

MONTHLY NEWSLETTER

PUBLIC WORKS DEPARTMENT ROTA

June 2023



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On the Cover

PWD Rota Holds Annual Safety Picnic

Annual Safety Picnic 2023



LCDR Christina Milone, Facilities Engineer & Acquisition Director of PWD Rota, makes the opening comment ahead of Antonio's safety talk during the Safety Picnic at Seaview Pines at NAVSTA Rota on May 16th, 2023.



One May 16th, PWD Rota held the annual All Hands Safety Picnic at the Seaview Pines of NAVSTA Rota. During the Safety meeting, Antonio Grimaldi, PWD Rota's Site Safety Manager, spoke on the possible hazards during the upcoming summer months and the ways to mitigate these hazards through operational risk management (ORM), going over the big items from the recreational and off-duty safety awareness. A big thank you to the organizers and volunteers that made this event happen, and to all of the PWD Rota that attended, making this a successful event!

Article by LT Chanhan Lee





Backflow Training!

The week of May 15th, civilians and military members of PWD Rota, as well as contractor personnel, participated on the Backflow Prevention Assembly Tester Training and Certification. This five-day course was provided by Mr. Garrett Burnett and Mr. Marco Flammia from Naples, and focuses upon guidelines and acceptable practices for testing and annual inspection of backflow prevention assemblies used in cross-connection control programs. Throughout the week-long course, the attendees were trained on three different types of backflow preventer assemblies, testing on differential pressure gauges, as well as the 80-question written test for those who choose to participate in the voluntary certification program sponsored by the University of Florida TREEO Center. UTCN Aidan Doyle told me that he really enjoyed the class, because it focused on the areas in which he specialized in as the utilitiesman-rated Seabee. Following personnel passed the course and certified: UT2 (SCW) Dodanin Argumedo, UT3 Andriana VanderBrink, UT3 Kaden Johnson-Powers, UTCN Aidan Doyle, Ismael Bernal Exposito, Oscar Bernal Exposito, and Juan Marquez Bernal.



Article by LT Chanhon Lee



What's Going on in FEAD These Days?

Above: Ken Gould, Senior Construction Manager of Facilities Engineering & Acquisition Division, is seen here giving a monthly safety talk on fall protection during FEAD All Hands on May 18th, 2023. FEAD regularly holds monthly All Hands to discuss important items/news, and safety will always be included as part of our agenda. Below: Ingrid Magyar, Contracting Specialist for the Base Operations Support Contract (BOSC), is seen here holding Performance Assessment training alongside Jesus Arcila, Senior Performance Assessment Representative (PAR), as they go over the Functional Assessment Plan (FAP) and Performance Assessment Plan (PAP) as required by NAVFAC Atlantic (LANT).

Article by LT Chanhon Lee





PWD Rota also held a training that was given through SKM Systems Analysis, Inc. on the week of May 8th, 2023. The training was specifically focused on SKM Power Tools software. Some of our members, including those from Utilities & Energy Management (UEM) Branch, utilize SKM to design and make calculations for all of the electrical infrastructure that are managed by PWD Rota, thus making it a very important tool. All of the Electrical Engineers and the Mobile Utilities Support Equipment (MUSE) Technician, not just in PWD Rota, but in the EUR-AFCENT region, attended this 5-day course either in-person in Rota or virtually. Getting the training to take place was a big effort, but kudos to the UEM for making this happen! (And thank you Bryan Long for this input.)

¡Enhorabuena, Bea!



A big congratulations to Beatriz Hading-Chalamet Garcia, who is retiring after 45 years of faithful service with Naval Station Rota, Spain. Bea started working for NAVSTA Rota since November of 1978 after studying administrative management (administrative formación profesional) in high school. Most of you may have known her for her service in the Trouble Desk in the Facilities Management Division (FMD) in BLDG 59. And her hard work and dedication throughout her time in PWD Rota definitely made a difference in morale amongst her fellow colleagues and contributed immensely in mission aboard NAVSTA Rota. She will definitely be missed by everyone here in PWD Rota, and we wish her happy retirement and a well-deserved time of relaxation.

Article by LT Chanhon Lee



UT2 Argumedo Earns His Associate's Degree

UT2 Danny Argumedo recently earned his Associate's Degree with The University of Maryland Global Campus-Europe on May 12th, 2023 at the Naval Station Rota Chapel. He started working on his degree in 2017 upon arrival at Public Works Department Souda Bay, Greece, and continued to work on his degree ever since. He says he was inspired to earn his college degree because he'd be the first in his family to both join the military and earn a college degree, making his family name of Argumedo proud!

He also was motivated to show his child, his beautiful daughter Sophia, that "you can do anything you want as long as you set your mind to it." Throughout his time in the military, he was constantly balancing his life, constantly traveling around, working hard, and making time for hobbies (like working out and dancing), all while still managing to complete the degree and becoming a new husband and father is crazy for him to believe. He would've never ever dreamt of achieving all of these accomplishments.

Article by LT Chanhan Lee



ASIAN AMERICAN NATIVE HAWAIIAN & PACIFIC ISLANDER HERITAGE MONTH



Article by LT Chanhhan Lee

Since 1977, the month of May has been designated to recognize the achievements and contributions to the American military story by Asian Americans Native Hawaiian & Pacific Islanders (AANHPIs). We celebrate the cultural traditions, ancestry, native languages, and unique experiences represented among more than 56 ethnic groups (speaking over 100 languages) from Asia and Pacific Islands who live in the United States and currently serving the armed forces.

Why May? The month of May denotes several events in AANHPI history, including the immigration of the first Japanese people to the United States on May 7th, 1843 and the finalization of the transcontinental railroad, which was predominantly accomplished by Chinese immigrants, on May 10th, 1869.

Generations of Asian Americans and Pacific Islanders have a long legacy of service in the US Navy, dating back to 19th century. AANHPI service members have continued to leverage their skills, talents, perspectives, and ideas on behalf of the mission. (See follow pages for some inspirational stories from fellow AANHPI members.)

Personally, I am glad to see more and more Asian Americans being shown on spotlight via films and literature in the recent decades, such as *Crazy Rich Asians*, *Everything Everywhere All At Once*, *the Farewell*, *Shang-Chi*, *Minari*, and *Parasite* just to name a few. Some of these depict struggles through identity crisis, cultural and ethnic clashes, and generational trauma in a way that any third-cultural kid like myself could relate. The pressure of keeping up with sometimes-contradicting cultures and ways-of-life, is real, but all of these experiences has helped shaped me who I am. And I am happy to be my unique self as a Korean American Naval Officer, representing the United

States, serving here in Spain (crazy isn't it?)

Personally, I wouldn't even be here typing/editing this newsletter if not for the Seabees that landed at the shores of Inchon on the morning of September 15th, 1950, during the height of the Korean War. These Seabees were the first to land upon the shores, hurriedly laying down a 400-foot pontoon pier and causeway, making way for the Marine Landing Force to assault the North Korean forces and eventually re-capturing Seoul (where I was born 39 years later).



Members of AANHPI-descent at PWD Rota, from left to right: LT Shane Thames, LT Chanhhan Lee, CECA Francis Kahele, EOCN Christian Ramirez, CE2N Peng Zhao, and CE3 Zuhair Ali



Susan Ahn Cuddy (above right), was the first ever Asian American Naval Officer in the history, serving as a first female gunnery officer and then for the U.S. Naval Intelligence Office. She is pictured with her siblings, who also joined the US armed forces.

CMDCM(SW/AW) Josephine Tauoa (below) made history on February 26th, 2020 when she became the first Samoan Command Master Chief of USS *Chung-Hoon*.



Telesforo Trinidad (above), as fireman second class, is the only Filipino in the US Navy to be awarded with the medal of honor for his heroic actions on January 21st, 1915 during the Spanish-American War aboard USS *San Diego*, rescuing two shipmates after a boiler explosion.



Gordon Pai'ea Chung-Hoon (above), commander of USS *Sigsbee* during World War II, received the Navy Cross for his actions during during a April 14th, 1945 kamikaze attack. USS *Chung-Hoon* is named in his honor.



Connie Mariano (left) is not only the first Filipino-American to become a Rear Admiral in the US Navy, she was the first female director of the White House Medical Unit, as well as the first military woman to be appointed as the White House Physician.

Harry B. Haris Jr. (below) was the first American of Japanese descent to lead US Pacific Command and was the highest-ranking American of Japanese descent in the US Navy during his time as commander of USIN-DOPACOM.



Rear Admiral Darius Banaji (below), a Civil Engineer Corps Officer, was promoted to the rank of rear admiral lower half on October 2016. Recently, he served as the Deputy Director for Operations for Defense Prisoner of War/Missing in Action Accounting Agency.

Ming E. Chang (above) became the first naturalized Asian Pacific American naval officer to reach flag rank when he was promoted to rear admiral in 1980. He is the recipient of the Legion of Merit (Combat V) and Bronze Start (Combat V) medals.



Sunita Lyn "Sunni" Williams (above), was an American astronaut and US Navy officer of Indian-Slovenian descent when she broke records for total spacewalks by a woman (seven) and most spacewalk time for a woman (50 hours, 40 minutes).

E02 STAYS NAVY!



ALL HANDS CALL!!

E02 (SCW/EXW) Jackson reenlists for 4 more years!!! Petty Officer Jackson joined the Navy in 2015 and after this reenlistment he will have served a total of 12 years...E02 only has "the rest of the way to go"!!

Article by CE2(AW) Warreck Neubauer



HE'S OUT!!!

Annnnd...

HE'S BACK!!!



Hercules Cup 2023



Diet Of Champions

Protein: Egg Whites/Lean Beef/
Chicken Breast/White Fish/Protein
Powder

Carbs: White Rice/Rice Cakes/
Potatoes/Oats/Berries

Fats: Peanut Butter/Egg Yolks/Nuts

Macros: 240g - 290g Protein / 40g-
300g Carbs / 60g - 120g Fats

Cheat Meals: Pancakes, McDon-
alds, Yogurt Bowls, Cinnamon Toast
Crunch.

3X Week Cardio 30 Min

6X Week Gym Strength Training

Weight: 215lbs as of February 8th,
175lbs of May 14th (Stage Weight)

The morning of February 8th, 2023, EO2(SCW/EXW) David Francis flipped the switch. The days of Twinkies, cheese-cakes, and hotdogs were gone. EO2 Francis was in full concentration mode and focused on achieving his goal of placing in an international Men's Physique Bodybuilding Competitions in Spain.

There are a few big lifestyle changes and challenges he faced. For starters, completely cutting alcohol and strict-dieting, as well as putting priority in the gym. When asked what the hardest part of preparing for the competition was, EO2 responded by saying "One day at a time, one step in front of the other. I couldn't do this without the help and support from my gym partners EO2 Jackson and CE3 Ca-chola."

After three grueling months of training, the day was finally here - the Hercules Cup in Cordoba on May 14th, 2023.

That weekend, the focus switched from strength and cardio to rest and relaxation, putting the finishing touches of poses and getting tanned all fell into place with a perfect smile.

Hard work truly does pay off; EO2 Francis earned 1st place in the Novice Category as well as 2nd place overall in Class A Men's Physique.

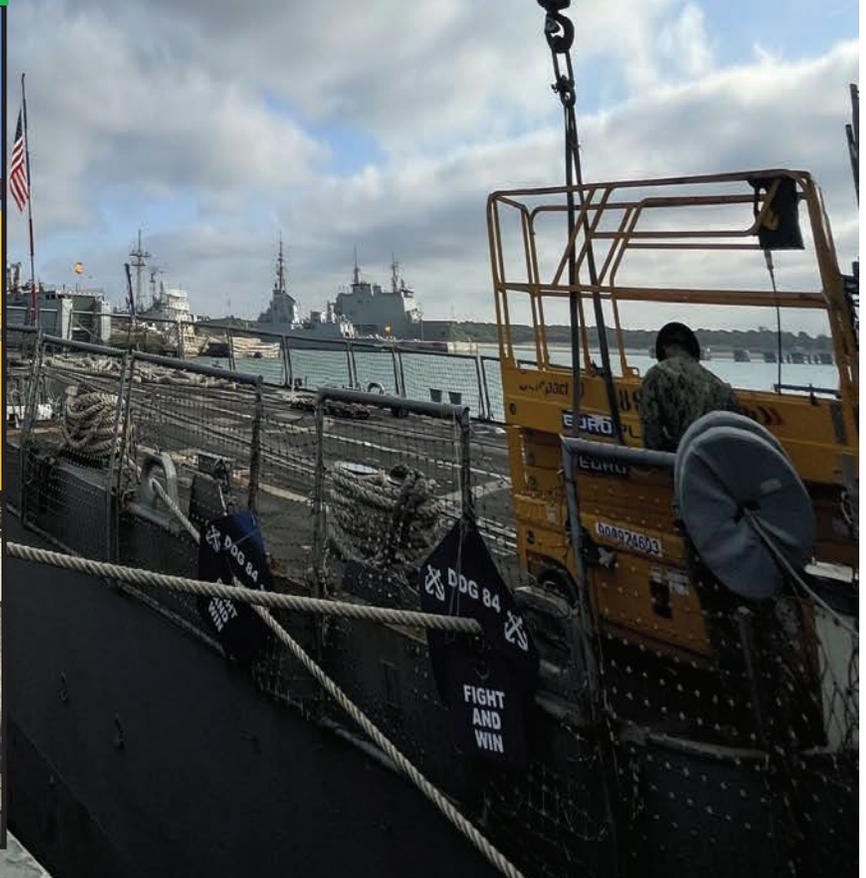
Article by EO2(SCW/EXW) Alex Jackson



Pier 1 Scenes

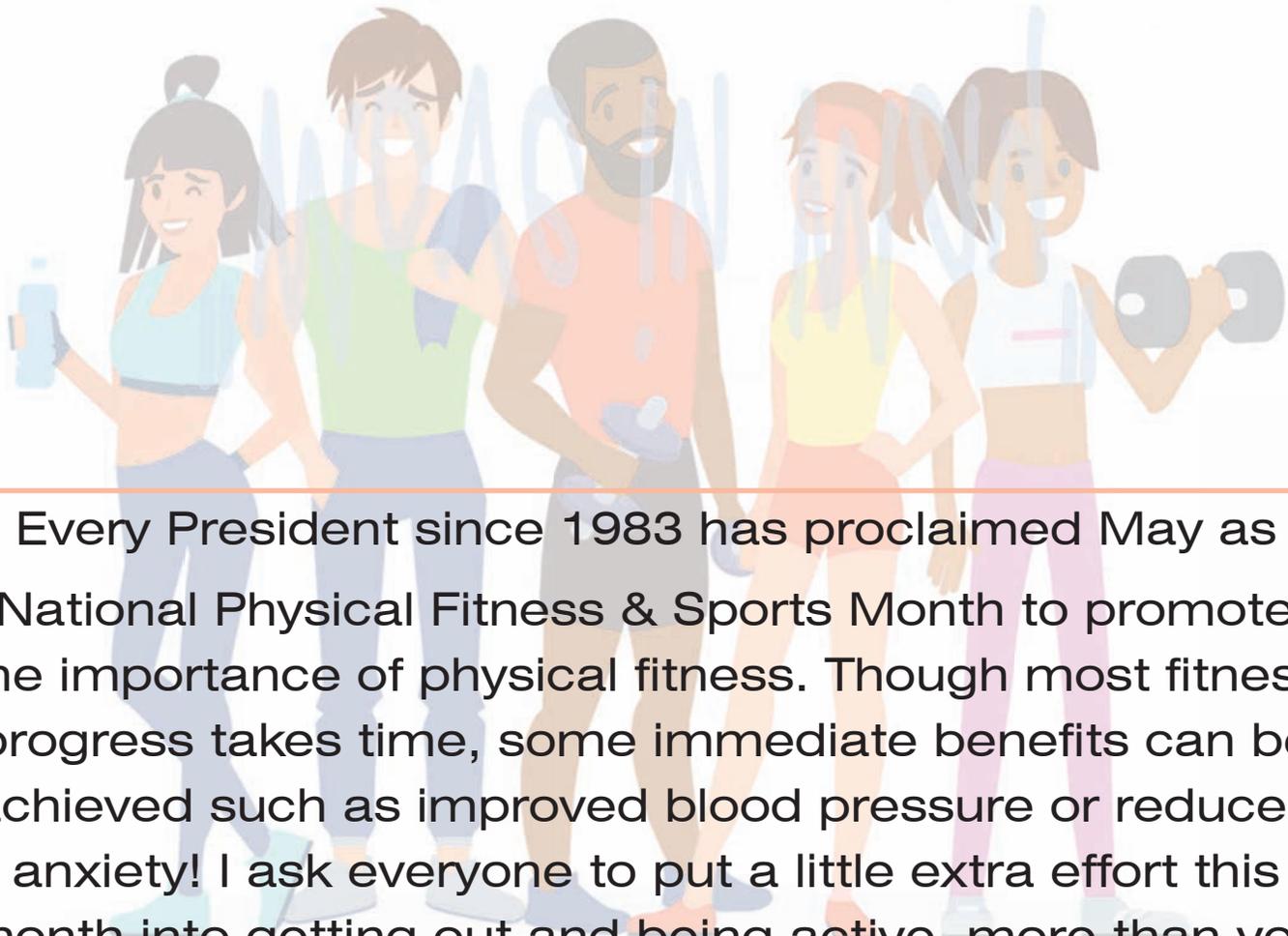
Below: EO1(SCW/EXW) Christian Smith is seen here operating the GMK 65 ton crane in order to support maintenance at USS Bulkeley, DDG-84, on May 1st, 2023. **Right:** EO2(SCW/EXW) David Francis is prepping a scissor lift in order to be lifted.

Article by EO2(SCW/EXW) Alex Jackson



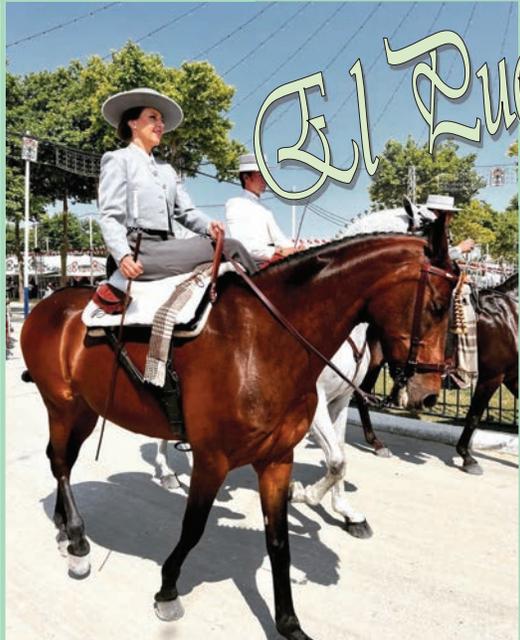
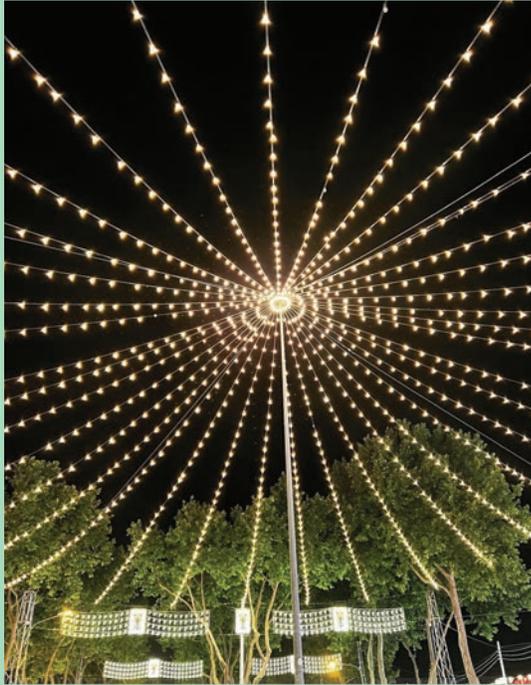
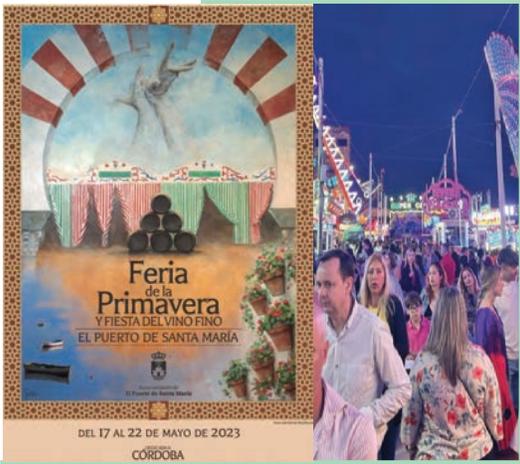
CFL CORNER

"Move in May"



Every President since 1983 has proclaimed May as National Physical Fitness & Sports Month to promote the importance of physical fitness. Though most fitness progress takes time, some immediate benefits can be achieved such as improved blood pressure or reduced anxiety! I ask everyone to put a little extra effort this month into getting out and being active, more than you normally would. If you find yourself having a great time (you will) and you feel like posting it on social media, use the #MoveinMay tag and join the rest of us as we get our fitness on this May!

Article by CE2(AW) Warreck Neubauer



WELCOME ABOARD!



Jeremiah "J" Hoobler (left) is a newly-checked Engineering Technician in FEAD. He was a prior-Construction Electrician Chief, retiring last year after 21 years of service. Throughout his time as a Seabee, he was in NMCB ONE, NMCB ELEVEN, CBMU 303 Detachment Fallon, State Department in India, as well as his last active-duty assignment as the Engagements Chief & Staff Planner in the SIXTH Fleet, connecting Seabees to the Maritime Mission. He was also at PWD Rota as a young Seabee from 2002 to 2004 as a High Voltage crewmember. He earned his Associate's at the Coastline Community College and Bachelor's and Master's at the American Military University, concentrating on Organizational Leadership. Welcome aboard J!

Article by LT Chanhan Lee

EOCN Christian A. Ramirez (RamRod) was born at a really young age and is now 19 years old. He is from San Antonio, Texas and coming out of high school, he joined the U.S. Navy to start a better life career. While here EOCN plans to get all his EO licenses, make rank, and attend college. His hobbies are playing football, running, and seeing new places. Welcome aboard EOCN Ramirez!

Article by EO2 Ethan Roney



CM2 (SCW) Patrick O'Brien is a construction mechanic coming to us from sunny San Diego, CA, where he was attached to the Amphibious Construction Battalion One (ACB-1). Like most here, he is looking forward to traveling and not being on board a ship. His hobbies are space travel, his samurai sword collection, learning all the languages from star wars and breaking the Guinness world record for most eggs eaten in two minutes. Welcome Aboard CM2 O'Brien!

Article by EO1(SCW/EXW) Christian Smith

**Brought to you by the
PWD Rota Public Affairs
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