

EL MORRO

SENTINEL
OF THE CARIBBEAN



Story on page 2

The Directorate of Family and, Morale, Welfare and Recreation (FMWR) won the golden Garrison Cup after a full day of competitions at the USAG Fort Buchanan Organizational Day and 1st Quarter Town Hall. Seen here celebrating their victory with the (L) Garrison Commander Col. Tomika M. Seaberry, (Center with trophy) FMWR Business and Recreation Division Chief, Scott D. Abell and (R) Garrison Command Sgt. Maj. Roderick W. Hendricks. Photo by Rosie Irizarry, Public Affairs Specialist

USAG Fort Buchanan Organizational Day and 1st Quarter Town Hall Meeting, great camaraderie

Story and photos by Rosie Irizarry, Public Affairs Specialist

The US Army Garrison Fort Buchanan held an Organizational Day and 1st Quarter Town Hall Meeting which included the presentation to the winner of the golden Garrison Cup at the installation's Cabaña Picnic area October 21, 2022.

Garrison Command Sgt. Maj. Roderick W. Hendricks began with some welcome remarks to the garrison directors, work force and tenants participating in the competitions.

The Deputy to the Garrison Commander, Yvette L. Castro also welcomed all the participants, while she and Command Sgt. Maj. Hendricks noted that the Garrison Commander was not yet present...to everyone's surprise the Garrison Commander Col. Tomika M. Seaberry was there the entire time, but in disguise, sitting amongst the workforce and heckling in fun the speakers.

Col. Seaberry emphasized that the goal for the event was to have an enjoyable day of fellowship, communicate with all members of the Fort Buchanan family and recognize outstanding performance. Seaberry was followed by the



invocation by Garrison Command Chaplain Maj. David S. Keller. "May this day go well and may we grow together. Preparing our bodies and minds for the events of the day," said Chp. (Maj.) Keller.



"Be safe today and always and as the holiday season approaches remember do the right thing. Don't drink and drive, don't let anyone, not friends nor family, drink and drive. Do as we do in the Army take care of each other," said the Safety and Occupational Health Officer, Carlos J. Alvarado during his safety briefing.

Directorate of Family and, Morale, Welfare and Recreation (FMWR) Supervisory Sports Specialist, Roberto Fernández, lead for the Org. Day events, provided an overview of the eleven competitions: Dominoes; Home Run Derby; Doubles Tennis; Corn Hole; Volleyball; Table Tennis; Hula Hoop; Plank Race; 3 on 3 Basketball; Bocce Ball and Tight Rope Walking. He and FMWR Staff maintained records of the teams, game participants and scores throughout the day.

In a special presentation, Puerto Rico/Honduras Army Air Force Exchange (Exchange) General Manager, Andrea' B. Frazier, Col. Seaberry and Command Sgt. Maj. Hendricks presented Exchange Associate, María Ines Cruz Díaz with certificates in appreciation for over 21 years of exceptional support, commitment and service to the Fort Buchanan Military and Civilian community.

The day's events were filled with camaraderie, team cohesion, unity and friendly competition.

"This is the best! To be here, sharing with each other, having fun," said Directorate of Public Works (DPW),



Garrison Commander
Col. Tomika M. Seaberry

Garrison Command Sergeant Major
Command Sgt. Maj. Roderick W. Hendricks

Deputy Garrison Commander
Lt. Col. Brian M. Mandock

Deputy to the Garrison Commander
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“This day has served to take a break and appreciate each other.” She also reviewed what has taken place on the installation over the past year up to the passing of Hurricane Fiona and highlighted the fact that the installation never closed or stopped serving it’s community,” said Col. Seaberry.

During the awards portion of the Town Hall, certificates with pins were presented for Ten Years of Service to the Nation to Resource Management (RMO) Budget Analyst Yaviel Luna-Pomales and Internal Review and Audit Compliance Officer, Katsi Y. Rivera Medina. Receiving her certificate

and pin for thirty-five years of service to the Nation was Directorate of Emergency Services Administrative Support Assistant, Libertad F. González.

US Army Certificates of Appreciation to various garrison directorates for their outstanding support during Hurricane Fiona Response and Recovery Operations presented to: Héctor Herrera, Jaime Cruz, Wilbín Colón-Vargas, Rodney Vega-Heim, Félix Colón, Javier Moyet, Antonel Sayers, Efraín Feliciano, Marco Santiago, Christopher Nelson, Rosie Irizarry and Grissel Rosa.

RMO Budget Analyst Keila Arzuaga Rivera also received a Dept. of the Army Certificate of Appreciation for joining the RMO Team during the last quarter of fiscal year 2022 and helping to collect over \$5.7 million helping to



Refrigeration and Air-conditioning Technician, Efraín Feliciano.

“This is my first time playing Tennis, it’s a very interesting game, but maybe next time they’ll bring oxygen for us folks over 50! It’s very intense. I had great fun,” said FMWR Child and Youth Service (CYS) Isaac Cruz. After all the games, the 1st Quarter Town Hall meeting was held with Garrison Public Affairs Officer, Grissel Rosa serving as master of ceremony. The meeting began with Col. Seaberry leading a question and answer session where members from the workforce presented questions about a variety of concerns such as gate access; access to and communication with, the Department of Defense School Activity (DODEA) schools; the elaboration of specific policies with regards to schools, children behaviors and repercussions and access for use of the Commissary on post.

Col. Seaberry called on the Installation Staff Judge Advocate Lt. Col. Ignacio D. Maramba to assist in clarifying and answering some of the questions raised with the legal reasoning for the determinations for some decisions.



close successfully the fiscal year. DPW Director Anibal Negrón was presented a letter from Resources, Installations and Materiel Chief Financial Officer and Director, SES, Stephen K. Sullivan for Negrón’s dedication to energy and water resilience at Fort Buchanan.



After the awards recognitions came the long-awaited announcement of the winners of the golden Garrison Cup. In sixth place was the Directorate of Human Resources; fifth place the Logistics Readiness Center; fourth place the Garrison Command Group; third place CYS; second place DPW and in first place and winner of the Garrison Cup was FMWR.

With the announcement of the winner the entire room erupted with congratulatory shouts and applause.

“What a more befitting way for me to leave command than to give away this trophy. You guys truly deserve this, you all worked late to make this happen. It’s an honor to give this away, what a way to come into an organization (talking to Scott Abell),” said Col. Seaberry as she handed the trophy to Abell.

“The Commander can come downstairs anytime she wants to visit the Garrison Cup. I knew, I’ve been here two weeks, that we have the best FMWR team well done everybody! Congratulations to CYS, DPW and all the other teams good job!” said FMWR Business and Recreation Division Chief Scott D. Abell.



USAG Fort Buchanan Organizational Day and 1st Quarter Town Hall Meeting, great camaraderie





Appreciating our Military Families

Story by Karina V. Altagracia Espada, Child and Youth Services, School Liaison Officer



November is traditionally known as the gratitude month. It is a time we used to collectively give thanks, show appreciation and demonstrate endless acts of kindness. So, it is not coincidence that this month was chosen to nationally celebrate our military families.

We observe Military Family Appreciation Month, established in 1996 by the Armed Forces YMCA, each November. It is an opportunity to recognize the commitment and resilience of Army Families and their indispensable contributions to Army readiness, an opportunity to appreciate the continuous sacrifices and

celebrate the contributions that military families have made and continue to make. We recognize the challenges family members face in support of their loved ones in uniform, we know that Soldier readiness + family readiness = mission readiness.

Service Member's families are a great example of resilience and courage. They face with grace and strength the challenges of multiple deployments and moves, and have a tremendous ability to adapt to change. It is inspiring the way these families support their service members as they carry out their duty to the nation.



For that, these families deserve to be recognized and appreciated. The Army recognizes that Service Members' families are the backbone of our military and face unique challenges. During this month, let us all take the time to honor our Service Members, Veterans, their Families and sacrifices.

"The First Lady and I know that it is not only the person who wears the uniform serving our country but also their families who make enormous sacrifices for our Nation," President Joseph R. Biden, Jr. from his 2021 Proclamation on National Veterans and Military Families Month.

Let the message be loud and clear: Thank You. Please know that you inspire us, that we see the impact you made in our society and nation, and that we value your sacrifices. To all our Fort Buchanan military families, you are the core and heart of our community. You make us Army Strong!

Army senior leaders put the focus on families

Excerpt of story and photo by Staff Sgt. Michael Reinsch, Army News Service

As the Army moves forward with transforming for the future, senior leaders at this year's annual meeting of the Association of the U.S. Army made clear that taking care of Army families is their central focus. During a town hall panel, Secretary of the Army Christine Wormuth, Chief of Staff of the Army Gen. James McConville and Sgt. Maj. of the Army Michael Grinston discussed family issues with an audience of Soldiers, family members and civilians.

"If we don't have the best people and we don't take care of our people, it won't really matter — even if we develop the most amazing new weapon systems and technologies," Wormuth said. "People are the backbone of this Army, and we have to take care of our folks." The Army senior leader town hall meeting was created to provide Army families a way to communicate issues to top leaders, Wormuth said. She has visited Soldiers and their families at many Army installations to hear about issues right from the source.

"We recruit Soldiers, but we retain families," McConville said. "Eighty-nine percent of our sergeants and above have families. We are far from perfect when it comes to taking care of our families, but this forum — at least for me — has been very, very helpful."

After their opening statements, senior leaders took questions from the audience that ranged from suicide prevention to housing concerns in and around Army posts.

Suicide Prevention

One of the concerns the Army family has faced in recent years is the stigma associated with seeking help for mental illness. "I myself have seen a counselor," Wormuth said. "I try to encourage and try to get the message out that taking advantage of behavioral health resources is a sign of strength, not a vulnerability. It is helping yourself solve a problem, and it is nothing to be ashamed about."

Suicide prevention measures and how to help Soldiers' families were also discussed.

"We as leaders have an obligation to build connections between our Soldiers and our leaders, making sure that every Soldier has somebody that cares about them," McConville said. "Every Soldier's family knows who they can call when there is a problem."

Spiritual Wellness

Some of the audience wanted to know more about the connection of spiritual wellness and suicide prevention.

"We're very comfortable talking physical; we're very comfortable talking mental. But we get a little 'squishy' when

it comes to things spiritual," said Maj. Gen. Thomas L. Solhjem, Chief of Chaplains for the Army and an audience member who spoke about spiritual wellness. "The Army has taken [spiritual wellness] on [as part of] holistic health." According to Solhjem, people who are spiritual have significant protection against risk-taking, major depression, and substance dependence and abuse, and they are 50-80% less likely to be suicidal. Solhjem explained that protection against suicidal tendencies is even greater when people have personal faith and believe in something outside of themselves, and when they share it with others.

EFMP

The Exceptional Family Member Program is in place to be able to move Soldiers and their families to locations that can support their special needs. Approximately 10% of Soldiers have family members who are part of the program. The new updated Enterprise-EFMP, which went live Aug. 31, introduced a faster and more secure way to update a Soldier's EFMP file. The new system streamlines enrollment and more fluidly assists Soldiers to get assignments that correspond with their families' needs.

ACS

The Army has experienced budget cuts in recent years, including the Army Community Service program, which caused concern among some Soldiers and family members. "The services that ACS is providing — one size doesn't fit all," McConville added. "What we're trying to do is get feedback from senior commanders. Which programs are working, which ones do we cut? There are always opportunities to bring them back." "We still have the Army Family Action program," Grinston said. The concern is that although ACS provides many services to an installation, all of the services are not needed at every post. But, if something is needed, Soldiers and their family members can bring it up to be reconsidered.

Soldier for Life

When Soldiers leave the Army, they transition to "Soldier for Life," and some of them looking ways to give back. "Soldiers for life — we want you to inspire other men and women to serve," McConville said. "What we find is 83% of Soldiers who come into the Army come from military families. Encourage them to serve, because there is no better place to be all that you can be."



The panel members for Association of the U.S. Army that focused family issues, Secretary of the Army Christine E. Wormuth, Chief of Staff of the Army Gen. James McConville and Sgt. Maj. of the Army Michael Grinston, wait for a question to be asked. (Staff Sgt. Michael Reinsch, Army News Service)

Housing

A major concern Soldiers and families often have is getting a place to live when they arrive at a new unit. Some have noted that renters are charging more than the allotted basic allowance for housing, and that on-post housing may not be available for months at a time.

"We know we have some housing challenges, and we are really trying to work on that," Wormuth said. "We are really trying to work closely with the privatized companies."

The Army is also working to ensure it has high-quality maintenance workers to fix problems in a timely manner, she said. The Army is actively trying to fix current housing issues, as well as new ones as they arise.

Approximately 65% of Soldiers and their families live off post, and the Army is aware of the rising prices in housing. As of right now, the Army is looking into how they can make adjustments and calculations to BAH.

"We are committed to giving our families and Soldiers the quality of life they've earned," McConville said.

<https://www.army.mil/article/261138?g>

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Fort Buchanan Fire Department celebrates Fire Prevention Week “Fire Won’t Wait. Plan Your Escape”

Story by Rosie Irizarry, Public Affairs Specialist
Photos by Rosie Irizarry, Public Affairs Specialist and courtesy of the Fort Buchanan Fire Department

Every year the Fort Buchanan Fire Department (FBFD) joins the nation in observing Fire Prevention Week, this year Fire Prevention Week celebrated its 100th anniversary and was observed October 9 to 15, 2022.

The FBFD kicked off the weeklong events with the signing of the Fort Buchanan Fire Prevention Week 2022 Proclamation by the Garrison Commander Col. Tomika M. Seaberry and Sparky, the fire department’s official mascot at the General James A. Buchanan Conference room October 5, 2022.

For the very first time Sparky was able to sing the proclamation with a rubber stamp paw print the firefighters made for him

Present for the signing were Deputy Garrison Commander Lt. Col. Brian Mandock; Deputy to the Garrison Commander Yvette L. Castro; Fort Buchanan Fire Chief, Robert B. Stuart; Assistant Fire Chiefs Héctor Rivera-Torres Jr. and Paul A. Hartman and firefighters.

The FBFD delivered fire prevention literature to installation housing residents, as well as to the Antilles Elementary School (AES), Garrison Command Headquarters, the Welcome Center and installation Child Development Center where approximately 60 Pre-Kindergarten children shared time with Sparky.

Children from the AES participated in a Poster Drawing contest with winners from first to fifth grades receiving bicycles. The events culminated with an informative booth at the Army and Air Force Exchange (PX) main



lobby where they joined the Fort Buchanan Police Department, distributing fire prevention and breast cancer awareness materials.

“Your Fort Buchanan Fire Department wants you to: practice your home fire drill at least twice a year with everyone in the household, including guests. Practice at least once during the day and at night. Have an outside meeting place a safe distance from your home where everyone should meet. As the biggest

annual campaign at NFPA, Fire Prevention Week works to educate people about the leading risks to home fires and ways they can better protect themselves and their loved ones. Local fire departments play a key role in bringing Fire Prevention Week to life in their communities each year and spreading basic but critical fire safety messages,” said Assistant Fire Chief Paul A. Hartman.



USAG Fort Buchanan Organizational Day and 1st Quarter Town Hall Meeting, great camaraderie



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Army Energy Action “Energy Resilience: Sustain the Mission, Secure the Future”

Story and photo by Francisco J. Méndez, Environmental Division Chief and Homar Velázquez Archilla, Resources Efficiency Manager



It's October the Army Energy Action Month. In continuing to become better stewards of our resources, this October the beginning of a new fiscal year, we reflect upon this year's Energy Action Month theme: “Energy Resilience: Sustain the Mission, Secure the Future.”

The Army observes Energy Action Month each October to raise awareness of the critical role energy resilience plays in mission readiness and to drive behavior change. This theme reinforces the importance of energy resilience, or uninterrupted access to energy, to Army readiness and supporting critical missions.

In echoing the Army, we must address threats that can jeopardize mission capabilities, both man-made and natural, to include climate change associated with the interdependent electric power grids. We can't afford to lose power. To address those challenges, September 30, 2020, Fort Buchanan developed an Installation Energy and Water Plan (IEWP) that

provides a roadmap for achieving energy security, resiliency, readiness, and mission assurance. Among other initiatives, this plan highlights future critical projects such as an Installation-Wide Microgrid and a Potable Water Purification System for Las Casas Lake, both scheduled for FY24.

There are many things we can do to contribute to Fort Buchanan's success by making “Energy Informed” decisions. We've come



a long way and have implemented many projects, such as Solar Photovoltaic Sites, LED Lighting, Advanced Metering, and Fully Sustainable Rainwater Harvesting, to ensure that our mission readiness and energy security is sustained. However, our daily decisions will ultimately ensure that we become a sustainable installation which prevents energy waste. Our actions will help us control and lower our yearly energy use at a fraction of the cost to the taxpayer's money. No matter how much money we can invest in energy reduction projects, ultimately our daily actions can shift the current trend of becoming a more energy dependent installation into a more sustainable and balanced one.

Our commitment is to forward this strategy and build a culture that recognizes the value of sustainability and resources conservation, promoting energy efficiency, implementing technologies to advance energy goals, and increasing reliance on non-carbon energy sources in accordance to the Army's Climate Strategy. The Army is making these investments to ensure the Army of tomorrow has the same or greater access to energy, water, land, and natural resources as the Army of today.

You are the first line of defense to ensure mission readiness, your actions will help us become a more resilient Installation. Leaders, Soldiers, Civilians and Family members can assist by simply being aware of energy usage and considering best practices to reduce the amount of energy and water required to accomplish the mission.

During October we focus on energy. By taking action and making informed energy decisions, we can ensure Fort Buchanan has the Power to Sustain the Mission and Secure the Future!

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Fort Buchanan Safety Officer conducts OSHA certified training

Story by Carlos J. Alvarado Martinez, Installation Safety and Occupational Health Manager
Photos by Addy Z. Molina, Environmental Compliance Manager and Rosie Irizarry, Public Affairs Specialist

The Occupational Safety and Health Administration (OSHA) Outreach Training Program provides workers with basic and advanced training about common safety and health hazards on the job. The Fort Buchanan Safety Office provided the 30-hour OSHA training program, over a five day period, to minimize affecting daily operations and was conducted at the installation Training Center.

Training is an important aspect of the Department of the Army employee. It has been found to not only improve productivity and performance but also providing them with the skills and knowledge to work safer. The students received materials, such as Vol I and II student manuals, a workbook, and a copy of the OSHA Construction Standard. This training was conducted as a combination of conference, videos and practical exercises. Some of the topics covered were: Introduction to OSHA; General Safety and Health Provisions; Falls; Electrocutation; Personal Protective (PPE) & Lifesaving Equipment; Health Hazards in Construction; Material Handling, Storage, Use, Disposal; Tools- Hand and Power; Fire Protection and Prevention and more.

The 16 students that completed the course, belong to Directorate of Public Works (DPW) Construction



Quality Control, Environmental, Engineering and Operations and Maintenance (O&M) (Electricians, equipment maintenance and operators) Divisions.

Upon completion, the students received certificates and an OSHA 30-hour course completion card. Although, the OSHA Card does not have an expiration date, the supervisor, with support from the Safety Office must provide refresher training at a minimum, annually or more frequently depending on specifics OSHA programs require and changes in workplace and technology.

Fort Buchanan Garrison Commander Col. Tomika M. Seaberry accompanied by Garrison Command Sgt. Maj. Roderick W. Hendricks and DPW Director, Anibal Negrón

attended the certification ceremony held on the last day.

“When we talk about people first with regards to safety of Soldiers and civilians, this class is no small deal...the work comes after... implementing what you have learned here, and you will continue to bring Fort Buchanan up. Keep doing the excellent work you do and thank you,” said Command Sgt. Maj. Hendricks.

“We may be small but we have jewels in our staff, and I exhort you, if there is any other trainings you can recommend in your field, I’m all about making sure that people get the right training,” said Col. Seaberry.



“We received really good explanations, Alvarado knows what he’s talking about. In five weeks we addressed a lot of safety issues,” said Operator, Antonel Sayers Maldonado.

“This was very good training. The instruction had documentation, we learned about new changes in our jobs and what is coming soon. In my 20 years working here, I have never received a training as detailed as this one,” said Road and Grounds Supervisor, Juan Gonzalez.





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Chaplain's Corner

Don't forget to pray

Story by Maj. David S. Keller, Garrison Command Chaplain – “Serving with You!”

Recently, I temporarily lost something. I diligently searched my office, my coworker's office, and even a couple of classrooms. I sat down with my teammate and brainstormed where the item could be. Together, we made phone calls to try to find out clues to where this item may have been placed. Unfortunately, it was all to no avail! Has that ever happened to you before? It is a frustrating feeling!

After about fifteen minutes of searching, I stopped. I realized that I had forgotten something very important. I forgot that I needed to take a minute to pause and pray. I prayed that the item would be found. I prayed that we would not have offended anyone by asking, “did you move this?” And lastly, I prayed that God would get the glory this day whether or not we were successful.

Fortunately, we found this missing property in the very office where I had already looked. Deep inside, I wanted to accuse someone of secretly placing it back where it should have been all along. Of course, better judgement won that day... and maybe a lot of grace! Sometimes we have days like this. And many times, we forget that we have a source of wisdom, power, and grace to which to take our concerns.

Today, don't forget to pray. Whether you have lost something, or someone, take it to the Lord in prayer. He is faithful to listen,



provide much needed comfort, peace of mind, and even find lost things. Before you ‘lose your mind’ about something today, take a moment to reflect on God's grace, or read a book filled with wisdom to help you find yourself again. Call a good friend and tell them how things are going in your life.

If you'd like to find God this weekend in the pages of the Bible, please join us for Protestant Service and Catholic Mass at the post chapel on Sundays:

Protestant Service: 9:30 a.m.
Catholic Mass: 11:30 a.m.

For more information, Fort Buchanan St. Francis of Assisi Catholic Community: <https://www.facebook.com/Fort-Buchanan-St-Francis-of-Assisi-Catholic-Community-115141189921692/> or the Fort Buchanan Chapel Protestant Service: <https://www.facebook.com/Ft-Buchanan-Chapel-Protestant-Service-101189707958782> which continues to be live streamed every Sunday.

Fort Buchanan Army Community Service conducts Military Spouse Forum

Story and photos by Rosie Irizarry, Public Affairs Specialist



Fort Buchanan’s Directorate of Family and, Morale, Welfare and Recreation (FMWR) Army Community Service (ACS) conducted its first Military Spouse Forum at the Post Chapel Annex, September 28, 2022.

“Thank you for taking time from your busy schedules today to share your stories and situations. I am certain that “our voices” will be heard as together we are stronger,” said ACS Director, Wilda Diaz as she welcomed the 9 military spouses present and one via Zoom, whose service members are from the Army Reserve, Air Force, and PR National Guard. As Diaz welcomed these trail blazing ladies she reminded them of the their slogan “We don’t do average...we do awesome!” which was imprinted on the tokens they received at the forum.



was interested in dance lessons, which they can start with Zumba class held October 11. Diaz also indicated that she is tracking thorough the Army Family Web Portal (AFWP)/Army Family Action Plan (AFAP) sites, issues with Overseas Housing Allowance (OHA)/AFAP they discussed.

“it’s been challenging the last couple of years,” said Lin Smith spouse of an Active Duty/Guard (AGR) Soldier.

“So good to see ACS here to support all Soldier families,” said Sonia Cáceres, spouse of the Commanding Officer of the 1st Mission Support Command. “Networking is important, when someone tells me “if you need anything



The attendees discussed topics they wished addressed such as feral dogs on post, TRICARE issues, Department of Defense Education Activity (DODEA) and USO activities. They also had some subjects such as a Dog Park, some things such as Spanish Classes are in the works and ACS is looking for a volunteer to teach the class; a Children’s Playground which the Chaplain’s Office will be building soon, it is approved and in process and everyone

call me” I take them up on it, to help a Soldier and the family,” said Cáceres.

“I think we should meet regularly, this will give everyone a chance to be heard. This is a great outlet to share experiences,” said Mary Keller spouse to the Garrison Command Chaplain.

“I’m so happy to be here. We have held various activities at the Muñiz Air National Guard Base for spouses, military and their families,” said Brenda Landrau, Air National Guard AGR spouse.

I loved this... we needed this! We wives need a place to get information and services,” Abigail Pagan, AGR Air Force spouse.

At the conclusion of the forum all the participants committed themselves to meeting monthly to continue their discussions.



Self-Defense Classes are conducted in observance of Domestic Violence Awareness

Story and photos by Rosie Irizarry, Public Affairs Specialist



As part of the many events observing Domestic Violence Awareness Month (DVAM), the Directorate of Family and, Morale, Welfare and Recreation, Army Community Service (ACS) Family Advocacy Program (FAP) held free Self-Defense Classes at the installation's Cabañas Picnic Area October 6, 2022.

The ACS Director, Wilda Diaz and FAP Manager Ruth E. González welcomed the military spouses that participated in the classes.

"This is more than just self-defense classes this is not only physical but a training for your mind. This is about empowerment and knowing that no one should live in fear nor has the right to hurt or harm you ever," said González as she welcomed the participants.

The Self-Defense Classes were provided by a trainer in personal defense from the Martial Arts Center of Barceloneta, Sensei Mytzi Gastón.

"One out of every three women are likely to be a victim of violence," said Gastón. In the informative brochure she handed out she spoke of "Smart Safe, a technique that is for



every woman regardless of age, size or shape," the technique taps into emotions which enhances the learning experience and helps build self-confidence.

The six participants were taught how to escape from an attacker who is trying to strangle them standing or having been knocked to the ground. Gastón provided instruction on how to land on the ground if they are thrown to the ground, how to use legs, how to position knees, feet and head. "Your mind has to be trained to respond," said the trainer.

"The reason for these classes is for women to learn to defend themselves, prepare their state of mind to use aggression in their own defense," said González in conclusion.

For more information on services and resources offered by the ACS/Family Advocacy

Program, or to seek help or support for someone in an abusive relationship or if you are in an abusive relationship call FAP (787) 707-3709; the Rodriguez Army Health Clinic (787) 707-2050; the On Call Line (787) 420-9316 or the FAP Victim Advocacy Hotline (787) 221-7982.

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- Exámenes y Procedimientos Diagnósticos
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- Repatriación de Heridos o Enfermos
- Estadía de Hotel durante Convalecencia ordenada
- Repatriación de Restos Mortales

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- Localización de Equipaje retrasado o extraviado
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- Regreso por un siniestro en su domicilio
- Pérdida de Conexión Aérea
- Pérdida de Pasaporte



Domestic Violence Awareness Month “Breaking the Silence”

Story and photos by Rosie Irizarry, Public Affairs Specialist

During the month of October, the US Army observes Domestic Violence Awareness Month (DVAM), the Fort Buchanan Directorate of Family and, Morale, Welfare and Recreation (FMWR) Army Community Service (ACS) Family Advocacy Program (FAP) coordinates an installation-wide campaign to inform the community the extent and nature of spouse and intimate partner abuse, while making known the services of FAP. In commitment with this observance, the Fort Buchanan Garrison Commander Col. Tomika M. Seaberry signed the installation's proclamation declaring October 2022 Domestic Violence Awareness Month at the Garrison Headquarters, October 3, 2022.

Present for the signing of the DVAM proclamation were Deputy Garrison Commander, Lt. Col. Brian Mandock; Deputy to the Garrison Commander, Yvette L. Castro; ACS Director, Wilda Diaz; FAP Manager Ruth E. González; Directorate of Public Works, Anibal Negrón; garrison directors, staff, and representatives of tenant organizations.

González indicated in her welcome remarks that



“according to the Center for Disease Control (CDC) the Women’s Attorney Office in Puerto Rico in 2019 reported there were 6,725 domestic abuse incidents; 1 in 4 women and 1 in 10 men have experienced sexual and/or physical violence or stalking by an intimate partner during their lifetime; over 43 million women and about 38 million men experienced psychological aggression by an intimate partner in their lifetime; teen dating violence is a risk factor for intimate partner violence in adulthood and domestic victimization is correlated with a higher rate of depression and suicidal behavior. 1 in 5 children are exposed to intimate partner violence each year, 90% of these children are eyewitnesses to this violence. Domestic Violence is considered child abuse.”

“No matter what you think...everyone here knows someone who has gone through some form of domestic violence. I once read on a t-shirt and it is true, “Don’t let someone tell you your value, when they don’t know your worth. Stand up against domestic violence,” said Col. Seaberry.

On the proclamation Col. Seaberry signed, is a “Call To Action “Breaking the Silence” together we can make sure our military families are safe and healthy.” Learn how you can help by contacting the Fort Buchanan FAP office at the Rodriguez Army Health Clinic FAP/Social Worker (797) 707-2050; (787) 421-9316 or ACS FAP/ Victim Advocacy services (787) 221-7982.





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Our command group has been characterized by its ability to listen and its closeness to the Fort Buchanan community. In order to improve the services offered to our students and their families, in particular families of active-duty Service Members, Child and Youth Services (CYS) School Liaison Officer, Karina V. Altagracia Espada, coordinated the first meeting of the School Transition Response Team, held at the General James A. Buchanan Conference Room, October 18, 2022. The meeting was attended by Fort Buchanan Garrison Commander, Col. Tomika M. Seaberry; Garrison Command Sgt. Maj. Roderick W. Hendricks; Army Community Service Director Wilda Diaz; Exceptional Family Member Program (EFMP) Coordinator, Raymond Morales; CYS Coordinator, Aida Aguilu; Antilles High School (AHS) Student Governor Sponsor and parent representative, Amarilys Diaz and Luis Gallardo; Parent Representative, Eva Gallardo; AMS and Middle School Teen Center Representative and AHS Student Council, Sofia Marcombe, Kamilha Soto Villanueva, Camila Lamberty and Elena Ortiz. Thanks to this meeting, we expect to increase communication between our community and the schools; continue building partnerships with all schools and support them in their efforts to restore some of the activities that were conducted in past years. The command group demonstrated enthusiastic support to the students, our future leaders. Caption by Karina V. Altagracia Espada, CYS School Liaison Officer. Photo by Grissel Rosa, Public Affairs Officer.



During the aftermath of Hurricane Fiona there was no electricity or water on the island, which made basic needs such as washing of clothes a challenge. In support of our affected community, the 1st Mission Support Command (1st MSC) in collaboration with the Fort Buchanan Garrison provided alternatives to Soldiers, Department of Defense (DOD) Civilians and their dependents. One of these was 1st MSC Quarter Master Unit, seen here receiving clothes from a Solider, provided free laundry services in building 507 for Service Members, DOD Civilians and their dependents from 8 am to 5 pm. Photo by Col. Tomika M. Seaberry, Garrison Commander

Fort Buchanan prevails over Hurricane Fiona

Story by Rosie Irizarry, Public Affairs Specialist
Photos by Grissel Rosa, Public Affairs Officer

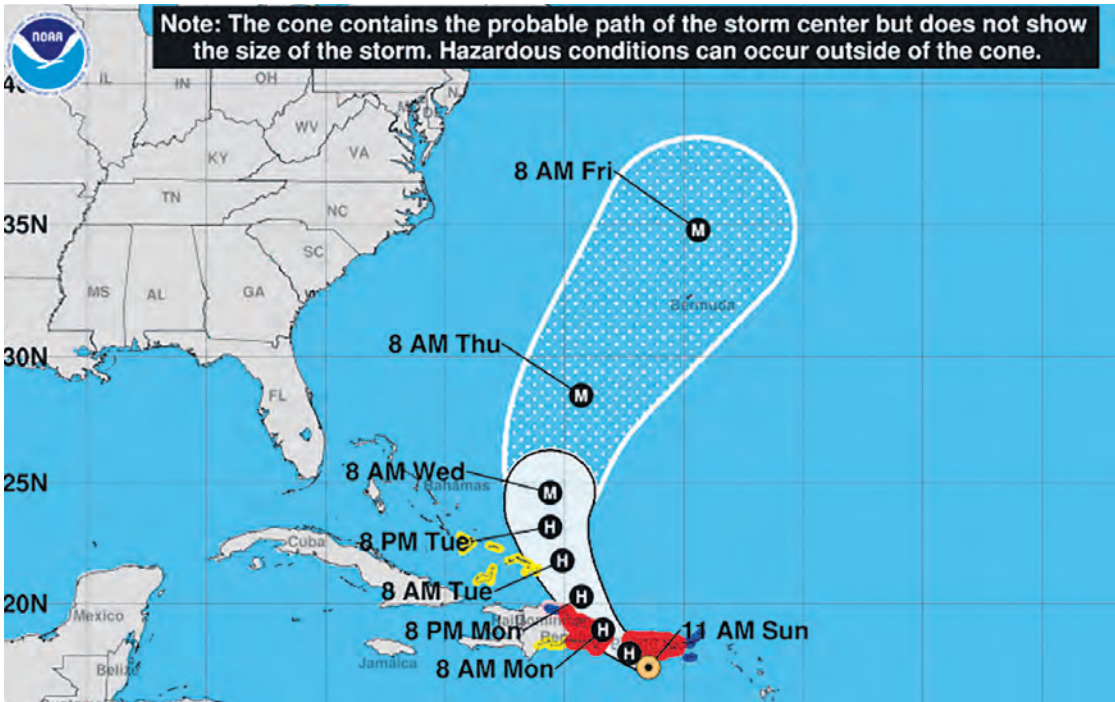


Upon receiving the first preliminary weather reports indicating a tropical wave with a 20% of chance of development and potential of affecting the island of Puerto Rico, the US Army Garrison, Directorate of Plans, Training, Mobilization and Security’s (DPTMS) Emergency Operating Center (EOC) began tracking. Fort Buchanan Garrison Command Group led by Commander Col. Tomika M. Seaberry was maintained informed on the potential storm as being reported by the National Oceanic and Atmospheric Administration (NAOO) and the National Weather Service (NWS).

As reported by NOAA “Tropical Depression 7, which would go on to become Hurricane Fiona, formed on Wednesday, September 14, 2022, with the first advisory issued for the system going out at 11 a.m. AST.”

The EOC’s Commander’s up briefings tracking this storm was held with directors, partners and tenant organizations with a focus on personnel, accountability, their physical locations, services for the Fort Buchanan community and its affect to installation operation.

As Fiona gained in strength and continued its movement, dropping southward as it entered the Caribbean the installation was already fortifying its structures, stocks and provisions, ensuring that Service Members, Retirees, Veterans and Department of Defense Civilians were able to prepare for the onslaught of the sixth named storm, third hurricane and first major hurricane of the 2022 Atlantic hurricane season.



Rainbands began to affect the island of Vieques late Saturday night, before the rain spread across the main island of Puerto Rico during the morning on Sunday. Fiona became a hurricane between the night of Saturday,

September 17, and Sunday morning, going from a 50 knot tropical storm to a 75 knot hurricane.

“As had been anticipated, the greatest hazards and impacts were caused by the extreme rainfall, especially for southern into eastern Puerto Rico, largely along the Cordillera,” reported NOAA.

By Sunday in the rain, brigades of staff from the Fort Buchanan Directorate of Public Works (DPW) and first responders went out to do assessments, check on residents, clear roads of fallen trees, branches and debris. The EOC provided reports and the Public Affairs Office put out notifications and messages through social media to maintain the community informed. Important information was provided on the Emergency Family Assistance Center (EFAC) for Service Members and their Dependents and Army Emergency Relief for Soldiers, Retired Soldiers and their families.



Although upwards of 24 to 30 inches of water fell over the island with multiple rivers overflowed in the eastern Puerto Rico, widespread flooding and numerous mudslides throughout affected areas of steep terrain, Fort Buchanan did not suffer major damage and remained operational throughout.

In a letter to the community published September 28, 2022 from Col. Seaberry, “As stressful as I know this experience has been and continues to be for many families around the island, I am uplifted and reassured by how people across Fort Buchanan worked and continue working to keep everyone safe. The hurricane season is not over. We must remain vigilant. The strength and resiliency displayed throughout Fort Buchanan were heartfelt and inspirational, from our first responders to the garrison employees, tenants, and partners. Our collective efforts were critical in our response to protect our biggest asset, our people. Today and every day, we stand together to go through whatever may come our way. We are resilient and stronger than ever! Because... We are Fort Buchanan! ¡Somos el Fuerte Buchanan!” said Seaberry in conclusion.



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