



# LIFE

with

# US

**FORT BUCHANAN • MAR. 2021**



# LIFE WITH US CONTENTS



## 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!*



**05**  
Borinquen Bar & Patio  
FIT COMBO



**06**  
Special Event at the Community Club  
SALSA DANCING LESSONS



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Outdoor Recreation & Leisure Travel  
NAF SALE



**12**  
Outdoor Recreation & Leisure Travel  
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VIRTUAL COURSE

## 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!

### FAMILY AND MWR LIFE WITH US EDITORIAL TEAM

**Family and MWR Director**  
Ms. Joanne Fitzgerald  
Administrative Office  
**Marketing Manager/Editor**  
Mr. Carlos R. Sotomayor  
Bldg. 151, Patriot Blvd.  
Fort Buchanan

**Marketing Specialist**  
Ms. Iralis Jiménez

**Graphic Designer**  
Ms. Neysa Maldonado

**Marketing Assistant**  
Mrs. Gabriela Velázquez

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](http://www.buchanan.armymwr.com)

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



Tell us how we served you today!  
MWR-ICE-QR

## 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.



## Grill Fit Combo

### COMBO INCLUDES:

Grilled Chicken Breast

Three Bean Salad

Garden Salad with dressing of choice

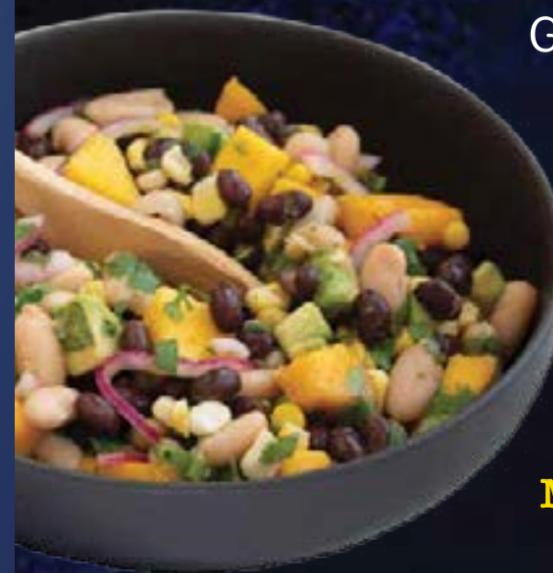
Bottle of Water

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](mailto: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](mailto: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:**



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.



# 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



**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.



## 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/wdwcacalendar).

\*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](mailto: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](mailto: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](mailto: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.



## 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](mailto:eva.j.cabanas-malave.naf@mail.mil).

For more information: 787-707-3208/3812

