

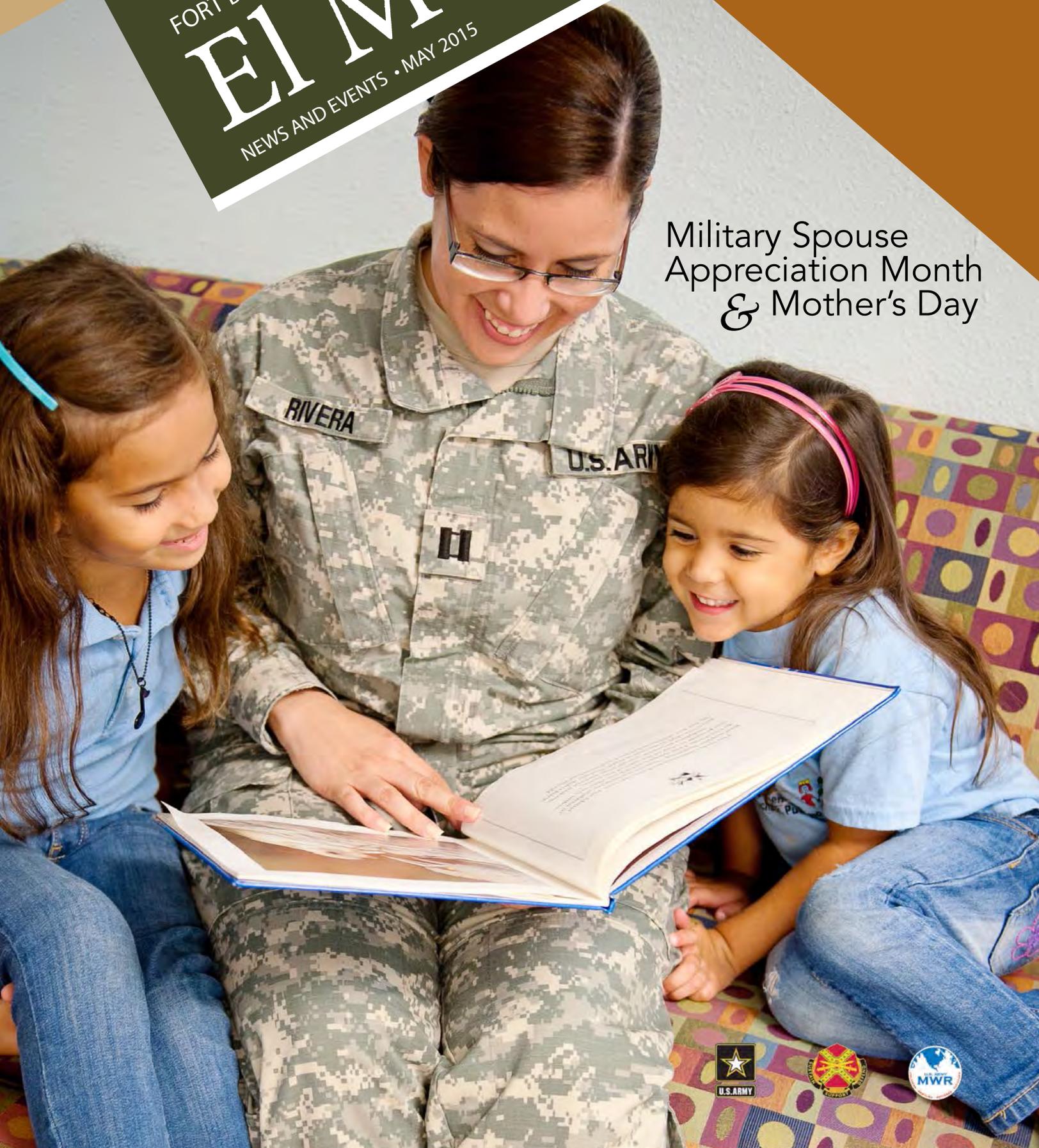
FORT BUCHANAN

El Morro

NEWS AND EVENTS • MAY 2015

Live & Explore
Vol. 1 Issue 5

Military Spouse
Appreciation Month
& Mother's Day





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From the Garrison Leadership

From the Garrison Commander



Throughout the world, Americans pause on Memorial Day to honor our brave men and women whom for more than 230 years have underwritten our freedom by their duty, honor, and selfless service. We pay homage to the heroes we have lost, those who stood guard in peacetime, and those who continue to defend the Constitution of the United States. We recognize that all our military have given something of themselves to our country and some have given all by laying down their lives to defend the freedoms we hold so dear.

Generation after generation have protected, defended, and preserved the principle that defines our democracy. Memorial Day is a solemn day of remembrance, and as such should be properly set aside for contemplation. We mourn the past because it came at a heavy loss, but we are also proud as they live on as heroes. Take a moment, and ask yourself where we would be without the personal sacrifice made by our men and women in service.

America's history is shaped all across the world as we've engaged in battle to protect our freedom. As we reflect on the blessings of our liberty, we should never forget that we cannot rightfully celebrate "freedom" without remembering the ultimate price of those who suffered and sacrificed for us. Let us continue to provide our unconditional support to the next military generation by supporting our Soldiers, Sailors, Airmen, Marines, and Coast Guardsmen all around the world.

From the Garrison Command Sergeant Major



Last month I attended the Pre-Command Course at Fort Leavenworth, Kansas. One of the greatest benefits from this course is the opportunity to listen to the Army Staff, starting from the Vice Chief of Staff of the Army (VCSA), the Sergeant Major of the Army (SMA) and all the primary staff. During the VCSA and SMA's briefing they identified Leader's Development and Talent Management as the top priority for Chief of Staff of the Army, General Odierno. Leader's development comprises of sending leaders to the respective training, as required, on a timely manner and without any hesitation. Talent

management entails the opportunity for senior leaders and directors to identify those rising stars in our formation/workforce and grow them to take our positions in the future. These priorities relate to all military and civilian personnel in our organizations, and are conceivable with good coaching and mentorship.

Among other topics, yes, they spoke about budget constraints, the drawdown and some of the challenges we are facing in the near future, but most importantly they spoke about, "win in a complex world". Our ability to create adaptive and innovative leaders that could quickly adjust in a critical situation or event. They described win as the mind-set sports team have to make all the way to the end and win the cup or the big trophy. They defined complex as the unknown, the unknowable and constantly changing environment. In summary, our endless mission as leaders is to grow and develop those adaptive and innovative leaders of the future. Let's make it happen! God bless you all.

FB celebrates 8th Annual Earth Day Expo

Jose L. Lopez
Public Affairs Office

The local community, along with several federal and local government agencies and companies assembled to celebrate the eighth annual Earth Day event April 21, 2015 at the Community Club and Conference Center here.

Aníbal Negrón, chief, Environmental Division, Directorate of Public Works (DPW) welcomed students and adults to the expo and emphasized the use of sustainable practice. "Sustainable practice helps us reduce our energy needs (and) operation costs through reducing, reusing or recycling, conserving water and maintaining our national resources," Negrón said.

This year's Earth Day theme is "Building environmental Legacy for future generations."

Garrison commander Col. Caryn S. Heard addressed participants highlighting the accomplishments performed by the DPWs' environmental division during her tenure. "The Sustainability Environmental Management System strategy has led to a long list of results including the installation of 3 wind turbines, 11 solar array sites totaling 5.4 megawatts, 11 rainwater harvesting systems collecting 14 million gallons per year, as well as the establishment of a cooking oil recycling program for seven facilities. These are achievements not only for today but for future generations," said Heard.

One of the event's highlights was Ne-

grón's presentation based upon the 2015 Earth Day theme. He was joined by Alejandro Méndez, a 5th grade student son of Francisco Méndez, from the environmental division.

A staged conversation was performed between them, and Negrón would ask Méndez questions about initiatives the student has engaged at home to protect natural resources and save energy. They talked as a visual presentation was projected, showing imagery of the tasks Mendez accomplished at home (see photo below).

The following installation services participated in this event:

- Army & Air Force Exchange Service
- Directorate of Family and Morale, Welfare, and Recreation
- Fort Buchanan Antilles Elementary, Middle & High Schools
- Fort Buchanan Veterinary Services

These federal agencies took part in the expo:

- Environmental Protection Agency
- U.S. Army Environmental Command
- U.S. Army Public Health Command
- U.S. Fish and Wildlife Services
- U.S. Army Corps of Engineers
- Natural Resources Conservation Services , U.S. Department of Agriculture
- National Weather Service

The following are visiting companies and agencies that also participated.

No official U.S. Army endorsement is

implied.

- Aerostar
- ALTOL Enterprises, Inc.,
- Centro Ambiental Santa Ana
- Environmental Development & Sustainability Inc.
- E Q Lab
- San Juan ULTRA-University of Puerto Rico at Rio Piedras
- Johnson Controls, Inc.,
- Kemron
- Polytechnic University of Puerto Rico
- Puerto Rico Agrological Laboratory (PR Dept.of Agriculture)
- Puerto Rico Aqueduct and Sewer Authority
- Puerto Rico Bat Conservation Program
- Puerto Rico Department of Natural and Environmental Resources
- Puerto Rico Seismic Network
- Ronald McDonald Foundation
- San Juan Bay Estuary Program
- Sol Environmental Solutions
- SPECCO Environmental Inc.
- Tetratech
- University of Puerto Rico, Mayagüez Biology Program
- Universidad Metropolitana de Puerto Rico (Puerto Rico Photonics Institute)

The participating agencies and companies provided informative booths and students from schools here had the opportunity to see many kinds of displays related to energy conservation, recycling, endangered species, among others.

Students from the Antilles High School performed their accustomed "Fashion Show—Recycling Materials". Female and male students displayed clothing designed with recyclable material.

The event showcased many agencies and companies that are doing their part for the conservation of earth, but what was admirable was the participation of the younger generations through their curiosity, engineering and solidarity toward the protection of Earth's future.



Photo by José L. López, PAO

MWR INFORMS

Tradition, Tradition

Saint John the Baptist's birthday is June 24th, so every year people celebrate his birthday with traditions. In Puerto Rico, at exactly midnight between June 23 and 24, on the eve of his birth, people walk backward into the ocean and fall backwards into it. They do this 3 times in a row. The water is said to be "blessed", so dipping into it is supposed to clean you of the bad things so as to bring good luck or at least help ward off evil throughout the year. Some people will do flips in the water. Some people also do more than 3 dunkings (7 or 12 are the other usual number of dunkings). It is all in good fun and everyone is welcome to join in, whether you believe in the tradition or not.

Noche de San Juan

The good luck part of this tradition is, perhaps, questionable in its reliability, but it is a happy celebration where family and friends get together and enjoy food, music and the good company. Of course, since so many people live in the San Juan area (and it is his namesake), you will find throngs of people at those beaches.

Fort Buchanan Community Members are lucky enough to have a safe place to celebrate with their Families, Steel Band and all to make the night truly exciting! Join us in keeping this tradition alive at the Water Spout on June 23rd.

Source: puertoricodaytrips.com

CELEBRATE

San Juan Night at the Water Spout

Tuesday, June 23rd
8:00 pm - 1:00 am

Come get your share of *good luck* and fun
by celebrating the traditional
San Juan Night with us, join the party!

LIVE Steel Band "Siglo 21" & DJ Music



\$8.00 ages 11 years old to adults
\$5.00 Children 10 years old and under

TICKETS ON SALE NOW. TICKETS IN ADVANCE HIGHLY RECOMMENDED;
POOL CAPACITY HAS A LIMIT.

787-707-5105 / 3550

Sponsored by:



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FAMILY AND MWR EMPLOYEE HIGHLIGHT

Family and MWR Information Technology Specialist

Angel Viruet

A familiar face here at Fort Buchanan, Angel Viruet is everyone's favorite "IT Guy". Always on-the-go, Angel never finds a dull moment in MWR's IT Department. It is rare to find someone who enjoys his job as much as Angel. For him, it's not only the technical aspect of the job, but the person-to-person contact that makes this the perfect work environment. "The best part of my job is working with a diverse group of people using my passion for technology."



Angel Viruet

After receiving his bachelor's degree from *Inter American University*, Mr. Viruet then went on to specialize in Computer Repair and Assembly. It has been more than seven and a half years since Angel began his career here at Fort Buchanan's IT Department. He welcomes everyday as though it were the first: with a smile on his face and in his heart. Always cheerful and gracious, Angel enjoys helping others. "I love assisting my co-workers because the final product is that the Soldiers, their Families and retirees get quality service they deserve. Operating in excellence is what it's all about." Family and MWR is fortunate to have Mr. Viruet on our team.

COMMUNITY CLUB & CONFERENCE CENTER



Show her how much you love her!

Mother's DAY Lunch

May 10 | 11:00am to 3:00pm

Menu

Salads
 Mix Green Salad with assorted dressings
 Fresh Fruit Salad with Honey and Whipped Cream
 Pasta Salad with Grill Salads

Entrees
 Roasted Chicken Breast with Garlic and Lemons
 Roasted Pork (Pernil)
 Potatoes Au Gratin
 Linguini Alfredo with Seuté Shrimp
 Seasonal Fresh Vegetables

Desserts
 Lemon Pie
 Strawberry Cheesecake
 Rustic Chocolate Cake

\$30 per person
 \$11.95 Children ages 8-12
 Children under 7 eat free

Mimosa Fountain and a Flower for All Mothers

DJ Music

Community Club
 For Reservation call
 787-707-3535

BREAK THE ROUTINE!

Have Your Lunch Meeting at The Coquí Room

FREE OF CHARGE WHEN 10 PERSONS OR MORE ORDER THE **ALL YOU CAN EAT BUFFET**

- An intimate room, ideal for gatherings up to 50 people
- Delicious All You Can Eat Buffet includes: Entrées, Sides, Desserts and Beverages
- Ample Parking

Tuesday thru Friday from 11:00 am to 1:00 pm at the Community Club, Bldg. 660. Must reserve in advance by calling 787-707-3535.

BBQ and Bouncy Nights

Thursday and Friday BBQs at the Community Club is a place where family and friends gather, eat and feel relaxed. Straight out of work or not, no need to dress up, or spend a lot. Starting at 4:00 pm at the Community Club Parking area.

On **Fridays May 8th & 22nd** inflatables add to the children's fun at Bouncy Nights, starting at 5:00 pm. For more details call 787-707-5105 / 3535

LUNCH DESTINATION AT THE COMMUNITY CLUB

Tuesdays thru Fridays
 11:00 am - 1:00 pm

All You Can Eat \$10.00

Dessert & Soup of the Day, White Rice & Beans included every day.

TUESDAYS Italian

ENTREE

BEEF LASAGNE with Fresh Spinach, Romano, Mozarella, Ricotta Cheese and Italian Herb Spices.

CHICKEN CACCIATORE

Baked with fresh Roma Tomatoes, White Wine, Fresh Rosemary & Spices.

SIDES

Garlic Tomato Brochette

Toasted Sour Dough Bread Points, Baked with Roma Tomatoes, Parmesan Cheese and Fresh Basil.

Parmesan Baked Zucchini Squash

Baked with Parmesan Cheese, Stewed Tomatoes and Fresh Basil.

SALAD Italian Pasta Salad

Tossed Pasta with Ham, Black Olives, Sautéed Green & Red Peppers with Mozarella Cheese.

WEDNESDAYS Caribbean

ENTREE

CHICKEN FRICASÉE Stewed Chicken with Achioté, Fresh Carrots and Potatoes.

CHULETA A LA JARDINERA

Baked Pork Chops Stewed with Vegetables.

SIDES

Tostones Crisp Fried Plantains.

Yucca con Mojo Boiled Yucca with Onions, seasoned with Bay Leaves

SALAD

Tossed Caribbean Salad, with Cherry Tomatoes, Corn, Minced Sautéed Garlic, Red and Green Peppers, Fresh Cilantro, Black Beans, Crispy Tortilla Strips with Honey Lime Mustard Dressing.



NEW MENU ITEMS

THURSDAYS Asian

ENTREE

ASIAN ORANGE CHICKEN

Breaded and Fried, tossed with Fresh Orange Juice, Soy Sauce, Fresh Minced Garlic, Ginger & Sesame Seeds.

CHINESE BBQ PORK

Marinated in Hoisin Sauce, Dark Soy Sauce, Rosé Wine, Oyster Sauce, Sesame Oil, Baked & Glazed with Teriyaki Sauce.

SIDES

Asian Fried Rice

Rice, Ham, Soy Sauce, Ginger.

Stir Fried Vegetables

Vegetables tossed in Soy Sauce, Oyster Sauce, Ginger and Spices.

SALAD

Crunchy Asian Salad, Mixed Greens with Pineapple, Carrots, Red and Green Peppers, Sesame Seeds, Crispy Fried Noodles, tossed with Ginger Vinaigrette dressing.

FRIDAYS Comfort Food

ENTREE

FRIED FISH OF THE DAY

Simple Flour Butter, Fried with Tartar Sauce and Lemon.

SHEPHERD'S PIE

Baked Casserole with Garlic Mashed Potatoes, Fresh Ground Beef, Mixed Vegetables and Mild Cheddar Cheese.

SIDES

Mac and Cheese

Green Bean Casserole

SALAD

Tuna Pasta Salad

Tuna in Vinaigrette, Bow Tie Pasta.



WRESTLING NIGHT

MAY 29 5:00 pm - 10:00 pm

Community Club & Conference Center

DYNAMIC - THRILLING - EXCITING!

BBQ available

Sponsored by: **Coors LIGHT**

DJ music

FREE ADMISSION

787-707-3974/5105

The US Army does not officially endorse sponsor. Choose a designated driver. Do not drink and drive.

GC signs SHARP and CAPM proclamations

José A. Colón Rivera
Sexual Assault Response Coordinator

Fort Buchanan garrison commander Col. Caryn S. Heard, signed the Sexual Assault Awareness & Prevention Month (SAAPM) and Child Abuse Prevention Month Proclamations in an event held in Fort Buchanan's Main Exchange facilities.

In an event hosted by Sexual Harassment/Assault Response & Prevention (SHARP) and Family Advocacy Programs (FAP) here, Lt. Col. David L. Sloniker read both proclamations while Col. Heard proceeded with the signing. Representatives from the U.S. Coast Guard, U.S. Army Reserves, Puerto Rico National Guard, retirees and their families and the commander's proclamation reinforces the idea that we have come a long way "to reduce the stigma that comes from becoming a victim of sexual assault" but we still have a long way to go.

Statistics show that, in the United States, "there is an average of 293,066 victims (age 12 or older) of rape and sexual assault each year", and that there is a sexual assault happening every two seconds. As a nation, we have a problem.

That is why the Department of Defense, the Army, and Fort Buchanan join the Nation in observing April as SAAPM. This allows us to build on previous efforts by bringing awareness of this social problem, and bringing together our community.

Our goal is to eliminate sexual assault from our military.

Every member of our community, Military, Civilian, Retiree, and Family member, must understand that it is everyone's responsibility to stand up to inappropriate behavior.

We all have a role, in preventing

and responding to sexual assault. We must start with our own awareness of what right behavior looks like; know when to intervene safely, and when to report criminal behavior to the proper authorities. We should not be passive bystanders.

We are our brothers' and sisters' keepers.

During the month of April, Fort Buchanan continues to bring awareness about the topic of sexual assault by observing April 7 as a day where we show our support of sexual assault prevention by wearing teal colored clothing.

Let's all of us do our part to eliminate sexual assault from our community.





GOLF COURSE



Golf Memberships Give You an Opportunity to Improve Your Game

If the game is the thing that really matters to you, then you should definitely consider joining a golf club. Becoming a member of a golf club is much better than simply playing the game at a golf course. If you ask most of the really good players that you know, you will probably find that they belong to a club.

You can take advantage of golf lessons for one thing. These lessons are beneficial if you are a beginner or a semi-pro. Clubs have "golf pros." These are PGA professionals who can do everything from introduce you to the game to help you with your swing to teach you to master a troublesome hole. Really good golfers do not get better by accident. They have an opportunity to take lessons from even better golfers.

You also get better by practicing. Since your schedule might be the same as most other players, it can be a hassle to get a tee time when you have to compete with the general public. Instead of fighting for a spot, you will be able to use priority scheduling to play on Saturday morning or Wednesday afternoon if that's what you prefer. This additional practice should improve your golf game and enhance what you learn during your golf lessons.

Maybe the most important factor to consider is the simple ability to establish yourself at a home golf course. You can establish your handicap. This is useful if you would like to start playing in tournaments or simply find some other similarly skilled club members to play against.

Mother's Day Golf Special

Sunday, May 10th

Free Cart Fees for all mothers playing golf on Mothers Day!

Buchanan Memorial Tournament 2015

Saturday, May 16th

9:00 am Shotgun Start

Format: Tee off Red, White and Blue tees.

Individual Stroke Play

Must have current GHIN index to participate.

Cost: \$30 Members, \$45 Guests

Includes: Tournament, Food, Drinks and Prizes.

Registration deadline is Wednesday 13th, 5:00 pm

Father's Day Tournament

Saturday, June 20th

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 17th, 5:00 pm



Find the perfect specialty gift for the golfer in the Family!

with Mother's and Father's Day coming-up...

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

Enjoy your day...
one sip at a time



The coolest hot spot you'll find for breakfast, lunch or a snack in Fort Buchanan!

BREAKFAST

Hot Cereals
• Cream of Wheat • Oatmeal
Small \$2.00 Large \$3.25

• **Turkey Croissant** \$4.75

ALL DAY SNACKS

Assorted Bagels \$2.50
Assorted Muffins \$2.00

Quesitos \$2.00
Cookies \$1.50
Variety of flavors

Danish \$2.00
Cake \$3.00
Variety of flavors

ON THE LIGHT SIDE

Yogurt (variety of flavors) \$2.00

SOUPS
Small \$2.50
Large \$4.50

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ASK FOR OUR SEASONAL ITEMS

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Hours of Operation:
Monday through Friday 6:00 am - 4:00 pm
Saturdays 6:00 am - 2:00 pm
Closed on Sundays and Federal Holidays



787-707-CAFE (2233)
www.buchananmwr.com



LUNCH

SANDWICHES

Avocado Chicken Club \$6.50
Chicken breast fillets, bacon, avocado spread and Romaine lettuce

Roast Beef \$6.50
with Caramelized Onion & Swiss Cheese

Smoked Turkey \$6.50
with Cheddar cheese and Dijon Mustard

WRAPS

Tuna Salad \$5.50
Apples, dried cranberries, tomatoes and mayonnaise

Ranch Chicken \$5.50
Cheddar cheese, lettuce and Ranch dressing

SALADS

Classic Roast Chicken Caesar \$5.75
Romaine lettuce, Caesar dressing and croutons

Tuna Salad with Almonds \$6.00
Almonds and Raspberry Vinaigrette

COFFEE DELIGHTS

ESPRESSO DRINKS

• **Macchiato** • **Traditional Cappuccino** (cortadito) • **Latte**

• SMALL \$2.50 • MEDIUM \$3.00 • LARGE \$3.50

Brewed Coffee

Café colao, pick up and go!
• SMALL \$1.50 • MEDIUM \$2.00 • LARGE \$2.50

FROZEN BLASTS

Mocha, Caramel, Cinnamon Blast
• MEDIUM \$4.00 • LARGE \$4.50

Iced Coffee

• MEDIUM \$3.25 • LARGE \$3.75

Ask your Barista for additional flavors

ADD-ONS

Additional Flavors .50c
• Chocolate Syrup • Caramel Syrup
• Whipped Cream • Additional Flavors

Milk: Low Fat, Soy or Lactose Free .50c

OTHER BEVERAGES

SMOOTHIES

Strawnana (Strawberry and Banana)

Banana Boat (Mangos and Banana)

Lady Berry (just Strawberry)

Miss Peachie (just Peaches)
• MEDIUM \$3.50 • LARGE \$4.00

Hot Cocoa

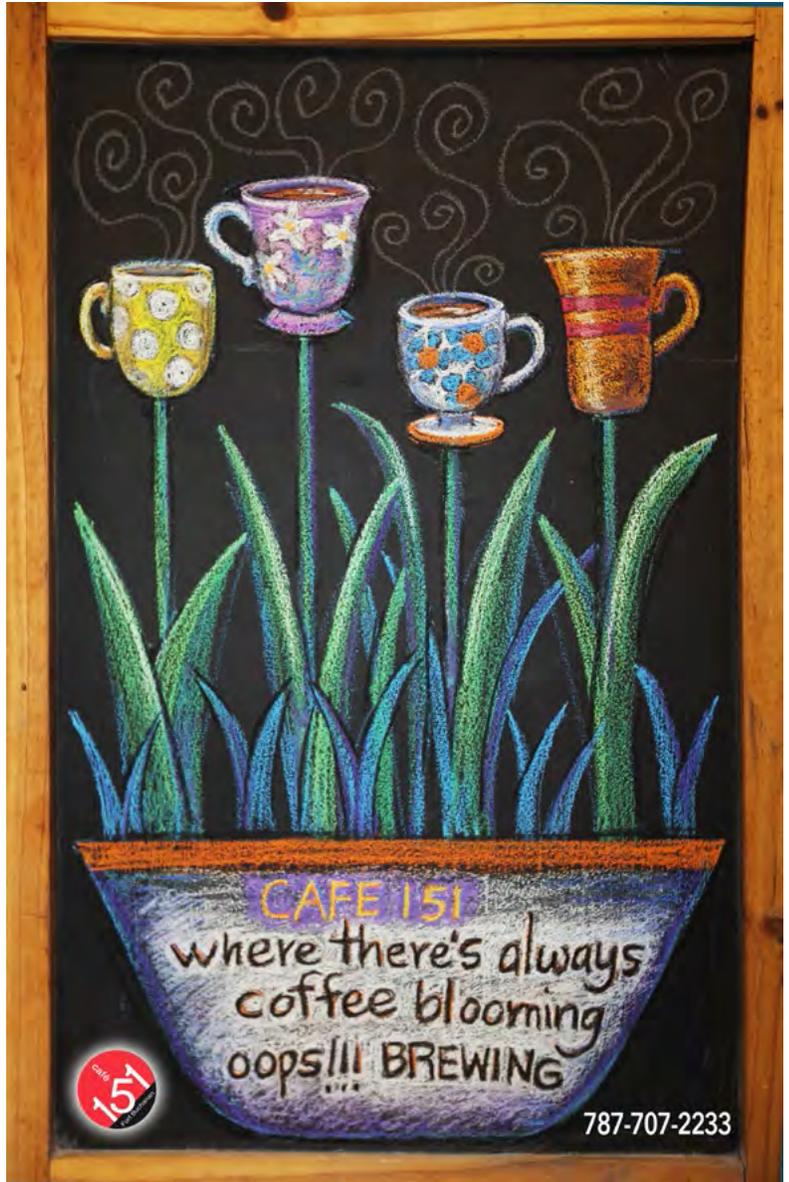
• SMALL \$2.50 • MEDIUM \$3.00 • LARGE \$3.50

Hot Tea 8 oz \$2.00

Iced Tea • MEDIUM \$2.50 • LARGE \$3.00

Bottled Water / Sodas \$1.00

Juices \$1.75



LEISURE TRAVEL SERVICES



- 👑 Information on local Island attractions
- 👑 Stateside attractions discounts: Disney Parks and Resorts, Universal Studios, etc
- 👑 Cruises and lodging reservations
- 👑 and more...

HOURS OF OPERATION
Tuesdays-Saturdays
10:00am-6:00pm

Bldg.168 (Bowling Center)
Bayley Road, Fort Buchanan PR
787-707-4343



Legal Ethics

The U.S. Office of Government Ethics (OGE) has issued a Legal Advisory discussing how the Standards of Ethical Conduct for Executive Branch Employees apply to employees' personal social media activities.

The Legal Advisory focuses on common issues such as whether an employee can reference his or her title on a personal social media account, and what rules apply to personal fund raising over social media, etc..

For more information, please see Legal Advisory LA-15-03, dated April 9, 2015, at <http://www.oge.gov/OGE-Advisories/Legal-Advisories/Legal-Advisories/>

William G. Latimer
Attorney-Advisor

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

Shortly after it launched, a girl got on Facebook and tried to invite a few friends to her party. Somehow the technology swelled, and on the day of the party, she discovered thousands of real people at her door. The story made national headlines, and not everyone got a piece of cake.

I get a lot of prayer requests. Some are personal, from people I know. They ask me to pray for healing, for guidance, for strength to face a particular situation. I have details. Other times I get prayer requests from friends and acquaintances. I may not get details or anything more than a name, but someone I know has asked for my help, and I try to comply.

But in this Facebook age, the prayer list has grown beyond reason. Like Bruce Almighty in the "you've got mail" scene, I cannot begin to respond to all the needs I have access to.

But what if intercessory prayer (prayer for others) was like that of Abraham (Genesis 18). You've heard of Sodom and Gomorrah. Abraham's nephew, Lot, was actually living there when the stench of that place reached heaven. People were bad, doing horrible things to one another. God sent his angels down to destroy the city, but before he gave the order, he dropped by to see his friend, Abraham. He told Abraham of his plan to rain hellfire and brimstone down on the city, but Abraham, out of concern for his kin, began to negotiate with God.

What if you find 50 righteous people there? Would you destroy it? No, says God. For 50 I would spare the city.

Abraham counters, what if five of those 50 are lacking? Would you refrain from destroying it for 45? No, for 45, God says, I would spare it. Abraham pushes: I hate to ask, but what about 30? Ok, God says, for 30 I would spare the entire city. Now please don't lose patience but what about 20? No, 20 righteous people would be enough to save the city. What about ten? Ok, if I find ten, I will not destroy the city. Abraham knew he had pushed God as far as he could. Sweat drenched, he returned to his tent.

As we know, there were not ten righteous people in that great city, and God's angels got Lot and his family out just in time, but the point is, Abraham put his credibility on the line for the sake of his family.

What if our prayers had that quality? What if we prayed as though we were putting our credibility on the line for those for whom we prayed? Would it change the list? Would we be a bit more attentive? Would we put our money, our time, our hearts where our mouth is?

Prayer is for real. We are connecting with the One who knows us better than we know ourselves. Maybe like C.S. Lewis once said, "prayer does not change God: it changes me." Would that it were so.

Chaplain Crawford
787-707-3405





U.S. ARMY

ADPAAS | ARMY DISASTER PERSONNEL ACCOUNTABILITY and ASSESSMENT SYSTEM



Soldiers, DA Civilians, NAF Employees, OCONUS Contractors and their Families

To account or update your information.

Click Here

CDRs, CDR Reps (CORs), CMs, ARFP Staff, Command Staff, etc. and Authorized Personnel

To account for personnel and manage ARFP cases in your UIC(s).

Click Here

ADPAAS accounts for people ... not just numbers

Jeffery S. Needham
DCS G-1, Ops Spec/ADPAAS/COOP, Personnel

In today's world of natural or man-made disasters, it has become essential to have a plan of action for determining and minimizing the affect an disaster event has on Army personnel and their Family Members. Following Hurricane Katrina, the search for a system to determine and report the whereabouts and the status of our Army began.

Recognizing the shortcomings of Katrina, the Department of Defense issued definitive instructions to the Army and other Services to develop disaster personnel accountability plans that would quickly account for all their personnel. The Army Disaster Personnel Accountability and Assessment System (ADPAAS) was shortly introduced as the personnel accountability tool to meet these DOD instructions. More importantly, ADPAAS is designed to account, assess needs, and assist the Army to a rapid return to recovery and stability.

First used in 2008 following Hurricane Ike, ADPAAS has proven to Army leaders that the tool can quickly collect and consolidate the status and needs assessment surveys from Active/Reserve/Guard military personnel and Army civilian employees, to include their Family Members. ADPAAS is a valuable tool for Army leaders who must make tough, and often quick, decisions following an emergency. The ADPAAS data allows commanders to access personnel

status, thereby facilitating the delivery of essential services to the areas of critical need in the disaster affected area.

The system enables the Army to assess disaster-related needs that may include housing, medical, financial assistance, employment, pay and benefits, transportation, child care, counseling, and general legal matters. ADPAAS ensures contact is maintained with Army personnel and Family Members to guarantee that the required assistance is provided.

If an emergency or disaster occurs, the Secretary of Defense may issue a directive for all personnel to report on their status to their respective Service. Army personnel will be directed to report their status either to their unit, directly to the ADPAAS Web site or through an Army contact center. ADPAAS can and should work in concert with an organization's alert notification systems to account for all its personnel. Organizations must include ADPAAS personnel accountability in their local emergency management plans.

Beginning February 2014, disaster personnel accountability in accordance with the DoD instructions and Army regulations will be inspected at all Army levels. The proper use of ADPAAS will ensure organizations are in compliance.

In leveraging current technology, Army personnel and Family Members can now report their status using their iPhone, An-

droid, iPad or any other mobile devices with internet access. ADPAAS mobile application is up and running for use at <https://adpaas.army.mil> <<https://adpaas.army.mil>> .

ADPAAS can also offer reassurance to deployed Soldiers about the safety of their families, "The bottom line is disaster personnel accountability is the number one issue that Army senior leaders look to during times of disaster natural or man-made. Army preparedness using ADPAAS increases the resiliency of America's fighting forces and supports Soldiers who are forward-deployed as well," said Mr. Jeffery S. Needham, the Army Personnel Accountability Program Manager. "We want our Soldiers downrange to feel comfortable that their Families are being taken care of at home. Taking care of our Army Families is our top priority... that's our mission."

In order to meet this mission, Army Families need to maintain accurate, up-to-date contact information in ADPAAS. To access ADPAAS, log on to <https://adpaas.army.mil> <<https://adpaas.army.mil>> and click on the Army Military, DA Civilians, NAF Employees, OCONUS Contractors and their Families button.

Contact information on the system can be updated at any time. For more information call the ADPAAS Information Line at 1-800-833-6622.

What is ADPAAS?

U.S. Army Disaster Personnel Accountability and Assessment System (ADPAAS) standardizes a method for the Army to account, assess, manage, and monitor the recovery process for personnel and their families affected and/or scattered by a wide-spread catastrophic event. ADPAAS provides valuable information to all levels of the Army chain of command, allowing commanders to make strategic decisions which facilitate a return to stability.

ADPAAS allows Army Personnel to do the following:

May 2015

Family and MWR Events

HAPPY Mother's DAY

FRI 1



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

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

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

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

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

Cinema Club Movie:
6:00pm: Selma (PG-13)
8:30pm: American Sniper (R)
787-707-3535

SAT 2

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

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

Surfing Tutorials, @ Pine Grove departure: 7:00am, Bldg 67, 787-707-3734



SUN 3



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

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

MON 4



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

TUE 5



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

Strong B.A.N.D.S health books @ the Post Library, 787-707-3208

Strong B.A.N.D.S. Golden Age Program healthy lifestyle lecture and circuit training, @ Fitness Center 9:00am 787-707-3767

5 de Mayo Special: Lunch @ the Club, 11 am - 1 pm 787-707-3535

Strong B.A.N.D.S. Water Aerobics and Safety Lectures @ the Waterspout, 5:00pm 787-707-3767

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

WED 6



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

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

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

THU 7



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

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

Month of the Military Child: SCUBA intro class, 3:30pm-4:30pm, 787-707-3734

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

Margarita and Tequila Night 7pm @ The Zone 787-707-3535

Cinema Club Movie: 7:30pm; Exodus:Gods and Kings (PG-13), 787-707-3535

FRI 8



Mother's Day Balloon Bouquet 787-707-5105

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

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

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

Bouncy Night, Community Club Parking, 5:00pm-7:00pm, 787-707-5105

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

Cinema BIG Screen Club Movie: 7:30pm; Paddington (PG), 787-707-3535

SAT 9



Caja de Muertos Island Adventure, departure time 6:00am, bldg. 67, 787-707-3734

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

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

SUN 10

Mother's Day Golf Special, 787-707-3980

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



MON 11



Mother's Day Golf Special, 787-707-3980

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

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

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

TUE 12



Strong B.A.N.D.S health books @ the Post Library, 787-707-3208

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

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

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

WED 13



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

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

CYSS Youth Triathlon, 1:00pm, bldg. 1000 787-707-3466

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

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

THU 14



Dealing with Family Stress and Anger 10am Bldg.507 787-707-3698

America's Armed Forces Kids Run, 4pm, AHS Field,787-707-3466

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

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

FRI 15



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

Cinema Club Movie: 6:00pm: The Woman in Black 2: Angels of Death (PG-13)
8:30pm: Seventh Son (PG-13)
787-707-3535

SAT 16



Catamaran Trip to Icaño Island, departure: 6:00am, bldg. 67 787-707-3734

2015 Buchanan Memorial Tournament, Golf Course, 9:00am, 787-707-3980

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

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

SUN 17



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

MON 18



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

TUE 19



Strong B.A.N.D.S health books @ the Post Library, 787-707-3208

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

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

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

WED 20



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

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

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 21



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

Strong B.A.N.D.S. 90 min Indoor Cycling @ the Fitness Center 11:30am 787-707-3767

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

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

Movie @ the Post Library "Mr. Peabody & Sherman" 6:00pm 787-707-3208

Cinema Club Movie: 7:30pm; Fifty Shades of Grey (R) 787-707-3535

FRI 22



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

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

Bouncy Night, Community Club Parking, 5:00pm-7:00pm, 787-707-5105

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

Cinema Club BIG Screen Movie: 7:30pm; Struggle Magic(PG) 787-707-3535

SAT 23



Tanama River Adventure, departure: 7:00am, bldg. 67 787-707-3734

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

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

SUN 24

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



MON 25

Happy MEMORIAL DAY

TUE 26



Strong B.A.N.D.S health books @ the Post Library, 787-707-3208

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

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

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

Training for Parents and Community @ Bldg.1000 4:30pm-5:30pm 787-707-3787

WED 27



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

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

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

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

THU 28



Dealing with Family Stress and Anger 10am Bldg.507 787-707-3698

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

Coupon Club @ the Post Library, 11:00am - 12:00pm 787-707-3208

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

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

FRI 29



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

Wrestling Night @ The Community Club 5pm-10pm 787-707-3974

SAT 30



Xtreme Hiking Adventure, El Yunque National Rain Forest, departure: 7:30am bldg. 67 787-707-3734

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

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

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

COMMUNITY RECREATION DIVISION

Why do we celebrate Mother's Day?

Mother's Day is a holiday honoring motherhood that is observed in different forms throughout the world. The American incarnation of Mother's Day was created by Anna Jarvis in 1908 and became an official U.S. holiday in 1914. Jarvis would later denounce the holiday's commercialization and spent the latter part of her life trying to remove it from the calendar. While dates and celebrations vary, Mother's Day most commonly falls on the second Sunday in May and traditionally involves presenting mothers with flowers, cards and other gifts.

Celebrations of mothers and motherhood can be traced back to the ancient Greeks and Romans, who held festivals in honor of the mother goddesses Rhea and Cybele, but the clearest modern precedent for Mother's Day is the early Christian festival known as "Mothering Sunday." Over time the Mothering Sunday tradition shifted into a more secular holiday, and children would present their mothers with flowers and other tokens of appreciation. This custom eventually faded in popularity before merging with the American Mother's Day in the 1930s and 1940s.

While versions of Mother's Day are celebrated throughout the world, traditions vary depending on the country. In Thailand, for example, Mother's Day is always celebrated in August on the birthday of the current queen, Sirikit. Another alternate observance of Mother's Day can be found in Ethiopia, where families gather each fall to sing songs and eat a large feast as part of Antrosht, a multi-day celebration honoring motherhood.

Source: history.com

SAY HOW MUCH YOU CARE
with balloons!

MAY 8

Mother's Day
Balloon Bouquet only **\$10**

ORDER YOURS
787-707-5105

BOSS
Orders to be delivered on post from 8:00am to 1:00pm.
All money collected will be going to the Better Opportunities for Single Soldier Program.



Selma 6:00pm PG-13 • 103 min	American Sniper 8:30pm R • 132 min	friday 1
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thursday 7	The Boy Next Door 7:30pm • R • 91 min
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The Woman in Black 2: Angels of Death 6:00pm • PG-13 • 98 min	Seventh Son 8:30pm PG-13 • 102 min	friday 15
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thursday 21	Fifty Shades of Grey 7:30pm • R • 124 min
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friday 8

BIG SCREEN MOVIE
Paddington
7:30pm • PG • 96 min



friday 22



BIG SCREEN MOVIE
Strange Magic
7:30pm • PG • 99 min

Project Almanac 6:00pm • PG-13 • 106 min	Jupiter Ascending 8:30pm PG-13 • 127 min	friday 29
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787-707-3535



SPORTS & FITNESS • OUTDOOR RECREATION

FITNESS CLASSES

Strong B.A.N.D.S events in May

Health related books at the Post Library

Every Tuesday, May 5th, 12th, 19th & 26th
Check out books on Nutrition and Wellness. Get Banded health materials available for those that register.

Learn Facts about Summer Swimming Safety and Do Water Aerobics

Tuesday, May 5th at 5:00 pm. Take a lecture on swimming safety practices for Summer and enjoy a water Aerobics Demo class at **The Water Spout!**

Strong B.A.N.D.S. 90 Minutes Indoor Cycling Class

Join us for 90 minutes of indoor cycling! Thursday, Thursday, May 21st starting at 11:30 am at the **Fitness Center**, Bldg. 167.

OUTDOOR RECREATION

ADVENTURES & CLASSES

Surfing Tutorials

Place: San Juan, PR
Date: Saturday, May 2, 2015
Includes: Transportation, equipment, refreshments and tutorials.
Departure: 7:00 am from Outdoor Recreation, Bldg. 67, Fort Buchanan
Cost: \$39.00 pp

Caja de Muertos Island Adventure

Place: *Caja de Muertos Island* in Ponce
Date: Saturday May 9, 2015
Departure from Fort Buchanan: 6:00 am
Boat departure: 8:30 am
Caja de Muertos Island departure: 3:30 pm
Arrival at Ponce: 4:15 pm
Arrival at Fort Buchanan: 6:30 pm
Includes: Transportation, ferry fee, hiking to the Island lighthouse, guides and refreshments.
Cost: \$55.00 Adults / \$45.00 children (less than 12 years old)

Catamarán Trip to Icao Island

Place: Fajardo, PR
Date: Saturday May 16, 2015
Departure: 8:00 am from Fort Buchanan
Arrival: 5:00 pm at Fort Buchanan
Includes: Transportation, snorkeling equipment, lunch buffet, beverages.
Cost: \$75.00 pp
Requirements: Bring towels, Sun Screen, mosquito repellent, change of clothes.



up for the challenge?

Learn how to swim with private adult lessons at the Waterspout.

\$25 per session
45 minutes

Call for available reservations
787-707-3550

Icons: Star, Flower, Globe

Tanamá River Adventure

Place: Utuado, PR
Date: Saturday, May 23, 2015
Departure from Fort Buchanan: 7:00 am
Arrival at Fort Buchanan: 4:00 pm
Includes: Guides, safety equipment, snacks and water
Cost: \$52.00 pp
Requirements: Participants must have 16 years of age or older and must be in extreme good physical condition, wear closed toe shoes, bring mosquito repellent and change of clothes.
Note: People can bring backpacks with snacks, water, first aid kit.

Xtreme Hiking Adventure at the National Rain Forest El Yunque

Place: Rio Grande, PR
Date: Saturday, May 30, 2015
Departure from Fort Buchanan: 7:30 am
Arrival at Fort Buchanan: 5:00 pm
Includes: Transportation, guides, refreshments, light lunch.
Cost: \$25.00 pp
Requirements: Participants must have 16 years of age or older and must be in Xtreme good physical condition, wear closed toe shoes, Bring mosquito repellent and change of clothes.
Note: People can bring backpacks with snacks, water, first aid kit.

More details for scuba classes and trips at
787-707-3734

CHILD, YOUTH & SCHOOL SERVICES



SKIESUnlimited classes in May:

WEDNESDAYS:

Guitar

Ages 5 to 18. From 3:00-4:00 group class, 4 classes per month at 80.00 monthly
From 5:00-6:00 group class, four classes per month at \$80.00 monthly
Individual classes available.

FRIDAYS:

Martial Arts

Taekwondo for ages 5 to 18. From 4:00 pm-5:00 pm group class, 4 classes per month at 80.00 monthly
From 5:00-6:00 Family Martial Arts, four classes per month at \$130.00 monthly up to four members

SATURDAYS:

Mighty Mites Martial Arts

Taekwondo group class for ages 3 to 4, four classes per month at \$80.00 monthly.
9:00 am -10:00 am

Mommy & Me

Ages 2 to 5. From 12:00 pm -1:00 pm group class, four classes per month at \$80.00 monthly

Amazing Stars

Ages 2 to 5. From 10:00 am -11:00 am group class, four classes per month at \$80.00 monthly

Coming soon:

SATURDAYS:

Ballet

Ages 2 to 12. From 11:00 am -12:00 pm group class, four classes per month at \$60.00 monthly.

MONDAYS:

Dance class

Ages 6 to 18. From 3:30 pm -4:30 pm, and from 4:45 pm -5:45 pm group classes. Four classes per month at 60.00 monthly

For more information please call
707-3541/3787

YS Triathlon ages 6 - 18



• RUN .9 mile • BIKE 3/4 mile • SWIM 25/50 meters

Monday, May 13th starting at 2:00 pm at SAC, Bldg. 1000. Registrations at 1:00 pm.

Parents may participate with their child. The run/jog begins at CDC / SAC Center, Bldg.1000. All participants must bring own bike and helmet. The bike ride starts from CDC/SAC Center, Bldg.1000 to The Water Spout. Children 5 – 8 yrs. old swim 25 meters, and 9 yrs. old and over swim 50 meters. For more information call 787-707-3787 / 3434.



SAC & MST Summer Camp 2015 Registrations

Registrations continue until May 15th by appointments. Camp runs from June 8th thru July 24th. Remaining registration dates are as follows:

May 4 to 8 AD/DoD and Non CYSS user Kinder thru 12th grade.

May 11 to 15 AD/ DoD and Non DoD CYSS non user 6th thru 12th grade.

ACTIVE DUTY PRIORITY. There are ongoing registrations for Military Active duty dependants in the SAC and MST Summer Camps after May 15th.

Only dependants of Non-DoD civilians enrolled in Antilles Middle School and High Schools (grades 6th to 12th) will be eligible to use the CYSS Middle School (MST) programs to include camps. Parents need to call to schedule an appointment for Summer Camp Registrations. Call Parent Central Services at 787-707-3787/3541/3434.

CHILD, YOUTH & SCHOOL SERVICES

SKIES Unlimited
Beliefs of Honor, Integrity, Empowerment & Skills

MARTIAL ARTS

MARTIAL ARTS TAEKWONDO Fee \$80

- Fridays from 4:00pm-5:00pm
- Ages 5-18 years
- Group Class

FAMILY MARTIAL ARTS TAEKWONDO Fee \$130

- Fridays from 5:00pm-6:00pm
- Ages 5-18 years
- Up to 4 members of the family

MIGHTY MITES MARTIAL ARTS TAEKWONDO Fee \$80

- Saturdays from 9:00am-10:00am
- Ages 3-5 years
- Group Class

FOR MORE INFORMATION
787-707-3541/3787

U.S. Army Child, Youth & School Services

Transportation provided to all children and youth attending CYSS center based (SAC-MST). For additional information and registration, contact the CYSS SKIES Unlimited Program located at Bldg. 1301-G, Depot Road, AD/DoD, Federal, NG, Reserve and Retiree dependants are eligible to participate. Limited Spaces.

Child, Youth and School Services System of Care

Child Development Centers

(Ages 6 weeks - Kindergarten) Army Child Development Centers (CDCs) are on-post child care centers that offer full-day, part-day and hourly care for children in rich and stimulating environments.

Community Partnerships

(All Ages) Through partnerships with organizations such as 4-H, the American Legion, Boys & Girls Clubs of America, CHARACTER COUNTS!, Military Child Education Coalition, the National Association of Child Care Resource and Referral Agencies, Operation: Military Kids, and organizations in the local community.

Instructional Classes

(All Ages) SKIES Unlimited is the framework for all Army Child, Youth & School Services instructional programs. The program is designed to complement, expand, and support the academic, life skills, and athletic experiences children and youth have within Army CYS programs and in schools.

School Age Care Center

(Ages 6 - 12 years) Army School Age Services (SAS) include before and after school programs, weekend activities during the school year, summer care, and camps during school vacations. Through partnerships with groups such as 4-H, CHARACTER COUNTS!, and Boys & Girls Clubs of America.

School Support

(All Ages) Army CYS Services School Support initiatives provides a variety of programmatic strategies and resources that help "level the playing field" for transitioning military students.

Sports & Fitness

(Ages 3-18 years) Sports & Fitness programs provide opportunities for children and youth to be engaged in fun physical activities and to develop life-long healthy habits - acquiring the life skills to achieve a balanced lifestyle for mind, body, and spirit. A variety of traditional and non-traditional.

Youth Services

(Ages 11 - 18 years) Army Middle School and Teen Programs are designed specifically for middle school youth and teens to foster development, life skills, citizenship and leadership, companionship and teamwork, recreation, and arts. Programs also include mentoring.

Learn more about these programs at <http://www.myarmyonesource.com/ChildYouthandSchoolServices>

Did You Know...

that your child care fees are lowered due to reimbursement provided to the Army by its participation in the (USDA) Child and Adult Care Food Program (CACFP)? The Army provides a comparable reimbursement to lower fees for Garrisons outside of the continental United States.

We encourage Families to follow the USDA nutritional guidelines in their homes.

Visit the USDA CACFP site, at <http://www.fns.usda.gov> which provides meal guidelines for infants, children and adults.

CYS Services Parent Participation Program

CYS Services Parent Participation Program provides parents an excellent opportunity to share their unique gifts, talents and abilities while volunteering in regularly scheduled programs. Find out more by calling your child's CYS Services center or Parent Central Services at 787-707-3787.

Capstone event aims on sexual assault awareness

Jose L. López
Public Affairs Office

April is Sexual Assault Awareness Month. Law enforcement, nursing and sexual assault responders participated in an event hosted by the garrison SHARP office on April 16, 2015 at the Community Club and Conference Center here.

Fort Buchanan sponsored a training and outreach event bringing together representatives of military and federal offices that assist victims of sexual assault like Immigration and Customs Enforcement (ICE), Federal Bureau of Investigation (FBI), Ft Buchanan's Legal Office (ILO), US Marshall Service, Office of the Inspector General (IG); civilian government agencies that also support our victims, like Puerto Rico Police, *Procuradora de la Mujer*, *Fiscalía*, *Centro de Ayuda a Víctimas de Violación (CAV)*, *Centro de Servicios Integrados a Menores Víctimas de Agresión Sexual (SIMBAS)* and non-governmental organizations like the *Coordinadora Paz Para la Mujer*.



FB community says 'yes' to BOSS Blood Drive

José L. López
Public Affairs Office

Service members and civilians participated in a blood drive hosted by Better Opportunities for Single Soldiers held on April 16, 2015 at the Maj. Gen. (Ret) Félix A. Santoni, Armed Forces Reserve Center here.

"The purpose of this drive was to have Fort Buchanan help out and give to the outside community by donating blood through El Banco de Sangre de Puerto Rico," said Sgt. Arndrell V. Waters, BOSS president, Installation Legal Office.

"The installation used to be one of the locations where they got a lot of blood from, and I am trying to reestablish that participation," said Waters.

Participation was evident as the assembly area continued to receive Soldiers, Marines, Sailors and Civilians.

"The outcome has been outstanding," said Waters. Participation has tripled and the amount of blood donated

has doubled.

"Last year, we had 27 people participate and 20 pints were collected. During this activity we had a total of 63 volunteers and 50 pints of blood were collected," he said.



(above) Sgt. Arndrell V. Waters and a Sailor wait to be called to donate blood. Courtesy BOSS

(above right) Lance Cpl. Pedro Emmanueli

(right) Capt. Katy Murphy, Installation Legal Office, donated during the BOSS blood drive





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

Every year, wildfires burn across the U.S., and more and more people are living where wildfires are a real risk. But by working together, residents can make their own property — and their neighborhood — much safer from wildfire.

Action steps for around your home:

- CLEAR leaves and other vegetative debris from roofs, gutters, porches and decks. This helps prevent embers from igniting your home.
- REMOVE dead vegetation and other items from under your deck or porch, and within 10 feet of the house.
- SCREEN in areas below patios and decks with wire mesh to prevent debris and combustible materials from accumulating.
- REMOVE flammable materials (wood piles, propane tanks) within 30 feet of your home's foundation and outbuildings, including garages and sheds. If it can catch fire, don't let it touch your house, deck or porch.
- Wildfire can spread to tree tops. PRUNE trees so the lowest branches are 6 to 10 feet from the ground.
- KEEP your lawn hydrated and maintained. If it is brown, cut it down to reduce fire intensity. Dry grass and shrubs are fuel for wildfire.
- Don't let debris and lawn cuttings linger. DISPOSE of these items quickly to reduce fuel for fire.
- INSPECT shingles or roof tiles. Replace or repair the shingles that are loose or missing to prevent ember penetration.

For more information visit www.NFPA.org



DES BLOTTER

For the month of March, The Police Department reports the following:

Most relevant offenses that occurred during this month:

- Five traffic accidents reported due to improper backing
- Four shopliftings at the Main Exchange (PX). This is when people don't pay for the items or change price tags
- Two Criminal Trespassing. Where some one enters or stays on the property without consent or permission.
- One Driving Under the Influence of Alcohol (DUI)

Traffic Violations for the month:

- 42 Central Violations Bureau (CVB Traffic Tickets)
- The most common violations were Failure to Stop at the Stop Sign, No Driver's License in Possession and Defective Equipment
- 6 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

Military Spouse Appreciation Day (MSAD)

Theme:

Army Spouses: The Strength of Our Soldiers

In 1984, President Ronald Reagan proclaimed May 23rd as Military Spouse Day.

The proclamation recognized the profound importance of a Spouse's commitment to the readiness and well-being of service members. The Secretary of Defense standardized the date by declaring the Friday before Mother's Day as MSAD. This year, May 15th is designated as MSAD which is part of National Military Appreciation Month.

Military Spouse Appreciation Day is observed each year as a way to honor the contributions, strength, and resilience of military Spouses who have selflessly served alongside their active duty husbands and wives.

The Army recognizes and appreciates the positive impact Spouses have on our Soldiers and the Army. The Army Spouses are vital to the strength, resilience, and readiness of Soldiers helping them start, serve, reintegrate and remain strong. Ready, resilient

and Army Strong, Army Spouses routinely put the welfare of their Soldier, Family, and Nation above their own. The Army is indebted to Spouses for their care and unwavering support to the Army, including our Gold Star Spouses and Spouses of Wounded Warriors.

The strength of our Soldiers comes from the strength of their Families.

Events to be offered during May to Military Spouses:

Monday, May 4th, 2015 - **Military Spouses Dressing for Success Orientation**, by the Employment Readiness Program, 2:00 pm -3:30 pm at Building 292 Chapel Annex.

Tuesday, May 5th- **Educational Information Booth and Physical Health Information** for Spouses by the Fitness Center; 8:30 am -12:00 pm at Welcome Center, Building 152.

Wednesday, May 6th - **Resilience for the Military Spouse** by Exceptional Family member Program, 10:00 am to 11:30 am at Building 511, Depot Road.

Friday, May 8th- **Educational and Information Booth** for the Military Spouse by relocation Readiness Program, 8:30 am -12:00 pm at Building 152, Welcome Center.

Friday, May 8th - **Learn to Save on Your Grocery Bill**, 1:30 pm -3:30 pm at the Fort Buchanan Library.

For more information or to make a reservation, please call Army Community Service at: 787-707-3804 /3682 or email: arlene.romero.civ@mail.mil



Photo above: Prof. Jorge Viscarrondo plays the saxophone during the Gold Star Survivors recognition Event. **Photo below:** Place setting of Honor for the missing Soldier.



Did you Know?

A Power of Attorney (POA) is acceptable to Army Emergency Relief as authority to provide financial assistance to a service member's family during deployment?

AER accepts valid General or Special POAs which authorize an individual to borrow money.

A POA is an acceptable substitute for a signed and witnessed Pre-authorization form.

Plan for the unexpected! Visit your local Army Emergency Relief Office for more details. www.aerhq.org

Family Advocacy Program

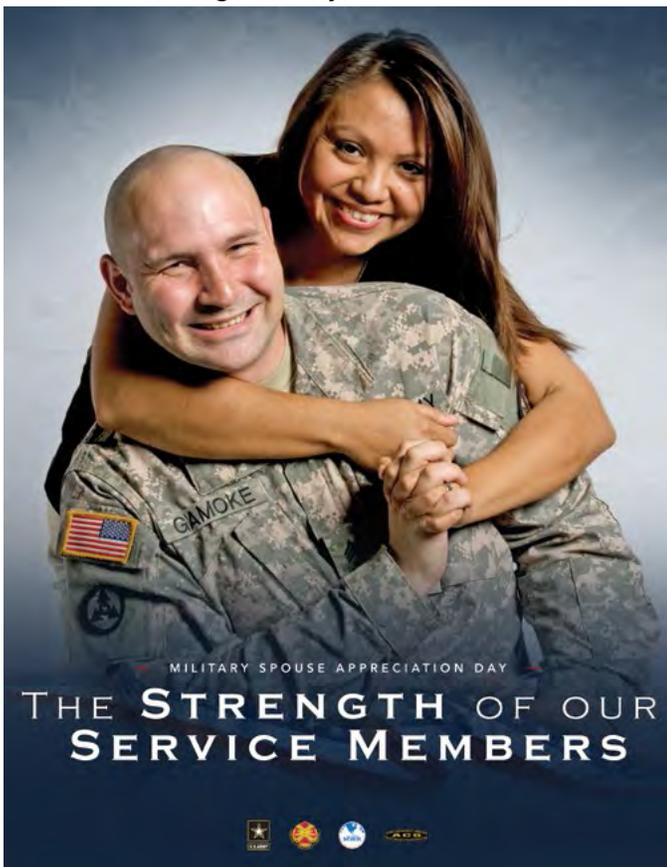
New Parent Support Morning Playgroup and FAP Classes offered by appointments:

Dealing with Family Stress and Anger

Prevention of Domestic Violence

Dealing with Separation

For Prevention Program classes and events please call Ms. Wilda Díaz, FAP Manager, Victim Advocate at 787-707-3709 or e-mail: wilda.l.diaz.civ@mail.mil



ARMY COMMUNITY SERVICE • POST LIBRARY

Gold Star Wives and Mothers Survivors Recognition Event

Gold Star Wives' Day is celebrated with a series of events throughout the nation on April 5th, 2015. This day, surviving Wives and Mothers of our Fallen Soldiers are honored. Surviving Family members wear either a *Gold Star Lapel Button* or the *Lapel Button for Next of Kin* of Deceased Personnel in honor of their Fallen Soldier. Family members typically receive a Gold Star pin from the military during their Soldier's funeral service. Even though the gold star has a long history and tradition, the official designation of the Gold Star Wives' Day is recent. *Fort Buchanan's Survivor Outreach Service* celebrated the *Gold Star Wives and Mothers Survivor's Recognition Dinner* on Saturday, April 11th, 2015 because this year the official date coincided with Easter Sunday. The special gathering was held at *Puerto Rico Army National Guard (PRANG) Morale Welfare and Recreation (MWR) Leaders Club* at San Juan, Puerto Rico.

A total of 91 Survivors Parents, Spouses, Children and Families from many parts of the

Island attended the event. The event was conducted with the exceptional support of PRANG and Fort Buchanan Army Community Service staff.

An emotional invocation presented by LTC (CH) Alejandro J. Sánchez-Muñoz, started the event and created a pleasant atmosphere for our Survivors throughout the evening. Ms. Chontevia M. Lewis sang beautifully both anthems a capella, followed by a moment of silence among all those present. The formal dinner that followed delighted everyone and the soft saxophone music interpretation by Prof. Jorge Vizcarrondo a very well known musician from Puerto Rico, provided a peaceful melodic background for the occasion.

We all know that there are no words or actions that can ever fully solace our Survivors in their loss, for there is no greater calling than to serve ones' Nation with Honor and Dignity. For us, there is no greater duty than to recognize our Survivors Wives and Mothers on this important date. Sur-

vivors were recognized with a white rose ceremony, that was received with emotion and gratitude. Each Survivor received a white rose representing purity and eternity; as pure love, selfless dedication of a mother for her child, a love that transcends time. The evening became a very emotional when young Survivor Ramón Reyes, son of SPC Ramón Reyes-Torres and Beverly López Rodríguez, daughter of SPC William López Feliciano read a message titled *The White Rose* to our Surviving Mothers, Wives, Husbands, Fathers and Families of our Fallen Soldiers.

Mr. Angel L. Castro, Mr. Ernesto Berrios and Mr. Edwin Ramos Jourdan, Survivor Outreach Service Support Coordinators from Fort Buchanan serve as advocates for the Survivors and are an integral part of the Army's Casualty Continuum of Care that provides long-term multi-component support and services closest to where Survivors reside. More details at 787-707-3692.

By Angel L. Castro, SOS Support Coordinator, ACS

POST LIBRARY

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

The Fort Buchanan Library celebrates Asian-Pacific American Heritage Month: **Many Cultures, One Voice: Promote Equality and Inclusion**, with a display of reading materials available for check-out.

Story Time: Wednesday May 6th at 3:00 pm and the theme will be **Mother's Day**. Children of all ages are welcome and must be accompanied by an adult.

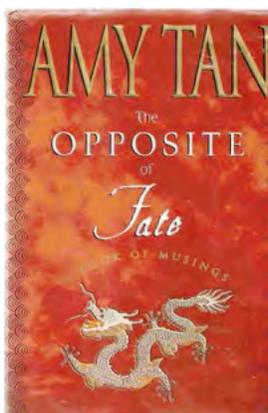
Computer Orientations: on May 6th & 20th at 10:00 am to assist customers in accessing public computers and reference resources.

Library Coupon Club: Thursday, May 28th 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:

Opposing View Points in Context: Complete source for information on social issues, including articles, topic overviews, statistics, primary documents, links to websites, and full-text magazine and newspaper articles.

FREE Wi-Fi AT THE LIBRARY



Book of the Month:

The Opposite of Fate

by Amy Tan.

A collection of musings that cover the many facets of Amy Tan's life, career and philosophies. The book runs the gamut from a library contest entry

written when she was eight to articles and lectures about her current life as a writer. These essays are quite personal, honest, and told with humor and amazing insight.

Tan reminisces on her childhood and the clash of Chinese fate and Christian faith in her upbringing. She provides details about her family, especially her relationship with her mother. She also talks about the loss of both her father and brother to brain cancer the same year, as well as the deaths of several close friends. She describes her harrowing experience with Lyme's disease. She talks with amusement about doctoral dissertations and Cliff's Notes

that analyze her work. She discusses what it means to be classified as an Asian-American writer, and how it feels to be a literary celebrity. She recounts her experiences in the literary rock band *The Rock Bottom Remainers*.

Movie at the Library:
Mr. Peabody & Sherman

Rated: PG
Thursday, May 21st at 6:00 pm. Based on the wonderful television series by the same name that started in the late

50s and ran in the 60s. By now, fans should have children and grandchildren to bring along. They will be exposed to a smattering of history and will be entertained all the way. Mr. Peabody (Ty Burrell) is an inventor, scientist and genius who just happen to be a dog. With his son Sherman, he will embark on the most extraordinary adventure imaginable as they race against time to repair history and save the future.



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

Social media is today's new loose lips

Justin E. Gehrke
Fort Buchanan NEC

Twenty years ago, in 1995, terms like Hacking, Data Infiltration and Cyber Crime were foreign terms to most people. Fast forward to the year 2015, though, and it seems like a single day cannot pass without hearing at the terms being mentioned on the nightly news. Usually, one hears them in relation to a breaking story about a large corporation or government agency whose servers or website have fallen prey to an electronic attack by independent or, increasingly often, state-sponsored, cyber criminals.

While we often tend to focus on these types of scenarios that seem far removed from most of our daily lives, there is a more alarming method by which would-be enemies are harvesting important electronic data without ever employing a single technical trick or tool. It's called Over-sharing, and we are the ones doing it on a daily basis. Whether it be on Facebook, Instagram or Twitter, our loose virtual lips now have the potential to sink not only our physical ships but our virtual ones, as well.

For decades, security programs have sought to instill an awareness of Operational Security or as it is commonly referred to, OPSEC, in the minds of people. Personnel have been regularly reminded to be careful what they say on the telephone, in public places, etc. With the increasing use of social media, though, the potential for OPSEC problems has only increased many times over. Now, with the tap of a touch screen we have the ability to let millions of people around the world know what we are doing within seconds of doing it. We tell people where we are, who we are with, what we are eating, what we are buying and much more. Thanks to the electronic magic of Global Position System (GPS) technology, we very often also give people our nearly exact coordinates.

The idea of over-sharing might seem innocent until we consider who and what we are. We are Soldiers, Airmen, Marines, Sailors and U.S. Government Civilian personnel who perform vital functions in support of our collective, national defense. Some might argue that many individual functions are not critical because we may not work in intelligence, law enforcement or other positions that routinely handle, send or receive sensitive or classified information. This, though, is a dangerous underestimation of potential problems.

It is important for not only active duty and civilian personnel but also their families to remember that every bit of information posted on social media websites or elsewhere on the internet has the potential to be used as a piece of a puzzle by would-be adversaries to find a soft spot, whether it be electronic or physical, which can be exploited to perpetuate a terrorist act that costs lives and undermines global confidence in the United States.

The most important thing to remember is that every piece of information shared via social media can be used to build

a profile of our professional and personal lives. While we may be proud of whom we are and what we do, we ultimately do not want our information to be part of a collective body of electronic information that may eventually be used against us in a cyber or physical attack...whether it be by a lone criminal, a terrorist group or a foreign enemy. For this reason, personnel are reminded that "Loose, virtual lips sink our cyber ships."

What information paints your picture?	What shouldn't be shared?	How can you protect yourself?
<ul style="list-style-type: none"> ✓ Full Names ✓ Names and relationships of family members ✓ Profile photos ✓ Employment Information ✓ Professional Affiliations ✓ Ongoing Education Activities ✓ Extracurricular Activities ✓ Location-based check-ins 	<ul style="list-style-type: none"> ✓ Information on official activities, operations, etc. ✓ Ongoing projects and initiatives ✓ Photographs of work areas and personnel. ✓ Personal opinions on government-related issues 	<ul style="list-style-type: none"> ✓ Make social media profiles private ✓ Avoid posting information that can be used to track your movements ✓ Disable location-based check-ins ✓ Only accept friend or follower requests from

Upcoming events

Army Birthday Run
June 9

Army Birthday Ball
June 13

Flag Day / Army Birthday
June 14

Father's Day
June 21

National Safety Month
Safety Stand Down

FB Commissions Engine 1 "Camille" at fire station

José L. López
Public Affairs Office

Firefighters and the community here participated in the christening of Fire Engine One "Camille", held on March 19, 2015 at the fire station here.

Fire Engine One was named "Camille" after Maj. Gen. Camille Nichols, who held the Deputy Commander for Operations and Chief of Staff, United States Department of the Army, U.S. Army Installation Management Command~Assistant Chief of Staff for Installation Management position from 2013-2014.

"Maj. Gen. Nichols was the person who got us the truck, so we named it after her," said Joseph R. Baker, fire chief, Directorate of Emergency Services.

Firefighters from the Directorate of Emergency Services here used former Engine 1 to spray water on Engine 1 "Camille" as a tradition held by fire departments since the 1800's during the commissioning of a new fire apparatus.

Col. Caryn S. Heard, Fort Buchanan

garrison commander, provided her remarks by noting the significance of firefighter traditions by saying "Traditions can persist and evolve for thousands of years but they can also be lost with time. This ceremony today revives a tradition that brings honor to our Fort Buchanan Firefighters, and rightfully so."

Heard also mentioned the use of red on fire engines.

She said the most widely-accepted reason that fire engines are painted red dates back to the 1800s. "Firefighters of each brigade took great pride in their pump and as such they wanted their rig to stand out by being the cleanest, having the most brass, and/or or being a regal color." said Heard.

After "Camille" was sprayed with water, The fire station crew, with the help of members of the community, pushed the engine into one of the stalls. Chaplain Crawford blessed the truck and Captain 1 reported to Fire chief Joseph R. Baker, therefore officially presenting "Camille" as a functional Fire Engine One.



DEFENSE HEALTH AGENCY TRICARE AREA OFFICE - LATIN AMERICA AND CANADA

Dear TRICARE Beneficiary:

The TRICARE Area Overseas, Latin America and Canada (TAO-LAC) will conduct beneficiary educational briefings. You are invited to join us at one of the following locations:

Monday, 18 May 2015, US Coast Guard, Air Station Borinquen, Aguadilla

Location: Ballroom at the Community Center
260 Guard Road, Ramey, Aguadilla, PR 00603
From 8:00 AM to 12:00 AM

Tuesday, 19 May 2015, Cabo Rojo, PR

Location: Amphitheater Salvador Brau Asencio
Carr 312 Km 0.5 INT
Sector El Campito
Cabo Rojo, PR 00623
From 8:00 AM to 12:00 AM

Wednesday, 20 May 2015 - Ft Buchanan, San Juan

Location: Fort Buchanan Community Club
Building 660, Depot Road, Ft Buchanan, PR 00934
From 8:00 AM to 12:00 AM

If you have questions please contact Ms Lisandra Garcia, at (787) 707-2534, email Lisandra.garcia4.ctr@mail.mil or Mr. Martinez, email jose.a.martinez242.civ@mail.mil. We look forward to seeing you!



Please Note: Drivers entering Fort Buchanan or US Coast Guard Air Station Borinquen need valid driver's license and vehicles need to have current safety inspection. Individuals entering Fort Buchanan and US Coast Guard Air Station Borinquen need to present current DoD issued ID Card or a current drivers license or passport.

240th ARMY BIRTHDAY

240 YEARS OF SELFLESS SERVICE
TO THE NATION.



Fort Buchanan Army Birthday Ball

America's Army: 240 Years of Selfless Service to the Nation

13 June 2015

6:00 PM to 1:00 AM

Gran Melia Puerto Rico Golf Resort

Rio Grande, Puerto Rico

Tickets \$60.00 P/p - for more information please call: 787-707-3521 | 787-707-3632