



LIFE

with

US

FORT BUCHANAN • MAR. 2021



Welcome to Fort Buchanan

LTC Brian Mandock Deputy Garrison Commander

Q: What is your leadership philosophy?

A: I believe if you focus on building, organizing, and developing the right team, you can accomplish anything. It is not just about the best people; it is about the right people and maximizing the strengths of each person contributing to the team. When everyone feels valued and is able to utilize their strengths, that is when you see teams performing at the highest level.

Q: What inspired you to join the Command Team at Fort Buchanan?

A: I like to joke that Fort Buchanan chose me. I did not even know Fort Buchanan was an option. I was expecting to head to Tampa, Florida for my next assignment. Then early one morning late last year, I received an email saying Fort Buchanan was available. I jumped at the opportunity to become part of the Buchanan family. The challenges and opportunities this job presents will be unlike any others I have had thus far in my career. But even in the short time I have been here, I know we have a lot of high quality folks within the Buchanan family to address those challenges and take advantage of potential opportunities. That is very exciting for me.

Q: What is your vision as Fort Buchanan's Deputy Commander over the next 12 months?

A: Progress. COVID was an issue for everyone in 2020. Our sense of normalcy was disrupted. We had to change plans and develop new routines. 2021 is a new year. I believe we are starting to see light at the end of the tunnel. I am looking forward to working with the rest of the command team and installation partners to continue progressing back to normalcy on Buchanan.

Q: Is there anything else you would like to share with the Fort Buchanan community?

A: Everyone has been so welcoming and gracious to me and my family, proving to me all the stories I heard before coming about the cultural importance of family on the island. My wife, 2 young boys, and I are excited to dive into that culture and join the greater Buchanan family.

Estoy emocionado de estar aquí!



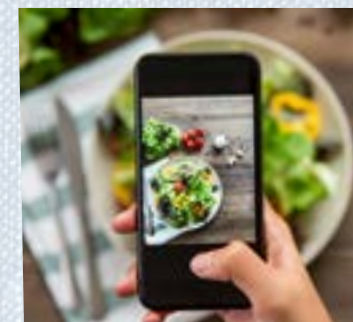
LIFE WITH US CONTENTS



WE ARE HERE FOR YOU!

Many traditional celebrations such as St. Patrick's feel different this year. A handful of them have been around for centuries and with time we've learned that we're pretty tough when we stick together. If we don't see you this St. Patrick's Day at the Borinquen Bar. & Patio "stay safe and be good to one another."

Family and MWR works around ways to adapt these traditions to our new reality. We entertain, educate and provide food and services the safest way possible and will do so as long as necessary to all our military and civilian community. Check out this month's offerings in this issue!



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Borinquen Bar & Patio
FIT COMBO



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Special Event at the Community Club
SALSA DANCING LESSONS



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Outdoor Recreation & Leisure Travel
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VIRTUAL COURSE

FAMILY AND MWR **LIFE WITH US** EDITORIAL TEAM

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Showcase your brand's commitment to the military community by partnering with Family and MWR.

Contact the Marketing, Advertising & Commercial Sponsorship Office

at 787-707-3711 or email:
iralis.jimenez.naf@mail.mil

www.buchanan.armymwr.com

Facebook: [buchananmwr](https://www.facebook.com/buchananmwr)



Tell us how
we served you
today!

MWR-ICE-QR

borinquen
bar & patio

Delicious Weekend Dinner Box

All orders serve up to 5 people



MARCH 5th

Three Cheese Meat Lasagna \$39

A local favorite meat lasagna. Accompanied with garlic bread, Chef garden salad with Malbec vinaigrette dressing.



MARCH 12th

Salmon and Chicken Dinner \$59

A combination of Salmon Roulette with caper and dill cream sauce and breast of chicken with cabernet mushroom sauce. Accompanied with Greek style rice and grilled vegetables.



MARCH 19th

"Ropa Vieja" Shepherd's Pie \$39

Cassava root mash stuffed with Cuban style shredded meat. Accompanied with dinner rolls and Chef garden salad with guava vinaigrette dressing.



MARCH 26th

Mozzarella Stuffed Meatloaf \$45

Stuffed with fresh mozzarella and topped with country style homemade ketchup. Accompanied with roasted potato mash and classic Caesar salad.

Cut-off date to order is the Thursday prior to pick-up day by 2 p.m.

Pick-up at the *Borinquen Bar & Patio* from 3 p.m. to 6 p.m.

Deliveries available to the Visitor Control Center (VCC) if access to the base is not possible.

787-707-3516/3515/3535
or text **787-600-3198**

Social distancing practices and use of face mask is required at all times in this facility.



borinquen
bar & patio

Grill Fit Combo

COMBO INCLUDES:

Grilled Chicken Breast

Three Bean Salad

Garden Salad
with dressing of choice

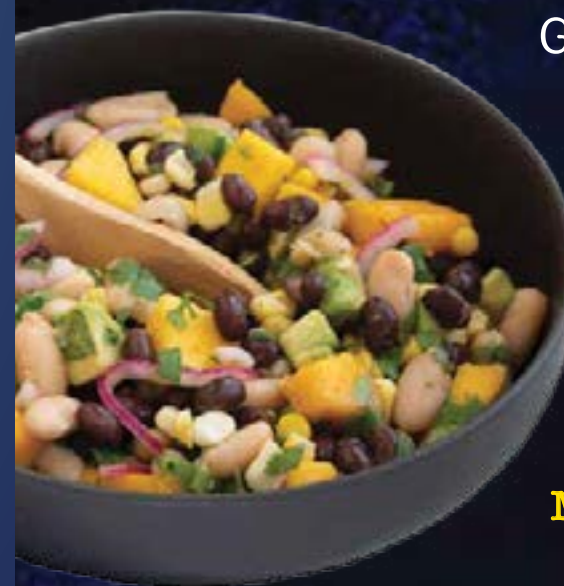
Bottle of Water

Price \$7.95

AVAILABLE
MONDAY THRU FRIDAY
FOR LUNCH & DINNER

Mon. to Wed. 11 a.m. - 6 p.m.

Thu. and Fri. 11 a.m. - 9 p.m.



787-707-3516 / 3515 / 3535

Dine-in seating authorized at 30% capacity. The use of face mask is required at all times in this facility. Open for Military, MWR and VHIC cardholders.





**REWARD
your
WORKOUT!**

FIT COMBO CHALLENGE

GO FOR THE
FITNESS CHALLENGE FROM
MARCH 15 - 19
WITH 3 EASY STEPS:

1. Register by visiting the Sports and Fitness Center or by email at maria.t.nunez5.naf@mail.mil. Registration, hold harmless and photo release forms need to be completed.
2. Take on the challenge by completing three **simple exercises**: One cardio, upper and lower body (5 minutes each – be creative!).
3. Take a **SELFIE** while performing the exercises and send it to us at maria.t.nunez5.naf@mail.mil to obtain a **FREE \$2.00 DISCOUNT COUPON** to use at the Borinquen Bar & Patio for one meal order. Offer does not apply for alcoholic beverages (certain restrictions apply).



REDEEM YOUR COUPON AT:

borinquen
bar & patio

MONDAY THRU FRIDAY
FOR LUNCH & DINNER
Mon. to Wed. 11 a.m. - 6 p.m.
Thu. and Fri. 11 a.m. - 9 p.m.

For more information call **787-707-3767**
Open for Military, MWR and VHIC cardholders.



Your Life with Us | 7

Saint Patrick's Golf Tournament

**Saturday,
March 13, 2021**

Time: 8 a.m.

Format:
*Luck of the Irish Stableford
(individual event)*

Fee:
\$45 Golf Members
\$65 Non-Members
Non-members must call
to register and secure space.

Register at:
787-707-3980



**PRIZES FOR
1st, 2nd, 3rd
Gross and
Net Individuals**
**CLOSEST TO THE PIN
Contests on
holes #3 and #8**

• During play social distancing of 6 ft. is in effect at all times.





NAF SALE

INDUSTRIAL GRADE EQUIPMENT AND FURNITURE IN "AS IS" CONDITION
OUTDOOR RECREATION/LEISURE TRAVEL, BLDG. 608, SOUTH TERMINAL RD.

March 16 to 25, 2021

• Open on March 16 for
**ACTIVE DUTY SERVICE
MEMBERS ONLY.**

Only five (5) customers at a
time will be allowed inside
the building and will have
25 minutes to shop.

HOURS OF OPERATION:

- Tuesday, Wednesday, Thursday
and Friday 8:30 a.m. - 4 p.m.
- Saturday 8:30 a.m. - 12 p.m.
- Sun. & Mon. closed

**BARGAIN
TIME!**

787-707-3734 / 3138

- Physical distancing practices and the
use of a face mask is required at all times.
- Open for Authorized ID cardholders, VHIC and
Federal employees.



HYATT REGENCY®

GRAND RESERVE PUERTO RICO



RECONNECT IN PARADISE

\$599 RATE - EXCLUSIVE FOR MILITARY FAMILIES

Enjoy some quality family time in paradise with sparkling pools, scenic sandy beaches, and modern rooms designed for relaxation. Plus, our all-new aquatic adventure beach park (coming soon) is perfect for kids of all ages.

MILITARY FAMILY PACKAGE INCLUDES:

- Three day and two-night stay in modern Garden View Room
- Complimentary parking
- No taxes or resort fee
- \$50 resort credit

FOR RESERVATIONS:

LEISURE TRAVEL SERVICES • BLDG. 608, SOUTH TERMINAL ROAD • FORT BUCHANAN

MONDAY - FRIDAY, 9 AM - 4:30 PM • NADYA.LAYALA.NAF@MAIL.MIL

PHONE: 787-707-4344

Offer only valid for use during a qualifying stay. Reservations subject to availability. Offer not valid with groups, conventions, other promotional offers, tour packages or special programs. Rate is per room, per night, based on single or double occupancy. Full pre-paid booking. 24 hours prior to check-in to avoid 1-night fee. No refund for any unused portion of the package. Resort Credit is applicable on a per room basis for Spa, Golf, Food and Beverage. No cash value. If credit is not used no refunds or cash can be applied to stay. Maximum capacity of room: 2 adults and 2 Kids. Based on availability.

DISNEY MILITARY PROMOTIONAL TICKET

VALID THROUGH DECEMBER 17, 2021

4-Day Disney Military
Promotional Ticket
with Park Hopper® Option*

\$74 per
day

Total ticket price \$296
Same price for child and adult

5-Day Disney Military
Promotional Ticket
with Park Hopper® Option*

\$63 per
day

Total ticket price \$315
Same price for child and adult

WALT DISNEY World.



Get them at your Leisure Travel Office, Bldg. 608, South Terminal Road, Fort Buchanan.
787-707-4344

To visit the Theme Parks, Theme Park reservations via the Disney Park Pass system (disneytraveltradeinfo.com/wdwparkreservations) AND valid admission are required for the same Theme Park on the same date for each person in your party, ages 3 and up. A Park reservation must be made for each day of entry. For multi-day tickets (including the Military Promotional Ticket), you will be required to make a Park reservation for each day of your visit. Reservations are limited and subject to availability. View the Park Reservation availability calendar (disneytraveltradeinfo.com/wdwcalendar).

*The Park Hopper option allows Guests to visit more than one Park per day. Guests must make a Theme Park reservation via the Disney Park Pass reservation system for the first Park they plan to visit. After entering that first Park, Guests will be able to visit the next Park starting at 2 PM until each Park's regularly scheduled close time. The ability to visit a Park is subject to the Park's capacity limitations. At this time a Park reservation is not required after the first Park, however, reservation requirements are subject to change.

Tickets may be purchased through 12/13/21 in the case of the 5-Day Military Promotional Ticket and through 12/14/21 in the case of the 4-Day Military Promotional Ticket. Tickets are valid through 12/17/21. Disney Military Promotional Tickets can be purchased at participating military base ticket offices including Shades of Green Resort at Walt Disney World Resort or at Walt Disney World Theme Park ticket windows. No tax if ticket is purchased at the base ticket office or Shades of Green Resort at Walt Disney World Resort. Tax is added if ticket is purchased at Theme Park ticket window. Notwithstanding any other offers of the Disney Military Promotional Ticket, each active or retired member of the U.S. military, including the National Guard, Reservists, the U.S. Coast Guard, the Commissioned Corps of the Public Health Service (PHS) and the Commissioned Corps of the National Oceanic and Atmospheric Administration (NOAA), or his/her spouse may purchase no more than six (6) Military Promotional Tickets during the period of December 19, 2020 through December 31, 2021. Valid military ID required for all ticket transactions and military member (or spouse) must accompany the persons using these tickets for Theme Park admission. May not be combined with other discounts or promotions. All tickets and options are nontransferable, nonrefundable and exclude activities/ events separately priced. ©Disney.

LEISURE TRAVEL SERVICES

BLDG. 608
SOUTH TERMINAL ROAD

OPEN:
WEDNESDAY THROUGH FRIDAY
9 A.M. - 4:30 P.M.

MONDAY & TUESDAY
WE ARE TELEWORKING.
REACH US VIA EMAIL AT:
nadya.i.ayala.naf@mail.mil

CLOSED SATURDAY, SUNDAY
& FEDERAL HOLIDAYS



787-707-4343/4344
FortBuchananLts.mwrtvl.com
www.buchanan.armymwr.com

BOATING SKILLS AND SEAMANSHIP

VIRTUAL COURSE (English)

10 DAYS VIRTUAL COURSE DATES:
March 22nd to April 6th, 2021

HOURS: Monday to Thursday from 7 p.m. to 9 p.m.
Ending Tuesday, April 6.

REQUIREMENTS: All students need to attend all class days and comply with the instructor requirements to get certified.

INCLUDES: Textbook and Exam

COST: \$79 pp / Note: There is an additional cost of \$15 collected by the DRNA for preparing the certificate.

- This is the only course authorized by the USCG, NASBLA and the State Department of Natural Resources to qualify for a recreational boating operator permit. This permit issued by the State Department of Natural Resources after passing the course is the official way to command a recreational craft up to 65' feet in length on the Island.

More information by calling: 787-707-3734 / 3138

- Open for Authorized ID cardholders, VHIC and Federal employees.



AUTO SERVICE

REPAIR AND MAINTENANCE

We offer a variety of service such as oil change, alignment, inspections, diagnostic check, repairs and much more! Stop by our **Automotive Skills Center** for your vehicle's needs.

Our professional team of experts are ready to help.



Ask for our oil change special packages

Featuring **STP**, a full synthetic dexos approved oil & OEM rated.



Would you like to work your own vehicle?

Come by and rent a bay using your own tools or ours at not extra cost.



For more information give us a call at **787-707-3972**
Monday through Friday from 7:30 a.m. to 4:00 p.m.
Bldg. 159, Bayley Road (located next to the Bowling Center).

- Physical distancing practices and the use of a face mask is required at all times.
- Access is allowed only to authorized ID cardholders under current Health Protection Conditions (HPCON) Charlie.



Challenging Behaviors in Young Children

The insightful video gives educators and parents the ability to observe firsthand the techniques used by teachers, in a state of the art preschool and research facility, effectively managing children with challenging behaviors. Live classroom footage of teachers effectively defusing actual crisis situation such as; tantrums, fighting, noncompliance, separation anxiety, and other inappropriate behaviors found in young children.

How to model problem-solving strategies and language. How to be an active listener to create an environment that fosters learning while giving students the skills to solve problems on their own.



Friday, 26 Mar 2021
1:30 pm to 2:30 pm through MS Teams
Register at: raymond.morales.civ@mail.mil or
call: 787-707-3295.



ACS/MOBILIZATION & DEPLOYMENT PROGRAM

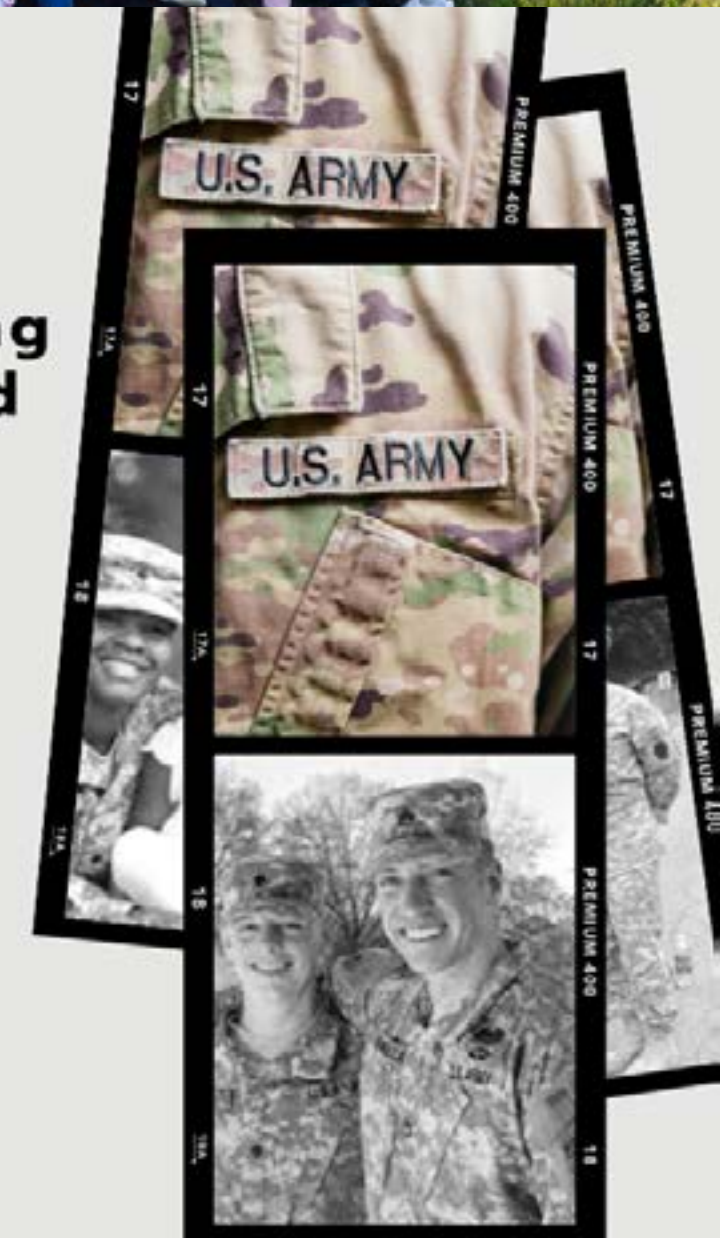
Army Family Team Building (AFTB) Training (Personnel Growth and Resiliency (G Level))

MARCH 10 & 24
APRIL 14 & 28
1:30 P.M. TO 4:00 P.M.

THIS TRAINING WILL BE PROVIDED THROUGH
MS TEAMS AND TELECONFERENCE

AFTB'S GOAL IS TO EDUCATE SOLDIERS AND
FAMILY MEMBERS ABOUT MILITARY FAMILIES'
WELL-BEING.

REGISTER VIA EMAIL AT
ERNESTO.BERRIOS.CIV@MAIL.MIL
OR VIA TELEPHONE AT 787-707-3290.



Now at the
Sports & Fitness Center

Body Fat Measurements

Our Physical Fitness Team will conduct a simple test, using a **Fat Loss Monitor**, and in less than 5 minutes, you'll have your BMI and fat% results.

This will give you an approximate result of your present body composition and assist you with your future fitness goals.

Come to the Fort Buchanan Sports & Fitness Center at Bldg.167, Patriot Blvd. or call **787-707-3767**.

We are here to serve you!

\$3
per test



VIRTUAL ST. PATRICK'S

10K RACE

MARCH, 20-27 2021

**FREE
OF
COST**

To register; call 787-707-3277 / 3767 or
email juan.r.sanfeliz.civ@mail.mil

Garrison guidance on social distancing, face coverings & sanitation to protect against COVID-19 will be in effect.

FORT BUCHANAN

Salsa Lessons

WEDNESDAYS AND FRIDAYS
6:00 P.M. TO 8:00 P.M.
FROM APRIL 07 TO APRIL 23
BLDG. 148.

\$60 PER PERSON
EVERY COUPLE MUST
REGISTER WITH A SET
DANCE PARTNER.

To Register:
787-707-3974
787-246-6264

Open to MWR Cardholders
and VHIC.



CDC SOCIAL DISTANCING GUIDELINES WILL BE IN PLACE

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How about a game of **PICKLE BALL**

Pickle ball is a paddleball sport that combines elements of badminton, table tennis, and tennis.

Tuesdays and Thursdays March 23-April 1 from 4 p.m. - 6 p.m. at the outdoor basketball court by the Sports & Fitness Center Bldg 174. Pre-registration is recommended, not required. Call 787-707-3767.

Participants from the same household can participate as a couple.

A maximum participation of eight (8) people at a time; two (2) games, four (4) people per game. No more than 30 people allowed at the outdoor basketball court (as spectators).

Participation is open to all authorized ID card holders (Retirees, DoDEA etc).



POST LIBRARY

Open Tuesday thru Saturday 9 a.m. to 5 p.m.
Closed Sunday, Monday and Federal
Holidays. Located at Bldg. 518, Depot Road.

- The Post Library will have a meeting for *518 Rock Program* on March 12 at 3 p.m.
- *Virtual story time along with a craft* on March 19 at 3 p.m.

Both programs will be through *MS Teams*.
To receive and invitation please email:
eva.j.cabanas-malave.naf@mail.mil.

For more information: 787-707-3208/3812

