

# COASTLINE



July 14, 2022 / Volume 32, Issue 13

U.S. Naval Activities Spain

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## CO's Corner



Capt. David Baird

## Capt. David Baird Bids Farewell to Rota

Greetings Team Rota!

By the time this issue of Coastline is published, Capt. Teague Suarez will have assumed the role of Commander, Naval Activities Spain, and I will be making our final preparations to return to the United States.

It has been the privilege of

my lifetime to be a part of this incredible community for the last three years. Throughout my time here, we have achieved amazing new heights, but also suffered losses and endured challenges. In both good times and difficult times, this community has supported one another when they could, and leaned on one another when they needed to. That is one of the best attributes of this community, and I thank all of you for your individual contributions to this amazing place.

Three years ago, my family and I were warmly greeted and enveloped into a beautiful, and seemingly carefree environment. The base was preparing for new missions with the impending arrival of HSM-79, and we were building resiliency throughout our base infrastructure. We enjoyed frequent visitors and large events, and the social calendar was impressive. But eight months later, everything changed as the COVID pandemic set in.

I am immensely grateful for, and immensely proud of the

way this community endured the pandemic. Even during one of the most restrictive lockdowns in the world, our community stayed supportive of one another. We kept the faith for the duration, and although the virus continues to survive around the world, it appears the worst of it is behind us.

Amidst the pandemic, this base continued to operate, and I remain in awe of the resiliency displayed by our homeported ships who never missed a single day of operations. Throughout every COVID wave, our ships got underway on time, every time. No other base in the U.S. Navy can say that, and it reflects the herculean efforts our ships' crews and their families took, and also the incredible support of the entire community. Bravo Zulu!

In August of 2021, we were given just a few days notice to prepare to receive evacuees from Afghanistan. In the span of just five days, teams from around the base built a city within the base capable of supporting more than 3,000 people. Donations from throughout Spain began arriving, and an army of volunteers began helping. Over the next eight weeks, this community would positively impact the lives of 2,619 people, in an operation that I will never forget. This community literally saved lives, and I still can't fully express my gratitude.

The pandemic, and evacuee support were certainly two huge challenges we faced together. But they did not interrupt the growth and development of this community, in that we continued to conduct operations, and we continued to nourish the incredible partnership we enjoy with our Spanish hosts. We also continued to build new friendships and have a lot of fun. Whether through fantastic events put on by MWR like our 4th of July Independence Fest or Winter Wonderland, or at the most epic Navy Ball in the El Puerto Bull Ring, or at Feria, or just in someone's backyard, I will cherish the incredible memories and the lifelong friendships we have built.

Given all this community has accomplished, it came as no surprise to hear President Biden state two weeks ago that the United States intends to send two additional Destroyers to be homeported in Rota in the coming years, pending Spanish government approval. I can think of no better way to end this tour than to know that our Commander-in-Chief sees what is happening in Rota, and he wants more of it!

So my family and I wish you all a warm farewell. We lived our best lives here, and we will forever hold a piece of Rota in our hearts, and we intend to return often. In the Navy, we never say goodbye, so instead it is always, "See you later." Thank you for all of your support, and thank you for keeping the faith - for the duration.

V/R,  
Skipper

*FAIR WINDS*

*AND FOLLOWING SEAS*

Capt. David Baird

## COASTLINE STAFF

**Commanding Officer**  
Capt. Teague J. Suarez

**Executive Officer**  
Cmdr. Anthony Myers

**Command Master Chief**  
CMDCM Kimberly Ferguson

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

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

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

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

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

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

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## On The Front Cover



*Service members assigned to Commander, U.S. Naval Activities Spain stand at attention during the annual flag raising ceremony, June 30, 2022. While raising the flag is a daily occurrence on most U.S. military installations around the world, Naval Station Rota is only permitted to fly the American flag with special permission from the base's Spanish admiral in chief in accordance with the Agreement on Defense Cooperation. (Photo by MCC Nathan Carpenter)*

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# Meet Capt. Teague J. Suarez

Capt. Teague Suarez assumes command of Commander, Naval Activities Spain (COMNAVACTS) and Commanding Officer of Naval Station (NAVSTA) Rota, Spain during a change of command ceremony, July 14, 2022. Suarez relieves Capt. David Baird who has led Rota for the past three years. Welcome Capt. Suarez!

Capt. Teague J. Suarez is the proud son of a Navy Senior Chief Petty Officer. He is a 1998 graduate of the Naval Academy, and holds a masters degree from the Air Command and Staff College. He was designated a Naval Aviator in 2000.

His aviation assignments include the HSL-51 Warlords, where he completed two deployments in support of Operations Enduring Freedom and Iraqi Freedom; HSL-40, where he served as an instructor pilot and the CNAL Search and Rescue Evaluator; and HSL-42, where he deployed as an Officer in Charge aboard USS Samuel B. Roberts (FFG 58). Capt. Suarez had the honor of serving as the commanding officer of the HSM-37 Easyriders.

Ashore Capt. Suarez served a year in Iraq as part of the Multi-National Security Corps - Iraq; as an action officer on the Joint Staff, J-35, Reconnaissance

Operations Division; and as the Executive Assistant for the Director, Air Warfare (OPNAV N98). Afloat he served aboard USS Nimitz (CVN 68) as the Navigator, completing a 10-month deployment to the Third, Fifth, Sixth, and Seventh Fleet areas of operations.

His awards include the Bronze Star Medal, the Defense Meritorious Service Medal, the Meritorious Service Medal (three awards), the Air Medal (2nd Strike/Flight), and various campaign and unit awards.



# NAVSTA ROTA OMBUDSMAN ROSTER



## NAVY FAMILY OMBUDSMAN PROGRAM



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

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NAVSTA Rota	Jamie Meehan	642-213-289	<a href="mailto:navalstationrotaombudsman@gmail.com">navalstationrotaombudsman@gmail.com</a>
Naval Munition Command	VACANT	642-213-289	<a href="mailto:rotaombudsmanassemblychair@gmail.com">rotaombudsmanassemblychair@gmail.com</a>
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USN Hospital	Laura Waite	609-914-187	<a href="mailto:nmrtcrotaombudsman@gmail.com">nmrtcrotaombudsman@gmail.com</a>
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# NAVSUP Supports BALTOPS22 at STRIKFORNATO HQ

By Joseph Yanik

Naval Supply Systems Command Fleet Logistics Center Sigonella Public Affairs

Exercise Baltic Operations 2022 (BALTOPS22), June 6-17, was the premier maritime-focused exercise in the Baltic Region conducted annually with U.S. Naval Forces Europe-Africa in the lead and Naval Striking and Support Forces NATO (STRIKFORNATO) responsible for its execution. This shared responsibility provides unique training opportunities that strengthen the combined maritime response capabilities that are critical to preserving freedom of navigation and security in the Baltic Sea.

The command and control center responsible for planning and executing the exercise was located at STRIKFORNATO's rapidly deployable joint headquarters in Oeiras, Portugal from which it plans, commands, and controls NATO maritime operations throughout the Euro-Atlantic region. During the exercise, Naval Supply Systems Command Fleet Logistics Center Sigonella's Lt. j.g. Adam Thomas was tasked with supporting STRIKFORNATO headquarters' Assistant Chief of Staff (ACOS) J4 (Logistics) Division. The ACOS J4 is responsible for developing, maintaining and providing a clear and concise theater-wide logistics picture

to the Multi-National Maritime Force Commander. The ACOS J4 contributed to the success of the exercise by developing a maritime logistics support network that provided various logistics requirements to ships participating in BALTOPS22.

Below are Thomas' responses to our questions about his experience.

## Describe your duties and responsibilities while assigned to ACOS J4 during BALTOPS 22?

While assigned to ACOS J4, my responsibilities were to learn the processes and procedures of the STRIKFORNATO J4 team in order to improve how STRIKFORNATO and NAVSUP FLCSI does business in the area of operations. As the sole maritime logistics planner with an understanding of the NAVSUP FLCSI capabilities I was able to bring a unique perspective to the J4 team from anything from fuel to casualty reporting.

## Had NAVSUP FLCSI sent a representative during previous BALTOP exercises?

This year's BALTOPS exercise was the first time our command sent a representative, reinforcing an established relationship with NAVSUP FLCSI's logistics-focused partners, like NATO.. Sending me to STRIKFORNATO

during BALTOPS 22 provided a seat at the table to foster a closer NAVSUP FLCSI/ NATO relationship. Presence matters.

## Why were you sent to represent NAVSUP FLCSI?

There is tremendous talent within both the NAVSUP FLCSI and NATO organizations, and the fact that we possess common objectives made this collaboration during BALTOPS 22 an ideal opportunity to further develop our capabilities.

I was the ideal candidate for this assignment for several reasons. As a subject matter expert on the maritime logistics capabilities that NAVSUP FLCSI possesses, I am familiar with NAVSUP FLCSI

key operationally strategic initiatives, especially those that relate to Europe's High North. Earlier in my career, I served as a ship supply officer with experience operating in Sixth Fleet including multinational exercises. Lastly, I possess the necessary desire to learn the NATO structure and language, as well as pioneer the relationship between STRIKFORNATO and NAVSUP FLCSI.

## What are the desired results of your efforts supporting BALTOPS 22 at ACOS J4, STRIKFORNATO HQ?

Now that BALTOPS22 has concluded, I hope I've contributed to a productive, long-term relationship between STRIKFORNATO and NAVSUP FLCSI, one that both of our organizations can leverage to tackle common challenges that arise in support of warfighters.

## Describe your role at NAVSUP FLCSI Site Rota?

Prior to supporting BALTOPS22 I was serving as the logistics support officer in



Courtesy photos

During Exercise Baltic Operations 2022, Naval Supply Systems Command Fleet Logistics Center Sigonella's Lt. j.g. Adam Thomas was tasked with supporting STRIKFORNATO headquarters' Assistant Chief of Staff J4 (Logistics) Division.

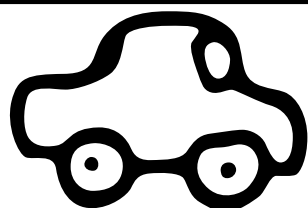
the Fleet Support Division at NAVSUP FLCSI Site Rota. In this role I worked with the key players throughout the AOR to ensure the success of port visits, material routing and replenishments at sea ensuring fleet readiness.

Site Rota is one of NAVSUP Fleet Logistics Center Sigonella's five logistics sites positioned across Navy Region Europe, Africa, Central Site Rota provides supply chain management, bulk and aviation fueling capability, material handling equipment, contracting, hazardous material management, household goods and vehicle processing and postal operations to fleet, installation and other service components throughout the area of operations.

FLCSI is one of NAVSUP's eight globally-positioned commands that provides for the full range of solutions for logistics, business and support services to the U.S. Naval, Joint, NATO and Allied Forces across 14 enduring and forward operating sites; forward contingency and cooperative security locations in 13 countries in Europe and Africa.



The front entrance Naval Striking and Support Forces NATO (STRIKFORNATO) Base in Lisbon, Portugal. BALTOPS22 is the premier maritime-focused exercise in the Baltic Region. The exercise, led by U.S. Naval Forces Europe-Africa, and executed by STRIKFORNATO, provides a unique training opportunity to strengthen the combined response capabilities critical to preserving freedom of navigation and security in the Baltic Sea.



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# Health Promotion Corner: Tips to Safely Enjoy Your Summer Holiday

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

Being informed about the workplace and recreational safety hazards can keep everyone safe. Additionally, the summer months are often a high point of the year as Sailors, Marines, and civilian personnel spend time with family and friends at backyard barbecues and take well-deserved vacations. However, many summer month activities put you at risk for accidents that have potentially serious consequences. Mishaps, primarily related to private motor vehicles and off-duty/shore recreational activities, can result in loss of life or injuries, putting service members on the sidelines, derailing their productivity, and threatening their readiness for duty.

Spending time outside at the pool or beach, at summer barbecues, and playing sports and games with your friends and family is a lot of fun. Stay safe when you are active to combat heat-related injuries. Listen to your body and take breaks in the shade when necessary. Wear light, loose-fitting clothes and give yourself at least a week of light- to moderate-intensity activity to adapt to the heat.

Hydrate before, during, and after any outdoor activity. You should drink 7-10 ounces of fluid every 10-20 minutes during exercise. Remember, you can become dehydrated whenever you are overheated, even at the pool. Water is the best option for replacing fluids; however, sports drinks can help replenish electrolytes such as sodium

and potassium. Only opt for sports drinks before, during, or after high-intensity physical activity exceeding 60 minutes.

You may risk injuring yourself and those around you if workplace safety procedures go lax. Many work environments do not seem inherently risky but can lead to injury or illness from physical, task-related, environmental, or design-related hazards.

Sleep is essential to overall health and wellness, and insufficient sleep can zap your energy, mood, and ability to function throughout the day. While it may not always be possible to get the recommended eight hours of sleep every night, there are ways you can increase the amount and quality of your sleep. Start by going to bed at the same time every day, avoiding alcohol and caffeine, and avoid using technology immediately before bed. Driving while sleepy is risky and could lead to falling asleep at the wheel. Long car or motorcycle trips can cause fatigue, increasing your risk of an accident. When you practice these driving safety tips, like stopping to stretch every two hours, you can decrease your risk of getting into an accident.

The attached infographic is from Spain's Director General de Tráfico (DGT) regarding e-scooters, segways, electric unicycles, and hoverboards. U.S. military and dependents are to abide by Spanish and U.S. military regulations, thus helmets are mandatory.

Enjoy all that Rota and the local areas have for you this summer. Stay safe, cool, alert, and hydrated!

**NEW REGULATIONS FOR SCOOTERS FROM THE TRAFFIC DEPARTMENT**

**PUNISHABLE OFFENSES**

- 1 Alcohol and drugs**  
Users will be fined with the same amount as if they drove any other type of vehicle, in case of exceeding the alcohol limit (500€ or 1.000€) and for driving under the influence of drugs 1.000€
- 2 Use of a mobile phone**  
Driving using a mobile phone or any other communication system is prohibited. The penalty for doing so is 200€
- 3 Headphones**  
The use of headphones or earphones connected to sound receivers or reproducers is also prohibited. In case of being detected, the penalty is a 200€ fine
- 4 Helmet and other protective gear**  
The use of these elements will be regulated by the provisions laid out in the corresponding municipal ordinance. If the ordinance regulates the mandatory use of a helmet, the agent will issue a fine of 200€ and proceed to immobilise the vehicle.
- 5 Driving on sidewalks and pedestrian areas is prohibited**  
The circulation of any vehicle on sidewalks is prohibited (except for skateboards, skates or similar devices that do so exclusively at a person's pace), being punishable by a fine of 200€
- 6 Penalties for minors**  
For offenses committed by minors under the age of 18 years-old, the parents or guardians will be liable for the offense committed by the minor.
- 7 Parking**  
The local municipal ordinance establishes the regulations and the prohibitions regarding the parking of these vehicles.
- 8 Reflective clothing or lighting system**  
It will be considered negligent driving when driving at night without lighting or reflective clothing. The penalty will be a fine of 200€
- 9 No passengers**  
Using a VMP with 2 people is punishable with a fine of 100€

**What is a "VMP"?** Personal mobility vehicle with one or more wheels equipped with a single seat/space and powered exclusively by electric motors that can provide the vehicle with a maximum speed of between 6 and 25 km/h

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## CRABBYS

Crabbys Seafood overlooks the Bay of Cadiz in the Marina Puerto Sherry in El Puerto. An excellent restaurant it is quite unlike other area dining spots. The menu is more New Orleans than El Puerto de Santa Maria. It is a popular destination for Americans.

One of the outside terraces is perched on the sea wall with an unbeatable view and atmosphere. Crabbys is ranked number 2 in trip advisor of the 278 restaurants in El Puerto, and run my good friend Carlos, who is an excellent chef. A recent diner wrote: " Thoroughly enjoyed!

Looking for something different and good is not always that easy in Spain. We found Crabbys on trip advisor and decided to give it a go. We were very pleased with the whole lunch. The place itself is nicely kept and decorated, the view of Cadiz and the sea in between really amazing, the food very tasty and well presented. Loved the fried shrimp with wakame, the Poke Bowl and the soft shell crab burger.

The chef is also the owner and came out to check how everything was with all his guests. Enjoyed very much speaking with him about how his vision and how he gets the inspiration to come up with great dishes. We will certainly come back again!"

Please see the Crabby ad in the paper for location and other details.





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## Celebrating NAVSUP Civilians: Scott Light

From Naval Supply Systems Command  
Fleet Logistics Center Sigonella Public  
Affairs

Congratulations to Scott Light for earning the Excellence in Naval Fuel Management Recognition Program's Civilian of the Year award!

The program recognizes individuals, facilities, and units for excellence in fuel management, handling, readiness, and fleet mission support.

Scott serves as deputy director of Fleet Logistics Center (FLCSI) Site Rota's fuels division for Defense Fuel Support Point (DFSP), Site Rota, Spain.

As the Deputy Director of Site Rota's fuels division, Light leads a 62-person team in the receipt, storage, inventory, and issuance of fuels at DFSP at Naval Station (NAVSTA) Rota, Spain. His additional duties include mentoring his military counterparts, leading hiring actions for all American and local national employees, overseeing contracted maintenance actions, and conducting trend analysis on DFSP Rota's fuel usage. He provides subject matter expertise to the installation, as well as other entities across Europe.

"Scott Light's dedication to the NAVSUP fuels mission is remarkable, and his job performance is nothing short of exemplary. He undoubtedly deserves the recognition as the Navy Fuel Civilian of the Year," said Capt. Douglas S. MacKenzie, NAVSUP FLCSI commanding officer.



Courtesy Photo

During 2021, Light executed NAVSUP's mission by leading his fuels team in the safe and efficient delivery of more than 52 million gallons of fuel to more than 2,900 US and NATO aircraft and 180 U.S. and NATO ships, with no mishaps. He was instrumental in the drafting and finalization of NAVSTA Rota's hot pit refueling standard operating procedures. During Operation Allies Welcome, he helped in the transition of more than 2,600 Special Immigrant Visa Applicants from Afghanistan to other countries.

See **LIGHT** at RIGHT

## Yard of the Month: June 2022



Congratulations to the MacDonald Family!

### LIGHT

Continued from left

"Scott Light is a real value added member of the fuels team," said Joseph Williams, deputy site director at NAVSUP FLCSI Site Rota. "He has a great blend of leadership and technical skills. I was not at all surprised to learn that Scott was awarded the Fuels Civilian of the Year. The DFSP at Rota has seen a huge spike in activity in the last six months. We're busier than ever and it is requiring more and more out of our personnel. Scott is the kind of leader that gets the mission

done, in accordance with the regulations, and always puts safety at the forefront of every operation. He's respected by peers, subordinates, and his leadership."

Site Rota is one of NAVSUP Fleet Logistics Center Sigonella's five logistics sites positioned across Navy Region Europe, Africa, Central. Site Rota provides supply chain management, bulk and aviation fueling capability, material handling equipment, contracting, hazardous material management, household goods and vehicle processing and postal operations to fleet, installation and other service components throughout the area of operations.



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# Ready Navy: Tips to Prepare You and Your Family for Extreme Heat

## From NAVSTA Rota Emergency Management

While being stationed at Naval Station (NAVSTA) Rota, Spain, you may experience some extreme heat here Rota, around Andalucia, or during your travels. NAVSTA Rota Emergency Management has some tips for preparing yourself and your family for extreme heat.

1) Be informed, and know heat terminology:

•**Heat Wave**—An extended period of extreme heat, usually combined with excessive humidity.

•**Heat Index**—A number of degrees in Fahrenheit (F) added to the air temperature that tells how hot it feels with the relative humidity.

•**Excessive Heat Watch**—Conditions are favorable for an excessive heat event to meet or exceed local excessive heat warning criteria in the next 24 to 72 hours.

•**Excessive Heat Warning**—Heat Index values are forecast to meet or exceed locally defined warning criteria for at least two days (daytime highs=105-110° Fahrenheit).

•**Heat Advisory**—Heat index values are forecast to meet locally defined advisory criteria for one to two days (daytime highs=100-105° Fahrenheit).

2) Listen to local weather forecasts and stay aware of upcoming temperature

changes.

It's inevitable that at some point, you will be in extreme heat. So what should you do if there is extreme heat?

- Slow down and don't do anything too strenuous.
- Stay inside as much as possible.
- Never leave children or pets alone in closed vehicles.
- If air conditioning is not available in your home, stay on the lowest level or go to a public building with air conditioning.
- If you stay in your home without air conditioning, make sure there is a way to circulate the air around you, such as a fan.
- Drink lots of water, even if you don't feel thirsty.
- Eat well-balanced, light, and regular meals.
- Avoid alcohol, caffeine, and salt.
- Wear loose-fitting, lightweight, and light-colored clothing.
- Be aware that a power outage or drought can result from a heat wave.

Lastly, it's important to keep a lookout for possible heat emergencies:

**Heat cramps**—Muscle spasms and aches from heavy exertion in extreme heat. They are usually the first sign of heat-related complications.

**Heat exhaustion**—A form of mild shock that results from insufficient body fluids due to extreme heat and excessive exercising. The blood flow to the skin increases, decreasing blood flow to vital organs and raising the body temperature, increasing the risk of a heat stroke.

**Heat stroke/sun stroke**—The body's temperature control system stops working, causing body temperature to rise so high (103°F or more) that there may be brain damage or death.

If you experience or observe any of the above conditions, seek medical attention immediately.

If you're interested in reading more about extreme heat, tips for preventing heat-related injuries and more, visit: [www.ready.gov/heat](http://www.ready.gov/heat).

**Heat Impacts: Vulnerable Populations**

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Everyone is at risk from the dangers of extreme heat, but these groups are more vulnerable than most. Age and certain conditions make the body less able to regulate temperature.

⚠️ NEVER leave anyone alone in a closed car

💧 Drink plenty of water, even if not thirsty

❄️ Use air conditioners and stay in the shade

👕 Wear loose-fitting, light-colored clothing

weather.gov

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# NAVSTA Rota Holds Annual Flag Raising Ceremony in Front of Command Building

Photos from NAVSTA Rota Public Affairs

Service members assigned to Commander, U.S. Naval Activities Spain stand at attention during the annual flag raising ceremony, June 30, 2022.

While raising the flag is a daily occurrence on most U.S. military

installations around the world, Naval Station Rota is only permitted to fly the American flag with special permission from the base's Spanish admiral in chief in accordance with the Agreement on Defense Cooperation.





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# NAVSTA Rota Celebrates Fourth of July With Event and Fireworks

Photos by MCC Nathan Carpenter & USO Rota

Naval Station (NAVSTA) Rota community members and Spanish guests came together to celebrate United States' Independence Day at La Plaza Complex, July 4, 2022.

The event, hosted by Rota Morale, Welfare and Recreation (MWR), drew over 7,500 attendees after a few years of reduced capacity celebrations due to COVID restrictions.

Event attendees were able to enjoy inflatables, games hosted by USO Rota, carnival rides, live entertainment, pie-eating contest, and food. This year's headliner was Aly and AJ, with local bands Lady and the Cats, and Radarts performing beforehand. The evening culminated with a fireworks presentation set to patriotic music.



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# Lt. Cmdr. Nathan Rice

Lt. Cmdr. Nathan Rice is the deputy supervisory chaplain assigned to Naval Station (NAVSTA) Rota Chapel. Daily duties include personnel management of chapel staff and contractors, visiting departments and tenant commands, providing counseling to the Rota community members, and traveling to support military-affiliated personnel throughout Europe.

“The last major daily duty is enjoying a cup of coffee with the Religious Ministry team to start our daily work,” said Rice. “It is something that does not happen every day but on most days, the chaplains will start our day with a cup of coffee and prayer.”

Rice has been a Navy chaplain for over 10 years, and has been stationed with 1st Battalion 6th Marines, at Coast Guard Air Station Borinquen in Puerto Rico, and onboard USS Gunston Hall (LSD-44) before arriving in NAVSTA Rota.


Rice, originally from Katy, Texas, said that his Christian faith has always been an important part of him, giving him strength during the darkest times of his life and developing him into who he is today.

“I am fortunate to be able to be in the Navy as a Chaplain and encourage others in their faith, even if their faith is different from my faith,” he said. “Spirituality or religious practices are very important to the strength and resilience of a person and I am fortunate to encourage others in seeking out the purpose of their life and challenge to be better people through practicing and living out their faith.”

Being able to support others across commands, geographic locations, and faith denominations is what he describes as favorite thing about this job.

“One of my favorite things about being stationed at NAVSTA Rota has been the diversity of people and commands that we support on the base and within the European AOR (area of operation),” he said. “I have supported Army, Air Force, Marine Corps, Navy, Coast Guard, Spanish Navy, civilian employees and contractors, and their families. This includes supporting NSE Lisbon, Madrid and Valencia, Marine Corps Embassy Security Group Region

See **RICE** page 23





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# USS Arleigh Burke Arrives in Riga

## From USS Arleigh Burke Public Affairs

The Arleigh Burke-class guided-missile destroyer USS Arleigh Burke (DDG 51) arrived in Riga, Latvia for a scheduled port visit on July 9, 2022.

While in Riga, crew members will visit the NATO Strategic Center of Excellence, learn about the region's history, and experience the city's rich culture. Arleigh Burke will also provide tours to senior officials from the Latvian government, Ministry of Defense, National Armed Forces and U.S. Embassy team.

"Our crew is thrilled to be welcomed in Latvia's beautiful capitol," said Cmdr. Peter Flynn, the ship's commanding officer. "We are excited to further strengthen relationships within our alliance and to visit the NATO Strategic Communications

Centre of Excellence. We will thoroughly enjoy experiencing Riga's rich culture."

Arleigh Burke is on its second patrol in U.S. Naval Forces Europe's area of operations, working with NATO allies and partners in the region. Arleigh Burke began its current patrol in June, operating in the Atlantic Ocean and Mediterranean Sea alongside allies and partners. The ship conducted port calls in Ferrol, Spain, and Villefranche-Sur-Mer, France, strengthening ties with Spanish and French navies.

Additionally, Arleigh Burke conducted interoperability exercises with the French and Spanish navies in the Atlantic and Mediterranean, highlighting the capability and capacity Forward Deployed Naval Forces-Europe (FDFN-E) ships bring to the European theater. Now in the Baltic



### Courtesy photos

The Arleigh Burke-class guided-missile destroyer USS Arleigh Burke (DDG 51) arrived in Riga, Latvia for a scheduled port visit on July 9, 2022.

Sea, Arleigh Burke continues its mission for diplomatic strengthening between NATO alliances.

These mobile, multi-mission capable ships routinely 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. Arleigh Burke is one of the U.S. Navy destroyers based at Naval Station Rota, Spain, and assigned to Commander Task Force 65 in support of NATO's Integrated Air Missile Defense architecture.

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# Seabees Construct Kindergarten with Tunisian Naval Engineers

**From U.S. Naval Forces Europe-Africa Public Affairs**

U.S. Navy Seabees assigned to Naval Mobile Construction Battalion (NMCB) 133 and Tunisian Navy engineers broke ground on the Phoenix Express 2022 (PE22) Engineer Civic Action Project (ENCAP) in Bizerte, Tunisia on June 3, 2022. The combined PE22 military engineer team will construct a new 130 square meter, two-room kindergarten building with a bathroom at the local elementary school in the La Pecherie neighborhood of Bizerte, Tunisia.

The project is part of the annual Phoenix Express exercise hosted in Tunisia that focuses on improving interoperability and increasing regional stability amongst North Africa nations, and is a testament to the strength of U.S.-Tunisia bilateral cooperation. The PE22 ENCAP is a vital training opportunity for naval engineers to gain expeditionary construction skills in an austere environment. The kindergarten building constructed by the combined military engineer team will also vastly benefit the La Pecherie community in an important location for maritime operations and exercises in the central Mediterranean Sea.

"This project is a great chance for the Naval Construction Force to build relationships, strengthen interoperability with Tunisian Navy engineers, and practice our construction skills," Lt. j.g. Ramses Carranza, officer-in-charge and project manager for the Engineer

Civic Action Project. "And in the end, it leaves a tangible safe structure for the local children and the community overall, being able to help others and increase the quality of life of the children is the most rewarding aspect of this project."

The two-room classroom building with two bathrooms will be constructed at the Bizerte elementary school compound. This new building will expand the currently available space for teachers and children, and can accommodate about 30-40 kindergarten students. Adding early-education facilities is a major need and priority for Tunisia. The team is expected to complete the project in mid-July.

"Helping this community, while we build our technical engineering skills is win-win," This community is very close to the port and Navy base here in Bizerte" said Senior Chief Constructionman Enrique Molina, Engineer Exercise Planner, Naval Forces Africa. "Working side-by-side with our partners in Tunisia enhances our ability to work together, we learn from each other while strengthening our relationship with our partners and the community."

The skills attained by the team of U.S. and Tunisian engineers during this project include construction planning and management, embarkation to an austere location, disaster response, and vertical construction to include over-head concrete pours and small unit tactics and leadership. Although this project is construction of a kindergarten building, the work and skills attained by the team,



**Courtesy Photos**

U.S. Navy Seabees assigned to Naval Mobile Construction Battalion 133 pose for a photo with a teacher Reem Glai Hassen at ground breaking ceremony to begin the construction of a new 130 square meter, two-room kindergarten building with a bathroom at the local elementary school in Bizerte, Tunisia on June 7, 2022.

are the same as those needed for military engineers in a crisis.

NMCB 133 is an East Coast battalion from Gulfport, Mississippi currently forward deployed across four geographic areas of operation, based in Rota, Spain under Commander, Task Force 68 (CTF-68) Navy Expeditionary Combat Command. The battalion is based there to provide an adaptive and scalable Naval

Construction Force ready and capable of executing quality construction in combat or in support of civic action, humanitarian assistance, or disaster recovery.

CTF-68 commands all Naval Expeditionary Forces in U.S. European Command and U.S. Africa Command areas of responsibility in direct support of Commander, U.S. Naval Forces Europe and Africa (NAVEUR-NAF), and Commander, U.S. Sixth Fleet Maritime and Theater Security Cooperation Strategies and Maritime Support Plans.

PE22 is one of three NAVEUR-NAF-facilitated regional exercises as part of a comprehensive strategy to provide collaborative opportunities amongst African forces and international partners that addresses maritime security concerns.

For over 80 years, NAVEUR-NAF has forged strategic relationships with our Allies and Partners, leveraging a foundation of shared values to preserve security and stability. Headquartered in Naples, Italy, NAVEUR-NAF operates U.S. naval forces in the U.S. European Command (USEUCOM) and USAFRICOM areas of responsibility. U.S. Sixth Fleet is permanently assigned to NAVEUR-NAF, and employs maritime forces through the full spectrum of joint and naval operations.



Left to right, School Director Amel Glai, U.S. Navy Lt. j.g. Ramses Carranza, and Tunisian Navy Capt. Naimi Hassen, break ground during a ceremony to mark the start of the construction of a new 130 square meter, two-room kindergarten building with a bathroom at the local elementary school in Bizerte, Tunisia on June 7, 2022.



U.S. Navy Seabees assigned to Naval Mobile Construction Battalion 133, Tunisian Navy engineers, along with staff and students attend a ground breaking ceremony to begin the construction of a new 130 square meter, two-room kindergarten building with a bathroom at the local elementary school in Bizerte, Tunisia on June 7, 2022.

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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

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## 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).

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The **NMCRS Lactation Room** is OPEN in the Community Support Building from 8 a.m.-4 p.m. If you are in need of a private space to nurse your child, pump, meet with our Visiting Nurse, or just relax with your little ones, visit our office for access to the room.

**VOLUNTEER WITH US!** 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/nmcrsrota> and join us for a monthly volunteer orientation. Orientation details sent to prospective volunteers after an online application is completed.

## NMCRS THRIFT STORE **\*\*CLOSED UNTIL NATIONAL THRIFT SHOP WEEK IN AUGUST\*\***

**New Building:** The Thrift Shop will be closed for the month of July and part of August to complete the move from Bldg. 222 to Bldg. 3432. Please be patient with us as we shift into the new location. Updates will be posted here and via Facebook.

## THRIFT SHOP DONATION BOX HOURS

The donation drop box at Bldg. 222 is **permanently closed** and will not reopen. Donation times at the new building will resume in July (date TBD) and be announced as soon as possible.

## UPCOMING NMCRS FINANCIAL CLASSES:

**Budget for Baby:** Are you a new or prospective parent? Join us in-person or virtually 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/nmcrsrota> and select the desired class and date.

**Command Classes:** We offer financial classes for groups and commands. Our caseworkers can come to you, or we can hold the classes in our classroom. We currently

offer *Budgeting Boot Camp* and *How to Read Your LES* for any command or department requesting. Call or email our office to schedule.

## UPCOMING NMCRS AND HOSPITAL MATERNAL PROGRAMS AND CLASSES:

The Visiting Nurse Program includes home and virtual visits, classes, and community support groups for Active Duty, Retirees, and their families. The Visiting Nurse provides health education, resource referral, and support for prenatal and postpartum, newborn care, breastfeeding, pediatric, adult, and geriatric health concerns. Please contact the Rota office for more information on the Visiting Nurse Program. The Visiting Nurse Program supports the following classes and support groups:

**Pregnancy and Postpartum Support Group:** This group will continue as a community-led support group until a new Visiting Nurse is hired. Held the third Wednesday of every month at 11:30 a.m. in the Chapel Fellowship Hall or Chapel Nursery. Grow your support community by connecting with other moms and learning about local resources for you and your baby.

**Prenatal Series:** Learn the basics of what to expect after your baby is born, including techniques to successfully feed your newborn child. Registration is required for all classes. Reserve your spot by calling the Naval Hospital Rota OBGYN Clinic at DSN 727-3511 or commercial, +34 956-82-3511.

## 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](https://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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## COMMUNITY

Rota Roller (In-Line) Hockey players, looking for some hockey to play in Southern Spain? Contact Bryan Long (email: [brylongster@gmail.com](mailto:brylongster@gmail.com) or WhatsApp at +1 805-669-8134). There is a "local" team at Chiclana, or if enough interest / players, NAVSTA Rota can form its own team and participate in the regional (Andalucian) league.

## NOW HIRING

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For U.S. jobs, visit [www.usajobs.gov](http://www.usajobs.gov)

For Spanish (LN) job announcements visit the Human Resources tab at [cnic.navy.mil/rota](http://cnic.navy.mil/rota)

### Morale, Welfare & Recreation (MWR)


[www.navymwrrota.com/jobs](http://www.navymwrrota.com/jobs)

### Navy Exchange (NEX) Rota

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**SMP***Continued from page 18*

Virginia)."

**How do I apply for Free and Reduced-Price Meals?**

Free and Reduced-Price Meal (FARM) applications are made through an online application. In accordance with USDA regulations, applications are available no earlier than July 1 for the upcoming school year. You must have your child's DoDEA student ID number, the exact spelling of the name used on the school enrollment application and a correct email address. An email is required to receive the status confirmation email.

For NEXCOM, applications are available at <https://www.mynavyexchange.com/studentmealprogram>.

**What is the cost of a meal?**

- Reduced-price lunch - \$0.40
- Full price lunch -
- Elementary School: \$3.50
- Middle/High School: \$3.75

All meals must be paid for in advance or at the time of sale. Households should prepare a budget to ensure they have funds to pay for meals. A best practice is to fund your child's meal account every pay day with enough funds to pay for meals until the next pay day.

**My student is currently enrolled in the DoDEA Virtual School (DVS). Are DVS students allowed to participate in the SMP?**

Yes, all students enrolled in DoDEA schools participating in the USDA SMP are

eligible to participate. Parents/sponsors should establish a SMP account with NEX and then inquire with their local DoDEA schools regarding specific procedures.

**I home school my students. Are we eligible for the Student Meal Program?**

If home school students have a DoDEA student ID number and are receiving auxiliary services or enrolled in at least one course, they are eligible to participate in the student meal program.

**What do I do if my child forgets lunch or lunch money?**

In the spirit of an ounce of prevention is worth a pound of cure, the best practice is to include the cost of school meals in your budget and then every pay day fund the account through the next pay day. You can set up low balance reminders in the on-line account or set up automatic payments to avoid this issue.

In the rare event that a child has no lunch meal or money to pay for a meal, the school kitchen members will make special arrangements to feed your child; however, this meal must be paid for by the family. Tax dollars and school meals revenue cannot be used to pay this debt owed by the family.

**Where would I find the monthly breakfast or lunch menus for my student's school?**

Please visit your Exchange Student Meal Program website at <https://www.mynavyexchange.com/studentmealprogram/>

\*\*Every school does not provide the School Breakfast Program. Please contact your school administration for more information.

**RICE***Continued from page 16*

5, and NSF Redzikowo in Poland."

In his free time, Rice enjoys paddleboarding, riding his bike, working on cars, building projects for his wife, spending time with his family, and taking evening walks with his wife around base. He also volunteered as a baseball coach and assistant basketball coach at the high school. For those who have attended Rota Vacation Bible School (VBS) in years' past, you may also have seen Rice dressed up as biblical characters.

"When I was in college and interning at a church, I was voluntold to be a character for Bible story and fell in love with it," he said. "Last summer, I made a few appearances in character for VBS and might do it again this year."

As Rice and his family prepare to leave Rota, he said he will remember the sunsets and the people.

"We have met some amazing people and have enjoyed the area, minus COVID," said Rice. "I have also enjoyed the parts of Spain that we have visited and the experiences we have had living in Spain. We will miss this duty station."

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