

# COASTLINE



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U.S. Naval Activities Spain

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# CO's Corner



**Capt. David Baird**

## U.S. Navy League Madrid Council Interviews Capt. Baird

The U.S. Navy League Madrid Council was lucky enough to be able to remotely conduct an interview with the U.S. Commander at Naval Station Rota, Capt. David Baird. Baird is a native of Madison, New Jersey and a 1996 graduate of the U.S. Naval Academy. He is an F-18 pilot and "Top Gun" graduate, who has extensive operational and staff experience.

challenges together with our Spanish hosts and colleagues has made our relationship and partnership even stronger. We continue to work closely with our Spanish counterparts on a daily basis to reinforce the measures of the State of Alarm to ensure the health, safety, and well-being of the entire Rota community both on base and off base.

**Q: Has the relationship you have developed with your Spanish colleagues played a role in achieving the objectives set out for you by USEUCOM (European Command), 6th Fleet etc.?**

A: The relationship we have developed and solidified over the years with our Spanish colleagues is essential for meeting the USEUCOM and 6th Fleet objectives. Without their support, we would not be able to execute our mission to the full capacity necessary to support and sustain U.S. and NATO forces operating worldwide. Naval service always relies on relationships, and we are lucky to have incredibly strong relationships with our friends in the Spanish Navy, and throughout the local community.

**Q: We hear a lot in the press about the replacement of the four destroyers originally homeported at Rota with four new ones outfitted with helicopters that will require the basing of a Helicopter Maritime Strike Squadron. What can you share about how that will increase the USN footprint at Rota and the complexity of operations there?**

Q: We are looking forward to the new Flight IIA destroyers arriving in theater as they come with advanced capabilities. One of these capabilities is that they have embarked helicopters and this addition substantially improves each ships' ability to conduct anti-submarine warfare and surface warfare. The MH-60R helicopter is one of the world's most capable anti-submarine warfare aviation platforms and will serve to further enhance the capabilities of our forward-deployed units in support of NATO Allies. With this new capability in theater, there will be a squadron to assist with maintenance requirements, but it will not drastically change the footprint in Rota.

**Q: USEUCOM has supported the basing of two additional guided missile destroyers at Rota, an initiative that may be gaining steam. How confident are you in the ability of the base to be able to support the increase in equipment and personnel that this would entail?**

A: Well that type of decision would be made well above my level, and would require agreement from the government of Spain, but if tasked, Naval Station Rota would indeed have the infrastructure needed to house and support two additional destroyers.

**Q: An interesting situation at Rota is the USN ships' ability to use Navantia's shipyards for heavy maintenance instead of returning to the US for this work. What has been the USN's experience in this regard and how does it influence basing decisions at Rota?**

A: Throughout the duration of the U.S. Navy's contract with Navantia, we have received consistently high-quality performance from their team, and have renewed our deal with them many times. Unfortunately, I am not in a position to know whether or not use of their facility has influenced basing

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He moved to Rota, Spain with his family in June 2019. He was able to make time for this interview despite his very busy schedule, something made more difficult by the complications stemming from the ongoing COVID-19 crisis.

**Q: We understand you came to Naval Station Rota from a staff position in Washington DC. How was the transition for you and your family going from the Beltway to Southern Spain?**

A: My family and I have thoroughly enjoyed our first 11 months in Spain. In fact, this was probably the easiest transition we have made yet, as the community both on and off base has been so welcoming. It didn't take long at all for us to feel at home here in Rota.

**Q: What has your experience been so far in dealing with your Spanish hosts and colleagues at the base during the COVID-19 response?**

A: COVID-19 has brought some interesting challenges to everyone in the region and the world, but working through those

## On The Front Cover



Alvaro Rojas, the youngest Spaniard to visit all the countries in the world, during a base tour following a speaking engagement at Naval Station Rota, Spain, July 31, 2020. (Photo by MC1 Benjamin Lewis)

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**Q&A**

Continued from page 2

decisions, as those are discussions and decisions are held at levels above my position as the base commander.

**Q: Naval Station Rota has served as an important transportation hub for US forces for decades. What is it that makes the base so unique in this arena?**

A: Naval Station Rota, Spain is strategically located near the Strait of Gibraltar and at the halfway point between the United States and Southwest Asia. Because of this ideal location, the capabilities of the installation, and our enduring partnership with the Spanish forces, NAVSTA Rota is able to provide invaluable support to U.S. and NATO forces transiting into or through the theater. Within our base, we have both the port and the airfield connected via a tow road, allowing for the safe and secure refueling, rearming, resupply and repairing of the military forces operating in Europe, Africa, and the Middle East, all behind one secured fence line.

**Q: You are approaching the one-year point on station. What goals did you set for this command tour and how is Team Rota coming along in achieving them during these trying times?**

A: Before I arrived in Spain, it was clear to me that Naval Station Rota was already the premier overseas duty station in our Navy, and my goal was to continue to improve an already great base. We are achieving this goal through partnership, readiness, and presence. We have a fantastic partnership with our Spanish hosts, as well as with each department and tenant command onboard the Naval Station. Your question is worded perfectly because all of TEAM Rota must partner together to improve. These improvements will bring increased military readiness for our operational units, but also increased personal and family readiness to enable each member of our community to live their best life here in Southern Spain. It is important that we

are able to do that here, because at the "Gateway to the Med," our forward presence enables efficient use of our readiness. I have been amazed at the ability of Team Rota to continue essential military operations throughout the COVID-19 pandemic. While our activities have been significantly altered as we respect the State of Alarm here in Spain, we have met all operational tasking, and that is a profound accomplishment for this exceptional team.

**Q: One of the best events the USNL Madrid Council puts on each year is the Sea Sailor, Shore Sailor, and Marine of the Year. We work with the US Embassy in putting on this event at the Ambassador's residence each year and want to thank you in advance for your support of this important event. While we really are not sure when exactly we will hold the event this year, how does this type of recognition event fit in with your command philosophy?**

A: Without question, our Navy's greatest strength is our people. I am continuously amazed at the professionalism and skill our Sailors demonstrate every day, both individually and collectively. Our young men and women in uniform embody the best our Nation has to offer, and it is a great privilege to serve alongside these heroes every day. While I am fairly certain each awardee will be quick to pass credit to their shipmates, recognizing some of the best of the best each year highlights some of our top

performers' accomplishments, and inspires younger Sailors to follow in their footsteps.

Interviewer: Robert Davis, Vice President, Madrid Council. This article ran in the Madrid Council "Nauticias" newsletter, 2019-2020 edition.

## Naval Station Rota Ombudsman Program



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# Eurasian Partnership Mine Counter Measure Dive 2020

By MC2 Sean Rinner

Sailors assigned to Explosive Ordnance Disposal Mobile Unit (EODMU) 8 participated in exercise Eurasian Partnership Mine Counter Measure (EP MCM) Dive 2020 in Constanta, Romania, August 3-6, 2020.

EP MCM Dive 2020 is a multinational maritime exercise, between the United States, Romania, and Bulgarian Naval forces, designed to improve operational and tactical interoperability among the participating units. Exercises like EP MCM happen annually, bringing the experiences of different international EODs to the field. During the three days, they were able to learn from past events, share the newest tactics and demonstrate the most up to date technology available.

During the exercise, service members from each unit had the opportunity to discuss procedures in mine detection and the safe retrieval and shoring of the mines. The participating countries also covered the different ways of disrupting and safely detonating explosives.

"This exercise was a great opportunity to practice common procedures," said

Cmdr. Mihai Iordache, executive officer, Explosive Ordnance Disposal Romania. "It also provided an opportunity to train to the current international context, such as asymmetric threats, that require appropriate responses in the maritime environment in order to render safe Maritime Improvised Explosive Devices."

During the operation, EOD technicians from Romania and Bulgaria worked with U.S. technicians to test new mine detection equipment, use detonation devices that allowed for the technicians to safely deactivate and later study mines and improvised explosive devices. They met their ultimate goals of making safe ordinance, saving more lives in the future and improve tactics, techniques and procedures, while cultivating better cohesion between allied forces.

"Exercises like EP MCM allow us to improve our interoperability with key NATO partners on the Black Sea," said an EOD technician first class. "During EPMCM, our team was able to use our advanced training and equipment to help teach EOD skills to our partners that proved valuable to all parties involved."

Their goals for the next exercise include using a larger variation of explosives, increasing the amount of ordinance used and the use of different types of charges. During exercise, the partnering countries



Photos by MC2 Sean Rinner

Romanian Navy Explosive Ordnance Disposal technicians, with unit 175, inspect an improvised explosive device training aid during Eurasian Partnership Mine Countermeasures (EP MCM) 2020 exercise, August 3, 2020. EP MCM is a multi-lateral engagement with U.S., Romanian and Bulgarian forces, focused on enhancing mine countermeasure operations in the Black Sea, while strengthening interoperability between allied forces.

worked together through team integration, which combined individual experiences to create newer and more effective methods to complete the mission safely.

"The greatest takeaway from EPMCM was the relationships we built," said, EODMU 8 platoon commander. "We do not have many engagements with our NATO partners in the Black Sea, so this exercise was valuable for all parties involved. Despite COVID-19 concerns,

the Romanian Navy was able to safely execute the training objectives without jeopardizing training value."

Navy Expeditionary Combat Force Europe-Africa/Task Force 68 is responsible for providing explosive ordnance disposal operations, naval construction, expeditionary security and theater security efforts to Naval Forces Europe-Africa and U.S. 6th Fleet.

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United States Navy Explosive Ordnance Disposal (EOD) Technician Dive Supervisor, of EOD Mobile Unit 8, controls the tending line as the diver conducts a backwards roll into Black Sea during Eurasian Partnership Mine Countermeasures (EP MCM) 2020, August 5, 2020.



Denis Dolceanu, chief of staff, Romanian Navy Diving Center, addresses the Explosive Ordnance Disposal teams during opening remarks for exercise Eurasian Partnership Mine Countermeasures (EP MCM) 2020, August 3, 2020.

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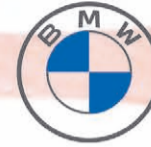
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# CHAPLINES



**Rota Chaplain  
Cmdr. Nathan Rice**

## 2020: Shift Your Perspective and Change Your Mindset

chaplain provides. I knew about my faith and how to be a pastor or a minister to my church congregation. My perspective on the military quickly changed after my first year in the Navy and after each duty station. It changes because of things that I have encountered on deployments or situations that I have had to go through. These experiences have been reshaped by the understanding of military life. This year we have encountered a lot of things that have reshaped our understanding of life and may have reshaped our perspective on life.

Your perspective is like your attitude or mindset in life. When someone has a negative attitude, a person tends to have a negative perspective on life. When someone has a positive attitude, a person tends to have a positive outlook on life. Sometimes we feel that our perspective is justified by past events that we have encountered, or we feel that we are not the "lucky one" which can cause me to have a negative perspective on life. Perspective has many different definitions. One definition is a particular attitude towards or way of regarding something; a point of view. What is your point of view?

If you choose to have a growth mindset then you believe that you can learn and build the skills necessary to achieve their goals. People with a growth mindset have

a different perspective on life. If I believe that I can achieve my goals, then I will learn and build the skills necessary to achieve those goals. I will see failure as a sign that my approach was wrong not that I was wrong. We all will encounter negative situations, in fact most of us have encountered negative situations this year and it is easy to ruin the current moments with thoughts of negativity. My encouragement to you is to try and focus on the positive, even in the midst of a negative situation. I can ruin the present by dwelling on the past or on what should have happened. Try and focus on the positives. Changing your perspective is about acknowledging that negative situations occur, but they do not necessarily cause your failure. You can learn from any situations, and you can always find something to be grateful for. Aligning your expectations with your perspective can help develop a mindset to conquer any negative situation.

It does not mean that it is easy to go through negative situations. Instead, do not focus on the failure or challenge but on how can I adapt and overcome the challenging situation. I use my faith to help shape my mindset and it gives me a new perspective when I encounter negative situations. For others they read, set small obtainable goals, write in a journal about their life journey, daily focus on the positives, and/or spend time in prayer or meditation to help focus on what is important in life. Another helpful thing is to find someone that you trust to encourage you and help you to focus on the positive, not on the negative. When we are surrounded by negative people, we tend to be negative but when we are around positive people, we tend to be positive. It helps shape our perspective or attitude on our current situations. Let's change our perspective on 2020 and develop a growth mindset to grow in the present, for a better future.

Hola Team Rota. We are over halfway through 2020 and what a year it has been. I was excited about this year because it was a milestone year for me, personally and professionally. I had been looking forward to this year, especially the month of August. Ten years ago, I became a Navy Chaplain and embarked on a professional journey that I never imagined. Serving with the Marine Corps, Coast Guard, and Navy in CONUS and OCONUS billets. Ten years ago, when I left the home that my family and I had lived in for seven years, I did not know what to expect or what I was going to encounter. I did not know what a chaplain did outside of religious ministry or about the confidentiality that a

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### Tablao Flamenco Restaurant Puro Arte

Tablao Flamenco brings you passionate dance and long lost songs, the essence of the masters who were the founders of the art. They distance themselves from flamenco based on tourism, the image of flamenco sold to foreigners, flamenco like Sevillanas, Rumbas and Tambourines.

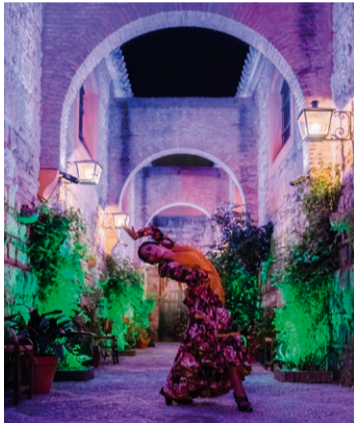
They transport you to the 19th century with just a dance, a song, a Spanish guitar and the touching of palms.

The two critical ingredients that are used there are the heart and soul of artists that do not follow a guide, or a composition book. Improvising, emotion, the feeling, that is called 'Duende'; flamenco from you to you, like the great director Peter Brook said "one is watching the other one is performing".

Antonio Cirre of the the Tablao Flamenco told me that "If you give the truth to the spectator they will take the truth with them, if you give it all, you don't need to give anything more and if you are touched, the spectator will be touched."

You will find Tablao Flamenco Restaurant Puro Arte in Jerez de la Frontera, please see contact details in their advertisement in the paper. They have the capacity for 120 guests for lunch or dinner and 350 for cocktails. Seated with a drink there is space for 180 persons. This is the perfect venue for a command function, a Christmas party or a going away party. Wonderful for couples out for a special evening. Children are welcome.

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## Lt. Cmdr. Adam Aliano

Lt. Cmdr. Adam Aliano is Naval Station (NAVSTA) Rota's Staff Judge Advocate (JAG) and Officer-in-Charge (OIC) of the Legal Office.

Aliano, originally from Methuen, Massachusetts, oversees a team of 14 personnel – active duty, civilians, and local nationals – providing “full-spectrum legal support for NAVSTA Rota, all tenant commands, and Rota’s active duty and retired component.”

Aliano started his Navy career by attending the U.S. Naval Academy where he played baseball. Prior to being stationed at Rota, he was a surface warfare officer aboard the Arleigh Burke-class guided-missile destroyer USS Preble (DDG 88), attended Navy Legal Education Program at Harvard Law School, and Region Legal Service Office Southeast in Jacksonville, Florida.

Aliano said his current command is great because of the people.

“The legal team and, more broadly, the entire Rota chain of command is comprised of talented and pragmatic individuals who foster a great working environment,” he said. “Having the opportunity to lead a team of local nationals is also a highlight. Their perspective, positive energy, and willingness to share their culture makes coming to work every day enjoyable.”

In his free time, Aliano said exploring Spain and traveling tops the list, but he has had to adjust his leisure activities the past several months.

“Due to COVID, however, I typically read, exercise, and follow Boston sports,” said Aliano.

He is also an avid Bruce Springsteen fan and has been to over 15 Springsteen concerts.

When asked why he loves being stationed in Spain, Aliano stated, “the unique opportunity to serve while fully embracing the culture and people of Southern Spain.”



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# Exploring Your Stories: Álvaro Rojas Visits Naval Station Rota

By Courtney Pollock  
NAVSTA Rota Public Affairs

Naval Station (NAVSTA) Rota, Spain, hosted Álvaro Rojas, the youngest Spaniard to visit all the countries in the world, for a speaking engagement, question-and-answer session, and base tour, July 31, 2020. Rojas recently published a book called "Stories" about his world adventures from childhood to leaving his 9-5 job to become a full-time traveler.

During his talk, Rojas discussed some of his travels and philosophies to an audience of approximately 30 attendees, both Spanish and American, who filled the base theater. Afterwards, he opened the floor to questions from the community which led to a lively discussion. In addition, the Coastline staff had some questions for Rojas.

**Q: What is your most memorable experience?**

A: So many! It'd be impossible to pick just one. I particularly loved wildlife encounters, such as swimming with humpback whales in Tonga, gorilla tracking in the deep jungles of Uganda, or spotting tree-climbing lions on safari in Tanzania. But I also find immense joy in unique landscapes such as witnessing sunrise and sunsets in Iguazu and Victoria Falls or reaching the footsteps of Mount Everest. It became my passion to find hidden wonders all over the world, so secluded mainstream tourism never sees them, such as the mud skyscrapers of Shibam in Yemen, the Roman city of Leptis Magna in Libya, the pyramids of Meroe in Sudan, or the rock-hewn churches in Ethiopia. But none of these

things drove me to visit every single country. It was the people! Meeting locals from every country on Earth was what pushed me through to that finish line.

**Q: What was your craziest experience?**

A: Definitely the war zones. Nothing beats that thrill! But also living stranded like a castaway in the Pacific for weeks in remote islands in the Marshalls and Solomons. Or visiting the weirdest countries on Earth, such as Turkmenistan or North Korea. The feat itself of visiting every country is pretty crazy to be honest. Only 200 people in history have achieved it!

**Q: Best food? Worst food?**

A: The best country for food, in my opinion, is Japan, hands down. It's so diverse and flavorful! Of course, many Mediterranean countries have incredible cuisines too: Lebanese, Greek, Italian, French, Spanish, or Moroccan. Worst is easier...Bhutan tops the ranking. I spent a week eating Tibetan momos because all the local food was so uninviting. The main dish is a chili cheese, a mix of bland cheese, and a lot of chilies to give it some kind of taste. No thanks!

**Q: What dish would you travel the world to taste again?**

A: I don't travel for food, I'm not a big foodie guy. However, fresh sushi in the old Tsukiji Market was worth the roundtrip flight.

**Q: Favorite human experience from your travels? Or the person/interaction that you still think about?**



Photos by MC1 Benjamin Lewis

Álvaro Rojas, the youngest Spaniard to visit all the countries in the world, speaks to base personnel during a visit to Naval Station Rota, Spain, July 31, 2020.

A: It's impossible to pick just one. In the book, I discuss the most life-changing. In general, I always find it amazing how a local guide will escort you safely in a war zone. It's essentially a stranger that welcomes you to their land at a time when things are at its worst. They charge you a fee for their services which is a measly sum compared to what they could get paid if they sold you out for ransom. I'm always shocked by how honest and good most people are, even at the darkest of times.

**Q: What country you want to return to next?**

A: All of them! There's a few that top the list: U.S., Canada, Colombia, PNG (Papua New Guinea), Argentina, Mexico, Russia... But I literally can get excited for any trip at this point in time. A four-month

lockdown will do that to you!

**Q: What country are you excited to take your daughter to?**

A: All of them! For real. I'd love to take her to some more exotic ones when she's old enough (??). I think the pandemic has been good in that sense, forcing us to stay close and travel domestically or within Europe. Otherwise, I fear I might've taken her somewhere too far, too soon. Of course, we have to be patient, and slowly and gradually introduce her to the wonders of traveling, or she might hate it completely! Her first trip was this past July to Portugal and she adapted perfectly!

See **STORIES** Page 11



Capt. David Baird, commanding officer of Naval Station (NAVSTA) Rota, Spain, poses for a photo with Álvaro Rojas, left, as Rojas takes a selfie during a visit to NAVSTA Rota, Spain, July 31, 2020.



Álvaro Rojas, left, poses with Spanish capitán Rafael Samaniego of the Spanish Fragata Canarias during a visit to Base Naval de Rota, July 31, 2020.



Álvaro Rojas, the youngest Spaniard to visit all the countries in the world, aboard the Spanish Fragata Canarias at Base Naval de Rota, July 31, 2020.

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**STORIES**

*Continued from page 10*

**8. Which country was very different from what you were expecting?**

The biggest stereotypes were shattered in Iran and Pakistan. I had this idea that they would be terrorist havens, very obscure and dangerous. I found incredibly welcoming people, very safe to travel, and full of cultural riches. They have stunning landscapes, great food, and amazing hospitality.

**Q: What inspired you to write the book?**

A: I wanted some kind of closure after achieving my goal of visiting every country in the world. Many people wanted to know how I did it, what I learned, and what the best stories were. That's how I eventually came up with the idea of having a timeline of all my travels, with each country ordered chronologically and telling a story from each one with pictures to go along with it. It was a way for people to understand my journey and the takeaways I learned.

**Q: What does home mean to you? Is it one place or do you find "home" in**

**other/many places around the world?**

A: You'll have to read my book for that! It's literally the first chapter you'll find in there, the one about Spain.

**Q: We got a laugh over your comment about the American tradition of Homecoming. What other funny cultural differences do you remember from your time in the U.S.?**

A: Most of my U.S. readers give me that same feedback! It's one of my favorite chapters in the book, particularly personal for all the love I have for the country and knowing well that once I visited every country (that included some blacklisted ones) that would prevent me from visiting visa-free again. I'm still applying for the tourist visa, but the pandemic hasn't helped my chances! I hope I can be back soon! I never got to experience the 4th of July! I love U.S. holidays! Some, like Homecoming, were incredibly weird as a European doing a study abroad in the Midwest.

**Q: Favorite American dish?**

A: The one I miss most is Culvers, a fast-food chain in Wisconsin. They had the most amazing burgers and cheese curds!

**Q: Being on the road all the time begins**

**to make new seem like the norm. How do you stay curious and excited to see new places?**

A: I end the book saying that the world never ends. After visiting every country, I have a huge feeling of it still being incomplete. More so than when I was at 50 countries visited. The more you travel, the more you know what you're missing. I'm now focusing on revisiting countries to regions I've never been to!

**Q: Your travel motto?**

A: "The world never ends" is a good one... but "people are good" is the underlying one for sure. I honestly believe 99% of people are good and most of the world is very safe to travel to!

**Q: While reading the book, you said you lost your friend Luis. What happened to Luis?**

A: The whole story of how we lost a buddy



Álvaro Rojas, the youngest Spaniard to visit all the countries in the world, speaks to Spanish capitán Rafael Samaniego, left, aboard Spanish Frigata Canarias during a tour of Base Naval de Rota, Spain, July 31, 2020.

on our Eurorail trip when we were in our 20s is just fascinating. More so the days that followed after we lost him. I think that will be the next book I write!

Ultimately, Rojas's talk as well as his book and social media accounts are meant to shatter perceptions and connect people in a common bond. The bond that the everyday stories you have – whether at home or abroad, solo or with friends – are what makes life interesting.

As Rojas states at the end of his book, "there are always new stories out there, waiting to be lived, and as long as I can draw breath, I will keep traveling."



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# Meeting the Mission: Team Rota Supports the Fleet

By Courtney Pollock  
NAVSTA Rota Public Affairs

Port visits are a morale boost and vital to the mental health of deployed Sailors. In recent months, port visits Navy-wide have been limited or ensured Sailors remain pier side to protect the readiness of the crew during the pandemic.

Recently, Naval Station (NAVSTA) Rota was able to provide a morale-boosting port visit for Virginia-class fast-attack submarine USS Indiana (SSN 789) despite the added requirements and restrictions of COVID-19. While Sailors were unable to leave the installation, they did get to enjoy sun, water, and recreational opportunities during their stay.

Morale, Welfare, and Recreation (MWR) Rota and USO Rota, through close coordination with Commander Task Force (CTF) 69, adjusted their usual service offerings to meet the unique challenge of maintaining the crew's "bubble," or no outside contact, to ensure readiness. While both programs are used to being highly engaged with visiting ships through face-to-face interaction, they rose to the challenge to meet the mission of supporting the fleet.

"Typically when a ship or sub comes into port, they are coming to get a taste of Spain, relax, and enjoy their visit, and we assist by providing face-to-face services," said Sara Fine, food and beverage director for Rota MWR. "For this visit, the focus was entirely on crew health and safety and finding ways we can give them the relaxing port visit they deserve with that in mind."

Fine described the contactless services as counterintuitive based on the usual service model but knowing how appreciative Sailors would be of the port visit reinforced the team's desire to think outside-the-box.

"Through coordination prior to [Indiana's] arrival, we were able to schedule deliveries almost daily to the Fleet Center, where they were authorized to utilize the space and maintain their bubble," said Fine. "The Food and Beverage department supported by providing no-contact catering of food and beverages throughout their visit."

Exclusive use of the Fleet Center and attached laundry facilities was only one element of the submarine's visit. The Sailors also got to enjoy a USO Rota-sponsored pool party.

"USO Rota coordinated with MWR to ensure that the submariners had private use of the outdoor pool for a USO Pizza Party," said DeAnna J. Pazdyk, center manager for USO Rota. "We delivered pizza, [beverages], and beach balls for some safe fun in the sun."

With the support and assistance of the Spanish Navy, Team Rota was able to provide the Sailors with several beach days. NAVSTA Rota's Spanish Liaison Office coordinated the exclusive use and access of an isolated beach highlighting the cooperation between the two navies.

The beach days were pre-staged with equipment from MWR and USO provided crew members with beach day basics such as charcoal, sunblock, and recreational items like Frisbees, footballs and beach balls.

Sailors from the submarine also enjoyed private tee times at Rota Golf Course. The Navy Exchange (NEX) Rota provided gangway delivery service to pier and isolated use of laundry facilities. NAVSUP FLC Rota provided the crew with Wi-Fi, Containerized Living Unit, and AFN Cable for pier side relaxation.

"Between the food, the activities and the location, the pool was one of my favorites," said Chief Electronic Technician Radar Nelson Velasquez,



Photos by ETRC Nelson Valasquez

Sailors assigned to the Virginia-class fast-attack submarine USS Indiana (SSN 789) enjoy the MWR outdoor pool during a private USO-sponsored pool party. Naval Station Rota programs had to think outside the box to provide recreational opportunities while maintaining the crew's bubble, or no outside contact.

Leading Chief Petty Officer of Indiana's Communications Division.

NAVSTA Rota has long been a desirable port visit due to its location, activities, and available base services. This port visit allowed CTF 69 and Team Rota to begin reimagining what future port visits may look like amid the COVID-19 pandemic.

"Spanish Navy host nation personnel, NAVSTA Rota, Rota MWR, and USO all coordinated with the staff at Commander, Submarine Group 8 to provide an excellent seven-day [Rest and Relaxation] opportunity for the crew of USS Indiana in July," said Capt. Ted O'Harrh, Commodore of CTF 69.

"They provided our crew a chance to safely recharge their batteries in the midst of the COVID pandemic. I greatly appreciated all of the events our teammates in Rota supported. It demonstrated the flexibility and support our [Forward-Deployed Naval Forces] and host nation can offer to the deployed U.S. forces in Europe."

The teamwork within Team Rota and with the Spanish Navy ultimately

provided the Sailors aboard the submarine exactly what they needed: some relaxation and fun under the Spanish sun.

"Although COVID-19 has really altered the landscape of how we live and work, I think this visit really showed us that the organization is resilient and adaptable," said Fine. "As we keep living within this 'new normal,' we are finding creative ways to ensure the mission of supporting our community is met while still ensuring health and safety needs are met. This port visit has laid the groundwork for us to create a blueprint on how we support future visits during this pandemic."



Sailors assigned to the Virginia-class fast-attack submarine USS Indiana (SSN 789) enjoy an isolated beach during their port visit to Naval Station Rota, Spain.



Sailors assigned to the Virginia-class fast-attack submarine USS Indiana (SSN 789) enjoy an isolated beach during their port visit to Naval Station Rota, Spain.



Sailors assigned to the Virginia-class fast-attack submarine USS Indiana (SSN 789) enjoy Naval Station Rota's MWR outdoor pool during a private USO-sponsored pool party.



# USS Porter Commanding Officer's Career Comes Full Circle

**From Spanish Navy Public Affairs and 6th Fleet Public Affairs**

As a boy, young Thomas Ralston often took a small sailboat out to traverse the tranquil blue waters of the bay of Cádiz.

Today, as a commander in the U.S. Navy, Ralston finds himself once again navigating familiar waterways as commanding officer of USS Porter (DDG 78), one of four Arleigh Burke-class guided-missile destroyers forward-deployed to Rota, Spain.

During the ceremony on Aug. 12, Ralston reflected on his unique journey, one that started in Rota so many years ago.

"My father was an Electrician's Technician and served on active duty for 25 years," said Ralston. "While he was stationed here, he met my mom, who was a native of El Puerto de Santa María."

Born at U.S. Naval Hospital Rota, Ralston said his father's naval service eventually inspired his own decision to join the world's preeminent maritime military service.

"My dad loved the Navy," said Ralston. "He dedicated 45 years of service combined between active duty and civil service. I'm a Navy brat, and I am thankful for that. I always wanted to join the Navy."

Growing up in El Puerto de Santa María, Ralston attended the Jesuits Colegio San Luis Gonzaga and graduated with a law degree from the University of Seville. Soon thereafter, he attended the U.S. Navy's Officer Candidate School in Pensacola, Florida, and was commissioned as an Ensign.

Since becoming a surface warfare officer, Ralston has served in many roles including auxiliaries officer onboard USS Chosin (CG 65), navigator onboard USS

Reuben James (FFG 57), chief engineer onboard USS Barry (DDG 52) and as flag secretary to Commander, Carrier Strike Group Nine, embarked onboard USS Ronald Reagan (CVN 76) in San Diego, CA.

Before assuming command of Porter, Ralston served as the ship's executive officer, a role he credits with preparing him for increased responsibility at sea.

"The roles of the executive officer and commanding officer are very different, but they need to complement each other," said Ralston, who relieved Cmdr. Craig Trent. "That is why the Navy has built in time between the two tours before you 'fleet up,' to help with the transition. You need to attend a prospective commanding officer course in Newport, Rhode Island, led by former commanding officers who help you with the transition."

The Change of Command is a time honored tradition for the new commanders of U.S. Navy ships, but this ceremony was conducted different than the ceremonies in the past, as it was held entirely on the ship, with the audience only able to observe from the pier.

Because the USS Porter has been operating at sea under strict quarantine for several months, they have created an entirely COVID-free environment and were able to conduct the change of command ceremony on board the ship in a more traditional and relaxed fashion. The limited number of guests observing the ceremony from the pier were however still required to wear masks in accordance with the local guidelines.

Ralston, who assumes command of the Porter during a time of heightened vigilance, accelerated operational tempo and global challenges, such as



**Photo by U.S. 6TH Fleet Public Affairs**

*The Arleigh Burke-class guided-missile destroyer USS Porter (DDG 78) held a change of command ceremony aboard the ship at Naval Station Rota, Spain, Aug. 12, 2020. Cmdr. Thomas Ralston relieved Cmdr. Craig Trent as Porter's commanding officer during the ceremony, which was presided over by Capt. Joseph Gagliano, commodore, Commander, Task Force (CTF) 65. U.S. 6th Fleet, headquartered in Naples, Italy, conducts the full spectrum of joint and naval operations, often in concert with allied and interagency partners, in order to advance U.S. national interests and security and stability in Europe and Africa.*

the great power competition and the global COVID-19 pandemic, expressed great confidence in his team's ability to overcome any challenges and bring flexibility to the fight.

"The crew of Porter is an incredibly talented team with an outstanding reputation and great resiliency," said Ralston. "Dealing with COVID uncertainty is a challenge, but I am confident we will overcome it."

Ralston expressed enthusiasm and humility at the opening of a new chapter of his naval career, as well as enthusiasm for returning to familiar waterways.

"This is a dream come true," said Ralston. "Command at sea is the pinnacle of any surface warfare officer's career."

Porter, forward-deployed to Rota, Spain, is conducting naval operations in the U.S. 6th Fleet area of operations in support of U.S. national security interests in Europe and Africa.

U.S. 6th Fleet, headquartered in Naples, Italy, conducts the full spectrum of joint and naval operations, often in concert with allied and interagency partners, in order to advance U.S. national interests and security and stability in Europe and Africa.



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# Rota, Beaches

Rota is surrounded by 16 km of beaches. These enchanting and spectacular beaches have received many awards throughout the years. Each beach has its own highlights: there are urban beaches like “La Costilla” or “El Rompidillo” which feature splendid boardwalks and natural beaches like “El Puntalillo” and “Punta Candor” are backed by vast pine woods and “La Ballena” beach sits alongside the tourist resort also called “La Ballena”

Our beaches are perfect to enjoy the whole year round, the weather in Rota is nice, even in winter time, and it is possible to walk on the beach from January to December; sunrises and sunsets are magical on these beaches.

## Costilla Beach

One of Rota’s most famous landmarks, this famous beach stretches over 4 km and is located at the town’s edge. For several years in a row it has achieved the blue flag classification, a coveted award given to European beaches that possess a high standard

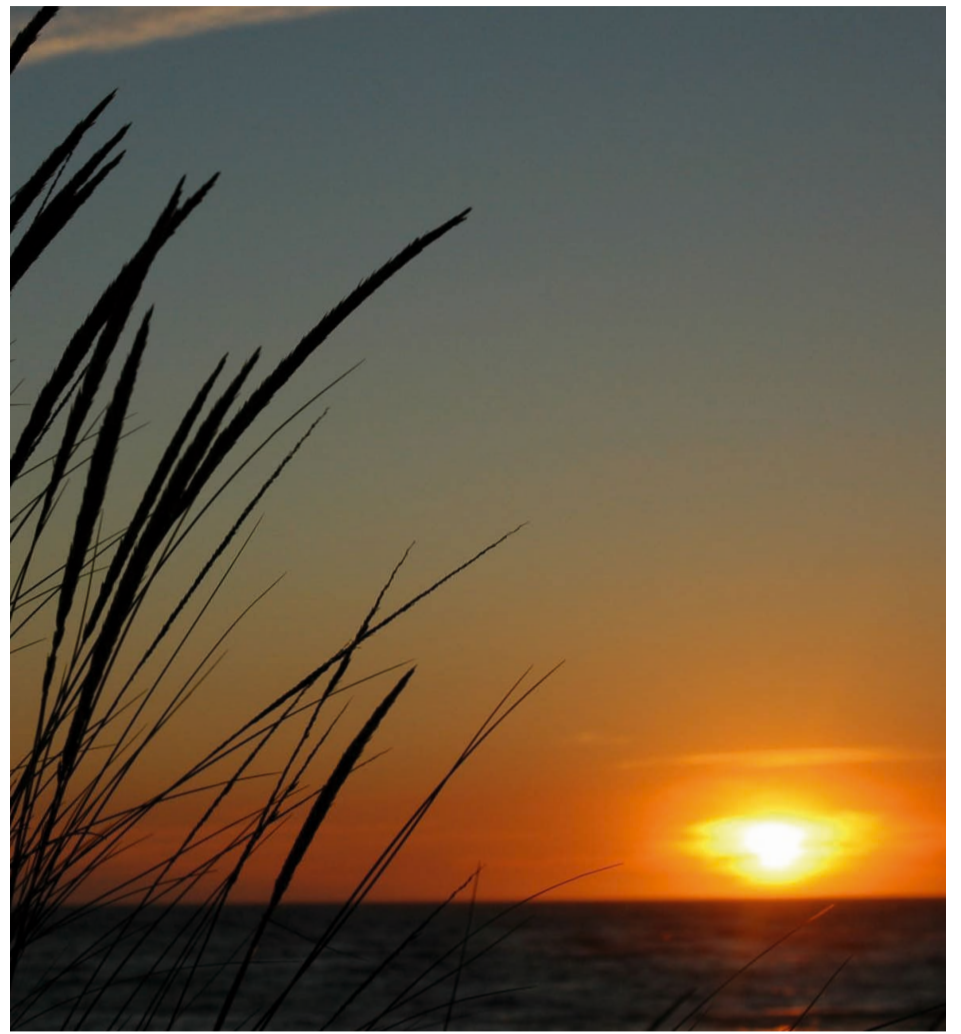
of hygiene. A splendid seafront promenade stretches along the length of the beach where one can stroll and enjoy the marvellous views.

This beach is also equipped with restrooms, lockers, showers, shaded reading areas and a children’s library...

The Costilla is considered to be one of the finest beaches in Spain. The famous “Shell of the South” offers all sun seekers its fine sands and the freshness of its clean waters.

The Costilla can be found at the very feet of the town, alongside the historic part of Rota. This close proximity affords the ability to alternate sun bathing with trips to nearby monuments or short excursions in search of gastronomic delights.

Situated on the shoulder of a scenic promenade, the beach forms a grand arc that extends from the stones of the battery to the emerging of the Piedras Gordas (Big Stones). It also enjoys one of the most modern and well equipped installations that make the stay in this fantastic place even more enjoyable.



PUNTA CANDOR BEACH, A NATURAL BEACH

# VI Rota Style Tapa Tour

*Rota, from the sea to the orchard, from 20th July to 31st August*

#VIRutadelaTapaAlaRoteña



# VII Rota Style Tapa Tour

*Rota, from the sea to the orchard from 20th July to 31st August*

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**Bar La Maceta**  
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60, Higuera Street

**La Favela**  
8, San Fernando Avenue, left

**Bodeguita Romero**  
1, Cantera Square

**El Perejil Urban Grill**  
66, Higuera Street

**El Callejón de Cádiz**  
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**Hostal Restaurant Macavi**  
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**Sedona Bar & Grill**  
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**Bodegón El Trompero**  
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OUR HOMETOWN *ROTA*

**Rompidillo Beach**

Shorter than the Costilla beach, the Rompidillo can be found on the fringe of the old part of town and has its own promenade. This beach has also received the blue flag for several years in a row.

Joined to the Costilla, Rota hosts another beach located at the foot of the city: "El Rompidillo".

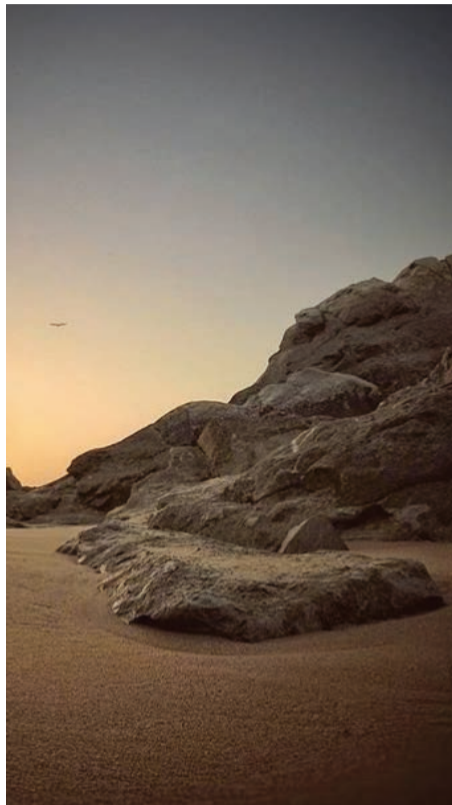
This award winning beach boasts an attractive promenade which covers the whole length of the beach, ending at the town port. From there, there is a great view of the Bay of Cadiz.

Passing along its sands, we find ourselves at the adjacent "El Chorillo" beach, which describes a slight arc around the Rota coastline.

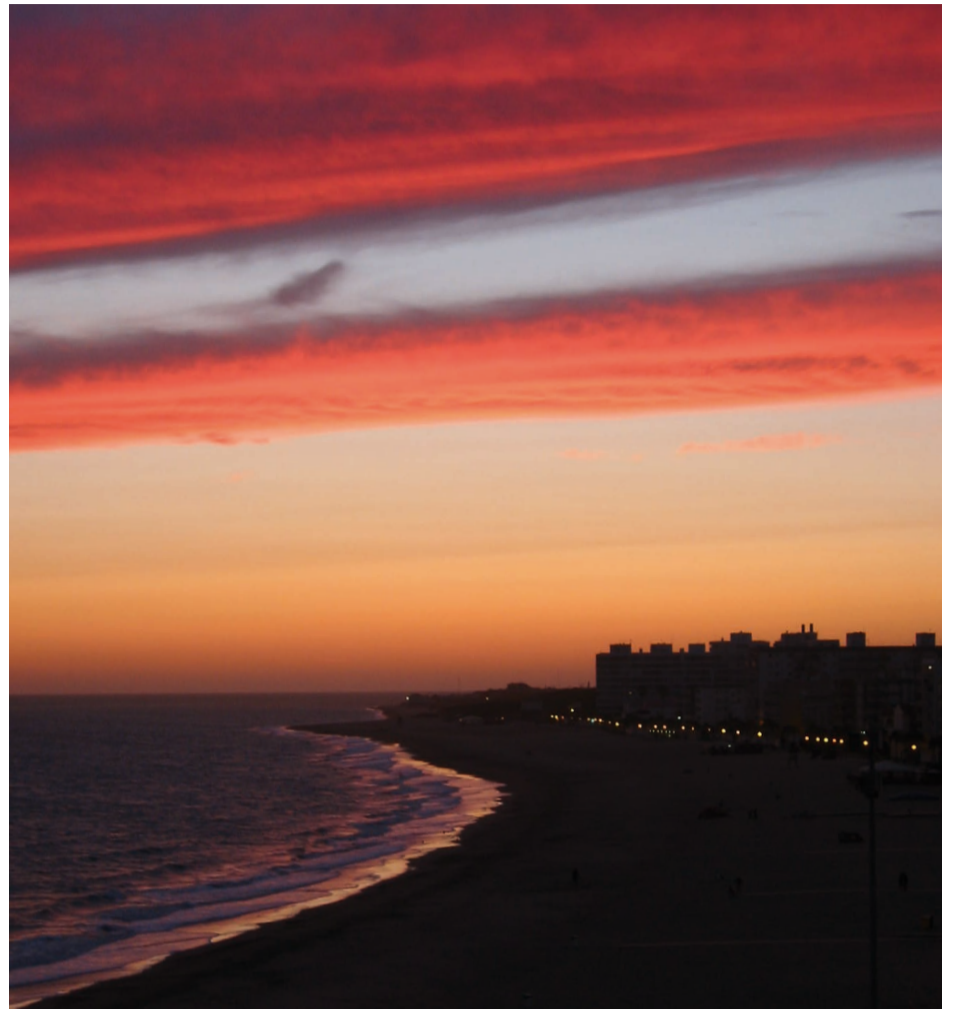
**Ballena Beach**

White shores and blue seas, the Ballena beach is best described as an unspoiled setting of exceptional beauty. Its open spaces are well suited for a long, carefree stroll, taking in the sea view and beautiful sunsets.

Adjacent to the 4 km stretch of beach lies the Costa Ballena and its magnificent 27 holes, par 3 Costa Ballena Golf Course, where you can play a round in unbeatable surroundings.



PICOBARRO, ROMPIDILLO BEACH



COSTILLA BEACH AT THE SUNSET

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- 5:30-6:15 p.m. **Warrior TRX**

**WEDNESDAY**

- 9-9:45 a.m. **Boot Camp**
- 5-5:45 p.m. **Spin**
- 6-7 p.m. **Yoga**

**THURSDAY**

- 11:30 a.m.- 12:15 p.m. **HIIT and Hills**
- 5:30-6:15 p.m. **Warrior TRX**

**FRIDAY**

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### Punta Candor Beach

Backed by an extensive pine forest and bathed by the waters of the Atlantic Ocean, this beach's natural setting is well known around Rota.

This beach has also been awarded the blue flag classification for several years in a row for its fine golden sands and clear blue water considered to be in optimum hygienic conditions.

Rota boasts an area of beaches that are like paradise. "Arroyo Hondo", "Punta Candor" and "La Ballena" are beaches situated in wild and natural environments, backed by areas of pine trees and bathed by the Atlantic.

If you are looking for peace and quiet, these virgin beaches are the best suited to your needs. The beauty of their surroundings and the crystal clear waters make this spot an ideal place to enjoy the Costa de la Luz.



COSTILLA BEACH AT THE SUNSET





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# School Liaison Officer (SLO) Notes

Naval Station Rota School Liaison Officer, Randy Lambert, has a wealth of resources, information and programs related to school and school-age children. Information can be found on the School Liaison Officer page of [www.navymwrrota.com](http://www.navymwrrota.com), by emailing [SLORota@eu.navy.mil](mailto:SLORota@eu.navy.mil), or calling 727-2425 or +34 956-82-2425.

## Free & Reduced Meal (FARM) Program

Families wishing to participate in the FARM program during school year (SY 2020-21), need to fill out a FARM Application and submit it along with a current LES. Each working family member needs to include their LES.

If your family qualified last school year, you MUST submit a new application for the upcoming school year. The FARM application can be found by visiting the School Liaison Officer website at <https://www.navymwrrota.com> under the Child & Youth Tab, click on School Liaison Officer, then download the application from the "downloads" section. Please ensure blocks 1b are initialed, dated and signed at the bottom of page 1. Completed applications can be emailed back to [SLORota@eu.navy.mil](mailto:SLORota@eu.navy.mil) along with LES.

Contact [SLORota@eu.navy.mil](mailto:SLORota@eu.navy.mil) or call 727-2425 for more information.

## Spanish Schools Information

Parents interested in registering your child in local Spanish Schools can contact the School Liaison Officer at [SLORota@eu.navy.mil](mailto:SLORota@eu.navy.mil) to schedule an appointment. Call 727-2425 for more information.

## Homeschool and Spanish School Registration:

As per COMNAVACTSPAIN INSTRUCTION 1754.3D SUPERVISION OF MINOR DEPENDENTS AND GUESTS

e. Education. All not otherwise exempted children between the ages of 6 and 18 years are subject to compulsory full time education. It is the responsibility of the parent or guardian to ensure that their child participates for the length of the school day. Home-schooling will typically be conducted during similar hours as DoDDS or local schools and comply with reference (d). All students who are not enrolled full-time with DoDDS must register with the School Liaison Officer.

The registration forms may be obtained and submitted with the School Liaison Officer, and the SAC facility. Contact 727-2425 or 956-82-2425 for more info.

## Military Family Life Counselors (MFLC)

Life just happens! When school-age children face the challenges of this military lifestyle know that there is someone in your school waiting to help. Military and Family Life Counselors (MFLCs — pronounced "em-flecks") are on hand to speak help your children deal with all of life stressors. Available at both DGF schools and Child & Youth Programs, these



counselors are Masters or Doctorate-level professionals who offer short-term, solution-focused, problem-solving counseling. These counselors take NO notes and do not report encounters to the school or command leadership. They are simply there to offer you and your children the support you need to deal with whatever life has sent your way — deployment stresses, divorce, grief, etc.

Until our community moves to Health Protection Condition (HEPCON) A, all counseling will be remote. At the start of the year you will receive a consent form from the MFLC which they will keep on file in case you need their support. Having this consent on file will simply allow the MFLC to meet with your child whenever you believe they need the emotional support of another caring adult. Look for the MFLC at your school! You'll be glad you did!

# Tips for a Successful School Year

Having a successful school year does not happen by accident. By working together, parents and students can put certain routines in place that will lay a

foundation for a strong academic year. Here are few tips to help your military child have a school year that will make the whole family proud:

## 1. Read Everyday

You can read to your child or have your child read to you ...either way, READ! Student performance reports that student who read consistently make the greatest gains.

## 2. Create a consistent school routine

Having daily routines such as a nutritious breakfast, bedtimes and study times give structure to the day and can help your child develop new levels of discipline.

## 3. Get involved and STAY involved

Make it a point to ask your child AND the teacher questions about what is being learned in school — especially in middle and high school. The more you know the better!

## 4. Communicate

Maintain open lines of communication with faculty, staff, and administrators from the beginning of the school year. You can and should contact educators anytime you have concerns.

## 5. Build partnerships

Whether you work with other parents or teachers, working with others makes the most of the resources available to help students succeed. You don't have to do this alone.

## 6. Be positive

Always speak positively about school, learning AND your child's teacher. Your attitude will likely be reflected in student effort and performance. If learning is important to you, it will be important to your child...and opposite is true.

## 7. Ask for help

There are a host of service providers both in school and on the installation just waiting to offer support e.g. the school counselor, the School Liaison Officer (SLO), and/or the Military and Family Life Counselors (MFLC). Let these professionals come along side and help make this a great school year! For more information on MFLC, please see the SLO Note above.

## Virtual K-12 Resources

The Navy and many community partners have created virtual resources to help Navy families with virtual students. Below is a sample of the most utilized resources. Local School Liaisons, Family Support Programs, or schools can assist with access to other resources if needed.



### Tutor.com

As of April 2020, all DoD service members, civilian personnel, and all dependent family members (kindergarten through college/adult) are eligible to use Tutor.com/military at no cost.

<https://military.tutor.com/home>



### CYES Online Learning Resources

A complete listing of DoD, Navy and other community resources for Pre-K through grade 12 and post-secondary preparation compiled by Navy CYP professionals for Navy families:

<https://elibrary.cnlic-n9portal.net/document-library/?id=24396>



### DoD Summer Reading Program

During the summer months, DoD-MWR Libraries around the world will host a range of free activities for children, teens and adults that encourage and support a love of reading. Participants also can earn incentives by reaching their reading and activity goals.

<https://www.beanstack.com/dod>



### DoDEA Summer Learning Program:

The DoDEA Summer learning website provides grades K-8 students and parents educational resources to bridge learning between the current and upcoming school years.

<https://www.dodea.edu/summerLearning/>

## DoDEA Schools Office Hours (School Year)

### Rota Elementary

Monday – Friday, 7:30 a.m. - 4:30 p.m.

Phone: +34-956-82-4185

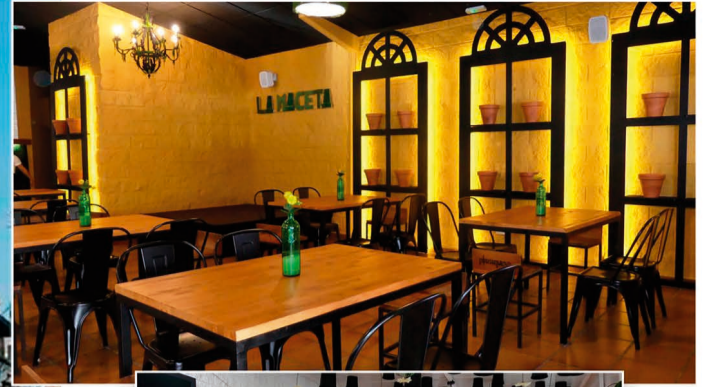
Facebook: Rota DGF Elementary School

### DGF Middle High School

Monday – Friday, 7:30 a.m. - 4:30 p.m.

Phone: +34-956-82-4181

Facebook: Rota DGF Middle/High School



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 Blog: [navylodge-rotaspain.blogspot.com](http://navylodge-rotaspain.blogspot.com)

# The Past is Imperative to our Future

By Matteo Alvarado Collis  
Contributing Community Writer

History defines us. It is a story, woven through time that connects us with our past. As a service member with a strong interest in history, Dave has spent 15 years collecting pieces of history. He has amassed over 75 artifacts from the World War II. The collection varies from family keepsakes to sophisticated technology like computer altitude correction devices. Each piece conveys an alluring tale that opens the door to the past. Here, we shine the light on two significant artifacts.

Each stitch in his uncle's flag brings the past to life. Presented to his grandparents after his sacrifice in the battle for Normandy, it is immense proof of the depth found within our history. After this piece had been passed down by his family it found a way into Dave's collection, and his heart, being one of his favorite items.

Similar to his family's 48-star flag, a deserted radio with a detailed history is of great importance in his collection. Originating from the Netherlands, for over fifty years the radio had stayed on the second floor of a barn after being left by an American soldier. This piece embodies



Courtesy photos  
Photo of Dave's collection of World War II memorabilia.

the antiquity of the World War II. Much more than just a radio, this piece would act as a lifeline for soldiers and could be their means of survival. Each piece in his collection carries significant meaning and helps to bring the narrative of the World War II to life.

History is full of limitless feeling and significance. It constructs a path for all to explore. With artifacts from our past we understand just how immeasurable the beauty of life is. History is constantly made, and Dave's collection reminds us of its importance. By looking back we can see that we are repeating history. That is why it is so important to discuss. The only way to move forward is to reflect on our past. Without our history, we lose an all-important reference. The past is imperative to our future.



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## Recommended Mailing Dates For 2020 General Election Absentee Ballots

U.S. military and civilian personnel across EURAFCENT,

With the General Election quickly approaching, the Military Postal Service Agency released recommended absentee voting mailing dates. The dates for our AOR are...

|   |   |
|---|---|
| <b>From Djibouti:</b><br>FPO AE 09902: 19-Oct-20<br>FPO AE 09363: 19-Oct-20   | <b>From Poland:</b><br>FPO AE 09761: 19-Oct-20  |
| <b>From Greece:</b><br>FPO AE 09266: 19-Oct-20<br>FPO AE 09841: 19-Oct-20<br>FPO AE 09865: 19 Oct-20  | <b>From Portugal:</b><br>FPO AE 09729: 19-Oct-20  |
| <b>From Italy:</b><br>FPO AE 09608: 19-Oct-20<br>FPO AE 09609: 19-Oct-20<br>FPO AE 09617: 19-Oct-20<br>FPO AE 09618: 19-Oct-20<br>FPO AE 09620: 19-Oct-20<br>FPO AE 09621: 19-Oct-20<br>FPO AE 09622: 19-Oct-20<br>FPO AE 09623: 19-Oct-20<br>FPO AE 09625: 19-Oct-20<br>FPO AE 09626: 19-Oct-20<br>FPO AE 09627: 19-Oct-20<br>FPO AE 09631: 19-Oct-20<br>FPO AE 09636: 19-Oct-20 | <b>From Romania:</b><br>FPO AE 09712: 19-Oct-20   |
|   | <b>From Spain:</b><br>FPO AE 09616: 20 Oct-20<br>FPO AE 09645: 19-Oct-20<br>FPO AE 09647: 19-Oct-20<br>FPO AE 09648: 19-Oct-20<br>FPO AE 09649: 22-Oct-20 |
|   | <b>NAVY SHIPS DEPLOYED FPO AE:</b><br>09-Oct-20   |
|   | <b>NAVY / USMC MOBILE UNITS DEPLOYED FPO AE:</b><br>09-Oct-20   |



**About the Federal Voting Assistance Program (FVAP)**

FVAP assists service members, their families and overseas American citizens with voting in U.S. elections.

FVAP works closely with state election offices, the Military Postal Service Agency and other federal agencies to bring you the most current information on state election changes and mailing delays.

FVAP recommends that the following persons should send in a new Federal Post Card Application as soon as possible to ensure receipt of absentee ballots for all federal office elections in this election year:

- U.S. military members, and their eligible family members
- U.S. citizens serving overseas, who are currently away from their voting jurisdictions or who have recently changed their address

Learn more about voting while overseas at [www.fvap.gov](http://www.fvap.gov).



# CRIME VICTIM CHECKLIST

## 1. NOTIFY LOCAL LAW ENFORCEMENT

\* Use the free app *AlertCops* for the quickest response. You can also dial **091** for local police, **112** for emergency translation services, **956-82-2911** for on-base emergency dispatch or **911** from a base landline phone.

## 2. OBTAIN A COPY OF YOUR POLICE REPORT

## 3. TAKE POLICE REPORT TO NCIS

\* *NCIS* is located in bldg. 3263 across from the NEX behind the main Security building.

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# Health Promotion Corner: Decoding European Food Labels

By Amy Reed, Registered Dietitian Nutritionist  
U.S. Naval Hospital Rota

Europe, like the United States, has a specific set of rules about how to share nutrition information with the consumer. Have you noticed the differences? Even if you use a calorie counting application on your phone that uses a barcode scanner, you should know the information you retrieve may not reflect what you assume to be the portion size.

When working to decipher a European food label, always remember the nutrition information is based on 100 grams (g), not always a serving or amount per container (unless otherwise specified). You may need to do simple math to figure out how much of a product you eat as a serving. The chart below gives you an idea of some of the key differences between U.S. and European nutritional labels.

If reading the nutrition information for this featured fruit and nut dessert mix (image at right), you would first need to determine how much of the product you are going to eat. The front of the package tells you how many grams of the product are in the entire package. For this example, the package states the entire container has 200g of the product in it, and I plan to eat the entire package. Therefore I will need to double all of the values listed to tell me how much of each nutrient I will be taking in as my portion (since eating the whole package my numbers are now 234kcal, 16g fat, 0.04g salt, etc.). If watching your salt/sodium intake to keep below the amount recommended by the American Heart Association of 2300mg or 2.3g per day, make sure you are paying attention to grams (g) vs. milligrams (mg), to keep yourself on track.

| Nutrition Information |                   |         |
|-----------------------|-------------------|---------|
|                       | Per 100 g         |         |
| Energy                | 485 kJ / 117 kcal |         |
| Fat                   | 8 g               |         |
| Of which Saturates    | 3,7 g             |         |
| Carbohydrate          | 9 g               |         |
| Of which Sugars       | 8 g               |         |
| Protein               | 1,4 g             |         |
| Salt                  | 0,02 g            |         |
| Vitamin C             | 14,81 mg          | 19% RI* |

Salt content is exclusively due to the presence of naturally occurring sodium.

\*Reference intake of an average adult (8 400 kJ / 2 000 kcal)

**INGREDIENTS:** Mandarin Oranges (37.9%), Light Whipping Cream (Milk), Pears (12.4%), Peaches (7.7%), Thompson Seedless Grapes (7.6%), Apple (7.5%), Banana (5.9%), English Walnuts (Tree Nuts)

| Similarities:  | Differences:   |
|--|--|
| <ul style="list-style-type: none"> <li>Energy (kcal)</li> <li>Total Fat</li> <li>Saturated Fat</li> <li>Carbohydrates</li> <li>Sugar</li> <li>Protein</li> <li>Salt/Sodium</li> <li>Ingredients</li> </ul> | <p><b>Based on 100g of product</b></p> <p>NOT serving/portion size (unless specified)</p> <p>NOT entire container (unless specified)</p> <p><b>Energy may be listed in kJ (kilojoules)</b></p> <p>kJ are about x4 larger than kcal/Calories</p> <p><b>Sodium listed in grams (g)</b></p> <p>If more familiar with mg (American labels) convert to mg by moving the decimal</p> <p>1.00g sodium = 1000mg sodium</p> |

## Health Promotion and Wellness Department

Phone: 727-3345  
Office: U.S. Naval Hospital  
Rota, 1st Floor

Check out PG4 for information on the Run/Walk for Life virtual 5k race!



## MyNavy Family App

This app is for Sailors and their families, combining authoritative information from a wide range of websites into a single, convenient application. New resources and links continue to be added, like those for the COVID-19 pandemic.



## U. S. Naval Hospital Rota Birth Announcements

**Adrian C. Reed**  
born August 18, 2020  
to Daniel and Amy Reed  
Weighing 8 lbs 0.7 oz



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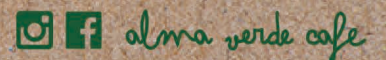
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2011 Toyota Verso, great family vehicle, excellent condition, 167k kms, 6sp 2.0 diesel, 7passenger, ITV valid until Aug 2021, \$7500 / € 6,800. Call David at 686.732.389 if interested.

2002 Volvo S-40 Sedan, 2.0T, 5 speed manual, Black 4 Door sedan, ~150 km, AC, power windows and locks, Looks decent and has been to Madrid, Portugal, Granada, and Cordoba without any problems. Drove to Ronda and

Cordoba and back last week headed to Seville and Malaga this week. Timing belt was changed IAW maintenance schedule recently, new front brakes and recent oil change. The ITV is good until July. Asking \$2500 or €2100 Euro. Call or text 608397674.

2002 Opel Astra, runs great, ITV just passed, European specs, A/C, radio, electric windows, 1,650€, call 653780296

2012 BMW 114l in great condition. White 5-door Manual transmission with less than 55,000 kilometers. Enjoy driving in style! European specs, ITV valid until SEP18, €12,990. Call or text 642-339-361

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Megane Renault Scenic 2005, AUTOMATIC, new timing belt and distribution, 59,000 miles, ITV good, European specs, 3,400€, tel 653780296

Opel Corsa, Selective 1.3 CD ti eco FLEX, diesel, 2012. EU Specs. In mint condition. ITV good until 2021. 52500 KM. Asking 6300 Euros OBO. Phone 691165592

Kia Sportage 2010, low mileage (39,000 miles), ITV good, European specs, 4,950€, tel 653780296 Nissan Terrano II, 4x4, 7 seater, ITV good, European specs, 5,950€, tel 653780296

Chevrolet Aveo, 2010, good shape, 66,000 miles, 2,850€, ITV good, European specs, tel 653780296

Renault Megane 2007, good shape, 3,800 euros, ITV good, European specs, call 653780296

Honda Accord station wagon 2004, 3,950 euros, ITV good, European specs, tel. 653780296

Citroen C5, mint, 2007, 3,800 euros, ITV good, European specs, 653780296

Jeep Patriot 4x4, 2008, 5,950 euros, ITV good, European specs, call 653780296

Land Rover Free Lander, 2001, Automatic, good shape, ITV good, European specs, 3,650 euros, tel. 653780296

Volvo XC 90, Automatic, 4x4, ITV good, European specs, 2006, 5,950 euros, call 653780296

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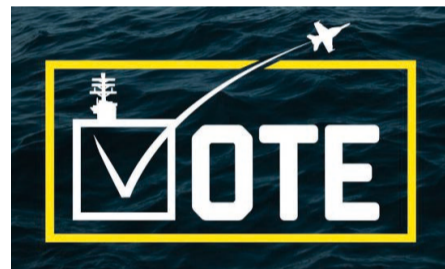
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[www.navymwrrota.com/jobs](http://www.navymwrrota.com/jobs)

## NEX

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For Spanish (LN) job announcements visit the Human Resources tab at [www.cnic.navy.mil/rota](http://www.cnic.navy.mil/rota)



For more information on casting your vote from abroad, visit [www.fvap.gov](http://www.fvap.gov) or contact the installation Federal Voting Assistance Officer, Admin Officer, at Command Bldg. 1, 2nd Floor.

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# JOB ANNOUNCEMENTS

## DENTAL HYGIENIST (Part-Time)

U.S. Naval Hospital Rota, Spain is seeking **ONE** contracted PART-TIME Dental Hygienist position:

The anticipated qualifications are:

1. Possession of a current certificate or diploma to practice as a dental hygienist in any one of the 50 States, the District of Columbia, the Commonwealth of Puerto Rico, Guam or the U.S. Virgin Islands
2. Passed an accredited regional clinical board exam and the national written exam - National Board Dental Hygiene Examination by the Joint Commission on National Dental Examinations
3. Minimum of 12 months of experience in the last 60 months as a Dental Hygienist
4. US citizenship required
5. Authorized to work on NAVSTA Rota (i.e., possess a Tarjeta Especial de Identification (TEI) Card) for a minimum of one (1) year.
6. Basic Life Support (BLS) certification

## DENTAL ASSISTANTS (Full-Time)

U.S. Naval Hospital Rota, Spain is seeking **TWO** contracted FULL-TIME Dental Assistants positions:

The anticipated qualifications are:

1. Possession of a current certificate or proof of training as a Dental Assistant in any one of the 50 States, the District of Columbia, the Commonwealth of Puerto Rico, Guam or the U.S. Virgin Islands
2. Minimum of 12 months of experience in the last 60 months as a Dental Assistant
3. US citizenship required
4. Authorized to work on NAVSTA Rota (i.e., possess a Tarjeta Especial de Identification (TEI) Card) for a minimum of one (1) year.
5. Basic Life Support (BLS) certification

NOTE: The selectee will be an independent contractor. The Government provides no benefits.

If you meet the qualifications, please contact the Contracting Officer, Israel Alvarado, by email [Israel.alvarado@eu.navy.mil](mailto:Israel.alvarado@eu.navy.mil) or +34-956-821-996 or +34-634-816-993 as soon as possible in order to obtain a full copy of the Request for Quote and other related documents. The current deadline to submit quotes is 11 September 2020. Prospective applicants must register in SAM.gov in order to be eligible to receive a contract award.

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Lucía Moreno  
09:00-14:00  
16:00-19:00  
English Spoken

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- **Gel dispensers** in common areas and especially cleaning the cranks, buttons, handrails, elevators, switches...
- **Ventilate** daily common areas and rooms.
- **Provide each Apartment with:**
  - 5 Masks.
  - 1 Thermometer.
  - 1 Disinfectant gel.
- **Twice daily cleaning** of common areas with antiviral products, such as ionized water.
- **Disinfection with ozone-generating** equipment in each apartment at the entrance and exit.
- **Disinfection by fumigation** of corridors and stairs.
- **Cleaning of curtains** and all kinds of linens at 65° C for at least 3 minutes.
- **Use different** scouring pads, sponges and bags for each apartment, to avoid cross contamination.
- **Wash your hands** for at least 20 seconds before and after each apartment.
- **Cleaning and disinfection** with ionized water on all types of surfaces.
- **Changing Personal Protection Equipment** material such as gloves, masks, etc. when cleaning and disinfection of each apartment is finished.
- We follow **the Protocol prepared by the Spanish Technical Institute of Cleaning (Itel).**

# CLEANING PROTOCOL AGAINST VIRAL AGENTS



**OPENING TIME**  
13h - 24h

**wednesday**  
**(July-August)**  
20h - 24h

tel. **956 541 243** (ext.2)

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**OVER 50 YEARS OF SERVICE**



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**WEEKDAYS 09:30-20:00 SAN JUAN BOSCO 1 - ROTA**  
**WEEKENDS 10:00-14:00**  
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