



LIFE with US

FORT BUCHANAN • FEB.
MAR. 2023

*Dream
Big*

FORT BUCHANAN PRESENTS

VALENTINE'S
Masquerade
BALL

FEBRUARY 11, 2023

8 P.M. TO 1 A.M.

OPEN TO THE PUBLIC
CONFERENCE CENTER
BALLROOM

MUSIC BY DJ XTASYS

Tickets per person \$15

At door per person \$20

Buy your tickets Online at

<https://bit.ly/FBMaskParty>

For more information, call 786-890-7324



BUCHANAN.ARMYMWR.COM



Sponsored by:



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



LIFE WITH US

CONTENTS



DREAM BIG - WORK HARD AND HAVE FUN!

With the new year on the horizon, we hope yours is filled with the promises of a hopeful tomorrow and the energy to pursue your dreams!

Family and MWR customers have inspired us to continue improving our facilities and services, such as the Bowling Center and Fitness Center's renovations. We will continue looking for ways to serve you better, and you can help us by providing your feedback using the ICE QR-code at the bottom of this page.

Along with the new year, we also welcome Family and MWR's new Programs Director, Mr. Abell Scott, who brings his share of "big goals" to work on this new year, 2023.

Good health, love, and prosperity to all!

FAMILY AND MWR *LIFE WITH US* EDITORIAL TEAM

Family and MWR Director

Mr. Scott Abell
Programs Director

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@army.mil



04

Golf Club
FRIENDSHIP GOLF TOURNAMENT



07

Special Events
FLEA MARKET



11

Child & Youth Services
EASTER EGG HUNT



18

Sports & Fitness Center
OUTDOOR GYM AND MORE!



www.buchanan.armymwr.com

Facebook & Instagram:
[buchananmwr](#)

MWR-ICE-QR Interactive Customer Evaluation

Friendship Golf Tournament

Saturday, February 11th, 2023

Format: 18 Holes 2 Person Scramble.

Gross and Net prizes.

\$55 Members ♥ \$75 Non-members

Food and Drinks included.

8 a.m. shotgun start. Awards after play.



Sign up with payment at
the Golf Pro-Shop.

ENTRY DEADLINE
is Wednesday,
February 8th at noon.

787-707-3980



borinquen

bar & patio

BIG game night



PHILADELPHIA
VS
KANSAS CITY

Open
to the
Public

BBQ PARTY

Sunday, February 12
5 p.m. to 12 a.m.

Tailgate BBQ Menu available

Miller Lite or
Coors Light bucket: 5 x \$10

Inflatables & entertainment
for children.

Indoor and outdoor seating.

TAILGATE MENU:



787-707-3535



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

Open to Public

FLEA MARKET

Saturday, February 11, 2023
from 10 am to 4 pm

At the PX Parking Lot
Free admission

Sell or shop for jewelry, clothes, antiques, home
decor, plants, and more.



WATERSPOUT PARTY PACKAGES

CELEBRATE YOUR BIRTHDAY AND SPECIAL EVENTS



\$175

**FAMILY PACKAGE
UP TO 20 GUESTS**



\$550

**ALL SPOUT PACKAGE
FOR SCHOOL ACTIVITIES**



\$475

**NIGHT TO REMEMBER
UP TO 150 GUESTS**



\$600

**GLOW IN THE DARK PARTY
UP TO 150 GUESTS
+LED PARTY ITEMS**

FACILITIES

- 0-4 FT POOL
- WATER SLIDES
- WATER GAMES
- SUNNING DECK
- SHOWERS, LOCKERS, AND BATHING SUIT DRYERS

MORE INFO

787-707-3550

AVAILABLE FOR AUTHORIZED PATRONS (ACTIVE DUTY, RETIREES, RESERVE MILITARY AND THEIR FAMILY MEMBERS, NATIONAL GUARD, AND DOD CIVILIANS).

FORT BUCHANAN GOLF CLUB 2023 TOURNAMENT SCHEDULE



For more information, you can give us a call at 787-707-3980

Wednesday through Saturday from 6:30 a.m. to 6:00 p.m. and Sundays from 7:00 a.m. to 3:00 p.m.

<http://bit.ly/FB-GolfCourse>

Friendship Tournament
February, Saturday 11th

St. Patrick's Tournament
March, Saturday 18th

Buchanan's Masters Invitational
April, Sat-Sun 8th-9th

Cinco de Mayo Tournament
May, Saturday 6th

Summer Greenskeeper Revenge Tournament
June, Saturday 10th

Father's Day Outing
June, Sunday 18th

Ft. Buchanan Club Championship
July, Sat-Sun 14th-16th

Member & Employee Tournament
August, Saturday 26th

Halloween Party and Night Golf Tournament
October, Saturday 28th

Christmas Member and Guest
December, Sat-Sun 2nd-3rd



UPCOMING TRIPS



TOUR

COFFEE LOVERS

Join us to San Lorenzo and experience the home of a specialty coffee grown and harvested here on the island. The tour is entirely on foot and last 1 hour and 15 minutes. After the tour, we will have lunch at a restaurant (TBD), then head back to Fort Buchanan.

- **Place:** Hacienda Munoz
- **Date:** Saturday, February 11, 2023
- **Difficulty Level:** Easy
- **Depart:** 8:30 a.m. * Return: 3 p.m.
- **Includes:** Transportation from Fort Buchanan (limited for the first 10 participants), guided tour
- **Cost:** \$39

To reserve your space, contact 787-707-3734/3138, or email kevin.o.laluzivera.naf@army.mil

HIKING ADVENTURE

“EL YUNQUE” NATIONAL RAIN FOREST

Explore El Yunque like the locals and enjoy the waterfalls, diverse nature, and lovely panoramic views. It's an outdoor event, so don't forget to bring water, sunscreen, and good hiking shoes!

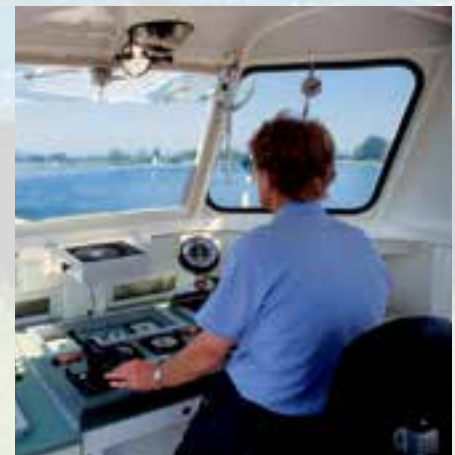
- **Activity type:** Hiking / Adventure
- **Place:** Rio Grande, P.R.
- **Date:** Saturday, February 25, 2023
- **Difficulty Level:** Intermediate / Advance
- **Depart:** 6:30 a.m. * Return: 4 p.m.
- **Includes** Transportation from Fort Buchanan (limited for the first 10 participants), guided tour, national park fees, bottled water, and snacks.
- **Note:** All participants must be in good physical condition.
- **Cost:** \$39

CLASS

BOATING SKILLS AND SEAMANSHIP COURSE

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. 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 65 feet in length on the Island.

- **11 Days Online Course dates:** From March 07 to March 23, 2023
- **Class hours:** Mon. to Thu. From: 7 p.m. to 9 p.m. Ending Thur. March 23, 2023
- **Requirements:** All students must attend all class days and comply with the instructor's requirements to get certified.
- **Class includes:** Textbook and Exam
- **Class Cost:** \$79pp / Note: An additional \$15.00 will be collected by the DRNA for preparing the certificate.





EASTER EGG HUNT



FREE!

BRING YOUR OWN BASKET OR BAG!

SATURDAY, MARCH 25, 2023

CABAÑA PICNIC AREA / 10:00 A.M. – 12 P.M.

EGG HUNT STARTS AT 10:30 A.M. BY AGE GROUP:

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

INFLATABLES / MUSIC / REFRESHMENTS / SURPRISES

OPEN TO ALL AUTHORIZED ID CARD HOLDERS (INCLUDING MWR CARD HOLDERS)

787-707-3787/3434

borinquen
bar & patio

anti
valen
tine's
day

KARAOKE
NIGHT

Friday, February 10
5 p.m. - 9 p.m.

DJ MUSIC & KARAOKE ENTERTAINER

787-707-3974/4391

FREE
ADMISSION

OPEN TO
THE PUBLIC



AUTOMOTIVE SERVICE OFFERED

- Full Synthetic Oil – Oil Filter Change
- Alignments
- Inspections
- Diagnostic Checks
- Repairs, and more

AUTO REPAIR & MAINTENANCE

Give us a call at **787-707-3972**

Monday through Friday
from 7 a.m. to 4 p.m.

We are located next to the
Bowling Center.

WE ARE AN AUTHORIZED DTOP INSPECTION CENTER

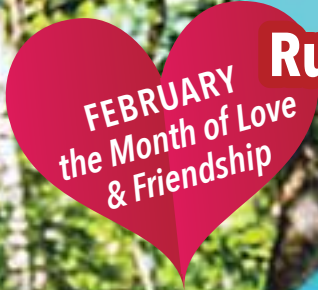
Stop by our Auto Shop for your vehicle needs. Our professional team of experts is ready to help.

Ask for our oil change special packages

Would you like to work in your vehicle? You can come by and rent a bay using your tools or ours at no extra cost.

Find more information at <https://bit.ly/MWRAuto>





Love-n-Trust Rucksack & Farmers Carry Workout!

Tuesday, February 14th
5 p.m. • \$5 per person.

Ruck Marching is about walking at a steady pace while carrying a weighted rucksack/backpack. We've added a twist by adding a section of *Blindfold Training* into this workout! You'll be challenged to trust yourself and your partner as you move through your environment.

Burn some calories, strengthen your muscles and potentially enhance your listening skills. All you will need is a sturdy backpack, some weight (*we will provide the dumbbells if needed*), water and your marching feet.

Bring a comrade or meet one there!

Please sign-up by calling 787-707-3767

WOMEN'S WEEK CELEBRATION

**Women's Week
5k Run***

Friday, 17 March, 7 a.m.
Community Club (Bldg. 660)
Parking Lot. Register @ 787-707-3767

borinquen
bar & patio

Friday, March 17, 2023
5 P.M. - 11 P.M. • Featuring:

LIVE FEMALE BAND: **AHORA**
IRISH BAND (*Sponsored by AFE*)

FOOD & BEVERAGE SPECIALS
Open to the Public! Free admission.

Comedy Show-
Marian Pabón
"Que chavienda buscar pareja"

Saturday, 18 March, 8 p.m.
Community Club (Bldg. 660)
Ballroom. Tickets: 786-890-7324



Bowling Center

Latin Nights



**Every Saturday
from 7 p.m. to 11 p.m.**

**Enjoy Cosmic Bowling
from 9 p.m. to 11 p.m.**

**Enjoy DJ music:
salsa, merengue,
and bachata.**

Food & Drink Specials.

Scholarship Application Process

By Karina V. Altagracia Espada
CYS School Liaison Officer

The moment has arrived. It's that time of the year in which parents and high school students of the Fort Buchanan community should begin searching, reviewing, and applying for scholarships to assist with the rising costs of college tuition. If your child is planning to enroll in a full-time undergraduate program leading to a bachelor's degree or a community/junior college you'll need to learn how to apply for a scholarship, what will your child need, and what to expect after completing the application.

The first thing to know is that there are different types of scholarships. Some require extensive application essays and requirements, and others are more undemanding. As part of your scholarship strategy to expand your child's opportunities, you should encourage him/her to apply to both kinds. Remember that the more scholarships they apply for, the better the chances they'll have at winning them.

To improve their chance of receiving a scholarship, it's important to target academic grants if your child has an outstanding GPA and standardized test scores. Be sure to include in that list, scholarships that in addition to considering academic achievements, seek a more comprehensive profile with proved leadership skills, community service, demonstrated problem-solving capacity and critical analysis, among others. Once you know your child has a solid list of scholarships for which he/she is eligible, it is time to prioritize them by deadlines and requirement compliance.

After prioritizing the list of desired scholarships, it is time to start applying. This process takes the most of time and can be stressful if he/she don't get organized. At this stage of the process, it is important that

the applicant carefully read the instructions on how to apply and what to include in the essay many of them require as part of the application. Make sure your child start working on those essays early, and that a teacher or peer provide feedback and corrections. Once your child completes the application process for all the chosen scholarships, he/she can expect an overflow of confirmation and follow up emails, calls, or letters. It is important to keep track of all of them as they might invite him/her for an interview. Typically, scholarship interview questions are open-ended and are seeking to know more about the student's life and distinctive qualities that make him/her a great candidate.

There are several scholarships intended for military connected youth. Your family may want to look at those first since the number of applicants, in comparison with other scholarships, is smaller. For example, The Fisher House Scholarship was created for students with valid U.S. Uniformed Services Identification and Privilege Card. In addition, a student's parent(s) must be one of the following: active duty, reserve/guard, deceased, or retired from the Army, Marine Corps, Navy, Air Force, Coast Guard, or Space Force. The online application for the 2023-2024 academic year will open December 12, 2022. Other scholarships whose applications will be open soon are the American Legion Legacy Scholarship (January 1-April 1), and AUSA Scholarships (February 2023). Make sure to take the time to guide your son/daughter and to enjoy the process of witnessing how they are becoming powerful, fearless, responsible, and kind young adults. Best of luck!

For more information, please contact
Mrs. Karina V. Altagracia Espada
CYS School Liaison Officer
Bldg. 136, 787-707-3400.





SWIMMING TECHNIQUES

At the Waterspout

From 6 a.m. to 10 a.m.



Add a **boost to your swimming** with techniques like breathing, different strokes, kicks, underwater, etc.

Sign up at the Waterspout for the following dates.

TECHNIQUES

10 February 2023
10 March 2023
14 April 2023
12 May 2023

PRACTICE

17 February 2023
17 March 2023
21 April 2023
19 May 2023

\$3 per day

approximately one hour

**REGISTER
BY CALLING
787-707-3550**

Find more information about us at:
https://bit.ly/FB_waterspout



New LOCATIONS

Sports & Fitness Center

**AT THE MOMENT, THE SFC
MAIN BLDG. 167 IS CLOSED
DUE TO UPCOMING
RENOVATIONS.**

You can still work out at the Annex. We also have the Outdoor Gym next to the new Firefighters' building

Take advantage of classes like Back 2 Basics, Cycling, Cross Drills, and Golden Age Program.

Roberto E. Clemente Walker Annex

Bldg. 170

Monday - Friday 5 am to 7 pm
Saturday 9 am to 1 pm

Outdoor Gym

Next to the Fire Department

Monday - Friday
5 am to 8 am
4 pm to 7 pm

Opening in February 1st

Bldg. 148

Monday - Friday
5 am to 7 pm

787-707-3767/3281



Pre-St. Patrick's Day

Party

FRIDAY, MARCH 10

borinquen

bar & patio

5 P.M. - 9 P.M.

Irish Live Band:

WEE BAG BAND

IRISH FOOD, DRINKS, AND MORE!



For authorized
I.D. Card holders.

borinquen

bar & patio



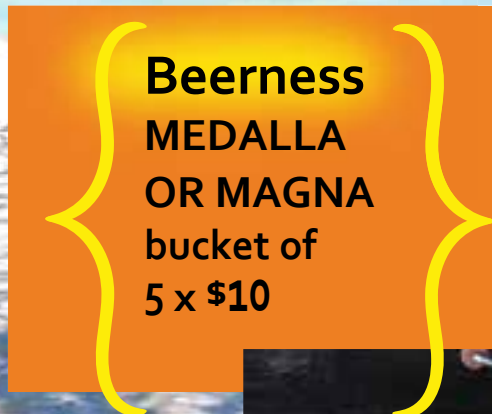
Wednesdays:

**BURGER DAY \$5
WITH THE PURCHASE
OF A BEVERAGE.
(beef burger with fries)**



**Throwback
Thursdays:**

**Heineken \$2
Lagunitas IPA \$3**



**Beerness
MEDALLA
OR MAGNA
bucket of
5 x \$10**

**787-707-3215
787-890-7318**