

FORT BUCHANAN

El Morro

NEWS AND EVENTS • FEBRUARY 2015

Live & Explore
Vol. 1 Issue 2



MORRO

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Garrison Command Sergeant Major

Command Sergeant Major Luis A. Rosario

Deputy Garrison Commander

Col. Kathleen J. Porter

Deputy to the Garrison Commander

William S. Leyh

Public Affairs Officer

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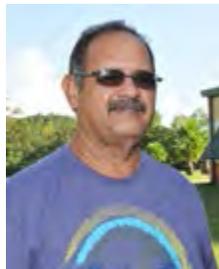
Mrs. Mariana Urrutia, T. 787-707-3703

Bldg. 193, Crane Loop

From the Garrison Commander



Farewells are always bitter sweet, especially retirements. It is an opportunity to recognize all of the accomplishments and thank them for their contributions. But it is difficult to disconnect from the daily interactions and to lose their experience and expertise. We have been privileged to have had in our community, four fine people whom have dedicated their lives for over 25 years each to Fort Buchanan. We wish them the best in their future endeavors.



William Rodríguez Burgos began his career in the Federal Service on 15 September 1986 as Air Conditioning Mechanic. He has been a member of the Directorate of Public Works (DPW) for 28 years. During his tenure he not only provided services to Fort Buchanan but also to Camp Santiago and Reserve Centers located in Aguadilla, Ponce, Juana Díaz, Santa Isabel, Caguas, and Puerto Nuevo. "Coming generations must take the bull by its horns and do the work. Not only what you are paid to do but more so Fort Buchanan can shine.", said Rodríguez.

Heriberto Ríos began his career in the Federal Service on 19 August 1987 as Air Conditioning Mechanic. He has been a member of the DPW for 27 years. During his tenure he not only provided services to Fort Buchanan but also to Camp Santiago and Reserve Centers located in Aguadilla, Ponce, Juana Díaz, Santa Isabel, Caguas, and Puerto Nuevo. After the CAPECO explosion, Ríos played an important role in restoring A/C Services to Fort Buchanan amongst providing assistance in other areas. "I would do my career all over again, and I hope future generations provide the same caliber of work", said Ríos.



Arnaldo Torres began his career in the Federal Service on 27 January 1987 as Air Conditioning Mechanic. Torres has been a member of the DPW for 28 years. During his tenure he not only provided services to Fort Buchanan but also to Camp Santiago, Reserve Centers located in Aguadilla, Ponce, Juana Díaz, Santa Isabel, Caguas, and Puerto Nuevo. After the CAPECO explosion, Torres played an important role in restoring A/C Services to Fort Buchanan amongst providing assistance in other areas. "Come to work with the best attitude in order to fulfill the mission. Don't let anything stand in your way". said Torres.

Carlos Rivera began his career in the Federal Service after leaving active duty in 1980. He became an Air Technician in the Air National Guard. When the Guard downsized, his position was eliminated and came to Fort Buchanan thru the Priority Placement Program in 1999. He was assigned to DPTMS Training Support Section as operation and maintaining training devices and presentation support. During USARSO operations in Puerto Rico he provided support throughout Latin America setting up large conferences in support of the Army's Mission. After USARSO left he still provided the same quality support to the Army Garrison, the Reserves and National Guard. "I am happy to have been part of the Army and proud to have given my best support to our Soldiers.", said Rivera.



DGC Promoted to Colonel

José L. López
Public Affairs

Members of the Fort Buchanan workforce and family members assembled at the Installation Chapel to honor Lt. Col. Kathleen Porter as they participated in her promotion ceremony on 18 December 2014. Maj. Gen. (Ret.) Félix A. Santoni, Civilian Aide to the Secretary of the Army; Maj. Gen. Luis R. Visot, Chief of Staff, U.S. Army Reserve Command; Col. Caryn S. Heard, Commander, United States Army Garrison; Command Sgt. Maj. Luis A. Rosario, Garrison Command Sergeant Major; and Brig. Gen. Héctor López were among the guests of honor.

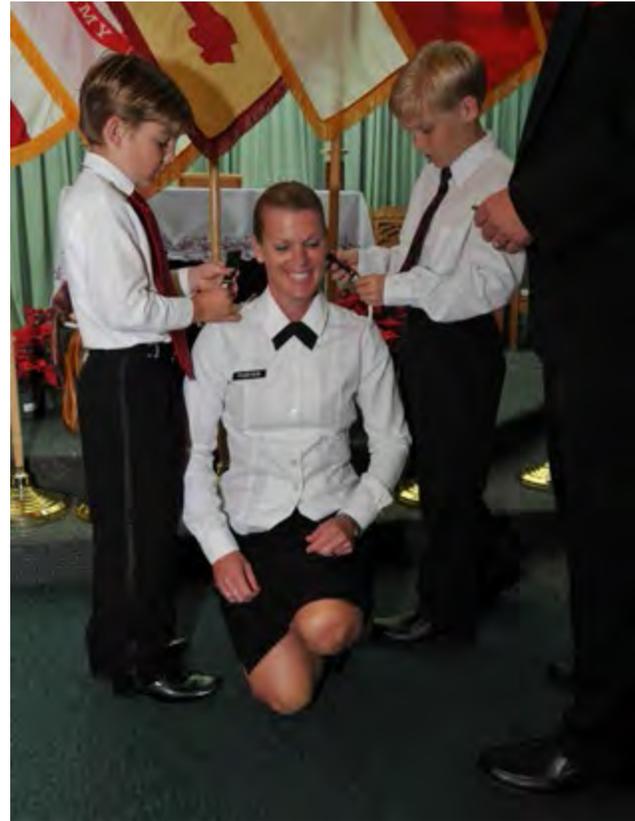
Before the official party arrived, Lt. Col. Kathleen Porter's husband Tony and eldest son Luke, were presented a cross and her younger sons Jack and Lance, a Colonel's coin with "Porter" written on the back, in recognition of their untiring support to her, her career and their faith. Master Sgt. Jimmy Silva acted as Master of Ceremony, and Chaplain Maj. Robert D. Crawford, Jr. provided the invocation. Brig. Gen. Héctor López sang Puerto Rico's anthem "La Borinqueña".

Maj. Gen. (Ret.) Félix A. Santoni was first to stand at the podium to provide his remarks. "I believe with no doubt that Lt. Col. Kathleen Porter and her family have been great ambassadors for our Army and this great community. I do not have any doubts in my mind that the Army and the Army Reserve has done the right thing in promoting her, because she is an outstanding officer."

Maj. Gen. Luis R. Visot remarked: "Today, we are here to celebrate what I consider to be a gifted, trusted, inspiring and professional leader. We are here to celebrate the Porter Family and their legacy." He added: "I have no doubt that Kathy has the technical expertise and the tactical ability to be able to execute her job, responsibilities and, duties as an officer of the United States Army."

As Porter's promotion orders were read, she removed her Officer's Dress Blue Army Service Uniform (ASU) coat and knelt before the gathering to allow her younger sons to replace her epaulets. Luke replaced the rank insignia on her beret. Maj. Gen. (Ret.) Félix A. Santoni and her husband Tony proceeded to replace the ranks on her ASU coat.

Maj. Gen. Visot insisted that the family remain by her side as he administered the Oath of Office to Col. Porter. As she proceeded with her remarks, she thanked all those who were a part of her career's journey, especially her loved ones.



MWR INFORMS

Check Out the Family and MWR Monthly Coupons!

Save at Family and MWR Business Operations Facilities with coupons! In this new section we feature a different coupon every month so you can save and enjoy what our facilities have to offer!

How it works:

1. Print out this page
2. Cut out coupon through the dotted lines
3. Present coupon at facility cashier to redeem offer
4. Repeat with next month's coupon



COUPON Café 151



**FREE 8oz.
Brewed Coffee
WITH THE PURCHASE
OF A BAGEL**

**REDEEMABLE AT
FORT BUCHANAN CAFÉ 151,
BLDG. 151 ANY OPERATIONAL DAY.
EXPIRES MARCH 15TH, 2015**

*Must present printed coupon to redeem offer. No coupon will be accepted via cell phone or tablet. Coupon offer must be used in one visit. No cash value.
Not for sale. One (1) coupon per person.
Coupon cannot be combined with other offers.*

FAMILY AND MWR EMPLOYEE HIGHLIGHT

From School Age Center Technology Lab

Norman Rivera-Coty

has been a Family and MWR CYSS Program Associate Technology Lab employee since August 2012. He started off as a summer hire putting in practice his engineering knowledge and skills at the SAC program. Every day Norman provides homework assistance as well as basic technology and photography skills to our CYSS children. His special programs include robotics, alternative energy, astronomy, and animation. Norman's greatest asset is that he understands the importance of the Family and MWR CYSS mission. He feels a great sense of ownership to the pro-



gram and ensures that parents as well as children have accurate program information. Norman is also a helping hand to his co-workers and wherever he is needed within our CYSS programs. For various months, he provided support at Parent Central Services. He did a wonderful job working with annual fee reports and household billing accounts. If he didn't have the answer, he would go the extra mile to find the answer. Norman takes pride in all tasks assigned. Thank you Norman for your dedication and loyalty.

By Ms. Evelyn De La Cruz,
Outreach Services Director

COMMUNITY CLUB & CONFERENCE CENTER

Five Fun Food Facts

(say THAT three times fast, we dare you)

What better way to celebrate our NEW International Lunch Menu at the **Community Club** than to find fun food facts from around the world? Seriously, what better way is there; we couldn't come up with any. So pack your bags and trot the globe with us for a little international eatery intrigue.

• ENGLAND:

In my kitchen, Worcestershire sauce is pure magic, turning even the most bland dish into a hit. In actuality, it's just anchovies soaked in vinegar.

• SOUTH AMERICA:

One of the most requested pizza toppings in Brazil is green peas. It's pizza and it's healthy? I'm so confused.

• BLAST FROM THE PAST:

Okay this one is not actually a place but a time. According to archeological evidence, the first known soup was made of hippopotamus in 6000 BC. There's an interesting recipe.

• EAST ASIA:

Ever had a taste for Glazed Garlic Donuts? The Dunkin' Donuts in South Korea thinks you might. This exotic flavor is on the menu alongside Kimchee Donuts.

• BACK TO SOUTH AMERICA:

A staple in Mexican cuisine, refried beans are not actually fried twice. The confusion is due to misinterpretation. Frijoles refritos means well-fried beans.

Okay, so maybe we didn't visit that many places on our trivia list but you can travel with us **Tuesday through Friday**, 11:00 am -1:00 pm to experience delicious cuisine from around the world. Featuring foods from **Italy**, **the Caribbean**, **Asia** and the **United States** there's something to please every palate. If you haven't already, make the Community Club your Lunch Destination.

By Chontevia Lewis

LUNCH DESTINATION
ALL YOU CAN EAT
BUFFET
COMMUNITY CLUB & CONFERENCE CENTER
TUESDAY - FRIDAY
11:00 AM - 1:00 PM
ALL YOU CAN EAT \$10.00
SAVOR CULINARY DELIGHTS FROM AROUND THE WORLD!

Italy TUESDAY
ENTREE
Stuffed Chicken Breast with Spinach, Ricotta Cheese, baked and glazed with Lemon butter.
Baked Ziti with Meat Sauce Marinara, Ricotta and Mozzarella
SIDES
Roasted Vegetables Zucchini, Yellow Squash, Cauliflower and herbs.
Garlic Mashed Potatoes homemade (Yukon Gold or Red Potatoes) with buttermilk and roasted Garlic.
SALAD
Caprese Salad, Tomato wedges, Mozzarella Cheese, Fresh Basil with Balsamic Vinaigrette
SOUP OF THE DAY
BEVERAGE & DESSERTS

Caribbean WEDNESDAY
ENTREE
Mojito Marinated Chicken Breast with Lime Juice, Rum & Mint. Baked.
Shredded Cuban Pork Roast Slow cooked, marinated with Lemon & Grapefruit juices, Garlic Cloves, Oregano, Cumin, salt and pepper, Bay leaves and Onions.
SIDES
White Rice and Black Beans
SALAD
Mixed Greens, Fried Cheese and Mango Dressing
SOUP OF THE DAY
BEVERAGE & DESSERTS

ASIA THURSDAY
ENTREE
General TSO Chicken Soy Sauce, Garlic, Sherry Vinegar, Green Onion. Fried.
Pepper Steak Sautéed with Red Pepper, Sweet Onions, Glazed with Soy and Teriyaki
SIDES
Asian Fried Rice
Vegetable Lo Mein
SALAD
Asian Spinach Salad With Fried Noodles, Slivered Almonds, Roasted Sesame Seeds and Mandarin Oranges
SOUP OF THE DAY
BEVERAGE & DESSERTS

COMFORT FOOD FRIDAY
ENTREE
Fried Fish Simple Flour Batter. Fried with Tartar Sauce and Lemon.
Meat Loaf Lean Ground Beef, Ketchup, Garlic Bread Crumbs, Sweet Onions. Baked.
SIDES
Corn Cakes Sweet Corn, Mozzarella Cheese, Chives. Fried.
Caramelized Green Beans Sautéed in Brown Sugar, Soy Sauce, Red Peppers & Sweet Onions.
SALAD
Comfort Coleslaw with Bleu Cheese, Bacon Bits, Green Onions and Tomatoes.
SOUP OF THE DAY
BEVERAGE & DESSERTS

ASK FOR YOUR LOYALTY CARD:
COMMUNITY CLUB & CONFERENCE CENTER Loyalty Card
 PURCHASE TEN ALL YOU CAN EAT BUFFETS AT \$10.00 AND GET THE 11TH FREE

1	2	3	4	5	11
6	7	8	9	10	

PLEASE PRESENT YOUR CARD WHEN ORDERING. VOID IF COPIED OR TRANSFERRED. REDEEMABLE FOR ALL YOU CAN EAT BUFFET \$10.00 OPTION ONLY. NO SUBSTITUTIONS.
787-707-3535

White Rice and Beans served every day in the Buffet.

JOIN US FOR
Valentine's Dance PARTY
Live MUSIC by Juego Ardiente

SATURDAY FEBRUARY 14 8:00pm-2:00am
LET'S CELEBRATE LOVE

Tickets:
 \$8 in advance / \$10 at the door
 Purchase 10 tickets in advance and reserve a table.
 Birthday party celebrations are welcomed!

COMMUNITY CLUB BALLROOM
787-707-5105



New Tax Center Located at DPW Facilities

José L. López
Public Affairs

On 2 February 2015, the Tax Center will start receiving customers. It is located at Bldg. 34 at Directorate of Public Works (DPW).

Chief Warrant Officer Deborah Rivera and Staff Sgt. William E. Bachour, along with four volunteers will provide Tax Center services.

The Tax Center will help file only Federal taxes and will receive customers by

appointment only. One of the requirements is to have Puerto Rico's tax forms filed and provide proof of such. If customers sent their taxes by mail, proof may be obtained by having any Post Office date stamp a copy of their return and provide this proof to the Tax Center. In Puerto Rico, Federal tax return preparation services may be costly. The Tax Center will benefit those who qualify for this service

by providing it free of charge.

Besides presenting the certified Puerto Rico Tax return, participants are also required to bring their Social Security Card, W2 papers and documents that can provide proof of what they are claiming on their Federal Taxes.

For more information and/or to schedule an appointment, call 787-707-5155.



Fort Buchanan's New Running Track

José L. López
Public Affairs

Fort Buchanan's former Pee Wee field was replaced with the construction of the new National Guard Headquarters. Pee Wee field had the only running track that was used to execute sporting events held by units and schools on the installation.

The new running track constructed at a cost of \$748,572 is located by Garrison's

Auto Craft Shop. To get there, take the road in front of the Bowling Center, and drive past the Auto Craft Shop.

The track has been designed with a drainage system to protect it from water and erosion damage, and has been built for Servicemembers and authorized patrons to enjoy for years to come. This is an asphalt 400 meter track. Its hours of operation are from 0530-1900. No bicycles,

tricycles, skateboards, carts, or any other sort of vehicle are allowed. All units who wish to coordinate mass events must call the Directorate of Plans, Training, Mobilization and Security at 787-707-3413. Children under 12 years old must be accompanied by an adult at all times.

FB Welcomes 2015 and Community

Grissel Rosa
Public Affairs Officer

On January 10, 2015, Fort Buchanan Garrison Commander, Col. Caryn S. Heard and 1st Mission Support Command, Commanding General, Brig. Gen. Jose R. Burgos hosted the military installation's 2015 New Year's Reception. The activity, among the U.S. Army's finest traditions, conducted at Fort Buchanan's Community Club and Conference Center gathered representatives from the military and civilian communities, including representatives from federal agencies, local government, business sector and nearby neighbors around the garrison.

Guests were officially greeted by Brig. Gen. José R. Burgos, Commander, 1st Mission Support Command, U.S. Army Reserve - Puerto Rico, his wife Haydee Burgos; Col. Caryn S. Heard, Fort Buchanan Garrison Commander; Command Sgt. Maj. Harry Muñoz, 1st Mission Support Command Sergeant Major; and Command Sgt. Maj. Luis A. Rosario, Fort Buchanan Garrison Command Sergeant Major.

The three U.S. Army components were present during this significant event with the participation of Col. Marta Carcana, Acting Adjutant General, Puerto Rico National Guard who represented the governor of Puerto Rico, Hon. Alejandro Garcia Padilla.

According to Col. Heard, "the event clearly represents Fort Buchanan's vision working together as one Army, one Team towards mission success and organizational excellence through the commitment of our leaders and community collaboration."

"I truly believe that working together, you, the members of the local community, the members of the U.S. Army Reserve - Puerto Rico, and the members of the Fort Buchanan community, we can find a renewed perspective on our individual and collective goals and push forward as one team," said Brig. General Burgos.

The interaction with key individuals and groups who determine or influence relationships between the Army, the installation, and the general public has always been instrumental in Puerto Rico and around the world. This is what makes the Army a ready, resilient and relevant force in support of our nation and democratic way of life.



Brig. Gen. José R. Burgos, Commander, 1st Mission Support Command, U.S. Army Reserve - Puerto Rico, presented his remarks at the 2015 New Year's Reception on 10 January 2015.
Photo by José L. López/PAO



Command Sgt. Maj. Harry Muñoz, 1st Mission Support Command Sergeant Major and Command Sgt. Maj. Luis A. Rosario, Fort Buchanan Garrison Command Sergeant Major greet Brig. Gen. (Ret.) Augusto Gautier, former Reserve Commander during Fort Buchanan's 2015 New Year Reception on 10 January 2015.
Photo by José L. López/PAO

LUNCH SPECIALS of the DAY

AT FORT BUCHANAN'S GOLF COURSE

Monday

Cuban Sandwich with Homemade Potato Chips
Ham, pork, swiss cheese, pickles and mustard served in a toasty hoagie roll

Tuesday

Chicken Quesadillas
Light seasoned chicken with cheddar and mozzarella cheese with sides of guacamole, salsa, and sour cream

Wednesday

Jibaró Burger with French Fries
Angus burger topped with fried cheese, sweet plantains, and guava sauce served with a side of small fries

Thursday

Turkey Swiss Wrap with Soup
Turkey, swiss cheese, lettuce and tomato wrapped in grilled tortilla

Friday

Sweet Teriyaki Wings with Fried Plantains
Chicken wings in sweet Teriyaki Sauce served with fried plantains

only \$5.50
Mondays through Fridays from 11:30 am to 3:00 pm

787-707-3559

GOLF COURSE



Enjoy the Benefits of a Golf Membership Soon

Joining a golf club can save you money, help you make more money, improve your game, and widen your social circle. Fort Buchanan Golf Course membership is open to the whole family and offer a variety of events and facilities for people of all ages. Your family can enjoy a day at the Bowling Center, or take golf lessons. Our memberships are convenient and fun. Why not start enjoying your new lifestyle right away?

Fort Buchanan Golf Membership fees:

Sign-up during February or March and get a free sports shirt and cap embroidered with the Golf Course logo!

Category	Individual	Family
Active Duty E1-E5 & Youth	\$300.00	\$480.00
Active Duty E6-03	\$480.00	\$760.00
Remaining qualified	\$660.00	\$1,050.00
Civilian	\$900.00	\$1,400.00

Membership upgrade \$700.00

- Free 1 year cart rental
- Free 1 year PRGA GHIN Handicap
- 20 Golf Range Tokens to practice

A value of over \$1,200.00 yearly!

Become a member today, call 787-707-3980

PRESIDENTS

WEEKEND PRO SHOP SALE

★ FEBRUARY 14 TO 16 ★

25% OFF ALL GOLF APPAREL

10% OFF ALL OTHER MERCHANDISE

Members' Golf Championship Tournament

February 21st and 22nd

Format: 36 Holes Stroke Play
Competition Gross by Flights
Must have current GHIN index to participate.

Cost: \$50 per player

For more details and to sign up call **787-707-3980**

• BOWLING NEWS • CAFÉ 151

Open to all ID Card Holders
Active Duty & Family Members,
Retirees, DOD Civilians



NAF sale

Excess Furniture Sold
"as is" Condition

Sat. February 21st

8:00 am - 3:00 pm

NAF Warehouse, Bldg. 608

For information

787-707-3215



Evening AT THE CAFÉ 151

RELAX, GRAB A TREAT AND MEET WITH FRIENDS AFTER WORK TO ENJOY LIVE EASY LISTENING MUSIC

FRIDAY, FEBRUARY 27TH AFTER 4:00 PM

787-707-2233



TEEN BOWLING

With school, chores, homework, and hobbies you have a lot on your plate. Waiting around for mom or dad afterschool is probably not the way you prefer

to spend what little free-time you have. But no worries, we have just the thing for you. The perfect mix of mental and physical challenge. Bowling is the fun you did not know you were missing.

Grab your friends and come bowl with us Monday through Thursday at the Bowling Center, from 3:00 pm to 5:00 pm. It's only \$2.75 per game and that includes shoe rental! For more information call Fort Buchanan Bowling Center at **787-707-2695**

Embroidery & Bowling Pro-shop located at Bldg. 168 (Bowling Center) has new hours of operations: Tuesdays through Fridays, 12:00 pm to 8:00 pm. Saturdays from 9:00 am to 3:00 pm. Come have your special gifts, uniforms or creative projects embroidered at our facility! More details by calling 787-707-2979.



Legal Ethics

14 PRINCIPLES OF ETHICAL CONDUCT UNDER EXECUTIVE ORDER 12674.

1. Public Service is a public trust, requiring employees to place loyalty to the Constitution, the laws and ethical principles above private gain.

2. Employees shall not hold financial interests that conflict with the conscientious performance of duty.

3. Employees shall not engage in financial transactions using nonpublic Government information or allow the improper use of such information to further any private interest.

4. An employee shall not, except as [provided for by regulation], solicit or accept any gift or other item of monetary value from any person or entity seeking official action from, doing business with, or conducting activities regulated by the employee's agency, or whose interests may be substantially affected by the performance or nonperformance of the employee's duties.

5. Employees shall put forth honest effort in the performance of their duties.

6. Employees shall not knowingly make unauthorized commitments or promises of any kind purporting to bind the Government.

7. Employees shall not use public office for private gain.

8. Employees shall act impartially and not give preferential treatment to any private organization or individual.

9. Employees shall protect and conserve Federal property and shall not use it for other than authorized activities.

10. Employees shall not engage in outside employment or activities, including seeking or negotiating for employment, that conflict with official Government duties and responsibilities.

11. Employees shall disclose waste, fraud, abuse, and corruption to appropriate authorities.

12. Employees shall satisfy in good faith their obligations as citizens, including all just financial obligations, especially those—such as Federal, State, or local taxes—that are imposed by law.

13. Employees shall adhere to all laws and regulations that provide equal opportunity for all Americans regardless of race, color, religion, sex, national origin, age, or handicap.

14. Employees shall endeavor to avoid any actions creating the appearance that they are violating the law or ethical standards. Whether particular circumstances create an appearance that the law or these standards have been violated shall be determined from the perspective of a reasonable person with knowledge of the relevant facts.

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

Many people in the religious community speak of a "child-like faith," the kind that can move mountains and sees the world bathed in goodness and hope, but author and poet, Chris Wiman, suggests that there is "no way to return to 'the faith of your childhood'...unless you have woken from a decades-long and absolutely literal coma." This provocative statement is followed by the suggestion that if your faith at 50 is that same as at 15, you are denying the realities of your life.

There is a certain horror in discovering that you have been on the wrong track for years, drifting deeper into despair and calamity while your younger self was happier, more balanced, and better positioned to see the world for what it is. This is one of the struggles involved in the confession that leads to conversion. There is a fear in having to admit you have been wrong, that your faith in your own abilities was misplaced or at least over emphasized, that you are not more capable than you were and have been simply aging rather than growing stronger or at least wiser from your experiences.

Returning to the beliefs of your youth seems an admission of failure, and like the Prodigal son, you enter with nothing more than the rags on your back, a fortune squandered in "riotous living." Coming home means slipping in the back door, hoping to slither unnoticed into a quiet corner, sneaking past those who remained, never to venture forth again, hoping against hope to avoid the parental admonishment, "I told you so."

But maybe the poet is right. You can go back home, but you cannot be the same. Life speaks, and experience changes us. We are, after all, reasonable creatures. We make mistakes. We make them again. But at some point we learn. Tic tac toe is no longer fun because we have learned how not to lose. And life is different because our experience has taught us to see things differently.

A child like faith is not the same as the faith of one's childhood. A belief in things literal and supernatural conflicts directly with human experience and cannot be sustained in an adult world. Suspending our disbelief may be a short term solution, but it is not sustainable.

Child-like faith requires we embrace our experience. We acknowledge evil, calamity, and chaos. We confirm that the world does not always or even often make sense. We admit that truth lies beyond us. Nothing is certain.

But it is in such a vortex that faith thrives, that order prevails, and that God exists. In our own futility and failures we discover our strength. Child-like faith says "yes" when all indications point to "no." We cannot return to the world of child-like certainty, but we can live with confidence through child-like faith.



Chaplain Crawford
787 707 3405

RAHC Expands Services for Active Duty Families

José L. López
Public Affairs

Effective 12 January 2015, the Rodríguez Army Health Clinic (RAHC) started enrolling children from Active Duty families, five years of age and older to benefit from RAHC services. This is the first time the RAHC has enrolled family members since 2004. This represents a significant change in the clinic's policy.

Part of the enrollment process for Active Duty Families being assigned to Fort Buchanan is to turn in their health records to RAHC to be consolidated into the family's health record. This process will be helpful when the family leaves Fort Buchanan.

The intent of the RAHC is to expand the services to their customers beyond the 15 -20 minutes they see them during appointments. The Army leadership has stated that the strength of the Army lies in Families. Therefore, RAHC strives to focus on taking care of Army Families through prevention and education.

Lt. Col. David L. Sloniker, Commander, RAHC, explains: "What we need to do from the healthcare perspective is get into the prevention business because decisions are made at the family level that affects Soldiers."



Dr. Rebecca Rodríguez, Family Physician, Rodríguez Army Health Clinic, performs a medical check on Luke Logan.
Photo by Lt. Col. Kathleen Porter

There are other initiatives that have been developed to benefit Army Families and the community.

"The Surgeon General talks about becoming a system of health. What this comes down to is how we push health care beyond the doors of our clinic, how

we get the ideas of Performance Triad of sleep, activity and nutrition out to the public."

There is an iOS (iPhone) and Android application developed for the United States Army Public Health Command available for download at no cost. Search for "performance triad" in either system's application store. You need internet service on your mobile device to download. It is called Performance Triad by SCoE-Mobile. The graphical user interface lets the user choose what type of role the person has within the military, be it a Service member, civilian, retiree, spouse, etc. This application provides the information on how proper sleep, activity and nutrition can help gain a healthy lifestyle to that particular role.

The objective of RAHC is to provide primary care in the most efficient and effective way for our community because a healthy Family keeps the Army Strong.



Lt. Col. David L. Sloniker, Commander, Rodríguez Army Health Clinic (RAHC) and Master Sgt. José A. Martínez, Non-Commissioned Officer in Charge, RAHC pose for a photo on 22 January 2015.
Photo by José L. López, Public Affairs Office

February

2015

Family and MWR Events



SUN 1



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

Superbowl XLIX Party, Community Club, 4:00pm, 787-707-3535

Every Sunday Family Golfing, Save 50% call 787-707-3980

MON 2



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

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

Customers' first choice of new books and DVD selections at the Post Library 10am 787-707-3208

Yoga, Cabana Picnic Area, 10:30am-11:30am, 787-707-3767

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

Youth Sports Baseball League registrations begin by appointment at 787-707-3787

TUE 3



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

Every Tuesday and Thursday BINGO at the Club 6pm, 787-707-3535

Tuesdays through Thursdays SKIES Swimming Classes, @ the Water Spout, 4:30pm/5:00pm, 787-707-3787

WED 4



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

Tuesdays through Thursdays SKIES Swimming Classes, @the Water Spout, 4:30pm/5:00pm

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

Adult Softball League Begins, 6:30pm, 787-707-3767

Mat Pilates, Cabanas Picnic Area, 7:00pm 787-707-3767

THU 5



Every Thursday Cycling Class at Fitness Center 5:30am/12:00pm/4:30pm 787-707-3767

Employment Readiness Individual Sessions: Federal Resume Writing, Bldg.390, 787-707-3365

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

Web-Track Payments Training for CYS Services Parents 4:30pm-5:30pm, Bldg. 1000, 787-707-3787

BBQ at the Community Club, 5pm 787-707-3535

SKIES Swimming Classes, @ the Water Spout, 4:30pm/5:00pm

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

FRI 6



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

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

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

Lunch-A-Bowl 11am-1pm, @ Bowling Center, 787-707-3272

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

Cinema Club The Best of Me 8:30pm- Nightcrawler

SAT 7

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

Flea Market, Exchange Parking Lot, 10:00am-4:00pm, 787-707-3974/5105



SUN 8



Flea Market, Exchange Parking Lot, 10:00am-4:00pm, 787-707-3974/5105

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

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

MON 9

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

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

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



TUE 10



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

Every Tuesday and Thursday BINGO at the Club 6pm, 787-707-3535

Tuesdays through Thursdays SKIES Swimming Classes @ the Water Spout, 4:30pm/5:00pm, 787-707-3787

WED 11



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

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

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

Storytime: Bears, @ the Post Library, 3pm, 787-707-3208

Tuesdays through Thursdays SKIES Swimming Classes, @ the Water Spout, 4:30pm/5:00pm

THU 12



Basic SCUBA class, 787-707-3734

Cupid's Challenge 90 min.Cycling Class @ Fitness Center, 787-707-3767

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

SKIES informational booth @ the Exchange, 11:00am-1:00pm, 787-707-3787

BBQ at the Community Club, 5pm 787-707-3535

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

Tuesdays through Thursdays SKIES Swimming Classes, @the Water Spout, 4:30pm/5:00pm,

Cinema Club 7:00pm- Fury

FRI 13



Basic SCUBA class, 787-707-3734

Cupid Balloon-A-Gram, 8:00am-3:00pm 787-707-5105

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

BBQ @ Community Club, Thu -Fri, 4pm 787-707-3535/787-707-3535

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

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

Cinema Club BIG SCREEN MOVIE 7:00pm- Alexander and the terrible, horrible, no good, very bad day

SAT 14



Basic SCUBA class, 787-707-3734

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

Valentine's Dance Party, Community Club, 787-707-5105/3974

SUN 15



President's Weekend Sale @ the Golf Pro Shop, 787-707-3980

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

Every Sunday Family Golfing, Save 50% call 787-707-3980

MON 16



President's Day

President's Weekend Sale @ the Golf Pro Shop, 787-707-3980

TUE 17



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

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

Tuesdays through Thursdays SKIES Swimming Classes, @ the Water Spout, 4:30pm/5:00pm, 787-707-3787

WED 18



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

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

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, 2:30-3:30, 787-707-3682

Tuesdays through Thursdays SKIES Swimming Classes @the Water Spout, 4:30pm/5:00pm,

Parent Advisory Group Meeting, Bldg. 1000, 787-707-3569

THU 19



Out of the Box Resolution @ Fitness Center, 9am, 787-707-3767

Employment Readiness Individual Sessions: Federal Resume Writing, Bldg.390, 787-707-3365

inAlone Workshop (6th-8th Grade), @ the Community Club, 787-707-3787

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

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

Employment Readiness Individual Sessions: Federal Resume Writing, Bldg.390, 787-707-3365

FRI 20



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

BBQ @ Community Club, Thu -Fri, 4pm 787-707-3535

Bouncy Nights @ the Community Club, 5:00pm-8:00pm, 787-707-5105

Cinema Club 6:30pm- St. Vincent 8:30pm- John Wick

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

SAT 21



Surfing and Paddle Boarding Tutorials, 7:00am, 787-707-3734

NAF Sale, 8:00am-3:00pm, Warehouse Bldg. 608, 787-707-3215

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

Members' Championship Golf Tournament, 787-707-3980

SUN 22



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

Every Sunday Family Golfing, Save 50% call 787-707-3980

Members' Championship Golf Tournament, 787-707-3980

MON 23



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, 2:30-3:30, 787-707-3682

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

TUE 24



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

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

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 25



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, 2:30-3:30, 787-707-3682

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

Employment Readiness Individual Sessions: Federal Resume Writing, Bldg.390, 787-707-3365

THU 26



Every Thursday Cycling Class at Fitness Center 5:30am/12:00pm/4:30pm 787-707-3767

Employment Readiness Individual Sessions: Federal Resume Writing, Bldg.390, 787-707-3365

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

EVERY Thursday Chess and Checkers Club @ Community Club, 6pm-8pm, 787-707-5105

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

Cinema Club 7:00pm- Dracula Untold

FRI 27



BBQ at the Community Club, Thu -Fri, 4pm 787-707-3535

Evening at the Café @ Café 151, 4:00pm

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

Cinema Club BIG SCREEN MOVIE 7:00pm- Big Hero 6

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

SAT 28



Cabeza de San Juan Nature Reserve Educational Tour (Blo Bay), 7:00am 787-707-3734

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

5k President's Day Fun Run Community Club, 5pm, 787-707-3767

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 Cabanas Picnic Area (Mon. 10:30am/Tue. 5:30pm/Sat. 9:00am) • Wednesday - Pilates 7:00pm at Cabanas 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

Salsa Lessons
Basic & Basic Step II

March 10 to 26
Tue. & Thur.
6:30pm - 8:30pm
Fee: \$30

Community Club
787-707-3974/5105

Surprise Your Sweetheart with a **CUPID BALLOON-A-GRAM!**

On Friday, February 13th, 2015 from 8:00 am to 1:00 pm you can choose from:

#1 Balloon Bouquet- One mylar balloon, eight regular balloons with a *Cupid Message* for \$12.00. For Pick-up at Bldg. 660 Community Club.

#2 Balloon Bouquet- One mylar balloon, eight regular balloons, Digital picture with *Cupid Message* for \$15.00. *On Post delivery only.*

Orders at 787-707-5105. Reserve yours now!

Bouncy Nights on Fridays

Spend the afternoon in a relaxing atmosphere at the Community Club while the kids jump the night away. Featuring **NEW INFLATABLES!**

- February 20th
- March 6th and 20th

Starting at 5:00 pm at the Community Club. BBQ Menu available! For more details call 787-707-5105 / 3535

cinema club ★★★

friday 6 | The Best of Me 6:00pm PG-13 • 117 min | Nightcrawler 8:30pm R • 117 min

thursday 12 | Fury 7:00pm R • 139 min

friday 13 | **BIG SCREEN MOVIE** Alexander 7:00pm PG • 81 min

St. Vicent 6:00pm PG-13 • 96 min | **John Wick** 8:30pm R • 96 min **friday 20**

thursday 26 | Dracula Untold 7:00pm PG-13 • 92 min

friday 27 | **BIG SCREEN MOVIE** Big Hero 6 7:00pm PG • 102 min

February 2015 community club

787-707-3535

SPORTS & FITNESS • OUTDOOR RECREATION

FITNESS CLASSES

CUPID'S CHALLENGE RIDE

90 minute Class of Indoor Cycling
Thursday, February 12th, 11:30 am, Fitness Center.

OUT OF THE BOX OUTDOOR 90 MINUTES

Functional Exercises Outdoors! Meeting at the Fitness Center, Wednesday, February 18th, 9:00 am.



5K
PRESIDENT'S DAY
FUN RUN
SATURDAY
FEBRUARY 28
COMMUNITY CLUB • 5:00PM
FREE OF COST • 787 • 707 • 3767

A promotional poster for a 5K run. The background is blue with a white silhouette of a running shoe in the top right corner. The text is in white and red. It includes the event name, date, time, and contact information.

OUTDOOR RECREATION ADVENTURES & CLASSES

SCUBA CLASSES

Basic SCUBA, February 12th, 13th and 14th (three day course). Includes equipment. Cost: \$150.00 per person
Advance SCUBA Course, March 7th & 8th. Equipment not included. Cost: \$135.00 per person.

SURFING & PADDLE BOARDING TUTORIALS

Date: Saturday, February 21th
Place: Arecibo, PR
Includes: Transportation, equipment, guides, refreshments and tutorials.
Cost: \$39.00 per person
Departure: 7:00 am

CABEZAS DE SAN JUAN NATURE RESERVE EDUCATIONAL TOUR/HIKE

Date: Saturday, February 28th
Includes: Transportation, guide and refreshments.
Cost: \$29.00 per person • Departure: 7:00 am
More information & registrations **787-707-3734**



time to travel
PACK YOUR BAGS
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 | Bldg.168 (Bowling Center)
Tuesdays-Saturdays | Bayley Road, Fort Buchanan PR
10:00am-5:00pm | 787-707-4343

A poster for Leisure Travel Services. The background is teal with a green map of the world. It features a yellow banner that says "PACK YOUR BAGS" and a small illustration of a suitcase and a camera. The text is in white and yellow.

CHILD, YOUTH & SCHOOL SERVICES

Can my child be depressed?

If your child is showing signs of low self-esteem, complains about having a lack of energy, is being down in the dumps or is constantly sad and presents sleeping disorders or can't concentrate, please read carefully the below information.

According to the American Academy of Child and Adolescent Psychiatry (NIMH) depression is defined as an illness when the feelings of depression persist and interfere with a child or adolescent's ability to function. This is a condition that all parents need to research to be able to identify at an early stage. The National Comorbidity Survey-Adolescent Supplement (NCS-A) statistics shows that by age 18 about 11% of adolescents will have a depressive disorder. As parents it is very important to look for the following signs and symptoms of depression. If one or more of these symptoms persist, then it's time to look for help. Signs and symptoms of depression may include:

- Changes in eating and sleeping habits
- Hopelessness
- Low energy and persistent boredom
- Low self-esteem
- Sensitivity or irritability
- Anger and hostility
- Poor concentration
- Isolation and difficulty having relationships
- Thoughts or expressions of suicide or self-destructive behavior
- Use of drugs and alcohol

The depressed child/adolescent will no longer find their usual activities interesting and nothing will bring them joy or make them happy. One of the most important signs to be on the lookout for is the thoughts or expressions of

suicide or self-destructive behavior. Communication during these moments is critical. Mental illness or death can be very difficult subjects to start a conversation with children's for any parent. This is why it could be a very challenging process for parents to have conversations about feelings of depression and suicide thoughts with their children's. Parents need to keep in mind that depending on the age of the child it will be their understanding of what dying represents. This will affect how much organized can be their suicide thoughts or plans.

If a child/adolescent verbalizes any suicide or self-destructive ideas, do not take it lightly, this is a cry for help. That moment is the opportunity to ask directly: Do you want to hurt yourself? How are you planning to do it? Most likely they will say yes and explain what they are thinking to do and then the responsibility of looking for help at this time is essential. Once this conversation takes place, do not leave the child alone and evaluate your surroundings. Take out any object that can be used by the child to harm himself. Contact someone that can be of help like the a suicide prevention line available in your community, a religious leader, the school counselor, or a pediatrician that will evaluate the child and can refer the patient to mental health services that can start treatment immediately.

The Child Youth and School Services (CYSS) currently have available the services of the Military Family Life Consultants (MFLC) for all parents that are having difficulties or are already identifying this type of behavior on their children's. Fort Buchanan has many resources like the Religious Services Office and Army Community Services that can be of great help during difficult times. It is important to understand that depression in children

and adolescents is real and cannot be dismissed as simple mood changes related to their young age. Early treatment will make a huge difference in the healthy development of a child or adolescent and will make a great impact in all our communities. If you have questions, concerns or need help in getting in contact with a mental health professional you can contact Maria T. Colón, CYSS Nurse at 787-707-3578 for assistance.



Reference

- American Academy of Child and Adolescent. (2013) Psychiatry. The Depressed Child. http://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Facts_for_Families_Pages/The_Depressed_Child_04.aspx
- National Institute of Mental Health. (n.d) Depression in Children and Adolescents. <http://www.nimh.nih.gov/health/publications/depression-in-children-and-adolescents/index.shtml>

CYSS Classes and Events

FEBRUARY

Swimming Classes

• **3rd – 19th**, given Tuesdays, Wednesdays and Thursdays at the Waterspout for youth ages 4-18. Eight sessions for \$50/ child. Spaces are limited. For more information call 787-707-3787/3541/3434

SKIES CYSS Informational Booth, Exchange,

• **12th**, 11:00 am-1:00 pm. Stop by our booth at the Exchange Food Court from 11:00 am – 1:00 pm and learn about the new initiatives taking place in the SKIES program! 787-707-3787



Parent Advisory Group Meeting

• **18th**, Bldg. 1000, 5:00 pm-6:00 pm. Great opportunity for parents to voice their concerns, bring ideas and suggestions and receive updates on CYSS programs. 787-707-3596

I'm Alone Workshop (6th -8th grades)

• **19th**, 3:00 pm – 4:30 pm Provide youth with tools and guidance as they move toward adulthood and independence. This workshop is a learning process using questionnaires, games and scenarios to support each workshop lesson and make it fun. 787-707-3787/3434

MARCH

Leprechaun Fun Run

• **17th**- Fort Buchanan Track at 4:00 pm. Ages 4 to 18. Registrations start at 3:00 pm. Participants receive a medal. More details 787-707-3466.

2015 SAC & MST SUMMER camp
MEET NEW FRIENDS
June 8th thru July 24th
The fee is based on Total Family Income (TFI) and parent's LES is required for summer camp registration.

Registration Dates	Users	Grades
March 30 to April 3	ACTIVE DUTY ONLY	Kinder thru 12th Grade
April 6 to 10	AD & DoD SAC CYSS User	Kinder thru 2nd Grade
April 13 to 17	AD & DoD SAC CYSS User	3rd thru 5th Grade
April 20 to 24	AD & DoD MST CYSS User	6th thru 12th Grade
April 27 to May 1	AD/DoD & Non DoD MST CYSS User	6th thru 12th Grade
May 4 to 8	AD/DoD & Non CYSS User	Kinder thru 12th Grade
May 11 to 15	AD/DoD & Non DoD CYSS Non User	6th thru 12th Grade

* ACTIVE DUTY PRIORITY: Only dependents of Non-DoD civilians enrolled in Fort Buchanan Area's Middle and High Schools (Grades 6th-12th) will be eligible to use the CYSS School Teen (MST) programs to include camps. Parents need to call to schedule an appointment for summer camp registration.

FOR MORE INFO: 787-707-3787/3541/3434

YOUTH SPORTS CALLING ALL VOLUNTEER COACHES

Impact a child's future.
Become a coach.
Make a difference.

CYSS Sports Program is looking for coaches for the upcoming soccer, baseball, and volleyball seasons. If interested, please contact CYSS Youth Sports Office at 787-707-3466.

All candidates will receive training on Child Abuse and the National Youth Sports Coaches Association (NYSCA) Certification training, both paid for by Youth Sports. Background checks will be required prior to the start of any season. Volunteer registration is at ACS Army Volunteer Corps Coordinator, Ms. Dávila at 787-707-3365



COMING UP

WebTrac Payments Training for CYSS Parents

Hectic schedules of training, work and school can take its toll on Fort Buchanan's Soldiers and their Families. Using Family and Morale, Welfare and Recreation's online WebTrac system may help to relieve some of this stress. Learn how to use this tool correctly for payments on **Friday, February 5th** from 4:30 pm to 5:30 pm at CDC/SAC Bldg. 1000. For more details call 787-707-3207

Changes in Traffic Starting 12 January

José L. López
Public Affairs

Bridge 157, located between Fort Buchanan's Fire Station and the former commercial gas station by the Traffic Circle, will undergo re-

pairs performed by the Directorate of Public Works starting 12 January through 16 March 2015. The repairs consist of removing the existing asphalt and rusted rebars with a reinforced concrete slab.



Speak up!

It's time to do more than just listen.

Sexual Assault Hotline: 787-406-4222

Upcoming Events

National Women's History Month



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

Don't underestimate the speed and power of fire. Countdown to safety-have 2 ways out so you can get out fast.

Here's a sample timeline of how quickly a wastebasket fire can spread. Want to see firsthand how quickly fire can race through your home?

- Zero seconds: The contents of a wastebasket burst into flames.
- 30 seconds: Fire ignites a nearby couch.
- One minute, four seconds: The polyurethane cushioning from the couch melts, spreading fire to the car pet. Smoke and toxic gases start to fill the living room.
- One minute, 47 seconds: Smoke starts to move to the second floor.
- Three minutes, Three seconds: The temperature in the living room exceeds 500° F. At this point, no one in this room could survive.
- Three minutes, 21 seconds: Flashover! Everything in the living room suddenly ignites. The temperature is now more than 1400° F.
- Four minutes, 33 seconds: Flames climb up the side of the house, enter the upstairs windows, and spread to the second floor between the walls. The fire spreads so rapidly that the firefighters may not be able to rescue anyone trapped inside.

Plan ahead! Make your home escape ready so your family can leave quickly and safely if fire strikes.



DES BLOTTER

For the month of December 2014 Police Department reports the following:

- Six shopliftings at the Main Exchange (AAFES). This is when people don't pay for items or change price tags.
- Four accidental damages (rocks, golf balls, shopping carts and cars hitting vehicles)
- Four traffic accidents reported at AAFES/DECA parking lot due to improper backing
- One Driving Under the Influence of a controlled substance (DUI)
- One customer paid at AAFES with counterfeit money (fake money)

Traffic Violations for the month:

23 Central Violations Bureau (CVB Traffic Tickets)

- The most common violations were Expired Registration, Expired Drivers License, Failure to Stop at the stop sign and Speeding.
- One 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.

EDIS has moved to Building 228

787-707-2165

787-707-2167

ARMY COMMUNITY SERVICE

Employment Readiness Program (ERP)

Individual Training for February 2015

Navigating USAJOBS New Page and Announcement Analysis Federal Resume Hands on Seminar

Strategies for Writing a Competitive Federal Resume, apply using the Fed Webs. Call to reserve you space, a computer for each participant to work individually.

Individual session dates:

February, 5, 19, 25, 26, from 9:00 am to 10:30 am or 1:30 pm to 3:00 pm at Bldg. 390.

lvette.davila.civ@mail.mil

787-707-3365

Army Volunteer Corps (AVC) Volunteer Registration Rally

Update your volunteer registration in this rally. Fort Buchanan Active Volunteers get ready for National Volunteer Week, April 12 to 17, 2015. Updates of your volunteer record to include volunteer hours are entered in the Volunteer Management Information System (VMIS). Ask your Organizational Point of Contact to certify your hours of service.

For more information please call ACS Financial Readiness Program
787-707-3310



Survivors Outreach Services (SOS) Children Holiday Event

On Saturday, January 3rd, 2015 we celebrated our SOS Survivor Children's Holiday Event at *Cabaña Picnic Area*. Thirty Survivor's children accompanied by their Surviving parent and their Families attended the event. All Survivor's Children received bikes donated by **Operation Giveback** from **Wounded Warriors (OGB)**, a Non-Profit organization. This organization is composed of military veterans, Department of Defense (DoD) civilians, and defense industry contractors, with base in Orlando, Florida. OGB is committed to helping the men and women of the U.S. military who have been wounded in action, recognizing they have served our country with pride, distinction, honor, and in some cases paid the ultimate price.

Three King's Day is traditionally celebrated in Puerto Rico on January 6th. For centuries local children receive a Holiday gift on this day. For this reason our second *SOS Survivor Children's Holiday Event* was planned with the Three Kings tradition. The event had a very pleasant surprise for Survivor's children and their parents when they were greeted with the Three Kings, *Gaspar, Melchor, and Baltazar* who delivered their gifts. Children also took pictures with the Three Kings to keep as precious memories.

Mr. William Leyh, our Deputy to the Garrison Commander thanked all the attendees, while recognizing Survivors for their ultimate sacrifice to our nation.

Mr. David Camacho, a representative from OGB, welcomed all our parents and children. In his remarks, he thanked everyone for being part of this important event. Also, as part of his presentation, he contacted via Skype Mr. José García Aponte, *Founder of Operation Giveback for Wounded Warriors Inc.* and his wife to talk to our Survivors. All our Survivors were very pleased with his speech.

Mrs. Heidi Rodríguez and Mrs. Nina Martínez, *Military Family Life Counselors (MFLC)*, conducted a motivational presentation to all the children before they received their gifts. During the presentation children were able to interact with one another in a positive way. Parents were delighted to have our psychologist counselors present during the event.



By Angel L. Castro
Survivor Outreach Services, Support Coordinator

Did you Know?

Doctor and dental bills can break your budget?

No kidding! However, Army Emergency Relief may help pay those bills for necessary medical treatment at civilian clinics, doctors' offices, and hospitals.

AER can also help your family defray the cost of essential medical care beyond the scope of military hospitals, or outside TRICARE and/or MEDICARE coverage. AER will help with the cost of cranial helmets for infants.

Inquire at your local Army Emergency Relief Office today.

Soldiers Helping Soldiers for 72 Years

www.aerhq.org



Relocation Readiness Program

The Relocation Readiness Program is recruiting a *Spanish Teacher Cross Cultural Volunteer*.

If you are interested in volunteering for this position you must have the following qualifications:

- Educational academic background and experience teaching Spanish
- Experience teaching adults
- Ability to follow verbal and written instructions
- Ability to organize tasks
- Ability to communicate effectively with the public.
- Volunteer is required to speak and write Spanish and English.

For more information, please call the Relocation Program at 787-707-3682 or email: arlene.romero.civ@mail.mil

POST LIBRARY

Customers' first choice:

New books and DVD selections, February 2nd, 10:00 am.

Author of the Month:

Jonathan Kellerman with a display of his books available for check-out.

The Fort Buchanan Library celebrates **National African American History Month** with a display of reading materials available for check-out.

Story Time: Wednesday, February 11th at 3:00 pm and the theme will be **Bears**. Children of all ages are welcome and must be accompanied by an adult.

Computer Orientations: Tuesdays, February 10th & 24th at 10:00 am to assist customers in accessing public computers and reference resources.

Library Coupon Club: Thursday, February 26th, 2015 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!

Video Games

Available @ your Library: Xbox 360 and PS3 games for check out for 7 days, one per family. You must present your military ID card and to register at the library.

Our Book of the Month:

Death of a King

by Tavis Smiley. A revealing and dramatic chronicle of the twelve months leading up to Dr. Martin Luther King, Jr.'s assassination.

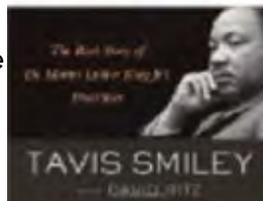
Smiley's **DEATH OF A KING** paints a portrait of a leader and visionary in a narrative different from all that have come before. Here is an exceptional glimpse into King's life -- one that adds both nuance and gravitas to his legacy as an American hero.

New at Your Library:

Searchasauru- Colorful, graphical way for children to locate information about animals, arts & music, health, history, people & places, science & math, sports, and more. Grades K-5.

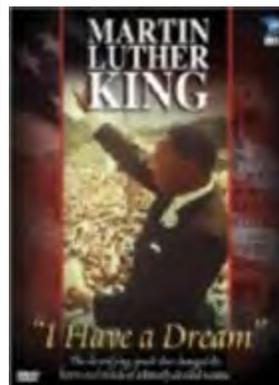
FREE Wi-Fi AT THE LIBRARY

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



Movie at the Library: Martin Luther King "I Have a Dream", PG

Thursday, February 19th, 6:00 pm. "I have a dream today." On August 28, 1963, Martin Luther King spoke these words as he addressed a crowd of more than 200,000 civil rights protesters gathered at The Lincoln Memorial in Washington, DC. Two months earlier, President John Kennedy had sent a



civil rights bill to Congress, but it was struck down. Although Kennedy was concerned about the possibility of widespread violence during this protest, he realized he was powerless to stop it and embraced the movement instead. Known as the "March on Washington for Jobs and Freedom," the country expected to hear King deliver strong words to his opponents. Instead, his "I Have a Dream" speech was one of heartfelt passion and poetic eloquence that still echoes in our memory.

The Basics of Motorcycle Safety

Luis Salazar
Motorcycle Instructor
Fort Buchanan Safety Office

With experience we tend to think that ultimately motorcycling is a thing of instinct. We hone our skills to instinctively know when to accelerate, brake, shift and turn. As we become more experienced, we learn how much lean we need as we apply pressure to the handlebars; it is a thing that comes from experience. Needless to say that along with repetition we not only gain experience but also complacency. It is by practicing a skill as perfectly as possible and developing an interest in doing it right every time that we can develop a safety record. In the interest of solidarity with our motorcycle, let's look once more at these primary controls that help us raise the flag of safety over our riding skills.

HANDLEBARS –At times, I've seen motorcyclists relate to their handlebars as a fashion statement. To them it's all about "good" looks? Right? Handlebars need to be treated as a pressure sensitive device that help steer, control lean and make our ride fun, exciting and safe.

THROTTLE – The primary creator of time and space for the motorcyclist on the highway. Proficient use of the throttle will help create the necessary environment leading to the positive side of safety. Knowing how to "flick" your wrist and control the motorcycle's throttle is an art worth developing.

CLUTCH LEVER – Novice and experienced riders need to understand that the friction zone, yes the area where the clutch begins to transmit power to the rear wheel and ends as the clutch is fully engaged, is not controlled by speed but much more by intelligent application of finger pressure. As we accelerate, it can help us smoothly shift gears. The inverse is also true as the clutch lever can also be used to downshift

smoothly and decelerate the motorcycle. Try it next time you are in a safe practice area and develop a personal pace for better control of the friction zone.

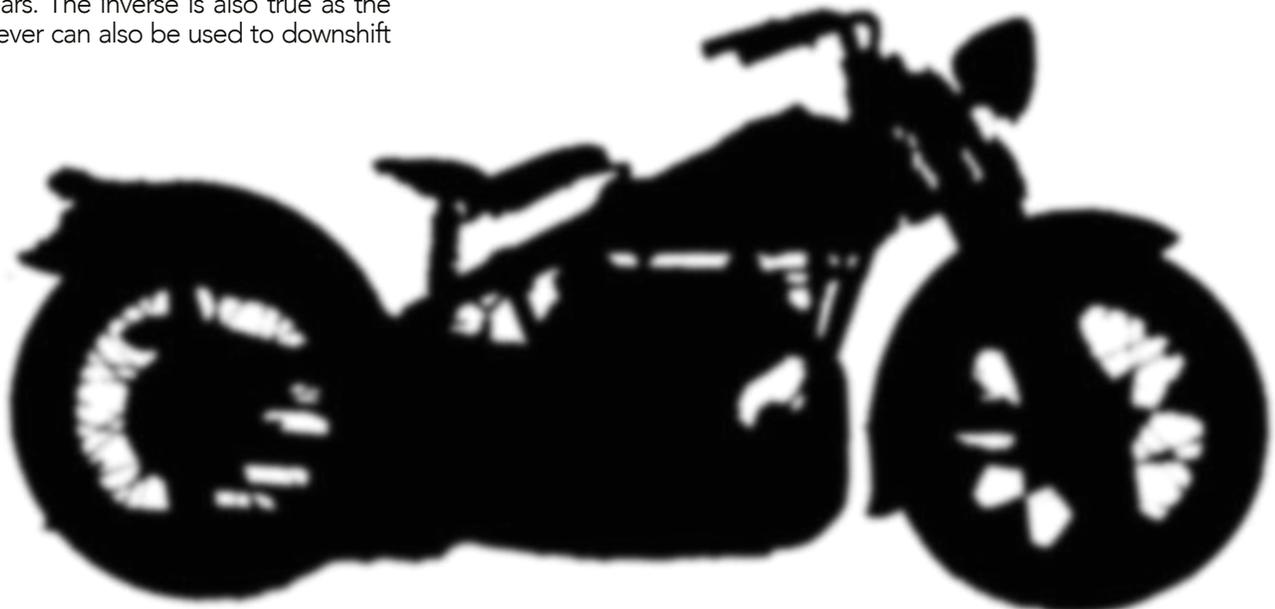
GEAR SHIFT LEVER –It behooves all riders to understand the use of this lever. Is it easily reachable with your foot? Can you comfortably slide your foot underneath the lever to be able to upshift? Engine speed is the main indicator of shifting. High revving engines are yelling at the top of their gear box for an upshift as well as motorcycles violently jerking at slow speeds usually are communicating to the rider the essential need to downshift. Perspective is the key word with the gear shift lever and each rider must develop the correct vision. Gear Shift Levers are not hammers and must be treated in a synchronized way to avoid the grind, rattle or jerking of the motorcycle. Don't ever force the shift and if you ever are rewarded with the proverbial clang, grind or are met with resistance as you shift, practice making the shift at different speeds to see if you receive a better message. As you achieve smooth effortless shifts, know you are well on your way.

BRAKES (Front & Rear) – It is important to note that on a motorcycle, we have one throttle and two brakes. Ever wonder why this is? Most rear brakes will provide a total of 30% of our total braking force. If we try to increase braking performance by adding additional pressure, then we end up in a wheel lock scenario with likely loss of steering control and a potential fall. While wise use of the rear brake can create good exit strategies to bad curves and traffic situations, we should understand that the real protagonist for sure stops is the front brake.

Front Brakes tend to make some riders wary. Simple reason is a riders myth that

they will go head over tea kettle if they use them. Front brakes need to be used and as you practice either on the road or track, see how much dive, distance or time is incurred by using them in controlled practice stops. Learn to add different amounts of pressure so that you know how your bike will react in all situations. Practice by applying some pressure first to your front brake and then adding rear brake pressure as you gain full control of the brakes on your motorcycle. Practice on good clean surfaces before you take it to the road. Don't forget that full application of brakes should only be done straight up and not in turns or leans.

Is there a unique way to accelerate, to take a curve or to ride safely? With experience you will note that riding a motorcycle can be quite diverse and we can achieve good safe behavior using various techniques. Many riding variables need to be managed; different input controls have to be worked simultaneously and diverse dynamics that affect motorcycle stability all tend to demonstrate the need for increasing both experiential as well as technical knowledge of the inputs that control our motorcycle. Managing this trifecta of driving, braking and lateral forces is really the art of motorcycling. We need to master these skills so that in the long run we win at life and survival. Bettering our technical knowledge, increasing our maneuvering effectiveness and furthering our control on these Primaries need to become a prime directive for every motorcycle rider. As always, stay safe and let me know how it went.



Motorcycle Mentorship Ride with a Boricua Twist

Sgt. 1st Class Gerald J. Frushon
402nd Civil Affairs Battalion

On Saturday, December 20th 2014, a roar of motorcycle engines woke up Fort Buchanan. Maj. Patrick Vázquez, 402nd S3, led 17 motorcycles, from different units, out the gates of Fort Buchanan for the 402nd Civil Affairs Battalion's Holiday Motorcycle Ride. It was to be a 100 mile stretch of curvy roads through the heart of Puerto Rico finishing in Guavate. It was a motorcycle mentorship ride with a "Boricua" twist.

AR 385-10 states that motorcycle riders need to complete regular safety mentorship rides with unit leaders to ensure that they are neither high risk nor a danger to others. The 402nd Civil Affairs Battalion has a very comprehensive Motorcycle Safe Riders Program that requires regular inspections of the motorcycle, riding ability and documentation. With the assistance of Luis Salazar, Garrison Safety Office and Iván from the Auto Skills Shop, the ride was going to be the standard.

"Un Viaje por El Corazón de Puerto Rico" or a journey through the heart of Puerto Rico was created by the unit to assess 402nd Riders and per the Battalion Commander's guidance, certify that riders in the unit were meeting the safety standards. The route took the riders along the coast to Dorado, then into the windy roads

towards Orocovis and then onto "La Ruta Panorámica" or The Panoramic Route. After completing a challenging ride through the countryside, they turned towards the smell of "lechón" in Guavate.

Once the group arrived at the "lechonera", it was clear that this was a diverse collection of riders but with a common bond. The all-military group was a collection of various units from the 1st MSC, UPR-ROTC, 166th RSC, 1/389th REG, 448th EN BN among others. Family and friends joined the ride too, Sgt. 1st Class Shawn Kilgore, 402nd Training NCO, brought his father-in-law. All in all, these riders were definitely a motley crew. After completing the ride, the group then turned their attention to the delicious food and enjoyed an afternoon of music and unique culture. It was a wonderful way to spend a day: Safety, Fellowship and Fun.

Civil Affairs is all about building relationships and working together with other units and offices in the area. The Motorcycle ride is a great way to build rapport, learn about each other while conducting a safety event. The 402nd CA BN is planning to make these rides a biannual event. The next ride is pending to be announced for early Summer. Each ride will feature a different route, and will definitely be memorable.





ARMY SAFE
IS ARMY STRONG

Do you really think your child doesn't know where you hide your weapons?

Always keep guns unloaded, locked and out of a child's reach.



1 in 3 U.S. families with children have at least one gun in the house.

More than 22 million children live in a home with guns.

Most of the victims of unintentional shootings are boys. They are usually shot by a friend or relative, most likely a brother.

Nearly all unintentional shooting deaths among children occur in their home, or in the home of a friend or relative.