

# COASTLINE

September 10, 2020 | Volume 30, Issue 17

U.S. Naval Activities Spain

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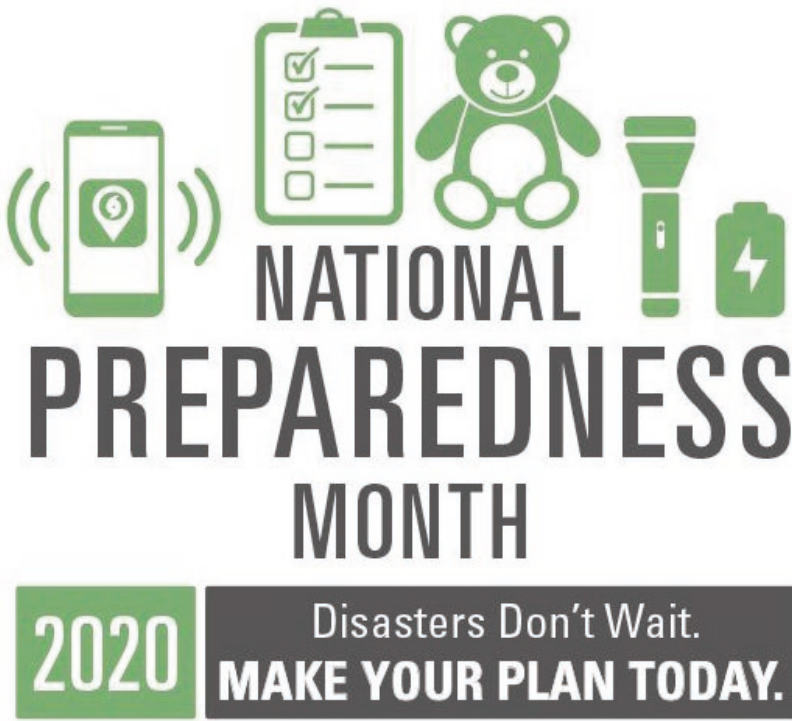
# Disasters Don't Wait, Make Your Plan Today!

From Ready.gov

Most people wait until last minute to prepare for an emergency or natural disaster, but by this time it is too late. Make a plan today. Your family may not be together if a disaster strikes, so it is important to know which types of disasters could affect your area and to know how you'll contact one another and reconnect if separated. Establish a family meeting place that's familiar and easy to find. As you prepare your plan, tailor your plans and supplies to your specific daily living needs and responsibilities. Discuss your needs and responsibilities and how people in the network can assist each other with communication, care of children, business, pets, or specific needs like the operation of durable medical equipment. Create your own personal network for specific areas where you need assistance. While putting this plan together make sure if you have children you incorporate them in creating the plan. This makes them feel a part of the process while teaching them at the same time. Once your plan is finished, don't forget to practice your plan with your family/ household at least twice a year.

Once you have established an emergency plan it's vital that you build a basic disaster preparedness kit. A disaster supply kit is a collection of basic items your household may need in the event of an emergency; most are inexpensive and easy to find. After an emergency, you may need to self-sustain for up to 72 hours by having your own food, water and other necessary supplies. A basic emergency supply kit could include the following recommended items:

- Water (one gallon per person per day for at least three days, for drinking and sanitation)
- Food (at least a three-day supply of non-perishable food)
- Pet food and extra water for your pet
- Cloth face coverings (for everyone ages 2 and above), soap, hand sanitizer, disinfecting wipes to disinfect surfaces
- Battery-powered or hand crank radio and a NOAA Weather



- Radio with tone alert
- Flashlight
  - First aid kit
  - Extra batteries
  - Cell phone with chargers and a backup battery
  - Prescription medications
  - Infant formula, bottles, diapers, wipes and diaper rash cream
  - Cash or traveler's checks
  - Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container

To assemble your kit, store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag. Don't forget to re-assess your needs every year and update your kit as your family's needs change. Always remember, "Disasters Don't Wait. Make Your Plan Today!"

## On The Front Cover



Two shells, which represents pilgrims along the Camino de Santiago, lay in front of the Santiago de Compostela cathedral in northern Spain, June 2013. Read more about the life lessons from the Camino and how they can be applied to our current situation on pages 20-21. (Photo by Courtney Pollock)

## 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 traslation services, 956-82-2911 for on-base emergency dispatch or 911 from a base landline phone.*
2. OBTAIN A COPY OF YOUR POLICE REPORT
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*\* NCIS is located in bldg. 3263 across from the NEX behind the main Security building.*

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Check out the Health Promotion Corner article on page 4 of this Coastline for information on effective communication tips.

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# Improve Your Communication: Little Things that make a Big Difference

## From Naval Hospital Rota Health Promotion and Wellness

September is Mental Health and Suicide Prevention Awareness Month. How can you help? People want to feel connected to others, and feel that someone notices them and cares. You never know who might be feeling alone, and something as simple as a smile or a conversation can go a long way.

Good communication is more than just talking. It involves active listening, being genuine, and having empathy. As part of communication, active listening is a structured way of listening and responding to others. When actively listening, your attention is focused on the other person in an attempt to understand, interpret, and evaluate what they are telling you. The key is to communicate without judgment. Here are some ideas to get you started.

### Be an Active Listener

- Make eye contact.
- Focus on what is being said; do not do other activities like check text messages or watch television.
- Listen and allow the other person to speak without interruption. You may want to "fix" things, but try to just listen.
- Allow pauses and ask questions.
- Repeat for confirmation.

- Reflect on what you heard.
- Listen between the lines, look for clues in body language that may reveal how the person is feeling about whatever you are talking about (posture, facial expressions, etc.).

### What else can I do to show someone I care?

It's simple! You don't have to spend money or dedicate large amounts of time to let others know you value them. As you're looking at the examples that follow, consider who comes to mind that you can reach out to this month. You will likely never realize the impact of just one small action you take to support someone in your life.

### Ways to Reach Out in Small Ways

- Smile as you walk by and say hello. (Even in a mask, you can tell when someone is smiling!)
- Make a random phone call (not a text) to a friend you haven't talked to in a while. Ask how things have been going.
- Invite a friend out for a physically-distanced walk or a hike.
- Show interest in a friend's hobbies and participate when possible. For example, ask about how their team is doing this season, even if you aren't interested.



### Courtesy photos

Capt. David Baird, Naval Station (NAVSTA) Rota commanding officer, holds the #BeThere photo sign over Cmdr. Justin Canfield, NAVSTA Rota executive officer, for a photo during the 2019 U.S. Naval Hospital's Suicide Prevention Run / Walk. This year, the event is being held virtually.

- Send a card in the mail to say hi or I'm thinking of you.
- Offer a friend a chance to get some alone time, if they're feeling overwhelmed at home. For example, can I help watch your pets or children? Can I help water

your plants or do the dishes?

- Trust your instincts. If you feel like something is wrong, don't be afraid to ask.
- Sign up for the ASIST program through the NAVSTA Rota Chapel.

### Take seriously ALL Suicide threats and ALL suicide attempts.

#### A.C.T.

**ASK:** Are you thinking of killing yourself?

**CARE:** Listen without judgement and show that you care.

**TREAT:** Escort them to immediate help – chaplain, leaders or medical professional – and share the information shared with you.

#### Local Contact Numbers

Off-Base Emergency: **112**

On-Base Emergency: **911**

#### Confidential/privileged communication with a Chaplain

Weekdays from 7:30 a.m. to 4:00 p.m.

NAVSTA Rota Chaplain: 727-2161 or 956-82-2161

After hours and weekends Duty Chaplain: 639-10-1864

#### Medical Support and Clinical Counseling

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Base Security (Dispatch Ambulance): 727-2000 or 956-82-200

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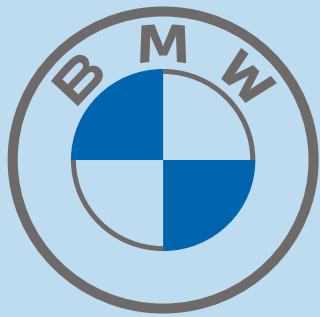
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# Clear out the COVID Clutter and Get Back-to-School Ready!

By Katherine McCarthy

Navy-Marine Corps Relief Society Rota

Hey Rota, how is everyone holding up? This unpredictable year has blown us straight into September – leaving many of us scrambling to prepare for virtual school and wondering where the spring went. Please tell me I am not the only one who procrastinated this long on my spring-cleaning! Let's chat a bit about clutter.

## Why do we hold on to all this stuff?

Most of us living here in Rota are a transient group. Although we typically clear our clutter when PCS season rolls around, it is hard to kick that desire to maintain control over something – anything! We want to hold on to a physical representation of our memories – anyone else have a refrigerator full of destination magnets? We want to control any future “what if I need this someday and there isn't a Target close by!” situations. We want to hold on to items to stay ready for anything – maybe you have lived in four different homes with all different window sizes. Better hold on to all those curtains just in case! It is a struggle we have all gone through!

Freedom from clutter will create more balance and peace in your life. Whether you are finally getting around to your spring-cleaning, or getting back-to-school ready, here are some tips for clearing some clutter.

Try organizing your items into three piles – keep, donate, and toss. Set yourself

a deadline of when you will finish each room. Are you short on space? Organize upwards. Use the height of shelves and clearly labeled bins to organize your small areas. Are your tabletops, countertops, and nightstands chaotic? If so, there's a good chance your life might feel chaotic too! Try drawer organizers or even shoe boxes inside your drawers to separate and hold your smaller items. Do you have kids? Assign them each a cubby drawer in your house where loose items can be deposited and put up at the end of the day. If your closet is overflowing, track what you wear the most often by turning every hanger backwards. When you wear, wash, and hang something back up, turn the hanger the correct way. If there are items you have still not used after weeks or months, it might be time for it to go.

Once you have cleared the clutter – keep it that way! Set daily and weekly tasks for yourself and your family members to complete. By habitually picking up and cleaning daily, you can avoid those giant piles of clutter to tackle over the weekend.

## What do you do with the items you no longer want or need?

Navy-Marine Corps Relief Society can help! Your donations of gently used or new items help keep our Thrift Shop running. In addition to our Thrift Shop, NMCRS Rota has a Visiting Nurse program, Budget 4 Baby

workshops, budget counseling, as well as a vast range of financial assistance, including: Quick Assist Loan, COVID-19 Rapid Response Loan, emergency travel, help with medical bills, rent and security deposit for household setup, education loans, and more. By donating to the Thrift Shop and shopping there, you are helping to keep these programs available!

## Did you know that our Thrift Shop is operated entirely by volunteers?

We are always looking for an extra set of hands – whether you can work a full shift, are only available a few hours a month, or are only available for special events or weekend sales, we can use your help! Contact us at [rota@nmcrs.org](mailto:rota@nmcrs.org) or DSN 727-1614 for more information.

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## Marta Lopez

Marta Lopez is a library technician at the Morale, Welfare and Recreation's (MWR) base library. Although originally from Vigo, a city in the north of Spain, Lopez has been living in Rota for the last 15 years. Of those 15 years, she has spent five of them working at Naval Station (NAVSTA) Rota.

Prior to working at the library, she was also a duty manager at the restaurant La Plaza, but Lopez says that everyone really knows her from when she worked at Café.com, serving customers from all over the base. Now that she has been working for about a month as a library technician, many of her former customers miss her at Café.com and often ask her where she works now.

"People ask me if I got fired," joked Lopez.

As a library technician, aside from providing general administrative support, her daily duties include assisting patrons when they need help finding information in the library collection, keeping and maintaining records of the check-ins and check-outs of items available for patrons at the library, and also participating and assisting with the organization of activities and special

events. One example of such events is the Story Time program, where every Tuesday, they read books and do arts and crafts with children. As of late however, this is being done virtually due to the current pandemic.

The opportunities that this job provides Lopez in regards to the NAVSTA community is the best part of the job for her.

"My favorite part is that I get the chance to interact with the patrons and their families," said Lopez.

When she's not at work at the base library, Lopez partakes in hobbies which include playing videogames, taking advantage of every opportunity she comes across to travel to different places – although she admitted she has yet to visit the States – and attending live music events.

"Any genre will do, as long as it's live," she explains.

When asked if there was something she wanted the community to know, she simply said that whoever wants to visit her now that she no longer works at Café.com, can still do so at the base library. She'll be there to say hi.



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# NCTAMS LANT Detachment Rota's OIC Retires After 33 Years of Service During Her Last Change-of-Charge

By IC1 Andrea Hamilton

NCTAMS LANT Detachment Rota

Chief Warrant Officer (CWO) 5 Veronica Hanna, officer-in-charge of Naval Computer and Telecommunications Area Master Station Atlantic (NCTAMS LANT) Detachment Rota was properly relieved by Lt. Cmdr. Quinzell T. Brown during a change-of-charge ceremony, Sep. 3, at Naval Station (NAVSTA) Rota.

The Covid-19 pandemic has presented its own challenges by enforcing ceremonial restrictions including limited attendees, social distancing and other safety precautions, but each participant of this honored day was in high spirits as they bid their former officer-in-charge fair winds and following seas.

"What a great day to be in the United States Navy," said Hanna. "I am truly honored for this day, I didn't think I would see this day, I am not sure how I feel about this day, but I am glad we are here in this moment."



Chief Warrant Officer 5 Veronica Hanna, off-going officer-in-charge of Naval Computer and Telecommunications Area Master Station Atlantic (NCTAMS LANT) Detachment Rota receives a farewell gift from her junior Sailor coworkers during a change-of-charge and retirement ceremony at Naval Station (NAVSTA) Rota.

*Fair Winds  
and Following Seas,  
CWO5 Veronica  
Hanna!*

During the ceremony, Hanna was awarded the Meritorious Service Medal; and was showered with gifts from the local nationals, the chief petty officer mess, first class petty officer mess and junior Sailors.

The ceremony marked the end of 33 years of honorable service as well as a two-year tour with NCTAMS. NCTAMS LANT Detachment Rota covers a large area of responsibilities and duties, which range from providing communication services and technical support to our operational partners. These partners include NAVSTA Rota, its tenant commands, forward-deployed naval forces (FDNF) homeported and visiting afloat units throughout the Iberian Peninsula. NCTAMS is comprised of over 70 active-duty, civilian, and local national personnel who are dedicated in providing resilient and exceptional information technology (IT) services.

Under Hanna's command, NCTAMS LANT earned the Defense Information System Network (DISN) Facility of the Year (FOTY) Award and the Chief of Naval Operations (CNO) Retention Excellence Award for fiscal year 2018.

"I have been blessed with an amazingly talented group of chiefs, junior Sailors, DoD civilians, Spanish local nationals, and contractor, Mr. Ronald "Kris" Robinette -- who wears many hats," said Hanna. "Our senior



Photos by MC2 Eduardo Otero

Chief Warrant Officer 5 Veronica Hanna, off-going officer-in-charge of Naval Computer and Telecommunications Area Master Station Atlantic (NCTAMS LANT) Detachment Rota receives a Meritorious Service Medal during a change-of-charge and retirement ceremony at Naval Station (NAVSTA) Rota. During the ceremony, Lt. Cmdr. Quinzell Brown relieved Hanna as officer-in-charge, who retired after 33 years of service in the U.S. Navy.

enlisted leader, and I have a great working relationship, so I think when the triad works together, everything else just falls into place. We are here to ensure our operational partners receive grade-A service and support and my entire team is committed to achieving that goal."

Hanna became the first woman to obtain the CWO5 rank within the information systems technician community, June 2018. She was also inducted into the

Ashtabula/Harbor/Lakeside Hall of Fame, a recognition by her hometown.

"Thank you all for being my support and thanks for being my family away from family," said Hanna to her team at NCTAMS LANT Detachment Rota.

Hanna's retirement plans include community mentorship, spending more time with her mother, Ida Mae Hanna, and embarking on new entrepreneurial ventures.



Chief Warrant Officer 5 Veronica Hanna, off-going officer-in-charge of Naval Computer and Telecommunications Area Master Station Atlantic (NCTAMS LANT) Detachment Rota receives a farewell gift from her civilian coworkers during a change-of-charge and retirement ceremony at Naval Station (NAVSTA) Rota.



Chief Warrant Officer 5 Veronica Hanna, off-going officer-in-charge of Naval Computer and Telecommunications Area Master Station Atlantic (NCTAMS LANT) Detachment Rota receives a farewell gift from her senior Sailor coworkers during a change-of-charge and retirement ceremony at Naval Station (NAVSTA) Rota.

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## Commander, Task Force (CTF) 68 Holds Change-of-Command

### From Task Force 68 Public Affairs

Commander, Task Force (CTF) 68 held a change-of-command ceremony at CTF 68 headquarters in Naval Station Rota, Spain, Aug. 26, 2020.

Capt. Cameron Chen relieved Capt. Curt Larson to become the ninth commodore of CTF 68. The ceremony was kept small to adhere to COVID mitigations, and though not present at the handover, Vice Adm. Gene Black, commander, U.S. 6th Fleet, offered the following in recognition of CTF 68 and their hard work during Larson's tenure.

"Bravo Zulu to Commodore Larson for your exemplary leadership of Task Force 68 across your complex mission set throughout the U.S. European Command and U.S. Africa Command areas of responsibility," said Black. "Under your command, you fostered a unique sense of professional development and personal dedication in your team. I know Capt. Chen is up to the challenge of filling your shoes and continuing this legacy of excellence."

Larson was awarded the Legion of Merit and presented with a gift from the staff before providing brief remarks and

reading his orders.

"I want to thank you for your hard work these past few years," said Larson. "All the long hours away from your loved ones to execute the mission are appreciated. It was an honor to come into this building each day and serve alongside each and every one of you."

Upon assuming command, Chen thanked Larson for his dedication to duty and addressed the CTF 68 staff for the first time as their new commodore.

"Thank you, Commodore Larson, for the great turnover and making this transition go smoothly," said Chen. "I'm really excited to be coming in to work with such an impressive team. Your level of engagement and consistency in accomplishing fleet priorities has made a huge impact in the theater, and I'm already impressed with what you've done."

During Larson's tenure, CTF 68 executed 53 joint and combined exercises with more than 1,200 Sailors and Marines in 42 countries across Europe and Africa alongside NATO allies and regional partners.

Most recently, CTF 68 Sailors participated in Eurasian Partnership Mine Counter Measure (EP MCM) Dive 2020 in Constanta,

Romania, Aug. 3-6. EP MCM Dive 2020 is a multinational maritime exercise between the United States, Romanian, and Bulgarian naval forces designed to improve operational and tactical interoperability among the participating units, bringing the experiences of different international explosive ordnance disposal (EOD) teams to the field.

Established March 17, 2005, CTF 68 commands all Navy Expeditionary Forces in U.S. European Command and U.S. Africa Command areas of responsibility and is responsible for providing EOD operations, naval construction, expeditionary security, and theater security efforts in order to conduct Non-Combatant Evacuation Operations and Point and Area Defense to protect and defend critical infrastructure and High Value Assets against terrorist attacks direct support of U.S. Naval Forces Europe-Africa and U.S. 6th Fleet.

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.

## USS Ross Begins 10th FDNF-E Patrol

By Ensign Shannon McKeon  
USS Ross (DDG 71) Public Affairs

The Arleigh Burke-class guided-missile destroyer USS Ross (DDG 71) departed Naval Station Rota, Spain, marking the beginning of its 10th Forward-Deployed Naval Forces-Europe (FDNF-E) patrol, Aug. 29, 2020.

Ross Sailors accomplished necessary maintenance while in port, maintaining social distancing measures and adhering to minimal manning procedures during the global pandemic. After a three-week sequester to minimize the risk of COVID spread among crew members, Ross got underway.

The ship is scheduled to work alongside regional partners in various training exercises during Patrol 10.

"We are excited to begin another fast-paced, forward-deployed patrol with the support of our NATO Allies in defense of regional maritime security," said Cmdr. John John, commanding officer of Ross. "Though the global community may be facing uncertainty in the form of a pandemic, Team Ross is focused on the task at hand and ready to accomplish the mission."

Ross returned

from its ninth patrol in March following participation in various multinational exercises with regional partners and allies in the Mediterranean and Black Seas to include French-led PEAN 19 with the Charles de Gaulle Carrier Strike Group, training evolutions with the Harry S. Truman Carrier Strike Group, and dynamic at-sea interoperability training.

Ross, forward-deployed to Rota, Spain, operates in support of U.S. national security interests in the U.S. 6th Fleet area of operations.

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.



Photo by MCSN Christine Montgomery  
Sailors aboard the Arleigh-Burke class guided-missile destroyer USS Ross (DDG 71) prepare to get underway for the ship's 10th forward-deployed patrol, Aug. 29, 2020.

# Hello, September!

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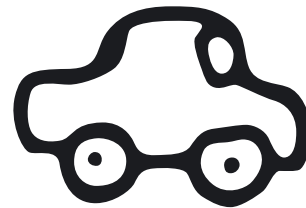
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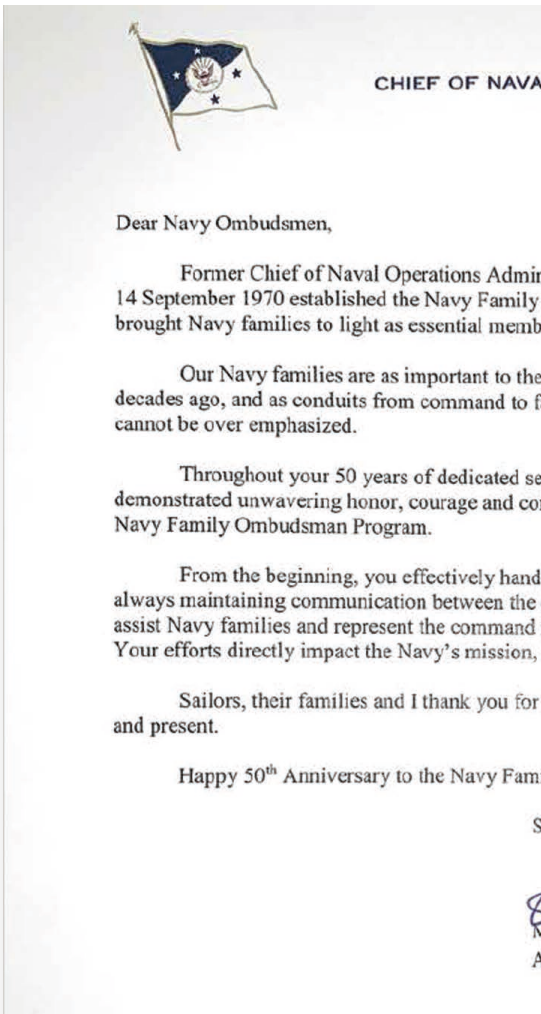


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**Muchas gracias and Happy 50th Anniversary!**

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NAVSTA Rota



**AMY LEE**  
CTF 68



**JENNA FERNANDEZ**  
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Assembly Chair





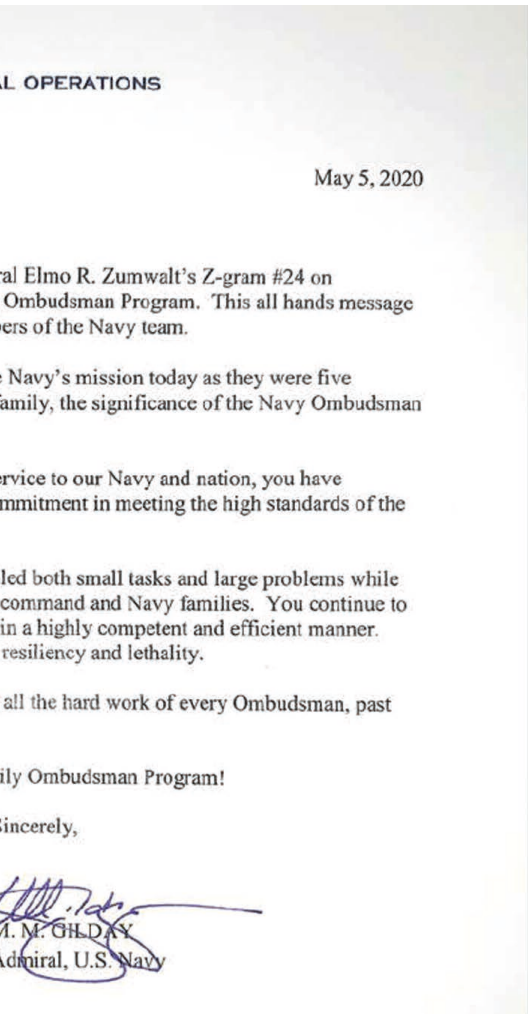
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**TAWNI RAMIREZ**  
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# El Puerto, Wineries and Sherry

By Concejalía de Turismo

Ayuntamiento de El Puerto de Santa María

Due to its climatic and geographical conditions, El Puerto de Santa María is a remarkable area for the aging of wines under the Designation of Origin Jerez-Xérès-Sherry.



Phoenician Wineries

There is archeological evidence of the relationship between wine and the city. Good examples of it are the Phoenician wineries from the 8th century BC found in Las Cumbres Village in Doña Blanca Archaeological Site – a proof of the existence of a wine industry since long ago.

This presence may be also noticed in the structure of the city, where countless wineries known as 'cathedrals' due to their majestic proportions were built – most of them at Campo de Guía, the first wine industrial estate in Spain, which dates from the 19th century and is strategically located close to Guadalete River.



Wineries known as 'Cathedrals'



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"Vino Fino" is the wine of El Puerto par excellence and has such a significant role that the most important festival in El Puerto is dedicated to it – the Spring Fair and Fino Wine Festival, which take place between April and May.

Wine tourism plays a key role in the promotion of the city – in addition to visits to wineries, there are also wine tastings and pairings at different taverns, pubs, and restaurants in the city throughout the year. These activities play an especially important role in November since the whole city and the Marco de Jerez celebrate the European Day of Wine Tourism, the International Sherry Week, the Must Route, and the Conference Days of the Ateneo del Vino, in which there is a wide range of activities related to wine.



Vineyard with Palomino Grapes

You may also enjoy wine tourism in the countryside by following the Casas de Viña Route at Pago de Balbáina Region, which has become a leisure area where you may go hiking or bike touring.



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OUR HOMETOWN *PUERTO***Bodegas Caballero**

Grupo Caballero stands out for dedicating itself to the elaboration and sale of top-quality spirits and wines, closely related to the Jerez-Xérès-Sherry wines.

This company owns Castillo de San Marcos, a 13th-century fortress built by King Alfonso X the Wise over the rests of an ancient Arabic mosque.

The visit to the monument includes a description of the aging process and a wine tasting at a small wine cellar.



Castillo de San Marcos and Wine Cellar

**Bodegas Grant**

Popularly known as 'Bodegas Grant', the Juan C. Grant S.L. Company was founded in 1841. At first, the winery dedicated itself to the storage and sale of Sherry wines and continued this family tradition for many years.

The winery has a tasting hall in 'El patio de las 7 esquinas', an old courtyard renovated for this purpose, which transports us to the typical taverns of the age and forms part of the special charm of the winery.



Wine Cellar at Bodegas Grant

**Bodegas Gutiérrez Colosía**

The Gutiérrez Colosía family forms part of an old winemaking tradition under the Designation of Origin Jerez-Xérès-Sherry. Located at the bank of Guadalete River, this winery, which was built in 1838, was purchased by the family at the beginning of the 20th century.

This is the only winery that directly faces onto the river, so it has a perfect degree of humidity for the biological aging of under the *velo en flor* - a layer of microorganisms that reproduce themselves on the surface of wine and prevent its oxidation.



Wine Cellar at Bodegas Gutiérrez Colosía



Wine Cellar at Bodegas Osborne

**Bodegas Osborne**

Founded in 1772 by Thomas Osborne Mann, the winery offers a wide range of high-quality, famous wines and brandies.

Located at Campo de Guía, Bodega de Mora is the heart of the company, where the most select Osborne VORS and brandies age. The winery is a historical ensemble consisting of a palatial house and six wine cellars where we find a cultural space named Toro Gallery that shows the history of the Osborne Bull since its creation.

Toro Tapas, where tradition and innovation are joined together to surprise your palate, is linked to the Osborne winemaking facilities while respecting their architectural features.

## SEPTEMBER 2020 GROUP EXERCISE SCHEDULE

**MONDAY**9-9:45 a.m. **Boot Camp**6-7 p.m. **Yoga****TUESDAY**11:15-Noon **Mommy and Me**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**9-10 a.m. **Yoga**

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### Bodegas González Obregón

Founded in 1935 by José Luis González Obregón, this winery carries out all the activities of the wine industry - wine aging for its sale under its own trademark, sale of wine products to other establishments, and retail sale at Taberna Obregón - the most ancient tavern and one of the most special ones in El Puerto de Santa María - at Zarza Street.



Wine Cellar at Bodegas Obregón

### Bodegas Forlong

The owners of Bodegas Forlong are pioneers in the area owing to their ecological, handmade winemaking and give local wines a breath of fresh air. The winery produces white and red wines as well as wines from Jerez.

A visit around the winery includes a walk along the vineyard which shows the elaboration process in situ – an open-air museum where different soils and grape varieties may be distinguished.



Wine Cellar at Bodegas Forlong

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# Local Students Participate in Social Etiquette Class

By Brianna Gantt

Contributing Community Writer

When asked if social etiquette is an important part of their life, most kids responded with "no, not really." However, when asked as a follow-up about the impact of a good impression, the same kids were adamant that good impressions are extremely important to forming relationships. What they do not realize is that these two concepts go hand in hand, but, thankfully, they have Shelly Sourbeer and her Finishing School to teach them before it is too late.

Sourbeer has lived in Rota for the past

two years and has become an integral part of her community. Having raised two children, she understands the importance of social graces, especially as children transition into adulthood. According to Mrs. Sourbeer, "success is 15% technical and 85% people skills."

With this concept in mind, she set a plan in motion to teach kids in her community the importance of social grace.

On Tuesday, Sept. 1, Sourbeer opened her home to a group of third through sixth graders and took on the task of teaching them social etiquette. She began with the importance of a good introduction, which can be hard while everyone is wearing a mask. She also covered topics like phone etiquette, table manners, and first impressions. When asked about the most important thing he learned, Joshua Kwak said, "to make sure you don't smell like you have been in the woods for 5,000 days when you first meet someone."

On Thursday, September 3, she



Photos by Brianna Gantt

Zaine Rice and Ryan Baird introduce themselves to each other in an icebreaker activity, Sept. 3, 2020.



Students in the elementary school class chat during a break in the lesson.

took on an even more daunting task, teaching this class to high school boys. In this class, she tackled topics such as dating etiquette and how to ask someone out, along with lessons on table manners, introductions, and phone etiquette.

Though these young men were wary of the class at first, they agreed that they got a lot out of it. In the words of Noah White, "it was a valuable experience that gave me a new perspective on the importance of etiquette."

Classes like these take on even more

significance on military bases abroad where kids participate in adult social events. Social grace and etiquette play an important role in their lives from a very young age.

According to Sourbeer, "learning to be a good listener, developing communication skills, having basic manners, phone and dining etiquette can really set you up for success," and thanks to the hard work and dedication of Sourbeer, these kids are one step closer to success.

## School Liaison Officer (SLO) Notes



### 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.

### Spanish Schools Information

Parents interested in registering you 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 to discuss the process and forms. Call 727-2425 for more information.

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.

### Virtual College Fair

Do you have a middle or high schooler interested in college? They can explore and talk to admissions representatives to over 600+ on October 12 & 18 and again on November 8. The NACAC Virtual College Fair is Free. Visit [VirtualCollegeFairs.org](http://VirtualCollegeFairs.org). Register now #nacafairs. See ad on page 3 of this Coastline for more information.

### Tutor.Com for Military Families

Tutor.com for U.S. Military Families ([Tutor.com/military](http://Tutor.com/military)), funded by the U.S. Department of Defense (DoD) and Coast Guard Mutual Assistance (CGMA), is a program that allows eligible students in Kindergarten through college to connect to a live tutor online at any time for one-to-one help with homework, studying, test prep and more, at no cost.

### Call the SLO before You GO

If you are planning to PCS or change your duty station in the future, contact the School Liaison Officer (SLO) to help you with your transitions. Your SLO can also put you in contact with your gaining installation's SLO.



**MCEC**  
Parent Programs

### September 2020 Webinar Series You Will Not Want To Miss!

The Military Child Education Coalition announces a series of Parent Education Webinars for military-connected parents and professionals who work in support of military-connected children.



These webinars are open to all interested participants and offer research based information and ideas for participants.

Mark your calendars and register for the webinar that fits your needs. Once you've registered, you will be able to view the live webinar or watch a recorded presentation after the recording is processed.

To register for remote viewing, go to the link following your selected topic below:

### Webinar Topics and Dates

(all webinars presented at 12:00 P.M. Eastern)

\*webinars with SME content may be subject to change

Wednesday, September 2nd—2620—Virtual Parent Teacher Conferences

<http://militarychild.adobeconnect.com/web2620/event/registration.html>

Wednesday, September 9th—2720—Anxiety and Depression with Dr. Bonnie Jordan\*

<http://militarychild.adobeconnect.com/web2720/event/registration.html>

Wednesday, September 16th—2820—Military OneSource-A Special Look at this Unique DOD Resource\*

<http://militarychild.adobeconnect.com/web2820/event/registration.html>

Wednesday, September 23rd—2920—FAFSA and CSS Profile

<http://militarychild.adobeconnect.com/web2920/event/registration.html>

Wednesday, September 30th—3020—Homework Motivation Strategies and Support

<http://militarychild.adobeconnect.com/web3020/event/registration.html>

For More Information: [Parents@MilitaryChild.org](mailto:Parents@MilitaryChild.org)

### Rota DGF Elementary School

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Phone: +34-956-82-4185

Follow the school on Facebook at: Rota DGF Elementary School

### Rota DGF Middle / High School

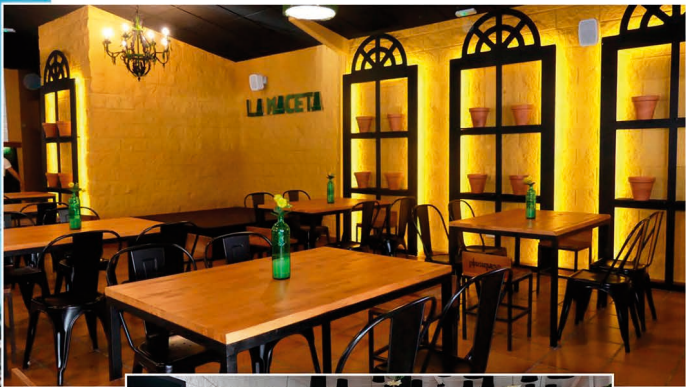
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# Navigating Your ‘Camino’ During this Time of Coronavirus

By Courtney Pollock  
NAVSTA Rota Public Affairs

Laying in my bunk, I feel far from rested. The night before was a chorus of snoring, the coming and going of footsteps, and the tossing and turning of my 50+ roommates. It crescendos with a few early risers packing their bags at first light and yet still I lie here in my bunk trying to mentally prepare myself for the day ahead. My muscles ache, the soles of my feet are tender from the constant pounding on pavement, and my bummed knee is painful and swollen. Worst of all, my mind is racing and I wonder if I’ve gotten myself in too deep.

Today would be another long day on the trail, over 20 kilometers in mountainous terrain, and I am already only dreaming of being there. “There” being that night’s albergue, or pilgrim hostel, where I will be able to take a quick lukewarm shower, prop up my knee, repair the blisters on my feet, and try to coax myself to sleep amid the noise again. But I know that this isn’t how it’s done; you have put in the work and effort.

The Camino de Santiago is a religious pilgrimage with routes all over Europe leading to St. James’ tomb in northwestern Spain. There are numerous routes but the primary one is Camino Francés which starts in the French border town of St. Jean Pied de Port in the Pyrenees and makes its way 796 kilometers (495 miles) to Santiago de Compostela. In 2013, my husband and I flew to Spain to hike approximately two weeks on the Camino Francés. It has now been seven years since I was on the Camino, but I often find my mind drifting to those memories,

experiences, and lessons. Throughout Spain’s State of Alarm, I experienced several mornings similar to the one along the Camino de Santiago. Lying in bed, wondering how I was going to get up and face the day – a day full of unknowns – and I often found myself pulling on the lessons learned over those several weeks on the trail.

Now I realize that finding parallels in two vastly different experiences sounds slightly absurd. One kept me moving, changing beds every night, and meeting countless people from around the world; the other left me at home alone with only my family members, unable to go on long walks or hikes during the lockdown, and connected to the outside world primarily via screens. However many of the lessons are still relevant, just with a different context.

**One Step Forward.** The first lesson is possibly the most important. Taking that first step forward, no matter how little or small. Get out of bed. Pack your bag. Hit the trail. Once up and moving (hobbling?) down the trail, the stiffness in my muscles would begin to fade as did the soreness in my feet. I became more focused, settled into my pace for the day, and reached that day’s destination before nightfall.

The phrase “one step forward” was heard more times than I can count along the Camino. It was used as a motivator by albergues’ proprietors, nuns and priests, bar owners where you stopped for a café con leche, and fellow pilgrims. Initially it felt clichéd but I began to look forward to it because the general sentiment behind it was of encouragement or motivation. They believed in me, some times more than I believed in myself, that I would



Photos by Courtney Pollock  
The chapel in Roncesvalles is the first stopping point on the trail after entering Spain. The trail, “Napoleon’s Route,” from St. Jean Pied de Port in France to Roncesvalles goes through the mountains providing beautiful views of the Pyrenees. For our trek, we encountered sun, snow, sleet, and rain!

make it to Santiago de Compostela by only taking that first step forward. One step, one hundred meters, one kilometer felt so much more manageable than the end goal.

Many times, throughout the State of Alarm, I’ve had to just remind myself – whether with big or small steps – to just push forward. Find the one task that I could manage that morning and hope that this first task, or step, would keep me moving forward.

**It’s hard – physically and emotionally.** On the Camino, my sole task was to get up each morning, pack up and start walking. I only had to worry about my

basic necessities of eating, sleeping, and caring for my body, but that didn’t make it easy. There was anger when I slipped on mud during a steep descent and twisted my knee, tears when I realized the Camino I envisioned wasn’t going to happen as I had hoped, excitement as I entered Santiago de Compostela with my fellow pilgrims and sat in front of the huge cathedral realizing this journey was over, reflection during the pilgrims’ mass that culminated my experience, and mourning as I realized that the Camino experience was ending and I now had to return to the real world again.

There’s no doubt that this pandemic,



Left photo: A hiker along the Camino de Santiago in northern Spain. The Camino is a mix of roads, trails, and paved walkways. Center photo: We opted for a detour to the Church of Santa María de Eunate, located outside of Puente la Reina, while on the Camino de Santiago. Far right: The town of St. Jean Pied de Port, France from a lookout point in the village. For many pilgrims, this village is the starting point for their time on the camino francés which runs 796 kilometers to Santiago de Compostela, Spain.

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Spain's State of Alarm and the following months have been and are hard. We are inherently social and lean on each other for support. We are used to traveling and exploring, especially while being stationed in Southern Spain. We are used to being selfish in our wants and needs. The State of Alarm has forced us to remove all the outside chatter and focus on two simple tasks – stay home and stay healthy.

**Working toward a common goal.** Throughout the Camino, everyone was working toward that common goal of reaching St. James' tomb in Santiago de Compostela's cathedral. It's hard to put into words the feeling of all that energy flowing toward one central point. How at each marker, nightly stop, and kilometer, everyone was closer to that goal and excitement was building.

This pandemic has yielded similar feelings of togetherness. Things such as my children's joy when they produced their "Todo Irá Bien" (everything will be ok) rainbow poster to hang in the window, being able to connect with my family more often since everyone was home at the same time despite a time difference, and the fact that as humanity, we are all working toward that common goal of flattening the curve, protecting those around us, and keeping our community healthy.

**Finding a community.** Which brings me to my next lesson, finding community. Community is probably the most contradictory phase given the

isolative state of this pandemic. However, a community's bond is formed through a shared experience, and it would be hard to argue that this pandemic has not been a worldwide experience. On the Camino, the community was formed from fellow pilgrims, albergue owners, restaurants and cafes along the way, and the people who entered and exited the Camino along my path.

The Coronavirus Camino has been finding my community online through social media, Zoom, texting and calls. It's been a chance to reignite friendships that have taken the back burner due to the busyness of life, being able to connect with family more frequently, or meeting new friends virtually. During this time, I realized the value of my community and will take these lessons and connections with me and incorporate them into my everyday life from here forward.

**It's lonely.** While there were hundreds of other pilgrims on the Camino, I had plenty of moments of quiet time to reflect. I had to turn inward. I had to deal with some unwanted thoughts, feelings and beliefs that I would usually push aside but because no one else was there to deal with those thoughts, it fell to me.

Throughout the past several months, it's been weird to only interact with friends via computers and phones, to only interact with my family members on a daily basis, and to know that we really won't return to the fully social life we had before anytime soon. It has required me to turn inward, find the strength within, look for ways to balance myself, take the time for self-care, and ultimately, reach out for help if needed.

**The power of a "rest day."** After several days on the trail, we usually planned a "rest day." Typically they coincided with a larger city so the day was filled with sleeping in (in a big comfy hotel bed!), a little sightseeing, taking that midday nap, and probably catching up on laundry or cleaning our gear. That said, I was usually restless by the end of the day, ready to begin moving forward again and catching up with our Camino friends on the trail.

There were many days throughout the lockdown where I struggled, or felt guilty, for a rest day. In this time where there was no line between work and home life, or personal and family time, a day of rest was what I needed for my body and mind to process everything. Taking a day "off" to linger in bed a bit longer, go on a Netflix binge or finish that book, taking a long walk on the beach; basically anything to

recharge my mind, body and soul. Just don't stay in the rest mode too long!

**It's ok to be sad.** As I approached Santiago de Compostela, I was surprised to feel a sense of sadness come over me, and I was not alone with many of my fellow pilgrims expressing the same sadness. While we were elated to finally reach our destination, we were already beginning to grieve no longer being on the trail and the experiences that come with it.

Like many, I've been saddened by missed vacations or social activities that we've had to give up since the pandemic began. Or as we begin to move about more, I find myself missing some of the simplicity of life at home during the lockdown. During these challenging times, it's ok to be sad. There is a lot of truth in the saying "life's a journey, not a destination." This time will be full of emotions as you look back but hopefully you will see the good as much as the bad.

**The Second Camino.** The general sentiment along the trail is that upon arriving in Santiago de Compostela, a pilgrim would begin their next Camino. It was rarely more defined, and was simply left for the pilgrim to figure out. For some, it may be a spiritual one, or one



The yellow arrow points pilgrims across the famous bridge of Puente la Reina. The bridge was built to provide safe passage to an increasing number of medieval pilgrims on their way to Santiago de Compostela.

spent applying Camino lessons to their everyday life, or for others still, another physical pilgrimage somewhere in the world. That was left up to the individual to figure out.

While we don't know what the rest of 2020 will hold for us, I hope that you view this next stage as the next Camino. To remember the knowledge and lessons learned over the past several months, apply them to your current life, and most importantly, take that first step forward. Buen Camino!



The Camino de Santiago provided plenty of time for thoughts and reflection. Similarly, this time of the Coronavirus pandemic has also allowed for more time of reflection.



Searching for, and finding, Camino shells quickly becomes the highlight of each day on the Camino de Santiago. This shell pointing the trail's direction was located near the Templar's Castle in Ponferrada, Spain.

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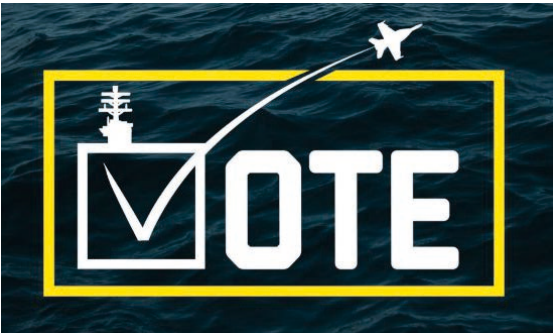
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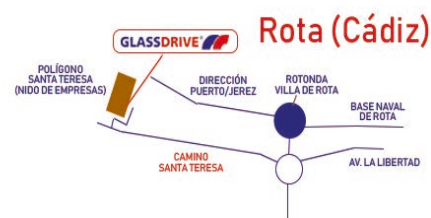
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