

 LiFE
with **US**

FORT BUCHANAN • JULY 2020



Family and MWR is here for you! HOURS OF OPERATION DURING JULY 2020

GOLF CLUB (Snack Bar/Driving Range/Course)

Tue/Wed/Fri/Sat - Tee Times 7 a.m. - 5:30 p.m.

By reservation only. 787-707-3559

Snack Bar 7 a.m. - 5 p.m. (Breakfast and Lunch)

Driving Range 8 a.m. - 6 p.m.

COMMUNITY CLUB / BORINQUEN BAR & PATIO

Mon. - Tues. 11 a.m. - 6 p.m. /Wed. - Fri. 11 a.m. - 7 p.m.

787-707-3516/3515/3535

BOWLING CENTER

Breakfast deliveries Mon. - Fri. 6:30 a.m. - 9:30 a.m.

Open Bowling Fri. and Sat. 11 a.m. - 5 p.m.

Reservations strongly encouraged.

AUTOMOTIVE SKILLS CENTER

Mon. - Fri. 7:30 a.m. - 4:30 p.m.

787-707-3972

OUTDOOR RECREATION

Sunday----- closed

Monday----- closed

Tuesday----- 8 a.m. - 4:30 p.m.

Wednesday-- closed

Thursday----- 8 a.m. - 4:30 p.m.

Friday----- 8 a.m. - 4:30 p.m.

Saturday----- 8 a.m. - 1 p.m.

787-707-3734 / 3138

LEISURE TRAVEL SERVICE

Mon. - Fri. 8 a.m. - 4:30 p.m.

Tues./Wed./Fri. on site, Bldg. 660.

Mon./Thu. Telework. 787-707-4344 / 4343

SPORTS & FITNESS CENTER

Active Duty Military, DA Civilians, Residents

Mon. - Fri. 5 a.m. - 6 p.m. Reservations encouraged.

787-707-3767

POST LIBRARY

Monday - Friday 9 a.m. - 5 p.m. 787-707-3208

ARMY COMMUNITY SERVICE

Mon. - Fri. 8 a.m. - 5 p.m. - by appointment

787-707-3804 / 3948

FAMILY AND MWR CARD - at the Borinqueneer

Gate VCC, Mon. - Fri. 7:30 a.m. - 4:30 p.m.

Physical distancing practices and the use of face mask required in Family and MWR facilities.

**Access allowed only to authorized ID cardholders under current Health Protection*

Conditions (HPCON) Charlie.



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The Declaration of Independence

In July 1776, during the second year of the American Revolutionary War (1775–83), representatives from 13 North American colonies of the Kingdom of Great Britain voted to declare themselves independent from the crown, forming the United States of America. Two days after the historic vote, on 4 July 1776, the Declaration of Independence was signed – and each year since, Americans have celebrated.

This year, traditional celebrations as we know them have been modified because of the pandemic. However the essence of the celebration is still alive. Today, the Declaration of Independence is still an inspiration.

www.historyextra.com

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

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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

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

borinquen

bar & patio

Puerto Rican Dinner take-out

Price: \$55 • serves four (4), includes:



Chef's Green Salad
with red blend vinaigrette.

Traditional Arroz con Gandules
Rice with pigeon peas.

Pernil Asado
Crispy, juicy Puerto Rican style roast pork.

Pavochón
Roasted turkey seasoned to perfection for maximum flavor and a taste like "lechón".

Pasteles
A tasty dish similar to a "tamal", made with a green plantain dough, filled with stewed pork, and wrapped in steamed banana leaves.

Chicken Longaniza
Puerto Rican style chicken sausage.



Pick-up Friday, July 24 @ Borinquen Bar & Patio.
Cut-off date to order Wednesday, July 22.

On-Post Delivery

borinquen
bar & patio

CATERED BREAKFAST

DROP AND GO MENU

MUST BE ORDERED 72 HOURS IN ADVANCE;
PREPAYMENT REQUIRED

BREAKFAST

PASTRY TRAY (SERVES UP TO 10 PEOPLE) **\$32**
Combination of assorted Muffins, breakfast pastries, and Sweet Bread

FRESH SEASONAL FRUIT TRAY (SERVES UP TO 10 PEOPLE). **\$38**

BREAKFAST TRAY (CHOICE OF ½ SANDWICHES OR ½ WRAPS) **\$45**
Ham and Cheese / Egg, ham and cheese / Egg, bacon, and cheese / Egg, sausage, and cheese

BREAKFAST BOX (MINIMUM OF 4 BOXES PER ORDER) \$8 EACH **\$8**
Includes: Your choice of ½ Breakfast Sandwich or Wrap, Oatmeal, and an apple or banana

OATMEAL TRAY **\$25**
10 individual serving of 8oz hot oatmeal

INDIVIDUAL YOGURT PARFAIT (MINIMUM 4 PER ORDER) \$5 EACH **\$5**
Greek yogurt, granola, and berries coulis

LUNCH

LUNCH TRAY (SANDWICHES OR WRAPS) (SERVES 10 PEOPLE) **\$45**
Choose between: Turkey with Swiss, Honey Ham with Cheddar, Roasted Beef, Cuban, Tuna Salad, Club Sandwich

LUNCH BOX (MINIMUM 4 PER ORDER) \$8 EACH **\$8**
Yor choice of Sandwich or Wrap, Potato Chips or Chef's Salad, Cookie, bottle of water **\$49.50**

INTERNATIONAL CHEESE AND COLD CUTS TRAY (SERVES UP TO 10 PEOPLE) **\$28**

SOUP **\$25**
10 individual servings of 8oz soup. Choice of Pumpkin, Black Bean or Tomato Soup

SALAD (SERVES 4 TO 5 PEOPLE) **\$25**
Choice of Classic Caesar Salad or Chef's Green Salad with Red Blend Vinaigrette

BROWNIE'S (PER DOZEN) **\$25**

ASSORTED FRESH BAKED COOKIES (PER DOZEN) **\$25**

BOWLING CENTER

Breakfast Menu

Delivery Monday – Friday

NEW

Omelet with Cheese \$5
A cheesy omelet with your choice of breakfast meat

Keto Omelet \$5.50
Peppers, onions, tomatoes & provolone cheese, and your choice of breakfast meat

Western Omelet w/ Toast \$6
Peppers, onions, tomatoes & american cheese, and your choice of breakfast meat

Two Egg Breakfast \$5.50
2 scrambled eggs, your choice of breakfast meat, and a toast

BREAKFAST

Basic Breakfast Burrito \$4
2 scrambled eggs, cheese and your choice of bacon, ham, or sausage

Potato Breakfast Burrito \$4.50
2 scrambled eggs, cheese, hash brown and your choice of meat.

Western Breakfast Burrito \$5
2 scrambled eggs, cheese, tomatoes, green peppers, onions, and your choice of meat.

Deluxe Breakfast Burrito \$5.50
2 scrambled eggs, cheese, hash brown, tomatoes, green peppers, onions and your choice of meat.

Breakfast Sandwich \$4.50
1 egg, cheese and bacon, or sausage

Hash Brown \$1

Make it a Combo \$2.50
Hash brown & a canned soda or juice

DRINKS

Bottled Water \$2

12 oz Coffee \$2

Orange or Apple Juice \$2

*Delivery Charge per order \$1

787-707-5105/3516/3515/3535 or text 787-600-3198

Social distancing practices and use of face mask required in this facility.



Call or Text your order (787) 600-3198

CALL OR TEXT YOUR ORDER (787) 679-5814



**STRONGER
TOGETHER**

Disney DESTINATIONS

Update from WDW 6/18/2020 - The 2020 Walt Disney World Military Salute tickets for (4,5 or 6 Days) has been extended through 9/26/2021 (instead of December 18, 2020) and NO BLOCKOUT DATES are notated. Park Hopping will not be offered in the coming months, guests will be able to choose one park per day to reserve with the new reservation system. If a patron is unable to visit by September 26, 2021, Disney will allow the guest to apply the value of the wholly unused ticket toward the purchase of a ticket for a future date.

Walt Disney World Resort theme parks will begin a phased reopening on July 11, 2020 for Magic Kingdom Park and Disney's Animal Kingdom, followed by Epcot and Disney's Hollywood Studios on July 15th, 2020. Upon reopening theme parks, restaurants, attractions, experiences and other offerings may be modified and will be limited in capacity and subject to limited availability or closure, based on direction from health experts and government officials to promote physical distancing.

Please be advised that when parks reopen, park attendance will be managed through a new park reservation system. To enter a park a guest will be required to have both a park reservation and valid admission for the same park on the same date.

For more information, please contact Leisure Travel Service office at:
787-707-4344/4344 • Email: nadya.i.ayala.naf@mail.mil

OUTDOOR RECREATION

STEP OUT TO NEW ADVENTURES!

Culebra Island Natural Reserves Beach and Snorkeling Day

Activity type: Snorkeling / Beach Day

Place: Culebra Island

Date: Saturday, July 25

Difficulty Level: Easy

Depart: 6:30 a.m. • **Return:** 6 p.m.

Includes: transportation for the first seven (7) participants who sign up, boat ride, snorkeling equipment, lunch, snacks, sodas and water.

Cost: \$110 pp

Culebrita's Tortuga Beach & Iconic Lighthouse Tour

Activity type: Sightseeing / Hiking / Beach Day

Place: Culebra Island

Date: Saturday, August 1

Difficulty Level: Medium

Depart: 5:30 a.m. • **Return:** 6 p.m.

Includes: transportation for the first seven (7) participants who sign up, a hike to Culebrita's Lighthouse (lots of photographic opportunities), lunch, snacks and soft drinks.

Cost: \$110 pp

Please note: events may be cancelled in the event of minimal participation. All tours meet social distancing protocols; all customers using FMWR transportation are required to use masks at all times.

EQUIPMENT RENTAL

Power tools:

	Daily	Weekend
- Floor Buffer Machine	\$19	\$29
- Rotary Hammer	\$25	\$39
- Gas Trimmer	\$10	\$19
- Water Pressure Washer 4000 PSI	\$39	\$69

Birthday party equipment:

	Daily	Weekend
- Popcorn Machine	\$19	\$29
- Cotton Candy Machine	\$19	\$29
- Snow Cone Machine	\$19	\$29
- Nacho Machine	\$19	\$29

VEHICLE STORAGE LOT

You can store: • Four Wheel Vehicle • Boat with Trailer Camper Trailer • Double Axle Truck • Utility Trailer • Trailer or RV

Vehicle length	Monthly	Yearly (non-refundable)
- Under 20 feet	\$45	\$495
- 20 - 35 feet	\$55	\$605
- Over 35 feet	\$65	\$715

787- 707- 3734 / 3138

**AUTOMOTIVE
SKILLS CENTER**

OIL CHANGE

For appointments or
more information call
787-707-3972

Featuring

PROLINE

A Full Synthetic Dexos
Approved Oil & OEM
rated.

**HOURS OF OPERATION
DURING JULY**

Monday through Friday:
7:30 a.m. - 4 p.m.

We are located
beside the
Bowling Center.

Special Offers

**Oil Filter and up to 5 Quarts
of 0W-20, 5W-20 & 5W-30**

Includes complementary
Basic Safety Inspection.
Environmental disposal included.
Additional oil quart for \$5.

\$49

**Oil Filter and up to 5 Quarts
of 0W-20, 5W-20 & 5W-30**

Includes complementary 20 Point
Safety Inspection, Fluid Top Off &
Tire Rotation. Environmental disposal
included. Additional oil quart for \$5.

\$59

Stop by our shop to check if all the fluids in
your vehicle are within the proper level!
Did you know that fluids such as coolant,
brakes, power steering and others, keep
your vehicle running? Proper maintenance
will help with the durability and performance
of your vehicle. You may also rent a bay to
work on your vehicle, using your own tools,
or ours at no extra cost!

VEHICLE RESALE LOT

**Getting ready to sell a car?
MWR Vehicle Resale Lot**

Fees:

\$30 per vehicle for one month

Vehicles Permitted:

Cars

Trucks

Motorcycle

4 Wheelers

(vehicles must fit in a single parking spot)

Required Documents

Government ID Card

Insurance and Registration

For more information please contact,
Automotive Skills Center (787)707-3972



Use your benefits in your University,
UAGM Online Campus

100% Online

Eligible Chapters for the GI Bill

**Chapter 33
(POST 9/11)**

For Individuals who served in active service after September 11th, 2001. These benefits will be determined in accord with service time in the military.

**Chapter 30
(MONTGOMERY
GI BILL)**

A program for active service. This applies to veterans who served actively in military branches for a minimum of 24 months and were granted Honorable Discharge.

**Chapter 35
(DEPENDANT
ASSISTENCE)**

This applies for dependants of veterans who actively served for 24 months and were granted 100% disability or passed away while in active duty.

**Chapter 1606
(MONTGOMERY
GI BILL RESERVA)**

Active reservist with a minimum commitment of 6 years after the 30th of June of 1985.

Visit us at:
militaresonline.com

Contact us:
(787) 288-1118

Correo Electrónico
vaaffairsonline@uagm.edu

Veterans • Direct Dependants (Spouse & Child)
U.S. Army • U.S. Airforce • Marines • U.S. Coast Guard

Accredited by the Middle States Commission
of Higher Education.

GOLF CLUB Snack Bar Menu

To order: 787-707-3559

Breakfast

Breakfast Sandwich two eggs, ham & cheese	\$4
Coffee (10 oz.)	\$1.75

Hot Dog \$6

Sandwich
or Wrap \$8

Ham & Cheese, Albacore Tuna
or Turkey Swiss

Cheeseburger \$8.25

SERVED WITH:

French fries and a
soft drink or water.

Open Tuesday, Wednesday,
Friday & Saturday from
7 a.m. - 5 p.m.



Exceptional Family Member Program EFMP VIDEO CONFERENCES:

Register by sending email to raymond.morales.civ@mail.mil

RESILIENCY AND SPECIAL NEEDS

Tuesday, July 21, 5 p.m. - 6 p.m.

Learn how to build resilience
for effectiveness and well-being.

EFMP/ADVANCE WEB SEARCH

For resources related to special needs.

Tuesday, July 7, 5 p.m. - 6 p.m.

Tuesday, July 28, 10 a.m. - 11 a.m.

Learn how refine and combine searches,
and to search for useful resources
at relevant websites.



ARMY COMMUNITY SERVICE

All Army Community Service (ACS) programs support the military community in maintaining readiness by coordinating and delivering comprehensive, responsive services that promote self-reliance, resiliency, and stability.

Currently supporting the Fort Buchanan Community at ACS Bldg. 225, Davis Street, by appointment. We are available via phone/email.

Army Community Director (ACSD) 787-707-3292
787-221-7612

Implements, manages, and evaluates all ACS programs to ensure services comply with Army guidelines. wilda.diaz3.civ@mail.mil

Information & Referral (I&R) 787-707-3804/3948

Maintains a comprehensive network of internal & external agencies, services & programs. liza.i.muniz-miranda.civ@mail.mil

Army Family Team Building (AFTB) 787-707-3290

Provides training and knowledge to spouses and Family members to support the total Army effort. ernesto.berriosrivera.civ@mail.mil

Financial Readiness Program (FRP) 787-707-3310

Provides consumer & financial affairs assistance such as budget counseling, debt liquidation, and financial planning. edwidg.pedre2.civ@mail.mil

Exceptional Family Member Program 787-707-3295

Ensures Families with special needs have a core program that provides comprehensive & coordinated community support. raymond.morales.civ@mail.mil

Army Emergency Relief (AER) 787-707-3310

Provides emergency financial assistance in times of distress, offering 0% interest loans and/or grants, and scholarships. edwidg.pedre2.civ@mail.mil

Family Advocacy Program Prevention 787-707-3709

Provides services that strengthen families' relationships by providing the tools to maintain safe & nurturing homes.

Victim Advocate Services 24/7 helpline: 787-221-7982
FAP Treatment at Rodriguez Army Health Clinic - 787-707-2050 On-Call: 787-420-9316

Sexual Harassment and Assault Response Program (SHARP) 24/7 helpline 787-406-4222

Provides comprehensive sexual harassment and assault prevention and response coordination for Garrison assets and tenant units. 787-707-3518; pallas.l.cryer-harris.civ@mail.mil

Military and Family Life Counselor 787-685-3429
787-685-3423

MFLCs deliver face-to-face counseling services, briefings, and presentations to the military community both on and off the installation.

Army Volunteer Corps (AVC) 787-707-3365

Serves as the central point of contact for volunteer opportunities & recognition at Fort Buchanan. ivette.davila.civ@mail.mil

Relocation Readiness Program (RRP) 787-707-3682
787-707-3290 / 3481/3292

Supports military Families through educational training, guidance & outreach efforts. Newcomers briefing, welcome packets, pre & post-move counseling, and Lending Closet. ernesto.berriosrivera.civ@mail.mil; pallas.l.cryer-harris.civ@mail.mil

Employment Readiness Program (ERP) 787-707-3365

Provides employment assistance to Soldiers and Family members such as career counseling, job coaching, and interview preparation, job search assistance, and referral. ivette.davila.civ@mail.mil

Mobilization and Deployment Readiness 787-707-3290

Assists Soldiers & Families during all phases of deployment and training opportunities. ernesto.berriosrivera.civ@mail.mil

Army Family Action Plan (AFAP) 787-707-3290

Alerts Commanders and Army leaders to areas of concern and issues that need their attention. 787-707-3295 -ernesto.berriosrivera.civ@mail.mil

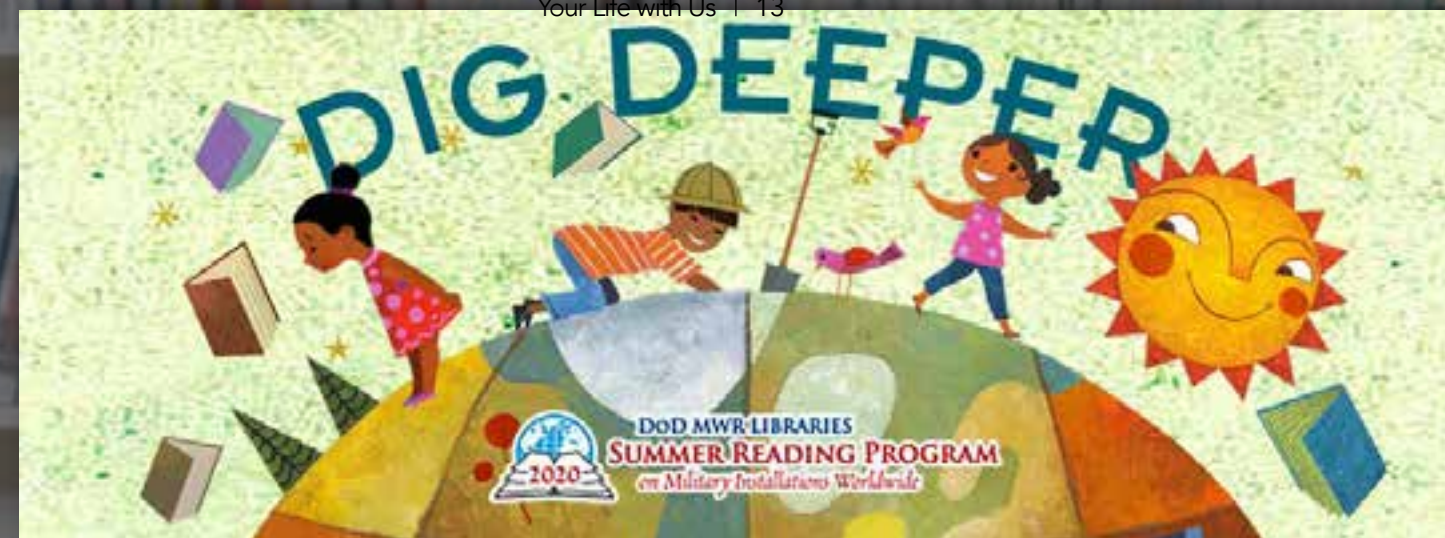
Master Resilience Training (MRT) 787-707-3295

The Comprehensive Soldier and Family Fitness (CSF2) program was established by the Army to increase the resilience and performance of Soldiers, Family members and the Department of the Army (DA) civilians. raymond.morales.civ@mail.mil

Survivor Outreach Services (SOS) 787-707-3292

Provides short-term and long-term support to the Survivors of Fallen Service Members. wilda.diaz3.civ@mail.mil

Please note that social distancing measures are in effect.



DoD Virtual Summer Reading Program Ongoing until August 31

Readers can pre-register at any time now at <https://DoDVirtualSRP.beanstack.org/>. Participants are automatically entered into gift card random drawings in Virtual SRP for \$20 gift cards per age group that will be awarded. They need to read at least an hour that week to be entered into the drawing. Readers who log the most minutes in each age group (week ending 23.59 Saturdays ET) also get a gift card.

For more information please call 787-707-3208.

