



# COASTLINE

October 22, 2020 | Volume 30, Issue 20

U.S. Naval Activities Spain

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CO's Corner



Capt. David Baird

exercise your right to vote and get your ballot in the mail as soon as possible. I encourage everyone to closely follow their state guidelines, and if voting by mail please take your ballot to the post office soon. They will attach a tracking bar code to the outer envelope so you can track your ballot all the way to its destination.

We continue to observe the second wave of COVID-19 throughout Spain, and through much of Europe now as well. While our local numbers are not as bad as other locations in Spain, or even in Andalucía, we must not let our guard down. I acknowledge that all of us are becoming fatigued after nearly eight months of living through a pandemic, but we still must all do our part to keep our community safe. Please stay disciplined with mask wearing, physical distancing, frequent hand washing or sanitization, and keeping close contacts to a minimum. We have seen the positive effects that these actions can have, and I ask each of you to take a fresh look at how you are protecting yourself and those around you.

While I certainly do not have a crystal ball that will tell me what the next several months will look like, I think it is safe to say that we will be living with this virus nearby for months to

## Learning to Live With the Virus - For the Duration

Greetings Team Rota!

It's hard to believe we are nearing the end of October already, but it is great to see our kids back on campus, and the temperatures slowly dropping. October may be the month with the best weather here in Rota, and that is a very high standard!

I want to lead this month's column with a reminder to

come. The important thing to realize is that we are learning that we can do exactly that – live WITH the virus nearby. Simple things like wearing a mask, maintaining physical distance, minimizing close contacts, and frequent hand washing or sanitization reduce your risk of infection greatly, and they also help protect those around you.

Most importantly, we must all stay home if we feel any symptoms at all. Many people who are infected with this virus will only feel mild symptoms, but they are still very capable of spreading the virus to others who may have a more severe reaction. In light of this, we must all monitor our health carefully and if you develop any symptoms such as fever or chills, cough, fatigue, shortness of breath, difficulty breathing, muscle or body aches, headache, sore throat, new loss of taste or smell, congestion or runny nose, nausea or vomiting, or diarrhea please stay home and call your medical provider!

As a community, over the last seven months we have all sacrificed for the benefit of each other. I ask you to keep this up while we ride out the latest wave of the virus. We all long for the time when we can travel more freely and experience many of the things we enjoyed before the pandemic. That time will come! In the meantime, please continue to support one another, and ask for help when you need it. Keep wearing your mask, keep your physical distance, keep your contacts to a minimum, keep washing your hands, and keep the faith – for the duration.



Photo by Lt. Lyndsi Gutierrez

Naval Station (NAVSTA) Rota commanding officer Capt. David Baird, center left, and Spanish Vice Adm. Ricardo Hernandez Lopez, center right, cut a cake in honor of the U.S. Navy's 245th Birthday with NAVSTA Rota Command Master Chief (CMC) Kimberly Ferguson and Spanish Suboficial Mayor Miguel Manito Rodriguez, Oct. 13, 2020.

## On The Front Cover



Equipment Operators attached to Naval Mobile Construction Battalion (NMCB) 133 lay down another section of the geotech layer during coastal erosion restoration onboard Naval Station Rota, September 10, 2020. (Photo by MC2 Sean Rinner)

## CRIME VICTIM CHECKLIST

### 1. NOTIFY LOCAL LAW ENFORCEMENT

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

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Ombudsman Coordinator Jessa Quitiquit 727-3232 (Jessa.quitiquit.ctr@eu.navy.mil)

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# Knowing the Signs of a Healthy vs. Unhealthy Relationship

By Kathy Muscari

Fleet & Family Support Center (FFSC)  
Rota

We often talk about warning signs and red flags that indicate you are in an unhealthy or possibly abusive relationship but we don't always talk about the signs that tell you that you are in a healthy relationship. Today, I'll touch on both. First we'll start with the good.

So, what does a healthy relationship look like? In healthy relationships both partners feel supported and connected, but also independent. They are able to communicate compassionately and effectively with one another and can identify their needs and establish boundaries. Simple as pie, right? I kid. It's not always simple and it's not always easy. It often requires growth and, let's face it, growth can be painful. But when your growth as an individual coincides with your growth as a couple, it's a beautiful thing.

I'm going to highlight some of the main factors that contribute to the health of a relationship. These factors include safety, respect, equality, accountability, support, and communication.

## Safety

Safety in a relationship is paramount. There is no place for aggression in a healthy relationship. Each partner should feel 100% safe to express themselves. You can make your partner feel safe by behaving and communicating in a way that is compassionate and respectful. When there is something that is upsetting you, identify what has triggered the emotion and work on voicing a complaint without criticism.

## Respect

R-E-S-P-E-C-T and safety go hand in hand. When we feel respected by our partner, we feel safe to express ourselves and we feel accepted for who we are. In a healthy relationship, each partner respects one another's feelings, activities, and beliefs by being understanding and non-judgmental. You do not need to agree with your partner but when conflict arises, you can respectfully try and understand their point of view.

## Equality

Equality in a relationship is when both partners fairly divide up work and

responsibilities. They equally provide input and make decisions together involving their family, home, and relationship. A relationship should feel like a partnership. Both parties should be collaborating with one another and jointly making decisions. Your family's financial information should be available to both parties and both should be benefitting from the decisions that are made. Each partner should commit to resolving conflict through compromise. This contributes to there being a sense of fairness within the dynamic. Research indicates that 39% of conflict is solvable (situational, not based on underlying conflict) and 61% is perpetual (the result of core differences in your personalities that are unlikely to change). When it comes to these perpetual issues, the only way out is through compromise and both parties need to feel the resolution agreed upon is fair and mutually satisfying.

## Accountability

Taking accountability involves accepting responsibility for yourself and your actions. It means increasing your self-awareness and being honest with yourself and your partner. When it comes to accountability, if you find yourself becoming defensive while in a conversation with your significant other that is usually a good indicator that there might be an opportunity for you to reflect on your actions and take responsibility.

## Supportive

In healthy relationships, partners are supportive of one another's goals and accept that the other is entitled to their own hopes, dreams, feelings and opinions. Supportive statements sound like, "I think you'd be great at that," "I fully support your position on this," "I can understand how you feel that way," and "I'm behind you 100%."

## Communication

Last but certainly not least is communication. Good communication is an essential part of any healthy relationship. When issues arise, it is important to talk through them instead of making assumptions or hoping they resolve on their own. Good communication involves compassionately and clearly expressing your feelings and needs, avoiding blame and criticism, truly listening to your partner when they speak, and asking open-ended questions

to gain a better understanding of their perspective.

If, after reading the above, you feel you and your partner could benefit from additional guidance on how to improve your relationship and create a more healthy dynamic, contact the Fleet and Family Support Center at 727-3232 where you can be connected with a clinical counselor for couples counseling.

When it comes to unhealthy or abusive behavior, look out for the following warning signs from your partner:

- Your partner doesn't listen or respect your opinions.
- Your partner yells at you or gets in your face during an argument.
- Your partner pressures you to do things that make you uncomfortable.
- Your partner makes you feel guilty for doing things for yourself, by yourself or

with others.

- Your partner texts you all the time to find out where you are, who you're with, or what you're doing.
- Your partner makes all the decisions in the relationship and does not welcome your input.
- Your partner won't let you hang out with your friends.
- Your partner threatens to hurt him or herself, children, family or pets, as a way to control you.

If you think you may be in an abusive relationship (physical, sexual, neglect or emotional), we have counselors and case managers at the Fleet and Family Support Center (call 727-3232) who can help guide you through the reporting options for domestic violence and provide the resources and referrals available for victims of abuse.



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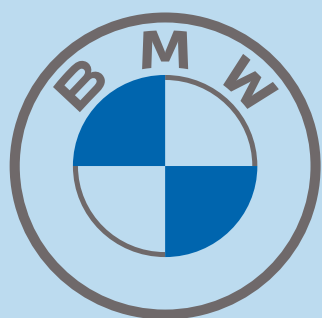
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The services offered by Datono are fiber optics to the home (FTTH) with a speed of up to 600 megabytes, television and telephone, with other services to be added in the not so distant future.

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# National Energy Awareness Month: "Resilient. Efficient. Secure."

By David Barbosa  
Installation Energy Manager

October is Energy Action Month (EAM) and this year's theme is "Resilient, Efficient, Secure." Energy Action Month is a federal government-wide program that promotes sustainability and energy efficiency, while encouraging the smart use of energy and water resources. EAM is designed to increase attention to energy use, and to develop energy efficient behaviors that will continue throughout the year.

Some things people can do to observe energy awareness, be more effective and improve Naval Station (NAVSTA) Rota's efficiency are:

1. Turn off lights. Report lights left on to your Building Energy Monitor (BEM) or your Facility Manager. Automatic controls or a different type of lighting system may fix the problem. If you can't find a light switch, report it.
2. When the weather permits, open windows to take the place of air conditioning. Turn off window air conditioners when you leave a room for several hours.
3. Use natural daylight and reduce or

- eliminate artificial lighting when possible.
4. Close your blinds and drapes at night in the winter to help keep the cold air out.
5. Don't set your thermostat at a colder setting than normal when you turn your air conditioner on. It will not cool faster. It will cool to a lower temperature than you need and use more energy.
6. If you work in a single office and plan to leave for more than a few minutes, turn the air conditioning off. Letting it run wastes energy when no one is in the office.
7. Conduct a common-sense do-it-yourself energy audit of your home or office to pinpoint where energy is being lost. The basic point is when you are not using a piece of equipment, turn it off.

Finally, among all the things NAVSTA Rota is doing to improve its efficiency and resiliency, I would like to highlight our photovoltaic farm project, which is currently under construction. Once completed, this project will generate and offset 6.45 million watts for the base. For those not familiar with the watt concept, this amount is equivalent to the total electricity normally consumed by 800 average Spanish houses! It also



Courtesy Photo

Bryan Long, left, Utilities Energy Manager (UEM), and David Barbosa, right, Installation Energy Manager (IEM), pose along one of the solar panels of the photovoltaic farm.

represents approximately 20% of the whole base electrical power, saving the Navy and taxpayers more than \$1M every year in utilities expense. The farm

is scheduled to be in operation during this fiscal year (FY21), sometime between January and May.

## Resilient, Efficient, Secure.



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## CHAPLINES



**Rota Chaplain  
Lt. Milo Curtis**

They had been married for eight years when they decided something needed to change. Seeking a marriage counselor recommended by their church, the couple began working through years of unresolved issues.

One significant issue was the way they handled money. They had consistently over-extended themselves financially. They made good money which gave

## Getting "Unstuck" by Serving Those Around You

them the luxury of making impulsive financial choices. As a result they carried significant credit card debt and found themselves drowning in payments on his and her "toys."

As they began to "do the work" they found themselves complaining to their counselor. Most of their statements began with, "But its hard to..."

A bit exacerbated, the counselor grabbed a piece of paper, wrote down a phone number and thrust it towards the couple. "I think you two need a reality check. Call this number and offer to help. I'm not going to explain what it is, just call this number and say that you are available to help."

A bit stunned, the couple took the piece of paper, and in silence, walked out of the office towards their car. While sitting in it, they called the number. The person who answered the phone was a pleasant lady who represented an organization that serves women fleeing domestic violence. The couple let the pleasant woman know that they were "calling to help."

They were asked to make a grocery run for a mother and her two small children. As the couple walked the aisles of the grocery store they began filling the cart with items from the modest shopping list

they had been given. Diapers, bread, milk, eggs, cereal, and apples were among the basic items. When they checked out, the total came to \$83.72. They were given the chance to deliver the groceries to the young mother and her children. The apartment was simple and neatly dressed with second-hand furniture. The mother, whose two small children clung to her legs, expressed sincere gratitude and was visibly overwhelmed by the generosity of this couple.

The next week the couple sat in the counselors office and wept as they recalled the shopping experience. They described how good it felt to serve someone who couldn't repay them. They described the guilt they felt over

their pettiness and misguided focus. For \$83.72 they were a source of blessing and encouragement in someone else's darkest moments.

In short order, the couple began serving others on a regular basis, got out of debt, and repaired many of the systemic issues that plagued their marriage.

We can all get stuck in life. And often-times, the thing that un-sticks us is getting the focus off of ourselves. Whether you are stuck or not, my encouragement is for you to look for the opportunities that exist to serve those around you; to be a source of encouragement, blessing, and generosity. It's amazing how easy it is to pull life into healthy focus when you seek to serve others.

## Rota Airmen Give Back to Local Community

By Robyn Showanes

725th Air Mobility Squadron (AMS)

The 725th Air Mobility Squadron (AMS) may not be what comes to mind when you think of Naval Station (NAVSTA) Rota, Spain. However, the 185 men and women of the 725 AMS, a tenant command of NAVSTA Rota, are a big part of the naval community as well as the local Spanish community.

Recently, the 725 AMS set up a "Good Neighbor Donation Drive" within the squadron. The intent of the drive was to supply the local community with much needed supplies such as clothing, school supplies, and hygiene items.

Staff Sgt. Adrian Diaz planned and executed the drive.

"What inspired me to start this drive was the economic hardship that was brought on by the COVID-19 pandemic," Diaz said. "I have several good friends who are Spanish locals. I realized they were in worse shape than we were."

Diaz, along with six other members of the squadron, set up donation boxes in each of the squadron's buildings to make it easier for people to drop off their items. It was important for Diaz to involve his entire squadron for the drive. "I knew that if I truly wanted to make an impact, I would need more than just myself. It was also a great opportunity to get my co-workers involved with the local community."

Diaz, a Spanish speaker, felt he was the right person to organize such an impactful event within the 725 AMS. "It



has been easier for me than for others to dive into the culture here because my wife and I speak Spanish. I've always wanted there to be a better relationship with our host nation, and after four years of being stationed here, I thought this could be the start of one."

After collecting donations for nearly two weeks, the 725 AMS delivered nearly twenty bags of clothing and supplies to the local community.

When asked if the donation drive would continue next year, Diaz said he hoped so, but that someone else would have to take it over due to his upcoming PCS.

"I would love to see this happening again from afar at my new duty station! We're often encouraged to 'make our mark' or 'leave places better off than how we found them,' this could be a simple yet effective way for us to do exactly that."

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## Cherianne Kestner

Cherianne Kestner is the Health Promotion Coordinator for U.S. Naval Hospital Rota, a position that she's held since September 2018. As part of the health promotion team, she coordinates "health promotion and wellness awareness and motivational programming" for the Naval Station (NAVSTA) Rota community to include active duty, civilians, retirees, and hospital staff.

"We educate about a variety of health topics including nutrition, physical activity, mental health, sexual health, and responsible alcohol use," she explained. "I facilitate the Navy's Weight Management program, 'ShipShape' and support active duty members and their families with tobacco cessation individual and group classes."

Kestner, originally from Chicago, Illinois, made the transition to a health educator after 11 years as an elementary teacher in Chicago Public Schools.

"I love collaborating with other Team Rota colleagues towards the same goal of supporting health, fitness, and quality of life for everyone stationed here," she said of her constant interaction with other base departments, tenant commands, and organizations. "There are so many members and civilians championing wellness here in

Rota and these individuals inspire me with new programs and exciting initiatives all the time."

Kestner's personal and professional lives mix as she is currently working toward a Masters of Public Health (MPH) degree with an emphasis in health promotion and behavioral science from San Diego State University. She is working with the OB/GYN Clinic to support prenatal education series for expectant moms as well as conducting a study to evaluate postpartum support to mothers in Rota.

"Besides working on grad school, I love exploring Andalucía and Europe, distance running, and watching the Chicago Cubs and Chicago Bears," she said.

Kestner and her family – her husband, daughter, and dog – have made the most of their time living in Andalucía and getting to know the locals.

"Getting to know the local nationals has been the best part of being stationed here," she said. "My family lives in Chipiona and we have been fortunate to make some forever friendships with some fellow Chipioneros. Our friends have given us the gift of Spanish culture, food, and family, which has truly changed our lives!"



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# Making A Difference, One Volunteer At A Time: Andrea Zabel

By Marlieke Eaton

Contributing Community Writer

When we face challenging times in our community, it's always nice to see how many people step up to help others, oftentimes without being asked. Our Naval Station (NAVSTA) Rota community is lucky to have many of these dedicated volunteers. One of them is Andrea Zabel.

Zabel, a Navy spouse and mother of two young children, likes staying busy and is usually juggling several projects at a time, mostly as the Co-Chair for the Girl Scouts of Rota. With more than 70 Girl Scouts in Rota, and a group of about 20 volunteers, she has her hands full.

Looking for a new challenge after arriving in Rota in the spring of 2018, Zabel found out about Rota Girl Scouts and their need for volunteers from a friend. Without hesitation, she jumped right in. Within a few months, she was involved in many different aspects of the organization, including treasurer, special events organizer, troop leader, membership coordinator, store manager, and much more. Before too long, she became Co-Chair alongside Christina Brewer.

Since her involvement with the local Girl Scouts, she has taken the initiative to organize several new and creative fundraising events. One of the most successful events was a Read-A-Thon, which encouraged local Girl Scouts to raise funds by reading as much as possible during a three-day weekend and obtaining sponsors who donated money based on the number of pages or books each girl read. As a result, Girl Scouts were able to donate more than 60 books to the Rota DGF school library.

"That was such a fun event, and most of the Girl Scouts really got into it, especially the younger girls. They were enjoying the competition with their friends, comparing who read the most pages or books. And of course, that grand prize of getting movie tickets to the premiere showing of the Frozen II movie was a great motivator as well. But really, it got the girls interested in reading and that's what was important."

Beyond organizing fundraising events, Zabel continues to focus on the traditional Girl Scout experience. An important piece of that is going camping, where the girls often learn a variety of survival skills such as setting up tents, fire safety (singing songs along the campfire!), first aid, knife handling, cooking outdoors, navigating with GPS, and much more. Last year in November, the Girl Scouts went

camping at Camp Colon on base. The event was largely planned by Zabel from start to finish, with help from countless volunteers, including the involvement of several commands at NAVSTA Rota.

"These camping events are so much fun to organize," said Zabel. "To watch the girls gain experience and build their confidence makes it all so worthwhile."

Zabel's involvement with Girl Scouts hasn't just been on the local level. She works closely with the international organization USA Girl Scouts Overseas (USAGSO), which supports thousands of Girl Scouts in more than 80 countries across the globe. Last year, she was asked to mentor the Girl Scouts in Tunisia with helping their membership grow and guiding them with special Girl Scout events and awards. As a result, Girl Scouts in Tunisia has grown by more than 100 members. Since that successful initiative, she has been asked to work together with the Girl Scouts in Madrid and Lisbon, and helping these regions grow. She was honored by the USAGSO with a unique Honor Pin for her dedication and commitment to the organization.

When in-person events came to a grinding halt during the COVID-19 shutdown earlier this spring, several Girl Scout events needed to be cancelled, including two camp-out weekends, day trips, fundraising events, and more. Several troops moved to virtual meetings but for most it proved to be unsuccessful.

"The girls were already spending so much time on the computer for virtual school, many of them just needed time away from the computer after their online schoolwork was done," said Zabel.

The COVID-19 pandemic temporarily slowed down Zabel's work with the Girl Scouts this past spring and, with the kids home from school and her husband's reduced working hours, she enjoyed getting to spend the extra time with her family. But she soon became a little restless and started looking for something else to do to keep her busy.

When the requirement to wear masks on base became a reality and masks were in short supply, Zabel knew just what to do. "I have always enjoyed crafting so I have a lot of different supplies lying around at home," said Zabel. "Knitting, sewing... I like just about anything that allows me to be creative."

She started off with trying a few different mask designs for her two kids. "I needed to find a mask design that my kids would be willing to wear for long periods of time," she said. Once the kids had their masks, she moved on to making a mask



Courtesy Photos

Andrea Zabel poses for a photo with one of her masks in late September. In her free time, Zabel devotes a lot of her time to Rota Girl Scouts and making masks to help protect the community.

for her husband to wear at work. Then, her husband's colleagues needed masks. And everything sort of snow-balled from there.

She soon began making masks for anyone that needed one. After depleting her personal stash of material, she needed to order her supplies online. "I was having so much fun making the masks because I knew people desperately needed them. So I was making lots of them."

Before she knew it, people began to request specific prints, such as a football or a favorite children's television character. "I loved seeing the smiles on people's faces when I handed them their new mask. If we all have to wear these masks, we might as well wear ones that we really like, and of course are safe to use."

At the start of the pandemic, she was donating all the masks she was sewing. After a few months, and about 250 masks since she started, she realized that she was spending a lot of money on material and, although she was receiving donations, she knew it was time to make it official. Thanks to the support and encouragement she received from friends, strangers, and the Legal Office, she was able to get a home-based business approved. In September, she opened up her Facebook store where she offers her customers a wide

range of fabrics available for all ages and sizes, from children's to extra-large.

"I just love what I do and it's even better that my business is helping people stay safe from the virus," she said.

Cultivating that sense of community togetherness has been an important part of Zabel's story and her mask are just showing the physical manifestation of it. Throughout this month, she's been donating a mask to a Rota DGF teacher or staff member for every five masks purchased by customers. This has resulted in nearly 100 additional mask donations to Rota DGF schools.

"It's such an honor to be able to be a part of the Rota community in several different ways," said Zabel. "I feel lucky to be able to make a difference and I'm just happy to be here."



Andrea Zabel in her newest role as a mask maker for the community. Zabel has donated nearly 100 masks to Rota DGF teachers and staff to keep them safe.



Kenneth Kirk, principal of Rota DGF Elementary School, greets Rota Girl Scouts at the school library and thanks them for their book donation. The Girl Scouts donated nearly 60 brand-new books from their fundraiser, Read-A-Thon, which was held in October 2019.



Rota Girl Scouts Co-Chairs, Christina Brewer, left, and Andrea Zabel, right, set up and air out camp gear at the Girl Scouts Hut prior to their camp out, November 2019.



Rota Girl Scouts gather during their camp out, Nov. 1-3, 2019. The event, coordinated by Andrea Zabel, provided the Girl Scouts with lots of new experiences and learning opportunities hosted by community members.



# NMCB 133 Restores Coastline

**From Commander Task Force (CTF) 68 Public Affairs**

Naval Mobile Construction Battalion (NMCB) 133 has taken the baton in the race to complete Naval Station (NAVSTA) Rota's Cliff Erosion Repair project. The multi-year project aims at strengthening the integrity of nearly a kilometer of the NAVSTA Rota's coastline. The project started in January of 2018, with NMCB 133 being the first battalion to take on the task, and three years later, they are back in Rota and charging forward.

The Bees' ultimate goal is to build a stone berm, a raised stretch of land that protects the cliff's base, to stabilize naturally. The highest point of the structure is an estimated 5.8 meters, to handle high tide, withstanding waves of 8 to 12 feet.

"We have a mixed crew, so we have about three guys who were out here working on our last deployment, and the rest of our crew is new to this project," said Equipment Operator 1st Class Richard Brown. "It's good because it brings experience as well as new insights to the project."

Base officials began noticing the cliff erosion in the 1960s, and in the last decade, the rate of deterioration and impacts to base facilities have rapidly increased. NMCB 133's Command Master Chief, Helen Daniel, spoke about being deployed to Rota with NMCB 133 as an Equipment Operator Constructionman in 1995.

"We wanted to try and slow the erosion using tetrapods, which are large concrete similar to the design of toy jacks, that are often used along shorelines to decrease erosion," said Daniel. "We couldn't move the tetrapods with the crane due to the location."

Brown explains how the stone berm is built, "We take one sheet of Geotech fabric and lay it across the sand. Then we take pebble gravel and lay that on top. We follow up with another Geotech layer, then our quarry rock, to complete it."

From 2018 until now, the cliff's edge had moved within 110 yards of a fuel tank used to supply U.S., Spanish, and other partnering nations' ships throughout the Mediterranean. In addition to compromising the fuel tank, the erosion has contributed to the loss of base housing. As the cliff further erodes inland, it has caused more destruction of base housing, roadways, playgrounds, and sewer lines.

"You can see the debris from when the backyards and porches went [over the cliff]," said Brown. "You can see the road that's fallen."

The shoreline's erosion has started to spread to property off base, causing damage to Rota's local province.

"While it is slightly out of the norm for us, as the cliff extends past the property line of the base, this project is a great opportunity for our troops to build on their skills in a real-world situation while giving back to the local community," said Daniel. "It's also great to see the level of trust and partnership we have built with our host nation that they would let us lead a mission of this much importance."

Rota, Spain's coastline is a natural habitat for many forms of wildlife to include an endangered chameleon species. During repair, the construction crew must maintain, and protect, the open and livable environment for the wildlife.

The region is also rich



**Photo by MC3 Katie Cox**

Equipment Operator Constructionman Carl Zelner, from Naval Mobile Construction Battalion (NMCB) 1, assigned to Commander, Task Force (CTF) 68, operates an excavator during a cliff erosion repair project on board Naval Station Rota, Spain, June 23, 2020.

in history. The cliff looks over the Bay of Cadiz, named after Cadiz, just across the water. Cadiz is one of the oldest cities in Western Europe. Due to its longevity, there are many ruins and potential for discoveries of times long past. A local archaeological monitor has been on-site to ensure personnel take care of any potential remains or ruins that might become uncovered.

"You can see some of the ruins coming out of the water, one of the new things we have found are whale bones," Brown explained.

The cliff erosion has caused a total of more than \$10 million dollars in damage, with a distance of 93.3 meters lost due to erosion. The project is scheduled to be complete by August 2021.

N M C B 1 3 3 is a subordinate command of the Navy Expeditionary Combat Force

(NECF), executing construction and engineering projects in support of airfield damage repair, building and maintaining critical infrastructure; and providing power, water, and other essential commodities in the U.S. 6th Fleet, Area of Operation. The NECF is strengthened by the support of the American public and values opportunities to increase public awareness and understanding of the Navy through participation in community outreach events nationwide.



**Photo by MC3 M. Jang**

Commanding officers from Naval Station Rota, Spanish Armada, Naval Mobile Construction Battalion 133, Commander, Task Force 68 and Public Works pose for a group photo during groundbreaking ceremony at the cliff erosion repair project site, Jan. 19, 2018.



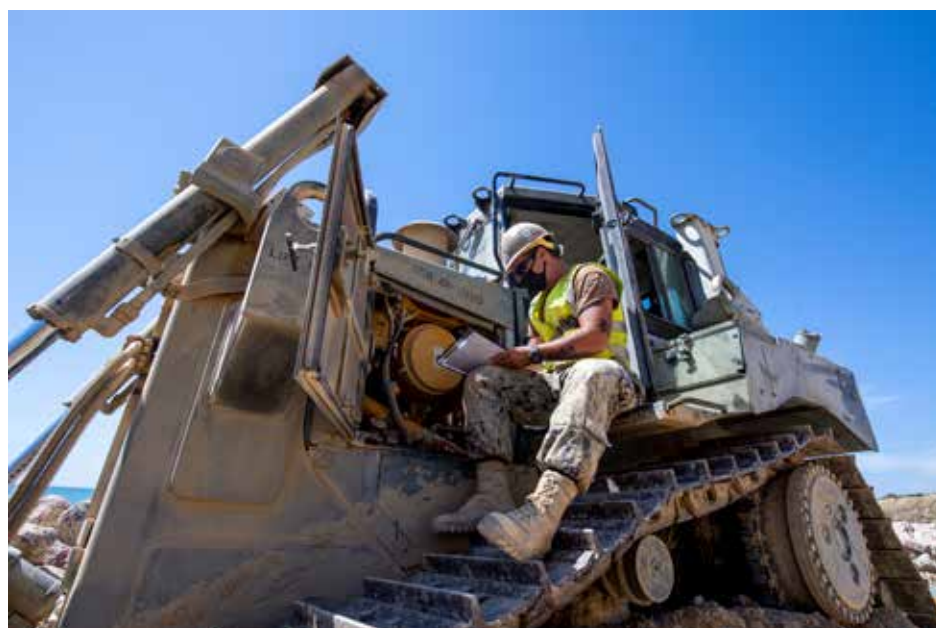
**Photo by MC2 Sean Rinner**

Equipment Operators attached to Naval Mobile Construction Battalion (NMCB) 133 move silt to uncover the geo tech layer during coastal erosion restoration onboard Naval Station Rota, Spain, Sept. 10, 2020.



**Photo by MC1 Peter Lewis**

Seabees from Naval Mobile Construction Battalion (NMCB) 1, assigned to Commander, Task Force (CTF) 68, use an excavator during a cliff erosion repair project on board Naval Station Rota, Spain, May 1, 2020. The project will help to repair and prevent further deterioration of land near base housing.



**Photo by MC2 Sean Rinner**

Equipment Operator Constructionman Micah Slicer from Palm Coast, Florida, attached to Naval Mobile Construction Battalion (NMCB) 133, conducts daily maintenance on a D6T Dozer during coastal erosion restoration onboard Naval Air Station Rota, Sept. 10, 2020.



# Rota, city of events

## Carnival

Carnival is a festive season that occurs before the liturgical season of Lent. The main events typically occur during February or early March. Carnival typically involves public celebrations, including events such as parades, public street parties and other entertainments. Rota celebrates Carnival with different activities such as the Festival of the Carnival Groupings, the Coronation of the infant Mermaid and Neptuno, the Carnival proclamation and the Sunday parade are all carried out in February. Citizens dress up and participate in these acts to demonstrate their sense of humor. Carnival is an important festivity in Rota, people go out to have fun with the different activities and celebrations. The city hall publishes a full program to enjoy this festivity.

It is very easy to get excited about Easter here in Rota since we live it in a very special way. The procession of Our Father Jesus of Nazareth, which counts on a large number of penitents, is one of the most waited for processions in our town. We can see this brotherhood getting ready on Good Friday at dawn. Other noteworthy brotherhoods are the Blessed Christ of the Veracruz and the Holy Burial of our Lord Jesus (on Good Friday), our Lady of Sorrow and Blessed Christ of the Charity (on Holy Thursday), our Father of the Health in his Three Falls, our father Jesus Captive and Rescue, our Father Jesus of the Peace, our Blessed Christ of Love and our Father Jesus Resurrected.

## Pizza Festival

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Carnival Performance

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## Spring Fair

Our fair is a nice and fun filled Andalusian festivity that takes place the first weekend of May. There you can find a lot of cheerful tents set by different fair associations, beautiful lighting, a noisy street full of disco tents, a manor and a wide promenade full of horse carts. You can also see a flamenco dancing contest, witness an tournament and cattle contest and also enjoy the funfair. Everybody loves our Feria, come and enjoy!

## Saint John Festivity – 23rd. June midnight

On the occasion of the eve of the traditional festivity of Saint John, some local associations install platforms in the city squares to burn the traditional "juanillos" (dolls made of old clothes stuffed with hay) at midnight.

## Urta Festival

This popular festival in Rota has been declared a national tourist attraction in Andalusia and it is celebrated during four days in mid-August. Especially for the occasion, a

lot of tents are built around a big stage where different traditional performances take place. An urta (the typical and savory rock fish found in these waters) cooking contest is held on the last day of the festival.

## Patron Saint Festivity

This festivity is dedicated to Our Lady of the Rosary, Patron Saint of Rota and it dates back to the XVI century. It starts with the sound of the church bells and it is celebrated during four days. You can enjoy seeing a firework display, a giant and a big-head parade. Other activities carried out during this festivity are the proclamation in honor of the Patron Saint and the coronation of the "Dama Mayor" and her court. On October the 7th the procession of the Patron Saint goes through the town streets in the evening.



Saint Isidore Pilgrimage






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### Markets

The city hall organizes different markets during the year, for example the handcraft market, cheese market, Tosantos (All Saints) market and Christmas market. It is a good opportunity to taste and buy typical products of this area. Activities for kids and adult are organized in all this markets. Pay attention to our Facebook page, we post all the information.

### Christmas

Is a nice and special season that the city hall celebrates with a full program of activities. Some of which are Santa Claus' House, Three kings parade, New Year's eve celebration, zambombás (Christmas songs parties), Christmas concerts and typical nativity scenes program. Go out at Christmas and celebrate it with us.

These are only a part of all the activities that take place in Rota, in summer there will be much more activities to participate, like sport activities, theater, flamenco, food trucks event...do not forget, Rota is the city of the events.



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# Rota DGF 11th Graders Take Virtual Field Trip

By Daniel Bennett  
Rota DGF Middle/High School

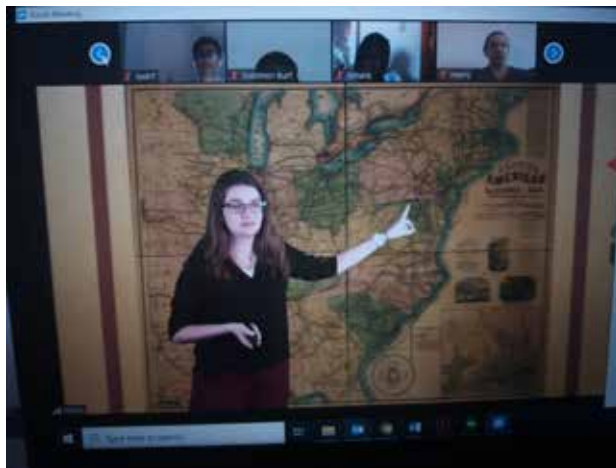
Students at Rota DGF Middle/High School recently completed a virtual field trip hosted by the Maryland Center for History and Culture, Oct. 8, 2020.

The 11th graders, students of Daniel Bennett class were able to participate in this live, interactive distance learning program where students explored the intricacies of the secession debate in border states during the Civil War.

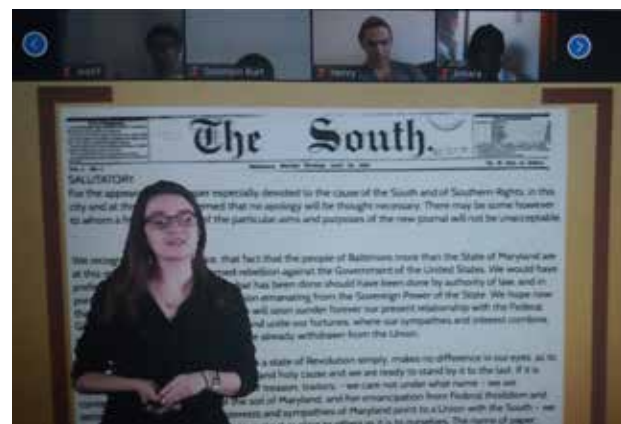
Using original historical evidence pulled from the Maryland Center for History and Culture collections, students engaged in a three round debate focusing on the social, economic, and political issues facing Maryland lawmakers. Using letters, cartoons, broadsides, and census records to craft their arguments, students tried to convince the group to vote to secede or remain in the Union. At the end of each round, using live polling technology, everyone voted on whether the Unionist or Secessionist argument was stronger.



During the tour, students analyze a photograph from the period in which the guns were pointed inland.

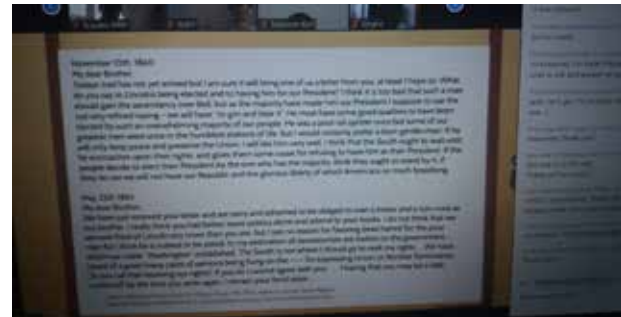


Students analyze a map of the United States from 1860, and the difference in the Northern vs. Southern Railway systems.



Courtesy Photos

Students analyze a newspaper editorial written during the time period in support of secession.



Students analyze two letters sent between two siblings, who each supported a different side of the conflict.

## 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.

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

### 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. 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 November 8. The NCAC Virtual College Fair is Free. Visit [VirtualCollegeFairs.org](http://VirtualCollegeFairs.org). Register now [#nacafairs](https://www.smores.com/thawf). Check out the October SLO Down Newsletter for additional college fairs: <https://www.smores.com/thawf>

### 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 (24/7/361) 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 Office to help you with your transitions. Your SLO can also put you in contact with your gaining installation's SLO.

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- Identify your stressors
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## Back to School Transition: Change and Stress

Your Military and Family Life counselor can help with:

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# USS Donald Cook Fires an SM-2 During Joint Warrior 20-2

By Lt. j.g. Sarah Claudy  
USS Donald Cook Public Affairs

The Arleigh Burke-class guided-missile destroyer USS Donald Cook (DDG 75) successfully completed a Live Fire with a Purpose (LFWAP) missile demonstration during Joint Warrior 20-2 by destroying a high speed maneuvering target using a Standard Missile 2 (SM-2), Oct. 14, 2020.

Donald Cook’s missile launch contributed to the high-end naval warfare exercise Joint Warrior 20-2, a U.K.-hosted bi-annual NATO exercise that incorporates surface, subsurface, airborne, and land assets to provide joint training for NATO units and partners.

“The live fire was the culmination of a lot of training,” said Cmdr. Kelley T. Jones, commanding officer of Donald Cook. “We’ve been working towards this day for months now, and we had several

rehearsals with allied aircraft, all to make sure we executed proficiently.”

The missile test ensured Donald Cook remains trained and capable of defending themselves and our allies, providing for collective defense.

Donald Cook ran simulated firing scenarios for two weeks before the live firing date, and practiced twice with live aircraft that replicated the flight profile of an inbound missile. Such an intense preparation regimen ensures that the watch team is ready to fire both in a training scenario and during actual weapon deployment.

To prepare for the event, Donald Cook hosted an Integrated Air and Missile Defense (IAMD) Warfare Tactics Instructor (WTI) during the final days leading up to the firing event. To support LFWAP events across the fleet, WTIs come onboard participating ships to help coordinate the last steps of planning, training, and execution of the missile launch.

“We appreciated the guidance from Lt. Cmdr. Tim Barry,” remarked Jones. “His training made this feel like we were preparing for a real-world operation.”

Donald Cook joined USS Ross (DDG 71), USS The Sullivans (DDG 68), U.S. P-8s, and units from 11 other nations in Joint Warrior



Photos by MC3 Will Hardy

The Arleigh Burke-class guided-missile destroyer USS Donald Cook (DDG 75) launches a SM-2 missile during Exercise Joint Warrior, Oct. 14, 2020. Exercise Joint Warrior 20-2 is a U.K.-hosted, multilateral training exercise designed to provide NATO and allied forces with a unique multi-warfare environment to prepare for global operations.

participation.

Four U.S. Navy destroyers, including Donald Cook and Ross are based in Rota, Spain, and assigned to Commander, Task Force 65 in support of NATO’s Integrated Air Missile Defense architecture. In support of Sixth Fleet, these Forward-Deployed Naval Forces-Europe ships have the flexibility to operate throughout the waters of Europe and Africa, from

the Cape of Good Hope to the Arctic Circle, demonstrating their mastery of the maritime domain.

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

## USS Roosevelt Arrives in Algiers From U.S. Naval Forces Africa Public Affairs

The Arleigh Burke guided-missile destroyer USS Roosevelt (DDG 80) conducted a port visit in Algiers, Algeria, Oct. 18.

“Algeria plays a central role in the security of the Mediterranean,” said Rear Adm. Michael Baze, director of maritime headquarters, U.S. Naval Forces Europe and Africa. “We look forward to strengthening our maritime ties with Algeria to advance our mutual interests in combatting malign activity on Africa’s Mediterranean coast.”

Roosevelt, on its first patrol in U.S. Sixth Fleet, conducted maritime security operations off the North African coast.

Together, this visit and these operations demonstrate U.S. Naval Forces Africa’s steady effort to build global maritime partnerships with African nations in order to improve maritime safety and security in the region.

“The U.S.-Algerian partnership is marked by deep mutual respect,” said U.S. Chargé d’Affaires to Algeria

Gautam Rana. “Both sides are working together to learn from one another, and we cooperate together closely to encourage stability and prosperity in the region.”

Roosevelt’s visit is the latest in a series of engagements with Algeria. U.S. Army Gen. Stephen Townsend, commander of U.S. Africa Command, met on Sept. 23 with Algerian President Abdelmadjid Tebboune, in Algiers, where the two discussed regional security issues and engagement opportunities. On Oct. 1, U.S. Secretary of Defense Mark Esper met with President Tebboune, discussing expanding military cooperation between the two countries and the threats from violent extremist organizations in the region and beyond. Secretary Esper’s visit marked the first visit to Algeria by a sitting secretary of defense since 2006.

Roosevelt, outfitted with the Navy’s most recent Advanced Capability Build technology and software upgrades, integrates its weapons and sensors to include Cooperative Engagement Capability; Evolved

Sea Sparrow Missile; Mk 15 Close-In Weapons System Block 1B; and the Mk 41 Vertical Launching System, capable of supporting Standard Missile (SM) 3 and newer variants. These capabilities vastly increase the sea-based Ballistic Missile Defense force structure and contribute to NATO’s robust integrated air and missile defense (IAMD) architecture.

As the first Flight IIA forward-deployed Naval Forces-Europe (FDFN-E) destroyer to join U.S. Sixth Fleet, Roosevelt is deployed with two embarked MH-60R Sea Hawk helicopters, which increase its surface and anti-submarine warfare capabilities.

Roosevelt conducts operations in support of U.S. national security interests in the U.S. Sixth Fleet area of operations. U.S. Sixth Fleet 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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# U.S. and British Navies Conduct Training in the Eastern Mediterranean Sea

From U.S. 6th Fleet Public Affairs

The Arleigh Burke-class guided-missile destroyer USS Roosevelt (DDG 80) conducted passing maneuvers with Royal Navy Albion-class amphibious transport dock HMS Albion (L14) in the eastern Mediterranean Sea, Oct. 10, 2020.

The evolution reinforced U.S. and British joint naval forces training, rehearsing navigation and ship handling events in a dynamic environment. U.S. Navy vessels routinely conduct training



Cmdr. John Mastriani salutes the U.K. Royal Naval Forces Albion-class amphibious transport dock HMS Albion (L14) as it executes a passing exercise with the Arleigh Burke-class guided-missile destroyer USS Roosevelt (DDG 80) as the Roosevelt pulls into Souda Bay, Greece for a scheduled brief stop for fuel, Oct. 10, 2020.

with NATO Allies and partners in order to enhance collaboration and increase capacity in order to strengthen the regional maritime security.

"Today's exercise continued a long-standing history of coordinated maritime operations and strengthening of our storied relationship," said Cmdr. Ryan Kendall, Roosevelt's commanding officer. "It's a privilege to work alongside our British counterparts in the Eastern Mediterranean."

The eastern Mediterranean Sea is one of the most kinetic areas of responsibility on the globe. It remains a hub of commercial, political, and socio-economic activity; it is essential that NATO Allies are able to conduct security-focused missions with cooperation and professionalism.

"Driving a destroyer during these evolutions requires intense formality and focus, it's professionally rewarding to work with other nations at sea," said helmsman Seaman Tyler J. Gilmore.

The U.S. has operated in the Mediterranean Sea consistently for over 200 years alongside allies and partners. The goal has always been the same:



Photos by MCSN Austin G. Collins

The U.K. Royal Naval Forces Albion-class amphibious transport dock HMS Albion (L14) executes a passing exercise with the Arleigh Burke-class guided-missile destroyer USS Roosevelt (DDG 80) as the Roosevelt pulls into Souda Bay, Greece for a scheduled brief stop for fuel, Oct. 10, 2020.

to ensure regional stability, enabling freedom of navigation and economic prosperity.

In the Atlantic Ocean, the Arleigh Burke-class guided-missile destroyer USS The Sullivans (DDG 68) is sailing as part of the Royal Navy's Queen Elizabeth

Carrier Strike Group for Exercise Joint Warrior 20-2. Exercise Joint Warrior 20-2 is a U.K.-hosted, multilateral training exercise designed to provide NATO and Allied forces with a unique multi-warfare environment to prepare for global operations.

# U.S. and French Navies Conduct Training in the Eastern Mediterranean Sea

From U.S. Naval Forces Europe-Africa / U.S. 6th Fleet Public Affairs

The Arleigh Burke-class guided-missile destroyer USS Roosevelt (DDG 80) conducted combined operations with French Navy La Fayette-class frigate FS La Fayette (F 710) in the eastern Mediterranean Sea, Oct. 8, 2020.

The combined operations in the eastern mediterranean served as an opportunity for U.S. and French naval forces to refine their interoperability and maneuvering capabilities. Roosevelt and La Fayette conducted link, communications, and tactical decision-making operations while transiting the eastern mediterranean waters together.

U.S. Navy vessels routinely conduct operations with NATO allies and partners to enhance collaboration and increase capacity in order to strengthen the regional maritime security.

"These successful operations with our French counterparts highlight the strength of our NATO partnership," said Cmdr. Ryan Kendall, Roosevelt's commanding

officer. "We are proud to sail in these storied waters alongside our allies in an effort to reinforce security and prosperity of the region."

These operations build on centuries of maritime partnership between France and the U.S.

"The ship's name, La Fayette, is a reminder of how long the French and U.S. partnership has lasted in history," said French Navy Capt, Sebastien Martinot, La Fayette's commanding officer. "As navies who share similar complex military capacities such as nuclear submarines, carrier strike groups, and special operations forces, we have been operating closely together for decades, conducting combined maritime and air operations. We learn a lot from this cooperation."

In March 2020, Dwight D. Eisenhower Carrier Strike Group (IKECSG) conducted dual-carrier flight operations with French aircraft carrier FS Charles de Gaulle (R91), highlighting the high-level joint operations of the two partners.

Roosevelt, outfitted with the most recent

Advanced Capability Build, integrates its weapons and sensors to include Cooperative Engagement Capability; Evolved Sea Sparrow Missile; Mk 15 Close-In Weapons System Block 1B; and the Mk 41 Vertical Launching System, capable of supporting Standard Missile (SM) 3 and newer variants. These capabilities vastly increase the sea-based BMD force structure and contribute to NATO's robust integrated air and missile defense (IAMD) architecture.

As the first Flight IIA Forward-Deployed Naval Forces-Europe (FDFNF-E) destroyer to join U.S. Sixth Fleet, Roosevelt is deployed with two embarked MH-60R Sea Hawk helicopters. The embarked



Photos by MCSN Austin G. Collins

The French Navy executes a passing exercise with the Arleigh Burke-class guided-missile destroyer USS Roosevelt (DDG 80), Oct. 8, 2020.

helicopters increase Roosevelt's surface and anti-submarine warfare capabilities.

Roosevelt, stationed in Rota, Spain, is conducting its first forward-deployed naval operations in the U.S. 6th Fleet area of operations in support of U.S. national and NATO security interests in Europe and Africa.



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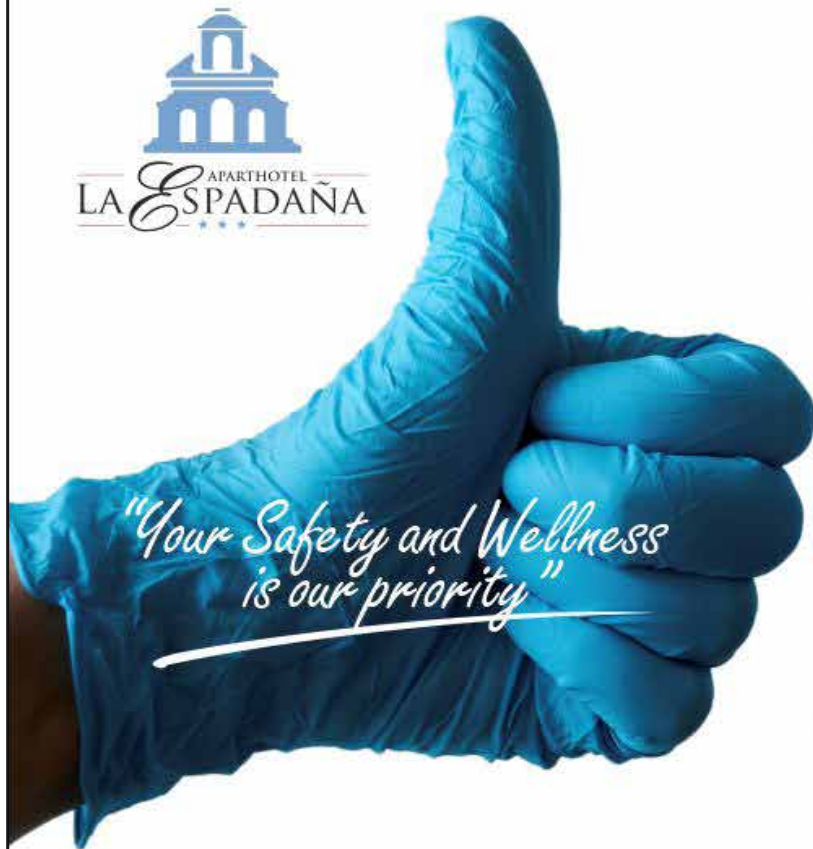
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