



COASTLINE

September 7, 2023 / Volume 33, Issue 17

U.S. Naval Activities Spain

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CMC's Corner



**Command Master Chief
William Rodriguez**

Taking Pride in Our History and Heritage

Hola Team Rota!

Welcome to another edition of the CMC's Corner. By the time you read this, I would have completed one-year onboard Naval Station (NAVSTA) Rota and I have to admit that it flew by! It certainly does not feel like I have been here that long. Now, even after a year, I

continue to be impressed by everyone's welcoming and helpful attitude. You all make this base a great organization and it is an honor for me to say that I am part of the NAVSTA Rota family.

This month holds great meaning to me because I promoted to Chief Petty Officer (CPO) on September 16, 2008. I know it was a long time ago and many of you were not in the Navy yet, but it was a great day in my career. Today, as I write this, there are Chief Selects throughout the Navy going through the Chief Petty Officer's initiation. In Rota, we have 60 CPO Selectees taking part in this initiation and being mentored by Chief Petty Officers from every tenant command on base. You will see them doing PT, walking around, and receiving training around the installation. To all of them, I say congratulations and good luck!

September is also part of the Hispanic Heritage Month,

which runs from September 15 to October 15. I was born, raised, and joined the Navy from Puerto Rico, becoming one of many Hispanic Sailors serving in the U.S. Navy. Hispanics have a rich history with the U.S. Navy that dates back to its inception.

One Hispanic that stands out is Admiral David G. Farragut. Many people in the Navy know, or have heard, about Admiral Farragut, but many do not know that he is of Spanish descent. His father was a merchant seaman named Jorge Antonio Farragut Mesquida, born on the Spanish island Menorca. Farragut, known for his phrase, "Damn the torpedoes! Full speed ahead!" saw action in many wars; such as, the War of 1812, Mexican-American War, and the American Civil War. He was also the first person to hold the ranks of Vice Admiral, Rear Admiral, and Full Admiral in the United States Navy. His legacy continues to be taught by naval historians and is present here in NAVSTA Rota with our middle/high school that is named after him.

As we wrap-up the summer, students make their way to school and tourists make their way home, the streets and restaurants around the base go back to normal. As this happens, we should start to see easier access to parking, taxis, and restaurants along with lower temperatures. Taking this into consideration, I will say that now is a good time to explore towns and cities around Spain. You can also take advantage of our MWR activities, both on and off base. Look inside the Vamos magazine or the MWR website, navymwrrota.com for activities and tours available. I enjoy MWR tours because I do not have to worry about getting lost or parking, plus access to the greatest attractions is pre-arranged making the visit a lot more enjoyable. So, get out and enjoy Spain.

I will see you all around the base!

CMC Rodriguez

COASTLINE STAFF

Commanding Officer
Capt. Teague J. Suarez

Executive Officer
Cmdr. Anthony Myers

Command Master Chief
CMDCM William Rodriguez

Public Affairs Officer
Lt. j.g. Charena Dedios
charena.c.dedios.mil@us.navy.mil
DSN 727-1680

Deputy Public Affairs Officer
MCC Nathan Carpenter
nathan.r.carpenter4.mil@mail.mil
DSN 727-2813

Editor/Writer/Layout
Courtney Pollock
courtney.e.pollock2.civ@us.navy.mil
DSN 727-1021

Production Specialists
MC2 Drace Wilson
drace.a.wilson.mil@us.navy.mil
DSN 727-1021

Community Relations Advisor
Alejandra Tirapu Lucero
alejandra.tirapulucero.ln@us.navy.mil
DSN 727-3786 / 956-82-3786

Contact The Coastline Editorial Staff:
Telephone: DSN 727-1021 / 956-82-1021
Email: coastline@eu.navy.mil
Large-file email: rotacoastline@gmail.com

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On The Front Cover



Sailors, Airmen and Firefighters assigned to Naval Station (NAVSTA) Rota, Spain, participate in an aircraft firefighting drill, Aug. 22, 2023. NAVSTA Rota is a force multiplier, capable of promptly deploying and supporting combat-ready forces through land, air and sea, enabling warfighters and their families, sustaining the fleet and fostering the U.S. and Spanish partnership. (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.

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NAVSTA ROTA OMBUDSMAN ROSTER



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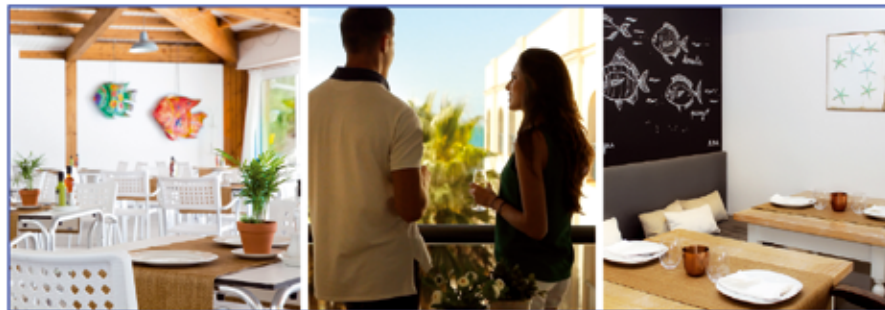
Ombudsman Coordinator Monica Mullins 727-3232 (Monica.K.Mullins2.naf@us.navy.mil)

NAVSTA ROTA Assembly Chair	Laura Waite	642-657-050	rotaombudsmanassemblychair@gmail.com
NAVSTA Rota	Shaunte Branson	+1 619 508 2833 Via WhatsApp	navalstationrota.ombudsman@gmail.com
Naval Munition Command	VACANT	642-657-050	rotaombudsmanassemblychair@gmail.com
CTG 68.3	Lindsay Cowen	624-340-699	Ombudsmanctf68@gmail.com
CTF 65 / DESRON 60	VACANT	690-384-137	6065ombudsman@gmail.com
EODMUS / EOD DET	Kelli Wise	649-960-848	eodmusomb@gmail.com
725 th AMS 521 st AMOG (Air Force Key Spouses)	Melissa Lilly Allison Elking	+1 707 564 7402 641-154-516	Mlilly88@yahoo.com allisonelking@gmail.com
NCTAMS	Tricia DeBaun	624-285-909	Nctamsrota.ombudsman@gmail.com
USN Hospital	Laura Waite	609-914-187	umrtcrotaombudsman@gmail.com
NAVSUP FLT LOG	Elizabeth Tacheny	608-154-595	Ombudsman.flc@gmail.com
USS Roosevelt	Kimberly Corrales-Afanador	616-870-024	ddg30ombudsman@gmail.com
USS Arleigh Burke	Maureen Sartini Karen Peterson	681-324-752	Ombudsmanddg51@gmail.com
USS Paul Ignatius	Tricia Mouser	642-410-259	ddg117ombudsman@gmail.com
USS Bulkeley	Kayla Boykin Raissa Mendonça	630-966-927	ussbulkeleyombudsman@gmail.com
NEPMU-7	Diana Doucette	956-822-550	NEPMU7ombudsman@gmail.com
FDRMC	Mae Kirkconnell	683-522-567	Fdrmcumbudsman.rota@gmail.com
HSM-79	Katie Shannon	643-062-302	rota.hsm79ombudsman@gmail.com
CWG-6 DET DIGBY	Dennise Velez-Lopez	+44 7309 67 6654	cwg6detdigby.ombudsman@gmail.com
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Kameron V. Basbas
born June 23, 2023
to Andrew and Niya Basbas
Weighing 6 lbs 9.8 oz

Finn J. Stewart
born June 29, 2023
to Chase and Montana Stewart
Weighing 8 lbs .7 oz

Luke H. Reimer
born July 10, 2023
to Matthew and Ashley Reimer
Weighing 8 lbs 8.9 oz

Laken A. Maxwell
born July 17, 2023
to Steven and Ashley Maxwell
Weighing 5 lbs 1 oz

Kyng Lacewell
born July 25, 2023
to Savion and Dasia Lacewell
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Winston M. Snitchler
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to Christopher and Kanako Snitchler
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Health Promotions Corner: The Connection Between Physical Activity and Mental Health

By Corban Irwin
U.S. Naval Hospital Rota

In an era characterized by busy schedules, technological immersion and increasing stress levels, the importance of mental health has come into clearer focus. While seeking therapy and counseling are essential aspects of maintaining mental well-being, an often overlooked yet incredibly potent tool is physical activity. The symbiotic relationship between physical activity and mental health is one that science has repeatedly validated, showcasing the profound impact that exercise can have on mental well-being.

The Science behind the Connection

The connection between physical activity and mental health is not merely anecdotal; it's deeply rooted in the physiology of the human body. When we engage in physical activity, a cascade of chemical reactions occurs within the brain. One of the most well-known chemicals released during exercise is endorphins, often referred to as "feel-good" neurotransmitters. Endorphins act as natural painkillers and mood enhancers, creating a sense of euphoria and reducing stress and anxiety. Additionally, exercise promotes the release of neurotransmitters like dopamine and serotonin. Dopamine is associated with pleasure and reward, and its release during exercise contributes to the sense of accomplishment and motivation often experienced after a

workout. Serotonin, on the other hand, plays a crucial role in regulating mood, sleep, and appetite. Regular physical activity increases serotonin levels, leading to improved mood stability and overall mental well-being.

The Mental Health Benefits of Physical Activity

- **Reduced Stress and Anxiety:** Engaging in physical activity can significantly reduce stress and anxiety levels. Exercise acts as a natural stress reliever, helping to dissipate built-up tension and promote relaxation. It also reduces the production of stress hormones like cortisol, leading to a calmer state of mind.
- **Improved Mood:** Exercise has a direct impact on mood enhancement. The release of endorphins and other neurotransmitters during physical activity creates a sense of happiness and contentment. Regular exercise has been linked to a reduced risk of developing depressive symptoms and disorders.
- **Enhanced Cognitive Function:** Physical activity doesn't just benefit the body; it also supports cognitive function. Exercise improves blood flow to the brain, promoting the growth of new neurons and enhancing cognitive abilities such as memory, attention, and problem-solving.
- **Increased Self-Esteem:** Engaging in regular physical activity can improve

- self-esteem and body image. Achieving fitness goals, regardless of their size, can lead to a sense of accomplishment and pride, boosting self-confidence.
- **Better Sleep:** Sleep and mental health are closely intertwined. Physical activity helps regulate sleep patterns by promoting better sleep quality and reducing insomnia. A well-rested mind is more resilient to stress and better equipped to handle challenges.
- **Social Interaction:** Many forms of physical activity, such as group classes, sports teams, or fitness clubs, provide opportunities for social interaction. Socializing while exercising can combat feelings of isolation and contribute to an overall sense of well-being.

Incorporating Physical Activity into Daily Life

The beauty of using physical activity as a tool for enhancing mental health is its flexibility. It's not necessary to engage in intense workouts; even moderate activity can yield substantial benefits. Incorporating physical activity into daily life can be as simple as taking a brisk walk, cycling to work, practicing yoga, or dancing to your favorite music. Here are some practical tips for integrating physical activity into your routine:

- **Set Realistic Goals:** Start with achievable goals and gradually increase the intensity and duration

- of your activity as your fitness level improves. Consistency is key.
- **Find Activities You Enjoy:** The most effective physical activity is the one you enjoy doing. Whether it's swimming, hiking, dancing, or playing a sport, choose activities that brings you joy.
- **Create a Routine:** Establish a regular exercise routine that fits your schedule. Consistency will maximize the mental health benefits of physical activity.
- **Combine with Mindfulness:** Activities like yoga and tai chi combine physical movement with mindfulness, fostering a strong mind-body connection.
- **Outdoor Exploration:** Exercising outdoors exposes you to fresh air and natural surroundings, enhancing the mood-boosting effects of physical activity.

Final Thoughts

In a world where mental health challenges are prevalent, harnessing the power of physical activity can be a transformative strategy. The scientific evidence is clear: regular exercise has profound positive effects on mental well-being. By incorporating physical activity into our lives, we can reduce stress, anxiety, and depression, enhance mood, improve cognitive function, and promote overall mental resilience. As we strive for holistic health, let us remember that taking care of our minds and bodies is a harmonious journey—one that finds its synergy in the simple act of moving.

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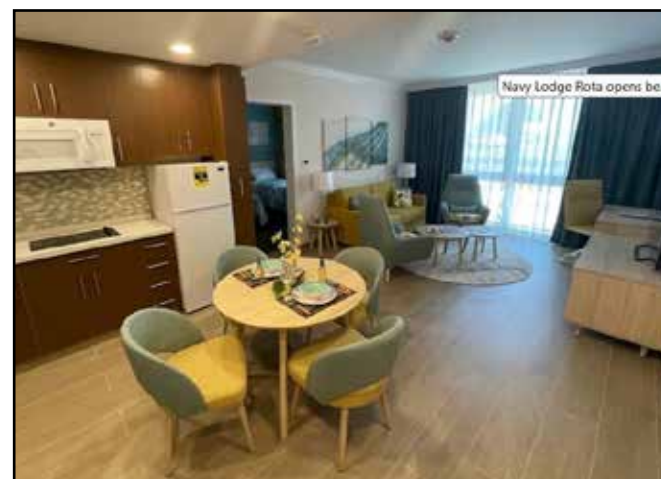
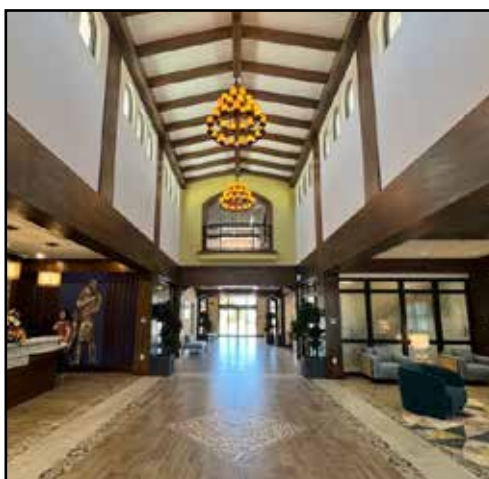
Navy Lodge Rota, Spain, officially opened its new facility during a ribbon cutting ceremony on Aug. 2. The newly opened Navy Lodge features 50 two-bedroom, two-bathroom family suites, balconies and full sized kitchen with a dishwasher as well as a pool and splash pad, BBQ area, basketball court, playground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

"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. The new building allows the renovation to take place without interruption of service.

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NAVSTA Rota Observes Suicide Prevention Month in September

By Crissy Miyake
FFSC Rota

The Department of Defense continues to observe September as Suicide Prevention Month. This is an annual opportunity to shift the public's perception about suicide by highlighting new information and sharing vital resources that promote healing, resiliency, and prevention. It's important to acknowledge that everyone reacts to stress and traumatic experiences differently, and that those coping with more serious concerns may feel like there is no escape from their difficulties. Unfortunately, this deeply personal internal struggle may not be noticeable or obvious to others.

Military service members (and their families) experience unique stressors and hardships; frequent relocations, overseas deployments, extended time away from family, living and/or working in stressful environments, and exposure to traumatic situations. For many, these

major life stressors can occur concurrently compounding the stress.

In the Navy, suicide remains one of the top three causes of death and regrettably only 30% of those who died by suicide sought mental health treatment. In an effort to address these gaps, a new suicide prevention initiative was recently enacted. Part of the 2022 National Defense Authorization Act, the Brandon Act was named after Navy Petty Officer 3rd Class Brandon Caserta, who died by suicide in 2018. It mandates that the Department of Defense:

- 1) Provide annual training on how to recognize when service members may need a mental health evaluation and
- 2) Allows service members to seek mental health treatment and
- 3) Requires a mental health evaluation as soon as a service member self-reports and
- 4) Allows military service members to seek help confidentially and outside of the chain of command if necessary.

This endeavor to remove systemic barriers will be phased in across the military to help those in need have better access to tools and resources.



Photo by MC2 Drace Wilson

Capt. Teague Suarez, the commanding officer of Naval Station (NAVSTA) Rota, Spain, center, holds a signed proclamation recognizing Suicide Prevention Month while posing for a photo with NAVSTA Rota service members and personnel onboard NAVSTA Rota, Spain, Aug. 31, 2023.

Mandated trainings for service members will help to expand the discussion on the topic of suicide, reduce stigma, and dispel myths and stereotypes. Stigma, which remains a major barrier to getting help for those struggling with suicidal thoughts or behaviors, can be minimized by educating large parts of the community about mental health and suicide. Building a sense of collective ownership helps to shape a culture that supports and encourages help-seeking behavior to prevent further losses.

Eventually the ability to help someone in a mental health crisis will be as common as other types of first aid. For now, recognizing when extra help is needed; for yourself or for others is a good start. Getting help can be scary or awkward. It takes courage and requires action but at the end of the day saves lives. Check out the image at the left to see the five action steps for helping someone in emotional pain from the National Institute of Mental Health.





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USS Arleigh Burke (DDG 51) Holds Change of Command Ceremony

By Lt.j.g. Benjamin Cusimano
USS Arleigh Burke Public Affairs

The Arleigh Burke-class guided-missile destroyer USS Arleigh Burke (DDG 51) held its change of command ceremony at Pier 1 in Naval Station Rota, Spain, Aug. 24, 2023.

Cmdr. Tyrchra A. Bowman relieved Cmdr. Peter C. Flynn as Arleigh Burke's commanding officer (CO), in a ceremony presided over by Capt. Ed Sundberg, Commodore, Destroyer Squadron 60.

"This team demonstrated that a ship is only as good as the crew who sails her," said Flynn during the ceremony. "It takes a crew of dedicated and skilled individuals to ensure excellence on the high seas. Just like our namesake, Admiral Arleigh Burke, once said, 'This ship is built to fight,' and time and time again, this crew lived up to that motto. Over my time in command of Arleigh Burke, we have accomplished incredible things, and I am forever grateful."

Flynn, with Bowman as Arleigh Burke's executive officer (XO), led the ship through multiple NATO exercises and operations during two Forward Deployed Naval Forces-Europe (FDFN-E) patrols, and one surge patrol. During exercise ATLANTIC THUNDER 22, Arleigh Burke and the U.K. Royal Navy planned and executed a force maritime strike demonstration, resulting in a successful SM-6 launch on its first anti-ship target. In Arleigh Burke's subsequent surge underway, she integrated with French Carrier Task Force 473, conducting multiple maneuvering exercises, helicopter operations, underway replenishments, and gunnery exercises in support of the Charles De

Gaulle Strike Group's mission, ANTARES Phase I, in the Eastern Mediterranean Sea.

Arleigh Burke also participated in the U.K.-led JOINT WARRIOR 23-1 and gained more proficiency, interoperability, and experience in the surface, subsurface, and air domain with NATO allies, including Denmark, France, Norway, Poland, and the U.K. To conclude Flynn's and Bowman's partnership as CO and XO, Arleigh Burke was a featured participant during exercise AFRICAN LION 23, U.S. Africa Command's largest annual combined, joint exercise with over 8,000 participants from 18 nations. Together, Flynn and Bowman executed 47 Sea and Anchor details, with port calls in Cyprus, Finland, France, Germany, Greece, Latvia, Morocco, Norway, Poland, Scotland, and Sweden. Arleigh Burke also performed 26 strait and canal transits and traveled more than 45,000 nautical miles, navigating the world's most challenging waterways, including the Straits of Dover, Skagerrak, Kattegat, Gibraltar, Sicily, and the Suez Canal.

Flynn, a native of East Aurora, New York, commanded Arleigh Burke during two multi-mission, patrols throughout the U.S. Sixth Fleet and Fifth Fleet area of operations in support of regional and national security interests, operating in the Arctic Circle, North Sea, Baltic Sea, Eastern Atlantic Ocean, Mediterranean Sea, and Red Sea, reassuring regional allies and partners with the ship's impressive antisubmarine warfare, integrated air and missile defense, surface warfare, and expeditionary warfare capabilities.

As a career surface warfare officer, Flynn completed his division officer tours as Anti-submarine warfare officer aboard USS Port Royal (CG 73) and reactor electrical division officer aboard USS George Washington (CVN 73). For his department head tours, he served as chief engineer aboard USS Thach (FFG 43) and USS Mobile Bay (CG 53). Prior to assuming command, he served as Arleigh Burke's executive officer.



Photos by Lt. j.g. Benjamin Cusimano

Capt. Ed Sundberg, Commodore, Destroyer Squadron (DESRON) 60, presides over a change of command ceremony where Cmdr. Tyrchra Bowman (right) relieves Cmdr. Peter Flynn (left) as commanding officer of USS Arleigh Burke (DDG 51), homeported at Naval Station (NAVSTA) Rota, Spain August 24, 2023.

Bowman, a native of Eutawville, South Carolina, served as executive officer aboard Arleigh Burke since April 2022. He completed his division officer tours as electrical and auxiliaries officer aboard USS Roosevelt (DDG 80) and assistant scheduling officer of Expeditionary Strike Group (ESG) 2. For his department head tours, he served as chief engineer aboard USS Truxton (DDG 103) and navigator aboard USS Essex (LHD 2).

"I am proud of the accomplishments Arleigh Burke has garnered during my time as executive officer," said Bowman during the ceremony. "Cmdr. Flynn leaves a culture of excellence and operational efficiency from his tenure as the commanding officer. While I have significant shoes to fill, his mentorship and daily leadership examples have prepared me well. I know first-hand what this ship with this crew can do, and I am thrilled to be given this opportunity and honor to serve as the 23rd commanding officer. I look forward to the exceptional things the Arleigh Burke family will accomplish in the near future. Let us continue the legacy and tradition of excellence aboard Arleigh Burke and be ever mindful that 'This Is Our Ship.'"

Bowman will take Arleigh Burke to sea for the first time as commanding officer during its fourth

FDFN-E patrol. He will command the ship and crew in executing operations in the U.S. European Command (EUCOM) and U.S. Africa Command (AFRICOM) areas of responsibility, including sea lines of communication protection, maritime interdiction operations, direct support to NATO combined and joint operations and exercises, counter-terrorism operations, counter-piracy operations, Africa maritime law enforcement partnership operations, whole of government Africa partnership deployments, and theater security cooperation activities in-port and underway.

Today, there are 78 commissioned Arleigh Burke class guided-missile destroyers in active service. USS Arleigh Burke leads the way, not only as the first in her class, but also as one of the most technologically capable warships despite her age.



Capt. Ed Sundberg, Commodore, Destroyer Squadron (DESRON) 60, presides over a change of command ceremony where Cmdr. Tyrchra Bowman (right) relieves Cmdr. Peter Flynn (left) as commanding officer of USS Arleigh Burke (DDG 51), homeported at Naval Station (NAVSTA) Rota, Spain August 24, 2023.



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The "Hard" Truth About the Water of NAVSTA Rota

By Michael Bianci

Public Works Department Rota

Water, it's a deep subject, but let's stay in the shallow end and talk about the wave-tops: The Navy has a robust drinking water program. The Public Works Department at Naval Station (NAVSTA) Rota has employees that manage and monitor the water provided to the installation by the Cadiz Water Zone Consortium.

The water comes from the Sierra de Cadiz and is stored in reservoirs of Los Hurones and Guadalcacin above Arcos de la Frontera. From there, it is released to the Curatillos Water Treatment Plant east of Jerez de la Frontera. Once treated, the water is stored in the San Cristobal Finished Water Reservoir before being distributed to NAVSTA Rota for further treated and storage. Finally that drinking water is distributed throughout the base.

The Navy works hard and spends a lot of time and effort treating and assuring that the water provided to residents and employees is safe for consumption. There are 37 miles of distribution lines that are regularly inspected and maintained, the water is regularly tested for quality, and every faucet in occupied base housing was tested for lead and passed.

"But what is that white stuff on my shower door and the glasses in my dishwasher?" The "hard" truth is that the water has minerals in it. It is, in fact, called hard water because of those minerals

most of which is calcium. Yes, you are drinking mineral water, but the minerals are free of charge. You can mitigate the mineral deposits in your dishwasher by using vinegar in the rinse cup, putting borax in the bottom of your dishwasher, or in Spanish dishwashers, there is often a compartment for dishwashing salt (different than table salt).

Now that you can see how hard the Navy is working, you are almost certainly asking yourself, "How can I do my part?" One way you can improve upon the safety is by regularly cleaning the aerator on your own faucets. I bet you're now thinking, "What the heck is an aerator and how do I clean it?" Well, the aerator is the screen in the outlet end of your faucet. To clean it, simply unscrew the end of the faucet where the water comes out, and clean the screen with soapy water. Then reinstall the screen and you're good to go for a few months. Simple right? By doing this, you are now part of the "treatment train," Toot toot!

In all seriousness, the Navy, NAVSTA Rota and PWD take the health and safety of your family seriously. There are people working every day to ensure that the water you're provided is safe for consumption.

For those interested, there's an annual Consumer Confidence Report on the Regional Europe Africa Central Command website at <https://cnreurfcent.cnic.navy.mil> and clicking on "Water Quality Information" under the "Operations & Management" tab. Happy reading!

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Around the Installation ...

Ambassador Reynoso Visits Rota

Photos by MC2 Drace Wilson



The Honorable Julissa Reynoso, the U.S. Ambassador to Spain and Andorra, right, speaks with Adm. Eugenio Diaz del Rio, Admiral of the Spanish Fleet, center, during a visit to the base, Aug. 28, 2023.



The Honorable Julissa Reynoso, the U.S. Ambassador to Spain and Andorra, far right, poses for a photo with Fleet & Family Support Center staff assigned to Naval Station (NAVSTA) Rota, Spain, during a visit to the base, Aug. 28, 2023.



The Honorable Julissa Reynoso, the U.S. Ambassador to Spain and Andorra, discusses U.S. ship operations with Cmdr. Kenny Sowell, the Public Works Officer for Naval Station (NAVSTA) Rota, Spain, during a visit to the base, Aug. 28, 2023.

Lazy Altitude Drill

Photos by MC2 Drace Wilson



Sailors, Airmen and Firefighters assigned to Naval Station (NAVSTA) Rota, Spain, participate in an aircraft firefighting drill Aug. 22, 2023.



Sailors, Airmen and Firefighters assigned to Naval Station (NAVSTA) Rota, Spain, participate in an aircraft firefighting drill Aug. 22, 2023.



Sailors, Airmen and Firefighters assigned to Naval Station (NAVSTA) Rota, Spain, participate in an aircraft firefighting drill Aug. 22, 2023.

Suarez Visits Port Ops Construction Site

Photos by Lt. Cmdr. Christina Milone

Personnel from Public Works Department (PWD) Rota's Facilities Engineering and Acquisition Division (FEAD) team gives Capt. Teague Suarez, commanding officer of Naval Station (NAVSTA) Rota, a tour of the P811 Port Operations Facility military construction project. This is a \$17M project that will construct a new Port Operations Facility for both the U.S. Navy and Spanish Navy, and a new Forward Deployed Regional Maintenance Center (FDRMC) Facility.



Suicide Prevention Month Proclamation Signing

Photos by MC2 Drace Wilson



Naval Station (NAVSTA) Rota Commanding Officer, Capt. Teague Suarez, signed a proclamation for September's observance of Suicide Prevention Awareness Month. Throughout the month, there will be events and displays to encourage and empower community members to talk, listen, and reach out to those in need. For more information on suicide prevention, see page 9.



Your Ships at Sea

USS Roosevelt (DDG 80) arrives in Larnaca, Cyprus

By Lt.j.g. Maryrose Stone
USS Roosevelt Public Affairs

The Arleigh Burke-class guided-missile destroyer USS Roosevelt (DDG 80) arrived in Larnaca, Cyprus, for a scheduled port visit, Aug. 25, 2023. Roosevelt, forward-deployed to Naval Station Rota, Spain, is on her fifth Forward Deployed Naval Forces-Europe (FDNF-E) patrol.

While in port Larnaca, the ship will onload stores and conduct routine maintenance. Additionally, the officers, chiefs, and ship's crew will have an opportunity to enjoy liberty in the local area.

"This is my first time visiting Cyprus and I've already been impressed by the beauty of this country just after arriving in the harbor," said Quartermaster 3rd Class Logan Lopez. "One of the best parts of being an FDNF Europe Sailor is the diversity in our patrols and all of the different places we get to see. Two weeks ago we were in Latvia and now we're in Cyprus – these are places I never thought I'd visit and I'm so grateful for the

opportunity."

Prior to arriving in Larnaca, Roosevelt transited eastward through the Strait of Gibraltar and across the Mediterranean to integrate with the Gerald R. Ford Carrier Strike Group. Roosevelt previously operated with the Strike Group in June, and will continue to support their operations in the coming weeks.

"We've spent much of this patrol so far in the Baltic Sea, but the Mediterranean is also vitally important to allied goals in the Sixth Fleet Area of Operations," said Cmdr. Jeffrey Chewning, Roosevelt's commanding officer. "Cyprus is an important regional partner in ensuring maritime security in the Mediterranean and I'm so excited to have the opportunity to experience their culture ashore."

Upon returning to sea, Roosevelt will continue her patrol in the U.S. European Command (USEUCOM) and U.S. Africa Command (USAFRICOM) areas of responsibility in support of U.S., allied, and partner interests to forge stronger networks with allies and partners in the region.



Photo courtesy of U.S. Embassy Cyprus

The Arleigh Burke-class guided-missile destroyer USS Roosevelt (DDG 80) arrives in Larnaca, Cyprus for a scheduled port visit. Roosevelt 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.

Roosevelt, forward-deployed to Rota, Spain, began its fifth Forward Deployed Naval Forces-Europe (FDNF-E) patrol June 27 in the U.S. Naval Forces Europe area of operations, employed by U.S. Sixth Fleet to defend U.S., allied and partner interests.

Headquartered in Naples, Italy,

NAVEUR-NAF operates U.S. naval forces in the U.S. European Command (USEUCOM) and U.S. Africa Command (USAFRICOM) areas of responsibility. U.S. Sixth Fleet is permanently assigned to NAVEUR-NAF, and employs maritime forces through the full spectrum of joint and naval operations.

USS Paul Ignatius (DDG 117) completes exercise Atlas Handshake with the Royal Moroccan Navy

From U.S. Naval Forces Africa Public Affairs

The Arleigh Burke-class guided-missile destroyer USS Paul Ignatius (DDG 117) wrapped up participation in the bilateral exercise Atlas Handshake with the Royal Moroccan Navy, Aug. 27, 2023.

The exercise, which kicked off Aug. 25, entailed a bilateral naval surface fire support training evolution between Paul Ignatius and Royal Moroccan Navy Sigma-class frigate Sultan Moulay Ismael at Morocco's Tan-Tan Range.

"The opportunity to work alongside our Moroccan partners is key to improving our tactical readiness and responsiveness in today's dynamic security environment," said Cmdr. Corry Lougee, commanding officer, USS Paul Ignatius. "Exercises like Atlas Handshake demonstrate our collective ability to train and operate in a joint, high-intensity security environment, demonstrating our commitment to regional stability and maritime security."

Multinational training with allies and partners enhances the level of

interoperability between forces. The U.S. and Royal Moroccan Navy are committed to working together to promote a secure and peaceful region, and exercise like Atlas Handshake bolster their combined capabilities.

"The most important objective of this exercise is the development of joint operations between our naval units, as they carried out together a series of maritime activities off the coast, between Agadir and Tan-Tan," said Capitaine de Vaisseau El Ghazi Aberghaz, commander of frigate Sultan Moulay Ismail. "This exercise constitutes an excellent opportunity to exchange experiences with our American colleagues, thus increasing our readiness to effectively address the growing challenges facing the maritime field."

Atlas Handshake 23-1 is a bilateral naval exercise sponsored by the U.S. and Moroccan navies aimed at strengthening and enhancing the combat readiness of participating forces in maritime operations and security.



Photos by MC1 Zac Shea

Cmdr. Corry Lougee, commanding officer of the Arleigh Burke-class guided-missile destroyer USS Paul Ignatius (DDG 117), exchanges gifts with the commanding officer the Royal Moroccan Sigma-class corvette frigate RMNS Sultan Moulay Ismail (614), onboard in preparation for exercise Atlas Handshake 2023, Aug. 25, 2023. Paul 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.

Paul Ignatius, forward deployed to Rota, Spain, is on its ## patrol in the U.S. 6th fleet area of operations in support of U.S. national security interests in Europe and Africa.

Headquartered in Naples, Italy, NAVEUR-NAF operates U.S. naval forces in the U.S. European Command (USEUCOM) and U.S. Africa Command (USAFRICOM) areas of responsibility. U.S. Sixth Fleet is permanently assigned to NAVEUR-NAF, and employs maritime forces through the full spectrum of joint and naval operations.



Sailors assigned to the Arleigh Burke-class guided-missile destroyer USS Paul Ignatius (DDG 117), make preparations as the ship pulls into Morocco, Aug. 25, 2023.



Sailors assigned to the Arleigh Burke-class guided-missile destroyer USS Paul Ignatius (DDG 117), handle lines while pulling into Morocco, Aug. 25, 2023.



Cmdr. Corry Lougee, commanding officer of the Arleigh Burke-class guided-missile destroyer USS Paul Ignatius (DDG 117), welcomes aboard an officer from the Royal Moroccan Sigma-class corvette frigate RMNS Sultan Moulay Ismail (614), onboard in preparation for exercise Atlas Handshake 2023, Aug. 25, 2023.

From the Library: The Miramonde Series by Amy Maroney

Book 1: A Girl from Oto

Book 2: Mira's Way

Book 3: A Place in the World

By Amy Maroney

Review by Courtney Pollock

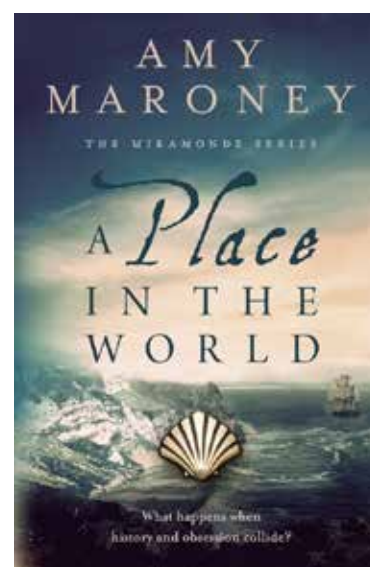
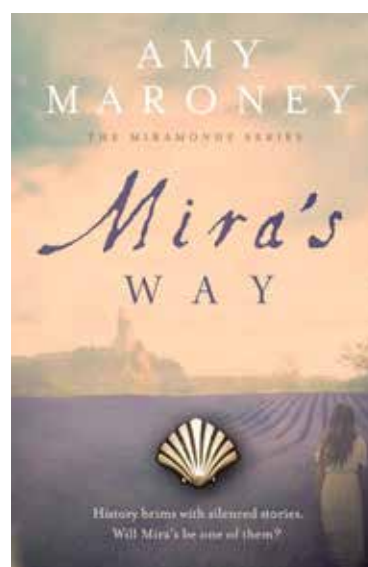
I stumbled upon the book, *A Girl from Oto*, during a search for an Aragonese mountain getaway. After a quick look at the synopsis, I purchased the first book and quickly dug into it. From previous book reviews, it's well-known that I'm a big historical fiction fan so this series was definitely within my preferred genre. The three-part Miramonde series – *The Girl from Oto*, *Mira's Way*, and *A Place in the World* – melds history, the mountain life of the Pyrenees, Camino de Santiago, and art through the lives of two women, Miramonde and Zari.

Set in late 1490s/early 1500s, Miramonde, or simply Mira, is an orphan girl raised at a convent in the Pyrenees. She grows up under the watchful eyes of Beatrice of Belarac and summer visits from the mountain woman, Elena. Mira learns about the harsh mountains of the Pyrenees, assists in the development of the convent's income, and tends to sick and injured pilgrims from the Camino de Santiago. One injured pilgrim, a Flemish artist, takes notice of Mira's artistic abilities

and teaches her to paint during his recovery. Through the series, readers follow Mira as she marries, starts a family and becomes an artist of merchant family portraits. When Mira tries to help the convent with their wool trade she provokes an old foe who looks to retaliate. Will Mira save those she cares for most?

Over 500 years later, Zari is an American art scholar working to establish herself within the art world. She arrives to Europe to study a painting linked to a famous female painter but quickly discovers a new path as she uncovers clues of a painter named "Mira." Zari follows clues through Europe and on the Camino de Santiago to unearth a story has been buried for hundreds of years. As she uncovers pieces of Mira's story and art, her academic rival is working to credit the paintings to a famous male painter. Will Zari be able to uncover the truth in time to cast doubt on her rival's hypothesis or will Mira's story be lost forever?

The author, Amy Maroney, seamlessly moves the story between the two times.



Both storylines have strong characters, good character development, and suspense that keeps the story moving and engaging. Not just relying on the two women's points of view, Maroney's utilizes other characters to fill in complexities within the story. The author's ability to lay out and create an engaging story that climaxed and concluded nicely into three separate books shows her mastery. Each book definitely builds upon the other and the overall storyline, but each book was a complete story.

As a lover of history, I thoroughly enjoyed how the author obviously spent a lot of time exploring the region, learning the history of 1500s' Spain and France, and ensuring that the character portrayals

were as accurate as possible. Throughout the series, I fell down numerous rabbit holes further researching the wool trade in the Pyrenees, the Great Captain's role during the Catholic Monarchs' reign, and the whaling history of Basque Country.

Lastly, for readers looking for a bit more of this storyline or to sample the series, Maroney offers a mini novella on her website (www.amymaroney.com) to further develop the mountain woman, Elena, who is a key character throughout the series. It's viewed as a prequel to *A Girl from Oto* so you can sample the storyline before diving into the entire series. Or if you're ready to fully jump into Mira's world, head to the base library to check out (or place a hold on) the series!



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RED TUNA AND KING PRAWNS BROCHETTE COOKED WITH A RED PEPPER SAUCE AND SERVED WITH FRIED AUBERGINES

We really hope you had a great summer and enjoyed it very much. It's now time to sharpen your pencils and head back to school. However, we are very lucky since the weather in this area is still beautiful and we can keep on enjoying Rota and the province of Cadiz throughout the fall.

Today, we are sharing this time a delicious recipe with red tuna that is very easy to make. Red tuna is delicious, no matter how you prepare it. Whether on the grill, in butter, in the oven or in a tartar, we love tuna. We hope you enjoy this recipe as much as we do!

INGREDIENTS (FOR FOUR PERSONS):

- red tuna
- king prawns (langostino or gambón)
- 1 onion
- 2 clove of garlic
- baby tomatoes
- olive oil
- lemon
- 1/2 meat stock cube for the sauce
- green pepper, to be fried
- salt
- some wheat flour
- broth from boiling the king prawns
- 1 eggplant (aubergine)
- flour
- honey from Rota



PREPARATION:



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 pilaraprendiendococinar@gmail.com.

1. Cut the tuna fish into dices.
2. Peel the king prawns. Keep heads and skin to prepare a broth.
3. Cut the onion in thick dices and fry in a pan with some olive oil. We do this so that they will as cooked as the tuna and the king prawns.
4. To prepare the brochettes, put a piece of tuna then a piece of onion, one raw king prawn and finally a baby tomato. Repeat again until the brochette is complete. Place on a tray until ready to cook.
5. To prepare the sauce, fry the diced cloves of garlic in a frying pan with some olive oil.
6. Add a teaspoon (tsp) of flour. Stir and add the warm broth until the sauce thickens and is consistent.
7. Add the meat stock cube dissolved in water to give some colour, lemon juice and add salt as needed.
8. In a different pan, fry the green peppers. Remove the skin, dice, and add to the sauce.
9. To prepare the garnish, cut the eggplant (aubergine) in slices and add some salt. Roll in flour and fry in a frying pan with plenty of hot olive oil. Let drain in a plate with absorbent paper and set aside.
10. Cook the brochettes on the grill. When they are ready, place on a plate with the sauce and then add fried eggplant (aubergines), with some drops of honey from Rota.

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Team Rota

Yoriko Scott

MORALE
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Yoriko Scott, administrative assistant for Fleet Readiness (N92) Department, is one of the first faces you meet when entering the Fleet Readiness / Morale, Welfare and Recreation (MWR) administration office. In addition to answering customers' questions regarding programs, facilities and activities, Scott assists the department in numerous behind-the-scenes functions.

"My clerical duties include ensuring the smooth flow of documentation between Fleet Readiness and Bldg. 1 Admin," she explained. "I maintain close communication with region in Naples, Italy, to purchase tickets and prepare travel orders for MWR and CYP [Child and Youth Programs]."

Scott, originally from Atlanta, Georgia, served in the U.S. Navy as Electronics Technician for over 24 years retiring as a Chief. Since retirement, her time in the Navy continues to guide her.

"As a veteran, I still live daily according to the values that I experienced and enjoyed during my Navy career as a Chief," she said.

Scott was lucky enough that NAVSTA Rota was one of her first duty stations when she was active duty.

"After leaving and traveling to many different countries, I am delighted to know that Rota is still enjoyable," she said. "I am glad to be back."

Outside of work, Scott enjoys fishing and golfing. She is also passionate about education and continuous learning.

"I have a MBA degree and completed coursework for a Doctor of Organizational Management," she said.

Scott appreciates the friendships she has made during her time in Rota – both on base and off base.

"My favorite thing about living in Rota is the quality of life I enjoy by living close to the base. Speaking English on base with my American friends and Spanish out in town with my Spanish friends brings the best of both worlds together."



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Saying Hello to a New School Year Under the Sun: MWR Lisbon Throws a Back-to-School Luau Event

By Arianna Bazinet
MWR Lisbon Volunteer

As the month of August comes to a close, the children here in beautiful Lisbon, Portugal are preparing to go back to school and start their 2023-2024 school year. This time of the year is exciting for all of the young members of our community. Every year Morale, Welfare and Recreation (MWR) Lisbon throws a fun event for the children and families to say goodbye to summer and celebrate the start of a new academic year. This year's event was a Hawaiian-themed luau and welcomed families from all cultures within our international community.

The event was held at the NATO base pool which was decorated to feel like a

true luau with tikkis and summer pool floaties. Families of all cultures gathered to enjoy the sun, delicious snacks, cold drinks and fresh fruits. Many of the snacks were provided by families of the international community to create a variety of different foods and drinks for the kids to enjoy. The luau featured hula dancers dressed in traditional grass skirts, Hawaiian mini sandwiches and flower leis to welcome everyone. The children even learned how to hula dance, cooled off in the pool with friends, and participated in limbo contests under a Hawaiian flower limbo stick!

To kick off the event, our MWR team – MWR Director Michelle Candido and MWR Assistant Casey Weeks – gave a brief speech about the history of luaus and their traditions which tie back to Hawaiian culture. Shortly after this event had started being planned there were devastating fires which left the Hawaiian island of Maui in ashes and many without homes. Due to this tragedy, the Lisbon community joined together in unity and took a moment of silence to pay respect and solidarity for all of those who were affected by these fires. There was also a booth set up with paper monster leaves for all to sign and write a message of hope. These leaves were then sent to members of the impacted community in Maui. It was amazing to see how the community came together in unity and showed their support for those who need it most, even from halfway across the world!



Courtesy photos



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Get to Know the MWR Madrid Team: Geralyn Brooks

By Courtney Pollock
NAVSTA Rota Public Affairs

Geralyn Brooks, an employee for Morale, Welfare and Recreation (MWR), offers the personnel stationed at U.S. National Support Element (NSE) Madrid, Spain, a wide range of recreational activities.

"I'm in charge of the MWR programs in Madrid, which includes programing, planning and coordinating a variety of events and activities for the military community and their dependents," she explained. "I also oversee the library, where patrons are able to check out books, board games and video games, and I'm responsible for managing the gym, outdoor and party equipment and supplies we offer to our community."

Brooks, originally from Lima, Peru, graduated with a degree in business management in 2013. This is her first time working for the Department of Defense and loves the tight-knit community there.

"Being a small command has also allowed us to create strong bonds with each other, which makes us feel like

we're part of a big family," said Brooks.

In addition to providing recreational opportunities, Brooks liaisons and coordinates events with the other NATO nations as well as the U.S. Embassy Madrid for events and programs. She also helps out as an unofficial translator as needed.

Being stationed there has allowed Brooks the opportunity to explore the diversity of Spain.

"This country offers a variety of unique cultural and social experiences," she said. "One day you can learn about traditional ceramics from one of the oldest artisans in the region, and the next day you can become a beekeeper for a day in the sierra."

When she's not working or traveling Spain, Brooks enjoy playing volleyball, swimming, working out at the gym, and learning new languages.

"I would just like to be able to thank MWR and my command for giving me the chance to support our service members and our community, and to all the amazing people I work with who make this possible, thank you for all your support!"



Courtesy photo

School Liaison 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, 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.

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.

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

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

Rota ES

Doug Detwiler, +34-624-262-856
Nancy Pedagno, +34-641-482-865

DGF M/HS

Shana Vargas, +34-624-285-707

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.

MHS GENESIS

The Military Health System's new Electronic Health Record
goes live at Naval Hospital Rota on 23 September

Let's be ready together.

- **Create/update DS Logon account to use the Patient Portal:**
<https://www.dmdc.osd.mil/identitymanagement/app/login>
- **Update DEERS:** <https://milconnect.dmdc.osd.mil/milconnect/>
- **Schedule appointments in advance.**
Book before mid September or after October when possible.
- **Request refills in advance.** We recommend a 90-day supply
www.tricare.mil/CoveredServices/Pharmacy/ManageScripts/Refills
Call the pharmacy at +34-956-82-3565/727-3565 for questions.
- **Consider home delivery.**
Learn more: www.tricare.mil/CoveredServices/Pharmacy/FillPrescriptions
- **Download your medical record from Tricare Online.**
For added peace of mind while information migrates to the new system.

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

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MHS GENESIS
MILITARY HEALTH SYSTEM

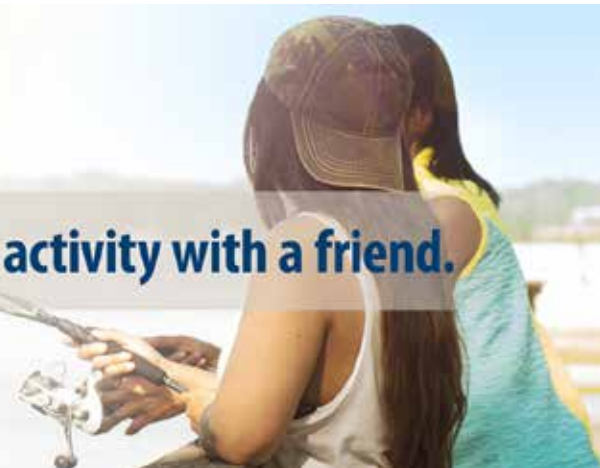


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U.S. Naval Academy Midshipmen Visit Naval Station Rota, Spain

Photos by Lt. Cmdr. Christina Milone, Lt. Chanhan Lee, and MC2 Drace Wilson

Naval Station (NAVSTA) Rota, Spain hosted five Midshipmen from the United States Naval Academy (USNA) during their summer cruise in late August. The significance of a summer cruise before their final years is help the Midshipmen prepare to select their designators upon commissioning, During their visit, the Midshipmen met with NAVSTA Rota Commanding Officer Capt. Teague Suarez, toured the installation, visited a destroyer, and observed an aircraft firefighting drill on the flightline.



Capt. Teague Suarez, the commanding officer of Naval Station (NAVSTA) Rota, Spain, front, shakes hands with Midshipman 2nd Class Kevin Burgess, right, during a U.S. Naval Academy summer cruise visit to NAVSTA Rota, Spain, Aug. 22, 2023.



Midshipmen from U.S. Naval Academy (USNA) pose for a photo at the P-620 construction site at Camp Mitchell. The Midshipmen visited Naval Station (NAVSTA) Rota as part of their summer cruise to come learn about different operations and functions of the U.S. Navy as they enter their final years and select a designator upon commissioning.



Capt. Teague Suarez, the commanding officer of Naval Station (NAVSTA) Rota, Spain, speaks with U.S. Naval Academy midshipmen during a U.S. Naval Academy summer cruise visit to NAVSTA Rota, Spain, Aug. 22, 2023. NAVSTA Rota is a force multiplier, capable of promptly deploying and supporting combat-ready forces through land, air and sea, enabling warfighters and their families, sustaining the fleet and fostering the U.S. and Spanish partnership.



Midshipman 2nd Class Kevin Thibodeux, left photo, and Kevin Burgess right photo, observes firefighters assigned to the Naval Station (NAVSTA) Rota, Spain fire department participate in an aircraft firefighting drill while on a U.S. Naval Academy summer cruise visit to NAVSTA Rota, Spain, Aug. 22, 2023.



Lt. Cmdr. Christina Milone explains the different divisions of PWD Rota to the visiting Midshipmen during their summer cruise. The Midshipmen were given a tour of each divisions within the PWD Rota so they can better understand the duties and responsibilities of Civil Engineer Corps Officers.



Lt. Jessica Hatfield, assigned to Public Works Department (PWD) Rota, gives a project tour brief to the U.S. Naval Academy Midshipmen at the P-605 site, Aug. 22, 2023, as a part of their visit to PWD Rota during the summer cruise.

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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.

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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

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



Mercedes Benz E320. 2003. Automatic. Gasoline. V6 224CV. Sunroof. Leather seats. ITV OK. European specifications. Review just done. WhatsApp +34622218237, 5,980€.

MX5 Mazda (Miata) Convertible, 2015 (newest body type), pearl white, only 55,000K/34,200 miles, Spanish 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

Chevrolet Aveo LT, 2011, European specs, 1 year guarantee, 79,000 miles, 4,990€, tel 653780296

Ford Focus, 2010, European specs, good condition, 2,990€, tel 653780296

Chrysler Crossfire, 2005, black, convertible, automatic, gasoline, 125,000 km, good condition, ITV ok, two seat, sport car, fast, 4,900 euro. Text Lou at 648 505 924.

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

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2006 Renault Espace, 7-seat, 4-door Sport Utility Vehicle. Diesel fuel. European Specs. Air conditioning. Just passed ITV inspection. Asking price 3,700 euros

or \$4,250 U.S. dollars. For more information, contact Duane at 625-08-2152.

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200M2-house in 1200M2-plot. 3 bedrooms, 3 bathrooms, in Camino Reyerta, 5 minutes to Chipiona and Sanlúcar, sheltered parking space, automatic gate, roof-terrace with sea-views, dog-house, large garden, mosquito nets, A/C & heating. Ceiling fans, extra detached summer-house with own kitchen, terrace, bar, bathroom & BBQ. 4Mx4M platform available for portable pool. 250M to the beach, 20 minutes to base. Inspected by housing with ref. 127072. Pictures on www.sweethomespain.es. Ref. No. 70037. Price 1600€ + gardening and utilities. Available 5th Sept. 2023. Directly from English-speaking landlord. Cell 667-58-68-39 / ANGELMARQUES@HOTMAIL.COM

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 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.navymwrrota.com/jobs

Navy Exchange (NEX) Rota

<http://www.NavyExchange.jobs>

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Rota WIC Overseas Program
Building #1963 (CDC building)
DSN: 727-2921 (956-82-2921)



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