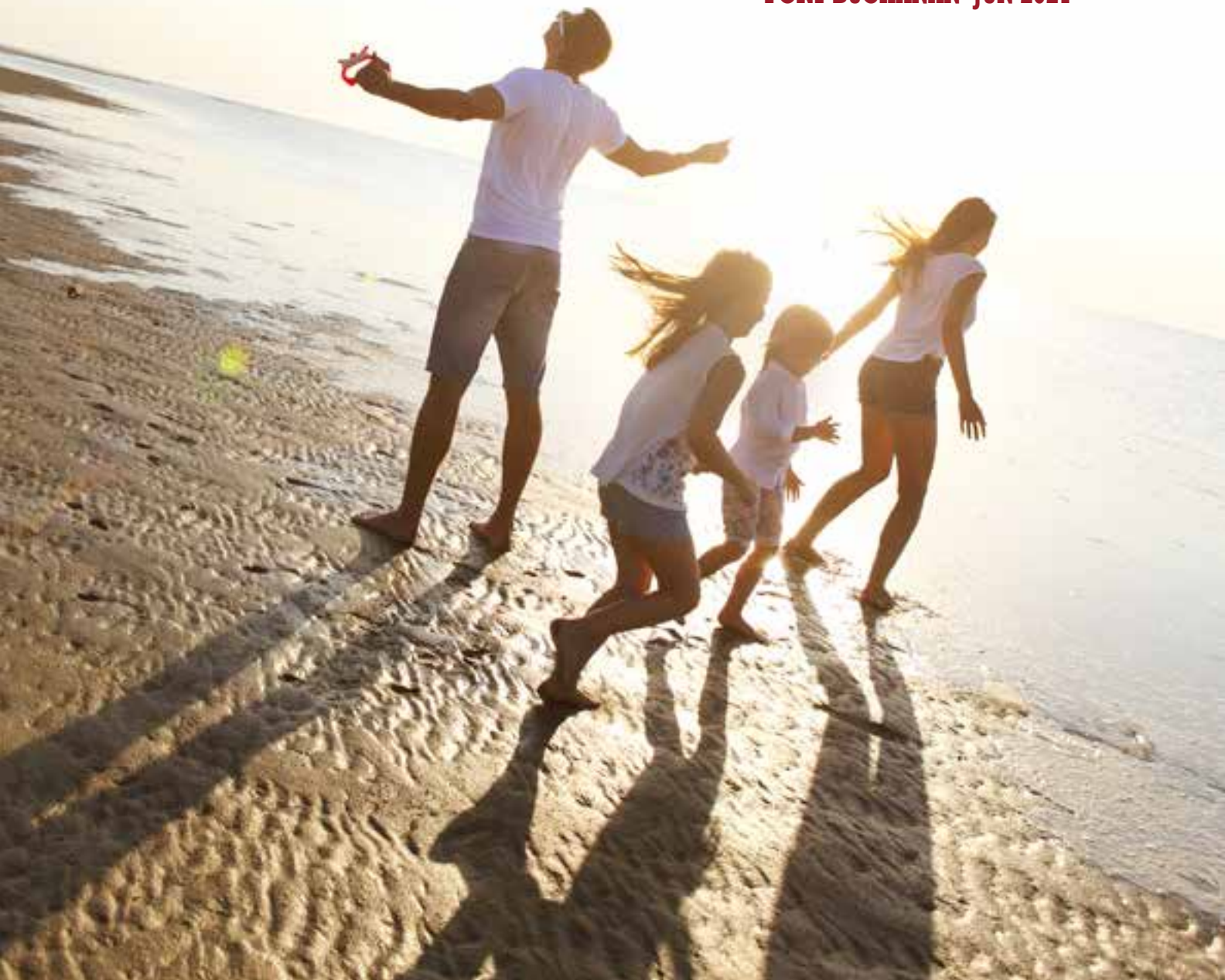




# LIFE with US



FORT BUCHANAN • JUN 2021





# A farewell and a welcome



Colonel Joseph B. Corcoran III



Colonel Tomika M. Seaberry



## U.S. Army Garrison, Fort Buchanan Change of Command 11 May, 2021

Between Colonel Joseph B. Corcoran III and Colonel Tomika M. Seaberry.

Hosted by Ms. Brenda Lee McCullough, Director, IMCOM Readiness.



## LIFE WITH US CONTENTS



### MILITARY DADS

Dads that find ways to always be there for their children and provide for their needs make a big difference in our world. Kids grow older. Cultures shift. People change their minds about what is important over time. What dads do for their children stays with them forever!

We thank all those Fathers out there who give their best despite work demands, prolonged absences due to deployments, and personal or Family challenges. May this Father's Day be a special one for all our Military and Civilian dads!

Some excerpts from: Military.com

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

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Showcase your brand's commitment to the military community by partnering with Family and MWR.

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MWR-ICE-QR



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**borinquen**  
bar & patio

## JUNE'S WEEKEND DINNER BOX

All orders serve up to 5 people.

### June 4 Three Cheese Meat Lasagna \$49

Ground beef lasagna with marinara sauce and a combination of three cheeses. Accompanied by Chef's garden salad with red wine blend vinaigrette and bread rolls.



### June 11 Mediterranean Dinner Box \$49

Featuring: Genoa chicken pie stuffed with sun-dried tomatoes, fresh pesto and feta cheese. Accompanied with Greek Rice and Classic Caesar Salad.

### June 25 BBQ Dinner Box \$59

12-hour smoked pork ribs with our signature guava BBQ sauce and pulled chicken with guava BBQ sauce. Accompanied by panko crusted mac and cheese, coleslaw, and corn bread.

### June 18 "Pastelon de Ropa Vieja" \$49

Caribbean version of Shepherd's pie made with cassava mash and filled with Cuban-style braised flank beef. Includes Chef's garden salad with red wine blend vinaigrette.



**PICK-UP** is on Fridays from 3 p.m. to 5 p.m. at the Borinquen Bar & Patio (Community Club)  
**CUT-OFF** date to order: Thursday prior to pick-up date by 3 p.m.

To order please call **787-707-3535/3516/3515** or text **787-600-3198**



**AT FORT BUCHANAN!**

**SATURDAY, JULY 3RD • 3 P.M. - 10 P.M.**

**FIREWORKS • FOOD KIOSKS • ARTISANS • LIVE MUSIC FEATURING:**

**N3-AMIGOS • THE JUKEBOX  
ANDY MONTAÑEZ Y SU ORQUESTA**

**\$10 PER PERSON**

**TICKETS SOLD IN ADVANCE**

**SOCIAL DISTANCING PROTOCOLS IN PLACE**

**787-707-3974 / 787-707-4391 / 787-246-6264**

**BE ON THE WATCH FOR TICKET SALES UPDATES AT:**

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

**FB-buchananmwr**

**SPONSORED BY:**



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# OUTDOOR RECREATION RENTALS

At OUTDOOR RECREATION equipment checkout center we have the perfect rental items for your backyard party, weekend and recreational events, or your unit's organizational day.

## ITEMS AVAILABLE INCLUDE:

kayaks  
camping equipment  
scuba gear  
sports equipment  
outdoor games  
picnic and party equipment

Outdoor Recreation rents four picnic areas on post for group activities at a nominal fee.

*Authorized patrons include Active Duty Military, Retirees, Reservists, DOD Civilians, and their Families.*

OUTDOOR RECREATION'S VEHICLE STORAGE is a gated lot where you can safeguard the following vehicles:

- Four Wheels Vehicle
- Double Axle Truck
- Boat with Trailer
- Utility Trailer
- Camper Trailer
- Trailer or RV

We offer monthly and yearly fees.

South Terminal Road, Bldg. 608  
787-707-3734 • 787-707-3138



Check out the assortment of inflatables available for your summer party at Outdoor Recreation!



**Castle twist**  
Size: 15' x 26' W x 13' H  
Weight: 295 Lbs.  
Weekend Cost: \$129  
On-Post Cost: \$159 includes cotton candy or snow cone machine and installation



**Fun Express Train Station**  
Size: 27' L x 2' W x 8'9"  
Weight: 350 Lbs.  
Weekend Cost: \$99  
On-Post Cost: \$139 includes cotton candy or snow cone machine and installation



**Wrecking Ball**  
Size: 24' x 25' W x 16' H  
Weight: 527 Lbs.  
Weekend Cost: \$149  
On-Post Cost: \$179 includes cotton candy or snow cone machine and installation



**Mickey's Park**  
Size: 22' x 22' W  
Weight: 300 Lbs.  
Weekend Cost: \$79  
On-Post Cost: \$109 includes cotton candy or snow cone machine and installation



**Circular Combo**  
Size: 26' x 23' W x 16' H  
Weight: 458 Lbs.  
Weekend Cost: \$149  
On-Post Cost: \$179 includes cotton candy or snow cone machine and installation



**Bungee Hoop Shootout**  
Size: 40' x 14' W x 10' H  
Weight: 435 Lbs.  
Weekend Cost: N/A  
On-Post Cost: \$159 includes cotton candy or snow cone machine and installation



**Surf & Slide**  
Size: 35' x 11' W x 9' H  
Weight: 285 Lbs.  
Cost: \$99  
On-Post Cost: \$129 includes cotton candy or snow cone machine and installation



**Extra Large Castle**  
Size: 20' x 20' W x 14' H  
Weight: 390 Lbs.  
Cost: \$99  
On-Post Cost: \$139 includes cotton candy or snow cone machine and installation



**Castle Medium**  
Size: 13' L x 13' W  
Weight: 160 Lbs.  
Cost: \$89  
On-Post Cost: \$109 includes cotton candy or snow cone machine and installation



**Animal Kingdom**  
Size: 17' x 17' W x 9' H  
Weight: 244 Lbs.  
Weekend Cost: \$79  
On-Post Cost: \$119 includes cotton candy or snow cone machine and installation



**Fun House**  
Size: 15' L x 15' W  
Weight: 190 Lbs.  
Cost: \$99  
On-Post Cost: \$119 includes cotton candy or snow cone machine and installation



**Human Pretzel + Spinning Wheel**  
Size: 15' L x 15' W  
Weight: 125 Lbs.  
Cost: \$59  
On-Post Cost: \$89 includes cotton candy or snow cone machine and installation



**4 in 1 All Star Combo**  
Size: 16' x 16' W x 15' H  
Weight: 325 Lbs.  
Cost: \$129  
On-Post Cost: \$159 includes cotton candy or snow cone machine and installation



**Crayon Combo Twist**  
Size: 15' x 15' W x 17' H  
Weight: 295 Lbs.  
Weekend Cost: \$129  
On-Post Cost: \$159 includes cotton candy or snow cone machine and installation



## Outdoor Recreation

South Terminal Road, Bldg. 608  
787-707-3734 • 787-707-3138



# Happy Birthday



Gary Sinise Foundation Presents  
The US Army Birthday Celebration

**Monday, June 14, 2021**

**11:00 a.m. to 1:00 p.m.**

**Cake Cutting Ceremony 11:30 a.m.**  
**Borinquen Bar and Grill Patio Area**

Featured menu:

All American Pulled Pork  
Classic Mac & Cheese  
Cole Slaw  
Bottled Water

**FREE FOR SERVICE MEMBERS**  
**in uniform or with a valid ID.**

One meal per service member.



**Our experts will  
help you protect your investment!**

## Auto Repair & Maintenance

At Fort Buchanan's **AUTOMOTIVE SKILLS CENTER** we offer a variety of services such as oil change, alignment, inspections, diagnostic check, repairs and much more!

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  
on your own vehicle?**

Come by and rent a bay using your own tools or ours at not extra cost.



Our **CAR RESALE LOT** is back and operational! Give us a call!

• Physical distancing must be practiced.

• Access is allowed only for authorized ID cardholders.



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).





# Sports and Fitness Center's Duathlon Challenge

## Run-Ride-Run or Walk-Ride-Walk!

**Tuesdays, June 8th & 15th**

at the Sports & Fitness Center  
outside Basketball Court Bldg.174  
from 6 a.m. & 4:30 p.m.  
Price: \$3

A 90 MINUTE ENDURANCE CLASS  
THAT CONSISTS IN DOING:

30 minutes walk, trot or run  
30 minutes stationary bike  
30 minutes walk, trot or run

A way to increase your cardio and muscle resistance,  
burn calories and improve your overall wellbeing.  
Whether your a beginner or advanced exercise  
enthusiast this class will challenge your inner  
athlete!

Sign up by calling **(787) 707-3767**

Social distancing practices and use of face  
mask is required at all times in this facility.



## LEISURE TRAVEL SERVICES

Leisure Travel Services Office offers tickets and travel  
information to help you make the most of your  
vacation leave. Our specialist can help you choose  
from a world of destinations and book your travel  
arrangements.

Stateside attraction discounts

Disney vacations

Cruises

Lodging reservations

Parks and Resorts such  
as Universal Studios and more

Our services are available to Active Duty Military,  
Retirees, DOD Civilians.

Appointments are highly recommended for all  
vacation packages and/or cruises quotes and sales.  
You can make an appointment by email or by phone.

South Terminal Road, Bldg. 608, Fort Buchanan  
787-707-4343 • 787-707-4344 • nadya.i.ayala.naf@mail.mil



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

Social distancing practices and use of face mask is required at all times in this facility.



Sports  
&  
Fitness Center

## OUTDOOR CYCLING SESSIONS

Thursdays at  
5 a.m. & 4:30 p.m.  
787-707-3767/3281

Please call  
to reserve  
your space.  
\$3 fee per class.





Department of the Army  
**CIVILIAN FITNESS AND WELLNESS PROGRAM**



**HEALTH • FITNESS • QUALITY OF LIFE**



**Find out about our  
programs to help you  
improve your  
physical fitness,  
morale, and overall well-being!**



**Only for US Army Garrison Fort Buchanan civilian employees.  
Register at 787-707-3125**



USAG Fort Buchanan Substance Abuse Program

**YOUR LIFE'S  
JOURNEY...  
made easier**



**1-866-580-9046**

Your Employee Assistance Program offers no cost, confidential services to help with checking off daily tasks and more complex issues. Getting the help you need, when you need it, can result in you leading a happier, more productive life! Key features:

- Coaching to help you achieve your goals
- Counseling for family & relationships, stress, grief and other issues
- Legal assistance, financial coaching & identity theft resolution
- Senior care management
- Mobile apps for help with depression, anxiety, insomnia and substance use
- Additional services are also available to help get you on the right path

No situation is too big or too small. When you and your household members need assistance, reach out anytime and we will help get you on the right path to meet your needs.

Available 24/7/365 to you and your household members.

Only for US Army Garrison Fort Buchanan's Civilian Employees.



USAG Fort Buchanan Army Substance Abuse Program  
787-707-3125



## CHILD DEVELOPMENTAL MILESTONES BETWEEN 0-3 YEARS OLD



Army Community Services  
Family Advocacy Program presents

### **CLEAR, CONCISE, & CONTROLLED COMMUNICATION** Workshops

Join us to learn how to communicate your needs and concerns in a Clear, Concise, and Controlled manner, as you strengthen the relationships in your life.

### **ANGER IS A NATURAL EMOTION.**

June - December 2021

1st Wednesdays of the month at 3 p.m.

3rd Wednesdays of the month at 11 a.m.

Or you can request a special date.

at ACS classroom at Davis Street (Bldg 225)  
or via MS Teams.

Register at (787) 707-3709 or by email  
[ruth.e.gonzalez.civ@mail.mil](mailto:ruth.e.gonzalez.civ@mail.mil).

\*Registration is necessary to participate.



Empower parents with the knowledge of what developmental milestones their children should be reaching, of the exercises and activities that can help promote development, and the development of realistic expectations for their children.

Every Wednesday from 1:00-2:00 p.m.  
during the months of June thru December

At ACS, Davis Street, bldg. 225  
or via MS Teams

Register via email at:  
[ruth.e.gonzalez.civ@mail.mil](mailto:ruth.e.gonzalez.civ@mail.mil)  
or via telephone at: 787-707-3709.

*Realistic Expectations Workshop will be offered on a weekly basis. Each week, we will focus on a specific age range. Call the ACS/Family Advocacy Program to check what age will be discussed during the week.*







**ACS/FAMILY ADVOCACY PROGRAM  
PRESENTS**

## ***MINDFUL MONDAYS***

**Start the week off strong. Learn tools and techniques to help you manage stress you may face at work and at home more effectively.**

**MONDAYS: 14 & 28 JUNE 2021  
FROM 11 A.M. TO 12 P.M.  
AT FORT BUCHANAN/CHAPEL, BLDG. 183.**

**For more details, please call 787-707-3709 or by email  
ruth.e.gonzalez.civ@mail.mil.**



**borinquen**  
bar & patio

### **LUNCH SPECIALS**

Monday through Friday 11 a.m. - 3 p.m.

See our weekly specials at:  
[www.buchanan.armymwr.com](http://www.buchanan.armymwr.com)

### **EVENING DINNER SPECIALS**

Monday & Tuesday 3 p.m. - 7 p.m.

Wednesday 3 p.m. - 9 p.m.

Thursday & Friday 3 p.m. - 11 p.m.

Orders at **787-707-3516/3515/3535**

Social distancing practices must be practiced in this facility.

**BOWLING  
CENTER**

**Café  
300**

**SALAD BAR**

**BREAKFAST & LUNCH SPECIALS**

**REGULAR MENU**

Breakfast: Tue. - Fri. 7 a.m. - 9:30 a.m.  
Breakfast deliveries available on post!  
Lunch: Tue. - Fri. 11 a.m. - 5 p.m.  
Lanes: Tue. 11 a.m. - 2 p.m.  
Wed. - Sat. 11 a.m. - 9 p.m.

**787-707-3272**  
Call for breakfast deliveries,  
or text 787-679-5814