

COASTLINE

July 15, 2021 Spain / Volume 31, Issue 13

U.S. Naval Activities Spain



**FDRMC Det Rota
Holds Change of
Charge Ceremony**
Page 14

**2021 NAVSTA Rota
Command Photo**
Page 12-13

**USS Donald Cook
Concludes Time as
FDNF-E Asset**
Page 18

CO's Corner



Capt. David Baird

Team Rota, ahhh summer! The beaches, the ocean, the sun, the BBQ's, the vacations, and the travel. I'm thankful that we are getting to enjoy some of what summer in Rota has to offer. The COVID situation continues to evolve, and we do need to remain vigilant. Spain is experiencing another wave of increased infections, particularly among those under the age of 30, since they have not had widespread access to a vaccine yet. Within our community, I highly encourage any eligible beneficiaries who have not been vaccinated to schedule an appointment with the Naval Hospital Rota immunizations clinic

Fantastic Fourth, Fireworks, Farewell

(+34-956-82-3636) to get vaccinated. If you have any questions about the vaccine, please speak with a medical provider at the hospital. I remain optimistic that we are in the closing stages of our fight against COVID, but we do still have work to do. Travel regulations throughout the European Union and elsewhere continue to fluctuate, so I encourage everyone to remain flexible and adaptable.

I would like to give a shout out to all the people who contributed to the incredible 4th of July Independence Fest! With help from a wide range of commands and departments to include, our Fire Department, Security, Public Works, NMCB 11, and our Marine FAST Company, MWR put on another spectacular event, to include an epic fireworks show. The 4th of July is always special, but I think it is even more profound when we can show our Nation's pride to our host nation partners. Thank you to the entire team for a great long weekend!

I know that the MWR team has more fantastic events in work throughout the summer, to include dozens of amazing tours and trips, fitness challenges, golf tournaments, youth sports camps and clinics, movies, dining specials, and much, much

more! Remember to check out each month's Vamos magazine to stay up to date with all that MWR has to offer.

Finally, I would like to wish fair winds and following seas to our Naval Station Rota Executive Officer, CDR Justin Canfield and his family as they depart for the U.S. after a highly successful tour. CDR Canfield has been an outstanding XO, and it has been my privilege to serve alongside him. Pre-COVID, CDR Canfield kept this installation running smoothly and efficiently, and his actions throughout the pandemic not only allowed the base to continue to meet mission requirements, but simultaneously kept our community safe. The Canfield family has been woven into the fabric of our Rota community, and they will be missed as they start their next adventure in Iowa! Please join me in wishing the Canfield family safe travels and continued success! Now we welcome CDR Tony Myers and his family to Naval Station Rota as the new Executive Officer. CDR Myers has big shoes to fill, but I know that he is up to the task, and that his family will be foundational to our base community!

On The Front Cover



Cmdr. Justin Canfield, executive officer for Naval Station (NAVSTA) Rota, Spain, salutes the flag during the annual flag raising ceremony, July 1, 2021. (U.S. Navy photo by Courtney Pollock)



Capt. David Baird, commanding officer of Naval Station (NAVSTA) Rota, Spain returns a salute from Cmdr. Justin Canfield, executive officer for NAVSTA Rota, during the annual flag raising ceremony, July 1, 2021. (U.S. Navy photo by MC1 Nathan Carpenter)

COASTLINE STAFF

Commanding Officer
Capt. David S. Baird

Executive Officer
Cmdr. Justin Canfield

Command Master Chief
CMDCM Kimberly Ferguson

Public Affairs Officer
Lt. Lyndsi Gutierrez
lyndsi.gutierrez@eu.navy.mil
727-1680

Deputy Public Affairs Officer
MC1 (SW/AW/EXW) Nathan Carpenter
nathan.carpenter@eu.navy.mil
727-2813

Editor/Writer/Layout
Courtney Pollock
courtney.pollock@eu.navy.mil
727-1021

Production Specialists
MC2 (SW/AW) Jacob Owen
john.j.owen@eu.navy.mil
727-1021

Community Relations Advisor
956-82-1680 / 2813 / 1021

Contact The Coastline Editorial Staff:
Telephone: 956-82-1021
Email: coastline@eu.navy.mil
Large-file email: rotacoastline@gmail.com

To place an advertisement in the Coastline, please contact our publisher: Ramon Morant coastlineventas@gmail.com or 653-78-0296.

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Photos by LT Lyndsi Gutierrez

Spanish Adm. Eugenio Díaz del Río Jáudenes, Admiral of the Spanish Fleet, Spanish Minister of Defense Margarita Robles Fernández, and The Honorable Conrad Tribble, Chargé d'Affaires ad interim, U.S. Embassy Madrid and Capt. Michael Concannon, Commanding Officer, USS Hershel "Woody" Williams, talk with a Spanish aviator aboard Lewis B. Puller-class expeditionary mobile base USS Hershel "Woody" Williams, during a ship visit in Rota, Spain, 09 July 2021.

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Small Changes to Make a Big Difference: Wiley Awarded DoD Fire Instructor of the Year

By Courtney Pollock
NAVSTA Rota Public Affairs

Thomas Wiley, assistant fire chief for training at Naval Station (NAVSTA) Rota Fire and Emergency Services (F&ES), has embraced the opportunity to improve and implement many changes within the department. Since arriving to Rota almost six years ago, he has seen many of his projects and efforts come to fruition, yielding one of the best medium fire departments within the Navy.

“Overall, you start somewhere and you make these subtle changes but over time – over a span of six years – it makes a big difference,” said Wiley. “I think we’ve come a long way as a department in that time...and it’s not just me, it takes a team to do that.”

While the department’s overall success is a team effort, Wiley’s contributions have not gone unnoticed. He was recently awarded Department of Defense (DOD) fire instructor of the year in addition to awards he won earlier this year as fire instructor of the year for Navy Region Europe, Africa, Central (EURAFCENT) and Navy fire instructor of the year.

“I was very excited to hear the news and it was a bit overwhelming,” said Wiley. “You hear of people winning every year, but you don’t really think it’s attainable and it’s not something you set as a goal for yourself.”

While winning the award was not Wiley’s primary motivation, he appreciated recognition for his hard work here in Rota. NAVSTA Rota Fire Chief Shane Rayfield echoed this sentiment saying Wiley deserves all the attention for his hard work – which also contributed to NAVSTA Rota winning the Navy medium department of the year.

“I put so much pressure on my team to be the best,” Rayfield explained. “Without each and every one of them doing what they do day in and day out, I wouldn’t be the person or the fire chief that I am.”

Wiley is head of training for the over 60 firefighters – military, civilian, and local national – in a variety of firefighting scopes including structural fires, aircraft rescue, shipboard, wildland urban

interface, confined space rescue, technical rescue, HAZMAT, and more. The diversity of NAVSTA Rota’s mission from its forward-deployed naval forces (FDNF) ships to the flightline makes it one of the most demanding training requirements within the region.

The intense training requirements cannot be a one-person responsibility according to Wiley. Therefore, he relies on individual accountability as well as his leading petty officers to meet the challenge.

Obtaining all training requirements are one aspect of the training environment; their training demands specialized equipment and facilities to complete their training. During Wiley’s time here, NAVSTA Rota has expanded and installed several upgrades, including doubling the size of the training ground and adding a drafting pit, in addition to general improvements such as electronic gates to control access and improve security.

“We got a flashover trainer right when I first got here that I got up and running,” he said. “We also have a shipboard trainer that we got last year that will be installed soon.”

Wiley has also several projects that he has walked from development to implementation. One such project was the development of a pier-side incident command post, a first within the Navy.

“It started out when Chief Herrera was here requesting a box down at the pier with equipment for our team to respond to shipboard fires,” explained Wiley. “I designed it with that concept but it grew. We decided to stack two on top of each other. Then why not put an incident command post on the top one?”

The project grew to include windows and an observation deck, resulting in a prototype for the Navy. It has been so well received that NAVSTA Rota is already planning to add a second

one further down the pier to reduce required response time.

“To be honest, if we’re in an emergency, that is one more thing to worry about,” he said. “We don’t want to have to stop what we’re doing to wait for it to move. We are going to be worried about mitigating the incident.”

Being proactive in the mitigation of fire emergencies is a common theme with Wiley. Due to the unique nature of NAVSTA Rota with several branches of services being represented on the installation as well as it being a Spanish naval base, Wiley has pushed to collaborate and train with tenant commands and Spanish navy to improve responses in times of emergencies or crises.

To improve firefighters’ response to potential aircraft fires, Wiley has worked with the U.S. Air Force 521 Air Mobility Operations Group and 725 Air Mobility Squadron to coordinate familiarization tours and trainings on aircraft that routinely stop in Rota.

“We’re not required to do training on them since they are not assigned (to Rota),” said Wiley. “However we do take advantage of their frequent visits to familiarize ourselves.”

NAVSTA Rota firefighters also train with Spanish navy “bomberos,” or

firefighters. These type of trainings highlight partnership between the U.S. Navy and host nation to respond to emergencies on the installation.

These improvements and collaborations are just some of the reasons Wiley was awarded the prestigious award. His work experience of over 24 years of firefighting – 10 years serving on active duty in the Air Force – is one aspect of his ability. Rayfield says that it’s something less tangible that sets Wiley apart.

“Every organization and team needs enthusiastic people because enthusiasm is contagious and Wiley exudes that throughout our organization,” said Rayfield.

Wiley’s enthusiasm to learn, work hard, find new solutions to everyday problems, and motivate the team is what sets him apart from others. His enthusiasm pushes the entire team of NAVSTA Rota firefighters to excel at their job.

Naval Station Rota sustains the fleet, enables the fighter and supports the family by conducting air operations, port operations, ensuring security and safety, assuring quality of life and providing the core services of power, water, fuel and information technology.



Photo by MC2 Jacob Owen
Assistant Chief of Training Thomas Wiley poses for a photo at the Naval Station Rota Fire and Emergency Services building at Naval Station Rota, Spain Mar. 03, 2021.



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CHAPLINES



**Rota Chaplain
Cmdr. Tony Moore**

Greetings Team Rota!! Time flies when you are having fun!! It doesn't seem that long ago that I prepared my initial article introducing myself and my family to the community. And... now here we are just 6 weeks from pack-out and 10 weeks from PCS...amazing!

This year has brought, and will continue to bring many changes into our lives. Though countless constraints existed, more often than not, we experienced new found freedoms! No masks outside (please follow current guidance), larger gatherings (please follow current guidance), more travel (please follow ALL current regulations)... It is interesting how we often take so much for granted

in our lives. Two years ago I would have not mentioned such things. Now we are looking expectantly for a "new normal", but we cannot lose sight of the "freedoms" we hold so dear.

How do you plan to enjoy those freedoms throughout your life? What brings you joy? What gives you hope? What are your goals? What are your dreams? Please have a plan. All too soon we will return to "business as usual" across DoD. We will return to the busy lives we had pre-COVID. Make the best of the time you have. Again I remind you to "Cherish the moments! Celebrate Life! Take advantage of every opportunity available to you to enjoy our corner of Spain."

It has truly been an honor to serve this community for this season of life. I have been amazed at your resiliency as we faced the challenges together. I have been pleased to see how you as a community have taken care of one another and the community that surrounds us. You are a phenomenal team. I pray that you continue the great work you are doing.

Soon enough it will be time to execute orders. I will spend a short period of leave with extended family, and then we will make our way to the next duty station. We will find a place to live, locate a school, learn a new language (SoCAL). I will have a shift in uniform, change in rank and responsibilities, etc. Through it all, I/we will attempt to do what I have asked of you..."Cherish the moments." "Be Strong and Courageous" my friends, I'll see you in the Fleet!
- Chaplain Moore

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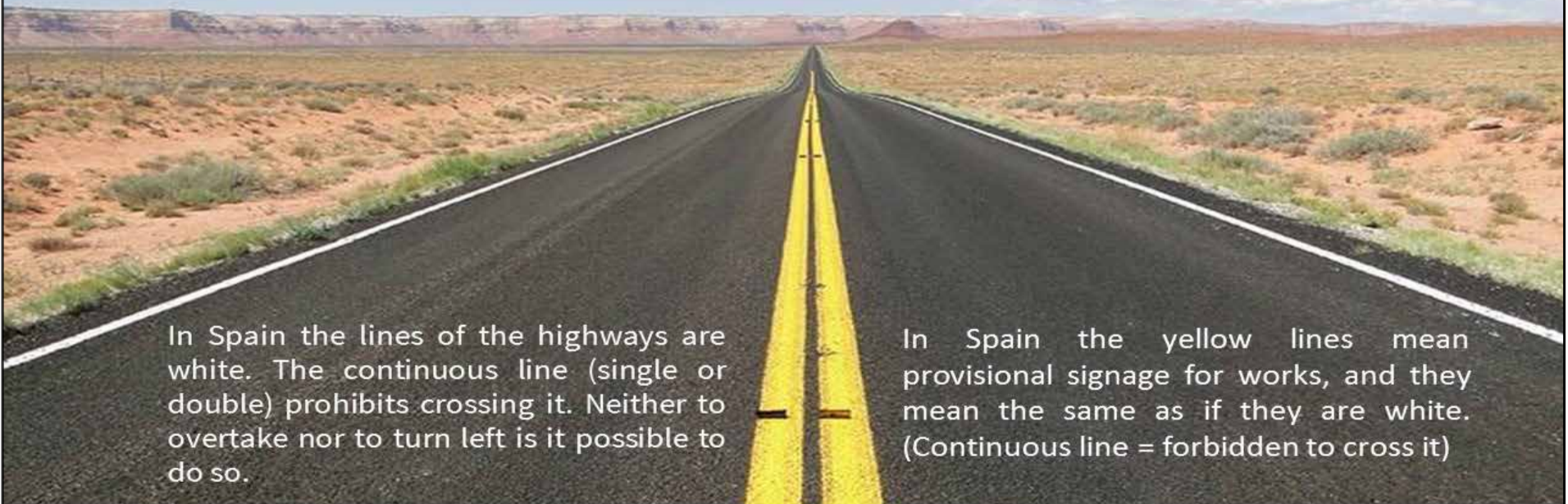
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PUBLISHER'S CORNER

TASCA TALAVÁN



La Tasca Talaván is a tapa bar situated in the historical center of Rota. It is on a corner that, at the right time of year, is reminiscent of Brigadoon a lost magical spot with its small plaza screened in with green plants, trees, the aromas of flowers and the sound of water cascading from the water fountain. The atmosphere in the bar and the terrace is pleasant and warm, perfect for a date, or a small gathering of friends or family.

The kitchen never closes so you can eat anytime that they are open. Here you will find magnificent red tuna in the wild tuna almadraba season (right now) and all the gourmet products of the province Cadiz: cheeses, hams, sausages among other delicacies. They have 70 varieties of wine and an extensive menu. Here you can find trending art expositions and concerts. They are open from noon to midnight. Time seems to stand still in this wonderful place, stop by and see.

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725th Air Mobility Squadron Holds Change of Command Ceremony

Photos by MC1 Nathan Carpenter

Col. Dawson Brumbelow transferred command of the 725th Air Mobility Squadron (AMS) from Lt. Col. Ryan Herman to Lt. Col. Michael Slaughter in a change of command ceremony 14 June 2021. 725th AMS provides en route support for Air Mobility Command strategic, theater and contract aircraft transiting Naval Station Rota, Spain. They perform aircraft generation, launch and recovery actions, operate an Air Mobility Control Center, Aerospace Ground Equipment Flight and a Forward Supply Location.



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Naval Station Rota Celebrates Flag Raising Ceremony

Photos by MC1 Nathan Carpenter, MC2 Jacob Owen, and Courtney Pollock

Service members assigned to Commander, U.S. Naval Activities Spain participate in the annual flag raising ceremony, July 1, 2021. While raising the flag is a daily occurrence on most U.S. military installations around the world, Naval Station Rota is only permitted to fly the American flag with special permission from the base's Spanish admiral in chief in accordance with the Agreement on Defense Cooperation.



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Rota Community Gathers to Celebrate Fourth of July

Photos by Lt. Lyndsi Gutierrez



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FDRMC Detachment Rota Holds Change of Charge Ceremony

By NAVSTA Rota Public Affairs

The Forward Deployed Regional Maintenance Center (FDRMC) Detachment (Det) Rota held a change of charge ceremony at Naval Station (NAVSTA) Rota July 9, 2021.

Cmdr. Paul Murch relieved Cmdr. Luis Socias as officer in charge (OIC).

Socias assumed charge of FDRMC Det Rota in July 2018. During his tenure, the unit executed three CNO selected restricted availabilities, four surface incremental availabilities, and numerous continuous maintenance and window of opportunity availabilities. Under his leadership, they continually supported between four and five homeported forward deployed ballistic missile defense (BMD) ships. Socias oversaw preparation for the arrival of BMD baseline 9 which required his team to find and hire expert technicians with the skills required to support these ships.

Capt. Gustavo Vergara, FDRMC commanding officer, praised Socias for his personal commitment to the ships in Rota.

"I'm pretty sure that he met with every deployed ship that moored in Rota to let the Commanding Officers know that his team was ready to fix their maintenance issues," said Vergara. "The word got out and many ships made a point to stop in Rota because it is the place to go to get fixed correctly after crossing the Atlantic."

Socias was awarded a Meritorious Service Medal and reflected on his tour.

"I am excited for the challenges I have ahead but saddened to leave such a wonderful team and family," he said. "I am so proud of what our predecessors and us have built together, but most importantly I am proud to be part of the RMC that delivers on time all the time."

Socias has been selected for promotion to Captain and will be moving to Hawaii to serve as deputy shipyard commander for the Pearl Harbor Naval Shipyard and Intermediate Maintenance Facility.

Murch, who previously served as the DDG 1000/Zumwalt class program manager's representative at the Supervisor of Shipbuilding, Management and Repair (SUPSHIP) in Bath, Maine, looks forward to his new duty as OIC for FDRMC Det Rota.

"I have a passion for surface ship maintenance and I am excited to be returning to the waterfront where our actions every day have a direct impact on the material readiness of our homeported ships and many others in the fleet," said Murch.

FDRMC provides contract management oversight, fleet technical assistance, voyage repair and diving and salvage to Forward Deployed Naval Forces in Europe and the Middle East and for Deployed ships in the 5th and 6th Fleet areas of responsibility.



The official party salutes as the NAVSTA Rota joint U.S.-Spanish Color Guard parades the colors.



Cmdr. Luis Socias (left) and Cmdr. Paul Murch exchange salutes as Murch relieves Socias as FDRMC Det Rota Officer in Charge.



Capt. Gustavo Vergara speaks during the change of charge.

Photos by MC1 Nathan Carpenter

La Tasca Talaván is a tapa bar situated in the historical center of Rota. It is on a corner that, at the right time of year, is reminiscent of Brigadoon a lost magical spot with its small plaza screened in with green plants, trees, the aromas of flowers and the sound of water cascading from the water fountain. The atmosphere in the bar and the terrace is pleasant and warm, perfect for a date, or a small gathering of friends or family.



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 FCA2 Jeremiah Valentine
 FCA2 Noah Wood
 GM2 Lacy Craven
 GM2 Garrett Holland
 GSE1 Chris Etchepare
 GSM3 Miranda Chow
 GSM3 Shakaree Whipple
 HT2 Adam Ralls
 OS3 Cristal Moralezvasquez
 QM1 Amy Girdler

USS ARLEIGH BURKE

CS1 Darnell Baylor
 CTT3 William Rinn
 EM2 Daniel Torres
 EM3 Mitsu Francois
 ET2 Kevin Deslhombres
 ET2 Elliott Moore
 ET2 Daniel Verhoeven
 FC1 Tyler Lewis
 GSE3 Brian Landis
 GSM2 Ricardo Ortiz
 IT2 Eduardo Fierrodeleon
 OS2 Dakota Bird
 OS2 Brad Thibodeaux
 QM3 Anjel Andrade
 STG2 Elizabeth Choban
 STG2 John McKelvey
 STG2 Ethan Seiler

USS PORTER

DC2 Nicholas Wade
 ET2 Rowan Anderson
 FC1 Kierson Baxley
 FC2 Michael Mosley
 FCA1 Sean Anderson
 FCA2 George Selleneit
 GSE1 Amber Santos
 GSE2 Cooper Westphal
 GSM1 Jordan Edwards
 GSM1 Jon Hebert
 GSM3 Makayla Edwards
 GSM3 Logan Walker
 IT2 Raymond Youngblood
 LS1 Collin Schwab
 LS2 Jemya Gumbs
 OS2 Kayshla Eaves
 OS2 Benjamin Woody
 PS3 Gustavo Rioslarragoity
 STG2 McKenzie Evans
 STG2 Benjamin Harris

HSM 79 DET ROTA

AD2 Optavia Sinclair
 AE2 Tuan Nguyen
 AM2 Paige Howe
 AZ2 Heather Carreon

USS DONALD COOK

BM2 Tionte Hogg
 CS2 Fontazia Brockington
 CTM1 Mariah Rapier
 CTR2 Madeline Martishius
 CTR3 Terrance Hubbard
 CTT2 Robert Reinoehl
 EM3 Caleb King
 FCA2 James Cummings
 FCA2 Victor Gonzales Morales
 FCA2 Angel Lepenunez
 FCA2 Malorie Love
 FCA2 Matthew Wear
 GM2 Taylor Brown



GSM2 Jordan Banares
 IT1 David Dejesus
 IT2 Jalen Blount
 IT2 Kera Masters
 IT3 Jackson Bridges
 IT3 Vanard Murray
 OS1 Dwayne Grider
 OS2 Nicole Barbera
 OS2 Precious Bynum
 OS2 Jason Li
 OS3 Andrew Willis
 STG2 Larissa Dunn
 STG2 Nicholas Llamas

32

Marathon fotográfico

Villa de Rota






July 24 and 25

If you love to take photos,
take part in this
Rota's photographic Marathon



information :
TELF: 956846521/956846345
Email : Welcomerota@aytorota.es

Registration in Tourist office (Compas del Convento street)



Sara Bravo Garcia

Sara Bravo Garcia is a cook leader at Gateway Galley on Naval Station (NAVSTA) Rota, Spain. She completes a wide range of tasks related to food ordering, food preparation, training of employees, and preparing for hospital and special meals.

“My daily duties are to organize the daily menus, prepare all the ingredients/recipes that are needed to prepare the menus, monitor all the food that is being prepared for the day, make sure all headcounts for food preparations worksheets are correct by the end of the day,” she said.

Bravo Garcia, who was born in Cádiz but lives in Rota, has worked on base for almost six years with several years working food service for different Rota Morale, Welfare, and Recreation (MWR) facilities. She enjoys her current job for the diversity of tasks.

“I like being able to enjoy cooking from

another perspective,” she explained. “Organizing, helping and training co-workers and making sure the work is done correctly thus obtaining a satisfactory service.”

The galley staff of active duty, civilian and local nationals all work together to provide the NAVSTA Rota community with excellent food and service.

“What I like the most about working with my co-workers is being able to work as a team and in harmony,” she said. “That we can all have an opinion to share and achieve the same goal.”

Bravo Garcia’s pursuit for excellence and continually learning is evident in her personal life as well as her professional life.

“I enjoy outdoor activities with my family,” she said. “I love doing crafts, drawings, creating things with recycled objects and I love working with computers and learning new things.”

YOUTH SUMMER CAMPS

Sign-up for our July and August Youth Center camp offerings. Don't wait to register, spaces are limited.

ART CAMP
Monday-Friday, July 26-30,
9 a.m.-noon
Open to ages 10-18 years old. \$50
Youth will develop their artistic talents through a variety of arts including painting, drawing and other medias.

TEEN CULINARY CAMP
Wednesday-Friday, Aug. 4-6,
9 a.m.-noon
Open to ages 13-18 years old. \$30
Local culinary enthusiasts from a variety of culinary backgrounds will teach participants to make their signature dishes.

TECHMAKERS@ STEM CAMP
Monday-Friday, Aug. 9-13,
9 a.m.-noon
Open to ages 10-15 years old. \$50
Techmakers@ Education is an educational consultancy for technological training based on STEM (science, technology, engineering and mathematics) and students will gain competencies in Computational Thinking, Robotics, Dronotics, 3D printing, 3D World, Art and digital creativity.

GREEN CITY
Monday-Friday, Aug. 16-20,
9 a.m.-noon
Open to ages 10-15 years old. \$50
GREEN CITY Challenge Camp engages campers in the exciting world of robotics. Campers work as scientists and engineers as they progress through missions and projects that put their creative problem solving skills to the test.

For more information, please call 956-82-2839 or DSN 727-2839 or via email to Rota_youthcenter@eu.navy.mil

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GPS 36° 41'41.99N 6°25'30.37W

Summer Food Safety

By Lt. Cmdr. Elyse Braxton, RN-BC, MPH
U.S. Naval Hospital Rota

Salmonella, E. coli, vibrio, staphylococcus, clostridium, listeria, norovirus, and campylobacter. If you can't pronounce them (or if you can), you don't want them. What are they exactly? Bacteria that cause foodborne illnesses. The Center for Disease Control and Prevention (CDC) states approximately "48 million people get sick from a foodborne illness, 128,000 are hospitalized and 3,000 die".

As temperatures rise and more fun abounds with family and friends, we must not let our guard down by neglecting food safety. When grilling, use a food thermometer to ensure meats reach the proper internal temperature to lower the risk of foodborne illness. Furthermore, dispose of sauces and marinades that have touched raw meat juices to minimize the spread of germs. Always use clean plates and utensils to remove cooked meat from the grill.

At festivals and fairs, ensure the vendors are licensed, by the appropriate health department, to sell food and that their employees wear gloves and use tongs serving food. Look to see if vendors have handwashing stations for their facility. It is good practice to carry hand sanitizer or wipes as a safety precaution when you are out and about.

At home, think of Clean, Separate, Cook, and Chill to ensure safe practices in minimizing foodborne illnesses.

1) Clean – the surfaces, including cutting boards, where raw meat and juices have been as their microscopic germs can survive and spread without our knowing. Wash your hands, with soap and water for a minimum of 20 seconds before, during, and after food prep and before eating. Wash your countertops and cooking utensils with hot soapy water. Rinse vegetables and fruits thoroughly before eating. Do NOT wash/rinse meat, poultry, or fish because water droplets can spread germs to unwanted surfaces.

2) Separate – use separate cutting boards for poultry, seafood, and meat to avoid cross-contamination of germs. If you bag your groceries yourself, separate the above-mentioned meats and their juices from other foods. Equally, keep these foods and eggs separated from other foods in your refrigerator.

3) Cook - at the right temperature. The right internal temperature will kill the germs that can cause foodborne illnesses. Observing the color or texture of cooked food does not confirm safety.

4) Chill – bacteria can quickly reproduce if left out at room temperature. Refrigerate perishable food such as cut fruit, cooked rice, meats, seafood, eggs, and leftover within an hour if the outside temperature is higher than 90°F (32°C) or within 2 hours. Thaw frozen foods in the microwave, cold water, or refrigerator but NEVER on countertops



Food Temperatures

- ▶ Food must be cooked to the correct minimum internal temperature* to reduce dangerous microorganisms.
- ▶ Minimum internal temperatures vary by food type.
- ▶ Always use a calibrated thermometer to measure temperatures.

Poultry		Whole or ground chicken, turkey, and duck	Internal temperature 165°F for 15 seconds
Ground Meat		All ground meat (other than poultry)	Internal temperature 155°F for 15 seconds
Pork, beef, veal, lamb		Steaks and Chops	Internal temperature 145°F for 15 seconds
		Roasts	Internal temperature 145°F for 4 minutes
Fish			Internal temperature 145°F for 15 seconds
Eggs		Immediate service	Internal temperature 145°F for 15 seconds
		Hot holding	Internal temperature 155°F for 15 seconds

*Minimum internal temperatures based on NAVMED P-5010, Chapter 1 standards. All Photos courtesy of Food Safety and Inspection Service, USDA.

- For more information, resources and tools on food safety:
- ▶ Visit <http://www.med.navy.mil/sites/nmcphc/program-and-policy-support/food-sanitation-and-safety/Pages/default.aspx>
 - ▶ Contact your local Military Treatment Facility's Preventive Medicine office

Food Temperatures

August 1, 2013

where germs can spread and multiply. For more information on food safety, you can visit the Navy Marine Corps

Public Health Center or CDC websites. Have a safe, happy, socially distanced, and washed hands summer!

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USS Donald Cook Concludes Time as FDNF-E Asset

By MC2 Kaila Peters
USS Donald Cook Public Affairs

The Arleigh Burke-class guided-missile destroyer USS Donald Cook (DDG 75) departed Naval Station Rota, Spain, for the last time as a Forward Deployed Naval Forces-Europe (FDNF-E) destroyer, June 30, 2021.

USS Arleigh Burke (DDG 51), the lead ship of its class of Aegis-equipped guided missile destroyers with the latest AEGIS baseline 9 upgrade, replaced Donald Cook in the second of four scheduled homeport shifts to occur in support of the U.S. Navy's long-range plan to gradually rotate the Rota-based destroyers. USS Roosevelt (DDG 80) replaced USS Carney (DDG 64) in the first homeport shift.

"These Sailors distinguished themselves throughout their five years deployed overseas," said Capt. Joseph Gagliano, Commander, Destroyers Squadron 60 and Task Force 65. "Their contribution to NATO security and freedom of navigation is a legacy that will now continue with Arleigh Burke."

Donald Cook bookended its operations in U.S. Sixth Fleet by conducting operations in the Black Sea.

Upon arrival in U.S. Sixth Fleet in 2014 as one of the first Rota-based FDNF-E destroyers under Commander, Task Force (CTF) 65, Donald Cook executed operational tasking immediately by conducting operations in the Black Sea following Russia's annexation of Crimea. After 11 patrols and numerous visits to the Black Sea, the ship wrapped up its last visit to the Black Sea in support of NATO Allies and regional partners, Feb.

10, 2021. During this last visit, Donald Cook conducted presence operations, demonstrated commitment to NATO allies and partners, and engaged in exercises that strengthened interoperability and collective readiness.

Donald Cook's commitment to NATO Allies and regional partners extended well beyond the Black Sea. During its time in Europe, Donald Cook operated from the Barents Sea above Europe, to the Gulf of Guinea along the west coast of Africa.

"Donald Cook's time in Sixth Fleet has afforded this ship and her crew a number of invaluable experiences that are unique to this Area of Operation to include operating in the Black Sea, crossing the Arctic Circle, and a multitude of international operations," said Cmdr. Matthew Curnen, Donald Cook's commanding officer. "My time in Sixth Fleet has been unlike anything else I've experienced in my naval career. I am extremely thankful for the opportunities and challenges it has presented that have helped all of us grow professionally and personally."

The agility and capabilities of the Arleigh Burke class destroyer has made it an ideal platform to integrate and strengthen relations with regional allies and partners.

Throughout Donald Cook's time in U.S. Sixth Fleet, the ship participated in previous iterations of Exercise Sea Breeze, BALTOPs, Phoenix Express, Formidable Shield, Atlas Handshake, and other multi-lateral maritime training opportunities with partners to include Algeria, France, Georgia, Italy, Morocco, and Norway. Mission sets during these exercises included surface warfare, anti-submarine warfare, and anti-air warfare scenarios that focus on maintaining maritime stability and security.

Notable milestones include Donald



Sailors aboard the Arleigh-Burke class guided missile destroyer USS Donald Cook (DDG 75) bid farewell to Spain as they begin their homeport shift to Mayport, Florida. Donald Cook departed Naval Station Rota, Spain, for the last time as a Forward Deployed Naval Forces-Europe (FDNF-E) destroyer, June 30, 2021. U.S. Sixth 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.

Cook's Oct. 2019 visit to the High North for the first time. The ship's presence in the Arctic Circle reinforced the United States' commitment to regional security and stability, as well as the Navy's ability to deploy to many different environments on short notice, and the value of having forward-deployed naval forces available to operate in the region.

The visit also provided the crew the rare opportunity to become "Blue Nose" Sailors when the ship crossed into the Arctic Circle- a Navy tradition that only Sailors who have been to the Arctic can claim. Donald Cook's time in the High North followed a historic port visit to the Faroe Islands, with Donald Cook being the Navy's first destroyer to visit the island, and the first Navy vessel to visit in 33 years.

"It has been a bittersweet departure from Rota," said Operations Specialist Second Class Jory Fetterolf. "My time in Spain has been an amazing opportunity to experience a different culture and afforded me the opportunity to travel to places I would've never seen if I wasn't stationed here, however, I'm excited to return to the United States to be closer to family."

Donald Cook completed one final underway to the Aegean Sea to perform maneuver exercises with the Arleigh Burke-class guided-missile destroyer

USS Roosevelt (DDG 80) to conclude its last patrol. The two destroyers formed a Surface Action Group (SAG) led by Capt. Joseph Gagliano, commander, Task Force 65, who was embarked on the Roosevelt during this underway. The SAG conducted numerous scenarios to provide integrated training and test real-time response to combat situations.

Named after U.S. Marine Corps Col. Donald G. Cook, a prisoner of War during the Vietnam War who was posthumously awarded the Medal of Honor, Donald Cook is scheduled to return to its former homeport of Mayport, Fla.

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.

CTF 65 and Destroyer Squadron 60, headquartered in Rota, Spain, oversee the FDNF of C6F's area of operation in support of regional allies and partners as well as U.S. national security interests in Europe and Africa.

U.S. Sixth 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.



Sailors aboard the Arleigh-Burke class guided missile destroyer USS Donald Cook (DDG 75) man the rails during sea and anchor detail. Donald Cook departed Naval Station Rota, Spain, for the last time as a Forward Deployed Naval Forces-Europe (FDNF-E) destroyer, June 30, 2021.

*Fair Winds and
Following Seas*

to the
Sailors of USS Donald
Cook and their families



Sailors aboard the Arleigh-Burke class guided missile destroyer USS Donald Cook (DDG 75) heave some line during sea and anchor detail. Donald Cook departed Naval Station Rota, Spain, for the last time as a Forward Deployed Naval Forces-Europe (FDNF-E) destroyer, June 30, 2021.



Sailors aboard the Arleigh-Burke class guided missile destroyer USS Donald Cook (DDG 75) man the rails during sea and anchor detail. Donald Cook departed Naval Station Rota, Spain, for the last time as a Forward Deployed Naval Forces-Europe (FDNF-E) destroyer, June 30, 2021.

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The Daughters of the American Revolution Youth Citizenship Awards

The Spain chapter of the National Society of the Daughters of the American Revolution recognized six students at David Glasgow Farragut (DGF) Rota Middle/High School, one student in each of the grades six through eleven. This award is offered to students who exhibit the qualities of honor, service, courage, leadership, and patriotism. The students were awarded certificates and medals by DGF Rota Middle/High School principal Stephanie El Sayed and Naval Station (NAVSTA) Rota Commanding Officer Capt. David Baird, June 9, 2021.

Honor: honesty, high principles, trustworthiness, loyalty, truthfulness, punctuality, moral strength and stability, cleanliness in mind and body.

Service: cooperation, meritorious behavior bringing honor to school or community, kindness, unselfishness, true Americanism, individual responsibility to God, Home and Country.

Courage: mental and physical, determination to overcome obstacles.

Leadership: personality, originality, ability to lead others, good sportsmanship, responsibility.

Patriotism: fundamental Americanism.



6th grade recipient: Alexis Rice



7th grade recipient: Keileana Tiqui



8th grade recipient: Rachel Owins



9th grade recipient: Nicolas Lanker



10th grade recipient: Colin Baird



11th grade recipient: Presley Sachs



Pictured above are from left: Patricia Rios, Registrar of Spain Chapter of DAR; Alexis Rice (6th grade recipient); Pamela Webb, Middle School Counselor at DGF; Keileana Tiqui (7th grade recipient); Rachel Owins (8th grade recipient); Nicolas Lanker (9th grade recipient); Colin Baird (10th grade recipient); Presley Sachs (11th grade recipient); Stephanie El Sayed, Principal at DGF; Captain David Baird, Commanding Officer, Naval Station Rota. Congratulations to these students!



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NAVAL STATION ROTA COMMUNITY RESOURCES

ALCOHOLICS ANONYMOUS MEETINGS

Alcoholics Anonymous (AA) meetings are scheduled Tuesdays and Thursdays at 1900 (7 p.m.) in the Fellowship Hall at the Chapel. All meetings are closed meetings except the last Tuesday of each month. All meetings, in person or Zoom are for people with a problem with alcohol or a desire to stop drinking. Trainings such as for DAPA can only attend open meetings. For information on meetings in person or information on Zoom meetings, contact Joe B. at 649-23-95-63.

AA off base: "Rota Drydocked" Every Saturday, 1600 (4 p.m.) by Zoom only. For information on how to join the Zoom session, contact Joe G. at 629-27-13-12 or 649-23-95-63.

AMERICAN RED CROSS

Mon / Wed / Fri, 0800-1400
Tues /Thurs: Closed

All training services and CPR classes are on hold

Per Red Cross Division mandates, volunteering in the office is not allowed at this time. For more information, call us during business hours at 956-82-2333, or visit our Facebook page, @RedCrossRota. Staff available by phone even though the office is closed

AMERICAN RED CROSS EMERGENCY COMMUNICATIONS SERVICE

Red Cross Emergency Messages services operate 24/7. If you have a family emergency during business hours, call us immediately at 956-82-2333/DSN 314-727-2333. After hours or on weekends, our national call center can be reached at 1-877-272-7337. Messages can also be initiated online, at <https://www.redcross.org/military-emergency-communication.html>

NAVY COLLEGE

Please see notice on page 3 regarding Navy College.

NAVY-MARINE CORPS RELIEF SOCIETY

Mon - Fri: 1000 – 1600
Office DSN: 727-1614
Office COMM: +34 956 821 614
After Hours: +34 660 984 511
Emergency Assistance After Hours: +1 (877) 272-7337

NMCRS THRIFT STORE

Mon: 1000 – 1300
Thurs: 1500 – 1800
Sat: 1100 – 1400 (every third Saturday)

NOW TAKING APPOINTMENTS! Tired of waiting in line? Want a guaranteed shopping window on your lunch break? Or maybe you want to be the first in the store to scope our new deals! Visit <http://linktr.ee/nmcrsrota> to schedule your appointment!

SATURDAY SALE! We are open the third Saturday of every month from 1100 – 1400.

TAG SALE! The third week of every month is the monthly tag sale. Each item on clearance is discounted to \$0.50, or you can gill a DeCA grocery bag for \$3.00.

THRIFT SHOP DONATION BOX HOURS

Mon / Thurs, 1100 – 1300 (or until full)
Please ensure all items are in bags or sealed boxes prior to dropping in the box. If you have fragile items to donate, speak with a volunteer in the shop for assistance. **DO NOT DUMP ITEMS OUTSIDE OF THE DROP BOX. ALL DUMPED ITEMS WILL BE DISPOSED OF.**

UPCOMING NMCRS AND HOSPITAL MATERNAL PROGRAMS AND CLASSES: BUDGET FOR BABY WORKSHOP

Tuesday, July 20, 1100-1300
Budget for Baby Workshop is offered virtually twice a month! Are you a new or prospective parent? Join us via Skype for Business from 1100 – 1300 on the second and fourth Tuesday of every month. New parents learn about military pay fluctuations, baby expenses, consumer pressures targeting new parents, and entitlements available through government and private sources. This class is now open to both active duty and government civilian families. All participants will receive a New Parent Gift, including a \$50 Amazon gift card, a handmade baby blanket, and other items from the USO, the American Red Cross, and United Through Reading. For more information, or to sign up for the workshop, call 727-1614, email rota@nmcrs.org, or drop by the NMCRS Office.

NEW VOLUNTEER ORIENTATION

Orientation is offered virtually once a month! Are you interested in volunteering in the NMCRS Office or Thrift Shop? We have several opportunities to grow your resume while contributing to our community! Visit <http://linktr.ee/nmcrsrota> to apply as a volunteer and join us for a virtual volunteer orientation via Zoom on the third Tuesday of every month. Email us at rota@nmcrs.org for more information!

NMCRS VISITING NURSE

Visiting Nurse Margaret Becker, RN, BSN, IBCLC will provide home and virtual visits, classes, and community support groups for active duty and retired Sailors, Marines, and their families. Please contact Margaret at DSN 727-1614 or email margaret.becker@nmcrs.org for more information on the Visiting Nurse Program. The Visiting Nurse Program supports the following classes and support groups:

Pregnancy and Postpartum Support Group: Held the 3rd Wednesday of every month at 11:30 outdoors in the common area between the Community Support Building and the Library. No sign up is necessary.

Active Duty Maternal Support Group: Held the 2nd Thursday at 16:00 in Classroom A011 of the Community Support Building. No sign up is necessary.

Perinatal Grief Support Group: Held the 2nd Wednesday at 11:30 in Classroom A011 of the Community Support Building. No sign up is necessary.

Breastfeeding Class: Held the 3rd Thursday at 1200 in Classroom A011 of the Community Support Building. This is one of four prenatal classes taught in coordination with Naval Hospital Rota OBGYN Clinic. Registration is required! Reserve your spot by calling the Naval Hospital Rota OBGYN Clinic at DSN 727-3511.

Postpartum and Baby Basics Class: Held the 4th Thursday at 1200 in Classroom A011 of the Community Support Building. This is one of four prenatal classes taught in coordination with Naval Hospital Rota OBGYN Clinic. Registration is required! Reserve your spot by calling the Naval Hospital Rota OBGYN Clinic at DSN 727-3511.

PRESCHOOL SERVICES FOR CHILDREN WITH DISABILITIES

Child Find for children three to five years of age is an ongoing outreach program that locates and identifies children who may have developmental delays or educational disabilities and need special services. If you have concerns regarding your child's development please contact 727-4185 or 727-4435.

USO ROTA

For all USO Rota events and more "like" USO Rota on Facebook at www.facebook.com/USORota

WIC OVERSEAS

Women, Infants and Children (WIC) Overseas is a nutrition education and supplemental food program that aims to improve the overall health and wellness of families for active duty service members and their dependents, DoD civilian employees and their dependents, DoD contractors and their dependents. Basic nutrition and health screenings, drafts to be redeemed for nutritious foods, access to resources & tips that help you and your family lead healthier lives, healthier birth weights for babies, reduced anemia rates for children, breastfeeding support, breast pump loan program, breastfeeding/pumping room open to everyone. Call 727-2921 for more information.



WIC Overseas

The WIC Overseas Program provides several important benefits to help you and your family lead healthier lives. Program services are provided to eligible participants overseas:

- Active Duty Military & their Dependents
- DoD Civilian Employees & their Family Members
- DoD Contractors & their Family Members

To see if you qualify for services, please contact our office:

Rota WIC Overseas Program
Building #1963 (CDC building)
DSN: 727-2921 (956-82-2921)

Eligible participants include:

- Infants
- Children
- Pregnant Women
- Postpartum Women
- Breastfeeding Women

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2002 Volvo S-40 Sedan, 2.0T, 5 speed manual, Black 4 Door sedan, ~150 km, AC, power windows and locks, Looks decent and has been to Madrid, Portugal, Granada, and Cordoba without any problems. Drove to Ronda and Cordoba and back last week headed to Seville and Malaga this week. Timing belt was changed IAW maintenance schedule recently, new front brakes and recent oil change. The ITV is good until July. Asking \$2500 or €2100 Euro. Call or text 608397674.

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NAVAL STATION ROTA OMBUDSMAN CONTACT LIST



NAVY FAMILY OMBUDSMAN PROGRAM



The **Navy Family Ombudsman Program** is designed to provide better and faster communication between Navy families and Navy leadership. Navy commands and all deploying units, including the reserves have an Ombudsman, typically a spouse of one of the command's active duty members. **Ombudsmen** are official, appointed, liaisons between commanding officers and families. They can expedite communication between the command and families. In addition, Ombudsmen provide information on services, upcoming events, and/or help in crisis situations. **Air Force Key Spouses & Family Readiness Assistants** are similar to Ombudsmen, support service members, their families, and command leadership. Contact your command's representative to be added to their distribution list.

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

NAVSTA ROTA Assembly Chair	Jamie Meehan	642-213-289	rotaombudsmanassemblychair@gmail.com
Naval Munition Command	Yaniris Gillion	641-449-840	ombudsmanmrcrota@gmail.com
NAVSTA Rota	Elvia Rodriguez Jamie Meehan	620-142-231	navalstationrota.ombudsman@gmail.com
CTF 68 CTF 65/ DESRON 60	Amy Duke	630-835-893 690-384-137	ctf68ombudsman@gmail.com 6065ombudsman@gmail.com
EODMU8 EOD DET	Desiree Romero Kelli Wise	646-063-320 649-960-848	eodmu8omb@gmail.com
725 th AMS 521 st AMOG (Air Force Key Spouses)	Jessica Rein Ebonie Ealey Samantha Thompson Christina Dowling	660-874-528	725thkeypouse@gmail.com
NCTAMS	Judy McElroy	638-291-948	Nctamsrota.ombudsman@gmail.com
USN Hospital	Jenny Kearns Mandy Sargeant	681-227-042 609-914-187	nmrcrotaombudsman@gmail.com
NAVSUP FLT LOG	Maricela Hurtado	608-154-595	NavSupOmbudsman@gmail.com
USS Roosevelt	Kelly Morrow	642-474-394	ddg80ombudsman@gmail.com
USS Ross	Sami Johnson Lauren Fine	628-510-582 628-158-540	rossombudsman@gmail.com
USS Porter	Kelli Akioka-Smith	636-318-297	ddg78.ombudsman@gmail.com
USS Arleigh Burke	Mya Baker	681-324-752	Ombudsmanddg51@gmail.com
NEPMU-7	Julianne Jiang	642-730-148	nepmu7ombudsman@gmail.com
FDRMC	Erin Stewart	659-142-766	Fdrmcrota.ombudsman@yahoo.com
HSM-79	Kim Foster	638-978-201	rota.hsm79ombudsman@gmail.com

Ombudsman Program

The Navy Family Ombudsman Program promotes healthy, self-reliant, families. The term *Ombudsman* originated in Scandinavian countries and referred to safeguarding the rights of citizens. Today the concept of the Ombudsman is widely utilized in the fields of government, business, and healthcare.

Ombudsman Roles

The Ombudsman is a volunteer, appointed by the commanding officer, to serve as an information link between command leadership and Navy families. Ombudsmen are trained to disseminate information both up and down the chain of command, including official Department of the Navy and command information, command climate issues, local quality of life (QOL) improvement opportunities around the community.

Ombudsmen also provide resource referrals when needed. They are instrumental in resolving family issues before the issues require extensive command attention.

The command ombudsman program is shaped largely by the commanding officer's perceived needs of his/her command. The command ombudsman is appointed by and works under the guidance of the commanding officer who determines the priorities of the program, the roles and relationships of those involved in it, and the type and level of support it will receive.

Ombudsman Code of Ethics

The Code of Ethics is the essential foundation upon which an ombudsman's credibility is established and maintained. Ombudsmen must remain committed to strict adherence to the code.

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