



LIFE with US

FORT BUCHANAN • AUG 2021

SCHOOL'S BACK
AND WE HAVE YOUR
LEISURE TIME COVERED!

Endless SUMMER nights

Because it's always SUMMER at the *Borinquen Bar & Patio*, enjoy delicious food and drinks!



HOPPY TUESDAYS

HOME-STYLE CHICKEN OR BEEF BURGERS \$6
Medalla, Coors Light, or Heineken for \$2



THERAPY THURSDAYS

ENJOY OUR HOUSE COSMOPOLITANS, MARGARITAS, AND MICHELOB ULTRA FOR \$3
MOJITOS \$4

GET 50% OFF ON ANY APPETIZER WITH THE PURCHASE OF AN ENTRÉE.

THREE WOW's WHISKEY & WINE WEDNESDAYS

GLASS OF WINE, OR PROSECCO \$4
TRY OUR WHISKEY SELECTION STARTING AT \$3
Savor a Spanish tapa for \$5 extra.



BIRRA SQUAD FRIDAYS

WRAP THE WEEK AND START THE FUN!
MEDALLA BEER BUCKET \$9

Valid during August and September from 4 p.m. to 6 p.m.

787-707-3535/3516/3515

borinquen
bar & patio



LIFE WITH US CONTENTS



Online Educational Resources for the Military Community

Help your kids retain a school mindset as they reinforce reading skills, learn stress-management practices, or participate in youth programs online. These resources can add variety to your child's education process:

The Morale, Welfare and Recreation Digital Library offers an amazing variety of education and entertainment resources for all ages. Programs include BookFlix, Explora Primary, Mango Languages and many more. The Teachables program offers printable activities for children pre-K through grade 6.

Tutor.com provides live, on-demand tutoring, test preparation and homework help in more than 100 subjects, for students in kindergarten through college.

* Find more resources at www.militaryonesource.mil

FAMILY AND MWR LIFE WITH US EDITORIAL TEAM

Family and MWR Director
Ms. Yvette L. Castro
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@mail.mil

www.buchanan.armymwr.com

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



MWR-ICE-OR



04

Borinquen Bar & Patio
AUGUST WEEKEND DINNER BOX



06

Outdoor Recreation
NAF BID/SALE



09

Sports & Fitness Center
BACK 2 BASICS



10

Bowling Center
FAMILY BOWLING SPECIAL

Weekend Dinner Box

August 2021

August 6 **\$55** BBQ Dinner Box

12 hour smoked ribs glazed in our guava BBQ sauce, smoked whole chicken with Alabama white BBQ sauce, mac and cheese, coleslaw and cornbread.

\$45 August 13 Mozzarella stuffed Meatloaf

Stuffed with fresh mozzarella and topped with country style ketchup glaze, accompanied with potato mash and classic Caesar salad.

August 20 **\$45** “Pastelón de Ropa Vieja”

Caribbean version of a 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.



\$35 August 27 Mexican Fiesta Dinner Box

Featuring: *Tacos al Pastor*, slow-roasted pork, pineapple, red onion, fresh cilantro-lime. chicken nachos; a big ol’ pile of nachos filled with “*al pibil*” chicken, grated Monterrey Jack cheese, guacamole, sour cream, pico de gallo, and three cheese quesadillas.

All orders serve 4 to 5 people.

Pick-up is on Fridays from 3 p.m. to 5 p.m.

at the Borinquen Bar & Patio

Cut off date to order: Thursdays prior to pick-up day by 3 p.m.

To order please call

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

borinquen
bar & patio



NAF BID/SALE

INDUSTRIAL ITEMS SOLD IN "AS IS" CONDITION.

Outdoor Recreation/ NAF Warehouse,
Bldg. 608, August 24th to September 1st
(during ODR hours of operation)

**Tuesday, August 24 will open for
Military Personnel only.**

ODR hours of operation:

Sunday & Monday closed
Tuesday through Friday 8:30 a.m. - 4 p.m.



787-707-3734/3138



Let Your Dreams Set Sail!

Boating Skills and Seamanship Online Course *(English)*

Eleven (11) days online course dates:

August 23 to September 8, 2021

Class hours: Monday to Thursday from 7 p.m. to 9 p.m.

Requirements: all students need to attend all class days and comply with the instructor requirements in order to get certified.

Includes: textbook and exam

Cost: \$79 pp Note: there is an additional cost of \$15.00 collected by the DRNA for preparing the certificate.

- This is 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.

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.

787-707-3734/3138



Sports & Fitness

Back to School "A-B-C"

NAME YOUR WORKOUT

August 18th, 9: a.m./12 noon/5 p.m.
Outside (roofed) Basketball Court Bldg.74
(in front of the PFC Roberto E. Clemente Walker Annex)

Did you know your muscles have memory? Let's see how smart they are!

a. Each letter of the alphabet will have an assigned exercise

b. Look for the exercise next to the letters in your name, and BOOM, you'll have 20 minutes to complete your workout!

Improve your physical fitness condition and motor skills! Bring your "Classmates"... we meant, your "Comrades", for some fitness fun!

Please sign up by calling
787-707-3767

INTRODUCTION: Walk/Trot/Run 480 meters / 3 laps PFC- Annex Running Track

Alphabet Letter	Exercise	Equipment	Reps/time
A	Abdominal butterfly sit ups	Mat	10
B	Burpees	BW	10
C	Crunches	Mat	10
D	Dips	Bench	10
E	Elevator squats	BW	5
F	Farmer walks	Db/Kb	1 lab
G	Glute bridge	Mat	10
H	Hammer curl	Db	10
I	Inch worms	Bw	4
J	Jump rope	Jump rope	80
K	Kettlebell swing	Kb	15
L	Lunges	Bw/Db	20
M	Mountain climbers	Bw	20

Alphabet Letter	Exercise	Equipment	Reps/time
N	None stop (cucaracha)	Bw	30 sec.
O	Overhead press	Db	10
P	Push ups	Bw	10
Q	Quick run	Bw	1 lab
R	Romanian deadlift	Db/Kb	10
S	Superman's	Bw	10
T	Triceps extension	Db	10
U	Upright row	Db	10
V	V- ups alternating	Bw	10
W	Wood Chops	Mb	10
X	X-abs	Mat	10
Y	Y- agility run	Cones	3
Z	Zig zag	Cones	3

FINISHER: Trainers Pick "Muscle Balance Exercise" (10) reps.



BACK 2 BASICS

NO JUDGING ALLOWED!

EVERY TUESDAY OF AUGUST AT 12:00 & 5:00PM
OUTSIDE (ROOFED) BASKETBALL COURT
BLDG.74 (IN FRONT OF THE PFC
ROBERTO E. CLEMENTE WALKER ANNEX)

An energetic, diverse exercise class, which combines functional and traditional group physical training modes. This type of training, properly applied, can reduce your risk of injury, improve performance in daily activities, thus, bettering your quality of life. Programmed to suit different levels of physical fitness conditions.

FEE: \$3 PER CLASS
\$10 FOR 4 CLASSES

REGISTER AT
787-707-3767

Fort Buchanan BOWLING Center

FAMILY BOWLING SPECIAL

Sunday, August 15th & Sept 19th
from 12 p.m. to 4 p.m.

New spaces available for you and your Family!

Open to Active Duty, DOD Civilians, Retirees .
\$2.00 per game with FREE Rental Shoes

Reservation is required

The Bowling Center reserves the right to limit amount of games or game time to ensure all guests can use the facility

787-707-3272

BREAKFAST, LUNCH SPECIALS & SALAD BAR

BREAKFAST:

Tue. - Fri. 7 a.m. - 9:30 a.m. Breakfast deliveries available on post!
Call or text 787-679-5814.

LUNCH: Tue.- Fri. 11 a.m. - 5 p.m.

Lanes: Tue. 11 a.m. - 2 pm. / Wed.- Sat. 11 a.m. - 9 p.m.

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 no extra cost.



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



• 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).





Disneyland[®] RESORT

Theme Park Tickets and Reservations Required.

Can't miss experiences in 2021!

There's so much magic to experience at the *Disneyland*[®] Resort. And there's never been a better time to find out what you've been missing.

Welcome to Avengers Campus: an all-new land at *Disney California Adventure*[®] Park

♥ At the family-friendly *WEB SLINGERS: A Spider-Man Adventure*, you'll experience an action-packed attraction that puts your web-slinging skills to the test. Witness the gravity-defying feats of Spider-Man in a way you've never seen before as he swings high above Avengers Campus. Swing on over to *WEB Suppliers* and pick up the latest inventions and prototypes, including Spider-Bots and other tech projects to tinker with at home. Earth's Mightiest Heroes are ready to train a brave new generation of recruits. It's time to team up and unleash the hero within us all.

An Attraction on a Scale That Is Impressive, Most Impressive

♥ *Star Wars: Rise of the Resistance* is a massive attraction with multiple ride systems that is unlike anything you've ever experienced at the *Disneyland*[®] Resort...or anywhere else in the galaxy! Join the Resistance in an epic battle against the First Order on this exciting new ride.

Disneyland[®] Resort App Enhancements Puts the Magic at Your Fingertips

♥ Download the latest version of the *Disneyland*[®] app on your mobile device, with location services and notifications enabled, so you can save time by planning ahead and paying for food and beverages in advance at select locations in the parks with our mobile order service.

♥ **Virtual Queue** To experience *Star Wars: Rise of the Resistance* at *Disneyland*[®] Park or *WEB SLINGERS: A Spider-Man Adventure* at *Disney California Adventure*[®] Park, ticket holders with theme park reservations are required to join the virtual queue, only accessible via the *Disneyland*[®] mobile app. Distribution times for virtual queue enrollment are daily, 7:00 AM and 12:00 PM. Please visit the *Disneyland*[®] App for more details on how to join to virtual queue.

Come discover what's new at the *Disneyland*[®] Resort!

Leisure Travel Fort Buchanan
787.707.4344/4343
nadya.i.ayala.naf@mail.mil
angel.l.moralesolmeda.naf@mail.mil

©Disney
©2021 MARVEL
© & TM Lucasfilm Ltd.

WILLKOMMEN ZUM OKTOBERFEST

at Fort Buchanan!
Coming soon!

MUSIC • FOOD • AND FUN!



GET ACCESS TO THE FUN!

Join the Family and MWR Membership Program.
Get your MWR Card valid for one year!

www.buchanan.armymwr.com

ACCESS TO:

- Bowling Center
- Community Club
- Golf Course
- Special Events
- Borinquen Bar & Patio

PLUS THE ADVANTAGE OF:

Safety and security of a military installation
Free parking available
Affordable prices
Quality products and services

FIND OUT HOW BY CALLING
787-707-3215, Bldg. 630 (VCC)
at *The Borinqueneers Gate*,
Fort Buchanan, PR 00934

**Army Community Service and
the Employment Readiness
Program (ERP) presents
August Training**

Topics:

✓ **Interviewing and The Best Secret in all for All
Federal Hiring.**

Tuesdays, 10 & 17 August 2021
9 a.m. and 1:30 p.m.

✓ **Research and Analyze Vacancy
Announcements on USAJOBS.**

Wednesdays, 4, 11 & 25 August 2021
9 a.m. and 1:30 p.m.

✓ **Write Your Outline Format Federal Resume**

Thursdays, 5, 12 & 26 August 2021
9 a.m. and 1:30 p.m.

ERP will offer these workshops and classes in groups or individual settings. Additional classes and seminars are available for Active Duty Soldiers and Military Spouses on self-assessment and career exploration; resume writing; interviewing techniques; dressing for success; networking, SBA orientation, and entrepreneurship.

Please register at (787) 707-3365 or
by email: ivette.davila.civ@mail.mil



ACS/FAMILY ADVOCACY/NEW PARENT SUPPORT PROGRAM

**CHILD DEVELOPMENTAL MILESTONES
BETWEEN 0-3 YEARS OLD**



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
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.



**CAN YOU IDENTIFY THE RED
FLAGS IN A RELATIONSHIP?**

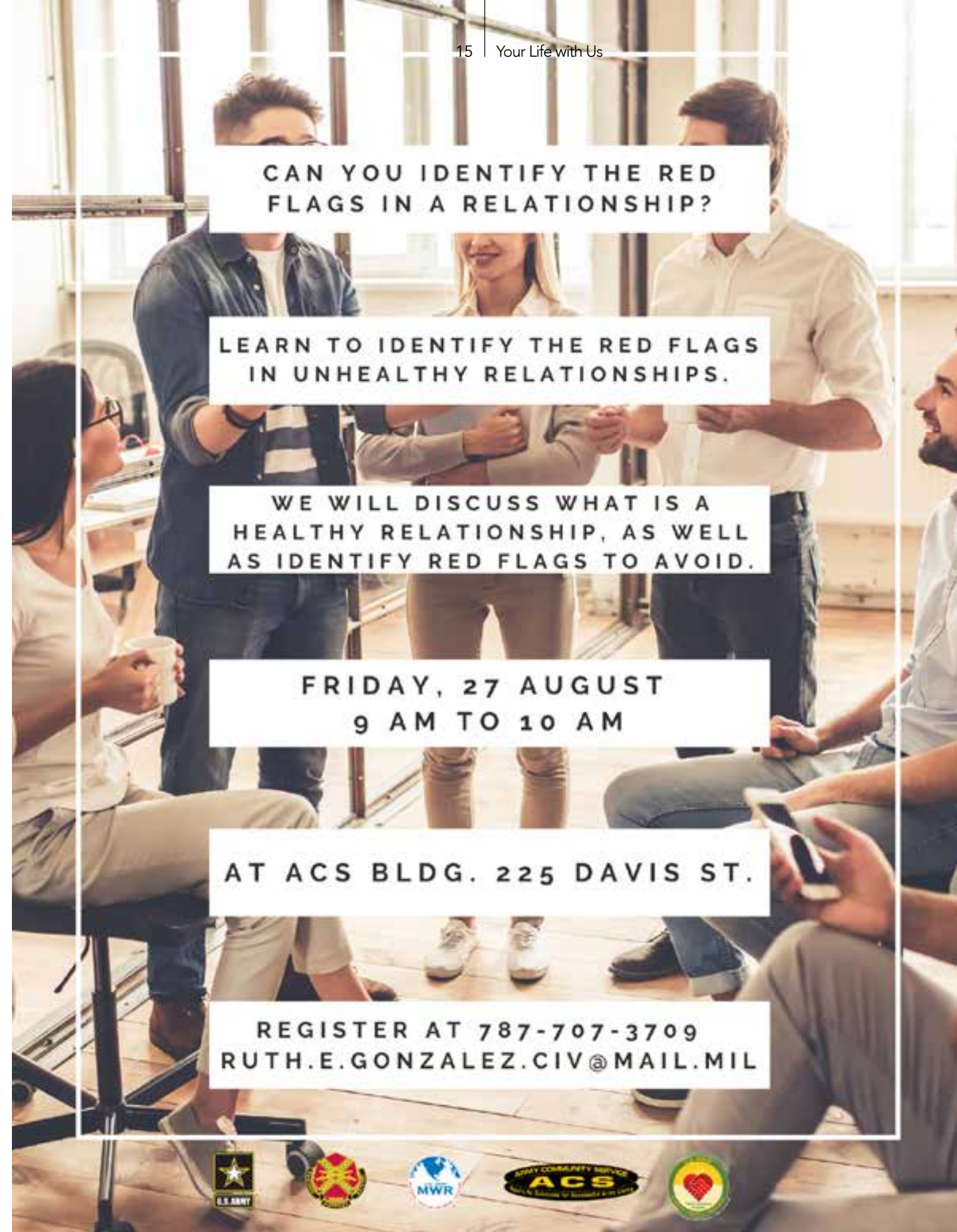
**LEARN TO IDENTIFY THE RED FLAGS
IN UNHEALTHY RELATIONSHIPS.**

**WE WILL DISCUSS WHAT IS A
HEALTHY RELATIONSHIP, AS WELL
AS IDENTIFY RED FLAGS TO AVOID.**

**FRIDAY, 27 AUGUST
9 AM TO 10 AM**

AT ACS BLDG. 225 DAVIS ST.

**REGISTER AT 787-707-3709
RUTH.E.GONZALEZ.CIV@MAIL.MIL**



**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
*Registration is necessary to participate.



YOUR LIFE'S JOURNEY...
made easier



1-866-580-9046
EMPLOYEE
ASSISTANCE PROGRAM

For US Army Garrison Fort Buchanan's Civilian Employees.

- Coaching
- Counseling
- Legal assistance
- Senior care management
- Mobile apps for help with life issues
- Help to get you on the right path
- Available 24/7/365 to you and your household members



USAG Fort Buchanan Army Substance Abuse Program

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