



 **LIFE**  
with **US**

**FORT BUCHANAN** APR. MAY. JUN. 2025

Let's Carve Juicy Smiles this Summer

# FIESTA PAINT & SIP

FRIDAY, APRIL 4

6 PM - 10 PM  
DOORS OPEN AT 5 PM  
COMMUNITY CLUB

OPEN TO THE PUBLIC  
FEE: \$55 PP  
INCLUDES PAINTING MATERIALS  
AND ONE COMPLIMENTARY DRINK.

TICKETS AT EVENTBRITE  
787-707-3974/4391•786-890-7324



## Pedrito Guzmán y su Jibaro Jazz

Friday, April **4**  
6 pm - 10 pm  
Doors open at 5 pm



FREE  
ADMISSION  
OPEN TO  
THE PUBLIC

**Borinquen Bar & Patio**



# LIFE WITH US

## CONTENTS



## Embrace the Sunshine: Make the Most of Summer and Leisure Time with Us!

Make the most of your summer and vacation time by joining the exciting recreational events offered by Family and MWR! Whether you're looking for fun, relaxation, or a chance to meet new people, we have activities for all ages and interests. From sports events and fitness classes to arts, crafts, and family-friendly events, there's something for everyone. Take advantage of the warm weather, stay active, and create unforgettable memories. Don't miss out—come and enjoy the season with us!

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

**Family and MWR Programs Director**  
Mr. Daniel E. Cain

**Marketing Manager**  
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@army.mil



**Facebook & Instagram:**  
[buchananmwr](#)

MWR-ICE-QR Interactive Customer Evaluation

TREAT THE SPECIAL WOMEN IN YOUR LIFE  
TO AN UNFORGETTABLE

# Mother's Day Brunch

*at Fort Buchanan Community Club  
with delicious food and the smooth sounds  
of live saxophone music by*

**BENNY MARÍN  
AND HIS SAX  
AND DJ MUSIC**

***SUNDAY, MAY 11***

**TWO SESSIONS: 11 AM & 1:30 PM  
OPEN TO THE PUBLIC!**

Seats are limited—Reserve your tickets today!

***Price until May 6th:***

*\$39.95 Adults / \$18.95 Children ages 6-12  
Children ages 5 and under complimentary*

***Price after May 6th:***

*\$49.95 Adults / \$24.95 Children*



*Tickets at Eventbrite*

*787-707-3215/3515 or cel.786-890-7318*

*Make this Mother's Day one to remember! 🇵🇷*

SAVE THE DATE  
OPEN TO THE PUBLIC

# JAPANESE WHISKEY EXPERIENCE

4 COURSE JAPANESE WHISKEY TASTING & PAIRING

Friday, April 4 • 7 pm  
Community Club

Discover the rich flavors of expertly selected Japanese whiskeys, perfectly paired with delicious Chef dishes to enhance every sip. Whether you're a whiskey enthusiast or a curious beginner, this event is the perfect way to explore unique pairings, learn from experts, and enjoy great company.

\$75 PER PERSON

Tickets at Eventbrite.

Reserve now, spaces are limited!



No official U.S. Army endorsement implied. Do not drink and drive. Choose a designated driver.

Maxime your retirement plan  
and savings!

CONTACT US



MALDO-GROUP.COM



787-925-4878



FACEBOOK.COM/MALDOGROUP



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your appointment!

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- ROLLOVER
- IRA ACCOUNT/FEDERAL LIFE INSURANCE
- AND MORE...



LUIS MALDONADO, CEO  
FEDERAL/PRIVATE/INDIVIDUAL  
UEI: PN3XHUANXWBB

# borinquen

bar & patio

TRIBUTE TO

»» JUAN  
»» GABRIEL

*Amor Eterno*

FRIDAY, MAY 2  
5 pm - 10 pm

Music performance by:  
**Eddie Ramírez**  
and his Live Band!  
*Impersonator Show*

FREE ADMISSION  
OPEN TO THE PUBLIC



*Karaoke*  
NIGHT

borinquen  
bar & patio

FRIDAY, JUNE 6 • 5 PM - 10 PM  
FREE ADMISSION • OPEN TO THE PUBLIC



SAVE  
THE DATE  
OPEN TO  
THE PUBLIC

WINE & FOOD  
PAIRING

"VIVA LA VINO"  
JUNE 6  
7 PM - 10 PM

borinquen  
bar & patio



# Reynold Alexander Supernatural

Discover a world where magic is real, and the impossible becomes possible.

JUNE

7

8 PM

Live

the

Magic



**FORT BUCHANAN  
COMMUNITY CLUB  
OPEN TO THE PUBLIC**

**VIP \$35 • Preference: \$30 • General \$20**

Tickets in advance highly recommended, get yours at

**Eventbrite.com**

The Waterspout invites you...

8

Your Life with Us

Splashes & Hugs:  
*Mother's Day  
Poolside  
Celebration*



**SATURDAY, MAY 10**  
1 pm - 4 pm

This Mother's Day, we're making a splash! Join us for a fun-filled pool party! Food, drinks, and good vibes to celebrate all the amazing moms. A surprise for all moms!



*Dad's  
Splash Bash*  
ON FATHER'S DAY



**SATURDAY, JUNE 14**  
1 pm - 4 pm

Bring your swimsuits, towels, and biggest smiles! Let's show our Dads how much we love and appreciate them.

REGULAR FEES APPLY FOR BOTH EVENTS.

FOR AUTHORIZED ID CARD HOLDERS.

**787-707-3550**



# 4TH OF JULY



★ P ★ A ★ R ★ T ★ Y ★

**AT THE WATERSPOUT**

FRIDAY, JULY 4TH  
10 AM - 5 PM

FOOD & BEVERAGE  
FOR SALE

REGULAR FEES APPLY  
787-707-3550

AUTHORIZED ID CARD HOLDERS: ACTIVE DUTY, RESERVE, RETIRED,  
100% VETERANS, DOD CIVILIANS AND THEIR FAMILIES.



**Welcome**  
*Summer*  
*at the Waterspout*

**SUMMER HOURS OF OPERATION:**  
MAY 26TH TO SEPTEMBER 1ST

**TUESDAY THROUGH SUNDAY 10 AM-6 PM**  
**787-707-3550**

AUTHORIZED ID CARD HOLDERS: ACTIVE DUTY, RESERVE, RETIRED,  
100% VETERANS, DOD CIVILIANS AND THEIR FAMILIES.

# Outdoor Recreation Adventures

Create Unforgettable Memories!

## BOATING SKILLS & SEAMANSHIP COURSE

7 day course from  
April 8 - April 17  
6 pm to 9 pm

The only course authorized by the USCG, NASBLA and the State Department of Natural Resources in order to qualify for a recreational boating operator permit.

- Place: Fort Buchanan, Coboña Picnic Area
- All students need to attend all class days and comply with the instructor requirements in order to get certified.
- Class includes: Textbook and Exam
- Cost: \$89pp / Note: There is an additional cost of \$15 collected by the DRNA for preparing the certificate.
- The permit issued by the State Department of Natural Resources, after passing the course, is the official way to command a recreational craft up to 85 feet in length on the island.



## OUTDOOR RECREATION FUN FEST

Thu., Fri., & Sat.  
April 10, 11 & 12

A perfect opportunity to bring your children and experience different fun attractions. Target shooting, bouncy houses and mini games available for everybody to enjoy.

- **Hours:**  
Thursday and Friday 9 am to 6 pm  
Saturday 9 am to 2 pm
- Place: Fort Buchanan, ODR Bldg. 608
- Includes: Bouncy Houses, Target Shooting and mini games.
- Pop Corn, Cotton Candy, Snow Cones and drinks available for sale.
- Cost: Unlimited Bouncy Houses and mini games: \$5 / Target Shooting: \$3



## ROAD TRIP TO SAN SEBASTIÁN

Saturday,  
April 26  
7 am to 4:30 pm

San Sebastián is located in the mid-northwest of the island and is well known for its rich history, lovely architecture and natural beauty. Join us!

- Place: San Sebastián, PR
- Difficulty Level: Easy
- Includes: Transportation, snacks, refreshments, "Gozalandia" natural waterfalls visit, Historic Museum of San Sebastián and Downtown visit.
- What to bring: Sun protection, cash for food and comfortable shoes for long walks
- Cost: \$49 pp



## LEARN FISHING OR KAYAKING AT LAS CASAS LAKE

**First Saturday of every month  
9 am to 2 pm**

This lake is a hidden gem located in the center of Fort Buchanan. Learn to kayak or just enjoy the flora and fauna of the area. Also a great spot for enjoying a catch and release fishing day!

- Kayaking and fishing equipment is available for rent. **Double kayak: \$12/ Single: \$8**
- Safety equipment included
- **Fishing pole with supplies: \$10**
- Refreshments available for sale
- Children under 18 y/o must be always accompanied by an adult.
- Participants must be 5+ years old. Children 18 and under must be accompanied by an adult at all times.

## ROAD TRIP TO BARRANQUITAS

**Saturday, May 10  
7 am to 4:30 pm**

Discover Barranquitas, a charming town in Puerto Rico's Central Mountain Range. Known for its stunning landscapes and rich history. We will visit different locations and explore the San Cristóbal Canyon area, a natural wonder with waterfalls, hiking trails and amazing views. This trip offers a perfect mix of adventure and history.

- Place: Barranquitas, PR
- Date: Saturday, May 10, 2025
- Difficulty Level: Easy
- Includes: Transportation, snacks, refreshments.
- What to Bring: Sun protection, cash for food and comfortable shoes for long walks
- Cost: \$39 pp



## OUTDOOR ARENA EXPERIENCE

**Thu., Fri., & Sat.  
May 29, 30, & 31**

Step into the action at our Outdoor Arena Experience, the ultimate battle! Improve your skills and enjoy the high-energy fun ground for airsoft enthusiasts!

- **Hours:**  
**Thursday & Friday 9 am to 6 pm**  
**Saturday 9 am to 2 pm**
- Try-out our new Airsoft Arena, where you and your friends can engage in intense, strategy-driven battles. Compete in thrilling team matches or sharpen your shooting accuracy in target practice sessions. For beginners or experienced players.
- Place: Bldg. 608, Fort Buchanan
- Refreshments available for sale
- Requirements: for competition games participants must be 12+ years old, children 18 years and under must remain accompanied by an adult.
- Cost: \$10 pp



## CULEBRA ISLAND BEACH TRIP

**Saturday, June 7  
6 am to 5 pm**

Enjoy a fantastic snorkeling day trip to the best beaches and snorkeling spots in the clear waters of Culebra Island. You will snorkel the beautiful white sandy beaches where sea turtles nest and the underwater sea life will amaze you with a variety of fish and colorful reef gardens.

- Activity type: Sightseeing & Snorkeling / Beach Day
- Place: Culebra Island
- Difficulty Level: Easy/ Moderate
- Includes: Transportation to the port, private boat service, lunch, snacks and refreshments.
- What to bring: Sun protection, change of clothes, small backpack.
- Cost: \$129 pp



## KAYAKING ADVENTURE AT LA PARGUERA

**Saturday, June 28  
6 am to 4:30 pm**

Experience one of the best kayaking experiences we offer! La Parguera, located on the Southwest side of Puerto Rico where we will visit different keys full of sea life and crystal-clear water.

- Activity type: Kayaking
- Place: Lajas, La Parguera
- Difficulty Level: Moderate/ Hard
- Includes: Transportation, snacks, refreshments.
- The adventure is physically demanding, participants are required to be in good physical condition to participate.
- Cost: \$69 pp

**BOOK NOW**

**Contact Us**

**787-707-3734/3138 • 786-266-2445**



## Earth Day

### 3 Mile Perimeter Road Hike

Hill walking increases leg-muscle power; improves fitness; and uses the legs, arms and core muscles in ways that are different than walking on a flat surface. Also improves your cardio-vascular system, muscle endurance, coordination and burns calories. Invite a comrade, and enjoy the walk!

#### • Tuesday April 22

5 pm, meeting at  
SFC Bldg 148,  
Bailey Road.

NOTE: Wear athletic attire and footwear. Bring an hydration beverage. For more information call 787-707-3767.

## Let's Play Hoover Ball!

Let's go outside and have some fun! Created in 1929 to keep US President Herbert Hoover physically fit, Hoover Ball use to be a one of the most popular sports in the White House. Now days it is played at military bases overseas and in gyms nationwide. This outdoor team sport consists of the players throwing and catching a medicine ball over a volleyball net.

**WEIGHTED MED BALL-** Catching, throwing, passing a 8-10 lbs. weighted med ball, jumping, stooping, walking, changing direction, falling in uneven sand terrain. This challenging game may improve muscular and cardio endurance, sharpen your motor skills, and burns calories.

#### • Tuesday, June 24

5 pm, Fort Buchanan Sandpit,  
Cabaña Picnic Area



# LET'S GET PHYSICAL!

## Obstacle Course Challenge

Provides the Fort Buchanan Community with an exciting group exercise relay challenge to stay physically and mentally fit during May as we celebrate the Strong BANDS Month.

### May 2025

9 am • Date & location to be announced, be on the watch for more details.

\$40 per group

For Adult Functional Fitness Enthusiasts.

**787-707-3767**

Wear athletic attire and footwear.  
Bring an hydration beverage.



**#STRONGBANDS**

# ACCESS

ROBERTO CLEMENTE  
WALKER ANNEX  
BLDG.170

## 24/7 FITNESS



### PRE-ORIENTATION IS REQUIRED

**THE WAIT IS OVER! WE ARE NOW  
OPERATING 24/7. YOU MUST COMPLETE A  
MANDATORY PRE-ORIENTATION TO GAIN  
ACCESS TO BUILDING 170 AT ALL HOURS.**

**LEARN ABOUT  
FACILITY RULES,  
SECURITY  
PROTOCOLS, &  
PRIVILEGES.**

**VIRTUAL SESSIONS  
\*VIA TEAMS**

**TUESDAYS & THURSDAYS:**  
11 AM OR 2:30 PM  
\*A Federal Government email  
is required

**IN-PERSON SESSIONS**

**WEDNESDAYS & FRIDAYS:**  
6 AM, 12 PM, OR 5 PM  
**SATURDAYS:**  
10 AM OR 11:30 AM

GET MOTIVATED, AND STAY ENERGIZED! VISIT  
US, REGISTER FOR OUR PRE-ORIENTATION, AND  
GET A 24/7 ACCESS TO FITNESS.  
OPEN FOR AUTHORIZED ID CARD HOLDERS



**SIGN UP TODAY! VISIT THE  
FITNESS CENTER (BLDG. 148)  
OR ANNEX (BLDG. 170) TO  
REGISTER.**

**787-707-3767**





Universal Epic Universe 1-Park 1-Day Tickets are now available for purchase with an activated 2025 Military Freedom Pass. Enjoy a day at Universal Orlando's amazing new theme park, opening May 22, 2025.  
*Restrictions apply.*

Visit Leisure Travel Office, Bldg. 660 (Fort Buchanan Community Club), or call 787-707-4344/4343 for more details.

THE FORT BUCHANAN LIBRARY IS EXCITED TO ANNOUNCE



**MOON, MARS  
and BEYOND**  
**THE EXHIBIT**

**ONGOING UNTIL  
APRIL 19<sup>TH</sup>, 2025**

Come take part in activities that examine the path towards a permanent presence on the Moon, the International Space Station as the micro-gravity laboratory, and current and future missions to Mars. You will get to explore the differences and similarities between Earth, the Moon, and Mars, how we're getting to the Moon and Mars, how we'll live there, what we'll learn, and more.

**THE EXHIBIT INCLUDES:**

- digital kiosks with content including real time solar images
- a lunar rover game
- an Artemis themed digital jigsaw puzzle table and a three person space quiz
- a hydroponic tomato grow station with samples of simulated soil from Earth, the Moon, and Mars
- an astronaut obstacle course
- dot voting, post-it note, coloring mural stations, and much more...



  
**armymwrlibrary**  
imagine • discover • connect



**FORT BUCHANAN**  
*Golf Club*

Embark on an extraordinary golfing journey at Fort Buchanan Golf Course, where the art of golf meets exceptional service.

**ANNUAL MEMBERSHIP FEES:**

CATEGORY	Single	Family
• EI-E5 Active Duty, Juniors 17 and under	\$660	\$1,050
• AD-E6 and above Retirees, Active DOD employees, and all other authorized	\$1,050	\$1,575
• Civilians/Guests	\$1,500	\$2,250

**JOIN US**

Tuesday through Sunday  
7 am to dusk  
Pro-Shop 787-707-3980/3852

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



# KIDS BOWL FREE

REGISTER YOUR CHILD FOR A  
**SUMMER FUN**  
*Bowling Pass*

**2** FREE GAMES OF BOWLING  
A DAY THIS SUMMER!

TO REGISTER YOUR CHILDREN TO RECEIVE  
**2 FREE GAMES OF BOWLING A DAY THIS SUMMER,**

GO TO **WWW.KIDSBOWLFREE.COM**



MONTH OF THE  
**MILITARY CHILD**

M.O.M.C.

**Celebrating Military  
Children and Youth:  
Building Stronger  
Character & Relationships\***

**April 2025**

April 1-30 Month of the Military Child  
April 1-30 Child Abuse Prevention Month  
April 9 Purple Up!  
April 5-11 Week of the Young Child  
April 25-26 Operation Megaphone



STAND STRONG  
WITH MILITARY  
CHILDREN!





# SUMMER CAMP

- FIELD TRIPS FOR KIDS FROM KINDERGARTEN TO 12TH GRADE
- FUN & CREATIVE ACTIVITIES

3 JUNE  
2025

MONDAY  
TO FRIDAY

FROM 6 A.M.  
TO 6 P.M.

**Kindergarten - 5th grade**  
Requests through:  
[militarychildcare.com](http://militarychildcare.com)

**6th - 12th grade**  
Contact Parent Central Services  
for more information.

*Only for authorized patrons. Limited spaces.*

**787-707-3787, 3541, 3434**

Parent Central Services Bldg. 136



## CHILD FIND EVENT

Free developmental screening (Child Find)  
for children from 0 to 5 years old.

**Tuesday, 29 APR 2025**  
**8:00 a.m. - 2:00 p.m.**  
**CYS School Age**  
**Center Bldg. 1110**

Do you think your toddler or preschooler is not speaking as he/she should for his/her age? Are you concerned that he/she does not play or learn like most children his/her age? Can your child crawl, walk, run, and jump like other children his/her age?

### More info!

Ms. Idalis Rios at  
[idalis.m.rios.civ@army.mil](mailto:idalis.m.rios.civ@army.mil)  
787-707-3295

Ms. Daphne Narvaez at  
[daphne.narvaez.civ@health.mil](mailto:daphne.narvaez.civ@health.mil)  
787-707-2169

This event is targeted to eligible children from the military community, including supported federal agencies (Active Duty military assigned to Puerto Rico on Title 10 orders, AGR, Coast Guard members, Families that are command-sponsored, DoD employees with transportation agreements, and National Guard AGR).



## SPRING FEST

**Saturday, April 12**  
**Cabaña Picnic Area**  
**10 a.m. - 12 p.m.**

### STARTING HOURS BY AGE GROUP:

1-3 YRS. - 10:30 A.M.	7-9 YRS. - 10:50 A.M.
4-6 YRS. - 10:40 A.M.	10+ - 10:55 A.M.

INFLATABLES, MUSIC, REFRESHMENTS, FACE PAINTING,  
AND MORE. PRIZES FOR THE GOLDEN EGG WINNER.

For Authorized Patrons only,  
including Active Duty, Retirees,  
Reserve Military, National Guard,  
DoD Civilians, and dependents.

**787-707-3434/3406**



# ARMY COMMUNITY SERVICE

ACS provides consistent and comprehensive prevention, life skills, response, and transition services through an integrated system tailored to foster the Army's commitment to maximizing Soldier, Family, and Civilian adaptability and self-reliance.

## INFORMATION & REFERRAL (I&R)

The Information & Referral (I&R) program connects individuals with information, sources, and resources to meet their needs. It provides assistance in answering questions and making referrals to local military and Civilian service agencies. 787-707-3804

## RELOCATION READINESS PROGRAM (RRP)

The Relocation Readiness Program offers resources to make moving easier, including:

1. **Newcomer's Orientation:** An interactive workshop introducing community resources and Puerto Rican culture to help individuals transition to Puerto Rico.
2. **Lending Closet:** Basic household items that can be borrowed temporarily for those relocating.
3. **Overseas Orientation:** This includes briefings, cross-cultural adaptation training, and sponsorship training for moves abroad. It is designed to make transitioning to Puerto Rico an enjoyable experience. 787-707-3682

### Lending Closet

Need to put the coffee pot in the unaccompanied baggage? Basic housekeeping items are available to be loaned temporarily. 787-707-3682

### Overseas Orientation

- Pre-move and post-move briefing
- Cross-Cultural adaptation training
- Sponsorship training

## HOME & FAMILY LIFE

### FAMILY ADVOCACY PROGRAM (FAP)

Provides support to Service members and their Families in managing personal and Family problems. For Service members involved in Family violence, early FAP referral reduces risk, establishes safety limits, and provides prevention and education on how to deal with everyday life changes and transitions within the military.

### Prevention & Education

FAP provides classes covering a broad range of topics: Communication, Conflict Resolution, Self Esteem, Stress and Anger Management, Parenting Skills Classes, Parent Support Programs, Foster Care Information, Respite Care, Safety Education for Children, and Referrals. 787-707-3709

## New Parent Support Program (NPSP)

For children ages 0-3. Offers Morning Playgroups to enhance children's social skills and provide a safe and healthy way for children and their parents to have fun outside their homes. Other services are provided to new parents. For information and morning playgroups. 787-707-3709

## Victim Advocacy

If you are a victim of spouse abuse, the Victim Advocate is available to assist with the support and information necessary to make positive choices. Safety is our top priority. The program provides ongoing support and referrals. The Victim Advocate helpline is 787-221-7982

## Resources Library

ACS maintains an extensive resource library. Materials are available to borrow or keep. Please call ACS staff for additional information at 787-707-3804/3709

## EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

EFMP assists you with advocacy services, resources, education, and child services for Families with special needs. 787-707-3295

## MONEY MATTERS

### FINANCIAL READINESS

It offers a wide range of free services geared toward assisting Soldiers and their Families in living within their means and saving for their future.

### Classes & Workshops

Get your finances under control. Classes are offered on Money Management, Credit/Debt Management, Home and Auto purchases, Military Benefits/Entitlements, Budgeting, and more.

### Counseling

Receive one-on-one free financial counseling. Make a financial counseling appointment if you are already in a bind or want to prevent future problems.

### Credit Report Repair

Incorrect information reported on your credit report? Call a counselor today for free information and assistance repairing your credit report.

## Army Emergency Relief (AER)

Assistance may be provided for emergency leave, food, auto repair, and other unexpected emergencies. AER may assist active duty soldiers, their family members, and soldiers from ARNG and USAR on active duty, for more than 30 days. Their family members retired from active duty for longevity or physical disability, and their dependents. ARNG and USAR Soldiers who retired at age 60 and their Family members. Surviving spouses and children of Soldiers who died while on active duty or after they retired. 787-707-3310



## **EMPLOYMENT READINESS PROGRAM (ERP)**

Employment Career Counseling is available to assist with writing a federal electronic resume, classes on navigating the USAJOBS websites, valuable job search techniques, virtual job bank employment opportunities, networks, and resources needed to gain the required job skills. The ERP hosts/sponsors hiring events and job fairs on/off post and provides training in career self-assessment, interview skills, and how to start your own business. The resource computer lab is available to assist with career and job search readiness.

787-707-3365

## **Military Spouse Employment Partnership (MSEP)**

Through MSEP, America's employers will have direct access to a diverse and talented workforce, and military spouses can connect with meaningful, long-term employment opportunities.

## **Military Spouse Employment Partnership**

Helps spouses find rewarding work through partnerships with national companies that agree to allow the military spouse the option of taking their job with them when they move to a new duty station. 787-707-3365

**Military Spouses Career Advancement Account Program (MyCAA)-** Who is eligible for MyCAA Financial Assistance? Spouses of Service members on active duty in pay grades E-1 to E-5, W-1 to W-2, and O-1 to O-2 who can start and complete their coursework while their military sponsor is on Title 10 military orders, including spouses married to members of the National Guard and Reserve Components in these same pay grades. Financial assistance is limited to \$4,000 (\$2,000 per calendar year). Financial aid may only be used for an associate's degree, occupational license, or credential. Visit [myseco.militaryonesource.mil](http://myseco.militaryonesource.mil) or call for more information at 787-707-3365

## **SURVIVOR OUTREACH SERVICES (SOS) PROGRAM**

Survivor Outreach Services is a program designed to provide short-term and long-term support to the Survivors of Soldiers who died while on active duty. It demonstrates the Army's commitment to the Families of the fallen. SOS's mission is to build a unified program that embraces and reassures Survivors who are continually linked to the Army Family for as long as they desire. The program connects Family members with other resources that can help them cope with their loss. For more information or additional services, contact the SOS Coordinator at 787-707-3692

## **MILITARY AND FAMILY LIFE COUNSELORS (MFLC)**

We are here to help you with your daily situations related to being part of the Army. Services are FREE and CONFIDENTIAL.

- Provides non-medical, short-term, situational problem-solving counseling to Service members and their Families.

### **Military Life Skills**

- Deployment Stress • Coping Skills • My Military Issues
- Relocation Adjustment • Homesickness
- Sadness, Grief and Loss • Separation
- Reintegration: Soldier to Citizen • Building Resiliency

Contact MFLC at: 787-220-4538 and 787-463-1932

## **MOBILIZATION AND DEPLOYMENT (MOBDEP)**

The primary POC for providing services during deployments, routine training exercises, and disasters. MobDep serves as the link between family members, rear-detachment, and Family Readiness Groups.

MobDep professionals interview callers and walk-in clients to evaluate the type of assistance required and make appropriate referrals to internal ACS programs and other agencies. MobDep resources include:

**Computer Lab-** Internet Access and Video Teleconferencing  
**Classes and Trainings**

Ask about Op R.E.A.D.Y. Training and other life skills education resources. 787-707-3290/3804

## **GETTING INVOLVED**

Do you want to give back to your community or learn new skills? The benefits of volunteering are as individual as the people who volunteer.

## **ARMY VOLUNTEER CORPS (AVC)**

Register to become an Army Volunteer at [www.MyArmyOneSource.com](http://www.MyArmyOneSource.com); share your strengths, skills, and abilities. The Army Volunteer Corps provides volunteer placement opportunities based on interest and organization needs. Joining the Fort Buchanan volunteer team lets you gain work experience, meet new friends, and have fun! 787-707-3692

## **ARMY FAMILY TEAM BUILDING (AFTB)**

AFTB is a volunteer-based program that promotes readiness and self-sufficiency. Level K provides basic information and preparation for life in the military. Level G focuses on management skills for emerging leaders. Level L guides you through leadership skills.

787-707-3365

## **ARMY FAMILY ACTION PLAN (AFAP)**

AFAP is a grassroots process where your ideas are heard. Issues are submitted throughout the year, and a local conference is held annually to address them. Volunteer as a delegate, recorder, or facilitator during the annual AFAP conference. 787-707-3682

FORT BUCHANAN

# Independence & Day

OPEN  
TO THE  
PUBLIC!



CELEBRATION

**SATURDAY, 5 JULY**

5 PM - 11 PM

THE EXCHANGE PARKING LOT

**Live Bands lighting up the stage!**

**Tributo a  
Gilbertito  
"Caminalo"**

**Juicebox  
Beatles  
Tribute**

**Límite  
21**

**TICKETS AT EVENTBRITE**

Entrance fee \$12 pp

VIP Section \$40 pp

**KIDS ATTRACTIONS**

• Inflatables' area • Face Painting

**FOOD KIOSKS, ARTISANS & MORE!**

787-707-3974/4391 Cel. 786-890-7324



**IHG**

ARMY  
HOTELS

No official U.S. Army endorsement is implied. Do not drink and drive. Choose a designated driver.