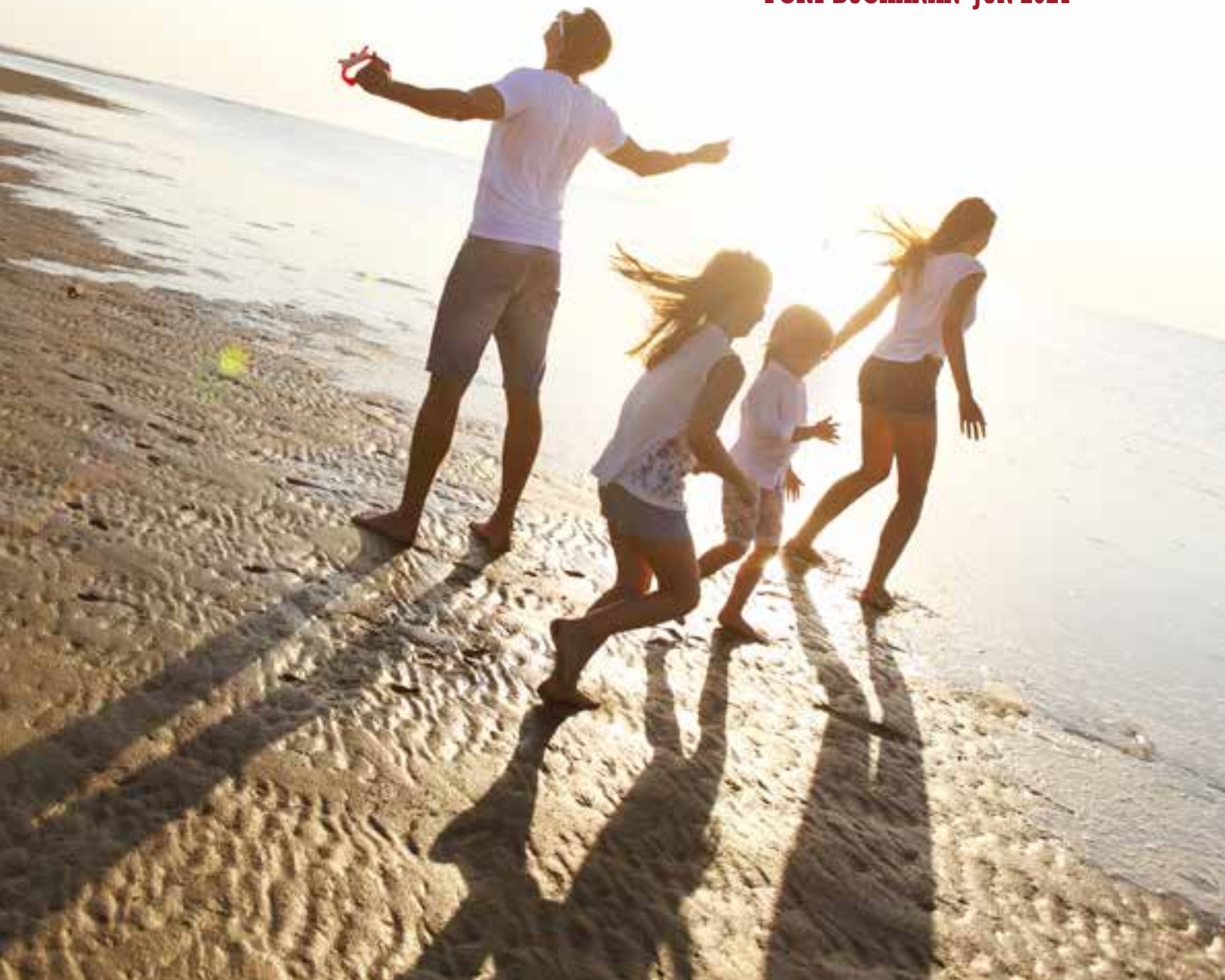




LIFE with US



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

Family and MWR Acting Director

Mrs. Aida Aguilú
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

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MWR-ICE-QR



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AUTO REPAIR & MAINTENANCE



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

FB-buchananmwr

SPONSORED BY:



The US Army does not officially endorse sponsors. Choose a designated driver. Do not drink & drive.

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.

*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
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.**



LUNCH SPECIALS

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

See our weekly specials at:
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