



LIFE with US

FORT BUCHANAN • APRIL 2021





GET OUT THERE WITH OUTDOOR RECREATION!



LIFE WITH US CONTENTS



FROM THE COVER:

This month's cover is dedicated to Fort Buchanan's Garrison Commander, COL Corcoran as he prepares to move on to a new assignment in May 2021, and this will be the last issue of "Life with Us" under his leadership. It is with much gratitude that Family and MWR bids farewell to COL Corcoran and his Family, and wishes them a future filled with blessings.

Below a sneak preview of a segment of his farewell message to our community:

"My family and I are incredibly grateful for the opportunity to lead this great installation, and we are blessed to have called Fort Buchanan home. As it is in the Army, we find ourselves moving after what seems like a short time. For this particular move, we can honestly say we will miss everyone. We will always cherish our time spent in Puerto Rico."

FAMILY AND MWR *LIFE WITH US* EDITORIAL TEAM

Family and MWR Director

Ms. Joanne Fitzgerald
Administrative Office

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)



Tell us how we served
you today!

MWR-ICE-QR



04

Borinquen Bar & Patio
APRIL'S WEEK-END DINNER BOXES



05

Special Event at the Community Club
PAINT & SIP



06

Outdoor Recreation
TRIPS & CLASSES



08

Golf Course
GARRISON COMMANDER'S
GOLF OUTING

borinquen

bar & patio

WEEKEND DINNER BOX

All orders serve
up to 5 people

April 2

SEAFOOD DINNER \$69

Featuring: Rosemary Baked Salmon, Garlic-Wine Sautéed Shrimps, Rice Pilaf (with Almonds and Cranberries) and Grilled Fresh Vegetables. Accompanied with Green Salad with Red Blend Vinaigrette and Dinner Rolls with butter.

April 9

ALL AMERICAN BBQ BOX \$49

12-hour Smoked Pork Ribs, Pulled-Chicken with Guava BBQ Sauce, Panko Crusted Mac & Cheese, Corn on the Cob with Chipotle Butter and Coleslaw.

April 16

JAPANESE DINNER BOX \$39

Chicken Teriyaki, Tonkatsu (Japanese Pork Cutlet) and Benihana Japanese Fried Rice.

April 23

PUERTO RICAN DINNER BOX \$45

Slow Roasted Pork Leg "Pernil" topped with Pickled Red Onions, Roasted Chicken with Cilantro Mojo Sauce, Stewed Rice with Green Pigeon Peas and "Ensalada de Coditos".

Cut-off date to order is the
Thursday prior to pick-up day by 2 p.m.

Pick-up on Fridays at the *Borinquen Bar & Patio* from 3 p.m. to 6 p.m.

Deliveries available to the Visitor Control Center (VCC) if access to the base is not possible.

787-707-3516/3515/3535

or text 787-600-3198



April 22, 5 p.m. to 8 p.m.

@ Borinquen Bar & Patio Outdoor Area.



To Register
787-707-3974
787-246-6264

\$45
per person

Includes:
Entrance Fee
Painting Materials
Complimentary Drink
Food, tapas, and
beverages will be
available for purchase.

Open to all ID
cardholders

*Must buy tickets in
advance. Only 25
spaces available.

The use of a face mask is required at all times. Social distancing of 6ft will be in effect.

GET OUTDOORS, STAY ACTIVE, EXPLORE MORE!



FAJARDO'S BIO BAY KAYAKING ADVENTURE SATURDAY, APRIL 10

Experience the rare phenomenon of bioluminescence at the Laguna Grande in Fajardo.

ACTIVITY TYPE: Kayaking

DIFFICULTY: Hard

DEPART: 4 p.m. * **RETURN:** 10 p.m.

INCLUDES: Transportation, full kayaking equipment and water.

Requirements: Must be 14+ years old and must be in good physical condition, wear closed shoes, bring a change of clothes, bring cash for food, a waterproof case for sensitive items, and a backpack with snacks.

Note: Transportation available for the first nine (9) participants or you can follow us in your POV. Limited spaces are part of new social distancing protocols. All customers using DFMWR transportation need to wear masks at all time.

COST: \$ 69 pp

COST: \$119 pp

Important: If weather conditions are not appropriate, we will visit another beach located at Culebra Island.

CULEBRA'S FLAMENCO BEACH SNORKELING ADVENTURE SATURDAY, APRIL 24

Explore Culebra Island's Flamenco Beach! A worldwide attraction known for its white sandy beach and crystal clear, shallow waters - great for smaller children to snorkel. Flamenco Beach is considered one of the top ten beaches in the world.

ACTIVITY TYPE: Sightseeing, Snorkeling, Beach day

DIFFICULTY LEVEL: Easy

PLACE: Culebra Island

DEPART: 7 a.m. * **RETURN:** 6 p.m.

INCLUDES: A private vessel, transportation, pre-packed lunch and snacks, soft drinks, complementary rum, drinks, snorkeling equipment and flotation devices.

Note: Transportation available for the first nine (9) participants or you can follow us in your POV. Limited spaces are part of new social distancing protocols.

All customers using DFMWR transportation need to wear masks at all time.

COST: \$119 pp

Important: If weather conditions are not appropriate, we will visit another beach located at Culebra Island.

MOTHER'S DAY WEEKEND CATAMARAN ADVENTURE SATURDAY, MAY 8

Experience the beauty of Fajardo on a day sail. SPREAD EAGLE II departs for a palm-fringed tropical island at 10 a.m. from 'J' Dock at Villa Marina in Fajardo, a 30-mile drive east from San Juan, Puerto Rico.

Then, it's about a one-hour catamaran sail to an offshore island and a reef.

ACTIVITY TYPE: Snorkeling, Catamaran

DIFFICULTY LEVEL: Easy

PLACE: Fajardo, PR

DEPART: 5:30 a.m. * **RETURN:** 4 p.m.

INCLUDES: Transportation, Sail Catamaran tour, snorkeling equipment, pre-made lunch, snacks, sodas, water.

-Note: Transportation available for the first nine (9) participants or you can follow us in your POV. Limited spaces are part of new social distancing protocols. All customers using DFMWR transportation need to wear masks at all time.

COST: \$109 pp

FUNDAMENTALS OF CHARCOAL GRILL COOKING SATURDAY, MAY 22

Don't know how to start a Charcoal Grill? Join our class and learn a few important tips! Learn how to easily start a charcoal grill without using starter fluid chemicals. You will also see the process of cooking in charcoal and have a taste of the meat. Bring your kids for a great learning experience!

ACTIVITY TYPE: Class, Food tasting

DIFFICULTY LEVEL: Easy

PLACE: Cabaña Picnic Area

STARTS: 10 a.m. * **ENDS:** 11:30 p.m.

INCLUDES: How to start a charcoal grill tips and tutorial, taste of meat cooked on the spot, soda or water.

COST: \$19 pp / Family of 4: \$14 pp

Open to Veteran's Health Identification (VHIC), and authorized I.D. card holders only.

For information and reservations call
787-707-3734 / 3138

GARRISON COMMANDER'S GOLF OUTING

Friday April 23rd, 2021

Time: Shotgun starts at 1:30 p.m.

Fee: \$45 per person
BBQ menu for players included.
BBQ menu available for purchase for non participants.

Format: 4 person Scramble (9 holes)

Prizes for 1st and 2nd Callaway teams.

Closest to the pin contest on hole #3 and #8.

787-707-3980/3523



In commemoration of Armed Forces Day Honoring our troops!

Friday, May 14, 2021

7 a.m. - 8:45 a.m.

at the Borinquen
Bar & Patio

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

Curbside pick up. | One meal per service member.
Protective face mask is required.

Sponsored by



**GARY SINISE
FOUNDATION**
SERVING HONOR AND NEED



FORT BUCHANAN
GOLF COURSE



ATTENTION!
To all MWR
cardholders

**Play 18 holes
for the
price of 9 holes**

Pay only \$34 for 18 holes,
with golf cart.
(regular price \$45)

For tee times

Call 787-707-3980
Wednesday - Sunday
8 a.m. - 4 p.m.



**SUNDAY
GOLF SPECIAL
FOR MWR CARHOLDERS**

Special every Sunday from:
**April 4th- May 30th
7 a.m. to 10 a.m.**

MWR cardholders may make tee
times one week in advance.

CONTACT US AT
f @fortbuchanangolf
@ @fort_buchanan_golf_club
<https://buchanan.armymwr.com/programs/golf-course>



**SOCIAL
FRIDAYS**
@The Golf Club **4-7
P.M.**

2 x \$5 Empanadillas de Bistec
50c each Chicken Wings
\$10 Bucket of Heineken (4)
\$3 Lan Crianza Wine Glass
\$3 Buchanan's Deluxe Whisky
Aged 12 years

787-707-3559

MWR

TASTE OF
EPCOT
INTERNATIONAL

Flower & Garden FESTIVAL 2021



Spring is alive at the Taste of EPCOT® International Flower & Garden Festival at Walt Disney World® Resort! Come have a bloomin' great time as you discover the best in springtime flavors, floral and entertainment with everything from tasty Outdoor Kitchens and Disney Character topiaries to breathtaking gardens and live music. See all that's "growing on," March 3–July 5!

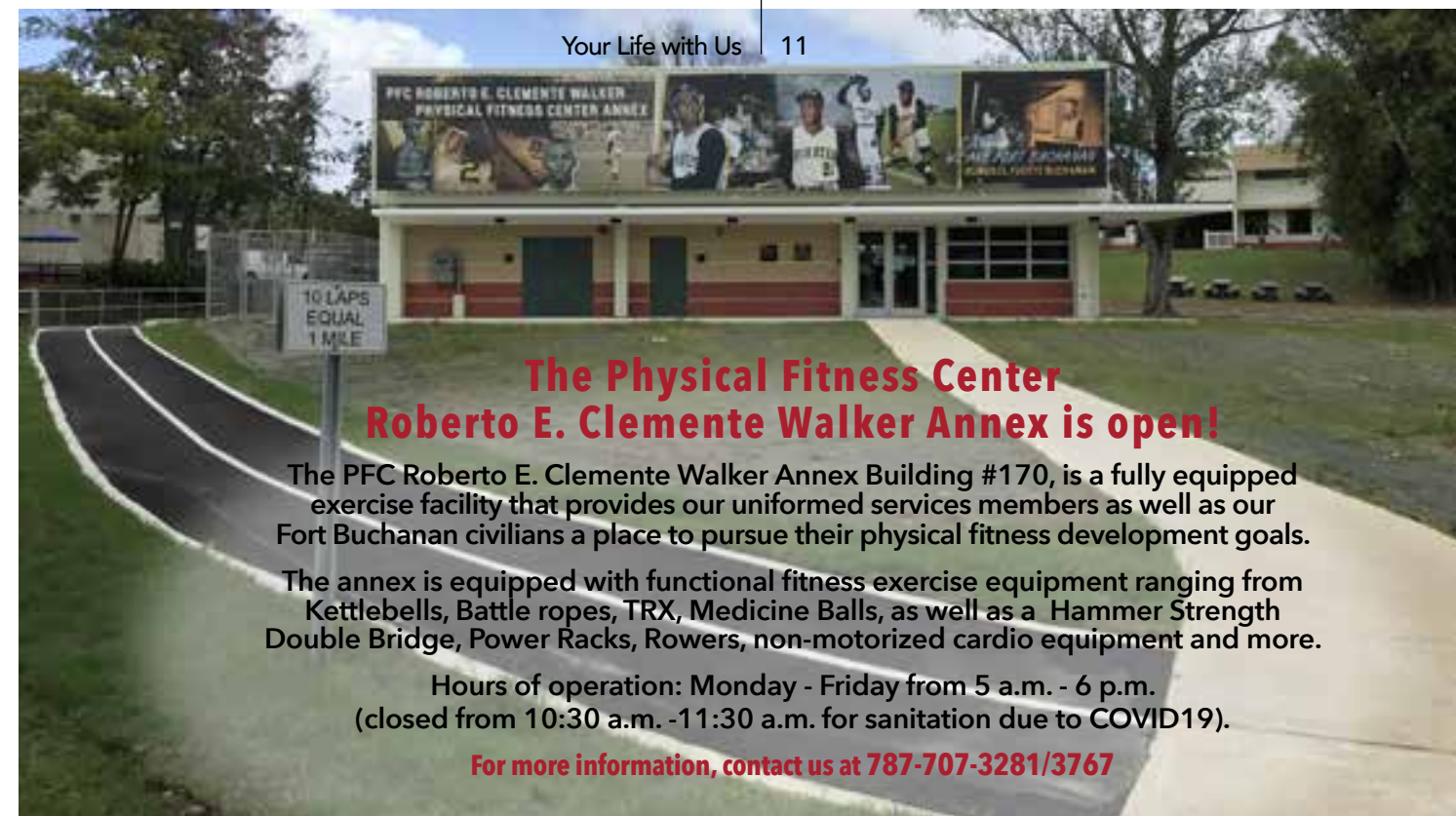
Walt Disney World.

TO BOOK YOUR MAGICAL WALT DISNEY WORLD VACATION, CONTACT US TODAY!

Leisure Travel Office
Bldg. 608, South Terminal Road
787.707.4344 or nadya.i.ayala.naf@mail.mil

10 | Your Life with Us

Your Life with Us | 11



The Physical Fitness Center Roberto E. Clemente Walker Annex is open!

The PFC Roberto E. Clemente Walker Annex Building #170, is a fully equipped exercise facility that provides our uniformed services members as well as our Fort Buchanan civilians a place to pursue their physical fitness development goals.

The annex is equipped with functional fitness exercise equipment ranging from Kettlebells, Battle ropes, TRX, Medicine Balls, as well as a Hammer Strength Double Bridge, Power Racks, Rowers, non-motorized cardio equipment and more.

Hours of operation: Monday - Friday from 5 a.m. - 6 p.m.
(closed from 10:30 a.m. - 11:30 a.m. for sanitation due to COVID19).

For more information, contact us at **787-707-3281/3767**

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

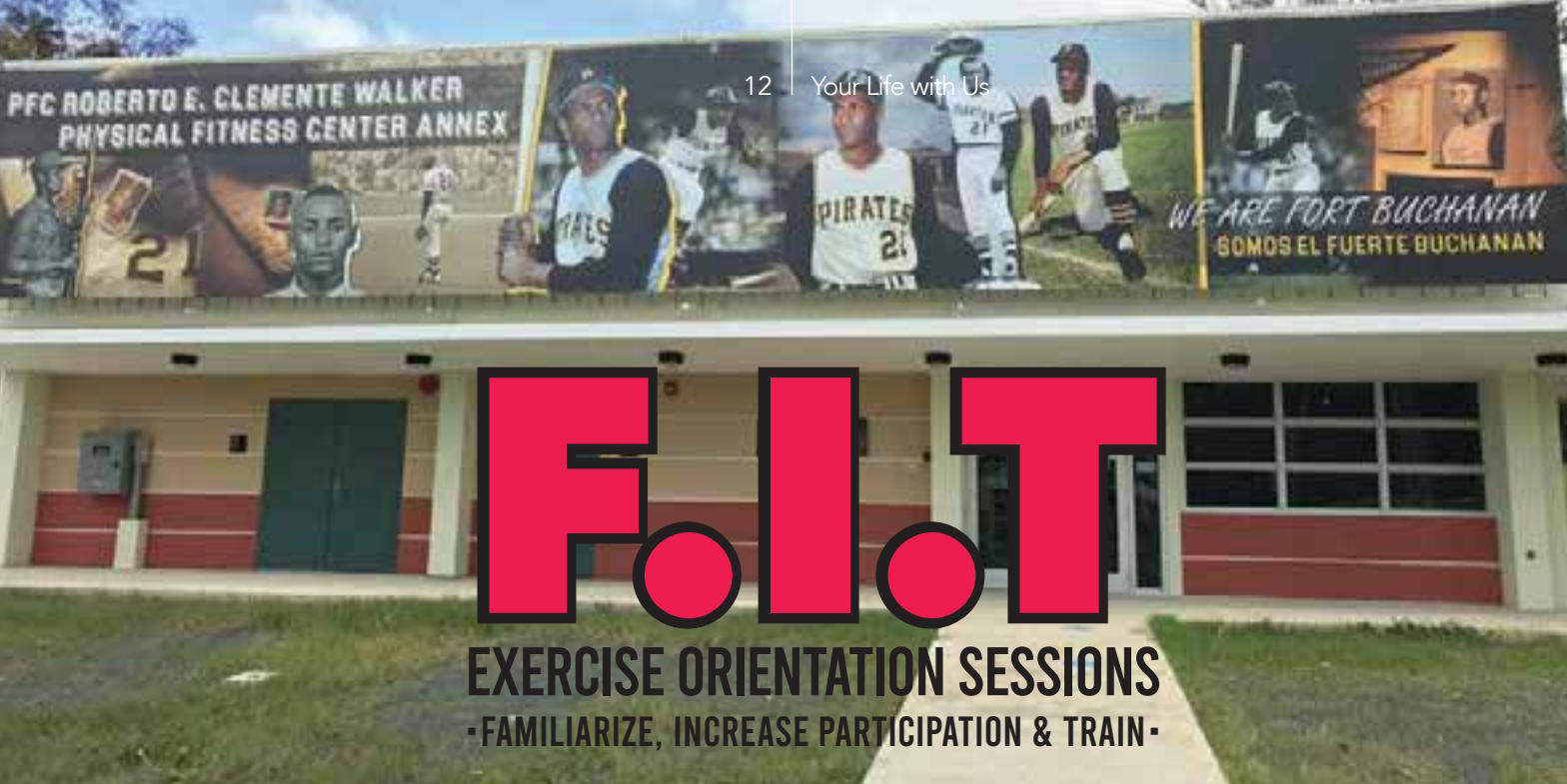
Social distancing practices and use of face mask is required at all times in this facility.

Sports & Fitness Center

OUTDOOR CYCLING SESSIONS

Thursdays at
5 a.m. and 4:30 p.m.
at the Cabaña Picnic Area.
Call 787-707-3767/3281
to reserve your space.
\$3 fee per class.





NEW! F.I.T Exercise Orientation at the PFC Roberto E. Clemente Walker Annex!

The PFC Roberto E. Clemente Walker Annex, Building 170, is a brand new fully equipped exercise facility that includes an array of Functional Fitness exercise equipment, ranging from, Kettlebells, Battle Ropes, TRX, Medicine Balls, as well as a Hammer Strength Double Bridge, Power Racks, Rowers, non-motorized cardio equipment and more.

Want to start an exercise routine, but not sure where to start?

We've got you covered! Come to the PFC Roberto E. Clemente Walker Annex and take part in one of our F.I.T exercise orientation sessions! Get to know how Functional Fitness equipment can help you achieve your fitness goals while avoiding injuries!

Orientations are held every Tuesday during April at 6 a.m. & 4:30 p.m.

at the PFC Roberto E. Clemente Walker Annex, Bldg. 170 & Cabaña Picnic Area, Bldg. 179.
For more information, please call (787) 707-3281/3767.

We are committed to the Physical Fitness development and readiness of our Soldiers and the Fort Buchanan community!





Fort Buchanan Sexual Assault and Awareness Prevention Month (SAAPM) 2021

Calendar of Events:

1 April SAAPM 2021 Proclamation Signing

1-2 April - Meet Your SARC

Meet and Greet with your Garrison SARC, and receive a teal SHARP lapel pin to show your support throughout the month.



1-30 April - Workout of the Day (WOD) Mondays



Every Monday from 0600-0730 a WOD will be posted at the Fort Buchanan Sports and Fitness Center, Bldg. 167. Participants will conduct a variety of exercises and repetitions that correlate with SHARP/SAPR program statistics.

1-30 April - Wear Your Teal Tuesdays

To raise awareness of sexual assault, and in support of victims of these crimes; wear the color teal to show support and activism.



1-30 April - Decorate your Office Challenge

Office decorating contest for SAAPM. Include SHARP or SAPR prevention and awareness materials in your decorations. All participants will receive a certificate of recognition. The most creatively decorated office/door/cubicle will receive a trophy/plaque.

14 April - A Cup of Prevention

Located at Army Community Service (ACS), Bldg. 225 from 0800-1200; participants will get an opportunity to demonstrate their knowledge by spinning the SHARP Quiz Wheel and answering the questions correctly. Contestants will receive a free cup of coffee in a personalized Garrison reusable coffee cup and coaster.



28 April - National Denim Day

Take a photo in your denim jeans and a "Take Action" sign, submit them to the Garrison SARC for the FT Buchanan, FMWR, and ACS Facebook pages. There will be a Denim Day display at Bldg. 390 for participants to use as a backdrop.



POC: Pallas Cryer-Harris, USAG SARC
787-707-3481, ACS Bldg. 225

SAAPM
Sexual Assault Awareness and Prevention Month

www.preventsexualassault.army.mil
DoD Safe Helpline: 1-877-995-5247

SHARP
SEXUAL HARASSMENT/ASSAULT RESPONSE & PREVENTION



Building Cohesive Teams Through Character, Trust & Resilience

A CULTURE OF SUPPORT



Ways Leaders Can Create a Culture of Support

Be Engaged

Every Soldier has a teammate, a Family, and a leader. Stay engaged with the individual and the people in their "golden triangle," who can let you know if a Soldier is struggling.

Be Aware

Realize that your preconceived notion of what a "victim looks like" or how they "should" act may lead you to not believe a survivor. Be aware of this bias and take all sexual assault reports seriously.

Be Supportive

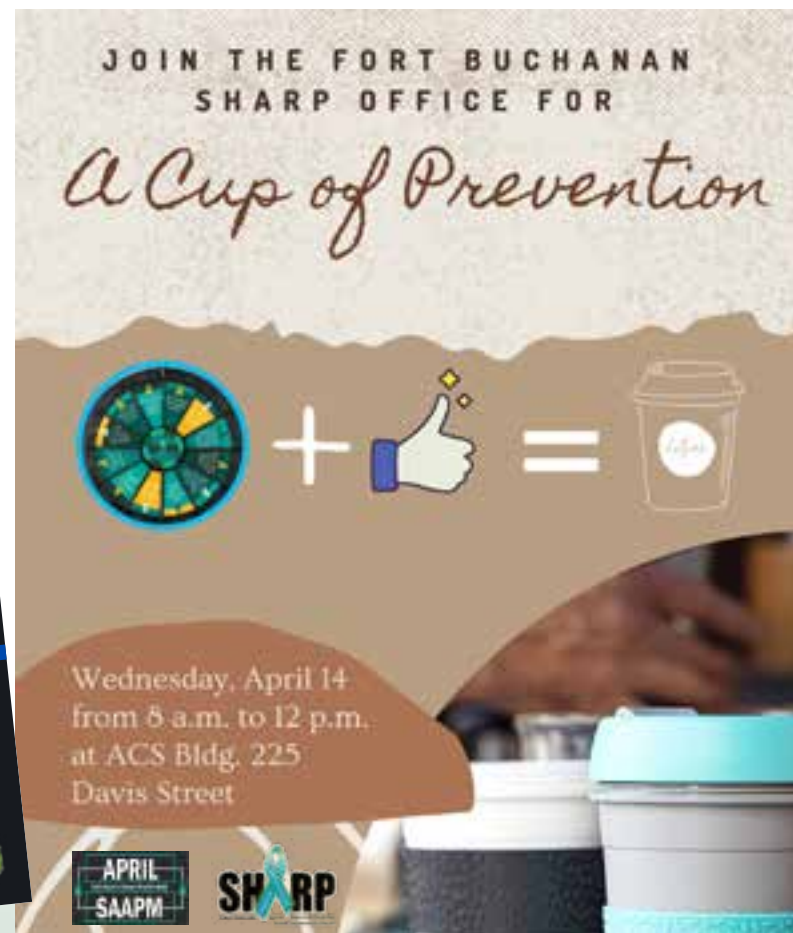
Sexual assault survivors may exhibit negative behavior changes after an assault. Instead of initiating disciplinary action, ensure they receive appropriate behavioral health support to cope with the trauma.

Protecting Our People Protects Our Mission



www.armyresilience.army.mil
DoD Safe Helpline: 877-995-5247

SAAPM 2021
Sexual Assault Awareness and Prevention Month



AUTISM Awareness Month

April 1st marks the beginning of Autism Awareness Month. This is a great opportunity to be an advocate for the Autism community. The following educational resources will be available each week to create awareness

SWAG BAGS WITH EDUCATIONAL MATERIAL FOR STUDENTS.

Distributed on Wednesday, April 7 at 10:20 a.m. and 11:40 a.m.
by Antilles Elementary School (DoDEA) and EFMP staff.

AUTISM AWARENESS VIDEO for CYS Students.

April 7 - Preschool students (3-4 yrs. old) / April 14 - SAC students (K-5th graders)
April 21 - MST students (6th-12th graders)

FREE DEVELOPMENTAL SCREENINGS for children from 0 to 36 months by EDIS staff.

Thursday, April 22 from 8:30 a.m. to 2:30 p.m. at the Chapel Annex, Bldg. 292.
Educational material will be available.

INSPIRATIONAL STORIES VIDEOS FROM PARENTS OF A CHILD WITH THE AUTISTIC SPECTRUM DISORDER (ASD) for Child & Youth Services Staff

Wednesday, April 28 from 9 a.m. -10 a.m. Followed by a discussion on the theme.

For additional information, please access the following links for additional resources to benefit yourself and others: <https://www.facebook.com/FtBuchananEFMP> and <https://www.facebook.com/CYSBuchanan>.



ARMY COMMUNITY SERVICE Employment Readiness Program Trainings for April 2021

How to update the federal resume and analyze vacancy announcement.

Tuesdays, April 13, 20 & 27 at 9 a.m. and 1 p.m.

How to apply for federal jobs at USAJOBS.

Wednesdays, April 21 & 28 at 9 a.m. and 1 p.m.

Guidance to conduct your own resume assessment.

Thursdays, April 22, & 29 at 9 a.m. and 1 p.m.

Please call 787-707-3365 or send an email at ivette.davila.civ@mail.mil for registration and instructions to virtually connect to these seminars/classes through Microsoft Teams or via teleconference.

ERP offers workshops and resources through a virtual platform to assist you with your career plan and job search. Classes and seminars on self-assessment and career exploration, resume writing, interviewing techniques, dressing for success, networking, SBA orientation, home base business, and entrepreneurship orientation.

Basic Conversational Spanish Course

WHEN: Starting on April 5 through May 27
Every Monday and Thursday, 4 p.m. - 5:30 p.m.

WHERE: Chapel Annex, Bldg. 292

Register now at 787-3290 • 787-707-3692
or via email at ernesto.berriosrivera.civ@mail.mil or/and damaris.quintananunez.civ@mail.mil



Habla
Español?