















HISPANIC HERITAGE PRIDE

We embrace the many traditions, culture, customs, and beliefs Puerto Ricans inherited from its Spanish ancestors. Family and MWR offers Hispanic dishes in it's local dining facilities menus, Hispanic music in its special events, and rejoices with the dancing that never stops! That is what makes Fort Buchanan's Community so special! We invite you to continue to enjoy the diverse offering in our facilities. Don't skip the "lechón" and "tostones" from the "Boringuen Bar & Patio", Golf Club, and Bowling Center's menus, or miss an "Outdoor Recreation" or "Leisure Travel Services" trip to the Island!

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

Family and MWR Director Ms. Lillian Orlando

Ms. Lillian Orlando Acting Programs Director

Marketing Manager/Editor

Mr. Carlos R. Sotomayor Bldg. 151, Patriot Blvd. Fort Buchanan

Marketing Specialist Ms. Iralis Jiménez

Graphic DesignerMs. 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

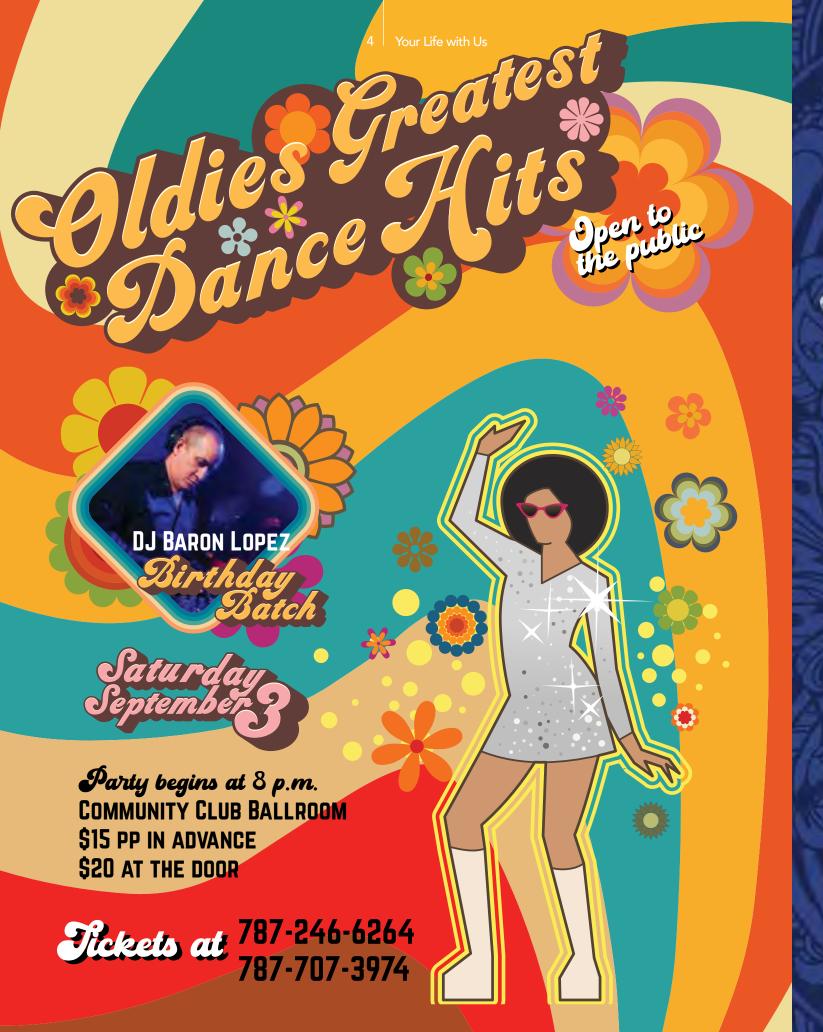
at 787-707-3711 or email: iralis.jimenez.naf@army.mil

www.buchanan.armymwr.com Facebook and Instagram: buchananmwr



MWR-ICE-QR

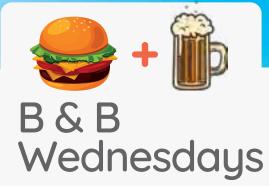
Tell us how we served you.



Your Life with Us 5 OPEN THE PUBLIC **FORT BUCHANAN PRESENTS** IMMORTAL FREE ENTRANCE 60s, 70s, 80s & 90's **JAZZ & BLUES** FOR MORE INFORMATION RO'S MUSIC BAND GREY GOOSE SEPTEMBER 2 5 PM - 9 PM AT THE BORINQUEN BAR & PATIO endorse sponsors. Do not drink and drive.

Your Life with Us

boringuen



ENJOY OUR TASTY 1/2 POUND BORINQUEN BURGER PAIRED WITH LOCAL PREMIUM BEER OR SOFT DRINK FOR ONLY \$8.95



RELAX AND ENJOY A \$19 PROSECCO BOTTLE OR 5 X \$12 HEINEKEN BUCKET WITH A COMPLIMENTARY TAPA OF THE NIGHT. One (1) per customer

5 X \$10



It's Bierness

GREAT AMBIANCE, MUSIC, AND FUN. MEDALLA AND MAGNA **BUCKET OF 5FOR \$10**

AUGUST TRIPS

To reserve your space, contact Outdoor Recreation at 787-707-3734/3138, or send an email to kevin.o.laluzivera.naf@army.mil



Toro Negro State Forest Hiking Adventure

Date: Saturday, August 06, 2022 Departs: 6:30 a.m. Return: 5:30 p.m.

The Toro Negro Forest (Bosque Estatal de Toro Negro) is located in the south/central part of the island. It comprises several different "forests" spread out across a few towns in the central mountain range (Cordillera Central). Altogether, it adds up to about 6945 acres of land. Within the various forest regions, there are some "points of interest" — the *Doña Juana* | waterfall, the highest point on the island, camping facilities, hiking trails, rivers, and "charcos (natural swimming pools). You 🦳 have the opportunity to see many species of trees, orchids, other plants, birds, and animals.

- Activity type: Hiking / Sightseeing
- Place: Ciales, PR
- Difficulty: Medium / Hard
- Includes: Transportation, water, snacks, 2.5-hour hike into the forest, and visit the famous Orocovis BBQ ribs place Las Cabañas de Doña Juana.

Cost: \$49



Bioluminescent Bay Kayaking Adventure

Date: Saturday, August 27, 2022 Depart: 6 p.m. Return: 11 p.m. Later Bio Bay tour: Excellent for experienced kayakers. Good physical condition is required. Expect total darkness. You'll be able to enjoy the tranquility of the lagoon under the night skies full of stars.

- Activity Type: Kayaking
- Place: Fajardo, PR
- Difficulty: Medium / Hard
- Includes: Transportation, Bio Bay tour guided by a certified Marine Biologist trained in First Aid & CPR, All required safety equipment, specialized equipment (2-person kayak, etc.), water, kayak "Lesson 101" before the trip, safety orientation, and most of all... lots of fun.

Cost: \$65



Experience terrifying haunted houses, electrifying scare zones, outrageous live entertainment and unforgettable frights at Universal Orlando Resort's Halloween Horror Nights, where your worst nightmares come to life.

TICKETS AND PACKAGES ON SALE NOW. Contact: 787-707-4344/4343 fortbuchananlts.mwrtvl.com www.buchanan.armymwr.com Your Life with Us

AUTOMOTIVE SKILLS CENTER

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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.

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.

For appointments or more information call 787-707-3972

HOURS OF OPERATION

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

We are located beside the Bowling Center.





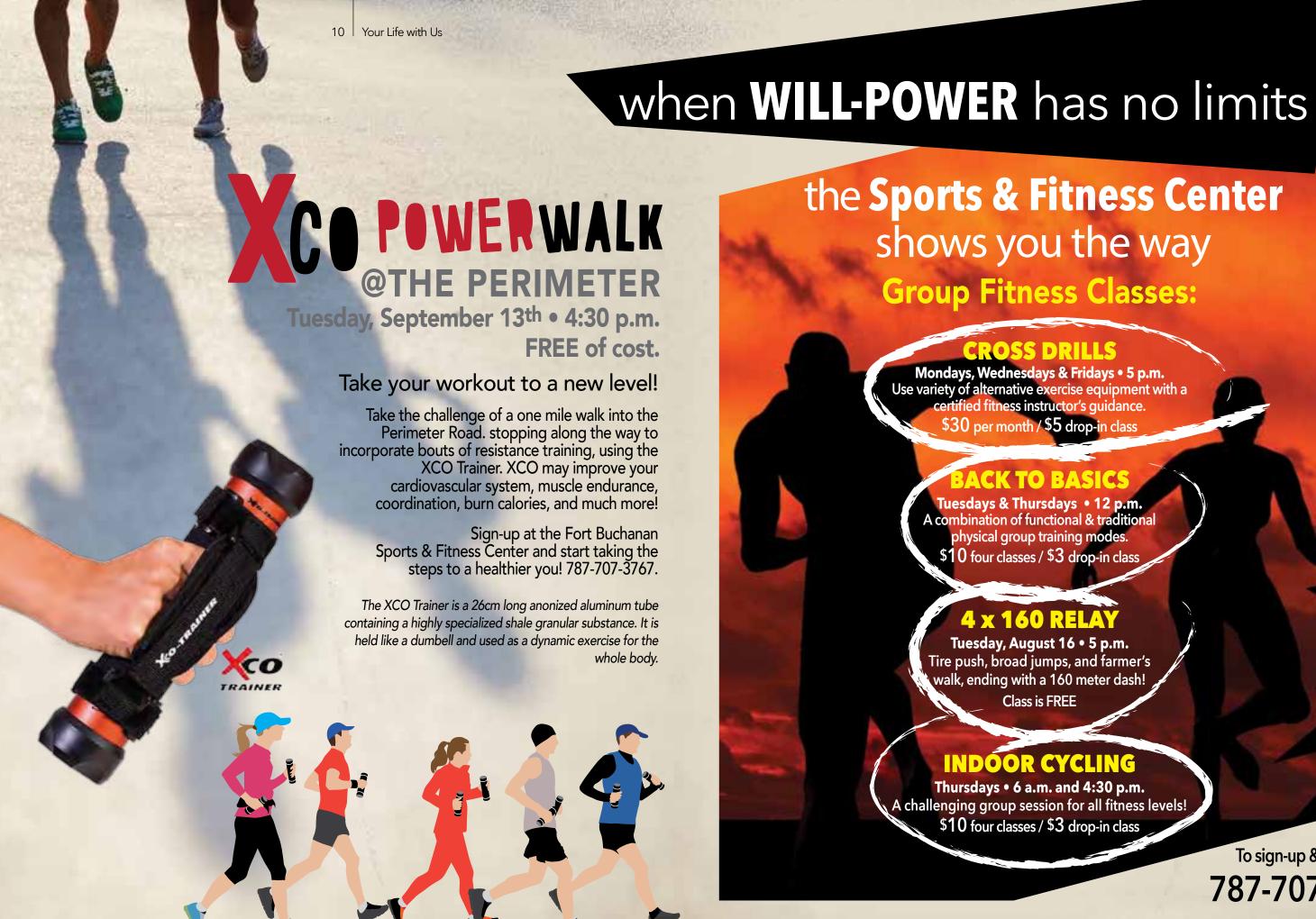
MEMBERSHIP FEES Category	Daily Fees 9 holes	Daily Fees 18 holes	Annual Fees (Single)	Annual Fees (Family)
E1 - E5 Active Duty, Juniors 17 and under	\$10	\$16	\$660	\$1050
Service Members E6 - E9 and OI and up, all Retirees/All other authorized	\$16	\$25	\$1050	\$1,575
MWR Card members	\$20	\$35	\$1,500	\$2,250



OUT MORE!

Cart Fees (all categories): 9 holes \$12 / 18 holes \$18
Range Balls: small bucket \$4 / large bucket \$7
Golf Clubs Rental: \$15





the Sports & Fitness Center shows you the way **Group Fitness Classes:**

> Mondays, Wednesdays & Fridays • 5 p.m.
> Use variety of alternative exercise equipment with a certified fitness instructor's guidance. \$30 per month / \$5 drop-in class

physical group training modes. \$10 four classes / \$3 drop-in class

Tire push, broad jumps, and farmer's walk, ending with a 160 meter dash!

Thursdays • 6 a.m. and 4:30 p.m. A challenging group session for all fitness levels! \$10 four classes / \$3 drop-in class

To sign-up & information

787-707-3767



OCTOBER Sth COMMUNITY CLUB

PARKING AREA

Save the date, more details to come. www.buchanan.armymwr.com









Adult Volleyball League participants 18 and over The price per team is \$50.00. Coaches meeting on September 15 at 5 p.m.

AT THE ROOFED BASKETBALL COURT MONDAY, SEPTEMBER 19 · STARTS AT 5:30 P.M.

Sports & Fitness Center 787-707-3767 / 3763

12 Your Life with Us

THE COQUI

Includes:

- 2 lanes
- two hours of fun
- shoe rental
- two medium pizzas with 1 topping (12 slices)
- unlimited fountain soft drinks
- up to 12 guests

\$150

For all packages you can bring your own cake and decoration.

UIP PACKAGE

Bowling Center

The Fort Buchanan Bowling Center offers an easy and fun way

to celebrate your kids' birthday.

Includes:

- 4 lanes
- two hours of fun
- shoe rental
- four medium pizzas with 1 topping (24 slices)
- unlimited fountain soft drinks
- up to 20 guests

\$250

EXTREME PARTY

Includes:

- 6 lanes
- two hours of fun
- shoe rental
- five medium pizzas with 1 topping (30 slices)
- unlimited fountain soft drinks
- Birthday Bowling Pin
- up to 30 guests

787-707-2568/3272



DOUBLE TENNIS TOURNAMENT

Saturday, August 16-18 starting at 5 p.m. at Tennis Court Categories will be divided if the pair

Register at SFC 787-707-3767

ranks 6.0 and under or 6.5 and over. Format will depend on the amount of

*Individuals can be assigned a partner depending on the level of play.

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SCHOOL 14 | Your Live LIAISON OFFICE

UNITED STATES ARMY
CHILD® YOUTH SERVICES

Year-round services Bldg. 136



School Support Services

The School Liaison Officer is a parent's best support in the area of education and schools.

School Liaison provide:

- Transition and Deployment Support
 Youth Sponsorship Program
- Installation and School Communication
- Homeschool Connection (currently looking for families using Homeschooling in our community)
- Post-Secondary Opportunities
- Partnerships in Education



Please reach out to Fort Buchanan CYS School Liaison Officer if you need assistance or more information about any of the services.

Karina V. Altagracia Espada

CYS School Liaison Officer
Office Hours:
Monday to Friday
from 9:00 am to 3:00 pm
Office: 787-707-3400
Cell phone: 939-227-4779
karina.v.altagraciaespada.naf@army.mil





On Friday, 24 June 2022, Child and Youth Services celebrated the graduation of 20 youths who participated on our 4H/Army Child & Youth Services Babysitting Course. They learned about child development, nutrition, safety, entertaining children and how to market your business. With the guidance of our American Red Cross Instructors, the participants also had the opportunity to obtain their certification in CPR & First Aid.

We would like to thank Ms. Carmen Hernandez and Ms. Aryanex Rivera, CYS Trainers, Ms. Iris Guilbe and Ms. Idalis Ríos, CDC and MST Supervisory Program Specialists, Ms. Giovanna Echevarria, CYS Nurse Consultant, Mr. Gary Wayne Chastain, Youth Sports Program Director and Ms. Iralis Jiménez, MWR Marketing Specialist, for the support provided teaching our participants the basics of babysitting. Thank you to all the staff who also collaborated to the success of this course.

If you are looking for *Babysitting Services*, a *Babysitters Referral List* will be available for our eligible customers at Parent Central Services Bldg. 136 Constitution Ave. Fort Buchanan. Our hours of operation are Monday through Friday from 7:30 a.m. - 5 p.m., 787-707-3787/3541.





Women's Empowerment SELF DEFENSE CLASS Thursday, October 6th

12 p.m. - 1 p.m. Cabaña Picnic Area

Arm yourself with knowledge. Self defense is not only physical.

EFMP Exceptional Family Member Program

To register, please call the Family Advocacy Program at 787-707-3709 or email ruth.e.gonzalez.civ@army.mil. Registration is necessary to participate.



TSP Friday, 22 July9 a.m. - 11:30 a.m.

Saving & Investing Monday,

Monday, 15 August 9 a.m. - 10:30 a.m. Credit Card and Consumer Loans

Tuesday, 6 September 9 a.m. - 10:30 a.m.

The Financial Readiness Program offers information on financial management topics including: Investing, Insurance Needs, Financial Education Goals, Preparing for Transition and Retirement, Blended Retirement System. TSP, and Major Purchases.







787-707-3295 or email

raymond.morales.civ@army.mil

United Against Domestic Abuse BROWN BAG LUNCH

Participants will learn how domestic/intimate partner violence can affect their co-workers personal and professional life, as well as their productivity. Also, how to support their co-workers and the available resources to help.

Friday, October 14 11:30 a.m. - 12:30 p.m. ACS, Bldg. 225, Davis Street

For more information call 787-707-3709 ruth.e.gonzalez.civ@army.mil





Saturday, October 1st

8 a.m. - 10 p.m.

Domestic abuse doesn't just affect people. Pets can become a part of the abuse tactics used by perpetrators as a means of cohercion and control.

Join us at the running track besides DPW (behind the Automotive Skills Center) to learn more!

Register at 787-707-3709, ruth.e.gonzalez.civ@army.mil







RECRUITING

SEEKING FOR VOLUNTEERS TO SUPPORT THE FORT BUCHANAN COMMUNITY DURING EMERGENCY SITUATIONS SUCH AS NATURAL DISASTERS AT THE ARMY COMMUNITY SERVICE (ACS) EMERGENCY FAMILY ASSISTANCE CENTER (EFAC).

FOR ADDITIONAL INFORMATION PLEASE CONTACT THE ACS DIRECTOR AT 787-707-3292 WILDA.DIAZ3.CIV@ARMY.MIL.

OTHER POINT OF CONTACT: ARMY VOLUNTEER CORPS COORDINATOR AT 787-707-3692 DAMARIS.QUINTANANUNEZ.CIV@ARMY.MIL



FORT BUCHANAN

Haunted House

Every Friday and Saturday during October, 5 p.m. to 12 a.m. at FMWR Conference Center. Tickets: Children 12 years and under \$15, adults \$20

Every Friday and Saturday during October, 5 p.m. to 11 p.m. at Borinquen Bar & Patio. Enjoy drink specials and entertainment.

Saturday 29th, 5 p.m. to 2 a.m. at FMWR Conference Center. Enjoy a night with the haunting music beats of DJ Ivan Robles. Tickets: \$15 in advance or \$20 at door

FOR INFORMATION AND TICKETS, CALL 787-246-6264 OR 787-707-3974, 4391



*The US Army does not officially endorse sponsors. Do not drink and drive. Choose a designated driver.