

El Morro

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Sentinel of the Caribbean

September 2015



FB and PRFD partnership

Garrison Commander teams up with local authorities



Back to school

Students and parents get back to 'business as usual'

Fire & Emergency Services



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From The Garrison Leadership From the Garrison Commander



It's been a month since Laura and myself called Fort Buchanan, Puerto Rico our home. I've been learning some Spanish and a bit of the Puerto Rican culture. Now I understand when Puerto Ricans talked about the "extended family" concept. Thank you for making us feel part of your "familia".

The Fort Buchanan family is getting bigger as we are making partnerships with the community. On August 13, 2015 we signed a Memorandum of Agreement between Fort Buchanan's Fire Department and Puerto Rico Fire Department. This partnership enhances our capability to "serve and protect" our

communities in fire prevention and hazardous materials incidents.

We are meeting with members of the local government, federal agencies, and even members of other countries which gives the "extended family" concept a broader definition. We met with Superintendent of the Puerto Rico Police, Col. José L. Caldero; the member of the House of Representatives, Hon. Antonio Soto; the head of the Immigration and Customs Enforcement, SAC Angel M. Meléndez; the FBI director, SAC Carlos Cases, the Consulate of Mexico, Hon. Beatriz Navarro Parada.

My goal is to work together to build positive relationships with our neighbors, as we, too, are members of this community; and participated in the "Conversatorio" or meeting with veteran organizations hosted by the P. R. resident Commissioner, Hon Pedro Pierluisi.

On September 11, I ask you to take some time to reflect, pray and honor the memory of our patriots, our heroes, for their service, sacrifice and selflessness, the source of our nation's strength.

Dios bendiga nuestras familias y nuestra nación. God bless our families and our nation.

From the Garrison Command Sergeant Major



September is a month of remembrance. September 11, marks the 14th Anniversary of an event that impacted our lives forever. I'm certain that we all remember where and what we were doing when these planes crashed in all different places. As we get ready to conduct memorial services to honor the innocent people who lost the lives, let's unite in prayer for those families that are still suffering the loss of a loved one. Please join us in a Memorial Service that will take place Sept.

11 at 8:00 a.m. in front of the 1st MSC Headquarters building to celebrate and honor the lives of the patriots of these tragic events.

Last month, Mr. Aníbal Negrón, chief, Fort Buchanan Environmental Division and myself had the honor to receive the Energy Savings Award for Fort Buchanan. The ceremony was hosted by Katherine Hammack, Assistant Secretary of the Army for Installation, Energy and Environmental, and Maj. Gen. Lawarren Patterson, Deputy Commanding General for Operations for the US Army Installation Management Command. They presented awards to all the installations that are currently leading the way in energy management and water conservation. All awardees are assisting the Secretary of the Army to save millions. Our energy projects reflect an annual cost avoidance of over \$1.9 million. The ceremony that took place in Phoenix, Arizona was part of the first Energy Exchange Symposium. We ask you to continue spreading the word, take part, and create awareness in the energy and water conservation, because together we can make a difference. God Bless.



Photo by José L. López, public affairs office

Colonel Michael T. Harvey, Fort Buchanan garrison commander, signed a Memorandum of Agreement with Angel Crespo, chief, Puerto Rico Fire Department, during his visit to the installation on August 13, 2015 at the Fort Buchanan Fire Department training facility.

USAG establishes partnership with PRFD

By José L. López and
Grissel Rosa
Public Affairs Office

A historical and significant signing of a partnership between Fort Buchanan and a local government entity took place Aug. 13, 2015 at the Fort Buchanan Fire Department training facility.

Col. Michael T. Harvey, garrison commander, signed a Memorandum of Agreement with Angel Crespo, chief, Puerto Rico Fire Department, during his visit to the installation.

The purpose of the MOA is to conduct proper coordination and collaboration between the PRFD and Fort Buchanan's Directorate of Emergency Services to enhance its capability as a community resource to meet the needs required to secure

the benefits of mutual aid in fire prevention and hazardous materials incidents response.

Joseph Baker, chief, Fire Department, Directorate of Emergency Services, defined the event to have a positive outlook. He added that the installation's firefighters have always had a great relationship with their brothers from other fire stations. "The signing of this MOA represents a partnership with our outside community and provides additional resources to help us during times of any type of fire or natural disaster. We have always had a working relationship with the PRFD. This puts it in a writing perspective, in other words, this seals the deal. During incidents, we've had good communication and training with



Photo by José L. López, public affairs office

(right) Joseph Baker, chief, Fire Department, Directorate of Emergency Services, and Angel Crespo, chief, Puerto Rico Firefighters Corps, share thoughts during Crespo's visit to the installation Aug. 13, 2015, at the fire station training facility.

them. We can always count on them and they can always count on us." said Baker.

"It doesn't matter what uniform you wear, we are first responders." said Chief Crespo. He emphasized the

importance of this MOA with Fort Buchanan, especially in the area of training. "We have successful stories due to previous training We train to be ready to confront any incident."

DPW Environmental Division awarded for energy and water management

By Anibal Negrón
chief, Environmental Division

United States Army Garrison Fort Buchanan participated in the GovEnergy 2015 Energy Exchange during the week of 10-14 August 2015 in Phoenix, Arizona.

The workshop provided within 10 different tracks up to 90 training sessions to energy managers and sustainability professionals who are working to improve facility performance, advance the use of renewable energy, and reduce greenhouse gas emissions at

federal sites.

The GovEnergy stage also served to present the FY2015 Secretary of the Army Energy and Water Management Awards.

This year Fort Buchanan was recognized with the award “For Exceptional Performance On an Installation for Alternative Financing”, this for USAG Fort Buchanan implementation of its 3,550,040 kilowatt hours(kWh) energy intensity reduction Energy Savings Performance Contract during completed Fiscal Year 2014.



Photos courtesy Anibal Negrón

(L to R) Honorable Katherine Hammack, Assistant Secretary of the Army (Installations, Energy & Environment); Anibal Negrón, chief, Environmental Division, Directorate of Public Works; Command Sgt. Maj. Luis A. Rosario USAG FB Command Sergeant Major and MG Lawarren Patterson, deputy commanding general for operations/Chief of Staff, US Army IMCOM.



Photos courtesy Anibal Negrón

Command Sgt. Maj. Luis A. Rosario and Anibal Negrón receiving the FY2015 Secretary of the Army Energy and Water Management Award. during the GovEnergy 2015 Energy Exchange, 10-14 August 2015 in Phoenix, Arizona.





18 U.S.C. § 1001

10. United States v. Kenneth H. Nix and Velma Salinas-Nix

Defendant Velma Salinas-Nix was Deputy Director of the Army Contracting Agency-Americas (ACA-Americas) in San Antonio, Texas, and her husband Kenneth Nix was a Chief of Contracting at ACA-Americas. Mr. Nix was also a private contracting consultant at various times before and after his government service. While they were federal government employees, Ms. Salinas-Nix and Mr. Nix had influence over the expenditure of millions of dollars in Army funds for the procurement of goods and services. As part of their duties, Ms. Salinas-Nix and Mr. Nix were responsible for ensuring that their subordinates complied with contracting and ethics laws.

Between 2002 and 2009, Mr. Nix performed consulting services for a private contractor that sought business from ACA-Americas. According to court documents, Mr. Nix received at least \$500,000 in gross income for federal contracting related to work he performed for this contractor. At the same time he was performing consulting services, as Chief of Contracting, Mr. Nix awarded approximately \$2 million in contracts to the firm that employed him. Neither spouse disclosed Mr. Nix's consulting income on their annual Confidential Financial Disclosure Forms (OGE Form 450). In an attempt to conceal Mr. Nix's consulting income, Ms. Salinas-Nix and Mr. Nix arranged to receive payment in blank money orders, cash and in-kind benefits such as home renovations. The pair signed and filed false federal income tax returns that omitted the consulting income, and structured their bank deposits in amounts under \$10,000 in order to avoid triggering currency reporting requirements.

On January 22, 2014, Mr. Nix pleaded guilty to filing a false tax return in violation of 26 U.S.C. § 7206(1); the next day, Ms. Salinas-Nix pleaded guilty to making a false statement on her OGE Form 450 in violation of 18 U.S.C. § 1001 and filing a false tax return in violation of 26 U.S.C. § 7206(1). On April 14, 2014, Ms. Salinas-Nix was sentenced to a term of 20 months' imprisonment and Mr. Nix was sentenced to a term of 30 months' imprisonment. Ms. Salinas-Nix and Mr. Nix were each ordered to pay \$153,248 in restitution.

Chaplain's Corner

When asked to compare her two long serving Prime Ministers, Queen Victoria said, "Mr. Gladstone was brilliant. He always made me feel he was the smartest person in the room." But she paid the higher compliment to Mr. Disraeli, "He always made me feel that I was the smartest person in the room."

Management gurus will tell you that people will run with an idea if they can claim it as their own. The trick, one said, is to drop the seed in the other's brain and get out of there before it starts to explode. One of the attributes of great leadership is not caring who gets the credit so long as the job gets done. This is sometimes difficult in an organization that focuses on individual achievement and awards, regular ratings and evaluations, and a power structure that seems to be rooted in the number of people who work for you.

Accomplishing the mission is more than taking credit for it. It is winning the loyalty of those who must carry it out. Much of what we do inspires mere compliance. We do it because we have to. We check the block. But there are those times when we recognize our stamp on the objective, an idea that at least partially came from me, an outcome in which I am interested. In my part of the country, we say "she's got a dog in the fight" when she cares about the decision.

That comes about not from top down leadership but from collaboration. It is born of a respect in which leaders listen to followers, in which those who ultimately make the decision respect the opinions and experiences of those who have to live with it.

You may think this applies only to the command group or to those at the director's level.

You would be wrong.

Good leadership exists at all levels: at any place decisions must be made. It applies to work groups, but it also applies to family: marriage, children, and anyone we have to convince to support our decisions.

It is an application of Respect, which just happens to be an Army Value.

The next time you are planning a vacation or looking to the purchase of a new appliance, take time to ask and even more time to listen. You might be surprised what you could learn from your spouse or from your children. It might be the equivalent of a college degree to discover just how smart those who work for you really are.

The core value comes from the Golden Rule, that most universal of all values: "Treat others the way you yourself would like to be treated." That might change the way you live and would certainly improve your chances of success.



Chaplain Crawford

Parents and students get 'Back to School'

Photo and story by José L. López

Public Affairs Office

Traffic regained its usual momentum after several months of summer vacation as parents arrived early morning to bring their children to their first day of school at Fort Buchanan.

Fort Buchanan's Department of Defense Elementary and Secondary Schools (DDESS) started its Back to School, Aug. 6, 2015. Staff members worked together so everything would run efficiently.

Lydia Blázquez, principal, Antilles Elementary School, welcomed students and parents while joined by her staff, overlooking how security was provided. "Each year, I observe that security measures are even more effective with the support we are receiving from the Directorate of Emergency Services (DES). They have provided us with their officer's presence and that makes us feel safer."

DES police officers were present in all schools, conducting preventive patrolling and traffic control.

Dr. Donato Cuadrado, Assistant Superintendent, Puerto Rico District, stated that this year, Antilles Elementary School, together with all DoDEA schools, will begin implementing College and Career Readiness Mathematics Standards in Pre-kindergarten to 5th grade.

Informative flyers indicating the "Drop-off Policy" were presented to all parents as they drove by the Antilles Middle School to drop off their children.

Dr. Cuadrado was also performing as acting principal for the Antilles Middle School welcomed military and federally connected families to the new school calendar year. "We expect a great year, here at AMS" said.

Dr. Thomas Whittle, principal, Antilles High School, stated that his expectations for this school year are that "All students will improve their academic achievement in Algebra and Functions as measured in selected system-wide and local assessments



Military and federally connected families return to "business as usual" as they bring their children to school. Sgt. 1st Class Tamika Velázquez, 271st Human Resources Postal Company, joins her family for a photo after dropping off their child at Antilles Middle School, Aug. 6, 2015.,

and also will improve written communication skills across the curriculum. AHS is a place where high expectations are the norm for all students and the entire faculty advocate for the changes needed in instruction to meet the career demands for the future."

Many parents also expressed their expectations from the schools. Sgt. 1st Class Christopher Méndez, 22nd Civil Support Team, WMD, said: "My expectations as a father of an Antilles student is for her to receive the highest level of quality education with the

support from the staff and teachers in a safe and healthy school environment."

Sgt. 1st Class Tamika Velázquez, 271st Human Resources Postal Company, also said, "My expectation is for my middle school student to get the best education and for her to continue to progress through her learning experiences."

Mary Ann and Amaia, sisters and elementary school students, said that the best part of their first day of school was making new friends.



Tips to avoid traffic tickets at schools

By **Jorge Quiñones**
Chief of Police

Back-to-school is here! We want to welcome both students and parents to the new school year 2015-2016.

The following are some traffic guidelines that, if followed, will make life easier for everyone.

We all know that parking is not enough. For those parents that decide not to send their children to school in free, government funded buses, parking in the morning is a challenge.

We all prefer to park next to the school but that is very difficult. Some still want to park close to the school and that is correct as long as you find a parking space.

The following are unlawful practices and the offender will be ticketed:

- ◆ Parking on the grass
- ◆ Parking against the flow of traffic
- ◆ Parking where signs prohibit it
- ◆ Parking alongside a yellow or red line/curb
- ◆ Parking in a reserved parking space (especially one that belongs to your child's teacher)

At this point you might be asking, "Where am I going to park?" Well, again, if you decide to not use the school buses, these are your choices.

- ◆ Building 315, which is next to the high school ROTC classroom, is available.
- ◆ You can also park adjacent the new Puerto Rico National Guard building. Both parking places will require you to walk with your child while you or your kid drags a back pack.

We certainly and highly advise you to get your child in a school bus.

Another issue is speeding. The maximum speed limit on most parts of Fort Buchanan is 25 MPH. However, once you enter the school zone via Chrisman Road the speed limit drops to 15 MPH. It drops to 5 MPH once you leave Chrisman Road and enter school property. The speed limit con-

tinues decreasing for the safety of the students. In the afternoon at approximately 2 p.m., the buses start lining up and kids start crossing the roads and being all over the place. Like me, you really don't want to move your vehicle while this is taking place. So, if you find yourself inside school property at this time, you will remain there until buses depart at 2:30 p.m.

Definitely, there is no movement of vehicles while the school buses are lined up.

Driving while texting or talking on the phone is prohibited. The law requires drivers to be hands free. This means that you cannot have the speaker phone while holding the phone with one hand. This is not hands free!

School is back. Let us all be safe. We can achieve this by obeying the law.

If you see something, say something. Call 787 707-3337 to report suspicious activity and violations of the law.



Some traffic signs detail timelines for access and parking.



Antilles High School's pick up and drop off area.



Some traffic signs also detail timelines for speed limits. The speed limit lowers as the driver approaches the school.



Antilles Middle School's pick up and drop off area.



Parking along a yellow or red line/curb is not allowed.



(Right) Signs show areas where no one is allowed to stop or park. Parking areas for faculty and staff are exclusive to such.

Photos by José L. López
Public Affairs Office



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

Back-to-School Fire Safety

School is a very fire safe place to be. Schools conduct fire drills several times a year to be sure everyone in the building knows how to get outside quickly and quietly. Fire drills should be held both at expected and at unexpected times, and under varying conditions in order to simulate the conditions that can occur in an actual emergency. The element of surprise is not important to practicing the school fire drill. School fire drills must be taken seriously – everyone in the building must participate. It is important to have two ways out of the school. Involve your local fire department in fire drill planning for your school. School fire drills are a model for students to use in their homes. Encourage students to practice their escape plans at home—just as they do at school.

Fire Drill Safety

- Listen carefully to directions.
- Quietly line up.
- Walk carefully out of the building to your assigned place.
- Do not run.
- Stay with your class at all times
- Wait with your teaches until it is safe to return to your classroom
- Once out stay out never go back in for anything

DES Blotter

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

Most relevant offenses that occurred during this month:

- ◆ Five Accidental Damages. This is when rocks, golf balls, shopping carts, other cars or objects hit vehicles, individuals or animals.
- ◆ Three shopliftings at the Main Exchange (PX). This is when people don't pay for the items by leaving the store or changing price tags.
- ◆ Two fleeing the Scene of an Accident. Commonly known as a Hit and Run occurs when an operator of a motor vehicle involved in an accident against a pedestrian, another vehicle or a fixed object leaves the scene without stopping. All drivers are required by law to stop and render help to anyone that might need assistance.
- ◆ One Traffic Accidents reported due to improper reversing (this occurs when a driver is backing out of a parking space and by not take precautionary measures, impacts another vehicle or an object) or negligent driving (negligent means the failure to exercise ordinary care, and is doing of some act that a reasonably careful person would not do under the same or similar circumstances) .
- ◆ One customer paid at AAFES with counterfeit money (fake money).

Traffic Violations for the month:

- ◆ 18 Central Violations Bureau (CVB Traffic Tickets)
- ◆ The most common violations were Expired Vehicle Registration (When the registration is not current), Illegal Parking (Is the act of parking a motor vehicle in a restricted place or for parking in an unauthorized manner), and Unlicensed (When an individual is driving a motor vehicle without driver's license in possession or unauthorized).
- ◆ Three 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.
- ◆ The most common warnings were Accidental Damage, Expired Vehicle Registration and Failure to Stop at the Posted Stop Sign (run or pass the stop sign).
- ◆ The most common violations were Expired Vehicle Registration, Illegal Parking and Driving while Talking on the Cellular Phone without hands free device
- ◆ 10 Warning Tickets (DD1408) – They are issued to military personnel and federal civilians who work on the installation. A DD1408 is not a “to pay” fine but is administrative in nature. The most common warnings were Defective Equipment and Failure to stop at the posted Stop Sign.

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



The Inspector General Informs

Be “in the know” with the latest updates from the Army Publishing Directorate!

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- 1) Administrative Publications
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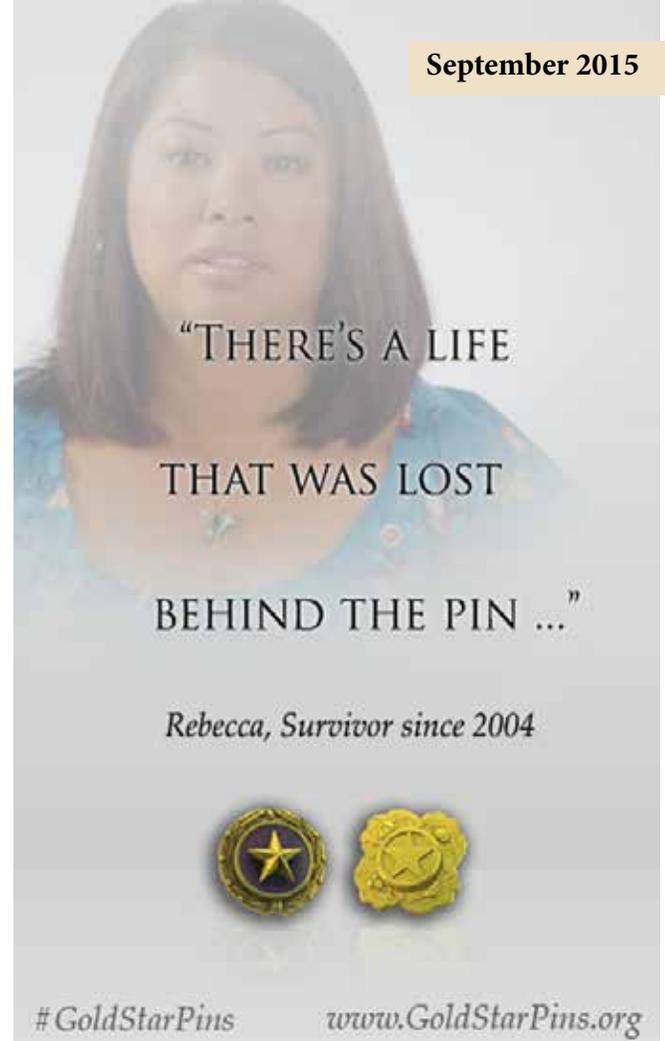
Some examples of the items in the Army Publishing Directorate’s weekly newsletter:

For May 2015:

* ARMY DIR 2015-26, OPERATIONAL EXPERIENCES FOR FUNCTIONAL AREA 47 OFFICERS AT THE UNITED STATES MILITARY ACADEMY, New, May 11, 2015 : Published on the web May 13, 2015, <”http://www.apd.army.mil/pdf/files/ad2015_26.pdf”>

* ATP 2-91.8, TECHNIQUES FOR DOCUMENT AND MEDIA EXPLOITATION, New, May 05, 2015 : Published on the web May 15, 2015, <”https://armypubs.us.army.mil/doctrine/DR_pubs/dr_c/pdf/atp2_91x8.pdf”>

* TC 8-502, NUTRITION CARE OPERATIONS, Revision, May 01, 2015 : Published on the web May 14, 2015, <”https://armypubs.us.army.mil/doctrine/DR_pubs/dr_c/pdf/tc8_502.pdf”>



Upcoming events

9/11 Commemoration
Sep. 11

National Domestic Violence Awareness Month
October

Energy Awareness Month
October

National Breast Cancer Awareness Month
October

Fire Prevention Week
Oct. 4-10

Columbus Day
Oct. 12

Fort Buchanan Cancer Awareness Run
Oct. 24



Past and present members from the Directorate of Family, Welfare, Morale and Recreation join Lt. Col. Joseph M. Dreksler, deputy garrison commander (fourth from left) as they pose for a photo during ACS' 50th birthday celebration held at the Cabañas Recreational Facility July 23, 2015.

FB celebrates ACS' 50th Birthday

Photos and story by José L. López
Public Affairs Office

Employees, and family members participated in an activity hosted by Fort Buchanan garrison's Army Community Services (ACS), Directorate of Family, Morale Welfare and Recreation, (DFMWR), July 24th, 2015 at the Cabaña Recreational Facility.

ACS employees celebrated its 50th birthday helping military Families in an event which included inflatables, games, entertainment and snacks.

Lieutenant Col. Joseph

M. Dreksler, Deputy Commander, United States Army Garrison, provided remarks.

Awards were presented to various employees and installation community members.

Two time capsules were filled with memorabilia collected by ACS and buried during a ceremony held in the afternoon. The capsule is buried adjacent to the Cabaña facilities and will be opened during ACS' 70th anniversary scheduled for the year 2035.



One of two time capsules that were buried during Fort Buchanan's ACS 50th Birthday Celebration held July 23, 2015. These were filled with memorabilia collected by ACS personnel and will be opened in a ceremony scheduled to take place in 2035.

GC tours Training Support Center



Photo by José L. López, public affairs office

(Above) Colonel Michael T. Harvey, garrison commander, and Command Sgt. Maj. Luis A. Rosario, garrison command sergeant major, tour the Training Support Center's warehouse, Directorate of Plans, Training, Mobilization and Security. Victor López, instructor, DPT-MS, showed them the facilities. (Right) They also visited the EST 2000's training area. Harvey visited these facilities to better understand the capacities and services that this directorate provides here.



Photo by José L. López, public affairs office

Fort Buchanan advocates Antiterrorism



Photo by José L. López, public affairs office

(L to R) Marcelo Rolón, security manager, Directorate of Plans, Training, Mobilization and Security; Ramón Figueroa, antiterrorism officer, DPTMS; Juan C. García, director of plans, training, mobilization and security and Command Sgt. Maj. Luis A. Rosario, garrison command sergeant major, observe as Col. Michael T. Harvey, garrison commander, signs the Antiterrorism Awareness Month Proclamation Aug. 2, 2015.





Courtesy Victor Rodríguez, DPW

DFMWR Youth Services Program summer camp participants hold a juvenile Puerto Rican Boa during an ecological workshop held July 8, 2015 at the Youth Center.

DPW-ED hosts ecological workshop

By Eneilis Mulero & Victor Rodríguez

The Directorate of Public Works Environmental Division (DPW-ED) in collaboration with University of Puerto Rico (UPR) Mayaguez graduate students, hosted an ecological workshop for the DFMWR Youth Services Program summer camp. This initiative was also supported by Army Volunteers Program participants (UPR-Mayaguez students) enrolled with DPW-ED. This environmental preservation - volunteer driven - community outreach activity is an example of the integration of the IMCOM Campaign Plan – Lines of Effort 3: Major Objective 3.2 Sustainability goals, the Environmental Management Action Plans and Community Relations Plan. The workshop titled “Conservation of Reptiles and Amphibians in US Army Garrison Fort Buchanan” consisted of a 30 minute presentation and an exhibition of some of the species that could be found in the installation natural conservation areas. The objective was to increase awareness of endemic and native amphibians and reptiles with emphasis on endangered species such as the Puerto Rican boa, one of two endangered species managed at Fort Buchanan. The workshop goals also targeted to generate curiosity, knowledge and enthusiasm for these taxonomic groups.

The activity highlighted the differences between endemic, native and introduced species. In addition, it focused on conservation projects being implemented in the installation such as boa

tagging project which goal is to monitor and radio track snakes in the field to determine the population size and movements.

A total of five activity stations were set up and included the following themes: collection of Cane Toad (*Rhinella marina*) skin samples to determine the presence of the fungal disease *Batrachochytrium dendrobatidis* (Bd); the Puerto Rican boa; reptiles and amphibians identification station of species found inside the installation; preserved snake specimens from UPR Mayaguez museum; and demonstration of tools and materials used for the study of the Puerto Rican boa at the installation. The toad skin sample taken by the kids will be analyzed through a collaboration with US Army Corps of Engineers, Engineer Research Development Center Laboratory. At the Boa station, kids were able to use field equipment in order to determine the gender (using a stainless steel probe) and weigh a juvenile snake. Participants were educated about the ecological benefit that this species provides such as a natural means of pest control, as the snake feed on rats and mice.

As per our guidance for Performance Excellence, an integral part of an environmental performance management and improvement systems, is to proactively address community elements that may be perceived as a risk or an enhancement. This helps to continue to grow our partnering relationships with

the local higher education and nature conservation agency segments of community members outside of the Installation. Fulfilling our societal responsibility, which entails to go beyond an awareness or compliance orientation, and to take advantage of all available opportunities in order to contribute into the well-being of environmental and social systems while supporting the community.

The Youth Service Director, Ms. Aida Aguilú, deemed the workshop a success; in her own words: “I need to say that the feedback I received from staff and kids was amazing. They would have stayed longer working and asking questions. Thank you so very much. I believe our youth learned and had fun with your conference and your “friends”. Thank you so very much.”

Students were given a questionnaire before and after the workshop to measure knowledge of our reptiles and amphibians and to document if their perception of these animals changed after the workshop. The results, were an impressive response to both the interactive approach of the activity, and the importance expressed by the participants in the interest on such stewardship and natural conservation efforts. Through these integrated activities, Fort Buchanan advances and foster a culture change that sets the example for local communities while providing federal leadership to a sustainable future and a resilient community.

SHARP training presented to workforce

Photo and story by José L. López
Public Affairs Office

The Fort Buchanan Sexual Harassment/Assault Response and Prevention (SHARP) office, Directorate of Family, Morale, Welfare and Recreation, provided the Annual Face to Face Sexual Harassment/Assault Response and Prevention (SHARP) program training from July 14- 22 at building 1306.

José A. Colón, sexual assault response coordinator, led the eight 3-hour sessions. “The Department of the Army has two main objectives within the SHARP program. One is the elimination of sexual assault and sexual harassment within the Army’s ranks including Civilians and Family members, and the second is for the Army to be a blueprint to society, to be an example of treating each other

with dignity and respect and how the measures that we implement are effective in the reduction in the rates of this abhorrent behavior.”

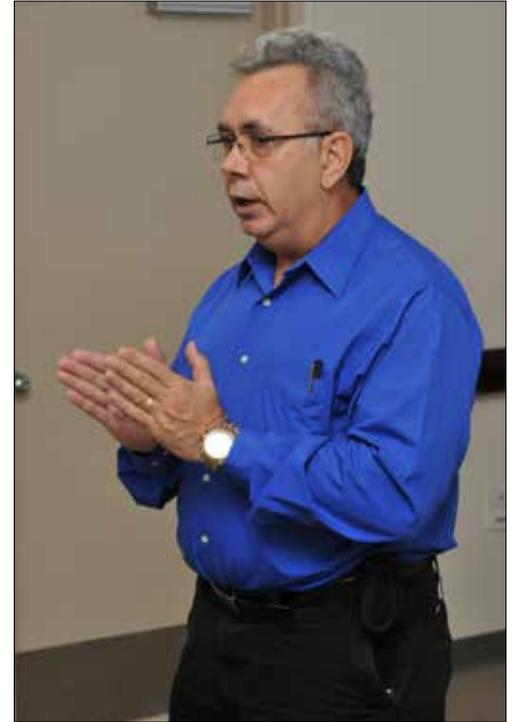
“

“There is no place in civilized society for sexual harassment or sexual assault”

— José A. Colón
sexual assault
response coordinator

”

Colón exhorted the community to stand up against sexual harassment and assault. “That victim is someone’s daughter, brother niece, mother. Do not let this go by.” he said.



José A. Colón, sexual assault response coordinator, led the eight 3-hour sessions at building 1306.

Save money cooling your home or office

By Alex Medina
General Engineer

Cooling your home or office uses more energy and costs more money than any other system, typically making up about 48% of your utility bill.

Cooling Tips;

- Set your programmable thermostat as low as is comfortable in the winter and as high as is comfortable in the summer, as well as when you’re sleeping or away from home or office.
- Clean or replace filters on air conditioners once a month or as recommended.
- Clean registers, and radiators as needed; make sure they’re not blocked by furniture, carpeting, or drapes.

If you see that any of the mentioned tips are not working for your office or your home inside the installation, please report it to DPW POC Luis Barajas extension 3971 or Alex Mojica extension 4844. A ticket will be created and they will provide assistance.



RAHC to become an outstanding HRO

By CPT Kim Lopez
Clinical Administrator

Principles of an HRO

HROs incorporate five principles of high-reliability which guide the actions of all organizational members.

Proactive to Preventing Errors is the goal of zero preventable harmful events that relies on vigilance and transparency.

All organizational Leaders and Members must continually ask themselves “What are the barriers and constraints in our way and “Who else needs to know?”

Reluctance to Simply is about creating a complete and nuanced picture where subtle differences matter. HROs refuse to simplify or ignore the explanation for difficulties and problems they face. An oversimplifying explanation or interpretation for both success and failure is a risky assumption and can ultimately place a patient at risk.

Sensitivity to Operations is being attentive to the front

line where real work is done and small deviations are the earliest indicators of threats to safety. The focus is on more than just

ience is not about being error-free but rather about recognizing that humans make mistakes and that no system is perfect or error-

Deference to Expertise emphasis input from organizational members whom are closest to the situation and whom have the most expertise.

The goal is cultivate a culture in which team members and organizational leaders defer to the person with most knowledge relevant to the current issue being confronted, regardless of hierarchy or rank.

At Rodriguez Army Health Clinic, we invite you to be apart of journey to become a Patient-Centered High Reliability Organization.

As we move toward becoming a Patient-Centered Medical Home you will notice a change in how we deliver your care in accordance to the USA MEDCOM Operating Company Model which translates into we will ensure standardized policy and procedures used throughout the Army Medicine are followed. Your Safety is our goal, you should expect nothing less.



checks on patient identity, vital signs, and medications. There must be an awareness by all organizational members at all levels of the broader issues that affect patients with an emphasis on all aspects of the Performance Triad.

Commitment to Resil-

free. The goal is to be able to contain, minimize and mitigate the effects of errors to ensure zero preventable harmful events and allow sections to be able to bounce back and continue operations in the presence of continuous stress or if a major mishap occurs.

ANTITERRORISM

VIGILANCE

Always Ready. Always Alert.
Because someone is depending on you.




What A Federal Employee Should Do When Injured At Work



Report to Supervisor	Every job-related injury should be reported as soon as possible to your supervisor. Injury also means any illness or disease that is caused or aggravated by the employment as well as damage to medical braces, artificial limbs and other prosthetic devices.
Obtain Medical Care	Before you obtain medical treatment, ask your supervisor to authorize medical treatment by use of form CA-16. You may initially select the physician to provide necessary treatment. This may be a private physician or, if available, a local Federal medical officer/hospital. Emergency medical treatment may be obtained without prior authorization. Take the form CA-16 and form OWCP-1500/HCFA-1500 to the provider you select. The form OWCP-1500/HCFA 1500 is the billing form physicians must use to submit bills to OWCP. Hospitals and pharmacies may use their own billing forms. On occupational disease claims form CA-16 may not be issued without prior approval from OWCP.
File Written Notice	In traumatic injuries, complete the employee's portion of Form CA-1. Obtain the form from your employing agency, complete and turn it in to your supervisor as soon as possible, but not later than 30 days following the injury. For occupational disease, use form CA-2 instead of form CA-1. For more detailed information carefully read the "Benefits ..." and "Instructions ..." sheets which are attached to the Forms CA-1 and CA-2.
Obtain Receipt of Notice	A "Receipt" of Notice of Injury is attached to each Form CA-1 and Form CA-2. Your supervisor should complete the receipt and return it to you for your personal records. If it is not returned to you, ask your supervisor for it.
Submit Claim For COP/Leave and/or Compensation For Wage Loss	If disabled due to traumatic injury, you may claim continuation of pay (COP) not to exceed 45 calendar days or use leave. A claim for COP must be submitted no later than 30 days following the injury (the form CA-1 is designed to serve as a claim for continuation of pay). If disabled and claiming COP, submit to your employing agency within 10 work days medical evidence that you sustained a disabling traumatic injury. If disabled beyond the COP period, or if you are not entitled to COP, you may claim compensation on form CA-7 or use leave. If disabled due to occupational disease, you may claim compensation on form CA-7 or use leave. A claim for compensation for disability should be submitted as soon as possible after it is apparent that you are disabled and will enter a leave-without-pay status.

The Federal Employees' Compensation Act (FECA) is administered by the U.S. Department of Labor, Office of Workers' Compensation Programs (OWCP). Benefits include continuation of pay for traumatic injuries, compensation for wage loss, medical care and other assistance for job-related injury or death. For additional information about the FECA, read pamphlet CA-11, "When Injured at Work" or Federal Personnel Manual, Chapter 810, Injury Compensation, available from your employing agency. The agency will also give you the address of the OWCP Office which services your area.

Post on Employees' Bulletin Board

U.S. Department of Labor
Office of Workers' Compensation Programs



USAPHC warns of chigger exposures

By USAPHC

What are chiggers and where are they found?

A “chigger” is a type of mite which feeds on birds, reptiles, amphibians, mammals, and humans. There are about 20 species of chigger mites around the world that are known to feed on humans, and of those, only two species are known to bite humans in the United States. Chiggers live in a range of habitats from meadows to swampy areas, but are most common in grassy or scrubby vegetation, shaded areas, leaf litter, rotten logs, and stumps.

What do chiggers look like?

Chiggers are the immature stage of a mite in the family Trombiculidae. The chigger mite has a lifecycle similar to a tick, and begins with eggs laid by adults that hatch into 6-legged larvae, which develop into 8-legged nymphs, and finally adults. This is important because unlike ticks, which can transmit diseases during any life stage, only the chigger larvae bite humans. Chigger larvae are extremely small (1/100 to 1/120 inch in diameter), and will appear red, orange, or yellow through a magnifying glass. To the naked eye, chiggers will appear as small red dots moving along the body.

The larvae are active from early spring through late fall. Chigger nymphs and adults do not bite humans; instead they feed on small, soil-dwelling insects and insect eggs. Adult chigger mites are figure-eight shaped and covered in dense red, yellow, or orange hairs. Adults are active in the fall, overwinter in the soil, and lay eggs early in the spring.

How do chiggers bite?

Using large claws located near their mouths, chigger lar-

vae quickly attach to any exposed skin that comes in contact with infested grass or soil in vegetated areas. The larvae then create a cut in the skin with knife-like mouthparts called chelicerae and inject an enzyme into the cut that digests the skin at the bite site. This makes the cells around the bite site harden into a “drinking straw”, or stylostome, which the chigger uses

where clothing fits tightly, such as around waistlines, sock lines, and behind the knees. Skin begins to itch approximately 1-3 hours after being bitten by chigger larvae. The skin will eventually develop itchy, red or puss-filled bumps at the site of attachment which can be extremely irritating. The itching persists for up to a week, and complete healing of the

sleeping inside a permethrin-treated bed net. To keep chiggers on the outside of your clothing, tuck pant legs inside boots, and fasten your cuffs snugly at the wrist.

How do I treat chigger bites?

Chigger bites can be extremely irritating and uncomfortable. A hot shower or bath can provide some relief if done early in the itching phase. Once a pustule (bump) has formed, do not scratch it to avoid opening the bite to possible infection. Scrub your skin vigorously with a washcloth to dislodge any mites that may have settled there recently. The sooner you take a shower, the more likely it is to provide relief from skin reactions to chigger bites. Note: bites will remain irritated for days after the chiggers are gone.

Kill any remaining larvae on clothing by washing in hot (125°F), soapy water for at least half an hour. Do not wear clothing previously worn in chigger areas until it has been properly laundered. Ointments containing benzocaine, hydrocortisone, calamine lotion, or other products recommended by your doctor may help temporarily relieve itching from chigger bites. Never apply household products such as kerosene, turpentine, ammonia, alcohol, gasoline, salt, or dry cleaning fluid on affected areas.

What can I do to prevent chiggers from infesting my yard?

Chiggers quickly dry out and die from water loss in areas with short vegetation. You can make your yard less attractive to chiggers by mowing your lawn and keeping other plants trimmed.



All standard approved insect repellents for use on exposed skin are registered by the U.S. Environmental Protection Agency (USEPA). These products are safe to use and effectively repel mosquitoes, sand flies, fleas, ticks, chiggers and other potential disease vectors and pests. Photo: VID, USAPHC

to suck up the liquefied tissue. Chigger larvae will feed for several hours and then drop off the host to find a sheltered place to digest the meal. Skin stays irritated by the digestive enzyme long after the chigger finishes feeding and detaches.

Can chigger bites make me sick?

In the United States, chiggers do not transmit diseases, but feeding larvae can cause extreme skin irritation. In parts of Southeast Asia, chiggers transmit scrub typhus, a potentially life-threatening bacterial disease in humans. Scrub typhus can cause welts, swelling, and fever within several hours of chigger exposure. Seek medical attention if you think you may have been exposed to scrub typhus.

What are the signs and symptoms of chigger bites?

Chiggers prefer to bite skin

lesions can take up to 2 weeks.

How do I reduce my chances of getting bitten by chiggers?

The best defense against chiggers is to avoid them. Chigger infestations are less common in maintained lawns and landscaped environment. Avoid sitting or lying on the ground in chigger habitat. Do not walk barefoot in chigger habitat areas, and cover your skin to limit access to your feet, ankles, and legs. Wear loose-fitting, tightly-woven fabrics to help minimize chiggers moving through clothing.

Use the DoD Insect Repellent System for maximum protection from chigger bites. This system incorporates permethrin repellent on the uniform, DEET or picaridin repellent on exposed skin, a properly-worn uniform and

Soldiers prepare for the future at Bldg. 511

By José L. López
Public Affairs Office

Soldiers and Veterans attended training provided by the garrison's Directorate of Human Resources, Aug. 4-5, 2015, at building 511.

The Fort Buchanan Soldier For Life-Transition Assistance Program (SFL-TAP) Center hosted the Career Technical Track Training.

The CTTT is designed for individuals interested in a trade or technical field in order to obtain a job. Similar to the Higher Education Track, this course guides Service Members to choose a career path and evaluate their needs.

Workforce expectations are reviewed such as gen-

eral salary, job growth in today's economy and best geographic location for each vocation.

Service Members select reputable Technical

Schools to compare several factors: number of credits needed for completion, credit transfers, time it takes to complete the program, tuition costs and

fees, GI Bill acceptance and admission standards. One of the primary objectives of the CTTT is to translate an interest-based career assessment instrument to make career of choice decision.

It is offered as an additional opportunity to meet the needs of transitioning Service Members and help them attain the Career Readiness Standards (CRS) needed to adequately prepare for separation.

Colonel Michael T. Harvey, garrison commander, and Command Sgt. Maj. Luis A. Rosario, garrison command sergeant major, (left) welcomed participants and stressed the benefits and importance of the training offered.



Photos by José L. López, Public Affairs Office

Have the Courage to Help a Buddy



One Suicide is one too many.

For assistance:

- ▶ Talk to your Battle Buddy and chain of command
- ▶ Call the Military Crisis Line at 1-800-273-TALK (8255) and press "1" for Military Crisis Line



Pack 154 hones skills at Fort Buchanan

Photos and story by Grissel Rosa
Public Affairs Officer

Boy Scouts of America (BSA) Cub Scout Pack 154 conducted a camping at Fort Buchanan facilities from August 7-9, 2015. The purpose of the camping for the Pack, affiliated with the Inter American University Metropolitan Campus in San Juan, was “to provide the children with new and enriching life experiences and to complete some of the program’s core requirements.”

Pack 154, comprised of 30 Cub Scouts between the ages of 7 to 10, was divided in the following dens: Wolf (6 Cub Scouts), Bear (8 Cub Scouts) and Webelos (16 Cub Scouts). The Cub Scouts were accompanied by their parents and leaders. Parents had already taken the Youth Protection Program Certification required by BSA. While leaders had gone through several BSA approved training courses.

Among the activities conducted during the camping were: visits to Fort Buchanan Fire Department where they received fire prevention talks, a tour

of the facilities to see their equipment and learn how they train to respond to emergencies; training with the garrison Police on how to raise a U.S. flag for an outdoor ceremony; and conducted an educational hiking to watch the birds, among others.

But not everything was work for this group of Cub Scouts. They also had the opportunity to have some fun at the Bowling Center and Waterspout Park.

Roberto Arturo Rodríguez Piña, 9-years old Webelo, describe the activity as follows, “I like camping because I like to stay in the tent, walk and going to the pool. When I grow up I want to be a pilot.” His father, Arturo Roberto Rodríguez Hernández, who was promoted to the rank of Eagle Scout at the same site (Cabaña Picnic area) in May 1994, defined the camping experience at Fort Buchanan as “being in a safe environment, friendly, organized, established. The kids enjoy it while learning basic skills that they will use when they become adults.” Roberto Arturo’s mother, Lilba Piña, was always involved in Scouting. As



Members of Pack 154 participated in a tour of the Fitness Center facilities hosted by Ms. Mary Jones. They also completed the “Stronger, Faster and Higher” training using the resources of the Fitness Center under Jones’ supervision. (below) Fort Buchanan’s partnership with the Boy Scouts of America not only contributes to build positive relationships with the communities outside the military installation, but also shows the garrison’s commitment to meet our customers’ expectations while promoting a better quality of life for Families.

a Girl Scout she was promoted all the way to “Senior” rank. For her, “Scouting teaches values in a family environment, protected, with nature and safe.”





October Energy Action Month Transition To A Clean Energy Reality Directorate of Public Works Energy Program Fort Buchanan, Puerto Rico



LEARN HOW SAVING ENERGY HELPS SUPPORT YOUR AGENCY'S MISSION

Fort Buchanan is pursuing multiple lines of effort to contribute to the energy security goals of the Army. There are many things you can do to contribute to Fort Buchanan success by making "energy informed" decisions. Leaders, Soldiers, Civilians and Family members can assist by simply being aware of energy usage and considering best practices to reduce the amount of energy required not only to accomplish the mission but also what's really needed at home or at work. Fort Buchanan promotes energy awareness and conservation and whenever feasible we use alternative and renewable energy sources. During FY14 and FY15 it was installed 6.1 Mega Watts in renewable energy capacity having as result \$1.6 millions approximately in annual energy savings. The mentioned renewable energy installation was achieve thanks to Energy savings performance contracts (ESPCs) that allow federal agencies to procure energy savings and facility improvements with no up-front capital costs.

An ESPC is a partnership between an agency and an energy service company (ESCO). Thanks the mentioned alliance with Johnson Controls JCI, Ft. Buchanan obtained the 2015 Secretary of the Army Energy & Water Management Award for exceptional performance on an installation for Alternative Financing. All of this collaboration and recognition help us in creating a culture that recognizes the value of sustainability and resource conservation, measured not just in terms of financial benefits, but in maintaining mission readiness, quality of life and the future mission priorities. The Energy Conservation Program is core to our garrison Sustainability Program. Fort Buchanan's commitment towards a sustainable Installation is demonstrated by the implementation of renewable energy initiatives and the protection of our resources. ***The power is in your hands, be part of it, October is... Energy Action Month!***



**Directorate of Public Works
Energy Management Program**

(787) 707-4844 / 3575 / 3632

