend of mine reminds our entire golfing group, "You can't put a shine on a sneaker!"

Are you still looking for a course that is your *right fit*? Try Fort Buchanan Golf Course on for size. Our friendly staff and cozy clubhouse will make you feel right at home. For a tranquil spot in the heart of the city swing by Fort Buchanan Golf Course.

Source: www.ussportscamps.com

Junior Golf Camp

A Head Start for Next Generation Players!

Fort Buchanan's nine-hole golf course offers 18 rounds for golfers at various skill levels. Whether a novice golfer or an experienced golfer, the golf course at Fort Buchanan offers over 6300 yards of greens that will fit any golfer's comfort and skill level.

This will be evident as the Pro Shop hosts its Junior Summer Golf Camp from July 13 to 17. Youth ages 7 to 16 will have the opportunity to learn basic swing fundamentals and techniques in a positive fun social setting. Instructors seek to assist youth in learning a variety of golfing fundamentals and techniques ranging, but not limited to full swing, short games, putting, rules and etiquette, skills and safety. The camp is designed for beginners up to experienced junior golfers who want to improve their game and develop skills to play independently on the course. With over five objectives for the week, it is expected that youth will become more confident golfers within their ability levels, improve skills, develop higher self-esteem, meet new friends, and develop a greater passion for the sport of golf.

After a week of focusing on solid golf fundamentals and learning respect for the game, junior golfers will put techniques learned to the test. Youth will compete in a Skills Competition and Tournament against other junior golfers on the last day of camp. What a way to spend a week of summer camp? This five day camp will intrigue the minds of junior golfers who are interested in enhancing their golfing skills and them begging to play more!

For additional information call the Pro Shop at 787-707-3980.

BOWLING CENTER



Bowling News

Summer is here and it is HOT! HOT! HOT! So, what better way to cool off than to visit your Fort Buchanan Bowling Center. As we have approached the month of July, the Bowling Center is very busy. Local bowling leagues have reserved most of the lanes throughout the month of July. Therefore, we have reserved a few lanes for **open bowling**. So mark your calendars for open bowling on Tuesdays, Wednesdays, Thursdays and Saturdays.

This month we would like to send a huge congratulations to Alexander Wiscovitch. Bowling in a Series of 783 Alexander bowled a perfect game of 300.

Don't forget that we will be hosting our **Island Bowling Tournament** from August 21 to August 23, 2015. So, come on out on open bowling nights and Sunday afternoons to prepare for the tournament.

Beat the **HEAT** and visit your Fort Buchanan Bowling Center this month. Whether you are a savvy bowler, a family with children or a beginning bowler, bowl a few rounds, eat some good food, and have some fun at Fort Buchanan Bowling Center.

For more information please call **787-707-2564**

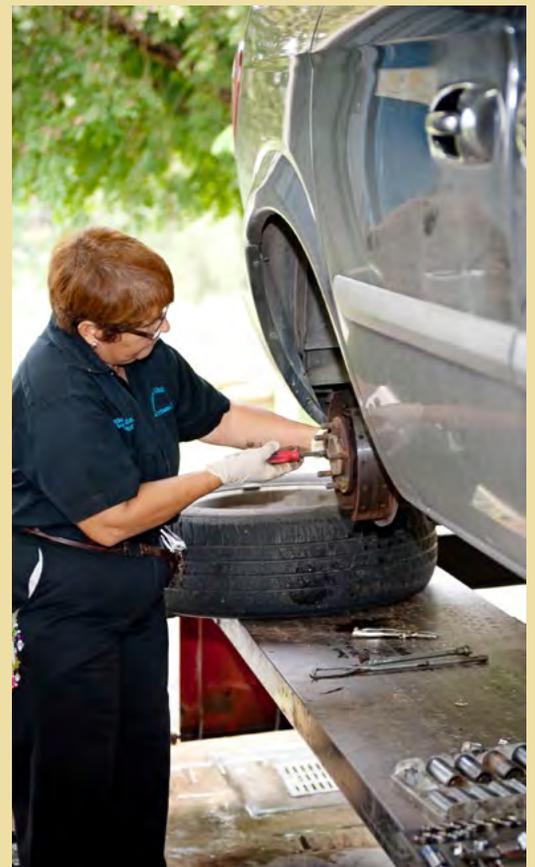
Fort Buchanan Automotive Skills Center

The Automotive Skills Center is operated by automotive instructors who are subject matter experts and are always eager to assist you in your needs. The facility has working bays, specialized tools, engine analyzers, wheel alignment service, air conditioning recovery/recharge service, cooling system service, tire services, welding machines, auto lifts and many other tools and equipment available for the upgrading and maintenance of your privately owned vehicle.

- We are a **Certified Service Station** to conduct the Puerto Rico vehicle emission inspection.
- The staff will teach you ways to work on your car by instructing and supervising your work.
- The Automotive Skills Center has computerized data to assist in the repairs and maintenance of the vehicle.
- Some of the skills that you can learn are: installation of brake pads on any type and model car, installation of brake shoes, tune-up for most cars, tire rotation, replacement of tires, wheel balancing, tire repair, oil changing and many other related skills.
- We have state-of-the-art equipment to perform almost any minor repair needed in your car.

Open Mondays through Saturdays from 8:00 am - 5:00 pm.

For more information please call **787-707-3972**



Fort Buchanan celebrates 240th Army Birthday with early morning run

José L. López
Public Affairs Office

Soldiers from various units and civilians were early in formation for the 240th Army Birthday Run, June 9, 2015 at the Welcome Center parking area.

Command Sgt. Maj. Luis A. Rosario, Garrison Command Sergeant Major, welcomed the 402nd Civil Affairs Battalion; 2/348th Reg, 158th Infantry Brigade; 1st Mission Support Command; Puerto Rico National Guard; San Juan Recruiting Station; Navy Reserve and DoD civilians as they joined the garrison in the formation.

The units' motivation was evident as they competed counting or singing cadence throughout the run.

The ceremonial cake was donated by the Association of the United States Army, Puerto Rico Chapter, President CW04 (Ret.) Cristino Lozada. He joined the youngest Soldier and most experienced Soldier within the formation as they cut the cake.



(above) Soldiers showed their pride running and singing cadence during the Army Birthday Run. (right) Members of the Navy Reserve displayed motivation as they joined Soldiers during the run. (below right) Future Soldiers take a break and breakfast after participating in the event.



Association of the United States Army, Puerto Rico Chapter President CW04 (Ret.) Cristino Lozada joins the youngest Soldier and most experienced Soldier within the formation as they cut the ceremonial cake, 9 June, 2015.

Photo by José L. López, PAO



MG Cobb visits Fort Buchanan

José L. López
Public Affairs Office

The Commanding General of the 81st Regional Support Command/Senior Mission Commander for Fort Buchanan, Major Gen. Janet L. Cobb visited the installation, June 11-14, 2015.

Major Gen. Cobb participated in several briefings presented by garrison directorates.

She emphasized Fort Buchanan's relevance to the Army's mission.

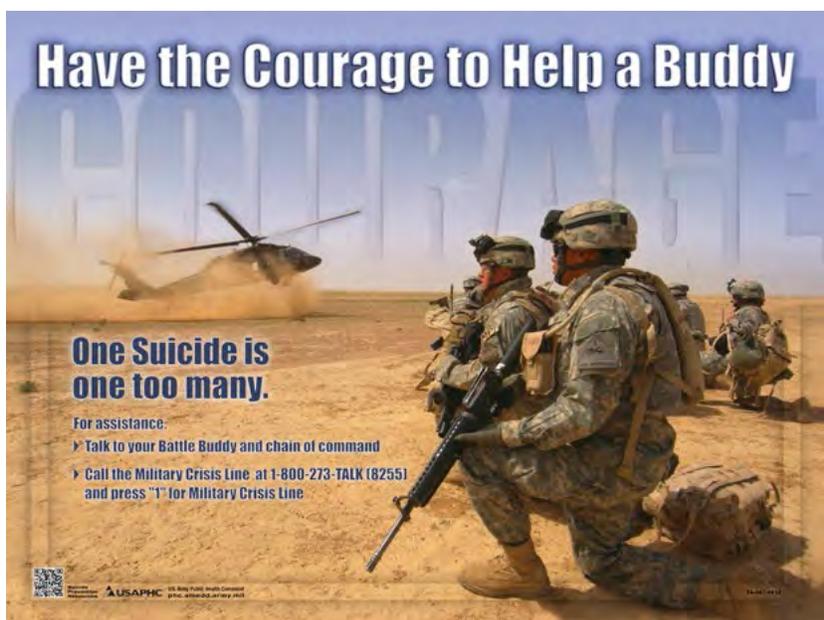
"Fort Buchanan is a vital part of our installation structure in the United States Army. Part of my job as the commanding general for the 81st Regional Support Command is to serve by policy as senior commander here at Fort Buchanan. We have a large Army Reserve population here in Puerto Rico that the garrison serves, but in addition, the garrison provides support to our partners, our tenants, the National Guard, the Navy, and our job is to provide the best common levels of service as we can. Fort Buchanan provides major services to our tenants and this is a wonderful contribution to the Army and Army Reserve." said Maj. Gen. Cobb.

Cobb highlighted Col. Caryn S. Heard, Garrison Commander contributions during her tenure and expressed her confidence in the future garrison commander in the wake of the upcoming garrison Change of Command, July 30, 2015.

"I wish, as my role as senior commander, to come down more often. I know that Col. Heard has done a great job here as garrison commander and her replacement will be in soon. Col. Harvey will be equally dedicated to making Fort Buchanan the premier garrison in the Army." she said.

In her message to the Fort Buchanan Community, she emphasized the importance of serving and that the community's contributions go beyond the installation's borders. "I would like to tell the Fort Buchanan community that we are a part of Puerto Rico, we are a proud part of the community and Fort Buchanan is here to serve Service members, Family members and Civilians"

Cobb offered advice to those who wish to escalate in their careers by saying: "Do what's right, come what may."



August Upcoming events

August 6

Back to School

August 26

Women's Equality Day

Family and MWR Events

July 2015

SUN 5

Caverns and Wrecks Specialty Course, Outdoor Recreation, 787-707-3734

Basic SCUBA 5-day Course, Outdoor Recreation, bldg 67 787-707-3734

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

SUN 12

Basic SCUBA 6-day Course, Outdoor Recreation, 787-707-3734

Day & Night on the Bio Bay Adventure, Outdoor Recreation, 2:30pm departure, 787-707-3734

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

SUN 19

Dive Extravaganza- Mona Island Adventure, Outdoor Recreation, 787-707-3734

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

SUN 26

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

Advanced SCUBA Course, 8:00am-1:00pm, Outdoor Recreation, 787-707-3734

MON 6

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

MON 13

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

MON 20

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

MON 27

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 7

Basic SCUBA 6-day Course, Outdoor Recreation, 787-707-3734

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

TUE 14

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

TUE 21

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

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

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

TUE 28

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 1

Caverns and Wrecks Specialty Course, Outdoor Recreation, 787-707-3734

Customers' First Choice of New Books and DVDs, 10:00am, Post Library, 787-707-3208

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

WED 8

Basic SCUBA 6-day Course, Outdoor Recreation, 787-707-3734

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

WED 15

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

WED 22

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

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

WED 29

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 2

Caverns and Wrecks Specialty Course, Outdoor Recreation, 787-707-3734

Independence Day Celebration, Community Club Parking Lot, 5:00pm-10:00pm, 787-707-5105/3974



THU 9

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

Basic SCUBA 6--day Course, Outdoor Recreation, 787-707-3734

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

Bump & Blast Summer Blast @ The Community Club 5pm-8pm

THU 16

BBQ at the Club 4pm 787-707-3535

Bump & Blast Summer Blast @ The Community Club 5pm-8pm

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

THU 23

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

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-8pm

Movie at the Library: National Geographic Mysteries of the Unseen World, Post Library, 6:00pm, 787-707-3208

THU 30

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

Bump & Blast Summer Blast @ The Community Club 5pm-8pm

FRI 3

Caverns and Wrecks Specialty Course, Outdoor Recreation, 787-707-3734

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

Every Friday Out of the Box at Fitness Center 9am, 787-707-3767

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

FRI 10

Basic SCUBA 6--day Course, Outdoor Recreation, 787-707-3734

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-8pm

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

FRI 17

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-8pm

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

Advanced SCUBA Course, 6:00pm-10pm, Outdoor Recreation, 787-707-3734

FRI 24

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-8pm

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

Advanced SCUBA Course, 6:00PM-10:00pm, Outdoor Recreation, 787-707-3734

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

FRI 31

Army Ten Miler Tryouts @ Fitness Center 6am, 787-707-3767

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

Bump & Blast Summer Blast @ The Community Club 5pm-8pm

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

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

SAT 4



SAT 11

Basic SCUBA 6--day Course, Outdoor Recreation, 787-707-3734

Horseback Riding Adventure in Isabela, 6:50am Departure, Outdoor Recreation, 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

Independence Day 5K Fun Run @ Fitness Center 5pm 787-707-3767

SAT 18

Advanced SCUBA Course, 8:00am-9pm, Outdoor Recreation, 787-707-3734

Dive Extravaganza- Mona Island Adventure, Outdoor Recreation, 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

SAT 25

Advanced SCUBA Course, 8:00am-8:00pm, Outdoor Recreation, 787-707-3734

Independence Day Golf Tournament, @ Golf Course 9am 787-707-3980

The Beach and Snorkeling Adventure to Vieques Island, 11:00am Departure, Outdoor Recreation, 787-707-3734

A Sip of Summer Pool Party @ The Waterspot 8pm-1am 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

A SIP OF SUMMER

POOL PARTY

You are invited to our **Summer Pool Party** at **The Waterspout on July 25, 2015**, starting at **8:00pm till 1:00am**. We will have DJ music, lots of yummy food and refreshments.

Bring your family and join in on all the fun!

Pool capacity: 500 people
 Tickets can be purchase in advance.
Personal coolers and outside food and beverages are prohibited.
 Adult beverages now available for sale.

Fee:
\$8 ages 11 and above
\$5 ages 10 or less

Please call for more information
787-707-5105/3550

Get creative with Embroidery!

Have your choice of lettering style, thread color and hundreds of stock images! Embroidery, an art form also known as *thread painting* because of the resulting pictures that look painted onto fabric, has had a wide variety of applications in fashion and home adornment for thousands of years. Machine embroidery allows you to complete large works or quantities in a remarkably short span of time. You can embroider practically any fabric and make it into an heirloom to treasure for years to come.

You can embroider things for your home, such as pillows, towels, and even cloth napkins for your next dinner party! Also things to wear like tops, t-shirts, uniforms, baby garments, hats; you name it! Get creative with embroidered gifts such as a tablet, ipad or phone canvas case, bags or totes.



Whatever you fancy, visit us:
Embroidery Shop Hours of Operation:

Bldg. 168, Bayley Road (*Bowling Center*)
 Tuesdays - Fridays from 12:00 pm to 8:00 pm.
 Saturdays 9:00 am to 3:00 pm.
 More details by calling 787-707-2979

Reference:www.ehow.com

CINEMA CLUB \$FREE

JULY

9 THURSDAY • 7:30PM
THE DIVERGENT SERIES: INSURGENT TWO
 PG-13 • 119 MINUTES

10 FRIDAY • 7:30PM **BIG SCREEN MOVIE**
HOME
 PG • 94 MINUTES

17 FRIDAY
 6:00PM • **PAUL BLART: MALL COP 2**
 PG • 94 MINUTES
 8:00PM • **FUBIOUS 7**
 PG-13 • 137 MINUTES

24 FRIDAY
 6:00PM • **HOT PURSUIT**
 R • 87 MINUTES
 8:30PM • **UNFRIEND**
 R • 82 MINUTES

31 FRIDAY
 6:00PM • **THE AGE OF ADALINE**
 PG-13 • 113 MINUTES
 8:30PM • **THE AVENGERS: AGE OF ULTRON**
 PG-13 • 141 MINUTES

COMMUNITY CLUB
787-707-3535

SPORTS & FITNESS • OUTDOOR RECREATION

Perimeter Road Challenge 5.2 Mile Run

August 8th, 2015
Fitness Center, Bldg. 167

Free of cost for Army Active Duty, Army NG, Army Reserve, Marines, Navy Reserves and DoD Civilians attached to Fort Buchanan.

Others: \$8.00

Late registration fee of \$5.00 extra on race day

Categories:

Children both genders ages 0 - 12

Male Youth 13 - 18, 16 - 18

Male 19 - 26, 27 - 35, 36 - 45, 46 - 54, 55 - 63, 64 and over

Female Youth 13 - 15, 16 - 18

Female 19 - 24, 25 - 34, 35 - 44, 45 - 54, 55 - 64, 65 and over

Adult Volleyball League

Starting July 22nd, 2015

Deadline for registration: July 8th by 9:00 pm
at the Fitness Center.

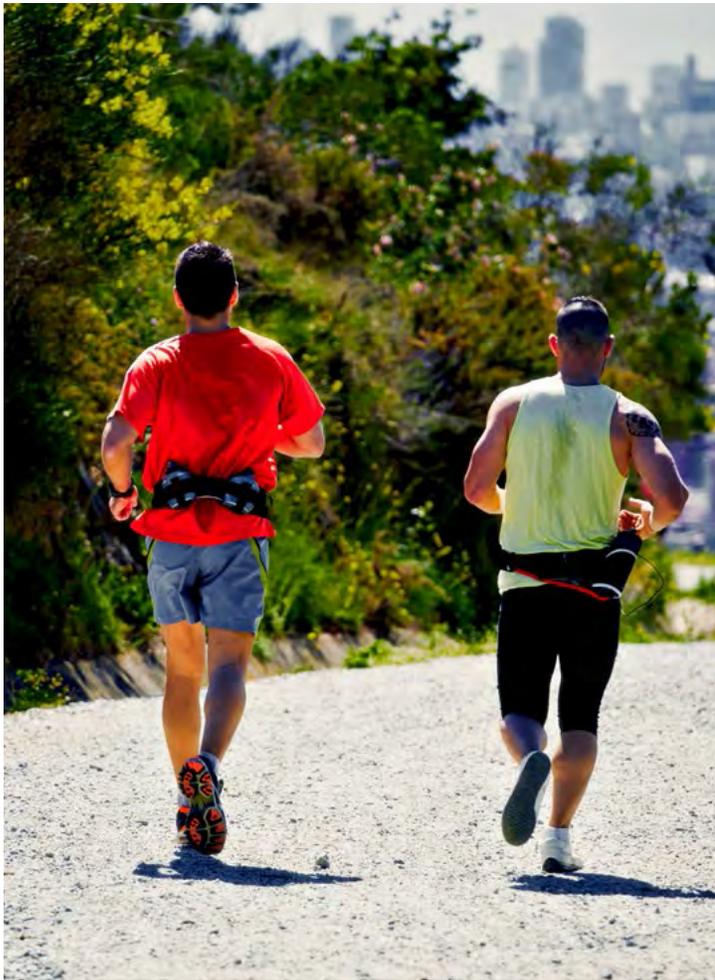
Coaches meeting: July 15th, 6:00 pm, Fitness Center.
Military / DoD Civilian teams (I.E. Coast Guard, National Guard, Reserve Component) attached to Fort Buchanan free of charge.

Other Military Teams (outside Fort Buchanan) \$250.00

Federal Employees \$300.00

ID Card Holder sponsored Team \$400.00

Registrations at the Fitness Center, Bldg. 167,
more details at 787-707-3767.



OUTDOOR RECREATION ADVENTURES:

Horseback Riding Adventure

Date: Saturday, July 11, 2015
Place: Isabela, P.R.
Departure from Fort Buchanan: 6:50 am
Cost: \$55.00 Adults / \$49.00 Children

Dive Extravaganza MONA ISLAND Adventure

Date: July 18 & 19
For details call the ODR office, 787-707-3734

Beach & Snorkeling Adventure to VIEQUES ISLAND

Date: Saturday July 25
Departure: 11:00 am from Fort Buchanan
Arrival: 7:00 pm to Fort Buchanan
Includes: transportation, all snorkeling equipment (mask & snorkel, fins & flotation devices), ecological interpretation about the surroundings and history of Vieques and its marine life, local fruits in season, snacks, water & soft drinks, sangría, and snorkeling 101 section for our beginner snorkelers.

Cost: \$60.00 Adults / \$55.00 Children

SUP Tutorials

(Stand up Paddle Boarding)

Date: Saturday, August 1

Place: San Juan

Departure: 7:00 am

from Outdoor

Recreation Bldg. 67

Includes: transportation, equipment, refreshments and tutorials.



SCUBA LESSONS

Caverns and Wrecks Specialty courses

Dates: June 30, July 1, 2, 3 and 5

Cost: \$150.00 equipment not included

Equipment cost: \$50.00

SCUBA Basic Course (Six days)

Dates: From July 7 to July 12

Cost: \$150.00 equipment included

Advanced SCUBA Class

Dates: July 24 from 6:00 pm to 10:00 pm,

July 25 from 8:00 am to 8:00 pm.

July 26 from 8:00 am to 1:00 pm

Cost: \$135.00 equipment not included

Equipment cost: \$50.00

Note: Participants must attend all classes to get certified; applicable to all the Scuba Courses.

Call **787-707-3734** for more information.

Child Development Center- Preschool Achievement Ceremony

Realizing that moving from Preschool to Kindergarten can be an anxiety filled experience for many children, the Fort Buchanan Child Development Center Preschool Program seeks to minimize such anxieties by hosting its **2nd Annual Achievement Ceremony** on June 10. The purpose of the ceremony was to help preschoolers who are transitioning from Preschool to Kindergarten this school year, providing them with tangible memorable experiences that will remain relevant as they prepare and transition into Kindergarten.



Seeking relevance for children, Preschool Child Youth Program Assistants (CYPAs) Isareyda Medina, María Natal, Yazmine Rodríguez, Idalis Ríos, Mildred Cepeda, and Irma Cotto themed the ceremony Sailing on to New Adventures using a Nautica theme to captivate the imaginary minds of young children. The significance of the theme was to metaphorically compare the exciting journeys and adventures of a sail boat to the new and exciting adventures awaiting Preschoolers in Kindergarten. CYPAs Karla Arroyo Rosario and Car-

leen López brought this concept to life. The two created props and decorations to enhance and extend the creative minds of preschoolers.

Eighteen preschoolers marched down the aisle to the *Little Mermaid* in *Under the Sea* and *Jack-n-Nevelands*. Excited as they were on June 10, preschoolers showed even more excitement as they participated in every aspect of the ceremony. CYPA's incorporated age appropriate and developmental activities into weekly *Lesson Plans* to ensure that preschoolers had the opportunities to share in the creativity of the event. Preschoolers decorated sailor hats which were worn, during the cere-

mony. Children made lanterns used for decorating the Multipurpose Room. Lanterns made were presented to a family member or special guest after the ceremony. Even the snack served, *Jell-O Fish Boats*, was made by preschoolers, during an afternoon food experiment. Lastly, preschoolers shared their favorite preschool songs *Row, Row, Row Your Boat* and *Five Little Fishes* with their parents, during the ceremony. Lesson plans for the past month proposed several exciting activities that not only engaged and drew enthusiasm from the children, but opened the doorway for CYPAs to discuss any feelings and emotions that preschoolers may be feeling in anticipation of Kindergarten.

From experiencing an audio reading of the most beloved story *Rainbow Fish* to the interactive photo booth to the arts and crafts activities to the presentation of the **Achievement Certificate**, the Fort Buchanan Preschool Program Achievement Ceremony was a day of long lasting memories for Preschoolers as they prepare for their journey into Kindergarten.

By: Tiffney Lane

Child Development Center Acting Director

CYSS announces that Ms. Olga Rodríguez has been temporarily promoted to acting Child Development Center Director. Ms. Rodríguez has vast experience as CDC Assistant Director for the last three years. She can be reached at 787-707-3280/3769.



CYSS Parent Advisory Group Chairperson

The CYSS is looking for a Military active duty Soldier to become the CYSS Parent Advisory Group Chairperson. The person choose to be the Chairperson will automatically be participating on the Parent Participation program. This means that this person will be able to receive a 10% discount on his/her monthly CDC/SAC fee payment when accumulating 10 hours worked on this appointment. Please contact the CYSS Coordinator Ms. Carmen Dieppa, CYSS Coordinator for more information or orientation at 787-707-3569.

Preschool Program in the Works Three Days per Week

CYSS is planning on implementing a 3 days preschool program. The preschool program if implemented will be offered Mondays, Wednesdays and Fridays from 8:00 am to 11:00 am at building 1000. This programs will be applicable solely for children between the ages of three through five not currently attending the CDC Full-day program. Program if implemented will begin on August 2015. Please contact the CYSS PCS office at 787-707-3787/3434 if you are interested in more information. Minimum amount of children required to implement the program is 10 children.

CHILD, YOUTH & SCHOOL SERVICES

Middle School Teen Program Summer Fun!

During the month of July, teens will be going on several field trips from paint balling, kayaking, ice skating, and bike riding. Just look at the exciting excursions for the month of July.

July 2 - Paseo Lineal Bike Riding

Located in Bayamón. A nine kilometer stretch along the historical scenic *Bayamón River* teens will be able to either jog or cycle along the natural preserve.

July 7- Exploring Parque De Las Cavernas Del Rio Camuy

located in the Northwest region of the island. Known as *karst country*, *Parque De Las Cavernas Del Rio Camuy* is one of the largest systems of underground caves in the world. The 268 acres of lush vegetations, bamboo and banana trees, species of ferns offers teens a hint of Puerto Rico's fascinating natural landscapes. After the *Cavernas*, teens will visit the world's largest single dish radio telescope at the *Arecibo Observatory* nestled in the quiet mountains of *Arecibo*.

July 9- Coast Guard Housing Pool

Teens will take a dip in the pool at Coast Guard Housing in Bayamón.

July 14 - Paintballing in Rio Grande

Ms. Aguilu expressed that this is "definitely a very exciting field trip for the teens". Teens will participate in healthy competition as they compete with one another in real life experiences using props and scenarios coordinated by an event planner at the park.

July 16 - Experiencing the waves at Alberque Olímpico Water Park

This park located in *Salinas* is used as a training facility for Olympic and professional athletes. Teens will have an opportunity to visit the Sports Museum, botanical gardens, recreational parks and the most popular water park which houses a giant *wave pool*.

July 21- Ice Skating in Aguadilla

After ice skating, the teens will tour the *Coast Guard Air Station Borinquen* in the town of *Aguadilla*. Known as the *Coast Guard Air Station of Puerto Rico*, teens will learn about the history of the Coast Guard and its mission of securing U.S. Territories. After the tours, teens will go swimming in the 25 meter pool alongside a beautiful setting in the Coast Guard Community.

July 23- Kayaking, Paddle Boarding and Zip Lining

In a safe atmosphere, certified instructors will guide teens as they adventure along the calm waters of *Lake Carraizo* in *Gurabo*.

There are a few spaces available for the last two weeks of summer camp. If interested contact Parent Central Office at 787-707-3434.

By: Tiffney Lane



CYSS MDTI Orientation

The Child, Youth and School (CYS) Services held an orientation for the Fort Buchanan proponents of the *Multi-Disciplinary Team Inspection (MDTI)* on May 26. The orientation was conducted by the CYSS Coordinator, Ms. Carmen Dieppa at the Community Club.

The CYS Services Inspection Protocol is composed of four unannounced inspections:

1. Army Higher Headquarter Inspection (AHHI)
2. Comprehensive Fire/Facility/Safety Inspection
3. Comprehensive Health/Sanitation Inspection (Preventive and APHN)
4. Multi-Disciplinary Team Inspection (MDTI)

The programs to be inspected are: Child Development Center, School Age Care, Middle School/Teen Center Program, Outreach Program, Sports and Fitness Program, and the CYS Services Main Office.

Our mission is to provide Soldiers, Civilians and their Families with a quality of life commensurate with the quality of their service.

By: Nikitta Campbell

Active Participation Brings Pride!

Art created by teens and children from the Child, Youth and School Services Programs are displayed on the T-Shirts they are wearing in the **Summer Camp**. Design on the left photo was created by MST youth, and the one on the right side by After School Program children. We encourage children to create and participate actively in the things they use and do! By doing this, parents and staff feel proud of their childrens' work, while children/teens feel that what they do is recognized and appreciated.



Safety is always 'Mission Possible'

José L. López
Public Affairs Office

The garrison Installation Safety Office hosted its annual Safety Stand Down, June 17, 2015 at the Cabaña Recreational facilities.

According to Alfredo Nogueras, installation safety officer, "the purpose of this event is to pause from our daily routines and to refocus and reinvigorate our commitment to the prevention of accidents both at work and at home. Through hands-on activities, we will provide employees an opportunity to interact among themselves in a fun, stress free and safe environment to foster better understanding of safety hazards encountered daily."

"This year's theme was "Safety: Mission Possible", highlighting Safety as a mission enabler that allow us to retain our resources and execute our inherently risk missions in the safest way possible." added.

The theme was presented as a "secret agent" environment. "The reason for the theme was to put a different spin on the activity. My plan is to yearly pick a catchy theme so people can enjoy, have fun, and relate to the activities that we will have in each of these safety stand downs." said Nogueras.

Garrison directorates participated by manning various informative booths. "The Safety Stand Down Day spotlighted various "special missions" to ensure that the workforce understood the value of using risk management in activities commonly practiced. Many Collateral Duty Safety Officers (commonly known as CDSOs) transformed into "Special Agents" during the event and were tasked to deliver and accomplish very "special missions" for the delight of the participants." said Nogueras.

Information booths were labeled with references to spy movies. Code names such as "PPE Royale", "Spy-fall", "From Agent R With Love", "Prevention is Forever", "Host Proto-

col", and "License to Live", were assigned to selected special missions and required participants to interact in hands-on tasks, "should they choose to accept".

Garrison Commander Col. Caryn S. Heard awarded mementos to Jesús M. Galvéz, Chief Operations & Maintenance Division, Directorate of Public Works; María Morales, Director of Human Resources, and Gloria M. Velázquez, Budget Analyst, Resource Management Office for their outstanding achievements in safety.

The Fire Department presented a vehicle extrication demonstration where they proceeded, with the help of Col. Heard, to break windshields, remove doors and roof of a car in order to display methods of rescuing people trapped in vehicles after a collision.

Many areas of safety were covered during the activity. Nogueras states that employees may not have the time to see these covered in mandatory trainings. "Some of the most important safety awareness events we conduct for our workforce don't take place in a classroom environment or out in



"Special agent" Magda Figueroa, (EEO) and Myrna Llanos, (DHR) provided information on Drus and alcohol effects. Photo by José L. López, PAO

the shop; they take place during our safety stand downs." said Nogueras.

Nogueras emphasized that the event's main goal "was to enhance the safety awareness of every participant so each can take what they have learned and apply the methods to their workplace and home, because everyone is involved in safety."



Officer Felipe Deida showed Vicente Hernández from the Property Book Office the importance of wearing seat belts. Photo by José L. López, PAO



Photos by José L. López, PAO



USAG Safety Stand Down 2015

ARMY COMMUNITY SERVICE

ACS History

From the pioneer days to the all-volunteer Army of today, the concept of humanitarian concern for the welfare of others exists as a foundation of the Army way of life. Army posts, familiar to the pioneers, were oftentimes isolated and located in hostile and dangerous environments, seldom located near a civilian community, and had limited and infrequent communication with the world outside its protective fortifications. The early day Army existed as a closely knit, distinct and generally self-sufficient society. The pioneer Army wife knew hardship in her environment, but she established an enviable pattern of personal sacrifice and compassion still found in the Army spouse of today.

For years, Army wives operated lending closets, thrift shops, and nurseries; raised funds to help the needy; assisted in emergencies; taught and trained the unexperienced; provided care and comfort to the ill and bereaved; and through a grassroots understanding of the Army community, contributed significantly to its stability. An adverse aspect of these social service activities was that they often disappeared or stagnated when their originators transferred or left the service. Army Community Service (ACS) was designed to eliminate this adverse aspect and provide a flexible framework for the operation of a viable system of social services. Changes in the Army community have been substantial and significant, and reflect the changes of the larger society which it serves; however, the major impact of these changes as been most apparent since 1940.

In 1940, the active Army numbered 269,000 of whom only 25 percent were married. The advent of World War II (WWII) rapidly altered this picture. The rapid buildup of U.S. defensive forces, and their deployment worldwide had a devastating impact on American Family life. Long separations, lack of communication, meager pay, fear, and reports of casualties brought disruption and insecurity to Army families who shared this experience.

An important resource for the alleviation of social welfare problems of Soldiers and their Families came in the 1940s in the form of Army Emergency Relief (AER).

Funded by donations of the American public and proceeds of the Irving Berlin Broadway hit *This is the Army*. AER offices were located at Army posts throughout the United States in 1941. One large metropolitan AER office, and the only one so established, was located in New York City on 5 February 1942.

Then, LTC Emma M. Baird (considered the founder of Army Community Service) was assigned to the aforementioned AER and Personnel Affairs Offices during the major period of their existence, as the Allowance and Allotment Officer. This experience formed the background of her planning the structure and organization of a "Family Services Program which was to become ACS.

On July 25, 1965, General Harold K. Johnson, Army Chief of Staff dispatched a letter to all major commanders announcing the approval and establishment of the ACS. Publication of *Army Regulation 608-1* on November 19, 1965 welcomed ACS as a viable and important Army program.

Born in a climate of some confusion may be a partial explanation of why ACS continues by many to be called *Army Community Services*. There are innumerable army community services; however, there is only one officially designated *Army Community Service*.

In the early spring of 1966, LTC Emma Baird traveled to Europe to assist commanders in establishing ACS Centers. By 1967 the majority of CONUS installations had initiated ACS Centers. By 1969, 155 ACS Centers were established Army wide.

From the beginnings of ACS, thousands of Army wives enhanced and improved the lives of fellow members of their Army community. One Army wife who made notable contributions to ACS programs was Mrs. George S. Patton (Joanne); an early advocate for assistance to military personnel with exceptional Family members, Mrs. Patton's input to the success of the Army efforts in this area were continuous and unstinting.

The revised version of AR 608-1 on October 1, 1978, introduced new avenues of accomplishment of this viable pro-

gram. Budget counseling and debt liquidation, relocation assistance, and an information program at many ACS centers, became services offered by ACS. The revised regulation incorporated the Army Child Advocacy Program into ACS; established the Army Child Support Services Program; established criteria for financial support, personnel functions and duties, and program requirements; and incorporated standards for child health and safety protection at military facilities offering temporary care for children.

In 1995, an official mission statement was established for ACS. The mission of the ACS Center is to facilitate commander's ability to provide comprehensive, coordinated, and responsive services that support readiness of Soldiers, civilian employees, and their Families.

Today, 83 ACS Centers worldwide remain an integral part of the Army Family by supporting the Army Force Generation Model (ARFORGEN) and unit commanders by identifying quality of concerns and supports restoration of balance by improving predictable standardized services and programs across the Army. ACS supports the ARFORGEN through Family Assistance Centers, Soldier Readiness Processing, Deployment Cycle Support, Operation READY, Family Readiness Groups, Rear Detachments, Military and Family Life Consultants, and the FRG.

Army Community Service Core Programs:

The core programs and services provided by ACS Centers have grown from its early days to include: Army Family Action Plan, Army Family Team Building, Army OneSource, Army Volunteer Corps, Exceptional Family Member, Family Advocacy, Financial Readiness, Information and Referral, Relocation Readiness, Sexual Assault and Response Program, Soldier and Family Assistance Center, Spouse Employment, Survivor Outreach Services, Transitional Compensation, and Victim Advocacy. ACS continues to grow and evolve to meet the changing needs of the global Army Family.



ACS 50th Birthday Celebration Activities

Concert

July 2 - Independence Day Celebration, ACS Information & Education Booth, Community Club, Bldg 660
5:00 pm - 10:00 pm

Open House

July 9 - ACS Bldg 390 Suite 101, ACS Information & Education Booth, 9:00 am - 3:00 pm
July 16 - AAFES & DeCA, ACS Information & Education Booth, 9:00 am - 1:00 pm

ACS 50th Birthday Celebration

July 24 Cabaña Picnic Area, 11:00 am - 3:00 pm

- Cake Cutting
- Time Capsule
- CYSS Talent Show
- Announcement of ACS Birthday's Essay & Drawing Contest Winner
- ACS Information & Education Booth

Hispanic Heritage Celebration



See page 3
SEPTEMBER 1995 FORT BUCHANAN, PUERTO RICO VOL. 10 NO. 9



Birthday!

Army Community Service celebrated its 30th birthday with a ribbon and cake cutting ceremony at its new facility. Key personnel and community members, as well as YS and CDC children joined the fun. Left to right, cutting the cake, Volunteer Coordinator Renee López, ACS FORSCOM Coordinator Sharon Davis, ACS Chief Stan Debiec, Mrs. Lee Riedel, Lt. Col. Huckabee, ACS Secretary Liza Guzmán and Mrs. Filter. All had a great time!

POST LIBRARY

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

The Fort Buchanan Library celebrates **National Make A Difference To Children Month** to remind us of the many ways adults can make a positive difference to children. The Various reading materials and movies available for check-out.

Summer Reading Program: Don't miss the reading, rhythm, and the rockin' good time! The Fort Buchanan Library has packed up a world of reading options that encourage and support a love of reading for elementary school children and middle and high school teens as part of its **READ TO THE RHYTHM!** Summer reading program 2015. Meetings July 1st, 8th and 15th from 1:00 pm -3:00 pm for the teen group and 3:00 pm to 5:00 pm for the younger group. Participants win prizes for reaching their reading goals. Small children are welcome and should be accompanied by an adult.

Computer Orientations: Tuesday, July 7 & 21 at 10:00 am to assist customers in accessing public computers and reference resources.

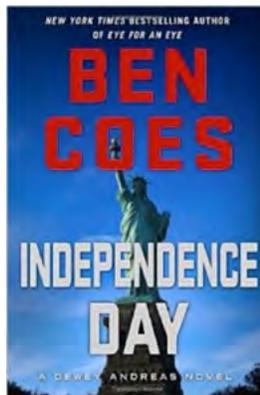
FREE Wi-Fi AT THE LIBRARY

Library Coupon Club: Thursday, July 23 from 11:00 am - 12:00 noon

New at Your Library:

Army Digital Media Library Travel: Includes ebooks, travel books and audiobooks.

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



Book of the Month: Independence Day

by Ben Coes

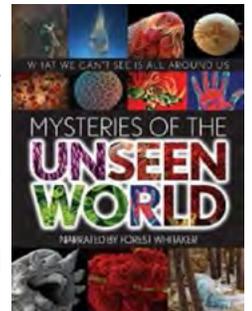
Dewey Andreas, former Delta and newly recruited intelligence agent, is sidelined after screwing up his last two operations. Still drowning in grief after the tragic murder of his fiancé, Dewey has seemingly lost his focus, his edge, and the confidence of his superiors.

A high level Russian hacker, known only as Cloud, is believed to be routing large amounts of money to various Al Qaeda terror cells, and the mission is

to capture and render harmless Cloud. At the same time, a back-up team is sent after the only known associate of Cloud, a ballerina believed to be his girlfriend. Unwilling to sit out the mission as ordered, Dewey defies his superiors, and goes rogue, surreptitiously following and tracking the two teams. What should be a pair of simple snatch and grab operations goes horribly wrong--both teams are ambushed and wiped out.

Movie at the Library: National Geographic: Mysteries of the Unseen World

Thursday, July 23rd at 6:00 pm. *Mysteries of the Unseen World* reveals phenomena that can't be seen with the naked eye, taking audiences into earthly worlds secreted away in different dimensions of time and scale. Experience events that unfold too slowly for human perception. You 'see' the beauty, drama, and even humor of phenomena that occur in the flash of a microsecond. They enter the microscopic world that was once reserved only for scientists, but now accessible to the rest of us.



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

United States Army Garrison Fort Buchanan Change of Command Ceremony

July 30, 2015

Garrison Headquarters
Building 390

10:00 a.m.



The Change of Command ceremony is an enactment of an Army tradition that is two hundred and forty years old. It reaffirms the concept that the Army is perpetuated on time-honored values and traditions. On July 30, 2015, distinguished guests and members of the U.S. Army Garrison Fort Buchanan community are invited to witness a small part of that tradition as the Garrison colors and command authority are passed from the Outgoing Commander, Colonel Caryn S. Heard, to the Incoming Commander Colonel Michael T. Harvey. Join us and be part of the history of the Army in Puerto Rico through the celebration of the military tradition of the Change of Command ceremony that showcases the professionalism of our Soldiers and Civilians at their very best.



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

Fireworks during the Fourth of July are as American as apple-pie, but did you know that more fires are reported on that day than on any other day of the year in the United States? Nearly half of these fires are caused by fireworks. The good news is you can enjoy your holiday and fireworks, with just a few simple safety tips:

PROCEED WITH CAUTION!

- Leave fireworks to the professionals. Do not use consumer fireworks.
- The safest way to enjoy fireworks is to attend a public display conducted by trained professionals.
- After the firework display, children should never pick up fireworks that may be left over, they may still be active.

The tip of a sparkler burns at a temperature of more than 1,200 degrees Fahrenheit, which is hot enough to cause third-degree burns.

1200 °F	Sparklers
1100 °F	
1000 °F	
900 °F	Glass melts
800 °F	
700 °F	
600 °F	
575 °F	Wood burns
500 °F	
400 °F	
350 °F	Cakes bake
300 °F	
212 °F	Water boils

FACTS

- Each July Fourth, thousands of people, most often children and teens, are injured while using consumer fireworks.
- The risk of fireworks injury is more than twice as high for children ages 10–14 as for the general population.



DES BLOTTER

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

Most relevant offenses that occurred during this month:

- Five Larcenies at the Main Exchange (PX). This is when people don't pay for the items, change price tags or wrongful appropriation of coworkers belongings
- Four Traffic Accidents reported due to improper reversing or negligent driving
- Five Accidental Damages (rocks, golf balls, shopping carts and cars hitting vehicles)
- Two customers paid at the PX with Counterfeit money (fake money)

Traffic Violations for the month:

- Seven Central Violations Bureau (CVB Traffic Tickets)
- The most common violations were Failure to Stop at the Stop Sign, Expired Driver's License or Vehicle Registration and Driving Wrong Way on One Way Street
- Eleven 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.

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.

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