

COASTLINE

July 28, 2022 / Volume 32, Issue 14

U.S. Naval Activities Spain



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Leadership Corner



Lt. Lyndsi Gutierrez
Public Affairs Officer

Communication Remains a Priority for the Command

Team Rota,

As my time in Rota nears an end, I am reminded how challenging yet rewarding these past few years have been. For my small team and I at the base's Public Affairs Office, we operated in communications overdrive to relay changes, policies, and general information to the community throughout the State of Alarm and the months

<https://www.facebook.com/USNavalStationRota/> or searching @USNavalStationRota within Facebook.

Coastline

Our base paper, the Coastline, is published every two weeks throughout the year. It features leadership corners, operations, Team Rota members, community events, and more. As this is your paper, we are open to any and all ideas that you may have for stories, so don't be shy, email us at coastline@eu.navy.mil and we'll help bring your story to print!

For those wishing to advertise your third-party organization fundraisers in the Coastline, you are welcome to purchase ad space by contacting our publisher at coastlineventas@gmail.com.

PA Notes

For less urgent, but still important, community announcements, we have a weekly e-mail newsletter called PA Notes. In this publication, we compile the most up-to-date class and event schedules for the MWR, FFSC, USO, Red Cross, and NMCRS, just to name a few. If you're interested in receiving the PA Notes or would like to submit inputs, please contact us at coastline@eu.navy.mil. Submission inputs must be received by Monday to be included in that week's publication.

Photo Studio

If you're in need of an official photograph, full length or seated, we offer studio appointments twice a month on Thursdays to help you meet those needs. Our sign-ups can be done online via our official Facebook page.

Community Relations (COMREL) Projects

COMREL projects are a great way to get involved in the community and give back to the local community. If your command is interested in setting up a COMREL (or you know of a visiting command interested in setting one up) – contact our office with your ideas and assistance in getting started. Also keep your eyes peeled in the PA Notes for calls for volunteers for COMREL projects already arranged and needing your help!

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and now years that followed.

There is no "one-size-fits-all" solution for crisis communications – especially in the midst of a global pandemic – so we had to learn as we went. But one thing we knew must hold true – complete transparency and upholding our core public affairs mission by providing the community with only the best information in the quickest time possible. While daily life is looking similar to our pre-pandemic way of life, we remain focused on this mission.

Facebook

Facebook is, and will continue to be, one of our primary means of communication with the local community, particularly developing situations. We also utilize Facebook to provide generalized information to the community on closures, service adjustments, stories, and more.

The official NAVSTA Rota Facebook page can be found at

On The Front Cover



Capt. Teague Suarez arrives at a change of command ceremony at Naval Station (NAVSTA) Rota, Spain, before assuming command of U.S. Naval Activities Spain, July 14, 2022. Suarez assumed command from Capt. David Baird as both Commander, U.S. Naval Activities, Spain and commanding officer, NAVSTA Rota. (Photo by MC2 John Owen)

Do You Like to Write or Take Photos?

The Coastline is looking for guest writers and story ideas. Are you traveling some place fun, attending a sporting event, participating in a workshop or cooking class or leading special training in your office or community? Is there something you heard about or do you have a story idea? If so, we want to hear from you! Please send story and photo submissions or story ideas to The Coastline at rotacoastline@gmail.com. You don't have to be a professional writer. Let's get the word out about the community we live in.

Publication is subject to approval.

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New 988 Suicide & Crisis Lifeline: Easier Option for Emergency Care

From Navy.mil website

A new 988 telephone number became operational July 16, designated as the new three-digit dialing code that routes callers to the National Suicide Prevention Lifeline.

The Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States.

When people call, text, or chat 988, they will be connected to trained counselors who are part of the existing National Suicide Prevention Lifeline network. Trained counselors will listen and work to understand how their problems affect them, provide support, and connect them to necessary resources.

The current Lifeline phone number (1-800-273-8255) will always remain available to people in emotional distress or suicidal crisis.

The Lifeline's network of more than 200 crisis centers has been in operation since 2005. Numerous studies have shown that callers feel less suicidal, less depressed, less overwhelmed and more hopeful after speaking with a Lifeline counselor.

The 988 expansion will also address the need for ease of access for military veterans, service members and their families in times of crisis.

Veterans can use this new option by dialing 988 and then pressing 1 to contact the Veterans Crisis Line. Veterans may still reach the Veterans Crisis Line with the current phone number — 1-800-273-8255 and Press 1 — through chat, and by text (838255).

Veterans Crisis Line responders have training in crisis intervention and military culture.

More information and suicide prevention resources can be found at 988lifeline.org.

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.

Ombudsman Coordinator Monica Mullins 727-3232 (Monica.Mullins@eu.navy.mil)

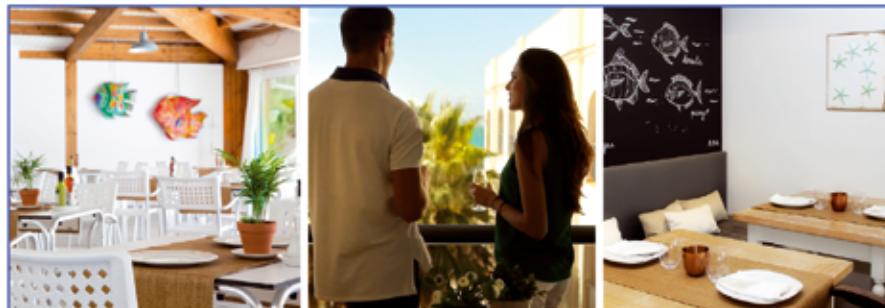
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U.S. Naval Forces Europe Participates in Bulgarian Exercise Breeze 2022

From U.S. Naval Forces Europe and Africa Public Affairs

U.S. Naval Forces Europe (NAVEUR) units and personnel, including P-8A Poseidon aircraft from Commander, Task Force (CTF) 67, based in Sigonella, Italy, and personnel assigned to CTF 68, based in Rota, Spain, kicked off participation in the Bulgarian exercise Breeze in the Black Sea region, July 14, 2022.

Participating U.S. and Bulgarian personnel will work alongside allies and partners Albania, Belgium, Georgia, Greece, Italy, Latvia, Romania, Turkey, and the United Kingdom in a variety of maritime warfare scenarios, all designed to enhance interoperability and demonstrate solidarity among participating nations.

Breeze is an annual exercise hosted by the Bulgarian Navy and typically takes place in the Black Sea region around Bulgaria every July. It dates back to 1996, and this year marks the 26th iteration of the exercise. It highlights allies and partners' commitment to improving their combined capability and capacity in the Black Sea region.

"Exercising with our NATO allies and partners is essential to ensuring security in the Black Sea region," said Rear Adm. Oliver Lewis, U.S. Naval Forces Europe-

Africa/U.S. Sixth Fleet's Director of Maritime Operations (DMO). "The ironclad commitment of the U.S. to NATO extends to every domain and in particular to the global maritime commons that the world relies upon for the safe transportation of food, energy, and commerce."

Breeze 2022, which takes place in and around Burgas and Varna, Bulgaria over the next two weeks, will emphasize anti-submarine warfare, mine countermeasure, search and rescue, force protection/anti-terrorism operations, maritime interdiction operations, and anti-piracy mission areas, among other mission sets and warfare areas. The U.S. contingent is well-equipped to support allies and partners in each of these mission areas.

P-8A Poseidon aircraft from U.S. Sixth Fleet's Task Force 67 will provide maritime domain awareness in the region and will participate in multiple exercise serials. The P-8A is the U.S. Navy's multi-mission maritime patrol and reconnaissance aircraft. The aircraft and its crew efficiently conduct anti-submarine warfare, anti-surface warfare, intelligence, surveillance, reconnaissance, and humanitarian response.

Expeditionary units from Task Force 68, including Explosive Ordnance



Photos by MC1 Erika Kugler

Bulgarian Navy Capt. Daniel Todorov, commander, Auxiliary Ships Squadron, asks questions about U.S. floating mine response procedures during the knowledge exchange portion of exercise Breeze 2022, July 14. Breeze 2022 enhances interoperability among Bulgaria and participating nations, with an emphasis on anti-submarine warfare, search and rescue, force protection/anti-terrorism operations, maritime interdiction operations, and anti-piracy mission areas.

Disposal Mobile Unit (EODMU) 12, are also scheduled to train alongside their counterparts in a variety of exercise events. These include mine response, remote-operated vehicle searching techniques, limpet response and handheld SONAR search, underwater searching techniques, and underwater ordnance reconnaissance.

"I am excited for the opportunity to improve our readiness and interoperability during exercise Breeze," said Capt. Cameron Chen, Commander, Task Force 68. "Bulgaria has an incredibly professional military and we look forward to the knowledge and experience we will gain from working alongside the

Bulgarians and our NATO partners in the Black Sea."

For over 80 years, U.S. Naval Forces Europe-U.S. Naval Forces Africa (NAVEUR-NAF) has forged strategic relationships with 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 U.S. Africa Command (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.

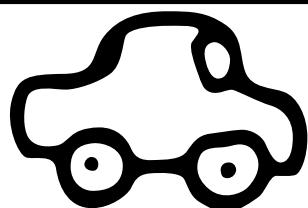


Senior Chief Explosive Ordnance Disposal Technician Matthew Kuttenkuler, assigned to Explosive Ordnance Disposal Mobile Unit (EODMU) 12, delivers a brief on U.S. floating mine response procedures to Bulgarian Sailors as part of a knowledge exchange between the two nations during exercise Breeze 2022, July 14, 2022. Breeze 2022 enhances interoperability among Bulgaria and participating nations, with an emphasis on anti-submarine warfare, search and rescue, force protection/anti-terrorism operations, maritime interdiction operations, and anti-piracy mission areas.

For more information on Breeze 2022 and other

Sixth Fleet operations, visit

www.c6f.navy.mil



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Health Promotion Corner: The Dangers of Overtraining

By Corban Irwin
U.S. Naval Hospital Rota

Health and fitness are essential topics that we talk about often. The benefits of living an active lifestyle are easy to see, and we must prioritize healthy eating and fitness. Staying in good physical shape not only helps us perform better in our daily lives but also helps us feel better – but what happens when it doesn't?

July's emphasis is on safety, and the importance of being safe when working out or exercising cannot be overstated. One unsafe factor that many of us may be experiencing is overtraining, and is a subject that most of us know very little about. Overtraining is when the body is put under so much stress that it is not properly able to recover. Overtraining can happen to anyone who works out often or has a physically demanding job and will not only minimize our physical fitness efforts but can also have long-term consequences such as injury, altered mood, lowered performance, and other negative effects.

To better understand overtraining, we must first know its signs and symptoms. Identifying overtraining can be tricky because often, the signs of overtraining closely resemble normal training effects, so it is important to listen carefully to your body and think about the duration and intensity of the symptoms. So, what are

the signs and symptoms of overtraining?

- 1. Soreness and injury:** Do you ever get so sore that it lasts for days and does not seem to go away? Is there any injury that seems to stick around too long? Is there a nagging pain that flares up when you work out? These are all possible signs of overtraining. Listening to the signals that our body is sending is important. If you are experiencing long-term soreness or an injury, you may need to get medical care and rest. Do not continue to push yourself because you could cause a small issue to become a bigger one. Long-term injuries to muscles, ligaments, and tendons are much more common when overtraining occurs.
- 2. Decline in performance:** Declining performance can be tricky to identify because we often think the decline is due to not training hard enough. Still, it could very well be how hard we are training that is causing lagging performance. Your body needs time to rest and heal when you are training. Without proper time off, your body will

12 SIGNS YOU'RE OVERTRAINING



#1: Loss of Performance



#2: Increased Difficulty



#3: Excessive Soreness



#4: Lack of Appetite



#5: Fatigue



#6: Mood Problems and Lack of Focus



#7: Poor Sleep or Insomnia



#8: Decreased Libido



#9: Frequent Illness



#10: Frequent or Nagging Injuries



#11: Fat Gain and Loss of Muscle Mass



#12: Elevated Morning Resting Heart Rate

not be able to keep functioning at a high level.

3. Sleep Disruption: Having trouble sleeping can signify that you have a hormone imbalance, which could be caused by overtraining. Additionally, lack of sleep can cause the symptoms of overtraining to be further aggravated because proper rest is not taking place.

4. Mood and appetite: Mood swings, or overall altered mood, can be a sign of overtraining. Hormone imbalances are often the cause of mood changes. Hormonal changes can also lead to appetite changes. Tracking what we eat is a great way to help us reach fitness goals but can also help us identify issues such as overtraining.

As we can see, there are many adverse consequences of overtraining. We should always do our best to avoid overtraining by eating a proper diet and rest days. Rest, diet, stretching, alternative workouts, and health checkups are great ways to ensure that we do not suffer from overtraining.

If you are concerned, you may be overtraining, or would like more information reach out to your primary care physician. Additionally make sure to use the resources available to you at Health Promotion and Wellness, such as workout plans, ShipShape classes, or an appointment with the registered dietitian.

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1. the dough

Made with Italian hard wheat flour, it rests for 48 hours until a double fermentation is obtained, resulting in a fine, soft and elastic pizza in the center, with thick and spongy edges and a texture that you cannot forget.

2. The oven

Neapolitan pizzas are baked between 60 and 90 seconds to about 400 degrees, in a refractory stone oven made by hand in Naples.

3. The ingredients

Authentic Neapolitan pizza is only made with high quality ingredients, all imported in this case directly from Naples.

4. LOS PIZZAIOLI

None of the above would make sense without a great master of ceremonies. Their Pizzaiolo comes directly from Naples. Pizzero chef “Giuseppe Graziano” is an authentic Neapolitan and has worked for large Neapolitan pizzerias around the world since 1988.

His passion for Neapolitan pizza, and in general for Italian food, has led him to open his new restaurant La Palma in Rota. The pizzas range from the classic Margherita to the specials; the Gourmet, the Saltimbocca and the Fritta pizza. For those in the mood for classic Italian food the restaurant has an extensive menu of pasta, meat and fish dishes.

The wine list is extensive, and they carry many specialty beers. Excellent Italian and Neapolitan desserts are also on offer. La Palma restaurant has a family atmosphere and is an apt place to enjoy meals and evenings with both family and friends. The La Palma restaurant is in front of Chorrillo Beach, with views of the historic center of Rota and the Bay of Cadiz. Please see their ad in the paper for details. It is said that after having tried authentic Neapolitan pizza it is very difficult to settle with anything less. Come and see!





NATIONAL BOWLING Day

Saturday, Aug. 13
4-8 p.m.
Celebrate Bowling Day at PINZ with your group with half off bowling between 4 and 8 p.m. Shoe rental not included.

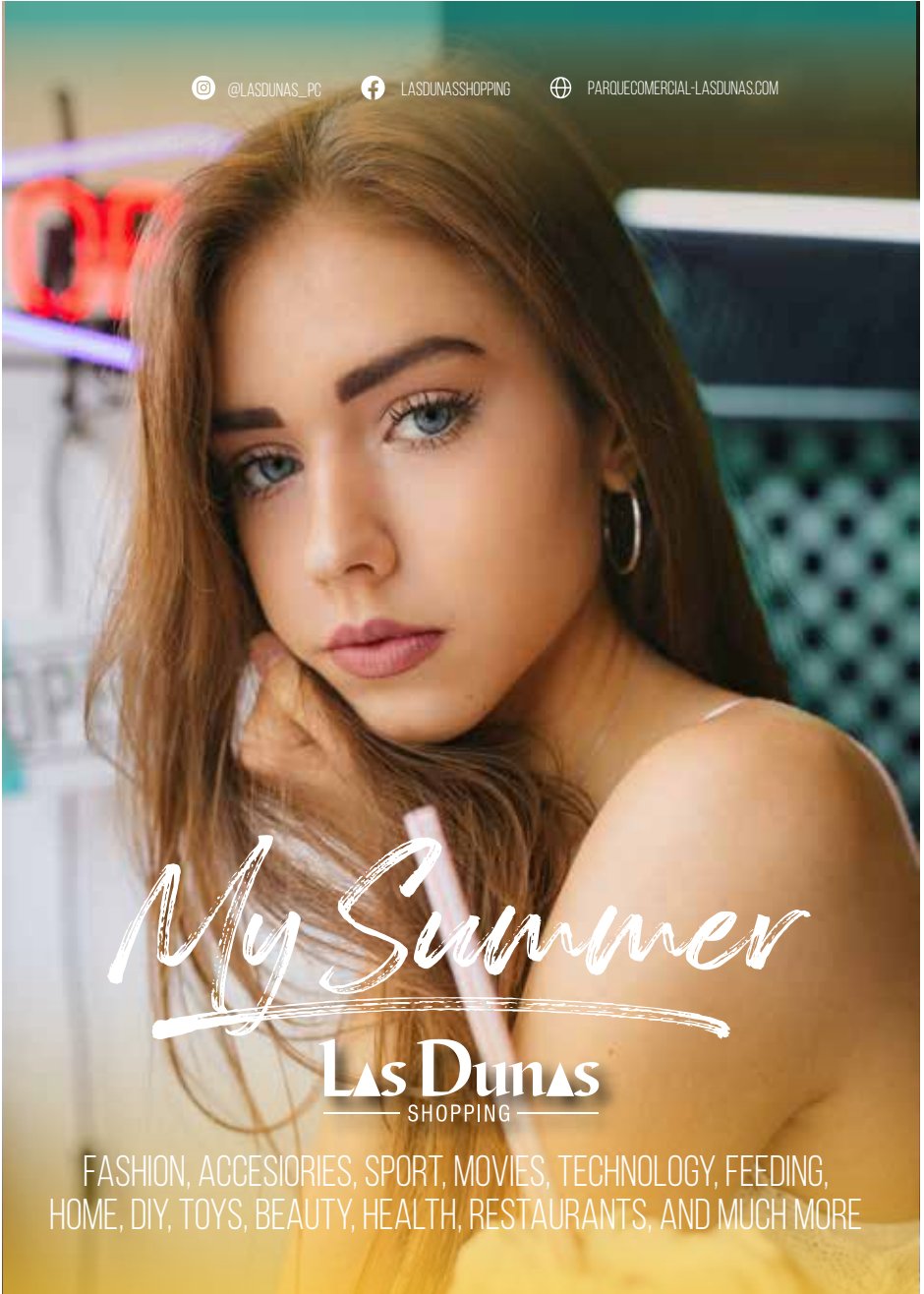
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USO Rota June Volunteer of the Month: Liana Pierluissi

From USO Rota

Please join USO Rota in congratulating the June Volunteer of the Month: Liana Pierluissi!

Pierluissi has been volunteering with the USO since October of 2021 and has accumulated over 160 hours. She is always eager to help in any way she can whether it is in the center or out in the community. USO Rota can count on Pierluissi for any shift she signs up for, whether it is event prepping, dressing up in a costume, or even the not-so-fun, deep cleaning shifts. Liana has proven that she is up for any task to ensure that our programs go off flawlessly.

For the month of June, Pierluissi has made an impact in our community by volunteering for events like the end of

school year popsicles for Rota Elementary School students, the Deployed Family's Siesta, baking delicious treats for multiple events, and answering the call to support an early morning Patriot Express at the last minute.

Thank you, Liana for everything you do to support the USO and our community. We could not do what we do without you!



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE

Preventing Heat Related Injuries
Be aware of flag conditions, risk factors, symptoms and first aid

Flag Conditions
*Determined by Wet Bulb Globe Temperature (WBGT) **

Flag Condition	Temperature Range (WBGT)
More than 90° Physical training and non-mission essential strenuous exercise suspended for all personnel	95° - 90°
88-89.9° Strenuous exercise curtailed for all personnel with less than 12 weeks training in hot weather.	90° - 88°
85-87.9° Strenuous exercise and activity should be curtailed for new and unacclimatized personnel during the first 3 weeks of heat exposure.	88° - 85°
80-84.9° Discretion required in planning heavy exercise for unacclimatized personnel.	85° - 80°
Less than 80° Extreme physical exertion may precipitate heat exhaustion or heat stroke, therefore, caution should be taken.	80° - 75°

Injury Symptoms and First Aid
Heat injuries can happen at any temperature. Know the signs and symptoms!

Heat Stroke is damage to the brain due to heat. If the person is not cooled immediately, the damage may worsen, become permanent, or lead to death. In addition to symptoms of heat exhaustion (below), may have altered mental status, be unresponsive, and have convulsions. Remove the person from heat, remove clothing, apply cool water or ice to head, neck, armpits, and groin. Arrange transport to the emergency room while continuing to cool the victim.

Heat Exhaustion occurs when a person can no longer effectively cool himself. Without cooling may progress to heat stroke. Symptoms can include headache, irritability, confusion, nausea, vomiting, weakness, dizziness, and thirst. Water, rest, and immediate cooling are critical. More severe cases can be recognized by elevated core body temperature, confusion, and lack of prompt response to water and rest. Emergently transport to medical care.

Rhabdomyolysis (muscle breakdown) may result from exertion in heat. Muscle pain, swelling, and dark urine should be evaluated emergently by a physician.

Heat Syncope or Fainting (includes light-headedness and dizziness). Sit or lie down in a cool area and drink water.

Heat Cramps are from strenuous work in a hot environment. Rest in a cool area and drink water.

Heat Rash or "Prickly Heat" (itchy, tiny red bumps around sweat ducts). Cool the person, especially the skin (i.e., apply a cool, wet washcloth).

Environmental Risk Factors
Hot, humid weather, no breeze or wind, exposure to direct sun or other radiant heat sources.

Individual Risk Factors
Restrictive clothing, protective gear, physical exertion, dehydration, certain medications, recent illness, lack of acclimatization (new to area or recent change from cool to warm environment).

*WBGT Index is NOT the air temperature! It takes into account temperature, humidity, wind, and radiant heat (sun exposure).

For more information, see NMCPHC's Prevention and Heat and Cold Stress Injuries on our website at: <http://www.med.navy.mil/les/mneph/occupational-and-environmental-medicine/comp/Pages/tech-manuals-guidance.aspx>

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NAVSTA Rota Conducts Active Shooter Drill at DGF Middle/High School

Photos by MCC Nathan Carpenter

Naval Station (NAVSTA) Rota first responders participated in a simulated active shooter drill at David Glasgow Farragut (DGF) Middle/High School, July 26, 2022. The drill tested the responders' response and abilities in a high stress situationw as well as acclimate personnel to the DGF school campus.



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The Why Behind Walking the Camino de Santiago

Rota Library has many books to aid in planning or virtually experiencing the Camino

By Agar Fernandez-Palomero
Rota MWR Library

During my time as librarian at Naval Station Rota, I have heard many reasons *why* people want to do the Camino de Santiago. It is possibly best described within the book, "Moon Guide to the Camino the Santiago," which I will share here:

For a life-changing adventure:

No matter what kind of person you are—secular, spiritual, or religious—walking along the Camino's dirt paths, through medieval villages and beautiful wild landscapes, becomes a journey of insight and transformation.

To tune more deeply into life and yourself:

The Camino can be treated as a long walking meditation punctuated by churches, chapels, shrines, streams, hills, mountains, rivers, and valleys.

For the food scene:

From succulent fresh-caught seafood and hearty stews to festive local markets and tapas joints, the Camino is a foodie's dream come true.

To unplug:

Disconnect from normal life (and technology) and enter into a deep experience of presence and connectedness on many levels—with nature, with others, and with yourself.

To be a part of history:

The Camino itself is officially a Christian pilgrimage that is over 1,200 years old, but the terrain is, of course, even older. Humans have long traversed the lands along southwestern France and northern Spain. They left signs—stone tools, painted caves, rock art, dolmens, hilltop settlements, prehistoric roads—and, only later, medieval towns and chapels.

To let go:

It's a powerful moment to lay a stone at Cruz de Ferro on Monte Irago, the Camino's highest point, as you silently enact a ritual of gratitude, forgiveness, or letting go.

For the physical challenge:

The entire Camino is nearly 500 miles long (and 600 miles if you continue to the ocean), but if you're looking for a segment that gets your heart rate up, try Saint-Jean-Pied-de-Port to Pamplona, Leon to Sarria, and the Camino Finisterre, all of which offer mountainous terrain, or

the stretch from Burgos to León for high plateau meseta terrain.

To explore the many churches:

Walk the stretch from Pamplona to Logroño (the most unusual churches); Logroño to Burgos (for miracle-based and Camino Saint-built churches); Burgos to León (classic Romanesque, Gothic, and Mudéjar churches built for some of the most miracle-working Marys); and Sarria to Santiago de Compostela (quirky small village churches).

For the wine:

The middle of the route, from Pamplona to Sarria, offers distinctive wines. Logroño to Burgos, in particular, is known for world-class La Rioja wines and hearty Castilians ones. Plus, filling your scallop shell with local red wine at Bodegas Irache Wine Fountain, a relatively new Camino tradition, has quickly become a classic.

For solitude:

The Camino is a rare chance in the busy world for solitude and self-reflection. Start anywhere before Sarria and walk any time but summer. In general, the center of the route (after Pamplona and before Sarria) tends to be less crowded than the beginning and end sections.

For camaraderie:

Found everywhere in high doses (especially if you stay in the albergues), but especially potent at the beginning, from Saint-Jean-Pied-de-Port to Pamplona, and at the end, from Sarria to Santiago de Compostela.

For the Compostela:

You must walk the last 100 kilometers (62 miles) of the Camino, or 200 kilometers (124 miles) if you're cycling, to earn a Compostela, the official completion certificate. Sarria is the most popular starting point for walkers wishing to do this. You can also earn official certificates by walking from Santiago de Compostela to Muxía and Finisterre.

Although these quotes are from one of the most used Camino de Santiago guide, it summarizes all the good things and the motives that lead one to go the Camino.

I really believe this journey will change you forever, and you will find peace in yourself with all the walking and taking time to listen to yourself.

Stop by the library. We have purchased several fiction and non-fiction books to either help you plan your Camino adventure or virtually experience the Camino through fictional stories and memoirs. We look forward to seeing you!





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Naval Station Rota Holds Change of Command

By Lt. Lyndsi Gutierrez
NAVSTA Rota Public Affairs

Capt. Teague J. Suarez relieved Capt. David S. Baird as commander, U.S. Naval Activities Spain and commanding officer of Naval Station Rota during a change of command ceremony in front of the installation's headquarters, July 14.

Rear Admiral Brad Collins, Commander, Navy Region Europe, Africa, Central served as the presiding officer for the ceremony, which was attended by Spanish Vice Adm. Ricardo Hernandez, Admiral-in-Chief, Rota Naval Base, as well as numerous distinguished visitors, American and Spanish service members, Naval Station Rota employees and their family.

"Naval Station Rota, Spain serves as the hallmark of U.S.-Spanish military cooperation," said Collins. "As the 'Gateway to the Mediterranean,' from here in Rota, the installation enables operations that provide critical security and stability to the maritime commons of Europe and Africa, including the Mediterranean Sea, one of the busiest sea lanes in the world."

Baird took command in June 2019 and led the installation through a worldwide pandemic, hosted evacuees from Afghanistan during Operation Allies Welcome, and saw the initial homeport swaps for the Forward Deployed Naval Forces-Europe destroyers.

"Words cannot express my gratitude towards this community, nor how proud I am of what this community accomplished

together. One of the things I am most proud of is that this installation never stopped operating through the pandemic, but I have never felt more fulfilled than during our work here in support of the evacuations from Afghanistan," said Baird. "Our team is made up of not only the service members but also the civilians who serve and their family members – both Spanish and US. Without each and every one of you, the successes and accomplishments of the past 3 years would not have been possible."

Baird took a unique approach to leadership during his tenure through frequent social media updates to the community, a trend that began during the pandemic, in which he often times would weave in relevant stories from his personal life to add perspective to the ever-changing situation. Baird noted that the community's support and the hard work and discipline of the service members enabled the 41 commands at Naval Station Rota to safely and successfully meet their missions, but none of that would have been possible without the close partnership with the installation's Spanish hosts.

"For decades, US military personnel and their families have viewed Rota as one of the most desirable duty stations in the world, and one of the main reasons for that is because of the friendly and welcoming local community," said Baird. "But I think the challenges we shared and conquered together through the pandemic and through supporting the evacuees from Afghanistan have surpassed feelings



Courtesy photo from Spanish Navy

Sailors assigned to Naval Station (NAVSTA) Rota, Spain, stand in formation during a change of command ceremony where Capt. Teague Suarez relieved Capt. David Baird as commander, U.S. Naval Activities Spain, July 14, 2022. Suarez assumed command from Baird as both commander, U.S. Naval Activities, Spain and commanding officer, NAVSTA Rota.

of friendship. We now feel like we are part of one big family. A Spanish and American family.

Upon taking command, Suarez said he looks forward to continuing Rota's record of excellence and building upon the close ties with the Spanish.

"My family and I are very excited to have the opportunity to experience life in Spain and to build upon the remarkable work Capt. Baird has done here in Rota," said Suarez. "Together, with our Spanish partners, Team Rota will continue to provide the best possible support to the

warfighters on the waterfront, the strategic lift missions on the flightline, and the families that are part of our community."

Naval Station Rota enables and supports U.S., NATO and partner nation forces through six lines of operation which are security, port operations, air operations, safety, quality of life, and what is called the core. The core includes, fuel, water, power and information technology infrastructure. Through these lines of operation NAVSTA Rota maximizes the combat capability of U.S. and allied operational forces.



Photo by MCC Nathan Carpenter

A Spanish AV-8B Harrier flies over a change of command ceremony at Naval Station (NAVSTA) Rota, Spain, July 14, 2022. Capt. Teague Suarez assumed command from Capt. David Baird as both commander, U.S. Naval Activities, Spain and commanding officer, NAVSTA Rota.



Photo by MCC Nathan Carpenter
Sailors assigned to Naval Station (NAVSTA) Rota, Spain, raise the U.S. flag in preparation for a change of command ceremony.



Photo by MC2 John Owen
Rear Admiral Brad J. Collins, Commander, Navy Region Europe, Africa, Central, poses for a photo with Capt. David Baird during a change of command ceremony.



Photo by MCC Nathan Carpenter
Rear Adm. Brad Collins, Commander, Navy Region Europe, Africa, Central, oversees a change of command ceremony where Capt. Teague Suarez (left) relieves Capt. David Baird (right) as commander, U.S. Naval Activities Spain.



Photo by MCC Nathan Carpenter
Rear Adm. Brad Collins, Commander, Navy Region Europe, Africa, Central, speaks at a change of command ceremony.



Photo by MCC Nathan Carpenter
Capt. David Baird speaks at a change of command ceremony at Naval Station (NAVSTA) Rota where Capt. Teague Suarez relieved Baird as commander, U.S. Naval Activities Spain.



Photo by MC2 John Owen
Capt. Teague Suarez presents flowers to his wife, Lea Suarez, at a change of command ceremony at Naval Station (NAVSTA) Rota, Spain, after assuming command of U.S. Naval Activities Spain.



Photo by MCC Nathan Carpenter
Rear Adm. Brad Collins, Commander, Navy Region Europe, Africa, Central, oversees a change of command ceremony at Naval Station (NAVSTA) Rota where Capt. Teague Suarez (left) relieves Capt. David Baird (right) as commander, U.S. Naval Activities Spain.



Photo by MCC Nathan Carpenter
Rear Adm. Brad Collins, Commander, Navy Region Europe, Africa, Central, shakes hands with Capt. David Baird after awarding him a Legion of Merit during a change of command ceremony.



Photo by MC2 John Owen
Spanish Vice Admiral Ricardo A. Hernandez Lopez awards Capt. David Baird a Cross of Naval Merit during a change of command ceremony.



Photo by MCC Nathan Carpenter
Capt. David Baird and his wife Jill depart a change of command ceremony at Naval Station (NAVSTA) Rota, Spain, after completing duties as commander, U.S. Naval Activities Spain.



Photo by MCC Nathan Carpenter
Sailors assigned to Naval Station (NAVSTA) Rota, Spain, stand in formation during a change of command ceremony.



Photo by MCC Nathan Carpenter
Sailors assigned to Naval Station (NAVSTA) Rota, Spain, stand in formation during a change of command ceremony.



Photo by HN Hayley Coe

NMCRS Rota New Location Opens Next Month

By McKallah Blanton
NMCRS Rota

PCS season is at its peak, summertime is almost over, and among all the new changes, the Rota Navy-Marine Corps Relief Society (NMCRS) will be preparing for the grand opening of the new NMCRS Thrift Shop as well as welcoming the new Rota NMCRS Director, McKallah Blanton.

For the past two years, Katherine McCarthy has been running and maintaining the Rota NMCRS office. From supporting base missions, standing the office up under post-COVID conditions, turning over a new Thrift Shop, and assisting over 500 service members and their families in interest free loans, McCarthy was undeniably a huge asset to the Rota community.

She cannot be replaced, but Blanton has high hopes in helping the organization

grow bigger and further, while emphasizing all of the programs and assistance this organization can provide to service members and their families.

"For as long as I can remember, I have wanted nothing more in this life than to make a positive impact in this world", said Blanton. "With this position I will not only make a positive impact, but support our United States military and their families".

In her new role as the Rota NMCRS Director, Blanton wants to invite the Rota community to attend the grand opening ceremony for the new Thrift Shop. The grand opening is Monday, Aug. 15 at 10 a.m. at the new Thrift Shop (formerly the Spanish bank beside the Aquatics Center). Please join the NMCRS team in celebrating the new central location with a ribbon-cutting ceremony, refreshments, and a little shopping!

Thrift Shop Grand Opening



Monday, August 15

10 a.m.

Bldg. 3432
(former Spanish bank)

Join Navy-Marine Corps Relief Society (NMCRS) director and team, along with Rota leadership and community members, for a ribbon-cutting ceremony to celebrate the grand opening of the new Thrift Shop.

Stick around afterwards for refreshments and some shopping!

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La Tasca Talaván is a tapas bar situated in the historical center of Rota. Located in the plaza at the start of Calle Mina, it's fountain and cascading water, it's emanating aromas from the trees and plants creates an ambiance that takes you away to another place.

Be it that you're looking to find a curated selection of Spain's best gourmet delicacies (i.e. fresh bluefin tuna from the local almadrabas, tapas, wines, cheeses, or cured meats), paellas for lunch on Sundays, or to have your Saturday and Sunday evenings amplified by local DJs playing funk, blues, jazz, and/or ambient electronic music, the plaza is perfect for date nights and/or gatherings between work colleagues, friends and family.

La Tasca Talaván is open for lunch and dinner Tuesday thru Sundays. Stop by and experience how time seems to stand still at La Tasca Talaván



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MIGUEL (MONOTON) & JUAN BROWN (14H-20H)
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SR. STEVE - FUNK & SOUL CLASSICS
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JUAN SEBASTIAN - COLOMBIA
ELECTRONICA ATMOSFERICA (18H-22H)
LUISMI AKA QUINTANA
NINTENDO SET (22-00H)
- SUNDAY 21
JUAN BROWN - ROTA
CLASSICS OF YESTERDAY AND TODAY (20H-00H)
- FRIDAY 26
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- SATURDAY 27
CALETA SOUND - PUERTO
REGGAE, MASHUPS 100% VINYL (14H-00H)
- SUNDAY 28
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NAVSTA Rota Personnel Participates in COMREL Project at Spanish School

Photos by MC2 John Owen

Personnel from Naval Station (NAVSTA) Rota participated in a community relations (COMREL) project at IES Francisco Javier de Uriate, July 22, 2022. During the COMREL, volunteers moved bookcases and items to set up the school's library.



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ROTABEATER



Team Rota

Laura Niño Ruiz-Henestrosa

Laura Niño Ruiz-Henestrosa is an administrative assistant for the food & beverage (F&B) division of Morale, Welfare and Recreation (MWR). Her duties encompass a wide range of admin duties such as preparing catering proposals and contracts, tracking orders for multiple locations, conducting monthly inventories, updating staff trainings, and preparing timecards.

Niño Ruiz-Henestrosa, who grew up in Rota, has a degree in translation and interpretations from the University of Granada. She began working with MWR in December 2015 and has worked in several positions within F&B division prior to her present job which she started in November 2019.

“What I enjoy the most are the special events, which are actually pretty common,” she said.

From large base events like Independence Fest to catered functions such as change of command receptions and fleet visits, Niño Ruiz-Henestrosa said that these events require a lot of work. However, she enjoys the creativity and teamwork that go into them from the entire MWR department.

“The whole MWR is a great team,” she said, but emphasized the behind-the-scenes work of the support division in getting these events pulled off.

“Everything is way easier with the support (division) like our warehouse team, the help of our maintenance personnel, etc.”

This teamwork between Niño Ruiz-Henestrosa, the F&B staff, and MWR coworkers has been vital in recent months as the team worked to revamp and reopen the two cafes under the Gourmet Bean concept.

In her free time, Niño Ruiz-Henestrosa dabbles in her creative side whether it’s drawing, fashion, or music.

“I love drawing,” she said. “Ever since I could hold a pencil in my hand I remember myself drawing, especially little dolls. And I still do it, although now I call it fashion illustration!”

She jokes that her creative talent does not translate to musical instruments. Niño Ruiz-Henestrosa can’t play an instrument but “going to concerts is one of the greatest feelings ever.”

Niño Ruiz-Henestrosa loves the NAVSTA Rota community and appreciates the opportunity to be part of it.

“I am also super proud of how everyone responded and supported each other through hard times like in the worst moments of the pandemic or with the evacuees from Afghanistan last year,” she said. “It makes it even better when everyone comes together for celebrations.”





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From the Library: Children Book Review

Seeking an Aurora

By Elizabeth Pulford

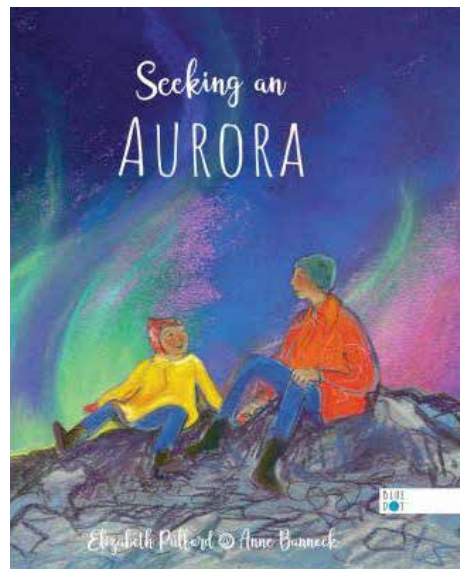
Illustrated by Anne Bannock

Review by Courtney Pollock

My son recently visited the base library to select some new books and discovered their summer reading program's "Read Beyond the Beaten Path" themed display. Upon returning home, he excitedly pulled out "Seeking an Aurora" that he selected for me. While I'm not entirely sure why he selected this book for me, I can guess it had to do with the outdoor scenes, hiking, and the beautiful, soothing illustrations.

The book starts with a father waking his young son during the night to go on an adventure – to see an aurora. The author's flowing descriptions of their hike from the house to the top of the hill helps to pull all the reader's senses into the scene. The young son asks questions throughout the walk about what an aurora is and isn't. Once they reach the top of the hill and take a seat on the rocky ground, the dark sky suddenly comes alive with swaths of floating colors. They are awestruck by the wonder and beauty of nature's show.

The illustrator uses warm, bright colors



to draw the reader into the story. She is able to use her drawings to highlight the descriptive prose of the author despite much of the story taking place while walking in the dark outdoors. The brilliance of colors for the aurora creates a stunning impact in the book with the author's words weaving through the colors.

At the end of the book, there is a description on auroras, where they can be found in the world, and when they are most common. "Seeking an Aurora" is part of the collection of books highlighting this year's summer reading program, "Read Beyond the Beaten Path." Check out this book as well as other outdoor and nature-based children books at the base library.

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The DoDEA DORS Registration link is live! See the advertisement below for information, or contact the School Liaison for more information or visit <https://www.smores.com/vgemr> for local education information.

DoDEA Sure Start for SY 2022-23

If you have a child that will turn four years old by Sept. 1, 2022, your child may be eligible for DoDEA's pre-kindergarten Sure Start program. Applications are normally accepted beginning in March and continue through the summer. For more information contact the school liaison @ SLORota@eu.navy.mil.

Spanish Schools Workshop

The School Liaison will host a Spanish Schools Workshop on Aug. 17, 2022 at 11 a.m. at Fleet & Family Support Center (FFSC) small classroom to help families who missed March registration. Please reserve your space by COB on Aug. 16 – Contact SLORota@eu.navy.mil

F.E.E.T. (Friends Exploring Espana Together) Youth Sponsorship

The School Liaison and Youth Programs will conduct an orientation for new students to make sure the teens are informed about the many programs Rota has to offer and to ensure they are given the opportunity to make friends and enjoy their new duty station. They will also meet youth center staff and other key community members.

Youth will travel with staff to explore the beautiful city of Cádiz. This event is **free**, but youth must be registered with CYP. Space is limited. Deadline to sign up is noon on Aug. 10 and Aug. 15. Contact SLORota@eu.navy.mil to reserve your spot.

Grades, Rising 9-12: Aug. 11, 9 a.m. - 5 p.m.

Grades, Rising 6-8: Aug. 16, 9 a.m. - 5 p.m.

Back 2 School Resource Fair

Join the School Liaison, NEX, the USO, Red Cross, FFSC, Health Promotions, CYP, DoDEA, the Boys and Girls Scouts, and many other community organizations as we host our annual Back 2 School Resource Fair on Aug. 18 from 1-4:30 p.m. inside the NEX main store. Join the fun and win prizes!



Must be TEI cardholders to participate.

Call the School Liaison before You GO

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

School Meals Program Frequently Asked Questions for SY2022-2023

On June 30, 2022, the law authorizing free school meals for all enrolled students expired. Families will need to complete an application for free and reduced-price meals. NEXCOM and school liaison office will publish information on the procedures for applying for free and reduced-price meals. Please note that families must reapply each year for free and reduced-price meal eligibility, can apply anytime during the school year, but must reapply each year.

Below are some frequently asked questions (FAQ) regarding the school meal program:

Why isn't the free meal waiver continuing next year?

The Families First Coronavirus Response Act (FFCRA), Public Law 116-127, authorized free school meals for all students. The law expires on June 30, 2022. This authorization was in response to the sudden widespread and lengthy unemployment of many households and loss of in-school learning that started at the beginning of the pandemic. Without access to the school breakfast and lunch programs that many of our nation's children depend on, the health of our nation's children was at risk. Therefore, Congress authorized waivers to the national school lunch program and school breakfast program that provided free student meals.

What happens now that all students no longer have free meals next school year?

Beginning as early as July 1 of each school year, families can complete an application for free and reduced-price meals. Families who do not qualify or do not apply will pay the full price amount. Eligibility status for free and reduced-price meals is for the entire school year and only one school year. Families must reapply every school year as early as July 1. It is highly encouraged that families apply each school year.

How do I know if I qualify for free and reduced-price meals?

Eligibility for free and reduced-price

meals is based on household size and income. When determining household income, each spouse's income is included. However, military pay for the overseas cost of living adjustment, overseas housing allowance, hazardous duty pay and combat pay is excluded from total income. Overseas families, excluding Guam and Puerto Rico, use the Alaska Income Eligibility Rate. The income eligibility rates will not be published by USDA until mid-late June. A foster child who is the legal responsibility of the courts is eligible to receive free meals regardless of your income. Children enrolled in Sure Start automatically qualifies for free school meals.

How do I obtain a web-based lunch account for my child?

For all exchanges, you will need your student ID number, exact spelling of the student name used upon registration and an email address. The student ID number and exact spelling of name used upon registration is available from your school.

For NEXCOM, applications are made through an online application at <https://www.mynavyexchange.com/studentmealprogram>. For families participating in the NEXCOM Student Meal Program, your district name is "DoDEA - Navy Exchange (Alexandria, 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.

STUDENT REGISTRATION

New & Returning Students

The DoDEA Online Registration for Students (DORS) is open for new and returning students. All new and returning students must register for SY 22/23. If your child was not signed-up during the Spring 22/23, the student must register before the start of the school year to begin.

Step 1:

Go to <https://dodeasis.myfollett.com/aspen/login.do>

Step 2:

Log in and follow the prompts for registration. Users can request an account and password by clicking the appropriate links if needed.

Step 3:

Once online registration is completed, regardless of registration type (new or returning), you will have to physically visit the registrar's office (located in the main office) to complete the process.

Resources

Student Registration Portal:
<https://dodeasis.myfollett.com/aspen/login.do>
 Registration Process - Eligibility and Enrollment:
<https://www.dodea.edu/registration-process.cfm>



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Did You Know: Federal Voting Assistance Program

From FVAP.gov website

The Federal Voting Assistance Program (FVAP) is a Department of Defense (DoD) organization that works to ensure service members, their eligible family members, and overseas citizens are aware of their right to vote and have the tools and resources to successfully do

so — from anywhere in the world.

FVAP assists voters through partnerships with the military services, Department of State, Department of Justice, and election officials from the 50 states, U.S. territories, and the District of Columbia. State and local governments administer U.S. elections, including those for federal offices. FVAP supports state

and local election officials by providing absentee voting information, materials, training and guidance.

Follow us on Facebook at www.facebook.com/DoDFVAP, @FVAP on Twitter and @fvapgov on Instagram. Downloadable calendar alerts and email reminders are available so voters never miss a deadline to register, request a

ballot and vote.

Additional Information for non-UOCAVA voters: Uniformed service members, their families, and Department of Defense civilians who are currently stationed in the same location as their voting address may visit vote.gov to register to vote and request information from their local election office to vote locally.

Rota Voting representative is NAVSTA Rota Admin Officer, Lt. Dylon Blanton. He can be reached at DSN 727-2361 or by email, dylon.blanton@eu.navy.mil.

HOW TO VOTE FROM ANYWHERE IN
2 Simple Steps...
WHEN YOU'RE IN THE MILITARY

ON BASE? STATIONED OVERSEAS? ON A SHIP?
NO MATTER WHERE YOU ARE, YOU CAN VOTE.

If you're active duty and living away from your voting residence, you can have your absentee ballot sent to you.

HERE'S HOW:

STEP
1

FILL OUT THE FEDERAL POST CARD APPLICATION (FPCA) AT FVAP.GOV TO REGISTER AND REQUEST YOUR BALLOT

WHEN?

Send it to your election office by **August 1*** (or later, depending on your state) for the General Election on November 8, 2022.

STEP
2

FILL OUT AND SEND IN YOUR BALLOT WHEN IT ARRIVES

WHEN?

By your recommended deadline:

October 1, 2022
on a ship at sea

October 24, 2022
outside the U.S.

October 31, 2022
stateside

WHAT IF THE BALLOT DOESN'T ARRIVE IN TIME TO FILL OUT AND SEND BACK BY THE DEADLINE?
Use the *Federal Write-In Absentee Ballot (FWAB)* as a backup ballot at FVAP.gov.

WANT TO MAKE SURE YOUR BALLOT WAS RECEIVED?
Check the status at FVAP.gov.

THAT'S IT. YOU'RE A MILITARY VOTER.
GET MORE INFO AND ASSISTANCE AT FVAP.GOV



Americans can vote. Wherever they are.

HOW TO VOTE FROM ANYWHERE IN
2 Simple Steps...
WHEN YOU'RE A MILITARY SPOUSE

MILITARY LIFE CAN TAKE YOU LOTS OF PLACES.
YOU CAN VOTE FROM ALL OF THEM.

If you or your spouse is living away from your voting residence, your military family can still vote absentee.

HERE'S HOW:

STEP
1

FILL OUT THE FEDERAL POST CARD APPLICATION (FPCA) AT FVAP.GOV TO REGISTER AND REQUEST YOUR BALLOT

WHEN?

Send it to your election office by **August 1*** (or later, depending on your state) for the General Election on November 8, 2022.

STEP
2

FILL OUT AND SEND IN YOUR BALLOT WHEN IT ARRIVES

WHEN?

By your recommended deadline:

October 24, 2022
outside the U.S.

October 31, 2022
stateside

WHAT IF THE BALLOT DOESN'T ARRIVE IN TIME TO FILL OUT AND SEND BACK BY THE DEADLINE?
Use the *Federal Write-In Absentee Ballot (FWAB)* as a backup ballot at FVAP.gov.

WANT TO MAKE SURE YOUR BALLOT WAS RECEIVED?
Check the status at FVAP.gov.

THAT'S IT. YOU VOTED.
GET MORE INFO AND ASSISTANCE AT FVAP.GOV



Americans can vote. Wherever they are.

*Recommended to ensure ballot arrives by election day.

HOW TO VOTE FROM ANYWHERE IN
2 Simple Steps...
WHEN YOU'RE A U.S. CITIZEN OVERSEAS

ACROSS THE POND?
NO MATTER WHERE YOU ARE, YOU CAN VOTE.

If you're a U.S. citizen living abroad, you can have your absentee ballot sent to you.

HERE'S HOW:

STEP
1

FILL OUT THE FEDERAL POST CARD APPLICATION (FPCA) AT FVAP.GOV TO REGISTER AND REQUEST YOUR BALLOT

WHEN?

Send it to your election office by **August 1*** (or later, depending on your state) for the General Election on November 8, 2022.

STEP
2

FILL OUT AND SEND IN YOUR BALLOT WHEN IT ARRIVES

WHEN?

By the recommended deadline of **OCTOBER 24, 2022.**

WHAT IF THE BALLOT DOESN'T ARRIVE IN TIME TO FILL OUT AND SEND BACK BY THE DEADLINE?
Use the *Federal Write-In Absentee Ballot (FWAB)* as a backup ballot at FVAP.gov.

WANT TO MAKE SURE YOUR BALLOT WAS RECEIVED?
Check the status at FVAP.gov.

THAT'S IT. YOU'RE AN OVERSEAS VOTER.
GET MORE INFO AND ASSISTANCE AT FVAP.GOV



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*Recommended to ensure ballot arrives by election day.

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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 Drydocked" 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

When you are having trouble meeting urgent financial needs, NMCRS may be able to provide an interest-free loan or grant. Through financial counseling, we will also help you plan for better financial stability. Our services are completely confidential. If you are approved for a loan or grant, you will receive funds immediately. There is no application fee and the appointment is completely free. If

you need \$1,000 or less, you may be eligible for our Quick Assist Loan.

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

Upcoming Closure: Sept. 2-5 (Labor Day Weekend)

First Floor of the Community Support Building (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

Email: rota@nmcrs.org

Facebook: www.facebook.com/nmcrsrota

The **NMCRS Lactation Room** is OPEN in the Community Support Building (Bldg. 3293) 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 reopen Monday, Aug. 15 at 10 a.m. at the new location, Bldg. 3432. Follow NMCRS Rota Facebook page for more information and updates.

THRIFT SHOP DONATION BOX HOURS

The donation drop box at Bldg. 222 is **permanently closed**. Donation times at the new building will 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

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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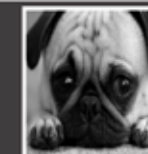


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1983 Talbot Horizon. Automatic, Left drive, collector to restore or part out. \$1500 negotiable. Contact David at 660 07 2189 or Gloria at 699 01 6639

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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 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

HRO

For U.S. jobs, visit www.usajobs.gov

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

Morale, Welfare & Recreation (MWR)

www.navymwrrota.com/jobs

Navy Exchange (NEX) Rota

<http://www.NavyExchange.jobs>

Volunteer with Navy-Marine Corps Relief Society (NMCRS) Rota!

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Home: 956-82-6126
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Sunday Worship Service 11:00 A.M.
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- Trusted and personal
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2 CHAPLAINS
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- 100% Confidential
- More than spiritual counseling
- No reporting requirement
- No referral needed
- No health record documentation

3 FLEET & FAMILY SUPPORT CENTER
Appointments: (+34) 956-82-3232

- Individual counseling and life skills, i.e. financial, stress management, coping skills, and relationships
- Non-medical counseling
- No referral needed
- No health record documentation

4 MILITARY ONESOURCE
Contact: 00-800-342-9647/
MilitaryOneSource.mil

- Non-medical counseling for military personnel and family members
- No referral needed
- No health record documentation
- Life skill building i.e. stress, coping, relationships, finances

5 MEDICAL PROVIDER IN PRIMARY CARE CLINIC AT USNH
Appointments: (+34) 956-82-3618/
1-800-TRICARE

- Medication management/specialty referral as needed
- Collaborate with clinical providers and communicate with the CO when necessary
- Health record documentation

6 BEHAVIORAL HEALTH AT USNH
Appointments: (+34) 956-82-3408

- Outpatient services by referral from Primary Care Manager
- Individual therapy, psychiatry, substance use treatment
- Military duty determinations
- May communicate with CO and other medical providers
- Health record documentation
- Active Duty priority for Behavioral Health services

7 EMERGENCY ROOM
911 from base landline
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- Danger to self, others or gravely disabled
- Not for routine access to care

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

Rota WIC Overseas Program
Building #1963 (CDC building)
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