

# COASTLINE

August 10, 2023 / Volume 33, Issue 15

U.S. Naval Activities Spain



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## CO's Corner



**Capt. Teague Suarez**

## Enjoying the Final Days of Summer here in Rota, Spain

Hola desde Building 1!

Welcome to the "Dog Days of Summer!" While we here in Rota escaped some of the remarkable, and record-breaking, heat that much of the rest of southern Spain experienced for a while, it now feels like summer is fully here, levante winds, and all!

Those winds brought some good news, though. We had

the chance to finally open our Navy Lodge, with the official ribbon cutting on August 2 (read about it on page 13). It is an amazing facility, and I am excited that our families will be welcomed, and wished fair winds and following seas, by such a comfortable Lodge, run by one of the best hospitality teams in the Navy! Chris Traxler, Brandon Lavoie, and Luis Bernal, thank you for everything you do for everyone here on the installation.

August 21 will be quite the momentous day on Naval Station Rota. In the morning, David Glasgow Farragut will open its doors to students for the 2023-2024 School Year, reuniting friends built last school year, and welcoming newly arrived kids and young adults as they join the ranks of the Admirals. The afternoon of the 21st, the Navy will announce the newest Chief Petty Officers, kicking off a season in which the Chief Selects will earn their way into the Finest Chiefs Mess in the world. In both cases, the lives of many of our families will fundamentally change, literally overnight!

On August 26, 1920, after decades of hard-fought advocacy,

women in the United States won the right to vote, bringing us one step closer to the fundamental American ideal that we are all created equal. On Women's Equality Day, celebrated every August 26, we will celebrate the trailblazers who fought to deliver a better future for America's daughters. A future in which women of all ages find the chance to live and work free from the harassment, violence, or discrimination they often face today simply because they are women.

And summer informally closes on September 4th, when we celebrate Labor Day, and close down the Housing Pool! But until then, the town of Rota will remain crowded, almost tripling in population as much of Spain enjoys their vacation. The beaches will remain packed, parking will remain tight, and our favorite restaurants will be very busy until the end of August. Before we know it, though, September will be here; we will still have amazing weather, beautiful beaches, and wonderful food to enjoy, and we will have just a little more space in which to enjoy it.

For now, I hope that you all have the chance to enjoy the last few weeks of summer. As always, I recommend you have a plan to get safely home, and please always look out for the friends, family, and shipmates around you.

I look forward to seeing you around the installation!

## CRIME VICTIM CHECKLIST

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### 2. OBTAIN A COPY OF YOUR POLICE REPORT

### 3. TAKE POLICE REPORT TO NCIS

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## On The Front Cover



A Spanish National Police officer helps a child into riot gear during the community engagement event National Night Out at Seaview Pines, Aug 1, 2023. National Night Out is an annual event held the first Tuesday of August to promote community-partnership with first responders. For more photos, see pages 10-11. (Photo by MC1 Sean Rinner)

## 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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## 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.K.Mullins2.naf@us.navy.mil)

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# "Every Griffin, Every Day" Helicopter Maritime Strike Squadron (HSM) 79 Sailors at Work

Photos from HSM 79 Public Affairs

## HSM 79 Conducts CASEVAC Training with EODMU 8

Helicopter Maritime Strike Squadron (HSM) 79 conducted casualty evacuation (CASEVAC) training with the Explosive Ordnance Disposal Mobile Unit (EODMU) 8. This collaboration was an invaluable opportunity to strengthen relations with Naval Station (NAVSTA) partners while significantly enhancing war-fighting capabilities and operational readiness.



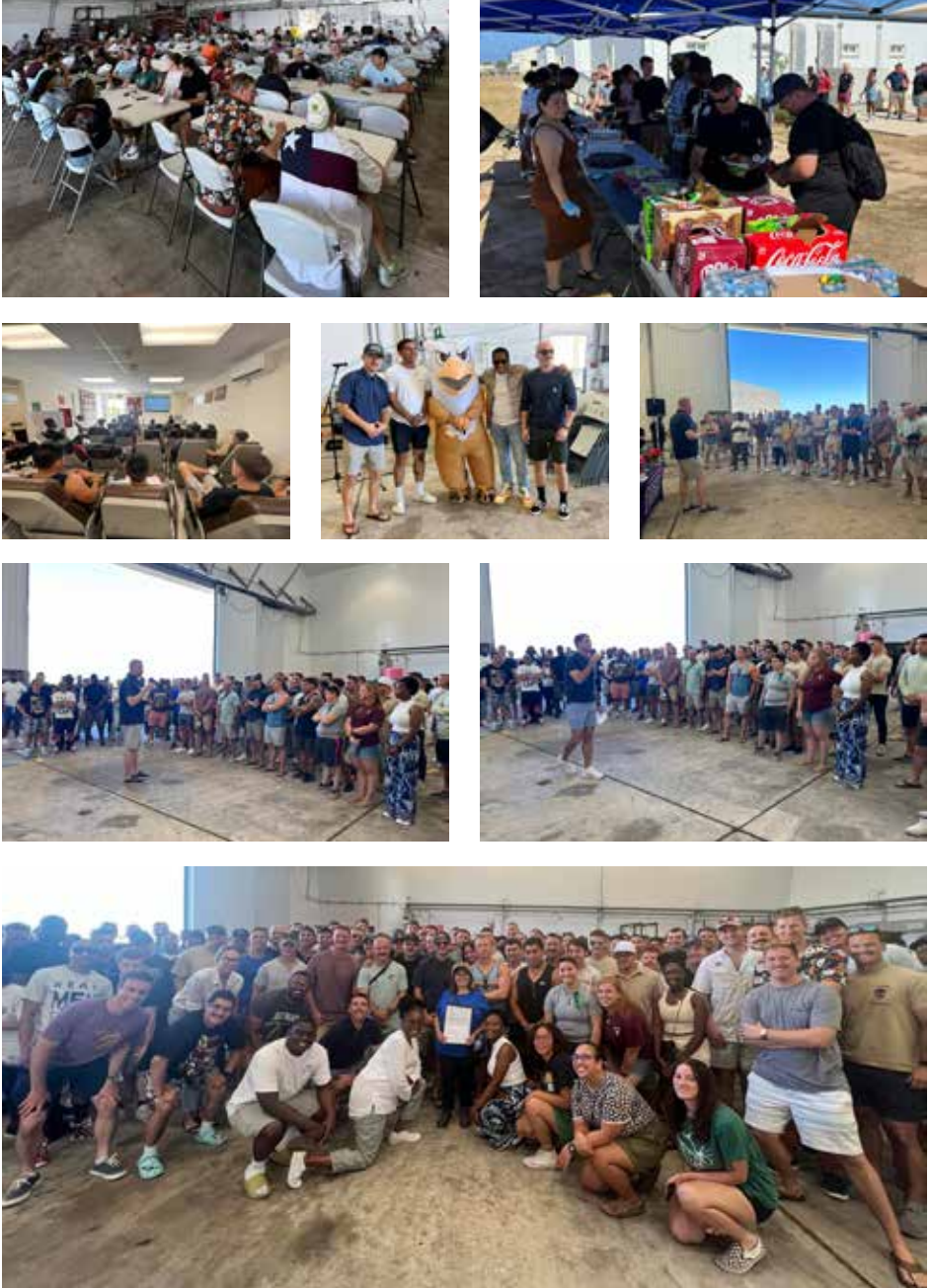
HSM 79 on USS Roosevelt (DDG 80)



## HSM 79 Holds Resiliency Event

Helicopter Maritime Strike Squadron (HSM) 79 "Griffins" participated in first ever Resiliency Day, July 28, 2023. The primary focus was to ensure that every Sailor was familiar with the essential steps to maintain their mental health as well as the abundance of resources available at Naval Station (NAVSTA) Rota, Spain. During the trainings, Sailors learned about the roadmap to mental health, identifying warning signs and coping strategies, available base resources, and more. "We truly believe that mental health is an integral component of our squadron's

readiness and overall success," from a post on HSM 79 Griffins' social media page. "By understanding and recognizing signs of stress, building emotional resilience, fostering positive coping mechanisms, and prioritizing self-care practices, we are investing not only in the well-being of each member, but strengthening the entire team." HSM 79 would like to thank USO Rota, Navy Medicine, Embedded Mental Health, Military and Family Life Counselor (MFLC), Fleet and Family Support Center (FFSC), and MWR for their support in this important command initiative.





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# Why the Weight? How to Tip the Scale in Favor of Your Health

By Kay Lehman

U.S. Naval Hospital Rota

Everyone has different goals when it comes to their weight. Some people want to lose weight, others may be trying to gain weight, and some may be working hard just to maintain where they are. Frustrating factors that may contribute to weight gain include age, elevated stress levels, low activity levels, excessive caloric intake, lack of sleep, and certain medical conditions.

Weight fluctuation of 2-5 pounds throughout the week is normal. This means your weight may go up or down by this amount week after week. Weight gain occurs when you notice your weight steadily increasing from one week to the next. Just like it takes several weeks to months to lose weight, it takes this much time to gain it. What makes weight maintenance so frustrating is the fact that once we notice the weight gain (which may have taken weeks) we want to try to lose it quicker than it was gained. To counter the weight gain, people may resort to desperate measures – weight loss pills, juice detoxes, fad diets, and surgical intervention. When drastic and restrictive measures are taken to lose weight quickly, it makes it harder for the body to maintain the weight loss for long term. The body has a propensity to want to go back to its “set point” or in other words, the weight you were at. Maintaining weight loss takes commitment to long-

term behavior and lifestyle change.

Slow and steady weight loss has been shown to result in longer term weight loss. This approach may be frustrating for many people as it may take weeks, months, or even years to get to your goal weight. A registered dietitian can help you achieve your weight goals in a safe and effective way. Here are some simple tips for weight management that you can start right now.

- 1) Add more activity to your day and decrease sedentary screen time. This doesn't mean you need to go out and do high intensity workouts every day, rather, just move more. Adding more movement to your daily routine can help you burn more calories throughout the day. Start by incorporating a 2-3 minute movement break every 30 minutes if you find yourself being sedentary most of the day.
- 2) Take a look at nutrition labels and pay attention to what is in your food. Are you choosing low sugar options? Are you getting fiber in your diet?
- 3) Eat out less often and cook at home!
- 4) Build balanced meals and make your plate colorful with veggies. A balanced meal consists of a lean protein, grain or starch and vegetables. For example: Your plate could consist of three oz. grilled salmon, half cup cooked quinoa and one cup steamed broccoli.
- 5) Don't restrict foods or food groups.

This can lead to unhealthy eating behaviors later on. Eliminating carbohydrates can lead to sugar cravings causing you to choose the wrong kinds of foods. Instead, work in the high fiber whole grain as part of your balanced meal and you will feel more satisfied and energized.

6) Get enough sleep! The body repairs itself overnight and optimal sleep is imperative for these processes to happen. Aim for 6-8 or more hours per night! Establish good sleep hygiene habits by shutting down screen time one hour before bed.

7) Keep stress levels low! Deep breathing exercises can reduce stress and anxiety levels with little to no effort. Slowing down for one minute to focus on breathing brings more oxygen to the brain and ultimately slowing down the stress response.

8) Celebrate the non-scale victories! Don't focus on the number on the scale. Instead pay attention to the

benefits of making healthy lifestyle changes.

For more great tips and tricks on managing your weight, staying healthy and managing stress, contact U.S. Naval Hospital Health Promotions at DSN 727-3350 or commercial, +34 956-82-3350. For a comprehensive dietary assessment and discussion about healthy eating, schedule an appointment to meet with the dietitian by calling central appointments at DSN 727-3618 or commercial, +34 956-82-3618.

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## ROTA SWIM CLUB IS LOOKING FOR

# Swim Coaches

### 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



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## LA ESPADAÑA APARTHOTEL

Temporary lodging in Rota for visitors—or during transition—in the summer and early fall can be of interest for some. This is the first of various publisher corners with this focus.

The Aparthotel La Espadaña provides the benefits, services and comfort of a hotel but all rooms are fully independent living quarters with complete kitchens, a living room, private terraces, one or two bedrooms and a bath. It is Pet Friendly and has served the Rota Community for over twenty years. The installations include forty luxury apartments, are surrounded by meticulously groomed landscaped grounds, a spectacular pool, private parking and a top restaurant. The Aparthotel is some 100 meters setback from the beach and is surrounded by the dense Pine Forest of the Almadraba. This is a privileged location for those who enjoy nature.

The owner and operator of La Espadaña, Inversiones Turísticas Roteñas, has added 12 additional and new apartments in a modern building to their lodging offer. Seven apartments are duplexes and 3 are penthouse apartments. One apartment is designed for the disabled and another has 3 bedrooms. All the apartments have been built with high quality materials, furnished in a marine and minimalist style and designed for a comfortable stay.

The building is only 300 meters from the beach and 150 meters from Aparthotel La Espadaña, customers at the new location may use the fantastic facilities and services of La Espadaña, as well as the pool and restaurant. Since the new apartments are equipped with a home automation system, it allows the lodger to have an independent stay if desired, and / or enjoy the Aparthotel La Espadaña services offers. Please see their ad in the paper for more information.



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# USS Paul Ignatius (DDG 117) sails with French frigate Languedoc

By Ensign Karolyn Batista  
USS Paul Ignatius Public Affairs

In an era of increasing global security challenges, the importance of international cooperation and interoperability among naval forces cannot be overstated.

The ability of different navies to seamlessly work together is crucial for maintaining peace, conducting joint operations, and responding effectively to emerging threats. The French frigate Languedoc, an Aquitaine-class multi-mission frigate, and USS Paul Ignatius (DDG 117), an Arleigh Burke-class guided-missile destroyer, recently demonstrated exceptional interoperability while underway in the Mediterranean Sea.

On July 20, 2023, Capt. Ed

Sundberg, commodore, Task Force (CTF) 65 and Cmdr. Corry W. Lougee, commanding officer, USS Paul Ignatius, visited Languedoc and had lunch with Languedoc's commanding officer, Capt. Laurent Saunois.

"Operating with FS Languedoc was a tremendous opportunity to execute high-end warfighting rehearsals with an extremely capable Ally to greatly enhance our interoperability," said Sundberg. "CTF 65 looks forward to future opportunities and operations with our French allies."

Joint training exercises are a cornerstone of interoperability between the Allied navies, a point emphasized by Languedoc and Paul Ignatius. These exercises provide an opportunity for sailors from both navies to work together, understand each other's capabilities, and develop a shared understanding of operational tactics.

Through these exercises, the crews of both vessels learn to operate seamlessly as a unified force, maximizing their combined potential.

"It was an absolute pleasure operating side-by-side with FS Languedoc. Executing a high pace, Surface Action Group (SAG) exercise with the French Navy allowed us to learn so much from each other and gain insightful lessons to



Photos by MC1 Zac Shea

The Arleigh Burke-class guided-missile destroyer USS Paul Ignatius (DDG 117), sails alongside the French Navy frigate FS Languedoc (D 653) before conducting a joint gunnery exercise, July 20, 2023. Ignatius is on a scheduled deployment in the U.S. Naval Forces Europe area of operations, employed by the U.S. Sixth Fleet to defend U.S., allied and partner interests.



Capt. Edward Sundberg, commodore of Destroyer Squadron (DESRON) 60 and commander of Task Force (CTF) 65, and Cmdr. Corry Lougee, commanding officer of the Arleigh Burke-class guided-missile destroyer USS Paul Ignatius (DDG 117), meet with Capt. Laurent Saunois, commanding officer of the French Navy frigate FS Languedoc (D 653), July 20, 2023.

improve future bi-lateral events," said Lougee. "Every serial, from transiting in a formation through the Strait of Messina to executing a complex gunnery exercise, greatly improved our working relationship with the French Navy, but I find the Sailor exchanges the most important. Commodore Sundberg and I were fortunate enough to have lunch with Captain Saunois onboard Languedoc and it was quite the experience. Not only did we get to enjoy an amazing meal, but we

were able to get to know each other on a personal level. This bonding takes place at all levels as we sent Sailors to their ship and they sent some of their crew to Paul Ignatius. The pride my Sailors display when providing personalized tours for our French guests as well as the smiles on their faces when they return from visiting an allied warship shows me the positive impact it has on each individual, my ship, our navy, and ultimately the nation."



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# National Night Out allows Community Members the Opportunity to Interact with First Responders and Spanish Partners

Photos by MCC Nathan Carpenter & MC1 Sean Rinner

Naval Station (NAVSTA) Rota Security Department hosted National Night Out at Seaview Pines, Aug. 1, 2023.

"National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie," said Lt. Cmdr. Jeffrey King, security officer at NAVSTA Rota. "It is typically observed on the first Tuesday in August in the United States and Canada. The primary purpose

of National Night Out is to strengthen the bond between law enforcement and the communities they serve, as well as to enhance public safety and crime prevention efforts."

The event kicked off with a parade through base housing and ended with a community block party at Seaview Pines. The event gave community members the opportunity to interact with naval security forces, fire department, hospital emergency services, and other first responders. The event also included several NAVSTA Rota commands, organizations, and Spanish first responders.

National Night Out was a fun summer event that drew several hundred community members for fun, socializing, and learning the important missions of our community first responders.



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# NAVSTA Rota Teens Work at Child & Youth Programs as Part of Teen Employment Program

By Courtney Pollock  
NAVSTA Rota Public Affairs

Throughout the summer, several teens at Naval Station (NAVSTA) Rota participated in the installation's Teen Employment Program to gain valuable work experience while getting paid. The program – funded by the Navy Child & Youth Programs (CYP) – is focused on providing summer work experience to youth, aged 14-18 years old.

Aaron Chapuis, youth center director and facilitator of the program, explained that this year the program was broken into two sessions allowing more teens to participate and be placed within the Child Development Center (CDC), School Age Care (SAC), and Youth Sports.

"The youth in the community have very limited opportunities to gain work experience," said Chapuis. "This program provides teens the opportunity to go through the process of applying for a job."

For most teens, this would be their first job. However, some returned after a positive experience last year.

"This is my second year doing it," said Steven Camacho, a teen hire at CDC. "I really enjoyed it last year and had fun with the kids. I wanted to do it again because I had so much fun."

To prepare the teens with applying for a job, Randy Lambert, NAVSTA Rota school liaison, provided workshops to help

prepare the teens in late spring.

"I provided two separate workshops on resume writing and interview techniques," said Lambert. "Each teen-focused workshop was approximately one and a half hours with information, tips specifically for teens, examples of resumes, and resources."

During the first workshop, Lambert talked to the teens about how to translate their school accomplishments, extracurricular activities, and sports experiences into tangible skills for their resume.

"The second phase of the workshop included reviewing the Teen Employment Program job announcement and learning about interview techniques, common interview questions, and quirky interview questions," explained Lambert.

Throughout both workshops, Lambert stressed the importance of first impressions and the teens presenting themselves professionally.

When it came time for the hiring, over half the teens who applied were offered a job during one of the two sessions. While it was hard to not be able to offer all teens, Chapuis emphasized that the experience and the skills learned will benefit each teen in the future when applying for jobs.

For those selected, they then completed a weeklong training period where they completed required paperwork, learned



**Photos by MC2 Drace Wilson**  
Jackie Taylor (center), training specialist for Child & Youth Programs (CYP) Rota, instructs teens on how to complete paperwork during their indoctrination for Teen Employment Program, July 10, 2023. The annual program allows teens - aged 14-18 years old - from within Naval Station Rota community to be placed within the CYP programs of Child Development Center (CDC), School Age Care (SAC) and Youth Sports.

job duties, and fulfilled trainings to work with the child and youth programs.

"I learned that every child is different and there are different ways to help [or direct] the child," said Awoyn Anderson, a teen hire at SAC. "Some are more sensitive, some are angry, and some are sad so it's important to know different ways to work with them."

With the theories complete, the teens headed to their work centers where they got to implement the practical application of these theories and develop their job skills. As the summer comes to an end, these teens have added new job skills to their resumes, possibly found a potential career, and had fun while garnering some extra cash for the school year.



**For more information on Rota youth programs and opportunities, contact the Youth Center Jams and Gravity at  
DSN 727-4625 or commercial, +34 956-82-4625.**



# Navy Lodge Rota Opens Beautiful New Facility

## From Navy Exchange Command Public Affairs

Navy Lodge Rota, Spain, officially opened its new facility during a ribbon cutting ceremony on Aug. 2. The newly opened Navy Lodge features 50 two-bedroom, two bathroom family suites, balconies and full sized kitchen with a dishwasher as well as a pool and splash pad, BBQ area, basketball court, playground and NEX mini mart.

"As the Navy's single provider for all temporary duty and permanent change of station lodging, we continuously modernize and upgrade our facilities to meet the ever-changing needs of our guests," said retired Rear Adm. Robert J. Bianchi, Chief Executive Officer of the Navy Exchange Service Command. "With

this opening, we will now be able to offer more availability to military families at Naval Station Rota."

The original 48-room Navy Lodge will be undergoing a renovation later this year, updating all its guest rooms and adding a fitness center. Once the renovations are complete, there will be a total of 98 Navy Lodge rooms available at Naval Station Rota.

Navy Lodges offers clean and comfortable accommodations at 36 locations around the world at a savings of 30 - 35% over other hotels. Every Navy Lodge is accessible and has free Wi-Fi and a complimentary continental breakfast. As an added convenience, cats and dogs up to 70 pounds in weight can stay at most Navy Lodges when traveling with its owner.



Photos by MCC Nathan Carpenter and MC2 Drace Wilson

Representatives from Navy Exchange Command, Navy Lodge Rota, Naval Station (NAVSTA) Rota, and Spanish navy cut the ribbon at the Navy Lodge's grand opening at NAVSTA Rota, Aug. 2, 2023. The new Navy Lodge has 50 two-bedroom, two-bathroom family suites in addition to a wide range of services such as a pool, playground, breakfast, and more.



Courtesy photo



*"You have been entrusted with the first impressions of each of our new families and the last impressions of those heading over the horizon. I know you will make everyone feel at home while in the midst of an overseas military PCS."*

**-Capt. Teague Suarez**  
NAVSTA Rota Commanding Officer



## CMF Task Force Commander Visits EUNAVFOR Headquarters in Spain

From U.S. Naval Forces Central Command / U.S. 5th Fleet Public Affairs

The commander of the counter-piracy task force for Combined Maritime Forces (CMF) visited European Union Naval Force (EUNAVFOR) headquarters July 26 in Rota, Spain.

Republic of Korea Navy Rear Adm. Ko Seung-bum, commander of CMF's Combined Task Force 151, met with Spanish Navy Vice Adm. José M. Núñez Torrente, operational commander for EUNAVFOR's Operation Atalanta. In May, ships from Combined Task Force 151 and Task Force 465 from Operation Atalanta conducted combined training in the Gulf of Aden.

"The situation in the Middle East region is constantly changing, but our role in ensuring the safety of merchant vessels remains unchanged," said Ko. "We must continue to work together to strengthen our ties for maritime security."

During the visit, Ko emphasized the importance of continuous maritime cooperation between the two task forces, which both focus on countering piracy in the Middle East.

"I have deep admiration for the passion and insight demonstrated by Rear Adm. Ko and his team," said Torrente. "Expanding the

relationship between our two multinational organizations will undoubtedly make the free flow of trade through our area of operations much safer for all."

Task forces from CMF and EUNAVFOR regularly collaborate to enhance interoperability through combined patrols and joint training. In April, Japanese and Italian navy warships conducted combined training in the Gulf of Aden while supporting Combined Task Force 151 and Task Force 465 respectively.

Established in 2009, Combined Task Force 151 conducts maritime security operations to deter, disrupt and suppress piracy and armed robbery at sea, outside the Horn of Africa. The task force is headquartered in Bahrain with U.S. Naval Forces Central Command, U.S. Fifth Fleet and Combined Maritime Forces.



Courtesy photo

Spanish Navy Vice Adm. José M. Núñez Torrente, operational commander for Operation Atalanta, and Republic of Korea Navy Rear Adm. Ko Seung-bum, commander of Combined Task Force 151, enter the headquarters for the European Union Naval Force in Rota, Spain, July 26, 2023.

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For more information about MHS GENESIS follow the Naval Hospital Rota Facebook/Instagram pages or visit: [health.mil/MHSGENESIS](http://health.mil/MHSGENESIS)



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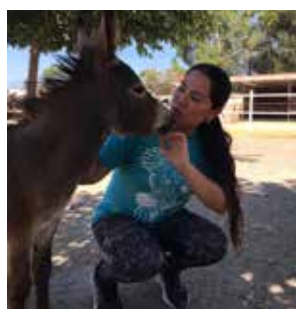


# USNSE Madrid Personnel Visit Donkeyland

By GERALYN BROOKS  
MWR Madrid

Patrons from Morale, Welfare and Recreation (MWR) Madrid visited *Burrolandia*, or Donkeyland, which is a Spanish sanctuary for abused and abandoned donkeys as well as other farm and wild animals. Attendees received a brief tour around the sanctuary, learned

about the daily activities, and met all the animals while learning about their rescue stories. Community members then helped feeding and grooming many of the animals such as donkeys, deer, goats, horses, chicken, ducks, peacocks, and geese. It was a great opportunity for MWR patrons to give back to the local community while enjoying a fun-filled day in the nature!





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# NMCB One Conducts Ribbon Cutting at Nutekpor District Assembly Basic School

By MC1 Sean Rinner  
NMCB 1 Public Affairs

On July 14, 2023, U.S. Navy Seabees with Naval Mobile Construction Battalion (NMCB) 1 and leadership from the U.S. Embassy in Accra, the Ghana Armed Forces, and South Tongu District Executive Leadership held a ribbon cutting ceremony at the Nutekpor District Assembly Basic School in Nutekpor, Ghana.

NMCB 1 Seabees broke ground on March 23, 2023, starting construction on a three-room schoolhouse Engineering Civic Action Project in the Village of Nutekpor. The project consisted of removing the original foundation, and placing a new 1380 square-foot foundation. The schoolhouse was constructed with over 2000 concrete masonry unit blocks along with accompanying doors, windows, and electrical appliances.

Project Crew Leader, Equipment Operator 2nd Class Alexander Brown, faced multiple challenges throughout the deployment but did not once doubt the

crew's ability to complete the project.

"This environment posed many logistical challenges and gave us the opportunity to find myriad creative solutions throughout the duration of the project," said Brown. "Although it has not been easy, the challenges presented to us have been a great learning experience for everyone involved. I'm appreciative of the opportunity that I've been given out here, and I know that the crew will excel no matter where they go next."

The U.S. Navy worked alongside U.S. Marines from the 8th Engineer Support Battalion on building the school. This provided an outstanding opportunity to strengthen interoperability between maritime engineering services.

The ribbon cutting ceremony kicked off with South Tongu District Assemblyman Benjamin Agbeyesu giving a brief speech on the history of the school community and how these new school rooms will bolster teaching capabilities. He was then followed by U.S. Ambassador Virginia Palmer thanking the Village of Nutekpor for their hospitality during construction and emphasis on equitable economic aid and development of the relationship between the U.S. and Ghana.

As a crewmember who has worked on the school for the past four months, Utilitiesman 3rd Class Alonzo Bulloch stated, "It is a privilege to work on this project in such an interesting environment overseas. Opportunities such as this one to demonstrate Seabee skills and give back to the local community are not always



Courtesy photos

Group photo during the ribbon cutting ceremony at Nutekpor District Assembly Basic School in Nutekpor, Ghana, July 14, 2023. Seabees from Naval Mobile Construction Battalion 1 completed this school project which broke ground on March 23, 2023.

available, so I take it with great honor."

The school will host more than 100 students each year from Nutekpor and its surrounding villages, providing students and teachers a much improved educational environment for years to come.

NMCB 1 is forward deployed to execute construction, humanitarian assistance, and theater security cooperation in the U.S. Naval Forces Europe and Sixth Fleet areas of operation in direct support of Commander, Task Force (CTF) 68.

22nd Naval Construction Regiment (NCR) provides command and control of Naval Construction Forces in U.S. European Command and U.S. Africa

Command areas of responsibility in direct support of CTF 68.

CTF 68 headquartered in Rota, Spain, commands all Navy Expeditionary Forces in U.S. European Command and U.S. Africa Command areas of responsibility and is responsible for providing explosive ordinance disposal operations, naval construction, expeditionary security, and theater security efforts in direct support of U.S. Naval Forces Europe-Africa and U.S. Sixth Fleet.

For over 80 years, U.S. Naval Forces Europe-Africa (NAVEUR-NAF) has forged strategic relationships with allies and partners, leveraging a foundation of shared values to preserve security and stability.





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## A DIFFERENT SALMOREJO, WITH AVOCADO AND HARD-COOKED EGG

Are you enjoying the summer? We hope you are making the most of it! We live in a privileged area with the bay of Cadiz and we feel very lucky to have many ingredients from the land and the sea to prepare many nice dishes.

This edition, we will share with you a very special and tasty dish for this time of the year with high temperatures, salmorejo. Originally, this recipe was unique to Cordoba but it is now prepared in every province - not only in Andalucia - but the whole country. It is delicious, very healthy, very tasty, and very refreshing.

We have prepared a healthier version without bread. It is ideal for people who are gluten-free or who wish to reduce or avoid eating gluten. We really hope you enjoy it as much as we do!

If you have any questions regarding this recipe or any others that you can find in our blog, [www.aprendiendoacocinar.es](http://www.aprendiendoacocinar.es), do not hesitate to contact us. Our email is [info@aprendiendoacocinar.es](mailto:info@aprendiendoacocinar.es) and we love to help you enjoy our local gastronomy!



### INGREDIENTS (FOR FOUR PERSONS):

- 1 lb 2 oz (1/2 kg) of red, ripe tomatoes
- 1 avocado
- 1 hard-cooked egg
- 1 large clove of garlic
- splash of sherry wine vinegar
- 1 TBSP salt
- 2 – 3 oz (75 ml) virgin olive oil

### FOR GARNISH:

- 1 diced or chopped hard-cooked egg
- 2 oz (50 g) of diced avocado



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

### PREPARATION:

1. In an emersion blender beaker, add garlic, peeled tomatoes (put the tomatoes in a pot of hot water and let it continue to cook for a few minutes, and they peel on their own!) and salt. Puree everything with the blender.
2. Add avocado and hard-cooked egg. Blend again.
3. Add sherry wine vinegar and blend.
4. Pour olive oil in slowly as it is still blending.
5. Place in the fridge until ready to serve.

### TIPS FOR SERVING:

You can serve salmorejo in nice cups (such as the type of cup used to serve desserts mousse, ice cream, etc.). Garnish with diced/chopped hard-boiled eggs and the diced avocado. Delicious!

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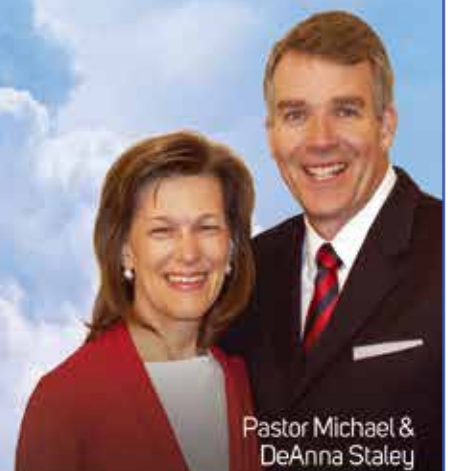
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# Rota Girl Scouts Attend Discovery Camp in Switzerland

By Amber Lenhard  
Rota Girl Scouts

Four senior level Girl Scouts and two adult leaders from Rota Girl Scout Troop 61521 attended the Discovery Camp week at Our Chalet, a WAGGGS (World Association of Girl Guides and Girl Scouts) World Centre in Switzerland, June 14-25, 2023. The group drove from Naval Station (NAVSTA) Rota to Our Chalet, which allowed them to enjoy the sites of Tarragona and Geneva, two cities where they stopped overnight, along their journey to Switzerland.

The day spent in Geneva was full of sight-seeing. Mrs. Amber booked the group a tram-ride tour of old town, as well as a boat tour of the La Rade Lake where we got up close and showered by the Geneva water fountain. While visiting these cities the girls took advantage of taking in local shops and food to aid them in completing various Girl Scout badges while on their trip. In total the girls each earned seven Senior level Girl Scout badges, the 2023 Girl Scouts Outdoor badge, and the Sow What Journey (badge focused on global and local food issues). For three of the girls this was their third Girl Scout Journey earned as Seniors, so they have also earned their Senior Summit award which is earned by completing three Girl Scout Journeys at their current level.

At the opening fire, the Rota girls volunteered to lead two different songs, as well as put on a small impromptu skit. During the skit, they encouraged one of the chalet volunteers to join in the fun in helping the group use the "invisible bench." To start the week off everyone was bussed to the Engstligen Falls trail, where we were able to take in the beauty of Switzerland firsthand along a small hiking trail that led to the base of the falls. After exploring the area surrounding the base and river of the falls, all four girls and Mrs. Vicky hiked up a small steep side trail to get a closer view of the waterfall. The farmers use this trail to get their herd to the top of the mountains so they can graze during the summer months on the nutrient-rich grass that grows once the

snow melts.

On one of our other hiking days the group went to the local woodcarver's hut, and along the way sang songs to help boost their spirits through the more difficult spots. Two of the scouts, Luce and Izzy, both said that "this was my favorite hiking moment, being able to sing Disney songs at the top of our lungs, in the woods, alongside the girls from Mexico."

We also had the opportunity to kayak in the bright blue waters of the glacier lake Brienzensee. The guides with the group told us that the water there was clean enough to drink, so during our day there everyone filled their canteens straight with the lake water. For our day at the lake, the groups needed to split into two in order to accommodate everyone on the limited number of kayaks that the lake had. Each group went out on the lake for three hours where they enjoyed a few games, and learned more about the local area from the guides who were on the water with them. During the second group's time out on the lake, a thunderstorm popped up very quickly in the valley and those scouts had to hurry back to shore and get out of the water. As everyone was getting out of the water one of our scouts, Cori, stayed behind at the shore longer than the rest. She showed great initiative and leadership in providing an extra helping hand to those scouts who were nervous.

The group walked across the Hohstalden suspension bridge crossing over the river gorge to get to a small trail café that was recommended by the chalet staff because they had the area's best lemon cake and homemade syrup.

On our free day we chose to drive into Bern where our group tasted new and local snacks as we walked along streets of Old Town, watched the Zytglogge clock show at the top of the hour, and took a break to sit or play at the Munsterplattform park that sat high about the Aare River. To conclude our free day, we stopped by the town of Thun, and walked into and all around the Thun Castle and central church before needing to run back to the van because of a huge thunderstorm that suddenly popped up.

The girls were also able to make new



Courtesy photos

Amber Lenhard takes a group photo of Rota Girl Scout Troop 61521 members with the clock of Bern, Switzerland behind them. The group of four senior level Girl Scouts, Izzy Berger, Cori Berger, Abigail Lenhard and Lucy Brumbelow, along with two adult leaders, Amber Lenhard and Vicky Berger, attended a Discovery Camp in Switzerland this summer.

friends with the other Girl Scouts and WAGGGS groups that attending the same week. Getting to know, share hobbies, and hangout with two other U.S. troops, one from Maryland and the other from New Orleans, Louisiana, as well as a larger group from Mexico. During one of the activity nights at the Chalet, the staff hosted an international night where each of the groups presented a little bit about where they came from. Our troop decided to wear feria shawls and share about what they have learned and experienced while living in Spain, showcasing the various foods and culture of our local area in Rota.

By the last day in Switzerland, the rainy weather finally caught up with us so we were unable to have a big outdoor closing fire. However, the chalet staff and volunteers quickly rearranged the dining area in order to accommodate the group inside for the closing ceremony, where many scouts were awarded their earned Chalet Challenge patches.

During the trip everyone enjoyed seeing, learning about and experiencing all that they could from the various day

trips and activities the our chalet staff and volunteers provided throughout the week. Every night, the scouts took time to journal on their own individual experiences from the days adventure. Abigail shared on the last night a phrase she that heard from a New Orleans scout that really impacted how she got through the tougher times of camp. She shared the question, "what are you waiting for back at home, or back at the chalet?" Later, she explained to our group that it references what keeps you going during the rougher, hotter, or difficult times where you feel like giving up because what you're doing is so hard. Our chalet was able to host an amazingly fun, and interactive activity-filled week where in the end, the girls all came together and shared in their individual highs and lows throughout the week. Thanks to the dedication of the staff and volunteers the Girl Scouts of troop 61521 will never forget the friendships made, or their time spent in Switzerland at the Our Chalet WAGGGS Centre.



Members of Troop 61521 from Rota, Spain pose for a photo in their Girl Scout uniforms before the opening ceremony of Discovery Camp in Switzerland, June 2023.



**Photo, above:** Abigail Lenhard, Izzy Berger, and Lucy Brumbelow pose for a photo with girls from the Mexico Girl Guides troop during Discovery Camp.



**Photo, at left:** Izzy Berger, Lucy Brumbelow, and Abigail Lenhard pose for a photo the side of the Engstligen Falls trail during Discovery Camp in Switzerland.



Members of Rota Girl Scout Troop 61521 from pose for a photo at the base of the Thun Castle with a folklore character from the town. The troop was in Switzerland for a Discovery Camp.





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# SLP Notes

Naval Station (NAVSTA) Rota School Liaison, Randy Lambert, is a wealth of knowledge related to on and off base schools as well as resources for all school age children. You can reach the school liaison by calling DSN 727-2425 or +34 956-82-2425, emailing [SLPRota@us.navy.mil](mailto:SLPRota@us.navy.mil), or stopping by the School Age Care (SAC) building (Bldg. 41) for more information.

## 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.

## DoDEA Complex Schools (Rota Elementary & DGF MHS) Summer Office Hours

Both Rota Elementary and DGF M/HS Summer Office Hours are 9 a.m. to 3 p.m. Monday through Friday. Offices will be closed on U.S. Federal holidays.

## Free & Reduced Meal Program: SY 23-24 Free- and Reduced-Meal (FARM) program applications

Students may qualify for free or reduced price meals. A meal application is required to be completed each school year in order to determine if a student qualifies for free or reduced price meals.

Parents/guardians 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.

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>.

Costs: Free: Your student will not receive any charges. Reduced: Your student will be charged \$0.30 for breakfast (if available) and \$0.40 for lunch. Paid: 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.

## 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 until August 14. For more information contact the School Liaison @ [SLPRota@us.navy.mil](mailto:SLPRota@us.navy.mil).

## 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 956-82-2425.

## Rota Elementary School – New Student Orientation

Calling all new students and their parents entering

grades 1-5 to Rota Elementary for New Student Orientation on Friday, Aug. 11 @ 1 p.m. in the Multi-Purpose Building (MPB).

## Rota Middle High School New Student Orientation

Calling all rising 6th grade students and all new students/parents grades 6-12 for New Student Orientation on Thursday, Aug. 17 @ 10 a.m. in the Multi-Purpose Building (MPB).

## 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 inside the NEX, Aug. 17 @ 1-4 p.m., 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.

## Rota Elementary Open House

Rota Elementary School Open House will be Friday, Aug. 18 from 1 - 3 p.m. Designed for families with students in grades 1-5 at the elementary school. Tour the school, meet teachers, drop off school supplies early, and parents and students can receive an orientation.

## Rota Middle High School Back to School Bash

Rota Middle/High School Back-to-School Bash is Friday, Aug. 18 from 1:30 - 3:30 p.m. All students and parents are welcome to tour the campus, pick-up class schedules, sign-out laptops (1 for each M/HS student), sign for lockers and visit community partners

**School Liaison Monthly Scholarships Link:** <https://www.smores.com/36j0z>

## Kindergarten Open House

Kindergarten Open house is Friday, Aug. 25 at 8:30 a.m. Parents and students will receive an orientation, meet teachers and tour facilities. The orientation will start in the MPB. Students can also drop off school supplies early.

## 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:

CYB MFLC: Awaiting MFLC, +34-642-519-746  
DGF M/HS: Shana Vargas, +34-624-285-707 \*  
Rota ES: Doug Detwiler, +34-624-262-856 \*  
Rota ES: Nancy Pedagno, +34-641-482-865 \*  
Summer CYP: Yakiry Rivera, +34-624-285-707 (Here until August 19)

**\*Back Aug. 14 for SY 23-24**

Adult MFLCs working with the DESRONS:

Raymond Wei, +34-722-144-636  
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 to help you with your transitions. Your School Liaison can also put you in contact with your gaining installation's SL.

**Back to School**

**ROTA ELEMENTARY SCHOOL**

- AUG 11 NEW FAMILY ORIENTATION**
  - 1 PM AT THE MULTI-PURPOSE BUILDING (MPB)
  - NEW FAMILIES WILL BE PROVIDED WITH AN INTRODUCTION AND ORIENTATION TO THE SCHOOL
- AUG 17 BACK 2 SCHOOL RESOURCE FAIR**
  - 1 PM - 4 PM AT THE NEX (MAIN STORE)
  - A RESOURCE FAIR SPONSORED BY THE NEX, PROVIDING FAMILIES OPPORTUNITIES TO CONNECT WITH COMMUNITY AND SCHOOL RESOURCES
- AUG 18 OPEN-HOUSE (GR 1-5)**
  - 1 PM - 3 PM AT ROTA ELEMENTARY SCHOOL
  - PARENTS AND STUDENTS RECEIVE AN ORIENTATION FOR SY 23-24, MEET TEACHERS, DROP OFF SCHOOL SUPPLIES, & TOUR THE CAMPUS
- AUG 21 FIRST DAY OF SCHOOL (GR 1-5)**
  - GATES OPEN AT 8 AM, WITH A BIDDING IN CEREMONY AT 8:35 AM IN THE COURTYARD
  - PARENTS ARE WELCOME TO ATTEND THE CEREMONY AT 8:35 AM
- AUG 25 KINDERGARTEN OPEN-HOUSE**
  - 8:30 AM - START IN MULTI-PURPOSE BUILDING (MPB)
  - PARENTS AND STUDENTS RECEIVE AN ORIENTATION FOR SY 23-24, MEET TEACHERS, & DROP OFF SCHOOL SUPPLIES
- AUG 28 FIRST DAY OF SCHOOL (KINDER)**
  - GATES OPEN AT 8 AM, AND CLASS BEGINS AT 8:15 AM
  - PARENTS ARE WELCOME TO ATTEND A 8:00-8:30 BREAKFAST IN THE SCHOOL CAFETERIA AFTER DROPPING OFF THEIR KINDERGARTNER

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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](mailto:rota@nmcrs.org)

Facebook: [www.facebook.com/nmcrsrota](http://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](http://www.facebook.com/USORota)

### WIC OVERSEAS

Women, Infants and Children (WIC) Overseas is a nutrition education and supplemental food program that aims to improve the overall health and wellness of families for active duty service members and their dependents, DoD civilian employees and their dependents, DoD contractors and their dependents. Basic nutrition and health screenings, drafts to be redeemed for nutritious foods, access to resources & tips that help you and your family lead healthier lives, healthier birth weights for babies, reduced anemia rates for children, breastfeeding support, breast pump loan program, breastfeeding/pumping room open to everyone. Call DSN 727-2921 or commercial, +34 956-82-2921, for more information.



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## COMMUNITY

Looking to start a road cycling group; peloton style. Riding group starts at 0800 from the dive-in and return to base for a 21-mile loop. If interested, WhatsApp me at +34 641 498 369.

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

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Morale, Welfare & Recreation (MWR) [www.navy.mwrrota.com/jobs](http://www.navy.mwrrota.com/jobs)

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

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



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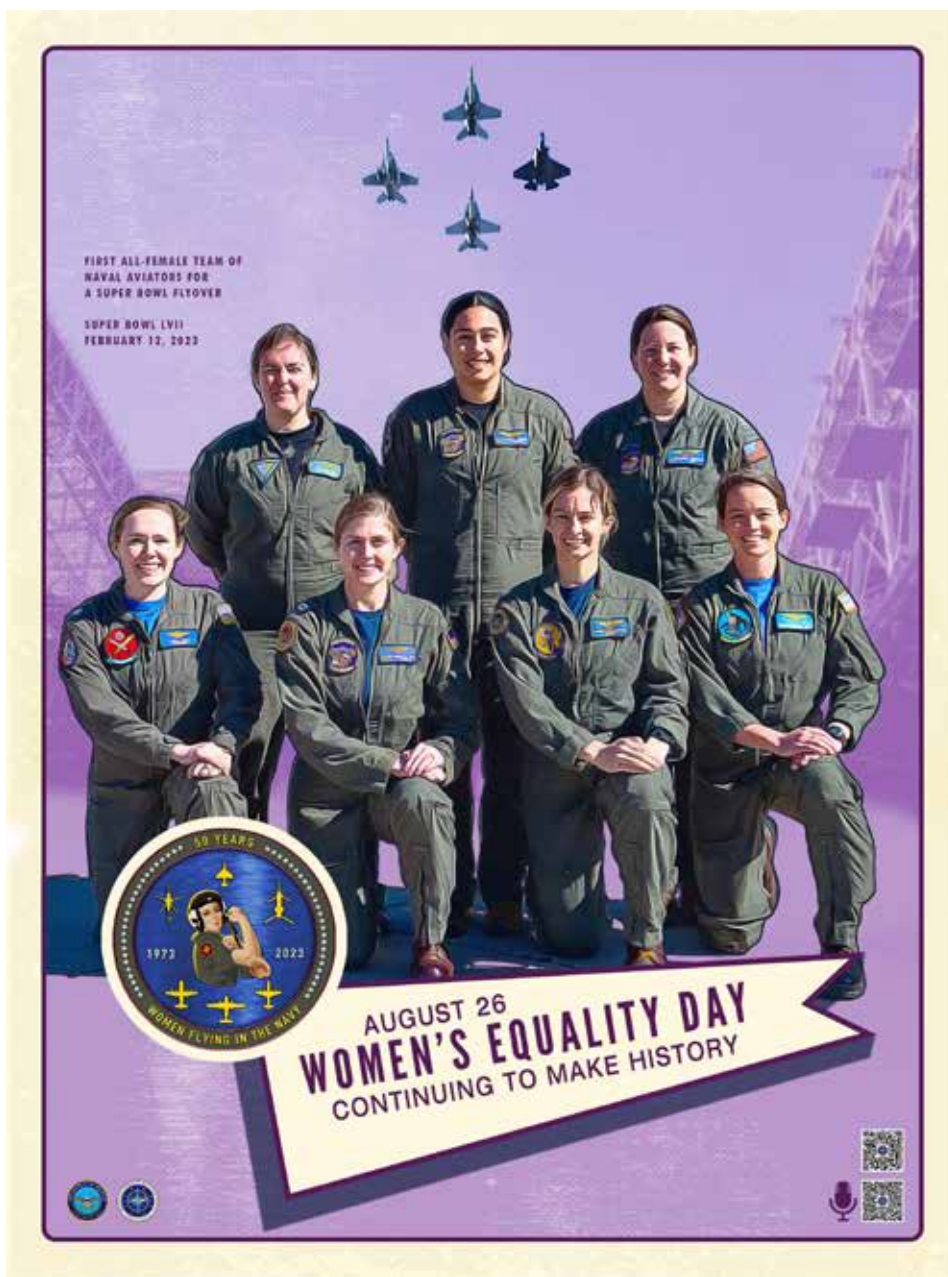
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