

# COASTLINE



April 7, 2022 / Volume 32, Issue 7

U.S. Naval Activities Spain

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# CO's Corner



## Capt. David Baird

Month, Child Abuse Prevention Month, National Public Safety Telecommunicator Week, Easter, Earth Day, and at long last, FERIA!

Sexual Assault Awareness and Prevention Month (SAAPM) occurs every April, but in reality, our efforts to prevent sexual assault occur year-round. Fundamentally, preventing sexual assault comes down to treating one another with dignity and respect, and that same behavior leads to positive relationships and life experiences, while also preventing other destructive behaviors. So this month, I encourage our entire community to participate in some of the great events our team has scheduled for SAAPM, wear teal in honor of SAAPM, and treat one another with dignity and respect throughout the year.

I also encourage our community to "Purple Up" this month in honor of our military children. As a father, I am acutely aware of the challenges our children face as our military careers take us around the globe every two to three years. Our children endure

## April: Observances, Holidays, and FERIA!

Team Rota, April is here and with it comes longer days, warmer weather, and countless fun activities throughout our community. Organizations all around base are holding events in recognition of the Month of the Military Child, Sexual Assault Awareness and Prevention Month, too many good byes from parents who aren't sure exactly when they will return, too many good byes when friends move, or when they move themselves, and too many years of "starting over" building new friends at new schools in new communities. Yet somehow, our children continue to thrive and grow roots, like dandelions, no matter where they are planted. Let's all honor our children by wearing purple this month.

Next week will mark the return of Semana Santa in our local area. The Holy Week before Easter is steeped in tradition throughout Spain, but especially here in Andalucía. You can expect to see many religious processions throughout local towns and cities, with music, singing, and reverence. Please be aware that the religious fraternities who march in Semana Santa processions wear traditional clothing that dates back centuries. While this clothing may look similar to robes and hoods worn by a racist organization in the United States, please know that there is absolutely no connection between the two. So do not be alarmed when you see people in a pointed hood and long robe, but instead enjoy the traditional processions, music, and reverence. For more on Semana Santa in Spain, turn to page 10-11.

Finally, we are just three weeks away from the beginning of FERIA season! Many of us have not yet had an opportunity to enjoy a FERIA here in Spain, due to the pandemic. This year's season is sure to be a grand celebration with beautiful FERIA dresses, Sevillana dancing, horses, sherry, and good friends. Please spend time with friends and make some new ones, while also making responsible choices. Above all, please do not drink and drive!

Check out all editions of the Coastline, Vamos magazine, and our Facebook pages to stay up-to-date on all that is going on in our community, as the pandemic transitions into an endemic. Countless good times are ahead, but we still need to get vaccinated, protect those who can't, respect each other, and keep the faith – for the duration!

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## On The Front Cover



Educational and Development Intervention Services (EDIS) provides a range of services for free to children of Naval Station (NAVSTA) Rota, Spain and their parents. Read more about EDIS services on pages 12-13. (Photo by MCC Nathan Carpenter)

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# NAVSTA Rota Safety Department Announces Traffic Safety Poster Winners

**By Courtney Pollock**  
NAVSTA Rota Public Affairs

Naval Station (NAVSTA) Rota Safety Department held a traffic safety poster contest for all school age children during the month of February 2022. Students in 1st-12th grades were able to compete in four age categories.

"We selected traffic safety because this affects everyone on the installation," said Lauren Blakley, director of NAVSTA Rota Safety Department. "Due to the number of traffic mishaps, near misses and reported hazards, we felt it was important to increase awareness."

The contest was only one aspect of an

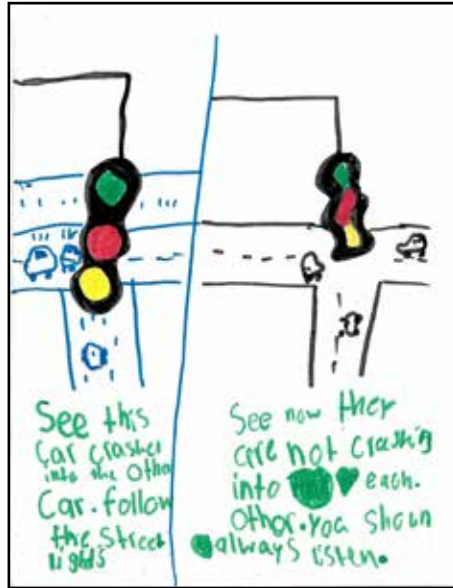
awareness campaign that the safety department has been working on around NAVSTA Rota. Safety has also worked with American Forces Network (AFN) Rota to develop and broadcast informational radio PSAs and two television commercials.

The poster contest helped draw attention to traffic safety from amongst some of the younger members of the community. The judges at the safety department were impressed by the artwork they received.

"Their creativity was amazing," said Blakley. "The artwork was very good all-around and the poster topics were very pertinent to our installation."



**Nataliya Jordan**  
Winner: 8th Grade



**Emiliano Sosa**  
Winner: 3rd Grade



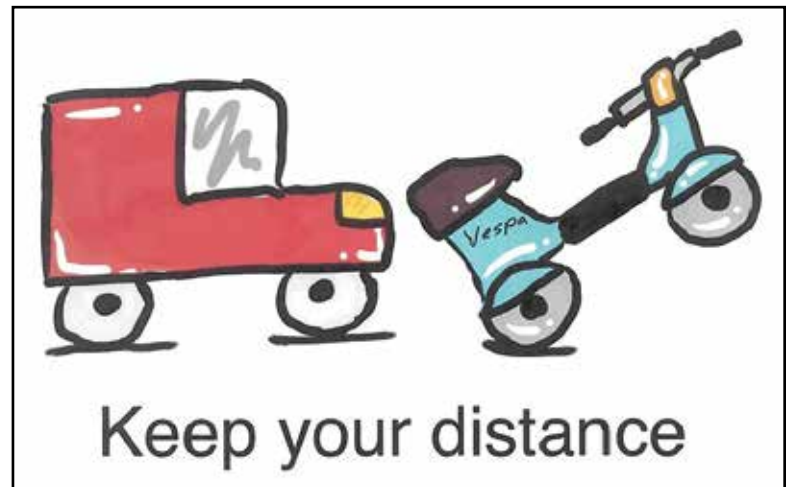
**Isabella DeBaun**  
Winner: 5th Grade



**Abigail Maghanoy**  
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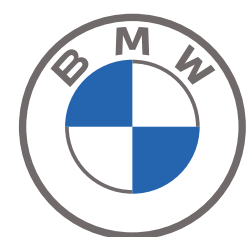
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# Health Promotion Corner: April is Sexual Health Month

By Lt. Cmdr. Elyse Braxton  
U.S. Naval Hospital Rota

Like mental health, sexual health often comes with shame, stigma, fear, and discrimination. Both types of health should support well-being and be part of everyday conversations instead of being spoken about in hushed tones of voice. The Navy Marine Corps Public Health Center (NMCPHC) designates

April as Sexual Health month. The primary focuses are the prevention of unplanned pregnancies and sexually transmitted diseases. We would be remiss if we didn't discuss the unfortunate topic of sexual assault. Throughout April, NAVSTA Sexual Assault Prevention and Response (SAPR) Program and Navy Environmental Preventive Medicine Unit 7 are partnering with U.S. Naval Hospital

Rota and tenant commands to present numerous programs to bring light to sexual assault awareness and survivors of this senseless crime. Should you need assistance regarding a sexual assault, the SAPR Rota phone number is +34 646-407-781.

The Plan B One-Step® (sometimes called the "morning-after pill") is an emergency contraceptive pill a woman can take within 72 hours (three days) after having unprotected sex, birth control failure, or after a sexual assault to prevent pregnancy. Please note this pill is not effective if the user is already pregnant, will not harm an existing pregnancy, and cannot terminate a pregnancy. The pill does not protect from sexually transmitted diseases, should not be used as a form of birth control, and should not be taken before unprotected sex.

## Out of the Darkness

Awareness Walk

Supporting those affected by sexual assault, depression, and suicide.

29 April 22  
Registration: 0600-0630  
Opening Remarks: 0630  
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Out of the darkness and into the light, one step at a time.

# HIV

...Sailors and Marines should know...

## HIV happens...

**5**

...every 5 days, another active duty Sailor or Marine is diagnosed with HIV.

...to women: in the U.S., about 1 of 5 people that got HIV last year is a woman.

...to men: Men who have unprotected sex with men are at highest risk of getting HIV. Men who have unprotected sex with women can also get HIV.

## But it doesn't have to...

**Condoms**  
used right and every time greatly reduce your risk.

Just pulling out, or just asking your partner if they have HIV are NOT safe strategies.

Ask for an **HIV test** every year if you are a man who has sex with men or if you have sex without a condom

**HIV medicine**  
can greatly reduce your risk of getting HIV. You can take one pill each day - it's called PrEP.  
- or -  
You can take HIV pills after an exposure - BUT you must start within 72 hrs - it's called PEP.

Ask if PrEP or PEP are right for you.

Use Adobe Acrobat to enter local info here...

Oct 2018

**NAVY AND MARINE CORPS PUBLIC HEALTH CENTER**  
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Although HIV, chlamydia, gonorrhea, syphilis, and unplanned pregnancies are preventable, at least 9,982 active-duty Sailors and Marines were diagnosed with chlamydia, gonorrhea, or syphilis in 2018; another active-duty Sailor or Marine is diagnosed with HIV every five days and 45% of enlisted female sailors say her last pregnancy while in the Navy was unplanned as per the NMCPHC. Furthermore, the CDC stated a record high number of over 2.5 million sexually transmitted diseases (STDs) in 2019 with chlamydia being the most prevalent at 1.8

million cases, 616,000 for gonorrhea, and 129,000 cases of syphilis. Antibiotics can cure these three STDs. If left untreated, people are at risk of reproductive health complications, chronic pain, and HIV. Men accounted for 83% of syphilis cases; gay, bisexual, and men who have sex with men accounted for 47% of syphilis cases. Almost 44% of gay and bisexual men with syphilis have HIV. HIV Pre-Exposure Prophylaxis (PrEP) medication is available to lower the risk of HIV by 90%. Contact your healthcare provider to discuss your options for HIV medication.

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All of these Mexican treats are presented by friendly personnel in a cheerful Mexican atmosphere.

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**Let's  
Eat!**

By Pilar Ruiz

## Torrijas (French Toast)

*My mother's torrijas are so good! We guarantee that you will feel the same and be unable to stop eating them. I remember when I was younger, my family used to pair torrijas with a glass of anise or sweet sherry wine while waiting for the Semana Santa processions to pass by the front of our house. So for me, this is the perfect combination.*

*But before sharing her recipe, we are going to tell you a bit about the history of this sweet. torrijas is a food of humble origins that quickly satisfied the diner's hunger and was, and is, customary during the season of Lent, when Catholics stop eating meat.*

*Torrija or "torreja" was first documented in the fifteenth century by Juan del Encina stating "honey and a lot of eggs to make French Toast." The first recipe dates back to Domingo Hernández de Maceras's Cookbook (1607) and Francisco Martínez Motiño's (1611) "Art of the Kitchen, Pastries, Cakes and Canning." The toast was very common in the early twentieth century in Madrid's taverns and was served with wine in short, wide wine glasses.*

*Its association with Lent is perhaps due to the need to use leftover bread that was plentiful during a time in which they could not eat meat, thus ate less bread. Families still baked the same amount so what did they do with the extra bread? They made torrijas!*

*Here is my mother's recipe. We hope you like it very much and promise that if you prepare this recipe following each easy step, yours are going to be just as delicious. We hope you enjoy them very much!*



### INGREDIENTS (for 4 people):

- 1 loaf of bread special for torrijas, sliced (available at any bakery in Rota)
- 2 1/8 cup (500 ml) whole milk
- skin of one orange
- 2 sticks of cinnamon



*Have you liked the recipes we have shared with you? Have you tried to cook any of them? It would be great to hear your comments, questions and suggestions about it. You can email us as pilaraprendiendoacocinar@gmail.com.*

- 2 eggs
- 4 Tablespoons sugar
- 1 1/16 cups (250 ml) "tintilla de Rota" sweet sherry wine
- 1 1/16 cup (250 ml) honey
- 1/4 cup (60 ml) water
- Mild olive oil

### PREPARATION:

1. Heat the milk with the skin of the orange and cinnamon sticks. When it is warm, remove the orange and cinnamon sticks. Pour the milk into a bowl, add the wine and sugar, and then stir.
2. Soak the bread slices in this mixture until they absorb the milk and are nice and wet.
3. Let the moistened bread rest on a cloth on a flat surface (table, counter, etc.).
4. Meanwhile, beat the eggs in another bowl.
5. Dip the bread slices in the beaten eggs and then fry in oil on medium heat (not too hot), turning as needed to get a golden brown color on both sides.
6. Place them in a colander to drain the oil or on a tray with paper towels and set aside.
7. Prepare the honey by heating it in a pan along with the water, and once it comes to a boil, dredge both sides of the torrijas in this honey.
8. Arrange on a serving tray and enjoy!



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# The Pageantry of Semana Santa in Andalusia

By Courtney Pollock  
NAVSTA Rota Public Affairs

A hush rolls over the crowd as the first notes of horns in a mournful marching tune are sounded. The steady beat of the drum sets the pace for procession of

nazarenos as they begin filing down the street with their incense and candles. Suddenly, a large float comes into view as it rounds the corner of a narrow street in Rota gently swaying side-to-side to the drum's beat.

Regardless of your religious background, experiencing Semana Santa, or holy week, in Andalusia is something not to be missed while stationed at Naval Station (NAVSTA) Rota. For Spain, Semana Santa and its processions are steeped in religious reverence but are equally an intense, moving cultural experience.

The processions began over 500 years ago to tell the story of the Passion, or final days, of Jesus Christ. Since literacy was not common during those times, visual interpretations called *pasos*, or statues, were used. The concept being similar to the art, statues and stained glass windows in churches teaching people about the stories of the Bible.

These *pasos* are carried on large, lavishly decorated floats and carried by members of the *hermandad* or brotherhood, called *costaleros*. They receive their name from the protective white garment they wear to protect their head while carrying these heavy floats. As a spectator, you will typically only see the slow shuffle of the *costaleros*' feet beneath the float as they pass.

The procession begins at the church where the statue is housed year-round. The first step is expertly removing from the church and into the street, which at some churches require the members underneath the float to shuffle on their knees with only a few inches to clear the door frame before dramatically raising to upright position. The crowd's intense silence as they move through the door erupt in cheers and clapping for the successful maneuver.

Afterwards, the float begins its slow passage through the streets ranging

from a few hours to several hours. The float is typically accompanied by a band, clergymen, and the cloaked nazarenos

See **SEMANA SANTA** Page 11



*Semana Santa, or Holy Week, processions in Spain are an unique cultural and religious experience for those stationed at Naval Station (NAVSTA) Rota, Spain. Small towns and large cities alike participate in this old tradition of moving large statues called pasos through the streets to show the final days of Jesus Christ. The pasos are accompanied by members of the religious brotherhood, musicians, and religious items.*

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## SEMANA SANTA

Continued from page 10

of the brotherhood carrying candles, incense, and religious relics.

Perhaps most jarring for Americans attending their first Semana Santa procession is the attire of *nazarenos*. Long robes with tall pointed hoods are typically a sight that cause Americans to pause. However, there is no nefarious meanings behind these robes and no connection with the American Ku Klux Klan. For *nazarenos*, the attire simply allows them to repent for their sins while keeping their identity concealed.

People gather along the sides of the streets awaiting the *pasos*' arrival. As it passes, the atmosphere goes quiet, solemn and for some, emotional. After it's passed, you'll see family and friends head to a bar for tapas or drink, children playing in the streets, or some rushing ahead to

another point on the procession path to catch the *pasos* going by again.

Semana Santa processions kick off on Palm Sunday, or the Sunday prior to Easter, and continue throughout the week highlighting the final days of Jesus Christ. The processions take place at different times with some starting mid-day or early evening while others do not leave until well after midnight.

The local towns of Rota and El Puerto de Santa Maria have gorgeous floats while still maintaining a small town feel. For larger processions, head to Jerez de la Frontera, Seville, or Malaga; however, planning ahead and arriving early for the larger cities' processions is essential since many have are paid seating areas and designated crossing locations.

The pageantry and religious reverence of Holy Week processions in Andalucia should not to be missed during your time in Rota. It's sure to leave a mark on you long after you leave Spain!

## USO Rota Provides a Bingo Break from Reality

By Justin Merchant  
USO Rota

In 1929, at a country fair in Atlanta, bingo was introduced. At the time, bingo was referred to as "beano" and played from a cigar box which the dealer would draw numbered discs and beans to mark players' cards. A salesman from New York renamed the game to "bingo" after he overheard a player get too excited and accidentally yelled "bingo" instead of "beano." After that, it's all history!

Once a month, USO Rota charges into the Galley with energetic music, high spirits, and prizes. When a service member sits down to enjoy their dinner, they are handed a bingo card by a smiling face and encouraged to play. The DJ announces randomly selected numbers from the bingo wheel and engages the crowd with icebreakers or taunts. The winners of each round are handed prizes ranging from sporting supplies to drink tumblers.

Service members have little time to escape between training, refitting, patrols,



Courtesy photos

Staff members and volunteers from USO Rota provide bingo cards for service members and family members of Naval Station Rota, Spain.

and other responsibilities, so USO Rota uses bingo to help the local service members take a break from the hectic reality of their day. A Sailor, Soldier, or Marine who has had a stressful week, can get a small break from the stress by playing a simple game of bingo.

The USO's mission is to connect service members to home, family, and country. But sometimes, to accomplish that mission, the USO needs to provide an escape from reality to the fantastic members of our military.

Bingo might seem like a small and simple event to put on, but sometimes simple events have the most significant impact.



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# Kids at Play: EDIS Helps Rota Families Learn Through Play

By Courtney Pollock  
NAVSTA Rota Public Affairs

Whether you're a first time or experienced parent, those early days and years of parenting can be difficult. The constant onslaught of concerns, doubts, and thoughts. "Is my child's development on the right track?" "How can I best support my child?" "Does my child need specialized care?"

These are all questions that the Educational and Development Intervention Services (EDIS) clinic at Naval Station (NAVSTA) Rota, Spain, can answer. They can also help provide specialized care to your child by assisting you to find the best ways to support your child's growth.

"Most brain development, actually 90%, occurs within the first three years of life," said Jeff Mullins, early childhood special educator at EDIS. "All of the brain's pathways and everything that's happening during that time, it is more flexible – more changeable – at that time. The sooner you start working with a child, the more long lasting impact you'll have."

Early intervention during these highly dynamic, pliable years can have a ripple impact for a child's life. Catching and addressing potential developmental challenges early can give the child the opportunity to gain the skills to hit milestones in conjunction with his or her peers. EDIS provides services to young children and their families ranging from early childhood development to occupational, physical and speech therapy.

"With the services of EDIS, family

and children are able to develop those early habits of choosing activities that will help their brain development or physical development," said Nate Peterson, physical therapist for EDIS. "The earlier that foundation is established, the earlier they can build upon it as they grow."

Helping children learn the skills to succeed is what drives the staff at EDIS. By working within the family's daily routine activities, the staff support both parent and child together so they can learn those skills.

"It's so gratifying when we can facilitate growth," said Kelley Hermann, occupational therapist at EDIS. "However it's triple gratifying when we teach a parent and they can elicit that skill."

Supporting parents and giving them the tools to support their child throughout their daily interactions provides more opportunities to practice new skills and creates the best results for the child.

"One of the unique opportunities for early intervention is being able to go into the home and support the parents," said Jessica Kavanaugh, speech therapist for EDIS. "Parents know their kids best, and can teach or work on strategies to help them implement those changes."

This family-centered approach is reinforced by providing services in what is considered a natural environment for the child. Therefore, most EDIS sessions take place in the home, at playgrounds or libraries, or at the Child Development Center (CDC) if both parents work.

Hermann points out that holding the session in a familiar environment not only benefits the child, but the family.



**Photos by MCC Nathan Carpenter**  
*Jeff Mullins, an early childhood special educator for Educational and Development Intervention Services (EDIS) clinic, interacts with a child during a monthly playgroup for children and parents to meet the staff, play, and ask questions.*

"When they're in their most natural environments, parents learn best as well and they can replicate what you're teaching them," she said. "Parents are the natural teachers. Even though we're the experts, we teach them (the parents) to be their child's teacher."

This teaching approach continues from child and parent to their coworkers. EDIS utilizes the primary service provider model for providing services to the child and their family. Simply put, this means one of the specialists will take the lead for the family.

"It's designed that one primary provider acts as the conduit for all information so that everything passes through that

person so the family is getting a unified message," said Mullins.

For the family to receive that unified message it means that EDIS staff have to be in constant communication and sync with each other. That is made easier here in Rota with each of the team members saying that they work well in providing cohesive plans for the child and family.

"I think we all work well together because we're all open to hearing the ideas and perspectives from another provider," said Kavanaugh. "We're open to

See **ROTA EDIS** Page 13



*Jessica Kavanaugh, a speech therapist for Educational and Development Intervention Services (EDIS) clinic, interacts with a child during a monthly playgroup at the Rota EDIS clinic.*



*Jeff Mullins, an early childhood special educator for Educational and Development Intervention Services (EDIS) clinic, interacts with children and parents during a monthly playgroup at the Rota EDIS clinic.*



*Nate Peterson, a physical therapist for Educational and Development Intervention Services (EDIS) clinic, engages a child in an activity during a monthly playgroup at the Rota EDIS clinic.*

## Rota EDIS Team Members



**Dr. Luis Fernandez**  
Clinical Child  
Psychologist / EDIS  
Program Manager



**Conchita Cuvillo**  
Administrative  
Support Assistant



**Kelley Hermann**  
Occupational  
Therapist



**Jessica Kavanaugh**  
Speech-Language  
Pathologist



**Jeff Mullins**  
Early Childhood  
Special Educator



**Nate Peterson**  
Physical Therapist



**ROTA EDIS***Continued from page 12*

learning other's perspectives as a professional, and we all truly care about helping the child and family."

This emphasis on helping the child and family is reiterated multiple times by numerous staff members. The idea of keeping the child and their development as the focus, providing the child with the best care, and supporting the family is clear.

"It the hardest job any of us will ever do," said Mullins. "I have such a deep respect for the work all parents are doing ... especially since many are doing it on their own when their spouse is deployed."

While parenting can be stressful, trying, and difficult, perhaps it doesn't need to be, with the help of EDIS. Whether

your issues are large or small, you can stop by for even the simplest of reasons. As Peterson puts out. "We're here because we like to help kids and their families."

EDIS is a free, federally-mandated children's program that is voluntary for all families of NAVSTA Rota. The department falls under U.S. Naval Hospital Rota, Spain, and works in tandem with medical professionals from pediatrics and audiology. Primary care providers may refer a child to the program or a parent can do a self-referral. The program requires a screening and evaluation prior to enrollment. Stop by the EDIS clinic for information on child development and milestones, services, and more. EDIS is located in base housing in Bldg. 1741, near Housing Self-Help. Their office can be reached at DSN 727-4029 or commercial, +34 956-82-4029.





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## Q&A with an EDIS Family

### Can you tell us about your experience with EDIS?

EDIS welcomed my concern for my child's digression and worked closely with me to promote progress and get him back on track. Everyone was always delightful, polite and extremely helpful throughout the process, and I was always informed on what was happening in the present and what to expect in the future.

### What services did EDIS provide? Frequency?

EDIS provided speech therapy for my son along with cognitive behavioral therapy. Speech therapy sessions were three times a month and cognitive behavioral therapy was once monthly. They were very flexible and made adjustments to schedule as needed.

### How did your child respond to EDIS provider?

Liam is a very sweet and loving boy, he is a people person and he was ecstatic on days where he got to see Mrs. Jessica (Kavanaugh). I think he sees her as the woman with all the fun games, because she brought in unique ideas and diversity that aided in his speech development.

### How long did your child receive services?

Liam just concluded speech therapy in March 2022. He had been receiving services for about seven months.

### What changes did you see in your child?

During the course of Liam's therapy, I noticed a dramatic improvement in his speech as well as his gestures. He is more confident when speaking and has developed a love for singing words, nursery rhymes, and

everything in between.

### What would you tell someone who was on the fence about EDIS?

I would encourage them to give it a try. As parents, we would scale the ends of Earth for our children and getting them the extra help they may need could take a bit off of your plate. Also, EDIS is an optional service and if you are not satisfied with how it is going or anything, you are free to discontinue the service (although I'm sure you'll be pleased).

### Anything else you'd like to add?

I would like it to be known that EDIS not only helped my son Liam, it also helped me. Those sessions taught me how to understand the ways that my son learns and things I could



do to aide in his development. They also assisted with Liam's advancement to the Sure Start Program to prepare him for school. EDIS has been such a rewarding tool in my parenting and in my child's development.

*Thank you to Trayla Griffin for sharing her experience with Rota EDIS and the services they provided her son Liam.*



## Building Something Amazing: NAVSTA Rota Personnel Participate in Language Event at Local High School

By Courtney Pollock  
NAVSTA Rota Public Affairs

Personnel from Naval Station (NAVSTA) Rota, Spain, participated in two English language events with students from IES Francisco Javier de Uriarte Spanish School, located just outside the installation gates, March 18, 2022. The event was coordinated by Chief Mass Communication Specialist Lauren Howes, assigned to American Forces Network (AFN) Rota, and NAVSTA Rota Host Nation office in conjunction with the school.

"I wanted to create a volunteer opportunity that involved the local community and was different than some of the stuff normally done," said Howes. "My hope is to give service members

the chance to engage with the local community and for the local community to get to know us."

When NAVSTA Rota Host Nation Office approached the school with the idea, teacher Ana Garcia Guerra was enthusiastically on board. They decided upon two one-hour sessions – one in morning and one in afternoon – with her more advanced English classes.

"I have always wanted to have some sort of exchange with my students and people from base," she said.

While the students are taught 3-4 hours a week of English instruction, she explained that they needed interactions with native speakers.

"For the Spanish students, this is a very good experience to find out how native speakers speak," she explained.

"They need to know firsthand how people talk, how people live in the States, how they work, etc."

Each session started with the active duty service member giving their name, hometown or state, and age. Garcia Guerra quizzed the students at the end to check their comprehension, turning it into a fun game. Afterwards, the students broke



Photos by MC2 Jeffrey Sherman

Personnel from Naval Station (NAVSTA) Rota pose for a photo with students from IES Francisco Javier de Uriarte Spanish School after an English language community relations event, March 18, 2022. American personnel worked with Spanish students to practice conversational English and provided feedback on the students' presentations.

up into small groups to chat with service members around the outdoor patio.

The time was used to get to know each other better and ask questions about each other's cultures.

"I was very excited to learn new English vocabulary," said Jesus López Salmerón, a student from El Puerto de Santa María, Spain. "To hear how a native person talks with you – vocabulary, expressions – and making corrections [to my English]."

Adding that he and his fellow students could teach, "the Americans a little bit more about Spain and its culture and

what the Spanish people are like" during the event as well.

The event helped to develop a greater understanding between the two groups which was just what Howes had wanted from these events.



"I hope that both the American service members and the Spanish students get to learn more about each other's cultures," she said. "I want the service members to know that Spain is more than just jamon


See **ENGLISH** Page 15



Hospitalman Jalon Inhofer, assigned to U.S. Naval Hospital Rota, Spain, engages in conversational English with a student from IES Francisco Javier de Uriarte Spanish School during an English language community relations event, March 18, 2022.

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**ENGLISH***Continued from page 14*

and tinto, and for the Spanish students to know that the U.S. is more than just New York, California, and hamburgers.”

These first two events will hopefully set the foundation for future collaborations between the school and the base laying the foundation for what Garcia Guerra described as, “the first stone to build

something amazing.”

By the end of the event, students and service members were chatting and laughing like friends. Many were making plans to attend the next event so they could pick up their conversations where they ended.

“I recommend everyone does this,” said Hospitalman Jalon Inofer, assigned to U.S. Naval Hospital Rota, Spain. “This was such a wonderful experience.”

## Shipboard Preventive Medicine Event occurs during Obangame Express 22

**From U.S. Naval Forces Europe and Africa / U.S. Sixth Fleet Public Affairs**

U.S. Naval Forces Europe and Africa (NAVEUR/NAF) Force Medical coordinated a five-day traveling contact team (TCT) event in support of Exercise Obangame Express 2022 (OE 22). Lt. Tal-Beth Cohen, Lt. Rodney Lindsay, and Hospital Corpsman 2nd Class Lauren Kennedy assigned to Navy Environmental and Preventive Medicine Unit 7 conducted the TCT, sharing their knowledge and skills with partners in Ghana.

The event capitalized on the maritime focus of Obangame Express 22 by introducing shipboard preventive medicine topics with the Ghanaian Navy, Air Force, and Army.

The five-day event featured participation from Ghanaian Armed Forces medical staff and students, and consisted of discussions, subject matter exchanges, and practical application of shipboard preventive medicine topics.

Topics of discussion included preventative medicine, medical surveillance, pest management, food safety and water quality, and health promotions.

“Working with the Ghanaian military was a very enriching and fulfilling experience,” said Kennedy. “We had a successful exchange of knowledge and learned about the local culture along the way.”

The TCT provided a platform to strengthen maritime partnerships between the US and Ghana, and demonstrated NAVEUR/NAF’s commitment to working alongside partners to identify shared solutions.

Sponsored by U.S. Africa Command (AFRICOM), OE22 is designed to improve regional cooperation, maritime domain awareness (MDA), information-sharing practices, and tactical interdiction expertise to enhance the collective capabilities of participating nations to counter sea-based illicit activity.



Personnel from Naval Station (NAVSTA) Rota interact with students from IES Francisco Javier de Uriarte Spanish School during an English language community relations event, March 18, 2022. American personnel worked with Spanish students to practice conversational English and provided feedback on the students’ presentations.



Courtesy photo

Personnel assigned to U.S. Naval Forces Europe and Africa (NAVEUR/NAF) Force Medical pose for a photo with Ghanaian Armed Forces medical staff and students during a five-day Traveling Contact Team (TCT) event in support of Exercise Obangame Express 2022 (OE 22).




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## MA2 Chase Dawkins

Master-at-Arms 2nd Class Chase Dawkins, assigned to Naval Station (NAVSTA) Rota Security, is one of the Naval Security Force (NSF) trainers for the department.

"I coordinate and execute all drills with both American and Spanish forces," he said. "And manage/record all training requirements and data."

Dawkins, originally from Las Vegas, Nevada, also develops drill packages and manages records.

"My favorite thing about my job is being able to work with a tight-knit team that's extremely

competent and mission-oriented," he said.

Outside his daily duties, Dawkin's collateral duties include being a part of the anti-terrorism and installation training teams, command duty driver, emergency vehicle operator instructor, live fire exercise line coach, command sponsor, and a CPR/first aid instructor.

In his free time, Dawkins says he enjoys traveling and cooking.

"My favorite thing about being stationed at Rota is being able to easily travel around Europe," he said.

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# SECNAV Visits NAVSTA Rota, Spain

Photos by MC2 John Owen



Secretary of the Navy Carlos Del Toro signs the Book of Honor during his visit with Adm. Eugenio Díaz Del Río, Admiral of the Spanish Fleet, at the Spanish Fleet Headquarters on NAVSTA Rota Mar. 19, 2022.



Secretary of the Navy Carlos Del Toro speaks with a group of Sailors attached to Commander, Task Force (CTF) 68 during his tour of Naval Station (NAVSTA) Rota, Mar. 19, 2022.



Secretary of the Navy Carlos Del Toro poses for a photo with Sailors assigned to Helicopter Maritime Strike Squadron (HSM) 79 during his tour of Naval Station (NAVSTA) Rota, Mar. 19, 2022.



Secretary of the Navy Carlos Del Toro poses for a photo with Command Master Chief Rafael Barney, assigned to guided-missile destroyer USS Arleigh Burke (DDG 51), during his tour of Naval Station (NAVSTA) Rota, Mar. 19, 2022.





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# Rota DGF Students Create Their Own Endings to "The Giver"

*Students from Genevieve Chavez's Language Arts (LA) 8 class at Rota David Glasgow Farragut (DGF) Middle/High School finished reading "The Giver" by Lois Lowry, and wrote their own endings. If you've ever read "The Giver," you know why... and if you haven't - you should read it!*

*The students focused their endings on narrative writing standards - using imagery, figurative language, five senses, tone, mood, and character development. The endings were so good that they had to have a glow party! At the glow party, students shared their writing with each other, and gave each other "glows," or positive feedback, looking for those narrative elements mentioned above. Students used highlighters, black light flashlights, and glow sticks to make it fun. Students' glows were specific and relevant, and they enjoyed reading their peers' work. They had a blast!*

## The Giver: Chapter 24

by Anonymous

Jonas' breath was visible in the cold air. Walking through the cold snow for so long had Jonas out of breath, tired and waiting to finally find a place to rest.

"Gabe," he panted, out of breath from the slight jog he had been going at. "We're almost there, I promise you."

He walked towards the houses, seeing as they had come into his sight. Yet, abruptly, he stopped. Something was different. Too different from what he had been used to.

He was struck with confusion. The village was where the snow stopped. Instead of the cold cloudy weather, they had green grounds, and blue in the sky. There was a bright orb which if you looked at, you'd snap your head away as it was too bright.

Jonas didn't know what any of it had been. Yet, he still slightly remembered a memory that the Giver had given him. A memory of a blue sky. Excitement rushed through his veins just thinking about it. He didn't have to dig to the back of his brain anymore to see what he couldn't. It had been right in front of him.

His jog turned into a run quickly. He held Gabriel tighter in his grasp, "Almost there," he laughed with exhaustion.

His legs and feet were pained from the amount of walking he had been doing. His eyes were tired, narrow and heavy from the dark bags he had under his eyes. His cheeks, they were a rosy pink color which dusted over the bridge of his nose from the cold weather.

They were getting closer and closer, and suddenly, he walked into the warm atmosphere. He dropped onto his knees, Gabriel still held close and tightly to his chest.

"We're here," he said, the corners of his lips turning upwards into a soft smile. He pulled Gabriel away slightly, looking at how the sunlight illuminated the young boy's face. "I told you, Gabe. I told you," he laughed, pure bliss laced his voice.

"Hey, you over there!" A voice from the distance called out to him.

His head snapped up, looking to whoever had been calling out to him. The girl was around his height, beautiful curly blonde locks falling over her eyes, causing her to brush her hair out of the way a couple times as she approached Jonas. She had then only been a few feet away. "Who are you?" She asked. "I've never seen you before."

"Jonas," he says before looking down to the baby in his arms, "And this is my brother, Gabe."

The girl smiled fondly. "Aww," she cooed.

She stared for a moment before letting her eyes travel back up, two pairs of blue eyes met.

"Let me get you to my house," she

says, before excitement brightens in her eyes, "You can be a part of our family now! I've always wanted a brother. Sisters are annoying," she scoffed.

Jonas stands up, "What's your name?" He asked calmly as he began to walk with the girl.

"Elizabeth Afton." She said, her voice softened slightly. She turned her head towards the other, looking him up and down.

"I don't like the name Jonas. Not for you," she said, humming to herself for a moment.

"I'm going to start calling you," she hesitated, words caught in her own mouth before speaking. "Gregory," she let the name fall past her lips. Suddenly, the corners of her lips tugged up into a brighter, toothy smile. "Yes! Gregory!" She cheered, proud of the name she gave the other.

Jonas wasn't upset at the name. He actually quite liked it, perhaps he even preferred the name over Jonas.

"Gregory," Jonas repeated in a whisper. "I like it."

"Well I love it," Elizabeth replied.

Jonas' head jerked to the right. He was confused at the word. Mother had said that it shouldn't be used.

"Love?" Jonas asked.

Elizabeth playfully chuckled, "Yes, silly. I said that, didn't I? You do know what that means right?"

Jonas was quick to reply, "No, o-of course I know what it means. I just," he paused, his breath catching in his throat. "You're right. I love it too." He decided to say, drawing a smile from the other.

"Good. Now let's get home Gregory. I can't wait for you to meet everyone."

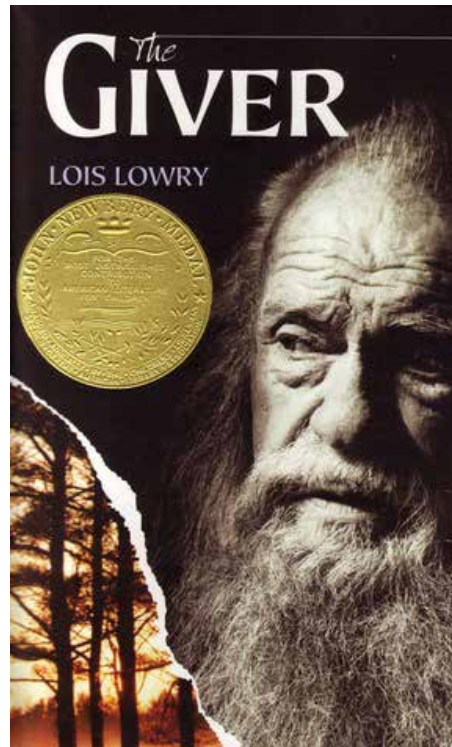
## Chapter 24 - Welcome to the Taste of Freedom

by Anonymous

And then, the hands are taken off his back. "What happened?" Jonas questioned. The Giver told him that he was given a memory of unpredictability. Confused, yet scared, it was on his mind the entire way home. "How could someone even obtain a memory like that? Where would it even originate from? Was the first person who got this memory chastised?" Jonas pondered.

Then he realized something, he couldn't see colors. The vivid world that he enjoyed in the memory, wasn't available for any eye to see. He wanted to see colors, to hear music, to enjoy the weather of an ever-changing cycle, yet he couldn't. This strange want in him led to disastrous actions. He knew that if he went against the system, he would be considered a transgressor.

Calamity was awoken, and Jonas started a rebellion. At first, the people of the community didn't believe him. Then he figured out a way to share the memory



of an unpredictable life. Overthrowing the community's leaders, Jonas started a new world for them. He made the community based on how the people wanted it to be. Surprisingly, while still being a year 12.

After his overtaking of the community, many kids of the new generation started seeing colors, ranging from twins to lonely kids. The community became more diverse, and clothing became less and less bland. Rules were less strict and people were much happier. The community, opened to the world, was flooded by visitors. As years passed by, instead of dying to an injection of a needle, he passed away because of old age. Welcomed to a more free community.

## The Giver Ch. 24

by Aiden Futch

Jonas stood in a town with peace and love. To Jonas, this was like a dream come true, but if only the Giver could experience it with him. Jonas was now very warm and his overwhelming exhaustion had also worn off. The town was as bright as the sun and as decorative as a birthday party.

"Gabe! Look look, we've made it Gabe!" Jonas repeated shouting with glee. Jonas looked to the back of the bike, but to his surprise, Gabriel was nowhere to be found. All that was left was the baby seat in the back. Where could he have gone, Jonas thought to himself worried with fear.

"Gabe, come out right now!" Jonas shouted over and over again. Jonas looked and looked but found nothing. After every single minute Jonas found to be getting colder, later starting to feel his hands tremble as if they were icicles. No matter how hard Jonas looked, he couldn't find Gabe.

About an hour later the people all disappeared and the town was no longer bright or decorative and the music he had heard stopped playing. The town had died, Jonas acknowledged. Minutes after he was out of the stunning vision.

Jonas was as cold as ice laying in the snow, completely defeated. He finally spotted Gabriel laying in the snow. Jonas crawled while every second felt unbearable since his arms and legs felt completely unusable. Jonas checked for Gabe's pulse which he found none of.

There he was, lying in the snow, all by himself deep in the cold winters of the forest. He thought about how far he was from his destination but began to lose hope and that there'd be no point. As soon as Jonas passed out, Gabe woke just after.

## Chapter 24

by Ava Hicks

Jonas didn't die. Jonas and Gabe were almost at the end of the hill. Jonas looked around and saw nothing but snow. He then looked down at Gabe and saw that he wasn't moving so he started rubbing his back curiously, trying to see what was wrong. Then he tried his best to give Gabe the last of the warm summer memories. Just then Gabe woke up and was fine.

Jonas sighed and kept looking around. Then out of nowhere he saw lights, they were red, green, and blue. They were very beautiful and Jonas wanted to get a closer look. Jonas gave the sled another big push and down the hill they went. Finally they got to the end of the hill.

The lights were very bright now and they could see them very clearly. Jonas then saw in the distance a girl.

The girl went up to him and Gabriel and said, "oh hello Jonas nice to see you again" and Jonas was very confused because he had never seen this girl before. The girl then said, "my name is Gretel, do you remember me?" Then suddenly Jonas remembered exactly who she was; she was the girl who saved him from a lady who tried to eat him!

"Gretel that's you?!" "Jonas you do remember!" Gretel then took Jonas and Gabe inside and they both saw the old witch lady who tried to eat them...

Gretel pushed them inside and the old lady tried to eat them again. Jonas and Gabe ran away from her. Gretel kept saying sorry and that she has to do this to save her brother Hazel! Jonas fell through the floor then onto another boy. The boy was very cold and hungry. Then Jonas got the boy and went out the window, Gretel went out the door locking the old woman in the house. Then they all ran away together...

## The Man from the Plane

by Kate Lamb

Sledding faster and faster down the hill, the echoes of music continued. Jonas felt the wind on his face and the warmth from Gabriel as Jonas remembered the memory. "We're almost there Gabe," Jonas whispered. "Elsewhere is just past the memory, I know it." The trees whisked past, standing like statues in this forever-feeling sled ride, and as the sled began to stop, Jonas stood up. The beautiful colored lights were like crystals shining onto Jonas. Holding Gabriel as close as possible, Jonas dragged his aching feet through the snow and the songs got louder the further he continued, fading though the landscape. "Plane! Plane!" Gabriel shrieked and Jonas replied without looking, "No, it's a bird."

Roaring sounds of an engine filled Jonas's ears and he looked up to see a plane as dark as night flying above him. He didn't make the effort to freeze. The





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**THE GIVER***Continued from page 18*

plane followed Jonas through the trees and Jonas hit something hard. He fell down. "I thought they stopped looking," Jonas said as he scrambled up. The music and lights seemed to be so close but he could only see them in the distance as he ran. A loud noise came from the plane and then someone said, "Kid on the ground, we just want to help." Jonas froze. Shouldn't they have called him Receiver? A man with a large blanket attached to him came down from the plane. Jonas tried to run but the man was faster and grabbed Jonas's arm.

"Where are you going with a baby in the middle of a snow storm?" the man asked. Scared and stunned, Jonas looked like a frozen possum. "How do you know what snow is?" Jonas asked and the man gave him a concerned look. "I've known my whole life," the man said, "What are you doing?"

Jonas told him of his community and how he ran away to spread the memories, and the man seemed concerned. "The only place for the next 100 miles is a town," The man explained. "Take me there," Jonas begged. The man agreed and called down the plane. Jonas, still holding Gabriel tight, got on and hoped that they were going wherever the lights were.

**The Giver - Chapter 24***by Sofia Mijares*

It was almost Christmas, and Charlie was beginning to feel frightened. No. Wrong word, Charlie thought. Frightened meant that deep, sickening feeling of something terrible about to happen. Frightened was the word Charlie felt as she opened this same backyard door five years ago, at the tender age of eight.

She loved bursting through the doors, clutching a worn-down straw hat — her "explorer" hat, she called it — and tumbling into the emerald grass, her shorts later seen to be sporting wet splotches from the dew on the ground. Her mom and dad always chastised her as she trudged back into the house, her feet muddy and her clothes damp, but she could see they still found it funny.

That day was the same as all the others. Her stubby fingers messily shoved her hat on her head. Her feet slipped into her flowery purple sandals. Her will rejuvenated and ready to tumble into the

trees and maybe find a cool-looking worm to shove in her parents' faces later.

However, the dew on the grass that morning had already been soaked up by another feathery visitor. Two big birds with big beaks and big claws and giant bodies! This may be the biggest catch I've ever caught, little Charlie thought belatedly.

Until she noticed the shadowed, fuzzy lump on the ground in front of them. And the wetness on the birds' beaks that apparently was not dew.

That day, her parents explained to her what death is. Also what vultures are.

Anyway, on this perfect December night, Charlie was not beginning to feel frightened. She was beginning to feel terrified.

Today was the day before Christmas morning. Her dog had just knocked over a few of the party decorations on the table, attracting enough attention to give her the opportunity to slip through the backyard door for some alone time.

This year's winter holiday was just as lively as the year before. Lights shone through the windows of rooms in bright hues of red, blue, and yellow twinkling from trees. Charlie could hear the muffled singing of Mariah Carey through the wall behind her and the children singing, slightly off-key, to the song. She imagined her grandma and grandpa cheering her twin sisters on as her parents slouched on the couch next to the tree, exhausted. She chuckled softly in the silence.

When Charlie was her younger sisters' age, her grandpa told tales of communities beyond these hills, when the world was more connected. One night, she escaped and ran up the hill to meet them, but instead she was faced with endless darkness. The experience gave her the firm belief that nothing could survive out there. The animals, the meager amounts of vegetation, and the cold surely killed off any mankind inhabiting the area.

Yet as she huffed into the cool air, she couldn't help but notice a shadow on the ground in the distance. She squinted. A matted silhouette was slumped on the snow, along with, suspiciously, her dad's sled that he left on the hill last morning.

Charlie's instinctual curiosity failed to fade away even after her childhood years. She quickly weighed the chances of running into a rabid animal in her backyard and the distance between herself and the door behind her.

As quietly as she could, she crept gingerly toward the figure, her eyes searching for a wild possum hidden in the foliage. Instead, what stared back at her

was a face with the delicate features of a young boy around her age, seemingly asleep. Dirt was plastered across his skin and his eyelashes were sprinkled with the fallen snowflakes.

A person from beyond the hill.

Charlie's eyes glided to the golden curls scattered across the boy's shoulder.

A small baby was pressed against his body, bundled in a dirty coat — intentionally brown or not, she couldn't tell — and it, too, was sleeping in whatever scarce heat was emanating from its rags. The feeling of fear was rapidly replaced by concern. Her pace quickened. Her knees fell on the snow and her hands searched for any warmth, any sign that the baby was alive.

"Charlie?" Her mother's voice called behind her. "Oh, there you are! Dad just fixed up the table, you can come back in now," she said, peering curiously at her daughter crouched over the snow.

No response.

"Charlie? Honey, what's wrong?"

After a long pause, her fingers over the baby's frozen wrist, Charlie whispered, "It's not breathing."

**The Giver Chapter 24***by Brian Mullins*

Jonas's joy continues and rises the closer he gets to the door, the music now blasting in his ears. Jonas, eager to be met with true love, opens the door, and it all fades to black. Jonas, freezing, exhausted, and starved lets out one last cry for help, using the rest of his strength before collapsing into the dark void-like place into a long, yet calming sleep. In his dreams, he remembers the bright pale eyes of Gabriel, Fiona's deep red hair, and lastly remembers the video of his father killing the baby, making Jonas angry but his rage quickly fades as he doesn't have the strength to stay mad.

"Jonas, Jonas, wake up," echoes the voice in the distance.

"Giver?" Joans questions before apologizing for not finding elsewhere.

"Jonas, I am fascinated you went this far with your training," says the voice of the Giver.

Jonas stands up, sees a bright light in the distance, reminding him of the memory of sunburn, and begins to somberly walk towards the luminescent door. Once Jonas reaches the glistening door, he hears the Giver congratulating him and the Giver says one last thing to him. "Thank you for your childhood."

Jonas chuckles and opens the bright

almost blinding door. In that instant, Jonas is now by the shiny sparkling river near his housing unit. In the reflection of the river, he sees his father behind him. Jonas, feeling hatred again for his father, tries to get up but still can't find the strength to. Jonas's father sits down next to him by the bright gleaming river, places his hand on his shoulder, and says to him, "I love you, Jonas."

**The Giver Final Chapter***by Robert York*

As he slowly walked up the mountain, he noticed the tips of his fingers were turning blue. Jonas was losing hope and energy as he walked through the blizzard, but determined to save Gabe, he kept going. Just as he found the mountain's opposite side slope he stepped on something that wasn't snow. He looked down and brushed some snow off of the object and found a wood board; confused, he looked around. He started to see things that he swore he had seen before, but that couldn't be possible he thought for he had never been there. That's when he realized that the wood plank was no normal wooden plank; it was the sled from the memories that the Giver gave him! He quickly held Gabe close to his chest and sat on the sled. After giving it a small nudge it sped down the mountain, and just as he thought he might crash before they reached the ground the sled got slower and slower until it stopped. Jonas found himself at the bottom of the hill, using all of his strength he pulled himself off the sled and started crawling towards the light with Gabe. He was almost out of energy when he stopped; suddenly he could feel the warmth of his memory! Only he wasn't remembering it; he could feel the soft feeling on his hands and knees! Jonas looked down and could barely see the remains of what he knew to be fire through the blizzard. Knowing he didn't have the energy to make it to the lights, he curled up with Gabe and laid down in the ash.

The next morning he found himself in a bed without Gabe! He quickly got up and started looking around, there was a tree, presents, lights and he could smell something. His memories told him they were pancakes. He slowly walked through the soft light of the house. Jonas walked into a kitchen where he found Gabe being fed by someone. He was surprised when the stranger offered him food and told him to sit down. They sat down with Gabe in front of them and asked, "did you escape the community?"

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# NAVAL STATION ROTA COMMUNITY RESOURCES

## ALCOHOLICS ANONYMOUS MEETINGS

Alcoholics Anonymous (AA) meetings are scheduled Tuesdays and Thursdays at 19:00 (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 Drydoker" Every Saturday, 16:00 (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 16:00 (4 p.m.) at the base Chapel nursery 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 info on meetings, please 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

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. The Rota Education Center is located on the second floor of the Community Services Building (Bldg. 3293).

## 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

Mon: 10 a.m. - 1 p.m.

Thurs: 3-6 p.m.

Visit the Thrift Shop (Bldg. 222) 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

Open 24/7 for clothing drop offs until full; other items need to be dropped off during Thrift Shop open 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.

**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@nmcrs.org](mailto: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 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](http://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 DSN 727-2921 for more information.

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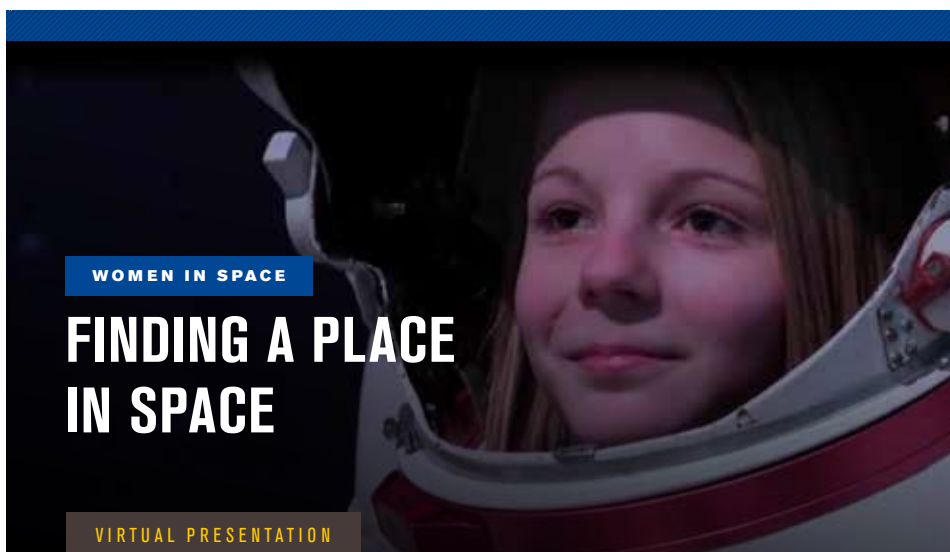
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