

COASTLINE

January 13, 2022 / Volume 32, Issue 1

U.S. Naval Activities Spain



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Don't Let the Bed Bugs Bite

Active Spring 2022 E-4 through E-6 Advancement Exams Announced– What You Need to Know

By MC1 Mark D. Faram

Chief of Naval Personnel Public Affairs

COVID-19 precautions will again play a central role in how commands test their Sailors. These details along with key dates and milestones for Sailors and Commands are in the message.

This means that all active and FTS E-4 advancement exams are again canceled. All qualified E-3's will be selected for advancement using the alternate rank order final multiple process to determine who advances without the exam score.

This new advancement procedure has been in effect since COVID-19 precautions began in early 2020. Navy personnel officials say that Fleet feedback from previous rank-order E-4 advancements has been positive, with no negative performance reported from those advanced this way.

As has been procedure the past few cycles, all E-5 and E-6 exams will be given during set testing windows. The E-6 window is March 1 through 15. E-5 exams will follow between March 16 through 30.

"These expanded testing windows will allow for smaller groups of test-takers to ensure adequate social distancing can be maintained between testers at testing facilities while maintaining the high standards and continued culture of learning that drive our enlisted advancement system," wrote Vice Adm. John B. Nowell, Jr., the chief of personnel in each message.

Leading up to the exams, Sailors must complete their Professional Military Knowledge Eligibility Exams (PMK-EE) by Jan. 31.

The PMK-EE deadline applies to all Sailors regardless of whether they are sitting for an exam or not. Sailors who have already met this military knowledge testing requirement on previous cycles do not have to retake this exam as it is only required once at each paygrade level.

Because the Naval Education Training and Professional Development Center (NETPDC) will not receive E-4 exam answer sheets, commands must scrub the records of their

advancement eligible E-3 Sailors to ensure all E-4 Enlisted Advancement Worksheets (EAWs) in the Navy Standard Integrated Personnel System are accurate and up to date.

The EAWs deadline Cycle 255 active and FTS Sailors March 31.

Commands should make every effort to spread the administration of the exams evenly throughout each window. This practice minimizes the number of exam-takers on a given day and helps maintain maximum physical distancing.

Commands are also strongly encouraged to test all candidates for a given rating and paygrade at the same time to maintain exam integrity.

Once exams are given, ESO's are encouraged to expeditiously mail in answer sheet packages to NETPDC and not hold any taken exams until the end of the testing window, ensuring prompt processing of exams.

No dates have yet been set for the release any advancement results as this will depend heavily on accurate worksheets being submitted upfront and the prompt return of answer sheets once exams are taken.

Additional eligibility details and deadlines for each cycle are available in NAVADMIN 260/21 along with key points of contact.

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On The Front Cover



Ensign Crystal Barnes mans the rails as the Arleigh Burke-class guided missile destroyer USS Arleigh Burke (DDG 51) returned to Rota, Spain, Dec. 23, 2021, completing her inaugural patrol as a member of the U.S. Navy's Forward Deployed Naval Forces-Europe (FDNF-E). (Courtesy photo of USS Arleigh Burke)

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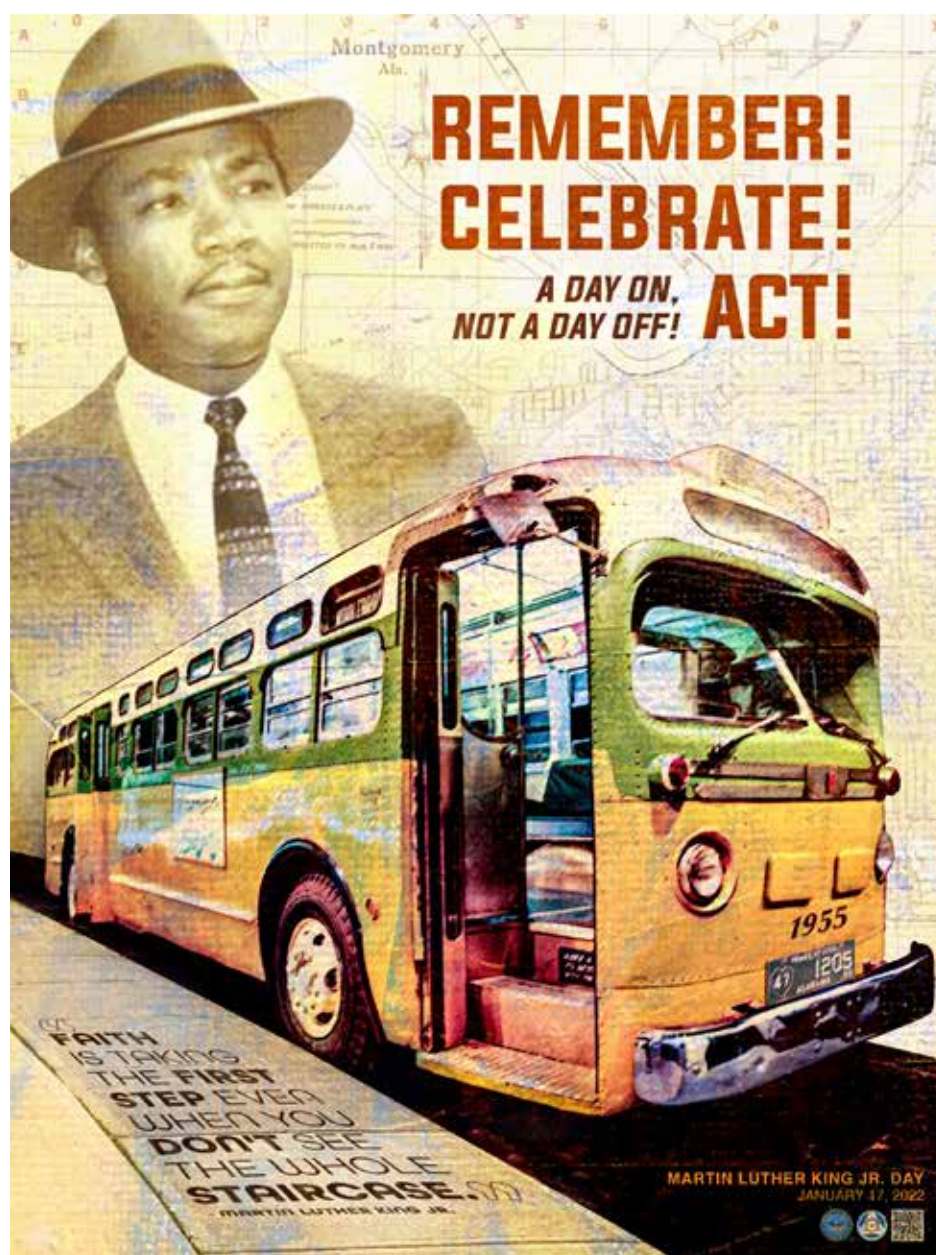
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The Navy Family Ombudsman Program is designed to provide better and faster communication between Navy families and Navy leadership. Navy commands and all deploying units, including the reserves have an Ombudsman, typically a spouse of one of the command's 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 Monica Mullins 727-3232 (Monica.Mullins@eu.navy.mil)

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Flu Vaccine

U.S. Naval Hospital (USNH) Rota is offering the influenza vaccine to all active duty service members, beneficiaries, contractors, local nationals, and general schedule (GS) employees. The vaccine is authorized for children six (6) months and older.

COVID-19 Vaccine and Booster

- U.S. Naval Hospital (USNH) Rota is currently accepting walk in appointments in the immunizations clinic. The clinic is open from 8 a.m. - noon and 1-4 p.m.; closed on weekends and holidays.
- The Moderna and Pfizer vaccines are available. USNH Rota is unable to provide the Johnson & Johnson vaccine.
- The primary series Pfizer COVID-19 vaccine is being offered to DoD Healthcare beneficiaries 12 and older. A parent or guardian must be present for 12-17 year old dependents to provide consent and be present when their dependent receives the vaccine.
- The Pfizer Booster is being offered to DoD Healthcare beneficiaries 16 and older who are six (6) months from their primary series.
- The primary series Moderna COVID-19 vaccine is being offered to DoD healthcare beneficiaries 18 and older.
- The Moderna booster is being offered to DoD Healthcare beneficiaries 18 and older who are six (6) months from their primary series.
- Those who received the Johnson & Johnson COVID-19 single dose vaccine are eligible to receive a Pfizer or Moderna booster two (2) months from their original Johnson & Johnson vaccination.

COVID-19 Vaccine for 5 to 11 year olds

- U.S. Naval Hospital (USNH) Rota has received authorization from the Defense Health Agency (DHA) to administer the Pediatric Pfizer COVID-19 vaccine to DoD healthcare beneficiaries between the ages of 5 to 11.
- USNH Rota is currently accepting walk in appointments in the immunizations clinic as of Jan. 10, 2022. The clinic is open from 8 a.m. - noon and 1-4 p.m.; closed on weekends and holidays.

Do you need a COVID-19 PCR test?

There are recent changes to COVID-19 testing at USNH Rota. A second testing site is now open to separate testing people with symptoms versus people with no symptoms. This change is due to the recent increase of positive COVID-19 cases and testing requirements. This is also being done to increase infection control amongst people waiting to be tested.

COVID Clinic Testing:

- If you have **ANY** symptoms you **MUST** be tested at the COVID Clinic at USNH Rota (entrance to clinic is across from housing office)
- Testing is available for any eligible symptomatic person, you do not need to see a provider prior to requesting a test.
- If you have symptoms and would like to be seen by a provider please contact the appointment line or Medical Home Port to request an appointment first.
- If you arrive to COVID clinic and request an appointment we are unable to guarantee an appointment at that time.

COVID Clinic Hours of Operation

Mon – Fri: 8-11:30 a.m. & 12:30-4 p.m.
Closed from 11:30 a.m. - 12:30 p.m.
Closed on holidays and weekends

(Old) FLIX Theater

- This new testing site for people who need a COVID test and have **NO SYMPTOMS**.
- This includes all travel testing and asymptomatic close contacts.
- If you are a close contact please try to arrive prior to noon for testing.

FLIX Theater Hours of Operation

Mon – Fri : 8 a.m. - noon & 2-5 p.m.

Closed from noon - 2 p.m.
Closed on holidays and weekends

After-hours COVID Testing Information

- Testing is available at the Emergency Room for symptomatic patients, identified close contacts, and mission essential travel 24 hours a day.
- Please utilize COVID Clinic or FLIX Theater testing sites as first choice.
- Non-mission essential travel testing is available holidays and weekends from 8 a.m. - noon for active duty service members and their dependents only.
- Both clinics are walk-in, but we recommend calling the appointment line or Medical Home Port to pre-register for a test in the appropriate clinic. This will also help speed up your testing process when you arrive.

What to expect when getting tested at either COVID-19 clinic site:

- 1) Upon reporting to either COVID-19 Clinic with ID, the patient completes an intake sheet.
- 2) The corpsman assisting will create a

walk-in appointment in patient's Electronic Health Record (EHR) and schedule the patient into the earliest testing appointment available. Appointments are not made in advance to minimize errors and maximize patient safety.

There are of six testing categories:

- 1) COVID symptoms
 - 2) Symptomatic close contact
 - 3) Asymptomatic close contact
 - 4) Mission essential travel
 - 5) Non-mission essential travel
 - 6) Miscellaneous into EHR
- 3) The corpsman completing the intake will use the reason for the visit to select the appropriate template, the patient's phone number is added for providing results.
 - 4) Complete COVID-19 swabbing of patient.
 - 5) Once test results are received they are added to ensure the correct diagnosis code is used for Tricare billing purposes.
 - 6) A provider will contact the patient if a positive test result is received.

All COVID-19 Vaccinations & Boosters

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U.S. Naval Hospital Rota Welcomes

U.S. Naval Hospital Rota is overjoyed to announce the first baby born in 2022. Congratulations to the Ferro family! Electronics Technician 1st Class Stephen Ferro and Courtney Ferro welcomed their son, Nolan Ferro, on Jan. 1, 2022.



Hospitalman Riley Dunn, Lt. Cindy Eugene, Hospital Corpsman 3rd Class Nerissa Vassell, Courtney Ferro holding Nolan Ferro, Lt. Benjamin Dalton, and Hospitalman Zachary Perales. Right: Close up of Courtney Ferro with baby Nolan Ferro and Lt. Benjamin Dalton.



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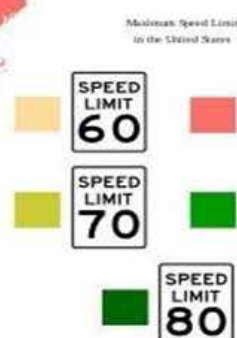


ROTABEATER

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PUBLISHER’S CORNER

TALLER ALEMAN

Taller Aleman is a family run car repair shop that is focused on helping newly arrived Americans, who do not speak Spanish or know the area well, get the help they need for all their car repair needs. Their shop has been open for car repair throughout this century and they have been of service to the Rota community for many decades.

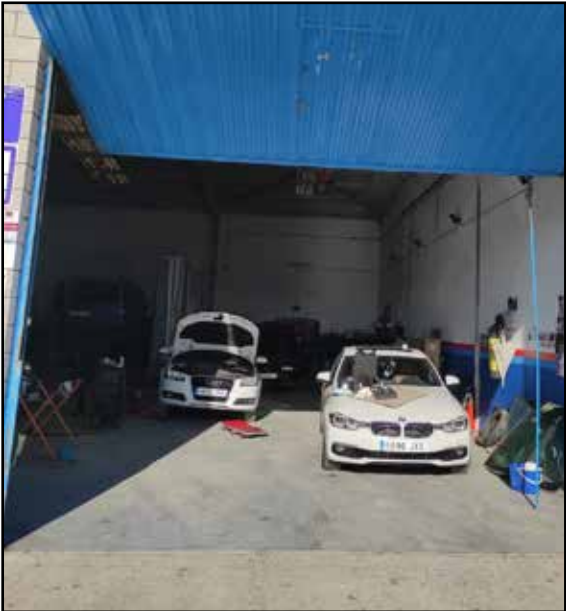
We know of various American families who have had a windshield broken from a car brought from the USA and who could not find a replacement. This is the day-to-day work of Taller Aleman and they took care of it right away. They work with insurance companies and in these cases, as is standard, the insurance company paid for it and the entire process was without direct cost to the client.

I have found them to be knowledgeable and extremely service oriented. They understand that each client interaction is important to their reputation in the community. Any mechanical car problem we have brought to them has been solved quickly, the prices are competitive, and the service is friendly. I was impressed and found them to be pleasant always.

Cesar is the manger and he told me that his father had pioneered the repair of automatic gearboxes in Rota at a time when they were not even being sold in Spain. They fix windows, changing them and tinting them if so desired. They have a self-diagnosis machine, to detect and fix car problems before they become a risk to the client’s safety or pocketbook. If you need to have your car registered in Spain, they will prepare the car and take it for you to have that done. If your ITV needs to be done they will inspect the car, fix any problems, take it to the off base ITV and return it to you good to go.

They will calibrate windshield cameras once the windshield is changed and provide on delivery a calibration certificate. They work with all brands of vehicles (BMW GM AUDI VW Etc). USA Windshield Availability Time is 2-3 weeks.

Taller Aleman has turnkey solutions for almost all of the problems that might come up for you because almost certainly they have already come across them and fixed them for others in the past. Please see their ad in the paper for more details.



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U.S., Spain, Morocco Collaborate to Conduct Rescue at Sea

From U.S. Coast Guard

On Jan. 5, 2022, the United States, Spain, and Morocco collaborated to rescue 103 migrants 40 nautical miles west of the Moroccan coast.

Late Tuesday evening, Spain's Las Palmas Rescue Coordination Center received reports of two migrant rafts taking on water with people possibly in the water.

The Spanish center coordinated rescue efforts with the vessels closest to the reported location of the rafts. Three U.S. Coast Guard ships, Famous-class USCGC Thetis (WMEC 910), Sentinel-class USCGC Glen Harris (WPC 1144), and USCGC Emlen Tunnell (WPC 1145), and a nearby Royal Moroccan Navy frigate answered the call.

Working together, the crews rescued 103 migrants and recovered two deceased migrants by early Wednesday morning. Once safely aboard and stabilized, the U.S. Coast Guard crews transferred all migrants to the Moroccan Navy.

"While we are on an escort currently, the U.S. Coast Guard will always conduct our core mission of search and rescue and observe the international law of the sea and maritime custom to assist any mariners in distress," said Cmdr. Justin

Nadolny, commanding officer, USCGC Thetis (WMEC 910). "This demonstrates the capability of Thetis to work with partners and our ability to respond rapidly to any situation. I'm very proud of the team."

The U.S. Coast Guard is conducting a routine deployment in the U.S. Sixth Fleet area of operations, working alongside allies, building maritime domain awareness, and sharing best practices with partner nation navies and coast guards. These operations coincide with the escort of the Sentinel-class cutters across the Atlantic en route to their new homeport of Manama, Bahrain, and the cutters' work for U.S. Patrol Forces Southwest Asia under U.S. Navy 5th Fleet and U.S. Central Command.

"The rescue of over 100 persons in the Atlantic demonstrates the agility and reach of U.S. Naval Forces throughout Africa and Europe," said Capt. Kyle Gantt, Commander, Task Force 65. "U.S. Coast Guard's timely coordination with Spanish authorities and the Moroccan Navy showcases the power of integration with our international partners at sea."

The U.S. Coast Guard remains operational during COVID-19, following all COVID-19 safety precautions and regulations.



Photo by MC2 John Owen

The Sentinel-class fast response cutter USCGC Emlen Tunnell (WPC 1145) pulls into port at Naval Station (NAVSTA) Rota, Spain, Jan. 7 2022. NAVSTA 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.

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, to advance U.S. national interests and security and stability in Europe and Africa.

Based in Portsmouth, Virginia, U.S. Coast Guard Atlantic Area oversees all Coast Guard operations east of the Rocky Mountains to the Arabian Gulf. In addition to surge operations, they also allocate ships to work with partner commands.

For more photos on this rescue effort and other Sixth Fleet operations, visit the Sixth Fleet website at www.c6f.navy.mil.



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USS Ross departs Rota, Spain to begin 12th Patrol

Story & Photos by MC2 Claire DuBois
USS Ross (DDG 71) Public Affairs

The Arleigh Burke-class guided-missile destroyer USS Ross (DDG 71) departed Naval Station (NAVSTA) Rota, Spain, Dec. 27, 2021, marking the beginning of its 12th Forward-Deployed Naval Forces-Europe (FDFN-E) patrol in the U.S. Sixth Fleet (SIXTHFLT) area of operations in support of U.S. national security interests in Europe and Africa.

During its most recent patrol, patrol 11, Ross worked alongside NATO allies and partners throughout SIXTHFLT waters, honing the capabilities and capacities of these like-minded nations individually and as a cohesive team.

The ship participated in Fleet Operational Sea Training (FOST) with the British Royal Navy, the Naval Striking and Support Forces NATO-led Exercise At-Sea Demo/Formidable Shield (ASD/FS) and the Moroccan-led exercise African Lion.

Ross then transited to the Black Sea to join the U.S. and Ukrainian co-hosted Exercise Sea Breeze, as well as the Bulgarian-led exercise Breeze. Following Breeze, Ross sailed back to the Mediterranean Sea, beginning its journey back to Rota for the end of patrol.

Ross returned from patrol 11 on July 26, 2021. While in port, Ross conducted

numerous qualification events, including search and rescue and visit, board, search and seizure certifications, as well as a damage control material assessment.

"Coming off of patrol 11, Ross has had an extensive industrial maintenance availability to ensure the ship is materially and mission ready," said Cmdr. Scott Jones, commanding officer of Ross. "I am confident we are 100 percent ready for patrol 12."

Over the next several months, Ross is scheduled to again participate in various training exercises with allied and partner nations.

"I am looking forward to working with our allies and partners on this patrol," said Jones. "There is no place that I'd rather be than working alongside the Sailors on Team Ross."

Four U.S. Navy destroyers, including Ross, are based in Rota, Spain, and assigned to Commander, Task Force



Cryptologic Technician (Collection) 2nd Class Benjamin Blanchard, right, assigned to the Arleigh Burke-class guided-missile destroyer USS Ross (DDG 71), mans the ship's rail as Ross gets underway from Naval Station Rota, Spain, Dec. 27, 2021.

65 in support of NATO's Integrated Air Missile Defense architecture. These FDFN-E 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 allied and interagency partners, in order to advance U.S. national security interests and security and stability in Europe and Africa.



Personnel Specialist 2nd Class Deshawn McGowan, assigned to the Arleigh Burke-class guided-missile destroyer USS Ross (DDG 71), stows a mooring line as the ship leaves port at Naval Station Rota, Spain, Dec. 27, 2021.



The Arleigh Burke-class guided-missile destroyer USS Ross (DDG 71) leaves port at Naval Station Rota, Spain, to begin its 12th patrol, Dec. 27, 2021.



The Arleigh Burke-class guided-missile destroyer USS Ross (DDG 71) leaves port at Naval Station Rota, Spain, to begin its 12th patrol, Dec. 27, 2021.

To see more stories on Rota's Forward-Deployed Naval Forces destroyers, visit the Sixth Fleet website at www.c6f.navy.mil.

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USS Arleigh Burke Completes Inaugural Forward Deployed Patrol

By Lt. j.g. Robinson McMillan
USS Arleigh Burke (DDG 51) Public Affairs

The Arleigh Burke-class guided missile destroyer USS Arleigh Burke (DDG 51) returned to Rota, Spain, Dec. 23, 2021, completing her inaugural patrol as a member of the U.S. Navy's Forward Deployed Naval Forces-Europe (FDNF-E) and culminating in a successful year of operations.

After 30 years based in Norfolk, Virginia, Arleigh Burke shifted homeports to Rota, Spain in April 2021 and joined U.S. Sixth Fleet's, Destroyer Squadron 60. Arleigh Burke began patrol in August and spent the last four months operating alongside NATO allies and partners throughout the Sixth Fleet area of responsibility.

Arleigh Burke Commanding Officer,

Cmdr. Patrick Chapman, reflected on the accomplishments of the past twelve months.

"In an especially challenging year punctuated by the COVID-19 pandemic, an international homeport shift, and its first Sixth Fleet patrol, USS Arleigh Burke overcame all odds to deliver American strength and resolve on demand, on time, every time."

Over the course of 2021, Arleigh Burke sailed more than 44,000 miles, circumnavigated Europe, and executed operations in the Baltic Sea, Black Sea, Mediterranean Sea, Barents Sea, Atlantic Ocean, and Arctic Ocean.

Arleigh Burke began patrol by sailing above the Arctic Circle. Along the way, they participated in an air defense exercise with U.S. and Norwegian Air Forces.

The ship then proceeded south, through the Danish Straits, to the Baltic Sea. While in the Baltic, Arleigh Burke demonstrated interoperability with NATO allies and partners; and conducted a port visit in Tallinn, Estonia where they welcomed several distinguished guests, including the Estonian President, Kersti Kaljulaid.

After a brief stop in Rota, Spain, Arleigh Burke returned to the Baltic Sea where they operated alongside allied and partner navies, including Canadian, Dutch, Portuguese, and Spanish ships of Standing



Photos courtesy of USS Arleigh Burke

Chief Intelligence Specialist John Quinlan is first off the ship as he is greeted by family after the Arleigh Burke-class guided missile destroyer USS Arleigh Burke (DDG 51) returned to Naval Station Rota, Spain, Dec. 23, 2021, completing her inaugural patrol as a member of the U.S. Navy's Forward Deployed Naval Forces-Europe (FDNF-E). Arleigh Burke, forward-deployed to Rota, Spain, is on its first patrol in the U.S. Sixth Fleet area of operations in support of U.S. National Security Interests and regional allies and partners.

NATO Maritime Group (SNMG) 1.

Arleigh Burke conducted a port call in Helsinki, Finland before returning to Rota, Spain and became the first forward deployed ship to complete the U.S. Navy's damage control-industrial training exercise.

Following the exercise, Arleigh Burke sailed east, through the Strait of Gibraltar, Mediterranean Sea, and Turkish Straits, and entered the Black Sea. While in the Black Sea, Arleigh Burke executed port visits in Varna, Bulgaria; Constanta, Romania; and Golcuk, Turkey; hosted Romanian and Turkish naval leadership, and conducted a tactical maneuvering

exercise with the Georgian Coast Guard.

Arleigh Burke returned to Rota on Dec. 23, 2021, marking the end of a momentous year and a highly successful patrol.

Arleigh Burke is one of four U.S. Navy destroyers based in Rota, Spain, and assigned to Commander, Task Force 65 in support of NATO's Integrated Air Missile Defense architecture. These FDNF-E 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.



Gas Turbine System Technician First Class Kristofer Black is greeted by family after the Arleigh Burke-class guided missile destroyer USS Arleigh Burke (DDG 51) returned to Rota, Spain, Dec. 23, 2021, completing her inaugural patrol as a member of the U.S. Navy's Forward Deployed Naval Forces-Europe (FDNF-E).

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Royal Postman Visits Local Spanish School for Annual COMREL Event

Photos by MC2 John Owen

Students at Colegio Marqués de Santa Cruz, a school located within Spanish Navy base housing, were visited by the Royal Postman, Dec. 20, 2021. In Spain, the Royal Postman receives letters from children to be taken to the Three Kings. This is an annual community relations (COMREL) event where an American from the Naval Station Rota community plays the role of the Royal Postman and engages with the children. Rota MWR Youth Sports Coordinator Jeff Shelton was the Royal Postman, a role he has played in previous years. This event is one that all the children look forward to each year, but many involved wonder if Shelton has just as much fun as the kids if not more!



USO Rota's 12 Days of Christmas

By Cassie Rudden
USO Rota

Starting on Dec. 10, USO Rota kicked off its annual 12 Days of Christmas program. For 12 days, the team hosted festive events for the community that aim to reach as many military service members as possible and provide them with some holiday happiness!

On the USS Ross, Sailors walked into work on a chilly morning and were greeted by Christmas music, Frosty the Snowman, and the USO elves dancing and handing out gifts. Every Sailor received a USO Holidays pack with all kinds of goodies inside; to ensure the Sailors started their day off well, they were treated to joyful drinks like peppermint mocha, gingerbread latte, and white chocolate hot cocoa. USO Rota also visited the USS Roosevelt, USS Porter, USS Arleigh Burke, Navy Mobile Construction Battalion 1 (NMCB-1), Fleet Anti-terrorism Security Company, Europe (FASTEUR) Marines, and even the deployed Air Force up at Morón Air Base to spread similar holiday joy over the 12 Days of

Giveaways.

In addition to the expeditionary commands, USO Rota provided programming for military spouses, children, and other members of the community with days focused on festive holiday beverages, like Italian eggnog, salted caramel, and a hot cocoa bar! Military spouses had the opportunity to visit the USO Center to make their very own Christmas ornaments! While doing so, they enjoyed the festive atmosphere of the center, sipped on festive holiday lattes, met other spouses, and left with a special gift to put on their tree.

The 12 Days of Christmas officially concluded with the annual Operation Cookie Drop on both Christmas Eve and Christmas Day, where the USO Rota elves pranced around the base with holiday music and giddy smiles. The team handed out homemade cookies to servicemembers on duty to express a lot of thank-yous, love, and appreciation.

The feedback on these programs is always overwhelmingly positive! While the gifts are wonderful perks, the



Courtesy photo

USO Rota team members and volunteers bring cheer to the Fleet Anti-terrorism Security Company, Europe (FASTEUR) Marines stationed at Naval Station Rota during the holidays as part of their 12 Days of Christmas.

experience provided to every member of the community is what is truly remembered. The holiday season can be one of the most challenging times of the year for service members who are away from their families; the USO's mission is to ensure a home away

from home is provided to each service member and their family, especially those single, unaccompanied, or deployed. USO Rota couldn't think of a better way to remind them of their favorite holiday traditions than spreading holiday joy!

Operation Cookie Drop: How Service Members Working on Christmas Still Received Holiday Cheer

By Kayla Clark
USO Rota

It was a cold, blistery Christmas Eve and Christmas Day in southern Spain, which is quite unusual for this time of year. Normally the weather is crisp and filled with sunshine, and the community enjoys time listening to zambombas in the streets, filling up on roasted chestnuts and enjoying the twinkling lights adorning the town. This year, however, at Naval Station Rota, the holiday weather was especially dreary – but that didn't deter the USO elves (that is, staff and volunteers), or their signature "Operation Cookie Drop." In fact, it made it even that more critical.

Operation Cookie Drop, a key local program for USO Rota, was conceived shortly after the USO center's official opening back in 2017. The mission of Operation Cookie Drop is to deliver holiday joy and cheer to service members on duty on both Christmas Eve and Christmas day through gifts of individually-packaged homemade cookies.

This program receives over 2,000 donated cookies each year, which are then packaged with festive ribbons and bows and then given out by USO staff and volunteers dressed as elves, snowmen

and other special North Pole characters. Both mornings, these special "elves" get together early in the day before sunrise to map out their deliveries before getting suited up in their festive attire. They then prepare their holiday music playlist and set out to surprise service members by bringing happiness and cheer to the base.

"As prior service, I remembered what it felt like to work over the holidays. Even though they made a special meal at the chow hall, and we perhaps put up lights on dispatch, the holiday was a bit overlooked and just another workday," said former USO Rota center manager DeAnna Pazdyk.

Pazdyk explained that it was her experience in the military, as well as the shared experiences of USO Rota's volunteers, that helped inspire Operation Cookie Drop.

"We have a great community who always want a way to feel connected, so we got them involved in a cookie drive, and they became our volunteers to help make the holidays a little brighter."

The first year of Operation Cookie Drop, 2017, the USO Rota center was bustling and busy. The center had organized shift after shift of volunteers to come in with baked cookies. The volunteers also worked diligently after hours decorating, packaging and freezing the cookies to get ready for the big delivery days.

"Finally, on Christmas Eve, with a squad of volunteers, we donned our elf and holiday gear, loaded up and 'stormed the base,' dropping off a 'blitz' of cookies to all on-duty near and far with the battle cry of 'Happy Holidays' and the soundtrack of jingle bells," Pazdyk said.

"The next day we did it all over again. After seeing the smiling faces of the service members and sharing some time with them, our volunteers were hooked and couldn't wait to do it again. It is a program that makes a lot of people in our community feel merry and bright."

USO volunteer and retired Navy Corpsman Beverly Litz, baked and donated well over 500 cookies for the operation and volunteered to deliver

them on Christmas day this year. For her, baking for others takes time, dedication and "feels like love." She wanted to be able to give that love back to her military community, especially with her own personal experience and understanding of the sacrifices service members make while being away from their families during the holiday season.

"Operation Cookie Drop means spreading some cheer on a day when service members might rather be with their families but can't," Litz said. "These little goodies bring some homemade love and show them someone cares when they might be feeling alone."

This year, the skies were cloudy and gray and the rain was pouring, but the smiles were bountiful. Each day, these USO elves loaded up into a big USO van, adorned with a wreath on the grill, and set out to canvas the base. Sleigh stops were made to the security gates, the hospital, the deployed Seabees of NMCB-1, the FASTEUR Marines, all three fire stations, the post office, the Navy Lodge and Navy Gateway Inns & Suites, and all four destroyers in-port, including the USS Ross, USS Roosevelt, USS Porter and USS Arleigh Burke.

"Having the opportunity to deliver cookies to our service members was the highlight of my Christmas," said Center Operations Manager, Cassie Rudden. "Being able to show them how much they are appreciated and make even a small, positive impact on their holiday is really what working for the USO is all about."

On Christmas Day this year, with the especially dreary conditions, the elves added a new comfort: some warm, white chocolate lattes and sweet cocoa deliveries to those standing watch outside. Sailors manning the entry control points or quarterdecks on base were treated to these warm cups topped with whipped



Courtesy photos

Each year, USO Rota assembles more than 2,000 cookies to deliver to service members working during the holidays at Naval Station Rota..

cream, making the perfect pairing for the iced sugar cookies.

The USO sleigh also had a surprise stop at the USS San Jacinto, which was in port during the holidays. The elves were escorted through the ship, the mess decks and the wardroom, where they received the biggest surprise.

"My favorite part of the day was seeing the excitement in the faces of everyone as they saw us approaching. But more specifically, it was when one Sailor on duty rushed out and gave [a USO volunteer dressed as] Frosty the Snowman the biggest, most meaningful hug – like seeing us was the best part of his day," said Litz.

USO Rota plans to continue Operation Cookie Drop in future holiday seasons.

As USO volunteers Master Chief Petty Officer Ken Virgilio and his wife Ruth said: "It is important for service members to know that they are thought of and that not one single person is forgotten during the holidays."



Letters to Santa: Madrid Team Provides Holiday Cheer

From Madrid Aerial Mail Terminal (AMT)

The Letters to Santa program was started by U.S. Air Force airmen assigned to the 58th Weather Reconnaissance Squadron at Eielson Air Force Base in 1954. These airmen decided to help answer letters that arrived at the post office addressed to "Santa Claus, North Pole." The airmen would write a short handwritten note on a template and send the letter back to the child.

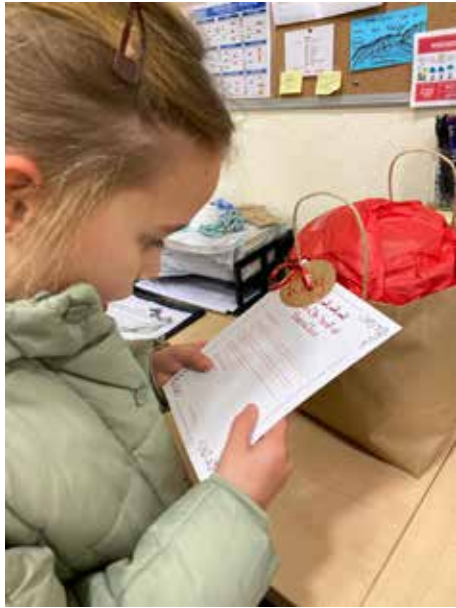
Today, the amount of letters the Air Force Unit receives and responds to an average of 3-5,000 letters each holiday season. The success of the program has led to it becoming a tradition within Air

Force postal.

Madrid Aerial Mail Terminal (AMT) Postal Officer Will Smith has kept this tradition alive by collaborating with local communities and postal activities to implement this program at each of his active duty Air Force postal assignments in Korea, Germany, and Spain. Although Smith retired from the Air Force, he has continued this tradition as a civilian during his assignments in Cuba and Madrid.

Personnel assigned to Madrid AMT looks forward to leading this outreach program promoting literacy and holiday spirit amongst school age kids in the Madrid community. Unfortunately their longtime partner, the American School of Madrid wasn't able to participate in the program the past two years due to COVID restrictions at the school. This year, the Madrid team was thankful to team up with the U.S. Embassy Madrid Diplomatic Post Office (DPO) and Community Liaison Office (CLO) to restart the program this year. With the smaller number of participants in the Embassy community it was easier to manage COVID protocols and still ensure all of the participants got to safely enjoy the program.

Madrid AMT would like to give a special thank to Stephanie Cryder, DPO postmaster, as well as Carol Picon and Justin Dahse from the CLO team for their outstanding creativity and positive energy enabling a successful return of the Letters to Santa Program this year.




Courtesy photos

Madrid Aerial Mail Terminal (AMT) was again able to participate in Letters to Santa Program. This year the program was done in conjunction with the U.S. Embassy Madrid Diplomatic Post Office and Embassy's Community Liaison Office.



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For those interested in information on, or joining, Girl Scouts Overseas, please contact rotagirlscouts@usagso.org.



Volunteer Spotlight: Krystal Swift

Krystal Swift, a Rota community member since January 2019, is a co-leader for Girl Scouts Overseas and the awards chair on the Overseas Committee Management Team (OCMT) in Rota, Spain. Her role as a volunteer assists in guiding, mentoring, educating and monitoring the progress for more than 70 Girl Scouts and adult volunteers here in Rota.

"As part of OCMT, I also assist in brainstorming and planning council events for our council to include rally day, day camps, Girl Scout week and fun summer activities," said Swift. "As a co-leader, I plan bi-weekly meetings and help the troop members through requirements to earn badges and awards."

Swift, a native of Poway, California, is not new to the organization. She has been a Girl Scout since kindergarten and even earned Girl Scouting's highest award, Gold Award, in 2010. Because of this lifelong experience, she wanted to give back by providing support to the organization and volunteers.

When asked her favorite thing about

volunteering, Swift stated, "to be able to introduce girls to new experiences that show them they're capable of more than they ever imagined. It's beyond rewarding to watch them work together and become more independent outside troop meetings."

This falls in line with the Girl Scout's tagline of "finding their inner G.I.R.L." (go-getter, innovator, risk-taker, leader) and Swift enjoys helping her scouts and fellow volunteers here in Rota to be empowered within the community.

Swift has volunteered in Girl Scout organizations across the country including New Jersey and San Diego, California. As she and her family prepares to move to their next duty station, she reflects on her time here in Rota.

"My family and I have been blessed to travel to more than 20 countries during our tour here in Spain and I want to thank everyone I have met along the way. I appreciated and cherish all the friendships my family has made here in Rota, we will miss it dearly."

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Team Rota

Christina Suarez

Christina Marie Suarez manages the executive office and provides support to the base triad – commanding officer, executive officer, and command master chief – by managing their schedules, coordinating travel, compiling read-ahead materials for conferences and meetings, and performing a variety of administrative duties.

“Another vital aspect of my job is developing and maintaining good working relationships with all the base commands and Naval Station (NAVSTA) departments,” Suarez explained of her position as executive assistant.

One of the ways Suarez, a native of Brooklyn, New York, achieves this is by being a welcoming face to all personnel.

“Being a veteran and (now) military spouse, I know firsthand how scary embarking on a new adventure can be so I try my best to bear in mind that my attitude can set the tone of Naval Station Rota for that person,” she said.

Additionally, Suarez enjoys hearing everyone’s life stories because she believes everyone has something to bring to the table. Working here at NAVSTA Rota provides her with plenty of opportunities to meet others.

“I work with some truly incredible people from all different backgrounds and walks of life,” she said. “We are a work family that supports each other’s professional goals and collaborates toward the common goal of making Team Rota what it is, which in my opinion, is the best in the Navy.”

To Suarez, Team Rota extends beyond the military and civilians working for the installation to the community at large. She explains that she loves seeing the community support each other in this overseas environment.

See **SUAREZ** Page 17

community classes

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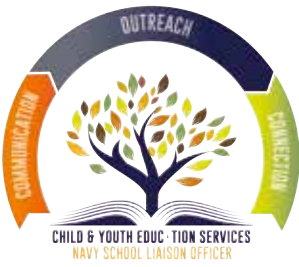


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All of the MFLCs are working on Rota



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We are looking for student art entries for the S.T.E.A.M. Expo 2022 logo that showcases Science, Technology, Engineering, Art, and Math.

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Art Medium: ANY!!

Hand drawn, computer generated, crayons, color pencils, markers, paint, etc.
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SUAREZ

Continued from page 16

"It has been such a joy to watch this community come together," she explained, but emphasizing that it's not just for high visibility events like Operation Allies Welcome. "I'm also talking about the small acts of kindness and compassion that I witness every day. There's beauty in that and it's what sets this base, this community, apart from others."

Outside of her executive assistant duties, Suarez also serves as the assistant protocol officer helping out with the planning and execution of distinguished visitors's visits to NAVSTA Rota. She also volunteers in her free time as treasurer for the Rota Swim Club and a Catholic Catechist at the chapel.

This is her family's second tour to Rota and they enjoy the travel opportunities that come with being stationed here. However for Suarez and her family, Rota is also home.

"Rota is more than a duty station for us, I consider it my second home," she said. "My in-laws are locals and my husband was born at this very hospital and graduated from DGF High School. It's a unique occurrence for military children to be able to live in the same place that their parents lived in during their childhood and attend the same school. They even have some of the same teachers! I'm so glad they get to have that gift and this connection with Spain. It's been such a wonderful experience to see how the base and local area has changed over the course of the 17 years that we've been together."

(Central European) time.

School Liaison Scholarship & Resource Notes

Visit the School Liaison Scholarship & Resource Notes: <https://www.smores.com/yjn2s>

Just Arrived to Rota and need to Register Your Child in DoDEA?

If you have a school age (K-12) student and need to register for SY 21-22, please visit <https://www.dodea.edu/dors/index.cfm> and click on Register a New Student, and upload supporting

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Call the School Liaison before You GO

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



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Don't Let the Bed Bugs Bite: Tips to Stay Safe

By HM2 Michael E. Beprisits and Lt. Tal-Beth Cohen

Navy Environmental and Preventive Medicine Unit (NEPMU) 7

*in coordination with NMRTC Rota Preventive Medicine

2022 is upon us! This means we have an entire year ahead to achieve new goals and partake in new opportunities! One of the many opportunities you and your family can take advantage of throughout the New Year is traveling. With exciting prospects to visit and explore new cities, it is important to remain vigilant to prevent the infestation of a notorious blood-thirsty pest: the bed bug. This is one souvenir you do not want to bring back home! To effectively protect our shipmates and families, we must understand how to identify the presence of bed bugs and how to safely and effectively apply preventive measures as we visit foreign and domestic destinations.

Bed bugs are small, oval, flat, wingless, insects that feed on the blood of people and animals while they sleep. They can be found anywhere people are, including homes, AirBnBs, hotels, ships, buses, trains, and even in five-star resorts! Infestation normally occurs when people unintentionally transfer them from place to place.

While traveling, it is important to be mindful of signs of bed bugs; they can easily go undetected. Bed bugs are commonly known to hide within the fabric, seams, and crevices of mattresses and are often found in many every-day items that are located near the bed. They can be on furniture that is placed close to the bed such as headboards, carpets/rugs,

desks, drawers, curtains, lamp shades, or any small space that provides a dark and tight enclosure. Here are some signs that may indicate a possible infestation of bed bugs:

1. Rust-colored blood spots on bedding and/or mattresses. This is due to bed bugs being crushed as they are feeding (you may roll over on them or swat at them as they bite).
2. Eggs and exoskeleton shells within the crevices of furniture located on or near the bed.
3. Live bugs seen within the folds and seams of mattresses/furniture located near the bed.

As you travel, please remember to carefully and thoroughly check the spaces where you will stay, and be mindful of where you place your belongings. You don't want these critters to catch a ride home in your luggage. Below are travel tips that will reduce the risk of exposure to you:

1. Immediately upon arrival at your accommodation, place your luggage in the bathroom and inspect the mattress, headboard, and luggage racks for bed bugs or evidence of their presence.
2. Once inspected, place your luggage away from the bed and on luggage racks when packing/unpacking. This is to avoid any potential exposure, as there may be bed bugs on the floor or bed.
3. If you notice any sign of bed bugs, notify management and move to another accommodation. If not possible, request another room as far from the original as possible.
4. When you return home, immediately and carefully unpack your clothes and wash them. Ensure to use the highest heat possible in the washer and dryer.



Courtesy photos

A Sailor assigned to Navy Environmental and Preventive Medicine Unit (NEPMU) 7 inspects bedding for bed bugs.

5. Thoroughly inspect and vacuum your luggage and other travel bags. Dispose of the vacuum bags by sealing them and labeling as "infested". Dispose of the sealed bags in a dumpster.
6. Your suitcases and travel bags can be placed in large garbage bags and stored in an area that is separate from the bedroom until the next time you travel. Importantly, bed bugs are not capable of spreading diseases, but their intrusion may cause discomfort, itchiness, and lack of sleep to people. People have varying reactions to their bites, ranging from no visible indications to allergic reactions that appear as a rash and may have painful swellings. If not treated appropriately, the bites have a potential risk of developing into a secondary infection due to excessive scratching caused from their itchiness.

Please contact your medical provider for evaluation if you have these symptoms and any concerns.

If you notice signs of a bed bug infestation within your off-installation home, you should contact your landlord and request professional pest control services. If professional pest control is needed on NAVSTA Rota, please contact NAVSTA Rota Public Works Department (DSN: 727-2347/2348). NMRTC Rota Preventive Medicine Department (DSN: 314-727-2999) and NEPMU-7 (DSN: 314-727-2230) can be contacted to provide more guidance, suggestions, resources, and points of contact regarding bed bugs. NEPMU-7 loves bed bugs – if you collect any, please give us a call...we will take them off of your hands.



Close-up image of a bed bug from above.



Close-up image of a bed bug from the side.

Navy Environmental and Preventive Medicine Unit (NEPMU) 7 protects and preserves force health readiness through provision of theater-wide preventive medicine support to operational forces. If Naval Station Rota units are in need of more information on this topic, or other deployment services, please contact nepmu7@eu.navy.mil.

<https://www.cdc.gov/parasites/bedbugs/faqs.html>

<https://www.epa.gov/bedbugs/tips-travel>

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Health Promotion Corner: January is Healthy Weight Month

By Kay Lehman

U.S. Naval Hospital Rota Health Promotions

After a joyous holiday season filled with extra sweets and treats, you may be looking to clean up your diet. A simplified and successful approach to healthier eating is to use the "plate method" to ensure a balanced diet that is nutrient dense and portion controlled.

The plate method is a strategy that can be applied to every meal, even when eating out. To implement the plate method, follow these simple steps:

- Start with a nine-inch plate – using a smaller plate helps with portion control.
- Fill half your plate with non-starchy vegetables such as broccoli, zucchini, carrots, green beans, dark leafy greens etc. These veggies are very nutrient-dense, low in calories, and high in fiber. Pro-tip: Fiber helps to keep you feeling full and satisfied.
- Next, fill a quarter of the plate with a lean protein such as fish, chicken breast, lean beef, or a plant-based protein such as tempeh, tofu or lentils.
- Finally, add a serving of whole grain or starch to ¼ of the plate. Most people do not need more than ½ cup to 1 cup (cooked) serving size. Examples of high fiber whole grains would be quinoa, brown rice, bulgur wheat, oats, or whole grain bread. Starchy vegetables such as sweet potatoes or butternut squash can take the place of the whole grain.

• Add a serving of fruit or dairy, or one of each, as your meal plan allows. Fruit can be great addition for a post-meal sweet. A serving of dairy with a meal could be an ounce of cheese, or 8 ounce glass of milk or dairy alternative such as almond milk. A serving of yogurt or cottage cheese could be part of a balanced meal or snack.

Other weight-management tips to keep in mind:

- Avoid sugary beverages, alcohol, and high calorie coffee drinks.
- Drink water or unsweetened beverages such as coffee or tea.
- Pay special attention to portion control – use the plate method. Healthy foods still need to be portion controlled!
- Stay active – get a minimum of 30-60 minutes of cardiovascular exercise daily. Brisk walks are a great way to meet this goal.

Have plenty of vegetables and fruits

Eat protein foods

Make water your drink of choice



Choose whole grain foods

• Don't forget about the non-scale victories – you may find you sleep better and have more energy just by making some dietary changes, such as eating less sugar, reducing portions, and choosing high fiber foods.

As you move into the new year, think about your goals as something that you want to work on for the entire year. Nutrition services at U.S. Naval Hospital Rota can help you set achievable goals towards a healthier lifestyle. Self-referrals are accepted. Call Central Appointments at DSN 727-3618/3620 or commercial, +34 956-82-3618/3620, to make an appointment.

Get Boosted to Stay Healthy! COVID-19 Boosters

As of Jan.10, all COVID-19 vaccines

are available by walk-in only at the immunizations clinic. No need to schedule, just walk-in. Moderna, Pfizer and Pediatric Pfizer vaccines are available Mon – Fri, 8 a.m. – noon and 1-4 p.m. If you need to speak with a representative, please utilize the appointment line at DSN 727-3618/3620 or commercial +34 956-82-3618/3620.

As a reminder, patients who are six (6) months from their primary mRNA series (Moderna/Pfizer) or two (2) months from their single dose J&J series, may receive a booster. Current ages that are approved for a booster are 16 years and older.

For more information on COVID-19 vaccines and boosters through U.S. Naval Hospital Rota, please visit page 4 of this Coastline.

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)

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

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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 +34 649-23-95-63.

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 +34 629-27-13-12 or +34 649-23-95-63.

AL-ANON MEETINGS

Have you been affected by another person's drinking? If so, please join us every Wednesday at 1630 (4:30 p.m.) at the Chapel for an Al-Anon meeting. The only requirement for Al-Anon membership is that there be a problem of alcoholism in a relative or friend. For information on meetings, contact Amy at +34 624-285-125.

AMERICAN RED CROSS

Mon - Fri, 8 a.m. - 4:30 p.m.

Volunteers are welcome and encouraged to stop by the office and CPR courses are now being offered. Days and times of the courses will be posted on our FB page. For more information, call us during business hours at 956-82-2333, or visit our Facebook page, @RedCrossRota.

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 DSN 314-727-2333 or +34 956-82-2333. 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>

ROTA EDUCATION CENTER

The Navy College Office is **no longer** offering face-to-face services, but the Navy College Office schools continue to operate onsite. Central Texas College, Embry-Riddle Aeronautical University, University of Maryland Global Campus, and University of Oklahoma offices are open and able to assist you in reaching your education goals.

NAVY-MARINE CORPS RELIEF SOCIETY

Mon - Fri: 8 a.m. - 4 p.m. (Bldg. 3293)

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

Visit NMCRS Rota Facebook page for opening dates/times (Bldg. 222)

Visit the Thrift Shop to get great prices on clothing, uniforms, and household goods. Stretch your budget with carefully inspected gently used items. Our very low prices mean you get great savings! The third week of every month is the monthly tag sale.

THRIFT SHOP DONATION BOX HOURS

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: Are you a new or prospective parent? Join us in-person the 1st and 3rd Tuesday of every month to learn important budgeting skills for your new addition! Parents will 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 layette and a hand-made baby blanket. Active duty families will also receive a \$50 Amazon gift card. To register, visit <http://linktr.ee/nmcrrsrota> and select the desired class and date.

FINANCIAL LITERACY SERIES: Join our financial counselors for a two-part series on financial literacy that goes beyond your basic budget! If you would like to attend both parts, please register for each part separately.

Part 1: Discover your financial goals and values, explore advanced budgeting techniques, and save for large purchases such as a home or automobile. **Part 2:** Plan for the future with long-term wealth planning, including retirement and investments, and improve your financial health through debt repayment. To register, visit <http://linktr.ee/nmcrrsrota> and select the desired class and date.

NEW VOLUNTEER ORIENTATION: 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! We also reimburse for childcare and mileage! Apply to volunteer online at <http://linktr.ee/nmcrrsrota> and join us for a volunteer orientation. Orientation details will be emailed to prospective volunteers

with a completed online application.

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@nmcrrs.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 a.m. in Classroom A011 of the Community Support Building. Grow your support community by connecting with other moms and learning about local resources for you and your baby. The Visiting Nurse will have an infant scale on hand, should you wish to have your infant's weight taken. No sign up is necessary.

Active Duty Maternal Support Group: Held the 2nd Thursday at 3:30 p.m. in Classroom A011 of the Community Support Building. Connect with other mothers serving in the Armed Forces, discuss shared experiences, and learn about local resources. No sign up is necessary.

Perinatal Grief Support Group: Held the 2nd Wednesday at 11:30 a.m. in Classroom A011 of the Community Support Building. The purpose of this group is to provide a safe space and support community for those experiencing perinatal grief – including infertility, miscarriage, and infant loss. No sign up is necessary.

Prenatal Class Series: The NMCRS Visiting Nurse teaches two of the four prenatal classes taught in coordination with the Naval Hospital Rota OBGYN Clinic – Breastfeeding Class and Postpartum and Baby Basics Class. Learn the basics of what to expect after your baby is born, including techniques to successfully feed your newborn child. Registration is required for both classes. Reserve your spot by calling the U.S. 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, follow "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.



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Retail Operations: CLOSED

Monday, Jan. 17, 2022:

Parcel Pick-up & Command Mail: CLOSED
Retail Operations: CLOSED

FMC Rota will resume normal hours of operation on Tuesday, January 18, 2022.

To mitigate COVID-19 transmission, the FFSC office is closed and staff are working remotely during this time. Please call FFSC Rota during business hours (Mon-Fri, 8 a.m. - 4 p.m.) at the duty phone +34 648-285-103 and your call will be routed as needed.

All FFSC classes scheduled until Jan. 14, 2022 will be held virtually. If you signed up for a class/workshop and haven't already received notification from us, please send us an email at ffsc.rota@eu.navy.mil so that we can provide you with alternate class details.

If you have concerns about child abuse, domestic violence, or SAIL, please call the duty phone at +34 648-285-103.

For information and referrals, call the duty phone at +34 648-285-103.

For sexual assault prevention and response (SAPR) related issues, call the SARC duty phone at +34 679-480-545.

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