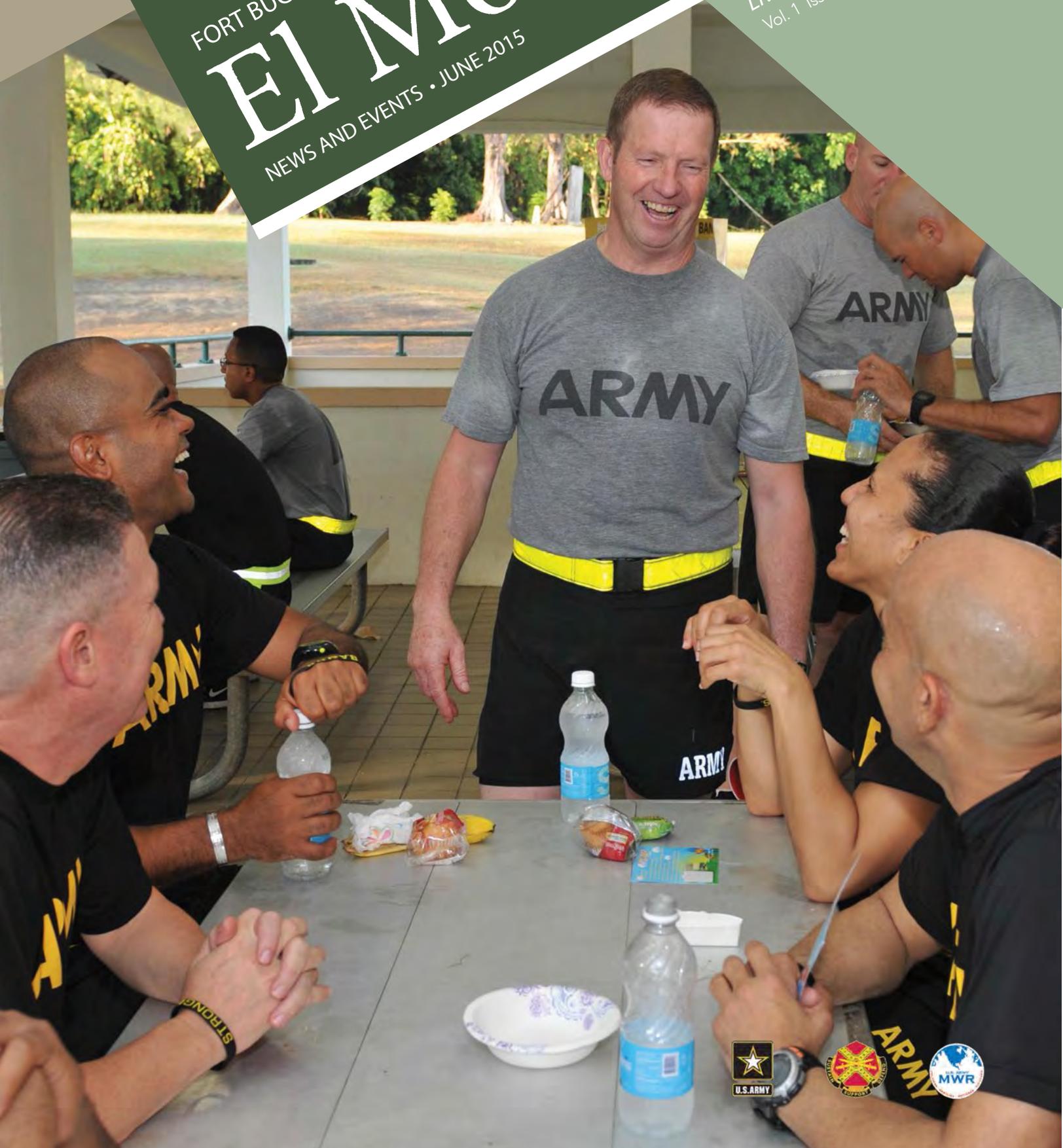


FORT BUCHANAN

# El Morro

NEWS AND EVENTS • JUNE 2015

Live & Explore  
Vol. 1 Issue 6





### Garrison Commander

Col. Caryn S. Heard

### Garrison Command Sergeant Major

Command Sergeant Major Luis A. Rosario

### Deputy Garrison Commander

Col. Kathleen J. Porter

### Deputy to the Garrison Commander

William S. Leyh

### Public Affairs Officer

Grissel Rosa

### Command Information

José L. López

Mailing address-

Public Affairs Office

ATTN: IMSE-BUC-PA

390 Crane Loop, Suite 311

Fort Buchanan, Puerto Rico 00934-4616

Story Submissions-

Email to: jose.l.lopez120.civ@mail.mil

Telephone numbers

(787) 707-4013/4486

Fax: (787) 707-3362

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### Directorate, Family and Morale, Welfare and Recreation

Director, Mr. Dallas J. Petersen

Admin. Office T. 787-707-3135

Business Operations Division

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



The history of the Army is embodied in 240 years of making a difference while keeping America safe and strong. Since 1776, our soldiers have banded together in an all-volunteer force to fight for independence and democracy. From the American Revolution to today's war – American Soldiers have always been the strength of our Nation, willing to fight for freedom, peace, and within that process selflessly sacrificing their own lives. Two hundred and forty years later, U.S. Army Soldiers are still volunteering to do so in the name of freedom for our Nation.

On one level, we hope that there is no more history to be written, no more battles to be fought but we are wise enough to know of human follies. As long as the world is imperfect, the United States will need its Army. Nonetheless, it's a proud history, and each of us is blessed to be a part of this story, where we epitomize not only our nation's ideals, but also our military values: loyalty, duty, respect, selfless service, honor, integrity, and personal courage.

Today's Soldiers represent the past, the present, and the future of our Nation. They remain constant in exemplifying what is best about the United States of America. And like their predecessors since 1776, today's Soldiers continue keeping us safe from harms' way. This is OUR Army! This is what WE do!

On June 13, 2015, we officially celebrate another chapter in the long proud history, the storied history of this great United States Army. Come and join us as Fort Buchanan celebrates with great pride 240 years of Selfless Service to the Nation at the Gran Melia Puerto Rico Golf Resort, Rio Grande, Puerto Rico. It promises to be an unforgettable event.

Remember, Army Strong!

### From the Garrison Command Sergeant Major



Last month we received the visit from Sergeant Major of the Army (Ret.) Kenneth O. Preston, who served as the guest speaker during our annual Retiree Appreciation Day. I'd like to highlight the time he shared with our NCO Corps - Active Army, National Guard and Reserve assigned to Fort Buchanan and other locations throughout the island. During the Non-commissioned Officer Developmental Program activity, Preston stressed the importance of education to our future generations. He emphasized the benefits of military and civilian education. He recognized that as the Army plans to reduce

its force due to sequestration, Soldiers that are fully qualified for their rank and position will have better opportunities to succeed. Furthermore, he underlined that we, as leaders, need to get more involved in building the bench and getting the new generations trained and ready to fight and win in a complex world. He drew attention to the SMA Daniel A. Dailey's initiative, "not in my squad", in which SMA empowers squad leaders to take ownership of their squad and make it the best one.

As a leader, he reiterated the importance of enforcing the standards and making on the spot corrections. As I'm running in the mornings, I see individuals wearing headphones while exercising. AR 385-10 prohibits the use of these devices while at the installation. This action, not only reduces your awareness of the environment, but could get you seriously injured. As the standards' bearer of the installation, I always do on the spot corrections. I invite you to do the same in order to keep Fort Buchanan a safe place. God Bless.

# FB shows its appreciation to retirees

José L. López  
Public Affairs Office

Retirees assembled during the Retiree Appreciation Day, May 14, 2015 at Maj. Gen. (Ret.) Félix A. Santoni Armed Forces Reserve Center.

The annual event keeps retirees and their Families up-to-date on changes in their retirement rights, benefits, and privileges and to foster goodwill between the retired and active duty communities.

The garrison Directorate of Human Resources (DHR) Retiree Services Office hosted the event.

Colonel Caryn S. Heard, Garrison commander; Brig. Gen. (Ret.) Fernando Fernandez, Co-Chairman, Fort Buchanan Retired Soldier Council and Sgt. Maj. of the Army (Ret.) Kenneth O. Preston, Co-Chair CSA Retired Soldier Council, presented their remarks and participated as part of a panel of representatives of different services and programs available to the retiree community. Maj. Gen. (Ret.) Félix A. Santoni was part of the panel joined by Sgt. Maj. (Ret) Eduardo Colón, Co-Chairman, Fort Buchanan Retired Soldier Council; DeWayne Hamlin, Director, VA Caribbean Healthcare System; Col. Caryn S. Heard; Lt. Col. David L. Sloniker, Commander, Rodrí-

guez Army Health Clinic; Juan Nieves, Director Puerto Rico National Cemetery; Sheila Jackson, Acting Director, Veterans Administration Regional Office and José A. Martínez, Chief, TRICARE Program Operations.

Preston addressed retirees concerning their current and future benefits and the forthcoming challenges.

"The activity had a participation of 250 retirees, and the attendance has doubled compared to previous events," said Miguel Aponte, retirement services officer.

Four participants were selected among attendees for a reforestation initiative performed after the event. This initiative hosted by the Directorate of Public Works (DPW) Environmental Division consisted of a total of 20 native trees that were planted in the 200 area by Toro Creek.



Sgt Maj. of the Army (Ret.) Kenneth O. Preston addressed retirees concerning their current and future benefits. Photo by José L. López/PAO



Informational booths on programs and services were provided for retirees during the event. Photo by José L. López/PAO



Various retirees participated in a reforestation initiative made after the event hosted by the Directorate of Public Works (DPW) Environmental Division. Photo courtesy DPW



Retirees listened as Sgt Maj. of the Army (Ret.) Kenneth O. Preston addressed challenges concerning their benefits. Photo by José L. López/PAO

# MWR INFORMS



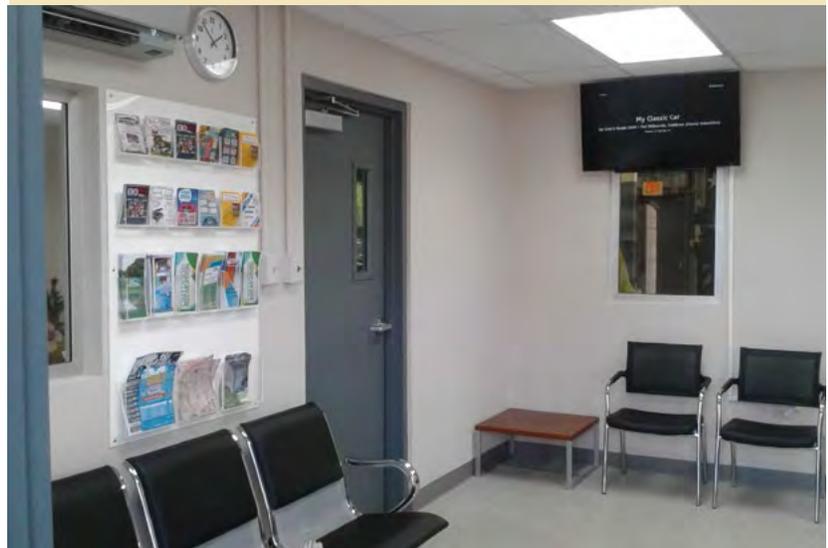
## Feel the Beat of the Caribbean!

Spend a truly exciting night celebrating **Noche de San Juan** with Family and friends in the safety of Fort Buchanan at **The Water Spout** on Tuesday, June 23rd from 8:00 pm - 1:00 am. **Live Steel Band Siglo 21** and **DJ music** will give Caribbean flair to the evening. If you wish to embrace the tradition, then take three backward splashes in the pool and expects good luck to come your way! For some folks just being able to avoid crowded beaches is reason enough to celebrate at Fort Buchanan. Tickets are \$8.00 ages 11 and older and \$5.00 children 10 years and under. Tickets in advance highly recommended, Pool capacity has a limit. Call 787-707-5105 / 3550. Sponsored by **Coors Light**.

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

## New Improvement at Automotive Skills Center

Are you standing around in the heat, waiting for your car repair or inspection? Now you can escape the summer sun and grab a seat in the Auto Shop's Customer Waiting Area. This air conditioned, new space is complete with TV, WIFI and ample seating. Away from the machinery and noise of the shop, the Waiting Area is a comfortable spot to take a phone call, sit with the kids, chat with other customers or just plain relax until your car is ready. The Auto Shop is open Monday through Friday, 8:00 am-4:30 pm and offers a myriad of services. For more information call 787-707-3972



## FAMILY AND MWR EMPLOYEE HIGHLIGHT

### Family and MWR Fitness Center

**Mary Jones** was born and raised in North Carolina and she is one of five sisters. She also did some modeling for about a year and briefly tried cheerleading. Mary has always had an interest in physical fitness. She grew up playing sports and continues to keep physical fitness a top priority in her life. Before moving to Puerto Rico two years ago, Mary worked as a paralegal for a law firm in North Carolina. She took the move as an opportunity to pursue her passion for the fitness industry.

Mary Jones has been an asset to the Fitness Center since the day she arrived just over a year ago. She is



currently hired as a Recreation Aid at the Fort Buchanan Fitness Center. She has proven to be resourceful demonstrating many talents. Mary took her interest in fitness to the next level. In February Mary became an ACE Fitness Certified Personal Trainer.

In the near future she plans to continue her education by becoming a Certified Fitness Nutrition Coach and apply for a position as a Physical Fitness Assistant. Eventually, she would like to pursue her dream of opening up her own gym to continue to spread her love of fitness and health.

In her free time, Mary enjoys working out and inspiring others to be healthy and active. She enjoys traveling and spending quality time with her husband.



# Armed Forces get together to run at FB

José L. López  
Public Affairs Office

Service members got together at dawn for the annual Armed Forces Day Run, May 14, 2015 at the Welcome Center's parking area.

The following services participated during the event: the United States Army Garrison Command Group; United States Army Reserve, 1st Mission Support Command; Puerto Rico National Guard, United States Marine Corps Reserve, Navy Reserve, Rodríguez Army Health Clinic, veteran organizations and Department of Defense civilians.

Garrison Command Sgt. Maj. Luis A. Rosario welcomed and motivated service members. Sgt. Maj. of the Army (Ret.) Kenneth O. Preston addressed the formation prior to and after the run, thanking service

members for their service and participation. "For all the services out there whether your Army, Navy, Air Force, Marines, Coast Guard, you represent the our nation very well and you all are our nation's best," said Preston.

After the event, Preston met and addressed future Marines at Cafe 151 and Soldiers at the Cabaña Recreational area.



Photos by José L. López, PAO



# SMA (Ret) visits Fort Buchanan, May 14-16



(L) Garrison commander Col. Caryn S. Heard; Edwin Ramos Jourdán; Sgt. Maj. of the Army (Ret.) Kenneth O. Preston (center right) Sgt. Maj. of the Army (Ret.) Kenneth O. Preston, Garrison Command Sgt. Maj. Luis A. Rosario, and Angel L. Castro, Survivor Outreach Services Support Coordinator (R) join Gold Star Family members and Wounded Warriors for a dinner May 14, 2015 at a local restaurant in San Juan. Preston spoke and shared insights with participants during his visit to Puerto Rico.  
Photo by Miguel Aponte, DHR



Garrison Command Sgt. Maj. Luis A. Rosario, Sgt. Maj. of the Army (Ret.) Kenneth O. Preston, Co-Chair CSA Retired Soldier Council and Aníbal Negrón, chief, Environmental Division, Directorate of Public Works toured the Commissary facility to view the photovoltaic panels set up on the roof as part of Fort Buchanan's Energy Conservation initiatives May 15, 2015. Photo by José L. López, Public Affairs Office



Kenneth O. Preston, Co-Chair CSA Retired Soldier Council, addressed Soldier for Life-Transition Assistance Program (SFL-TAP) participants during his visit May 15, 2015 at building 511. SFL-TAP initiatives included transition information and counseling for pre-separation, employment assistance, relocation, education and training, health and life insurance, finances, Reserve affiliation, disabled Veterans, and retirement. Photo by José L. López, Public Affairs Office

## FB convenes in prayer at the chapel here

José L. López  
Public Affairs Office

The garrison Religious Services Office hosted the National Day of Prayer, May 7, 2015 at the chapel where members of the military and civilian community got together in prayer.

The National Day of Prayer held on the first Thursday of May is an annual observance. People of all faiths gather to pray for the nation. It was founded in 1952 by a joint resolution of the United States Congress and President Harry S. Truman signed it into law.

Garrison Chaplain Maj. Robert D. Crawford welcomed the community as they gathered prayer.

Garrison commander Col. Caryn S. Heard emphasized: "From General Washington's struggle at Valley Forge to the present, our Nation has passionately sought and received divine guidance as it pursued the course of history. National Prayer

Day provides another opportunity to further recognize the source of our blessings, and to continue seeking guidance for present and future challenges," said Col. Heard

Rabbi Mendel Zarchi was the guest speaker. He talked about how important it is to pray. "We pray, not because God needs our prayer but because we need to pray," said.

Chaplain Crawford added "This was an interfaith event. What we discovered is that Jewish people are a lot like Christian people and Muslim people. We all need to pray. This is a human need and part of spiritual resilience." said Crawford.

Recording artist, Jorge Vizcarondo, and Chontevia Lewis provided musical interludes for the activity.



# GOLF COURSE



## Fathers' Day Tournament

Saturday, June 20th, 2015

9:00 am Shotgun Start

Format: 2 Person Best Ball  
(additional Father Child Flight)

Must have current GHIN index to participate.

Cost: \$30 Members, \$45 Guests

Includes: Tournament, Food, Drinks and Prizes. Registration deadline is Wednesday, June 17th at 5:00 pm.

## Find the perfect specialty gift for Dad!

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

## 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.

# JUNIOR SUMMER GOLF CAMP

## July 13th to 17th

**MONDAY - FRIDAYS FROM 9:00 AM TO 1:00 PM**

**COST: \$200.00 per student**  
**\$150.00 Military, DoD & Golf Members**

**Camp goodies: Gift Pack, Daily Snacks, Lunch, Tournament Prizes and Trophies.**

**FULL SWING  
SHORT GAME  
SKILL DEVELOPMENT  
RULES & MORE!  
SKILLS COMPETITION  
& GOLF TOURNAMENT  
ON FRIDAY**

**FORAGES  
7 TO 16**

Juniors must have their own Golf Clubs.  
Limited to the first 30 to register with payment.

FORT BUCHANAN GOLF COURSE  
787-707-3980



## 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.

# BOWLING CENTER

Be on the watch for the upcoming



fort buchanan  
bowling Center

6<sup>th</sup> Islandwide  
open tournament

August 21 22 23

23<sup>rd</sup> Anniversary  
CElebration

CASH prizes

## Preparing for a tournament

The **6th Annual Island Wide Bowling Tournament** is just around the corner. Sharpen your preparation routine with these expert tips from bowl.com.

When competing in a bowling tournament, often the lane conditions call for playing a different line on the lane than you normally use. The best way to prepare for playing different lines is to practice. You can play different lines at your home center even though the lane conditions are different than what you'll encounter at a tournament.

The following practice routine can help prepare you for the various lines that you may need to use. Start by using the first arrow as a target. Find the proper starting point to stand so that you hit the first arrow and get the ball to roll into the pocket. Once you've determined your proper starting position, roll that shot several times. Then move to the second, third and fourth arrows and repeat the process.

### Tournament prep checklist

When tournament time rolls around and you need to be prepared to be your best there are many areas that any bowler can evaluate. From the pro shop to practice on the lanes, bowlers who often do well at tournament time do the things necessary to be pre-tournament ready. Here is a short list of things to consider before bowling a tournament.

#### Equipment

- Fit
- Choices
- Surfaces

#### Physical Game

- Repeatability
- Versatility
- Energy level - fuel
- Spares

#### Mental Game

- Pre-shot Routine
- Concentration

## Summer Fun in Your Own Backyard

Vacation season is quickly approaching. With rising travel costs and the headache of making travel arrangements it's no wonder so many are choosing to stay home this summer. Luckily for us, we live in the middle in Paradise and don't have to go far for a little adventure. Check out our list of the top 3 reasons to stay in Puerto Rico and explore the Island this summer.

**1. Save Money** Though our list is no particular order, saving money is always a top priority when managing a family. Ditch the plane tickets and rental cars this summer season. Why spend all your money getting there? Avoiding travel expenses leaves more room in your budget to what matters most- have fun.

**2. Discover New Places** With its many nooks and crannies, Puerto Rico is jam-packed with beautiful retreats, tranquil mountain top getaways and seaside delights. If you think you've seen it all, there's always somewhere in the Isla del Encanto that will prove you wrong.

**3. Share Your Favorites with Loved Ones** Vacations are like a banana split- always better when you share it with someone you love. A place you've been to a thousand times can take on a new life as you experience it through the eyes of your children or first time visitors. What better place to build new memories than one you already hold dear?

Do you agree with our list? Explore the Island this summer with Fort Buchanan's Outdoor Recreation. Join the adventure in places like Ponce, Rincón, Fajardo and many more! We never run out of fun with SCUBA, kayaking, surfing trips at a fraction of the cost. For a schedule of adventures and classes see page 13 of this publication or call 787-707-3734





# Legal Ethics

## OGE Issues Legal Advisory on the Treatment of Gift Cards under the \$20 De Minimis Gift Exception

The Office of Government Ethics (OGE) has issued a Legal Advisory discussing the treatment of prepaid gift cards under the \$20 de minimis gift exception found at 5 C.F.R. § 2635.204(a). The Legal Advisory describes common types of prepaid gift cards and explains which are considered to be cash equivalents, and are therefore categorically prohibited under the de minimis exception.

For more information, please see Legal Advisory LA-15-04, dated April 30, 2015, <http://www.oge.gov/OGE-Advisories/Legal-Advisories/Legal-Advisories/>

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

June is the month of transitions: graduations, weddings, moves. Another year of school has come to an end, and amidst vacations, families are packing out to go to new destinations. It is a time of new beginnings.

But it is also a time to say "goodbye."

Even though it is not the new year, things have come to an end. Students have a new status as they have completed a new grade. Many who were single will now take up a new life in matrimony, and many who have worked alongside us will be departing for new destinations. June is, therefore, a good month to give pause and reflect on the things that have been. It is a good time to assess change and to say thanks to those who have traveled with us this past year.

Saying goodbye is not easy, and it sometimes seems out of place in our busy culture. We just want to get on with things. Go to the next level. We don't want to live in the past.

And yet, there is a need for closure, a need to accommodate those changes in life. This is done with goodbye. Goodbye can mean tears, but it also brings about smiles, hugs, and laughter. There is a sense of peace in knowing amidst life's changes and transitions, we have relationships that will abide.

Goodbye is a means of expanding our world. We send the familiar forward. Goodbye means literally "God be with you," a blessing for the road.

May God bless each of us in this season of transition as we commit one another and our lives into his care.

Chaplain Crawford  
787-707-3405



# DDESS Antilles High School receives recognition

Cindy Gibson

Public Affairs Officer, DDESS/DoDDS-Cuba

PEACHTREE CITY, Ga. — The United States Department of Defense Education Activity (DoDEA) Domestic Dependent Elementary and Secondary Schools' (DDESS) New York/Virginia/Puerto Rico District has been named a College Board Advanced Placement® District of the Year for being the national leader among small-sized school districts — defined as having fewer than 8,000 students — in expanding access to Advanced Placement Program® (AP®) courses while simultaneously improving AP Exam performance. Students, teachers, and district and school administrators from the New York/Virginia/Puerto Rico District, as well as College Board leadership, celebrated these achievements with a ceremony held at Antilles High School on Fort Buchanan in San Juan, P.R., on Friday, May 1, 2015.

Last year, the DDESS New York/Virginia/Puerto Rico School District was one of a record 547 school districts across the U.S. and Canada that achieved placement on the annual AP District Honor Roll. From this list, three AP Districts of the Year — one for each category of district population size: small, medium, and large — were selected based on an analysis of three academic years of AP data.

"In this district we ensure that regardless of where these students and families move as part of their commitment to serving our country, the students will have gained from their years in this district so that they are well positioned for success in the new location," said Michael Gould, superintendent of the New York/Virginia/Puerto Rico District. "Specifically for our high school students, we have a passion for infusing rigorous instructional activities that involve creative thinking and problem solving. We promote participation in AP course work as an avenue to enhance that skill development in an environment that is supportive, safe, and challenging.

"We are proud of the work accomplished and motivated to stay on this journey focused on continued increases in participation and student achievement. I must clarify that this award is for the entire district, all three of our high schools: Quantico Middle/High School in Virginia, Antilles High School at Fort Buchanan, P.R., and Ramey School at Aguadilla, P.R., share in this accomplishment and award." AP students, parents and AP teachers traveled from Ramey School to Antilles High School for the ceremony. Quantico Middle/High School AP students, parents and AP teachers participated via Video Teleconferencing (VTC).

"The devoted teachers and administrators in the DDESS New York/Virginia/Puerto Rico District are delivering an undeniable benefit to their students: opportunity," said Trevor Packer, senior vice president of AP & Instruction at the College Board. "When coupled with their hard work, the AP Program helps students build confidence, learn to craft effective arguments, earn credit for college, and graduate from college on time. The College Board applauds the district's leadership to ensure that a more diverse population of students is ready for the sort of rigor that will prepare them for success in college."

From 2012 to 2014, the DDESS New York/Virginia/Puerto Rico District simultaneously and continuously increased the number of students taking AP classes while improving successful outcomes (a score of 3 or higher) on AP Exams, with 48 percent of all AP students scoring a 3 or higher in 2014.

Increasing access to AP course work while simultaneously increasing the percentage of students earning scores of 3 or higher is the ideal scenario for a district's AP program, indicating that the district is successfully preparing a larger array of its students for the rigor of AP and college studies. Participating in AP course work can also lead to college savings for families because the typical student who scores a 3 or higher on two AP Exams has the potential to save, on average, \$1,779 at a public four-year college and over \$6,000 at a private institution.

In addition to celebratory events at the district level, all three winning districts will be honored in Austin during the 2015 AP Annual Conference in July.

In 2014, more than 3,900 colleges and universities around the world received AP scores for college credit, advanced placement, and/or consideration in the admission process, with many colleges and universities in the U.S. offering credit in one or more subjects for qualifying AP scores.

To learn more about AP, please visit [exploreap.org](http://exploreap.org).



(L to R) Dr. Thomas Whittle, Principal Antilles High School; Edward Biederman, College Board's Executive Director of AP Outreach; Michael Gould, NY/VA/PR District Superintendent; Dr. Elizabeth Middlemiss, DDESS Interim Area Director; Barbara Cronan, College Board's Vice President of Membership & Operations; Col. Caryn S. Heard, Fort Buchanan Garrison Commander; and Brian Hartman, College Board's Director of K-12 International. Photo by Rob Zambrano

## Upcoming events

# Independence Day Celebration July 2

# Family and MWR Events

## SUN 7

Basic SCUBA 5-day Course, 8:00am-2:00pm, Outdoor Recreation, bldg 136 787-707-3734

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



## SUN 14

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



## SUN 21

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

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



## SUN 28

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

Summer Reading Program @ Post Library 1pm-5pm, 787-707-3802



## MON 1

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

Customer's First Choice of Books and DVDS at the Post Library, 10am, 787-707-3208

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



## MON 8

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 15

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 22

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

SKIES Dance Classes @ The Community Club 3:30pm-6:30pm 787-707-3541/3787



## MON 29

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 2

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 9

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

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

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

Caverns and Wrecks Specialty Course, 6:00pm-10pm, Outdoor Recreation, 787-707-3734



## TUE 16

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

Orientation for Parents and Community @ Bldg.1000 4pm-5pm 787-707-3787



## TUE 23

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

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

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



## TUE 30

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 3

New Parent Support Playgroup, 9:30am-11:30am, Bldg.1140, 787-707-3698

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

Basic SCUBA 5-day Course, 6:00pm-10:00pm, Outdoor Recreation, 787-707-3734



## WED 10

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 @ Post Library 3:00pm 787-707-3208



## WED 17

Summer Fun 90 Minute Out of the Box Challenge, 9:00am, Fitness Center, 787-707-3767

New Parent Support Playgroup, 9:30-11:30, Bldg.1140, 787-707-3698

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

Summer Reading Program @ Post Library 1pm-5pm, 787-707-3802

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

Heroes Spin Circuit, 4:30pm, Fitness Center, 787-707-3767



## WED 24

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

Summer Reading Program @ Post Library 1pm-5pm, 787-707-3802

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 4

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

Cinema Club Movie: 6:00pm: Focus (R) @ the Community Club 787-707-3535

Basic SCUBA 5-day Course, 6:00pm-10:00pm, Outdoor Recreation, 787-707-3734



## THU 11

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

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

Caverns and Wrecks Specialty Course, 6:00pm-10pm, Outdoor Recreation, 787-707-3734

Cinema Club Movie: 7:30pm: Kingsman: The Secret Service (R), @ the Community Club, 787-707-3535



## THU 18

World's Largest Swim Lesson, 10:00am, Watersport, 787-707-3550

Every Tuesday & Thursday Conversational English Course for Adults, @ Chapel Annex bldg.292, 2:30-4:30, 787-707-3682

BBQ at the Club 4pm 787-707-3535

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



## THU 25

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

Summer 90 Minute Cycling Challenge, 11:30am, Fitness Center, 787-707-3767

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

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

Movie at the Library: Best of World Cruises, Post Library, 6:00pm, 787-707-3208

Cinema Club Movie: 7:30pm: Get Hard (R) @ the Community Club 787-707-3535



## FRI 5

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

Basic SCUBA 5-day Course, 6:00pm-10:00pm, Outdoor Recreation, 787-707-3734

DJ Music at The Zone 7:00pm 787-707-3535

Cinema Club BIG Screen Movie: 8:30pm: McFarland (G) @ the Community Club 787-707-3535



## FRI 12

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

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

Cinema Club BIG Screen Club Movie: 7:30pm: Spongebob Squarepants: Sponge Out of Water (PG), 787-707-3535



## FRI 19

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

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

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

Cinema Club Movie: 8:00pm: Unfinished Business (R) 8:30pm: Run All Night (R) @ the Community Club 787-707-3535



## FRI 26

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

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

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

Cinema Club BIG Screen Movie: 7:30pm: Cinderella (PG) @ the Community Club, 787-707-3535



## SAT 6

Basic SCUBA 5-day Course, 8:00am-2:00pm, 787-707-3734

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

Surfing Tutorials, departure: 7:00am, Outdoor Recreation, 787-707-3734



## SAT 13

Vacia Talega Out of the Box Trip, 7:00am Departure from Outdoor Recreation, 787-707-3767/3794

Caverns and Wrecks Specialty Course, 8:00am-2:00pm, 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 20

Desecho Island SCUBA Adventure, Outdoor Recreation, 5:00am departure, 787-707-3734

NAF SALE Naf Warehouse Bldg. 608, 8am-3pm 787-707-3215

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

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

Father's Day Tournament, Golf Course, 9:00am Shotgun Start, 787-707-3880

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



## SAT 27

Coffee Tour in Ponce, Outdoor Recreation, 7:00am departure, 787-707-3734

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

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



# June 2015



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) • Wednesday - Pilates 7:00pm at Cabañas Picnic Area • Monday & Thursday - Teen Bowling Special, 3:00 pm at Bowling Center • Tuesday thru Friday- Lunch Offerings 11:00am-1:00pm at the Community Club & Conference 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 • Fridays -Cinema Club, 6:00pm & 8:30 pm at Community Club & Conference Center

Calendar subject to change. For updated version: [www.buchananmwr.com](http://www.buchananmwr.com)

# COMMUNITY RECREATION DIVISION



June 18, 2015  
**The World's Largest  
Swimming Lesson™**



## Team WLSL™ Set to Break World Record on June 18<sup>th</sup>, 2015

*Swimming Lessons Save Lives™* to millions around the globe.

*The Water Spout Aquatic Park, Fort Buchanan, P.R. is serving as an Official Host location on Thursday, June 18<sup>th</sup>, 2015. Tens of thousands of kids and adults at aquatic facilities around the world will unite for the sixth year in a row to set a new Guinness World Record.™ The global record attempt for *The World's Largest Swimming Lesson™ (WLSL)*, will take place at 10:00 a.m. wherever you are.*

Team WLSL holds the current Guinness World Record™ for the largest simultaneous swimming lesson, which stands at 36,564 participants representing 22 different countries! The 2014 WLSL event generated more than 50 million + media impressions, spreading the event's important message to hundreds of thousands of families.

Tragically, drowning remains the leading cause of unintended, injury related death for children ages 1-5, and the second leading cause of accidental death for children under 14. Research shows participation in formal swimming lessons can reduce the risk of drowning by 88% among children aged 1 to 4, yet many kids do not receive formal swimming or water safety training.

Parents are invited to join the event at The Water Spout on June 18<sup>th</sup>. Learn more about this phenomenal event by visiting **WLSL.org** or calling The Water Spout at **787-707-3550**.

## Set a Record—Save a Life

**Thursday, June 18, 2015**  
**at The Water Spout • 10:00 am**  
**Registrations start at 8:30 am**

Join thousands of kids and families at aquatic facilities and waterparks around the globe for

**The World's Largest Swimming Lesson.™**

We're breaking the Guinness World Record™

to spread the word that *Swimming Lessons Save Lives.™*

Swimming Lessons are FREE / regular fees apply after the lessons.



# 787-707-3550



# SPORTS & FITNESS • OUTDOOR RECREATION

## FITNESS CLASSES

### Summer 90 Minute cycling

Thursday, June 25th, 11:30 am at the Fitness Center

### Heroes Spin Circuit 80 Minute Cycling & Circuit Training

Wednesday, June 17th, 4:30 pm at the Fitness Center

### Out of The Box Vacía Talega Beach trip

Wednesday, June 13th, leaving from the Fitness Center at 7:00 am. Exercise session, Kayaking, Volleyball, Football & Food. Fee of \$12.00 adult/\$7.00 children includes transportation. More details by calling the Fitness Center.

### Summer Fun 90 Minute Out of The Box

Wednesday, June 17th, 9:00 am at the Fitness Center

More details and registrations by calling the Fitness Center at 787-707-3767.



## OUTDOOR RECREATION



### ADVENTURES

#### Surfing tutorials

Date: Saturday, June 6  
Place: San Juan, PR  
Includes: transportation, equipment, refreshments and tutorials.  
Departure: 7:00 am at ODR Bldg. 67  
Cost: \$39.00pp

### Day and Night at the Bio Bay Adventure

Place: Fajardo, PR  
Date: Sunday, June 14  
Departure from Fort Buchanan: 2:30 pm  
Arrival at Fort Buchanan: 10:00 pm  
Includes: Transportation, guides, kayaks, snacks and refreshments.  
Cost: \$35.00 pp

### Desecheo Island SCUBA Adventure

Place: Rincón, PR  
Date: Saturday, June 20  
Departure: 5:00 am from Fort Buchanan  
Arrival: 6:00 pm at Fort Buchanan  
Boats departure: 7:30 am  
Includes: Transportation, two dives, equipment if needed and refreshments.  
Cost: \$155.00 pp (without equipment)  
\$165.00 (Equipment included)

### The Coffee Tour

Place: Ponce, PR  
Date: Saturday, June 27  
Departure from Fort Buchanan: 7:00 am  
Arrival at Fort Buchanan: 5:00 pm  
Includes: Transportation, Coffee tour, refreshments  
Cost: \$25.00 pp  
Note: Participants will have the opportunity to learn about history of the coffee and the complete process it takes before you drink it.

## SCUBA CLASSES:

### SCUBA Basic (five days)

Dates: June 5, 4, 5 (from 6:00 pm to 10:00 pm),  
June 6 and 7 (from 8:00 am to 2:00 pm)  
Cost: \$150.00 (Equipment included)  
Note: Participants must assist to all the classes in order to get certified.

### Caverns and Wrecks Specialty courses

Dates: June 9, 10, 11 (from 6:00 pm to 10:00 pm),  
June 13 and 14 (from 8:00 am to 2:00 pm)  
Cost: \$150.00 (Equipment not included)  
Equipment cost: \$50.00

### Advanced SCUBA Class

Dates: June 19 (From 6:00 pm to 10:00 pm),  
June 20 (from 8:00 am to 8:00 pm) and  
June 21 (from 8:00 am to 1:00 pm)  
Cost: \$135.00 (Equipment not included)  
Equipment cost: \$50.00

More details at **787-707-3734**

# CHILD, YOUTH & SCHOOL SERVICES



U.S. Army Child, Youth  
& School Services

## Farewell to Nydia Rivera, María T. Colón-Torres, and Sandra Avillés-Pasarell

The CYSS team bids farewell to Ms. Nydia Rivera, Ms. María T. Colón-Torres and Ms. Sandra Avillés-Pasarell.

### Ms. Nydia Rivera

has retired after being a part of the Family and MWR Team for 25 years. She was a *Lead Education Technician* with the Middle School Teen Program. Ms. Rivera has also worked with the Child Development Center. There is no doubt that she is a pillar to all of the programs. She inspired many of the staff and youth with her creativity, young-spirited heart, dedication, and hard work. We hope the new chapters in her retired life are as fulfilling as the legacy she leaves. We thank Ms. Rivera for her dedication and commitment to the Child Youth and School Services Team in Fort Buchanan.



### Ms. Sandra Avillés-Pasarell

has worked for the Family and MWR Team as an Administrative Assistant for the past four years. Ms. Avillés-Pasarell has played a vital role in ensuring that all procedures and tasks were followed and documented in a timely manner. Her administrative skills, leadership, patience, and ability to perform any and all missions made her an invaluable member of the team.



### Ms. María Colón-Torres

has been a dedicated member of the Child, Youth and School Services (CYSS) Nurse for the past three years. Her hard work and ability to function at a superior level directly contributed to the success of the CYSS Program. She is always proactive and her leadership skills and patience were essential for ensuring that employees and children's files were up to date.



These three ladies have demonstrated many accomplishments, leadership, competence, and a significant impact upon the Child, Youth and School Services (CYSS) and the Family and MWR Team.



## Have a Safe Online Summer

With children spending more time at home during the summer – and more time on their connected devices, it is important that parents connect with them about online safety. The internet can be a great source of fun and social interaction, but it is important that parents regularly monitor their children's online activity.

If your children are old enough to stay home alone, have a conversation with them about internet safety. In addition to setting clearly defined house rules for the use of all connected devices when you are not around, educate yourself on the latest trends and issues. There are many great internet resources with tips, conversation starters and internet family pledges to get you started.

Most importantly, keep the positive lines of communication open with your children. Do not neglect the opportunity to discuss important topics like inappropriate content, Cyber Bullying and Sexting. Just as in the offline world, get involved in your children's lives. Be aware of who they hang out with, where they go, and what they do in the online world as well.

– Lisa Crawford, Functional Technology Specialist  
Army Child, Youth and School Services

# CHILD, YOUTH & SCHOOL SERVICES



## WATER SAFETY TIPS FOR A SAFE SUMMER WITH THE FAMILY

The World's Largest Swimming Lesson™  
June 18, 2015

Have you registered your child for swimming lessons?

787-707-3550

### Learn to swim

Swimming Lessons Save Lives™ – the best thing anyone can do to stay safe in and around the water is to learn to swim. This includes both adults and children. Note: The American Academy of Pediatrics now supports swimming classes after the age of 1 if the child is emotionally and developmentally ready.

### Never leave children unattended

Parents are the first line of defense in keeping kids safe in the water. Never leave children unattended near water, not even for a minute. If your child's in the water, you should be too! Constant, careful supervision and barriers such as pool fencing are necessary even when children have completed swimming classes.

### Read all posted signs

Follow posted safety rules and warnings. Teach kids that being safe in and around the water is a personal responsibility – yours and theirs.

### Never swim alone or in unsupervised places

### Teach your children to always swim with a buddy.

### Wear a life jacket

If you or a family member is a weak or non-swimmer, wear a life vest. It's nothing to be embarrassed about and many facilities provide them at no charge.

### Look for lifeguards

It is always best to swim in an area supervised by lifeguards, but remember, lifeguards are the last line of defense when all other layers of protection fail.

### Don't drink alcohol

Avoid alcoholic beverages before or during swimming, boating or engaging in other water-related activities. Never drink alcohol while

supervising children around water. Teach teenagers about the danger of drinking alcohol while swimming.

### Spit it out

Teach kids not to drink pool water. To prevent choking, never chew gum or eat while swimming, diving or playing in water.

### Avoid water wings

Do not use air-filled swimming aids (such as "water wings" in place of life jackets or life preservers with children. Using air-filled swimming aids can give parents and children a false sense of security. These air-filled aids are toys and are not designed to be personal flotation devices.

### Watch out for the dangerous "toos" and don't take risks

Don't get too tired, too cold, too far from safety, exposed to too much sun or experience too much strenuous activity. Don't take chances by overestimating your swimming skills.

### Note the weather

Pay attention to local weather conditions and forecasts. Stop swimming at the first indication of bad weather.

### Use sunscreen

Apply sunscreen on all exposed skin to ensure maximum skin protection. Hats, visors and shirts are recommended to prevent overexposure.

### Keep toddlers in shallow play areas

Zero-depth entry pools have water games, sprays and fountains with no appreciable water depth.

### Follow age & height instructions as well as health restrictions

Restrictions apply to many rides and attractions at pools and waterparks. Size and coordination is critical to safety inside open water flumes. Guests with neck or back problems,

heart conditions, prevalence toward motion sickness or pregnancy should not ride high-speed or rapid-descent rides.

### Use plastic swim diapers

Many pools require them. Note where changing areas are located and use these designated, sanitized changing spots.



# Leading is a basic foundation to excel in life

Cadet Denis Angulo Rodríguez  
Reserve Officers' Training Corps (ROTC) UPR-Río Piedras

Leadership is an indispensable instrument which sets individuals apart from their peers in college. It is an essential element in those individuals who seek to bring a positive transformation not only to themselves, but also to this ever-changing world.

Through leadership we encourage, motivate, and influence people toward the attainment of common objectives by sharing common points of view and idealism. This, together with a tenacious attitude, provides that solid foundation that develops an admirable and competent human being of integrity and sound judgment, by which the individual handles adversity. Possessing openness to new ideas provides the individual with tools necessary to deal with the myriad of changes that comes along with life.

Leadership is born to guide our steps toward satisfying our needs and it is developed through adversities and uncertainties presented to the individual during the

course of his life. It is standing firm, with eyes facing the vagueness and ambiguity of change, moving forward and becoming the guiding light that supports and heartens others in the process of mutual growth; therefore, creating the inspiring attraction which incites others to follow.

A leader recognizes that the right way may be difficult, but that the hard work eventually leads to more successful and prosperous paths. A leader is not a clever individual who constantly seeks short cuts, but rather a person of character who possesses resiliency and a straightforward attitude, which is developed in the ROTC.

Unlike any other organization, this program presents leadership as a valuable tool enlightening its alumni in how to deal with and solve problems without focusing on individual gain. The success of the Army rather than the individual becomes the paramount goal. Furthermore, ROTC raises leaders with self-discipline, attention to details, and cultural and global awareness of today's challenges. If we compare ROTC graduates with

college graduates, we see leadership that grows into a calling rather than a search for personal power or prestige.

Those students who choose the ROTC will find that the program challenges them physically and mentally, through a variety of tasks developing discipline, thereby transforming and shaping them into admirable leaders able to connect leadership to a moral purpose.



# RAHC to become a High-Reliability Organization

CPT Kim Lopez  
Clinical Administrator

The mission of Rodriguez Army Health Clinic is to "Provide a safe high-quality patient centered system for health to advance wellness and readiness." The clinic delivers health care to nearly 10,000 patients per month—120,000 patients per year. Over the last year two safety incidents were reported resulting in a 99.3% safety rating. Although RAHC is doing exceptionally well in terms of safety, LTC Sloniker, RAHC Commander believes the clinic can do better by, "aiming for zero patient harm." To accomplish this goal the clinic is moving toward becoming a High-Reliability Organization (HRO). The concept of an HRO is on preventable harm and achieves this by empowering employees at all levels to identify weakness in health care protocols, no matter how small that could lead to errors and cause harm to patients. RAHC recently closed for a strategic offsite workshop which brought the entire clinic staff together for discussion and the identification of process improvements that will be implemented to move the clinic



toward employing the effective solutions of an HRO. HROs are the future of Army medicine and RAHC is leading the way.

## Defining an HRO

An HRO is an organization that has continuing success in striving to achieve zero preventable harmful events in an environment where human error is possible and accidents can occur due to risk factors and complexity.

## Embracing Collective Mindfulness

Collective Mindfulness or shared understanding praises transparency by encouraging them to identify errors or close calls in

order to continuously improve safety protocols through lessons learned. The goal is to identify unsafe conditions at the lowest level and implement corrective action before the unsafe conditions poses a substantial risk.

## Imperatives of an HRO

HROs has three defining imperatives, Leadership Commitment, Safety Culture, and Robust Performance Improvement that must be incorporated and practiced to be a successful HRO. Leadership commitment is critical to drive any initiative for organizational change to succeed. Commitment requires the inclusion of all organizational members and Leaders must focus on the journey by making it their highest priority. A Safety Culture involves three mutually reinforcing imperatives: Trust, Report, and Improve. Robust Performance Improvement is a systematic approach using performance improvement methodologies and change management principles to dissect complex safety problems and guide organizations to deploy highly effective solutions.



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

### Building Evacuation

Any time the fire-alarm system is activated and/or upon notification by emergency response personnel, everyone is required to evacuate the facility.

1. Whenever the fire alarms/strobes are activated, occupants must evacuate the building and reassemble at your designated assembly point.
2. Follow instructions from emergency personnel.
3. Check doors for heat before opening. (Do not open door if hot.)
4. WALK. Do not run. Do not push or crowd.
5. Keep noise to a minimum so you can hear emergency instructions.
6. Use handrails in stairwells; stay to the right.
7. Assist people with disabilities.
8. Emergency evacuation signage is posted in buildings so that occupants can become familiar with the evacuation routes.
9. Close windows and doors. Leave lights on and doors unlocked.
10. When you evacuate, DO NOT stop for personal belongings or records.
11. Building staff should assist and direct their personnel to the fire exit and/or stairwell and ensure that all occupants have evacuated the areas. Try to remain calm and give clear evacuation instructions. Keep existing groups together.
12. Keep roadways and walkways clear for emergency vehicles.
13. DO NOT RETURN until emergency personnel give the 'all clear' signal. Silencing of the alarm DOES NOT mean the building can be reoccupied.



## DES BLOTTER

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

Most relevant offenses that occurred during this month:

- Six Shopliftings at the Main Exchange (PX). This is when people don't pay for the items or change price tags
- Four Traffic Accidents reported due to improper reversing or negligent driving
- One Criminal Trespassing. Where someone enters or stays on the property without consent or permission.
- One Desertion
- One Customer paid at the PX with Counterfeit money (fake money)

Traffic Violations for the month:

- 42 Central Violations Bureau (CVB Traffic Tickets)
- The most common violations were Failure to Stop at the Stop Sign, Driving while talking on the cellular phone without hands free device, Expired Driver's License or Vehicle Registration and Defective Equipment
- Eight Warning Ticket (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.

# ARMY COMMUNITY SERVICE

## Are your kids “money smart”?

George H. Roman, Financial Readiness Program, ACS

An often not considered chapter in our lives is the one where we teach our kids to be money smart! As responsible adults we manage our checking and savings accounts and make investments an integral part of reaching our financial goals. By progressively building savings funds you can achieve financial success. Parents can help children develop money sense by providing them with opportunities to manage their own money while still young and guiding this behavior towards appropriate patterns. Financially clueless parents beget financially clueless kids. Do not let that be you! Here are some of the things you can do to help your kids become “money smart”:

**1. Give them an allowance.** Even kids, as young as 5 years old, should have some money of their own. An allowance should be the source of these funds in the preteen years. The amounts of allowance should fit the family income level. Allowances are a means for teaching money management.

**2. Encourage work.** Once children reach their preteen years, there are many

opportunities to earn their own money. When children see what it takes to make money, it is easier for them to know the real cost of spending.

**3. Set reasonable limits.** Children should be given age-appropriate limits for spending in various categories and should be required to save a portion, maybe 50%, of their money. However, parents should not stop children from “wasting their money” or bail them out of every mistake. We all learn best from our experiences, not from what someone else tells us. This is the right time to make these financial mistakes.

**4. Teach them to make good choices through increasingly complex activities.** The dollar amounts and the areas of discretionary spending can increase as the child becomes older. A 7 year old might be allowed to spend his or her own money on toys, snacks, and gifts to charity at church or school. A 14 year old might be allowed to buy meals and clothing as well. More responsibility and autonomy should be given only as the child exhibits the ability to handle more complicated tasks.

**5. Help them learn to wait.** Children should have autonomy over at least some of their own money. But the remainder, somewhere around half (50%), should be saved. That way when they want a high cost item they will see that saving for a while will help them reach their goals!

**6. Talk about family finances with the kids.** In many families money matters are taboo! Children need to see that parents must work at managing the family finances. They should know what it costs to raise a family and to make ends meet. Otherwise, kids will grow up with unrealistic expectations and behaviors that will be passed on to their children.

**7. Be a role model.** Children learn more from what they see than what they are told. Avoid borrowing money from children. They will get the wrong message and learn that credit is easy, which it isn't. And certainly, if you do borrow from them pay them back on time. Otherwise they will learn that they can borrow without paying back. Save money yourself, and tell your children that saving means that you can't have something you, or they, want right away!

## Family Advocacy Program

### New Parent Support Morning Playgroup

Please call for details.



**FAP Classes**  
Dealing with Family Stress & Anger  
Prevention of Domestic Violence & Child Abuse

Please call for details.

Point of contact: Ms. Wilda Díaz, FAP Manager & Victim Advocate at 787-707-3709 or e-mail: wilda.l.diaz.civ@mail.mil

ACS Family Advocacy Program  
**DEALING with:**  
**SEPARATION**  
**LOSSES**  
**GRIEVING**  
**&**  
**EMPTY NEST SYNDROME**  
Thursday, August 20<sup>th</sup> 2015  
Post Chapel Annex  
To sign-up and for more information:  
**787-707-3709 / 3804**

# ARMY COMMUNITY SERVICE • POST LIBRARY



## Come and celebrate with us!

Fifty years ago, on July 1965, the Army Community Service (ACS) was established to provide readiness and life skills programs to promote self-sufficient Families, safe homes and cohesive communities, and enhanced readiness. From 1965 until today, during our Nation's wars and conflicts, our Soldiers and Families remain strong. On July 2015, the US Garrison Fort Buchanan will celebrate the 50th Birthday of ACS. Activities throughout the month of July will be published.

ACS 50<sup>th</sup> Birthday  
Art & Essay Contest  
Submissions by June 30<sup>th</sup> 2015  
Theme: Living in a Military Community: Military Families

Fort Buchanan Community members are invited to share their talents in this contest! Categories: children ages 4-6, 7-9, 10-12, 13-15, 16-18 and adults. All entries need to be original and submitted on the backside of the Registration Parent Consent form by June 30<sup>th</sup> at Army Community Service (ACS), Bldg. 390, Suite 101 Crane Loop Street. Winners will be announced on Friday, July 24<sup>th</sup>, 2015 during the ACS Birthday event. Point of contact for this event is Ms. Wilda Díaz, Family Advocacy Program Manager at 787-707-3709 / 3804

## POST LIBRARY

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

The Fort Buchanan Library celebrates **Book a Vacation Month & Anne Frank's Birthday**, with a display of various reading materials 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. Registrations start June 1st at the Post Library. Meeting at the Library June 17th, 24th, 28th, July 1st, 8th and 15th from 1:00 -3:00 pm for the teen group and 3:00 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.

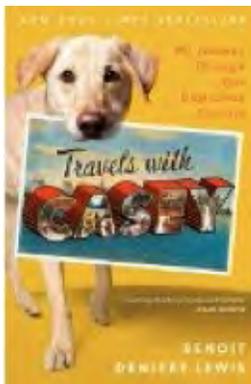
**Computer Orientations:** Tuesday, June 9 & 23 at 10:00 am to assist customers in accessing public computers and reference resources.

**FREE Wi-Fi AT THE LIBRARY**

**Library Coupon Club:** Thursday, June 25 from 11:00 am – 12:00 noon. Come learn how to save money on your grocery bill, where to find and organize your discount coupons to maximize your savings!

### New at Your Library:

**AudioBook Cloud:** AudioBooks for all ages in many different categories: fiction, non-fiction, classics and includes Spanish language audio books. To learn more about Audio Book Cloud.



### Book of the Month:

#### Travels With Casey

by Benoit Denizet-Lewis

A moody Labrador and his insecure human take a funny cross-country RV trip into the heart of America's relationship with dogs. Over the next four months, thirty-two states, and 13,000 miles in a rented motor home. Denizet-Lewis and his canine companion attempt to pay tribute to the most powerful

interspecies bond there is, in the country with the highest rate of dog ownership in the world

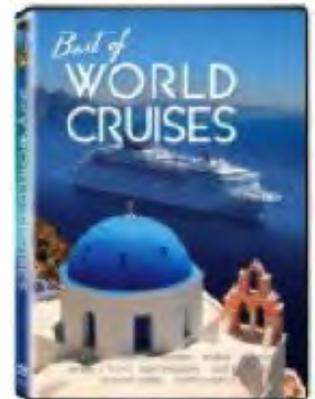
What does our relationship to our dogs tell us about ourselves and our values? Denizet-Lewis explores those questions—and his own canine-related curiosities.

### Movie at the Library:

#### Best of World Cruises

Thursday, June 25th at 6:00 pm.

Whether you are dreaming about your first cruise or planning your next one, this program is a definitive countdown of the top ten things to see and do on these twelve world cruises Just picture yourself: Shopping in Istanbul's Grand Bazaar, Discovering secluded coves in Greece, Savoring lobster in Bar Harbor, Maine, Snorkeling translucent waters in Martinique, and more than 100 other fascinating and fun activities and attractions.



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

# Hurricane season

Angel Vazquez  
DPTMS Operations

Information obtained by the National Weather Service through March 2015 indicates that the 2015 Atlantic hurricane season will likely have much less activity than the median 1981-2010 season. Nevertheless, everyone is still urged to prepare.

## When a Tropical Storm/ Hurricane Watch Is Issued

- Listen to local radio/TV stations for up-to-date storm information.
- Clear yard of all loose objects that can be picked up by the wind.
- Prepare to protect your windows and glass door. Cover all windows of plywood or shutters.
- Check on your family and supplies disasters checklist (plans).
- Offer your home as shelter to friends or relatives who live in vulnerable areas or mobile homes.

## When a Tropical Storm/ Hurricane Warning Is Issued

- Listen to the advice of local officials, and leave (evacuate) if they tell you to do so.
- Complete preparation activities.
- If you are not advised to evacuate, stay indoors, away from windows.
- Clean containers for drinking water and your bath tub for storing cleaning water.

## During the Storm/Hurricane

- Stay inside and away from windows, skylights and doors.
- Wait for official word that the danger is over. Don't be fooled by the storm's claim "eye". The worst part of the storm will happen once the eye passes over and the wind blows from the opposite direction.

## Basic disaster-supplies kit:

- FOOD:** At least three-day supply of non-perishable food, manual can opener and cooking utensils
- WATER:** A seven day supply of water (one gallon per person per day) for drinking and sanitation
- HYGIENE:** Sanitation/hygiene items (moist wipes, toilet paper, garbage bags and plastic ties for waste disposal)
- FIRST AID:** A first aid kit with (non-prescription drugs, antibiotic & burn ointment, thermometer, bandages, etc)
- SPECIAL POPULATION:** Items for infants/elderly/disabled family members (diapers, formula, powder milk, etc)
- SPECIAL NEEDS:** Prescription medications, oxygen, eye glasses, contact lens solutions, and hearing-aid batteries
- PETS:** Ensure pets have proper ID, carrier & leash, vaccines & updated Vet records and supplies (food/meds)
- COMFORT:** At least one change of clothing, footwear and one blanket or sleeping bag per person
- CONTACTS:** List of doctors, friends and relatives who should be notified if you are injured or evacuated
- MONEY:** Cash, coins and credit cards
- TRANSPORTATION:** Fill your car's gas tank, check oil, water, and tires and secure an extra set of car keys
- ENTERTAINMENT:** Board games, cards, arts and crafts, crayons, and other games for children
- DOCUMENTS:** Important papers secured in water-proof containers. (identification cards, Social Security cards, birth certificates, diplomas, titles, deeds to property, copies of credit cards and special photos)
- EMERGENCY ITEMS:** Tools & supplies including: battery-powered NOAA radio or television, flashlight, mosquito repellent, sunscreen, batteries, charged cell phone with charger (inverter or solar), whistle, matches and waterproof containers
- Any other items to meet needs unique to your family

## Fort Buchanan Emergency Phone Numbers

Police Desk  
787-707-3337 or 4911  
787-792-7895

Fire Department and Ambulance  
787-707-5911 / 787-792-7895

Rodriguez Army Health Clinic  
707-9112 / 3912

Emergency Operations Center  
707-3287 / 3395 (During duty hours,  
after duty hours, weekends and  
holidays call Police Desk)

# FB prepares for 101 Critical Days of Summer

As the temperatures rise every spring, there's a corresponding increase in fatal Army accidents. Soldiers, Army civilians and their Family members are sometimes a little too eager to get back to the fun only warm weather can bring. Because Soldiers and civilians are undoubtedly going to enjoy their off-duty time or time away from the office, its incumbent upon leaders at all levels to ensure they're equipped to make smart decisions.

101 Critical Days of Summer (Memorial Day through Labor Day) safety campaign is intended to remind us that we cannot afford to lose focus on safety either on or off duty. The summer season is a dangerous time of year for the Army with notable increases in off duty accidental fatalities.

Festivals, road trips, swimming, fishing, hiking, boating, camping, and motorcycle riding are common outdoor activities during the summer. Intense planning often goes into making these outdoor activities a success.

However, many holiday weekends can be filled with tragedy instead of celebration. Memorial Day weekend marks the beginning of summer activities. The Fourth of July is one of the deadliest holidays of the year when it comes to alcohol-impaired driving crashes on our highways. Labor Day weekend ends the summer activities. Alcohol affects those skills essential to carrying out most of outdoor activities: balance and coordination. So it plays a particularly big role in motorcycle and automobile fatalities. Statistics show that the percentage of intoxicated motorcycle riders in fatal crashes is greater than the percentage of intoxicated drivers on our roads. Boating and swimming accidents are third and fourth after automobile accidents.

When planning your summer activities, remember the effects of alcohol, prescription drugs (and even illegal drugs) and identify the risks associated with impairment while participating in various activities. Always remember to make responsible deci-

sions while enjoying your summer activities.

This summer, don't let your celebrations end in an arrest or tragedy. The consequences are serious and real. Not only do you risk injuring yourself or someone else, but the trauma and financial costs of a crash or an arrest for driving while impaired can be significant and not the way you want to celebrate the summer.

For more information and tips on how to stay safe this summer or about substance abuse in general, please contact us:

Ft. Buchanan Army Substance Abuse Program (ASAP)  
1300-D Mayaguez Rd.

Myrna M. Llanos, Prevention Specialist  
787-707-3125  
myrna.m.llanos.civ@mail.mil

Enjoy all those fun summer activities, substance abuse free!

## United States Army Garrison Fort Buchanan Change of Command Ceremony

July 30, 2015  
Garrison Headquarters  
Building 390

10:00 a.m.



# INDEPENDENCE

# DAY THURSDAY JULY 2

# CELEBRATION



**FIREWORKS** • INFLATABLES • FOOD KIOSK  
HANDCRAFTERS • **MUSIC BANDS & DJ MUSIC**

## JOIN US

5:00PM-10:00PM  
@ COMMUNITY CLUB  
PARKING LOT

2015

787-707-3974/5105

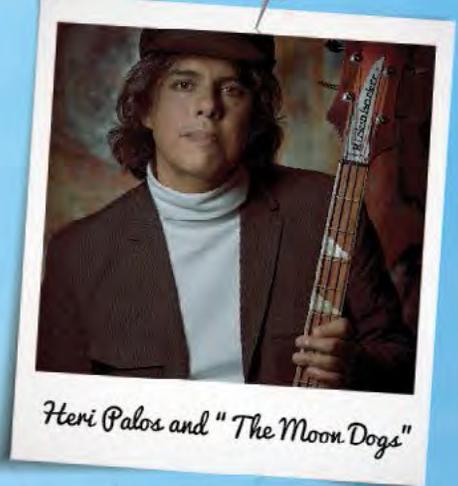
Sponsored by:



U.S. ARMY DOES NOT OFFICIALLY ENDORSE SPONSORS. DO NOT DRINK AND DRIVE.



"Keme Gusta El Show"



Heri Palos and "The Moon Dogs"