



COASTLINE

July 27, 2023 / Volume 33, Issue 14

U.S. Naval Activities Spain

**Child Development
Center Presents
New Playground**
Page 10

**Rota Hosts Senior
Leadership
Symposium**
Page 12

**School Liaison
Notes and Free-and-
Reduced Meal Q&A**
Page 18

Leadership Corner



Lauren Blakley
Safety Officer

Staying Hydrated in the Summer is Essential

Summer is in mid-swing here in Rota and the heat in Southern Spain poses a risk for heat-related injuries and illnesses. We cannot change the weather but we can change how we live and work in it.

There are three things to keep in mind when protecting yourself from heat injuries: **Awareness**, **Prevention**, and **Planning**.

AWARENESS – Know the symptoms of oncoming heat injuries:

HEAT EXHAUSTION: Heavy sweating, cold/pale and clammy skin, fast, weak pulse, nausea/vomiting, muscle cramps, tiredness/weakness, dizzy or headaches.

HEAT STROKE: Confusion/altered mental status, slurred speech, loss of consciousness, Hot dry skin or profuse sweating, seizures, and very high body temperature.

If unsure which one you or another person may have, I recommend staying on the safe side and calling 9-1-1 on base or 1-1-2 off base for immediate assistance.

PREVENTION – Know what to do to prevent heat injuries:

HYDRATION: Start hydrating early if you plan being out in

the sun/heat by starting a day or two ahead of your activity. Drink water, period. Stay away from alcohol and caffeinated drinks. If you drink sports drinks, ensure you match the sports drink intake with the same or more water intake.

PROTECTION: Sunscreen with a high SPF applied before exposure to direct sunlight followed by repeated periodic applications, especially after swimming. Wear light, loose fitting cotton clothes or other breathable material covering arms and legs. Sunglasses, hats and umbrellas offer additional protection.

PLANNING – ORM is a must:

MEDICAL HISTORY - Be vigilant as people with prior heat injuries are more susceptible to future injuries. If you take prescription medications, consult your doctor to see if sun exposure will cause a reaction before you are exposed to direct sunlight.

LEADERSHIP – Leaders must plan to protect their personnel working in heat hazard areas and outdoors. Schedule regular breaks in air conditioning or under shade. Ensure plenty of water is available to stay hydrated. Observe your personnel, remove them from the job tasking and seek medical attention if symptoms dictate. At the end of the shift or day, evaluate your plan and operations to adjust accordingly.

Enjoy the summer activities here in Rota but please do so safely!

Check out the Flag conditions chart on the next page to understand the temperatures associated with each flag color and how that impacts your physical training.

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On The Front Cover



Sailors assigned to the Arleigh Burke-class guided-missile destroyer USS Bulkeley (DDG 84), forward deployed to Naval Station (NAVSTA) Rota, Spain, participate in a shipboard firefighting exercise July 12, 2023. See more pictures on page 13. (Photo by MC2 Drace Wilson)

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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Ombudsman Coordinator Monica Mullins 727-3232 (Monica.K.Mullins2.naf@us.navy.mil)

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Category	Guidelines (Ref: NAVMED P-5010)
Black Above 90°	Physical training and strenuous exercise must be suspended for all personnel. (Excludes operational commitment, not for training purposes).
Red 88 to 89.9°	Strenuous exercise must be curtailed for all personnel with less than 12 weeks training in hot weather.
Yellow 85 to 87.9°	Strenuous exercise and activity must be curtailed for new and unacclimatized personnel during the first 3 weeks of heat exposure. Avoid outdoor classes in the sun when the WBGT Index exceeds 85.
Green 82 to 84.9°	Discretion is required in planning heavy exercise for unacclimatized personnel. This is a marginal heat stress limit for all personnel.
White Less than 80°	Extreme intense physical exertion may precipitate heat exhaustion or heat stroke, therefore, caution should be taken. <i>Recommend posting.</i>

Numbers are Wet Bulb Globe Temperature (WBGT) Index, not temperature

Wearing personal protective equipment (PPE) or full body work clothing can add 10 points to measured WBGT. Limits of exposure should be adjusted accordingly.

If your command uses/needs to know the flag condition, join the NAVSTA ROTA WBGT GROUP by sending your email & Whatsapp number to timothy.j.hagood.civ@health.mil to be added to the distro. From May through September, Wet Bulb Globe Temperature (WBGT) information is passed starting at 8 a.m. and every hour until 4 p.m. Monday-Friday when flag conditions change.

CRIME VICTIM CHECKLIST

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* Use the free app **AlertCops** for the quickest response. You can also dial **091** for local police, **112** for emergency translation services, **956-82-2911** for on-base emergency dispatch or **911** from a base landline phone.

2. OBTAIN A COPY OF YOUR POLICE REPORT

3. TAKE POLICE REPORT TO NCIS

* NCIS is located in bldg. 3263 across from the NEX behind the main Security building.

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Navy Medicine Training and Readiness Command Rota Welcomes New Commanding Officer

By Lt. Cmdr. Jenny Paul and Lt. Kyle Coven
 NMRTC Rota Public Affairs

Photos by Lt. Kyle Coven



Capt. Jorge L. Brito, left, is relieved by Capt. William T. Scouten, right, as commanding officer of U.S. Navy Medicine Readiness and Training Command (NMRTC) Rota as Rear Adm. Matthew Case, commander, Naval Medical Forces Atlantic (NMFL), presides during a change of command ceremony onboard Naval Station Rota, Spain, June 16, 2023.



Capt. William T. Scouten, the Commanding Officer of U.S. Navy Medicine Readiness and Training Command (NMRTC) Rota, left, and Capt. Jorge L. Brito, the former Commanding Officer of U.S. NMRTC Rota, right, cut a cake following a change of command ceremony at U.S. NMRTC Rota onboard Naval Station (NAVSTA) Rota, Spain, June 16, 2023.

Navy Medicine Readiness and Training Command (NMRTC) Rota held a change of command ceremony where Capt. William T. Scouten relieved Capt. Jorge L. Brito at Naval Hospital Rota on board Naval Station Rota, Spain, June 16, 2023.

Rear Adm. Matthew Case, commander, Naval Medical Forces Atlantic (NMFL), presided over the ceremony and welcomed Scouten by highlighting his varied background in Navy Medicine.

"I look forward to what you will bring here," expressed Case. "We will rely heavily on that experience to help chart the course for this command's future."

Scouten's last assignment was serving as force surgeon with the U.S. Navy's Military Sealift Command, where he managed the hospital ship military treatment facility (MTF) program, optimized new hire medical processing, and ensured the health and wellness of globally deployed civil service mariners.

"I am energized to lead an awesome organization," said Scouten. "I look forward to the challenge of leading such a dynamic team, and to continue to build partnerships and leaning into the critical missions we support."

Case also thanked Brito for his leadership during several unprecedented moments for Navy Medicine, the command, and the hospital MTF.

"Under his guidance, the command was able to meet the rapidly evolving complexities of readiness, operational requirements and healthcare," stated Case.

The guest speaker, Brig. Gen. Clinton Murray, director, Defense Health Agency (DHA) Region Europe, spoke about Brito's role as director of the hospital.

"This place has been the standard of excellence," said Murray. "This hospital plays a pivotal role within the European Market and has a large impact in the community."

Brito spoke fondly of the many historical firsts and highlights he shared during his remarks, and expressed heartfelt appreciation to command leaders, partner host nations, the Spanish Navy, and staff.

"Thank you for your continued support of this facility, and the health and wellness of the hospital's beneficiary population," remarked Brito. "I am leaving the command and the hospital in great hands under the leadership of Captain Scouten."

Brito, who assumed command of NMRTC Rota June 2021, continued to enhance fleet readiness and training while also championing a robust partnership with host nation hospitals by boosting coordination of emergency care and greater Spanish emergency medical support on the installation.

He will embark on his new assignment as the fleet surgeon for Commander, U.S. 5th Fleet in the Kingdom of Bahrain.

NMRTC Rota serves as a force multiplier in Navy Medicine's strategic global medical support mission throughout Europe and Africa, while also supporting operational readiness and maintaining a strategic repository of expertise at the Naval Hospital Rota MTF within the Iberian Peninsula.

Navy Medicine – represented by more than 44,000 highly-trained military and civilian health care professionals – provides enduring expeditionary medical support to the warfighter on, below, and above the sea, and ashore.





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Cultural Corner: Spanish General Elections

By **Alejandra Tirapu Lucero**
NAVSTA Rota Public Affairs

During these past couple of weeks, you have probably driven around Rota, Puerto and other cities and seen big posters with faces of people you do not know. Those people are the candidates for the most important job in the country: Prime Minister. It is election time!

After nearly four decades of dictatorship under General Francisco Franco, Spain transitioned back to democracy following his death in 1975. That means that our new democracy has only existed for less than 50 years; however, in this short amount of time, Spain has succeeded in establishing itself as a strong democracy. Like in the United States, Spain celebrates the elections every four years. However, these two democracies follow different electoral systems.

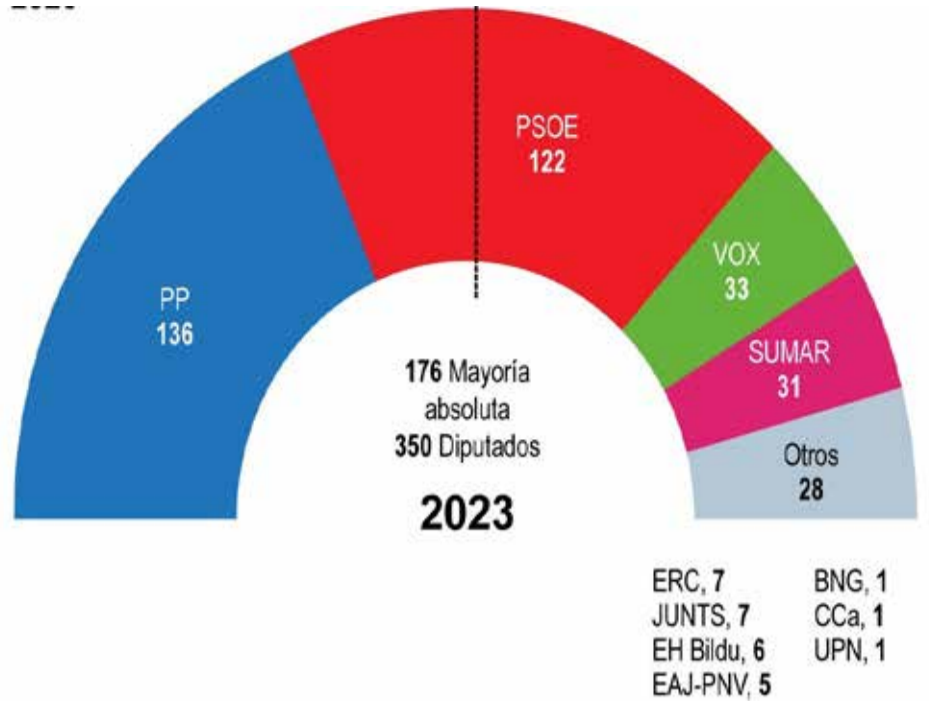
Spain operates under a parliamentary system, with a congress and a senate, instead of a presidential system. The 350 seats in congress are divided into the 52 electoral districts depending on their population and the number of seats each party gets depends on the percentage of votes they receive following the d'Hondt method. Citizens vote for the political party that they want to represent their district in congress who, in turn, form government. This means that the role of the Electoral College as intermediary does not exist here. The leader of the party or coalition that secures a majority (absolute or simple) of seats in congress becomes the prime minister.

For decades, and similar to the United States, we had a two-party system and, even though there were more parties with representatives in the parliament, the winner of the election was always Partido Popular (PP) or Partido Socialista Obrero Español (PSOE). Since our Constitution was established in 1978, we have had seven Prime Ministers and most of them secured an absolute majority, which says it all about the power those two parties had.

However, things have changed in the past decade and new parties are getting more and more important. The elections celebrated last Sunday, July 23, confirmed that PP and PSOE are still the two big parties, but none of them got an absolute majority, therefore, in order to rule, they will need the support of the other political parties. This means that smaller parties are having a crucial role when deciding the future of the country – at least for the next four years.

Results of the elections to congress celebrated on July 23, 2023. In order to achieve the absolute majority, parties need a minimum of 176 seats.

Even though we now know that PP got the highest number of seats in congress,



they did not reach 176, so it will be weeks and maybe months until we know whom our Prime Minister will be for the next four years. We do not have any rule that states that the winning party is the one that has to lead the government – the only requirement is that the number of people in congress that support them is higher than the number of people that do not. In order to achieve this, negotiations with other parties will be needed and, considering the results, PSOE still has the chance to start their own negotiations to secure their power and avoid a PP government. If one of them reaches an agreement or form a coalition with other parties, they will rule, but under one condition: they will have to work for four years to satisfy not only the needs of their own voters, but also those of the other parties'. If none of them gets enough support to even achieve a simple majority, we will have elections again. At the end of the day, every single party has an important role to pay after these elections, so it does not matter what party people voted for, they will all be heard. That is the beauty of democracy.

In El Puerto de Santa María
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FUN TERRACES

Delicious restaurant fuses Spanish and Latin American gastronomy, has very good desserts, a great selection of wines and a wonderful cocktail bar. They are just 100 meters from Rota center, next to a taxi stand. The charming outdoor terrace on the roof is a great place for lunch, dinner or drinks with Good Vibes.

Please see their ad in the paper for details.



Speaking of charming terraces Crabbys in Puerto Sherry in El Puerto de Santa Maria sits on the ocean rock barrier with a picturesque view of the Bay of Cadiz and the entrance to the Puerto Sherry Marina.

I love their soft shelled crab burger and they serve an excellent poke bowl. All of their offerings are outstanding and their reputation as a gourmet stop is merited.

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Religious Ministries: Searching for Connectedness

By Cmdr. James Storie
Religious Ministries

Growing up in a small town, some of my favorite movies were westerns. Part of the reason is because I grew up before streaming services and mostly, I had to watch whatever was on TV or was playing at the drive-in two towns away. One movie that stood out for me was called, "The Searchers" a 1956 classic by legendary director, John Ford. It starred the iconic John Wayne and a very young Natalie Wood. At the time, I simply enjoyed the adventure of it, but now, as an adult, I realize that the movie was attempting to address some really important issues in the post War World II America. Issues like shifting economic patterns, loss, post-traumatic stress of returning servicemen and women, racism and all the things that were threatening our Nation's connectedness. Things with which we still struggle. I am well aware that the movie itself was before the time of many of you reading this, but it was really important to our culture today. It inspired a young writer named George Lucas, the creator of Star Wars. It gave Buddy Holly the iconic lyric "That'll be the day" which, of course, was one the first great hits of rock and roll.

The final iconic scene of the movie is the antihero, John Wayne, standing outside a closing door clutching his right arm while he slowly turns away as the lonesome melody asks:

"What makes a man to wonder,
What makes a man to roam,
What makes a man leave bed and board
And turn his back on home."

Despite the dated language, I would be willing to bet that everyone, men and women, that has put on a uniform and left the familiarity of home have asked a very similar question. A question, I bet every spouse or military child finding themselves in a foreign country understands well. Connectedness is an issue that everyone faces while deployed far from home, and finding ways to sooth that ache is a struggle we all face.

Connectedness, and the need for it, is so much a part of us that we develop strategies in life to address the longing. Some are healthy and some are not. Some of us connect through social groups centered around sports, our kids, our faith, our hobbies; some through social media and online gaming platforms such as Tik Tok, Snapchat, Discord; and even through formal groups like lodges, associations and the like. These can all be healthy expressions and outlets of our longing to connect. Others embrace more destructive outlets such as drugs and alcohol, unhealthy relationships, and a litany of other ways in which we self-sooth and self-

medicate that's too long to list out here. Truth is even the positive outlets can become harmful when we take them to an extreme level but that is a subject for another article.

The chapel and its staff are dedicated to providing positive solutions and resources for those searching for connection. Whether it is to provide the things we specialize in such as faith based services, groups and studies, or more secular solutions like Alcoholic Anonymous, and M.O.P's Mothers of Preschoolers, we're here to assist. Maybe all you are looking for is a safe and comfortable space to collect your thoughts or someone with whom to talk. It's what we are all about.

If you are a new check-in or a long time resident, we want to help you find your place here at NS ROTA. The chapel is a great place to start. If you have found yourself in need or trapped in a destructive cycle, we are here to help. Regardless of your need, we can provide all DoD personnel and their families with free, 100% absolute confidential counseling. Please stop by and see us or give us a call: Everyone is welcome.

Chaplain James Storie is the Program Director of Religious Ministries for NS Rota. He is an ordained minister of the Christian Church (Disciples of Christ).





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Child Development Center Holds Ribbon Cutting Ceremony for New Playground

Photos by MC2 Drace Wilson

The Child Development Center (CDC) hosted an opening ceremony and ribbon cutting event for their new playground on July 18th, 2023. The ceremony included the preschoolers singing a song and Naval Station (NAVSTA) Rota Commanding Officer Capt. Teague Suarez providing remarks on the construction of the playground. The ceremony came to a close with ribbon cutting. Afterward, the attendees were invited to eat some celebratory cake while the children climbed and ran around the

new playground equipment that they witnessed the building of over the past several months. Construction for the new playground started on September 5th, 2022, with the old playground being torn down after 25 years of upkeep and use. The whole project included more than just new equipment for the kids to play on. Fall protection, impact-attenuating surfacing, a lightning protection system, two new toilets and handwashing stations were added to help foster a safer and healthier environment for the kids.



Public Works Dept. Farewells Christine Wallace

By Lt. Chanhan Lee
Public Works Department Rota

Christine Wallace, who recently turned over her duties as NAVSTA Rota's Installation Environmental Program Director (IEPD) to Ed Zuelke II, departed from PWD Rota on July 8th after successfully concluding her 3-year tour here with us.

During her time at PWD Rota, she dramatically improved the compliance posture of NAVSTA Rota by closing-out 26 findings from inspections and audits, such as the 2022 Water Quality Survey, as well as prioritizing the funding in order to complete corrective actions based on these findings. She also focused on improving the current operations within the Environmental Division, leading her staff to bring the Qualified Recycling Program into compliance as well as improving operational efficiency and sales of recyclable materials and assisting

numerous military construction (MILCON) projects with environmental assessments, site approvals, and clearing sites of endangered species and migratory birds to support construction. Christine also helped ensure the success of future operations by updating numerous documents such as Natural Resources Management Plan, Cultural Resources Management Plan, Storage Tank Management Plan, Hazardous Waste Management Plan, and Sludge/Wastewater Plan.

Above all, everyone at PWD agrees that she is a leader who prioritizes compassion. She led the Women's Group along with other female leadership in order to ensure connectedness among one-another in our department. We will definitely miss you Christina!

Photo courtesy of Public Works Department Rota



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Cultural Corner: Summer Travel Ideas

By Alejandra Tirapu Lucero
NAVSTA Rota Public Affairs

Even though Spain is a small country and it might not seem like the north and the south are too far from each other, the weather varies greatly depending on where you are, which means that there is a perfect vacation destination for you no matter what your weather preference is.

Here in Rota, we get to enjoy the quietness of the beach from October to June, and for some of us, summer is the only time of the year when we do not want to go to the beach because of the heat and the crowds. If this is your first year in southern Spain, you are probably surprised with the amount of people that travel to this area just to lie on the sand for hour upon hours a day. Luckily, Spain is more than just beaches and sun and offers many different types of destinations and activities. Continue reading for a few summer vacation and travel ideas around in and around Spain. Be sure to do some additional research to find the perfect option for you based on your interests.

Do you hate the heat? Travel to the north of Spain. The water is cold, the weather is nice and the food is amazing.

Do you love nature? Spain has 16 national parks and over 60,000 kilometers of hiking trails to choose from.

If you are less into adventure and more into relaxing near the ocean, find one of the many virgin beaches that we have in Spain. Spain has a total 8,000 kilometers of coastline, from Islas Cíes in the north to Cabo de Gata in the south, and the gorgeous Balearic and Canary Islands.

Are you a party animal? Take a trip to Ibiza. Some of the most renowned musicians in the world spend their summer playing at concerts and music festivals in Ibiza, which makes it the perfect destination for those that want to party all night and visit gorgeous beaches during the day.

If flying to Ibiza isn't for you, Spain itself also has plenty of theme parks and music festivals to choose from. Spain has live events all year round, but they are especially popular during summer time. Rock, electronic, reggaetón, alternative... it's almost guaranteed that there is at least one music festival that will pique your interest. Below is a list of several upcoming music events that may catch your attention:

- PURO LATINO – El Puerto de Santa María, August 3-5.
- MONEGROS DESERT FESTIVAL – Monegros (Aragón), July 29-30.
- DREAMBEACH – Palomares (Almería), August 9-13.
- ROTOTOM – Benicassim (Castellón), August 16-22.
- BLACK AND WHITE – Rota, August 19.
- CONCERT MUSIC FESTIVAL – Chiclana, concerts almost every day in summer.



- CALA MIJAS – Mijas (Málaga), August 31-September 2.
- STARLITE – Marbella (Málaga), 2 or 3 concerts per week in July and August.
- TIO PEPE – Jerez, concerts almost every day from mid-July to mid-August.
- DCODE – Madrid, September 9.

Others include Iconica Fest, Mad Cool, Primavera Sound, Bilbao BBK Live, FIB Benicassim, Ultra Beach. Be sure to check these out next year!

Whatever your preference may be, there are countless opportunities to discover an activity or event this summer in Spain. Go out, explore, enjoy the food, the people, the nature, the noise, and the quiet. Your time in Spain won't last forever – try not to let it go to waste!



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Attendees of the Europe and Africa Senior Enlisted Leadership Symposium (EASELS) pose for a photo in front of Commander, Naval Activities Spain Command Building, July 11, 2023. EASELS brought together 50 senior leaders from 25 countries across Europe and Africa to Naval Station Rota, Spain.

The Europe and Africa Senior Enlisted Leadership Symposium 2023 concludes in Rota, Spain

By Cyber Warfare Technician Senior Chief Hyatt Abdelghani
U.S. Naval Forces Europe-Africa

The Europe and Africa Senior Enlisted Leadership Symposium (EASELS), a three-day conference hosting military senior enlisted leaders (SEL) and national delegates from twenty-five nations, successfully concluded on July 14, 2023 in Rota, Spain.

The SELs and delegates arrived in Rota to participate in an enriching exchange of ideas and experiences. The conference drew 50 senior enlisted leaders, including nine Master Chief Petty Officers from their respective navies, United States European Command's Command Senior Enlisted Leader, and two U.S. Fleet Master Chiefs.

Centering on the theme "Security and Stability through Trust and Confidence," the symposium aimed to foster reciprocal understanding between nations' Non-Commissioned Officers (NCO) while exchanging methods of building trust within their countries.

Master Chief Petty Officer (MCPON) of the Royal Navy Morten Christensen highlighted the essence of trust, saying, "Trust is gained in millimeters, but lost in meters," underscoring the challenging nature and delicate task of building and maintaining trust.



FLTCM Johannes J. Gonzalez, U.S. Naval Forces Europe-Africa Fleet Master Chief, speaks during the Europe and Africa Senior Enlisted Leadership Symposium 2023 at Naval Station Rota Spain, July 12, 2023.

and respect within their teams. By fostering these core values, senior enlisted leaders can help create a more unified and harmonious society, laying the foundation for a peaceful tomorrow.

Headquartered in Naples, Italy, NAVEUR-NAFVAF 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-NAFVAF, and employs maritime forces through the full spectrum of joint and naval operations.

Throughout the symposium, speakers and leadership experts engaged in thought-provoking discussions and interactive sessions, focusing on strategies and techniques to cultivate trust, instill confidence, and foster respect within teams. They also discussed how to develop trust across national boundaries, and how that trust increases operational effectiveness in combined forces.

During his address to an audience that included two Senior NCOs from the Ukrainian Navy, U.S. Naval Forces Europe-Africa Fleet Master Chief Johannes Gonzalez underscored the profound significance of relationships, trust, confidence, and respect. He reminisced about a pivotal moment during Exercise Sea Breeze 2021, when the Arleigh Burke-class guided-missile destroyer USS Ross (DDG 71) anchored in Odesa, hosting Ukrainian President Volodymyr Zelensky. "It was on this occasion," Gonzalez reflected, "that I had the privilege to form a lifelong friendship with MCPON Pavlo Ruchka."

EASELS 2023 aspires to inspire attendees to prioritize trust, confidence,



Photos by MC2 Drace Wilson & MC2 Hutch Johnson

USS Bulkeley (DDG 84) Holds Shipboard Firefighting Exercise

Photos by MC2 Drace Wilson

Sailors assigned to the USS Bulkeley (DDG 84) participated in a shipboard firefighting exercise on July 12, 2023.



NAVSTA Rota Security Sailors Participate in Active Shooter Drill at Rota Elementary School

Photos by MC2 Drace Wilson

Sailors assigned to Naval Station (NAVSTA) Rota, Spain participated in an active shooter drill at David Glasgow Farragut Elementary School on July 25, 2023.



Department of Navy Implements Brandon Act

From U.S. Navy

Secretary of the Navy Carlos Del Toro directed the immediate implementation of the Brandon Act on Tuesday, July 11, in alignment with Department of Defense Directive-type Memorandum 23-005, "Self-Initiated Referral Process for Mental Health Evaluations of Service Members."

The Brandon Act honors the life of Petty Officer Third Class Brandon Caserta by allowing service members to seek help confidentially for any reason, at any time, and in any environment, thereby reducing the stigma associated with seeking mental health care.

The directive underscores the critical role of engaged leadership in prioritizing, normalizing, and promoting mental health. It charges commanding officers and supervisors to:

- Ensure service members understand the procedures to request a referral for a mental health evaluation (MHE);
- Ensure service members who request a MHE are referred to a provider as soon as practicable;
- Treat referrals for MHEs in a manner similar to referrals for other medical services, to the maximum extent practicable;

- Maintain privacy protections and reduce stigma by not requesting information from mental health providers regarding the results of the MHE except for information that may be disclosed to a command in accordance with DTM 23-005; and
- Receive sufficient training to recognize personnel who may require MHEs based on behaviors that indicate the individual may be an imminent danger to self.

"High-performing teams start with leaders who model trust, connection, respect, and teamwork," said Del Toro. "Leaders have a tremendous impact on their followers; sharing positive experiences with the behavioral health system, maintaining the privacy and confidentiality for team members who seek care, and promoting the process for self-referrals can significantly

reduce service member concerns around seeking help." Implementation of the Brandon Act empowers Sailors and Marines to directly seek mental health services as desired from various medical and nonmedical mental health resources. "Seeking help is a sign of strength," said Capt. Christine O'Connell, acting director, Department of the Navy Office of Force Resiliency. "It requires courage, vulnerability, and a deep understanding of our own humanity. It is a powerful act that fosters connection and ultimately propels us toward personal and collective growth."

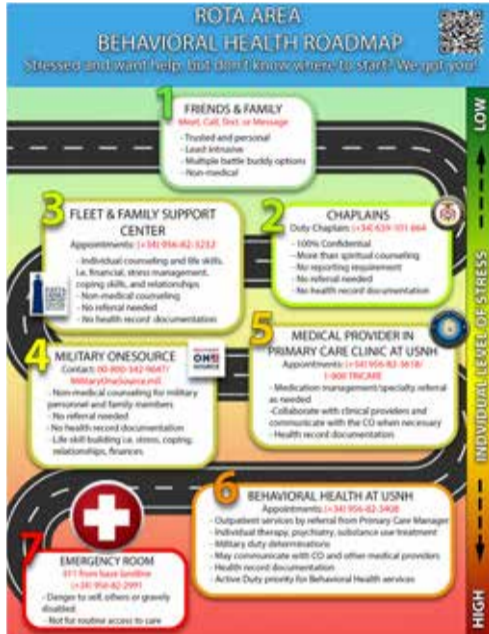


Mental health services are available at military medical treatment facilities, within operational units, and virtually. Non-medical mental health resources are available through Fleet and Family Support Centers, Marine Corps community services, chaplains, military and family life counselors, deployment resiliency counselors.

"Maintaining naval superiority requires leaders to establish psychologically safe environments, as well as foster team members who promote each other's well-being and the personal self-awareness to know when they need increased support," said Del Toro. "We have a duty to normalize mental health conversations and focus on mental fitness with the same determination we use to foster physical health."

Leaders are encouraged to utilize the Navy's Mental Health Playbook. Rolled out in February 2023, the playbook is designed to assist in preventing, mitigating, and addressing mental health issues within their commands.

The DON also provides a comprehensive Civilian Employee Assistance Program (DONCEAP), which provides work-life resources for childcare, finances, eldercare, identity theft, legal services, alcohol and substance abuse, and more. Services are offered at no charge and are confidential within the limits of the law.



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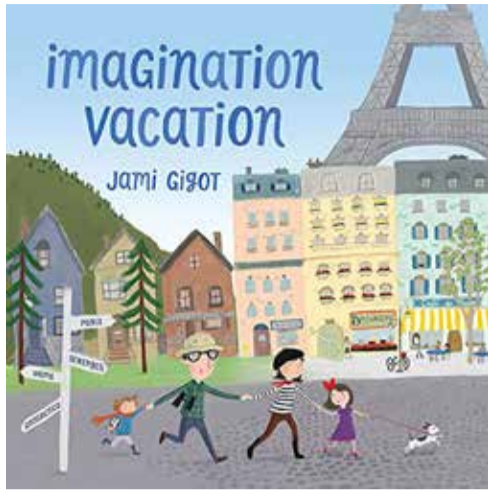
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FROM THE LIBRARY: CHILDREN BOOK

Imagination Vacation

Written / Illustrated by Jami Gigot

Review by Courtney Pollock



Summer is upon us and has many of us dreaming of vacation. If you can't get away this summer, why not go on an imagination vacation?! This book can help!

Imagination Vacation tells the story of a young girl, Sam, whose parents are busy and unable to go on vacation. She knows her mom wants to go to Paris, her father wants to go on a safari, and her younger sister Marla wants to see penguins. Her dad sighs and says "someday we'll get away."

With the thought "why wait for someday?" young Sam begins planning for her family's vacation! Through research, Sam comes up with a plan for an imagination vacation that her family can enjoy together. The morning starts with the kitchen being turned in to a Parisian boulangerie, or bread shop. Afterwards, Sam and her family enjoy the Louvre, a walk on the Champs Élysées,

and a visit to the Eiffel Tower.

The family then continues on a safari through the Serengeti with a picnic before ending their vacation at the local ice rink. As the world tour comes to an end, Sam reminds them that they haven't been to her favorite place yet, "home sweet home."

The book was fun and engaging to read with my children. It got their creativity going as they begin imagining adventures right outside our house. Similar to Sam's creative solution to her family's busyness, this book has created some wonderful family memories close to home.

Contact Rota MWR Library at DSN 727-2418 or commercial, +34 956-82-2418.

New Navy Lodge Welcomes First Customers

Photos by MC2 Drace Wilson

The first family was welcomed to the new Navy Lodge at Naval Station (NAVSTA) Rota, Spain, as part of a soft opening of the new lodge, July 5, 2023. NAVSTA Rota Commanding Officer Capt. Teague Suarez and NAVSTA

Rota Command Master Chief William Rodriguez along with the team at Navy Lodge Rota welcomed the family and gave them a tour of the facility including a playground and pool.





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AC2 Colby Williams

Air-Traffic Controller 2nd Class Colby Williams is assigned to Naval Station (NAVSTA) Rota Air Operations Department.

“My daily duties include maintaining a current library of facility directives and other pertinent regulations pertaining to radar operations,” he said. “Managing radar branch equipment, ensuring completion of watch equipment checklist, and recording of outages/returns to service with action taken to correct discrepancies.”

This in addition to reviewing daily logs, ensuring completion of checklists, qualifying personnel in different positions and roles, evaluating the readiness of branch equipment, supervising FAA/military flight checks, and providing technical assistance to the Air Traffic Control Facility Officer in development of procedures.

Williams, from Houston, Texas, joined the Navy in 2017. Upon completion

of boot camp, he attended “A” school in Pensacola, FL. His first operational command was aircraft carrier USS Ronald Reagan (CVN 76) homeported out of Yokosuka, Japan where he was stationed 2018-2021. He arrived to NAVSTA Rota in August of 2021.

“My favorite thing about being at this command is the opportunity for success,” he said. “If you’re willing to put in the effort to succeed your peers will support you.”

Outside of work, Williams is taking two college courses related to real estate. He also enjoys trying new recipes or techniques in the kitchen or on the barbeque. He is also known for making a delicious carrot cake!

“My favorite part about being stationed in Spain would have to be the beach,” he said. “My girlfriend and I love to go with our two dogs and enjoy a relaxing day in the sun.”

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ROTABEATER

Health Promotions Corner: The Role of Stretching and Warmups in Injury Prevention

By Corban Irwin
U.S. Naval Hospital Rota

Stretching and warmups are essential components of any exercise routine. They have multiple benefits for the physical and mental preparation of the individual, the enhancement of exercise performance, and the reduction of injury risk. This article will discuss the benefits of stretching and warmups and provide some guidelines on performing them correctly.

Benefits of Stretching

Stretching is the process of elongating the muscles and tendons to increase their flexibility, which is the ability to move the joints through their full range of motion. Flexibility is important for the overall health of the individual, as it can facilitate the performance of daily activities, delay the decline of mobility that occurs with aging, and prevent musculoskeletal pain and injuries.

Stretching can also improve blood circulation to the muscles, enhancing recovery from exercise, reducing muscle soreness and fatigue, and optimizing muscle function.

Stretching helps improve posture, which is the alignment of the body parts in relation to each other. Poor posture can result from muscle imbalances; some muscles are too tight, and others are too weak. This can cause pain, stiffness, reduced range of motion, and increased risk of injury. Stretching can help balance the muscles, correct posture, and relieve tension.

Stretching can also help the individual relieve stress, which is a common cause of muscle tightness. When the individual is stressed, the muscles tend to contract as a protective response. This can lead to pain, stiffness, and reduced range of motion. Stretching can help relax the muscles, calm the mind, and release emotional tension.

Benefits of Warmups

Warmups are activities that gradually increase the heart rate, breathing rate, body temperature, and blood flow to the muscles before exercise. Warmups are important for preparing the body and mind for physical activity, improving exercise performance, and preventing injury.

Warmups can help increase the blood flow to the muscles, delivering more oxygen and nutrients. This can help improve muscle efficiency, endurance, and power.

Warmups can also help regulate the nervous system, which controls muscle activation and coordination. This can help improve reaction time, balance, and agility.

Warmups can also help activate the muscles, which means preparing them for the specific movements and demands of the exercise. This can help improve the range of motion, mobility, and stability.

Warmups can also help prevent injury by reducing the muscles' and tendons' stiffness and resistance. This can help avoid muscle tears, strains, and sprains.

How to Stretch and Warm Up Correctly

To obtain optimal results from stretching and warmups, it is important to perform them correctly. Here are some recommendations to follow:

Do not stretch cold muscles. Stretching cold muscles can cause injury by overstretching or tearing them. Warm up first with light cardio activities such as walking, jogging, or biking for 5 to 10 minutes.

Do not stretch before an intense activity that requires explosive power or speed, such as sprinting or jumping. Some research suggests that stretching before such activities may impair your performance by weakening your muscles or reducing their elasticity. Instead, do dynamic stretches that involve moving your joints through their full range of motion in a controlled manner.

Focus on major muscle groups you use in your activity or that tend to be tight or sore. These include your calves, thighs, hips, lower back, neck, and shoulders. Stretch both sides equally and symmetrically.

Do not bounce while stretching. Bouncing can cause injury by overstretching or tearing your muscles. Hold each stretch for about 30 seconds in a smooth movement without pain or discomfort.

Breathe normally while stretching. Do not hold your breath or strain yourself while stretching. Breathe deeply and relax into the stretch.

Do warmups that are specific to your activity or sport. For example, if you are going to play soccer, do warmups that involve running, kicking, dribbling, and passing the ball. This will help you activate the muscles and skills that you need for the game.

Do warmups that gradually increase in intensity and complexity. Start with low-intensity activities such as jogging or skipping, then progress to higher-intensity activities such as sprinting or jumping. Similarly, start with simple movements such as arm circles or leg swings, then progress to more complex movements such as lunges or squats.

Do warmups for about 10 to 15 minutes before exercise. This will give you enough time for your body to adapt to the increased activity demands without causing fatigue or exhaustion.

Stretching and warmups are essential components of any exercise or daily routine. They have multiple benefits for the physical and mental preparation of the individual, the enhancement of exercise performance, and the reduction of injury risk. To perform them correctly, follow the recommendations above or check out navyfitness.org. Navyfitness.org has many workouts, warm-up routines, and stretching programs that can help you perform optimally while being safe. Remember to enjoy the process and have fun with your exercise!



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SLP Notes

DoDEA Summer Office Hours

Both Rota Elementary and DGF MHS summer office hours are 9 a.m. to 3 p.m. Monday through Friday. Offices will be closed on U.S. federal holidays.

DoDEA Sure Start for SY 2023-24

If you have a child that will turn four years old by Sept. 1, 2023, your child may be eligible for DoDEA's pre-kindergarten Sure Start program. Applications are being accepted now and continue through the summer. For more information contact the School Liaison @ SLPRota@us.navy.mil.

New to the Community?

Please visit <https://www.smores.com/vgemr> for Rota Education Welcome Information. You will find information on how to register with DoDEA schools, homeschooling, Spanish schools, Child & Youth Programs (CYP), and other community contact information.

Free & Reduced Meal Application Accepted for SY 23-24

Use one Free and Reduced Price School Meals application for all students in your household. You can fill out the application at: <https://linqconnect.com>. Click Start New Meal Application.

School Liaison Monthly Scholarships

Link: <https://www.smores.com/36j0z>

Interested in Spanish Schools?

Please visit the Spanish Schools Workshop on Friday, Aug. 18 @ 1 p.m. in the Fleet & Family Support Center's small classroom. The School Liaison will have local Spanish officials on hand to answer questions, and no reservation is required. You can also set up an appointment with the SL by calling DSN 727-2425 or CIV +34 956-82-2425.

Homeschool Movie Matinee

Free movie matinee for homeschool families on Friday, Aug. 4 @ 1 p.m. at Flix theater. Contact SLPRota@us.navy.mil to reserve your spot.

Youth Sponsorship – FEET (Friends Exploring España Together)

The School Liaison and Youth Programs will conduct an orientation for new students to make sure the teens learn about the many programs Rota has to offer and to ensure they have the opportunity to make friends and enjoy their new duty station. They will also meet youth center staff and other key community members. Tour the school campus and possibly meet school administration. 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. Event runs 9:30 a.m. - 5 p.m.; Deadline to sign up is noon on Aug. 7 and Aug. 9.
Aug. 8: Grades Rising 9-12
Aug. 10: Grades Rising 6-8

Back 2 School Resource Fair

Join the School Liaison, NEX, USO, Red Cross, FFSC, Health Promotions, CYP, DoDEA, Boys and Girls Scouts,

and many other community organizations inside the NEX as we host our annual Back 2 School Resource Fair inside the NEX main store. Join the fun and win prizes! Must be TEI cardholders to participate.

Date: Aug. 17 @ 1 – 4 p.m.

Rota Middle High School New Student Orientation (Including all 6th Graders)

DGF Middle High School would like to invite all students and parents in grades 6-12 to the new student orientation. The orientation will take place in the MPB on the school campus.

Date: Aug. 17 @ 10 a.m.

Rota Middle High School Back 2 School Bash

DGF Middle/High School would like to invite all student to campus for their Back 2 School Bash. Students will be able to pick up schedules, sign for school laptop, find their locker and where their classes will be located. Classrooms will not be open for visits. Food will be available for purchase, and there will be live music.

Date: Aug. 18 @ 1:30-3:30 p.m.

Feeling Stressed and Need Someone to Just Listen or Talk to?

Military Family Life Counselors (MFLCs) are available to provide broad-ranging support to military family members, children, youth and other adults who support them. Counselors all hold masters and Ph.D. degrees and are available to perform situational, short term, problem-solving support available at no cost, and it is dedicated to augment

existing military support services.

CYB MFLCs are available for children or adults for in-person appointments via WhatsApp at:

CYP: Beate Medina, +34-642-519-746 (until July 31)

Rota ES*: Doug Detwiler, +34-624-262-856

Rota ES*: Nancy Pedagno, +34-641-482-865

DGF M/HS*: Shana Vargas, +34-624-285-707

Summer CYP: Yakiry Rivera, +34-624-285-707 (until August 19)

***Back August 14 for SY 23-24**

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Zahira Diaz Lopez: +34-624-368-371
Joyce Evangelist: +34-643-509-600

Tutor.Com for Military Families

Tutor.com for U.S. Military Families (Tutor.com/military), funded by the U.S. Department of Defense (DoD) and Coast Guard Mutual Assistance (CGMA), is a program that allows eligible students in Kindergarten through college to connect to a live tutor online at any time (24/7/361) for one-to-one help with homework, studying, test prep and more, at no cost.

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 (SL) to help you with your transitions. Your School Liaison can also put you in contact with your gaining installation's SL.

Free and Reduced Meal Application (FARM) Notification for School Year 2023-2024

From NEX Student Meal Program

Children need healthy meals to learn. The Navy, through partnership with the Navy Exchange (NEX), offers healthy meals every school day. Your student may qualify for free or reduced price meals. A meal application is required to be completed each school year in order to determine if your student qualify for free or reduced price meals.

See below for frequently asked questions regarding the Free and Reduced Meal Program:

1. Do I need to fill out an application for each child? No. Complete the application to apply for free or reduced price meals. Use one Free and Reduced Price School Meals Application for all students in your household. We cannot approve an application that is not complete, so be sure to fill out all required information. You can fill out the application at: <https://linqconnect.com>. Click Start New Meal Application. Choose school district 'DODEA – Navy Exchange

(Alexandria, Virginia)' to get started.

2. Who can get free or reduced meals?

Any student can apply for free or reduced price meal benefits. Household income is used to determine eligibility based on the USDA Federal Income Eligibility Guidelines. These guidelines can be found at <https://www.fns.usda.gov/cn/fr-020923>.

3. Can foster children get free meals?

Yes, foster children that are under the legal responsibility of a foster care agency or court, are eligible for free meals. Any foster child in the household is eligible for free meals regardless of income. Documentation from the foster care agency, court or a child welfare caseworker will be used to certify the foster child for free meals.

4. My student's application was approved last year. Do I need to fill out another one? Yes. Your student's application is only good for that school year and for the first 30 days of the new

school year. You must complete a new application every school year in order to receive meal benefits.

5. How do I get notified if my student(s) qualified for free or reduced meals?

Once you complete and submit a meal application it should be processed within 10 business days. You will be notified of your student's eligibility by letter. Definitions of eligibility are as follows:

- **Free:** Your student qualifies for free meals and will not be charged for meals during the 23-24 school year.
- **Reduced:** Your student qualifies for reduced-priced meals. Your student will be charged \$0.30 for breakfast (if available) and \$0.40 for lunch.
- **Paid:** Your student does not qualify for free or reduced-priced meals. Your student will be required to pay for any meal they receive from the student meal program. Breakfast is \$2.00. Lunch (elementary) is \$3.50 and Lunch (Secondary) is \$3.75.

6. I get WIC. Can my student(s) get free meals? Students in households participating in WIC may be eligible for free or reduced price meals. Please fill out an application in order for meal benefits to be determined.

7. Will the household income information I give be checked? Any completed meal application is subject to the USDA required verification process. Applications are randomly chosen for verification and the households are notified if they have been selected. If selected,

income documentation is required to be submitted in order to verify the information submitted on the meal application is accurate. Depending on the results of the verification process, meal benefits may be increased, decreased or remain the same. Results are communicated to every household prior to any change in benefits taking effect.

8. If I don't qualify now, may I apply later? Yes, you may apply or re-apply at any time during the school year. For example, children with a parent or guardian who becomes unemployed may become eligible for free and reduced price meals if the household income drops below the income limit.

9. What if I disagree with the decision about my application? You should talk to Navy CYP/DoDEA Guam officials for next steps on how to request a hearing.

10. Who should I include as members of my household? You must include all people living in your household, related or not (such as grandparents, other relatives, or friends) who share income and expenses. You must include yourself and all children living with you. If you live with other people who are economically independent (for example, people who you do not support, who do not share income with you or your children, and who pay a pro-rated share of expenses), do not include them. Deployed Services



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ROTA SWIM CLUB IS
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Who we are:

The Rota Swim Club is a competitive school aged swim team at Naval Station Rota. Our team is affiliated with the European Forces Swim League competing all over Europe. The season goes from July 2023-Mar 2024.

Qualifications

- Must have base access
- Over the age of 18 years old
- Advanced Experience & Knowledge of Swim Strokes
- CPR/First Aide Certification
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To Apply:

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rotaswimclubvp@gmail.com
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521st Air Mobility Operations Group Welcomes Incoming Commanding Officer

By Capt. Emma Quirk
521st Air Mobility Operations Wing

U.S. Air Force Col. Dawson Brumbelow relinquished command of the 521st Air Mobility Operations Group to Col. Lance Allred during a ceremony at Naval Station Rota, Spain, July 7, 2023.

Col. Dan Cooley, 521st Air Mobility Operations Wing commander, presided over the ceremony and expressed his gratitude for Brumbelow's leadership during his command tour.

"Col Brumbelow's command tour is defined by his passion for deliberate development and care for his people," Cooley said. "It's the culture he built, balancing people and mission, that made it possible for the Airmen of the 521st AMOG to succeed."

Brumbelow followed-on to serve as the deputy of operations at Air Education and Training Command, Joint Base San Antonio, Texas.

Allred is a command pilot with over 1,000 combat hours and previously served as chief of operations in North American Aerospace Defense Command and U.S. Northern Command's Joint Operations Center, Peterson Space Force Base, Colorado.

"[Col Allred's] unique experiences in the CR, operational airlift squadrons, Headquarters Air Force, previous time in the AOR, and most recently with NORAD/NORTHCOM, is going to provide a new perspective to the Southern Group and our Joint and multinational mission partners."

The 521st Air Mobility Operations Wing consists



of over 1,500 personnel divided into two groups and nine squadrons, in 19 locations, 13 countries, supporting four combatant commands in three areas of responsibility.

The wing provides command and control, en route aircraft maintenance, and air transportation services for theater and strategic air mobility missions in Europe, Africa, and Southwest Asia. The 521st AMOW also uniquely provides expeditionary aircrew support and inter-theater aeromedical evacuation.



Col. Lance Allred, right, salutes Col. Dan Cooley, Commander, 521st Air Mobility Operations Wing, as he assumes command of 521st Air Mobility Operations Group (AMOG) July 7, 2023. Allred relieved Col. Dawson Brumbelow as commanding officer of 521st AMOG.

PWD PSA: Please don't Feed Feral Cats

From NAVSTA Rota Public Works Department, Environmental Division

Please do not feed the homeless, feral cats wandering Naval Station Rota. On the surface, this may seem like a harmless or even humane practice, but it really isn't. Feeding feral cats contributes to increases in cat population, meaning increased chances of their starvation and ultimately pre-mature death under inhumane conditions. Increases in population can also lead to the increased killing of birds and other wildlife populations, including the protected chameleon. Finally, an increase in the number of feral cats equals an increase in the threat of disease transmission across both the feral and domestic cat populations. For all of these reasons, any feeding of feral cats is strictly

forbidden; to do so is a violation of official CNIC policy.

Your Public Works Department is working with the local governments and the Spanish Navy to humanely control the population in a way that is consistent with Spanish and EU law. This means that under the supervision of a veterinarian, we capture, sterilize, vaccinate, care for, and release the cats back to their home with the goal of improving the health of the existing population, preventing growth in that population in the short-term and decreasing the population in the long-term.

So please, do not feed feral cats. For additional information, please contact the Environmental Compliance and Protection Office (Mike Bianchi) at 314-727-2123.



Contact Mike Bianchi, above, at the Public Works Department Environmental Compliance and Protection Office for any questions or concerns at 314-727-2123.



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NAVAL STATION ROTA COMMUNITY RESOURCES

ALCOHOLICS ANONYMOUS MEETINGS

Alcoholics Anonymous (AA) meetings occur Tuesdays and Thursdays at 7-8 p.m. in the Chapel Fellowship Hall. Meetings are hybrid, offered in-person and Zoom and are for people with a desire to stop drinking or who have a problem with alcohol. Meetings are open; additionally, we are willing to visit tenant command DAPAs and/or triad leadership to explain the program, answer questions and offer our experience, strength and hope. For fellowship, meeting information or Zoom details, please contact Dean S. at +34 674-38-77-55 via phone, text, WhatsApp or Signal.

AA off base: "Rota Drydocked." Every Saturday, 4 p.m. by Zoom only. For information on how to join the Zoom session, contact Joe G. via WhatsApp at +34 603-84-15-59.

AL-ANON MEETINGS

Have you been affected by another person's drinking? If so, please join us every Wednesday at 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 +34 624-28-5125.

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 DSN 727-2333 or commercial, +34 956-82-2333, 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

Embry-Riddle Aeronautical University and University of Maryland Global Campus 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 (NMCRS)

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.

NMCRS Business Office

Monday-Friday; 8 a.m.-4 p.m.

First floor, Community Support Building (Bldg. 3293)

Office: DSN 727-1614 or +34 956 821 614

After Hours Duty Cell: +34 660 984 511

After Hours Emergency Assistance: +1 (877) 272-7337

Email: rota@nmcrs.org

Facebook: www.facebook.com/nmcrsrota

NMCRS Lactation Room

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

NMCRS Thrift Shop

Hours of Operation **Closed until Aug. 14**

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

Thursday: 3-6 p.m. (third Thursday - active duty only)

Third Saturday of Month 11 a.m.-2 p.m.

NMCRS Casework and Classes

Casework Appointment: For active duty Navy, Marines, retirees, and dependents, the NMCRS can help you with financial relief. This can be used for emergency travel, basic living expenses (BLE), pet OCONUS, auto, household set up, and more.

Budget for Baby Class: Are you a new or prospective parent? Join us in-person 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 handmade baby blanket. 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. Call or email our office to schedule one of these classes.

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. *Schedules for the Support Groups are currently be constructed. Please look to the future for additional add-ons and schedule changes.*

NMCRS: 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. NMCRS Rota is looking for blanket makers and Thrift Shop volunteers.

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 DSN 727-4185/4435 or commercial, +34 956-82-4185/4435.

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 or commercial, +34 956-82-2921, for more information.

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VEHICLES



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specs 1.6, ITV Nov/2023, always garaged, always dealer serviced, responsive and racy, heated seats, BOSE system, red race stitching & carbon fiber details, excellent condition. World Car of Year and World Car Design of Year, Blue book \$23-25K, asking \$20K, 650 66 48 26 Whatsapp

Mercedes C200 AUTOMATIC, 2011, European specs, excellent condition in and out, maintenance up to date, 10,900€, my personal car, tel 653780296

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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.

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Morale, Welfare & Recreation (MWR) www.navy.mwr.rota.com/jobs

Navy Exchange (NEX) Rota <http://www.NavyExchange.jobs>

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FARM

Continued from page 18

members will be included.

11. What if my income is not always the same? List the amount that you normally receive. For example, if you normally make \$1000 each month, but you missed some work last month and only made \$900, put down that you made \$1000 per month. If you normally get overtime, include it, but do not include it if you only work overtime sometimes. If you have lost a job or had your hours or wages reduced, use your current income.

12. We are in the military. Do we include our housing allowance as income? If you get an off-base housing allowance, it must be included as income. However, if your housing is part of the Military Housing Privatization Initiative, do not include your housing allowance as income.

13. My spouse is deployed to a combat zone. Is their combat pay counted as income? No, if the combat pay is received in addition to their basic pay because of their deployment and it wasn't received before they were deployed, combat pay is not counted as income. Contact your school for more information.

14. My child is in Sure Start, do I need to fill out an application? No. Sure Start students are categorically eligible for free meals. However, other students

in the household will need to complete an application.

15. What should be included in my income? Households must report current income on a free and reduced price application. Current income means income received by the household for the current month, the amount projected for the first month for which the application is filled out or for the month prior to application. If this income is higher or lower than usual and does not fairly or accurately represent the household's actual circumstances, the household may, in conjunction with REVIEWING OFFICIAL officials, project its annual rate of income based on the guidelines on special situations.

16. What military benefits are included in the income? Benefits paid directly to the service person such as housing allowances and food or clothing allowances, are considered income.

17. What military benefits are excluded from the income? The following benefits are excluded from the income: Family Subsistence Supplemental Allowance, privatized housing allowances, combat pay, payments received from a foster care agency, student financial assistance provided for the costs of attending an educational institution, loans, infrequent earnings received on an irregular basis.

If you have other questions or need help, please contact NAVSTA Rota School Liaison, Randy Lambert, at DSN 727-2425 or commercial, +34 956-82-2425.

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