

COASTLINE

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U.S. Naval Activities Spain



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Leadership Corner



Richard Peterson
Emergency Management Officer

theme is: Preparing Older Adults for Disasters. We know older adults can face greater risks when it comes to the multitude of extreme weather events and emergencies we now face, especially if they are living alone, are low-income, have a disability, or live in rural areas. This campaign is an opportunity to raise awareness among family and friends to ensure they prepare themselves by learning of the hazards common to their area, develop an emergency communications plan, and assemble a three-day kit for emergency use.

For assistance in developing a communications plan or assembling a three-day kit, we recommend <https://www.ready.gov>. This website has an abundance of tools designed to promote preparedness and provides recommendations from pre-emergency planning through recovery. The site also draws attention to

September is National Preparedness Month

September is National Preparedness Month. This is an outreach campaign sponsored by the Federal Emergency Management Agency (FEMA), adopted by the Commander, Naval Installations Command (CNIC), to raise awareness about the importance of being prepared prior to an emergency.

This year's unique challenges such as people with disabilities, pets and animals, and financial preparedness. The Ready website is also available in Spanish at <https://www.ready.gov/es>.

If you have children in your household, ensure they are involved and practice your plan. Some of the most common planning essentials are a point of contact outside of the affected area, important paperwork such as birth and marriage certificates, property deeds and insurance policies, and lists of prescribed medications. Foods include non-perishable items such as bottled water, canned goods, and nutrition bars. Phone chargers, a can opener, and a small amount of emergency-cash are also recommended because electricity might be out. Infants might require infant formula, diapers, diaper rash cream, and pets may require a carrier, shot record, and food and water.

In order to stay informed of possible emergency events, enroll in the installation's AtHoc system and follow NAVSTA Rota's social media pages. Consider updating your devices in the AtHoc notification system to include a home email address and a text messaging number for each member of your family, especially if you are in a deployable status.

If you have questions about enrollment in NAVSTA Rota's AtHoc notification system, email us at Richard.T.Peterson6.civ@us.navy.mil and Richard.M.Nehls.civ@us.navy.mil.



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



Naval Station (NAVSTA) Rota Fire Department and community members run during the 9.11 km Remembrance Walk/Run, Sept. 11, 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 MCC Nathan Carpenter)

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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Panelists include the U.S. Under Secretary of Commerce for Intellectual Property and Director of the USPTO, Kathi Vidal, and highly regarded experts in business development and intellectual property protection. Attendees will also hear first-hand from successful military spouse and veteran entrepreneurs, and be able to network with home-based business owners and peruse their goods and services before and after the event.

This event is free to attend and open to anyone with current base access privileges.

To learn more, contact the Fleet and Family Support Center

Phone: DSN 727-3232/956-82-3232

Email: FFSC.Rota@eu.navy.mil

September 28, 2023

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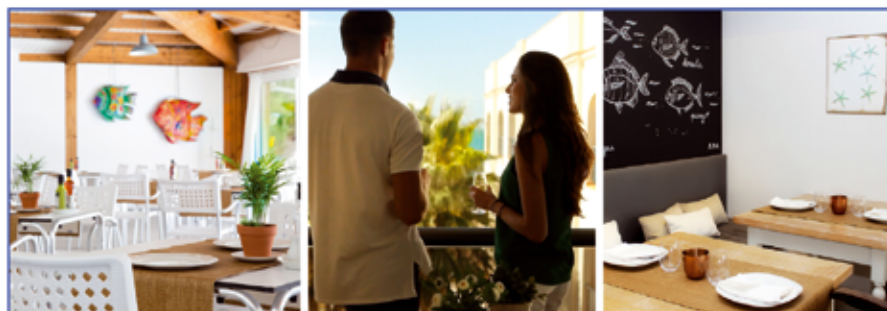
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NAVSTA Rota's New VLC, Lt. Christopher Salmon

By Courtney Pollock
NAVSTA Rota Public Affairs

For a victim of sexual assault, finding someone to trust and guide them through the complex maze of medical, legal, and administrative systems can be overwhelming. This is where the Victims' Legal Counsel (VLC) can help take some of the burden by advising and advocating for the victim.

"As the VLC, we understand the processes, and by talking with the client and understanding their end goal, we know the pathway to get there," said Lt. Christopher Salmon, JAGC, USN, the VLC for Naval Station (NAVSTA) Rota. "It can be really hard for a client to get the goal they want by themselves because the system is complex – that's the advocacy part."

According to their website, "The Navy Victims' Legal Counsel Program provides survivors of a sexual offense or domestic violence with a dedicated attorney to help victims understand the investigation and military justice process, guard their legal rights and interests, and obtain additional support in accessing resources that may assist in their recovery."

For Salmon, the Navy's VLC program is close to his heart. He enlisted in the Navy in 2006 as an aviation electrician's mate. It was a friend's assault and attempted suicide that made him want to become a lawyer. During that time, the VLC program did not exist and there were limited personnel available to advocate for victims of sexual assault within the Navy.

In 2013, Salmon heard of a newly created Navy Judge Advocate General's (JAG) Corps commissioning program. The JAG Corps In-Service Procurement Program sends enlisted Sailors to law school to earn their Juris Doctor, gain admission to practice law, and commission as a Navy Judge Advocate. He immediately applied because he wanted to explain the complex military justice process, empower and advocate for victims by giving them the resources to have their voice heard. Something that he

feels would have made all the difference in his friend's situation.

"If VLCs would've existed at that point, I don't think my friend would have felt so failed by the Navy," he said. "Because at a bare minimum someone would've been able to explain to her the legal process and ensure that the process was followed. Even better, they could have advocated on their behalf."

Since becoming a military lawyer, he has served as judge advocate in Yokosuka, Japan as a defense counsel, legal assistance attorney, and as a staff judge advocate (SJA) advising numerous commanders. Afterwards, he was the SJA at Naval Medical Center San Diego (Balboa), California, advising leadership on a broad range of topics.

"I dealt with a lot of complex and difficult cases at Balboa," he said. "Everyone from the Pacific AOR [area of responsibility] with severe medical issues is medievac'd and becomes attached to the medical center. That job required navigating a lot of complex medical and disciplinary issues as well as a large victim case load."

His military and SJA background have primed Salmon for this new position.

"The first five jobs on my list were VLC because I knew at this time in my career, this was exactly what I wanted to do," he said. "Getting back into the personal representation, getting back overseas, my background at the hospital, being prior enlisted, and as a uniform victim advocate make me uniquely skilled for this position as a VLC."

As a VLC, Salmon must be well-connected and knowledgeable. Overseen by their headquarters in Washington, D.C., the VLC works independently from local units to counsel victims. They also work closely with Sexual Assault and Response Coordinator (SARC), U.S. Naval Hospital Rota, Family Advocacy Program (FAP), and Navy Criminal Investigative Services (NCIS). VLC, however, have a completely independent chain of command who reports directly to Commander, Naval Legal Services Command a Rear Admiral



Photo by MC2 Drace Wilson

Lt. Christopher Salmon, Victims' Legal Counsel (VLC) for Naval Station (NAVSTA) Rota, poses for a photo, Sept. 6, 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.

Judge Advocate.

Recently the Navy's VLC program celebrated its 10th anniversary, and it continues to adapt to best fit the needs of victims. In its infancy, the program relied heavily on naval reservists, who were primarily prosecutors in their civilian life. Over time, the program has grown to include a mix of prosecutors and staff judge advocates to better support victims.

"The program intentionally balances regions with people who have the specialized expertise to handle all cases," explained Salmon, who falls within the staff judge advocate/legal counsel side. "For complex courts-martial issues, I'll contact Sigonella's VLC who was a prosecutor before this tour, and they will ask me about complex SJA-type questions."

The VLC program has added support for victims of domestic violence in the past year, and there will be more changes as the program continues to evolve.

"I really like working with people and

advocating on their behalf," said Salmon. "Being able to help as we're growing the policy and adding different ways that victim's voices can be heard in that process is important to me."

While not everyone in every situation may be eligible for VLC assistance, Salmon encourages anyone who needs help to seek it.

"We're an expansive program so if you're not sure if you qualify, come talk to me and I will see what I can do," said Salmon. "If I can't help or I'm not the right fit, I know tons of other attorneys employed by the Navy that you can talk to for free to get help on the issue."

If you or someone you know needs to contact the VLC, call DSN 727-1711, commercial, +34 956-82-1711, or stop by their office on the first floor of Bldg. 3293. Rota VLC provides support and services to active duty, dependent, and U.S. civilian sexual assault and domestic violence victims primarily in Spain, Portugal and United Kingdom.

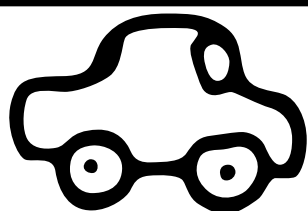
Victims' Legal Counsel

Naval Station Rota, Spain

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Seeking Support Shows Strength: Rota Resources for Substance Abuse

By HM1 Kehinde Lakanmi and Cmdr. Jenny Paul
U.S. Naval Hospital Rota

Rota has a wealth of resources for active duty, dependents and civilian personnel who struggle with managing alcohol use. It is important for the Rota community to understand that seeking help and support, for any level of misuse, is a true sign of strength and is worthy of celebration. If substance abuse is a challenge for you or someone you know, review the question and answers below. Take the steps needed to support a healthy future.

Alcoholics Anonymous (AA)

What is available locally?

- AA meetings occur every Tuesday and Thursday from 7-8 p.m. in the Chapel Fellowship Hall.
- Call Dean S. at +34 674-387-755 for more information.

What if I need support but don't think a face-to-face AA meeting is right for me?

- Try online! AA is available online locally every Saturday at 4 p.m. via Zoom.
- Contact Joe G. on WhatsApp +34 603-841-559 for more information.

Where can I go for more general information or resources related to AA?

- Personal stories from military members and the AA program: <https://www.aa.org/aa-and-armed-services>

• U.S. based app for your smart phone. Find a meeting and support that fits your needs: <https://www.aa.org/meeting-guide-app>

• Meetings available within the EU, both online and in person: <https://alcoholics-anonymous.eu/online-meetings/>

Check the Coastline's community resources page for any new information about this programming.

Substance Abuse Rehabilitation Program (SARP)

What services are available in Rota?

- Substance abuse evaluation
- Treatments (Early Intervention level .5, Outpatient Treatment level I, Continuing Care)
- Referral to higher levels of care and mental health evaluation.

What do these services involve?

- Early Intervention level .5 (Prime for Life): A psycho-educational program intended for individuals whose problems and risk factors appear minimal and who do not meet diagnostic criteria for alcohol or substance use disorders. This is designed to assist the individual in recognizing the harmful consequences and behaviors associated with problematic alcohol or substance use.
- Outpatient Level I: Intended for clients who do not meet the criteria for intensive outpatient treatment,

partial hospitalization, or residential treatment. Must meet alcohol or substance use disorder, mild in accordance with DSM V. It can also be used for members and dependents who have completed a higher level of care and have relapsed, necessitating further treatment.

• This a two-week treatment and our facility at the hospital will be their primary place of duty during this period. Members cannot stand over duty to allow them focus on their alcohol or substance misuse and any co-occurring mental health concerns.

• 90 days aftercare will be completed upon completion of the treatment. This involves once a month individual counseling session with the member's primary counselor and checking in with Command DAPA. Service members are to remain abstinent during the 90 days.

• Continuing Care: SARP continuing care recovery support group is available to members diagnosed with moderate or severe alcohol or substance use

Alcohol Abuse Helpful Resources



Navy and Marine
Corps Force Health
Protection Command
Alcohol and Drug
Abuse links



Naval Hospital Rota
SARP program
information

disorders, following completion of Level 2 or 3 treatment, or in other circumstances where abstinence may be clinically appropriate. Continuing care is every Wednesday at 10 a.m. and frequency and duration of participation is based on the clinical needs of the patient, and in coordination with the members command for up to 12

See **SUBSTANCE ABUSE** page 23

In El Puerto de Santa María 3 MIN. From the Fuentebravía GATE!!!



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PUBLISHER’S CORNER

KARTING JEREZ

Leisure Time. As summer winds down and the beach becomes a bit less attractive other leisure activities are available. Hiking on one of the beautiful trails in the Sierra of Cadiz comes to mind, shopping is also a traditional leisure activity. Some of the most varied shopping in the province is to be found in the Jerez Luz Shopping Area and surrounds. Also in that area is another favorite leisure activity – Karting.

At Karting Jerez there are karts for all ages. Their Junior Karts are specifically designed for children from 6 years old and 130 cm tall, with maximum safety and all the fun of karting. For the little ones, from 2 and a half years of age, they can go in Two-Seater Karts driven by an adult.

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Base Schools Remember Sept. 11 with Ceremonies

Photos by Dr. Stephen Bond

Photos courtesy of Rota Elementary School



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Rota Personnel Come Together to Remember Victims of 9-11 with Run

Photos by MCC Nathan Carpenter

Rota community members gathered at the base fitness center early on the morning of Sept. 11, 2023, for a 9.11 km Remembrance Walk/Run. Participants ran to honor the 2,958 innocent Americans who lost their lives and the over 6,000 injured in the Sept. 11, 2001 terrorist attack.

The Remembrance Walk/Run was coordinated by the Rota Fire Fighter Association and Rota Morale, Welfare and Recreation (MWR) to remember, reflect and honor those brave Americans that paid the ultimate sacrifice to our great country.





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Rota Holds 9-11 Remembrance Ceremony

Photos by MCC Nathan Carpenter

Community members from around Naval Station (NAVSTA) Rota gathered to remember the terrorist attacks and victims of Sept. 11 at the installation chapel, Sept. 11, 2023.

"In this 22nd anniversary of the tragic events, we extend our love and support to survivors, families of those who lost their lives, and heroes of that fateful day," said Senior Chief Electrician's Mate Martha Cordero, who read the keynote speech written by her husband. Her husband, Fredi Cardenas, was a first responder in New York City and responded to Ground Zero that day. "We remember

their bravery and sacrifices. Nothing can change the profound way the events of September 11 affected us individually. Nothing we can do or say can replace the loss."





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Celebrating Ombudsman Appreciation Day: Ge

September 14 is a day set aside for Navy personnel and families to show appreciation to command ombudsmen for their dedicated service to the Fleet, Fighter, and Family. This practice goes back to the inception of the program in 1970, when Adm. Elmo R. Zumwalt, Jr. introduced the Navy Family Command Ombudsman Program via Z-Gram 24. For over 50 years, the dedicated volunteers of this important program have been making a difference.

The diligence and steadfast commitment of our assembly members is unmatched. Their line of communication between the command and families ensures they have access to trusted support and referral services that are essential to family readiness. Although families may experience uncertain times or crisis events in their lives, our ombudsmen continue to bring compassion and ensure families feel supported at all times.

Fleet and Family Support Center (FFSC) would like to thank each one of our amazing Ombudsmen and Key Spouses for all you do to support our Rota community.

If anyone is interested in serving as a command ombudsman, please contact Monica Mullins, ombudsman coordinator at DSN 727-3232, commercial, +34 956-82-3232 or email ffsc.rota@eu.navy.mil for more information.

Laura Waite

Naval Hospital / Assembly Chairperson

Laura Waite has been the U.S. Naval Hospital Rota Ombudsman for two years, and has been an Ombudsman for seven years total.

Why have you chosen to fill the role? "I love the ability to be a resource for new families. Moving overseas is always a new challenge and being able to provide new families with information that can make the PCS transition easier is a passion of mine."

What is something you want others to know about you? "I have made the most of my time in Spain, by traveling and exploring Europe and volunteering with non-profit organizations like Naval Service FamilyLine."




Karena Gutierrez


USS Arleigh Burke

Karena Gutierrez, known by many as Karena Peterson, has been USS Arleigh Burke Ombudsman for six months.

Why have you chosen to fill the role? "I chose to fill the role as I believe it is important for families to remain informed about access to resources available and to have an advocate."

What is something you want others to know about you? "I am a first generation American. This has helped me understand the struggles of adapting to multiple cultures and the pressure of taking advantage of opportunities. I want others to know that I am available to help in any way I can and help carry the weight of the pressure and stress."






Kimberly Corrales-Afanador

USS Roosevelt

Kimberly Corrales-Afanador has been USS Roosevelt Ombudsman for two years.

Why have you chosen to fill the role? My reason for wanting to become an Ombudsman is simple. I enjoy helping others. I am honored to have been trusted with this role and hope to have been able to meet all expectations.

Note: Allison Elking is also a U.S. Air Force 725th Key Spouse.



Kayla Boykin

USS Bulkeley

Kayla Boykin has been USS Bulkeley Ombudsman for two years.

Why have you chosen to fill the role? "I took on the role because I have always been in the position of serving others throughout my adult life. I aim to be the Ombudsman I wish I had during difficult times in the last 14-plus years as a military spouse."

Shaunte Branson

NAVSTA Rota

Shaunte Branson has been Naval Station Rota Ombudsman for six months.

Why have you chosen to fill the role? "I volunteered for the role of Ombudsman because I have a passion for helping others when they are in need or when they just need a listening ear. I am also a prior service member, which helps me describe certain things to spouses/families more clearly in a way they can understand."

What is something you want others to know about you? "I will never say no to an iced coffee!"





Tricia Debaun

NCTAMS

Tricia Debaun has been NCTAMS Ombudsman for three years, and has been an Ombudsman for six years total.

Why have you chosen to fill the role? "Serving as an Ombudsman has been an incredible opportunity and an honor because it allows me to get more involved with the commands, its service members and their families. I have been the gatekeeper and critical conduit for family readiness and resiliency has been part of our DNA, part of all military spouses. For me, there is no greater privilege than service to those who defend our country daily, whether at home or overseas. Living overseas can be challenging for families, so my role as Ombudsman is critical."

What is something you want others to know about you? "I am blessed to have a supportive husband and a beautiful daughter. We have enjoyed living in Rota, Spain, and traveling to neighboring countries. Our passion is to learn as much of the culture, learn their traditions, and incorporate them into our own so that we have a little of something to pay homage to each country we have visited."




Maureen Sartini

USS Arleigh Burke

Maureen Sartini has been USS Arleigh Burke Ombudsman for 13 months.

Why have you chosen to fill the role? "I volunteered to be an Ombudsman because I like helping people. Military life can be confusing at times for families and it is easy to feel lost, especially overseas and during deployments. I wanted to be able to help the families, to the best of my ability, to make their time here as smooth and enjoyable as possible."

What is something you want others to know about you? "I am a Chief in the Navy Reserves and I was previously Active Duty. This allows me to offer our families a unique insight to what our sailors are doing whether they are in home port or underway."



Meet the Team: Key Spouses and Ombudsmen

What to Know Rota's Ombudsmen and Key Spouses

Raissa Mendonça

USS Bulkeley

Raissa Mendonça has been USS Bulkeley Ombudsman for eight months.

Why have you chosen to fill the role? "I chose to take the Ombudsman role as soon as I learned about it! I have been living abroad all my adult life and I know how hard it is to be away from home. We all need and deserve a support system, and it is very fulfilling to be able to serve the community."



Kelli Wise

EODMU8

Kelli Wise has been EODMU 8 Ombudsman for three years.

Why have you chosen to fill the role? "I thoroughly enjoy serving and supporting our command and helping others navigate the obstacles of military life overseas. I am passionate about helping people, building community and advocating for our spouses and families."



What is something you want others to know about you? "One of my favorite hobbies here has been learning to dance sevillanas. I took flamenco dance classes consistently for about 18 months and even performed in a couple of shows. I was totally out of

my element, but it was fun learning something new, making friends and challenging myself. My advice is to embrace the beautiful culture here and don't be afraid to try new things outside of your comfort zone!"

Mae Kirkconnell

FDRMC

Mae Kirkconnell has been FDRMC Ombudsman for one year.

Why have you chosen to fill the role? "I believe in the importance of a strong support system within military commands. I understand that military life can come with its own set of unique challenges and for the service members, but also for their families. As a command ombudsman, I can offer a listening assistance to those who may be in need."

What do you want others to know about you? "I hold a psychology degree, which has equipped me with a deeper understanding of human behavior and emotions. Additionally, I have experience in culinary arts, and I take great pleasure in being a home cook, preparing delicious meals for my loved ones. Food is a true passion to me, it is a true passion. Moreover, I am a personal trainer and offer private classes to help individuals achieve their fitness goals through yoga and wellness practices."

Diana Doucette

NEPMU-7



Diana Doucette has been NEPMU-7 Ombudsman for three months.

Why have you chosen to fill the role? "I chose to fill the role because it would be a great way to help in the community. It also gives me the chance to not only get to know the command, but the families as well."

What is something you want others to know about you? "I am a very outgoing person, so I hope it makes conversations easier with the families at NEPMU-7."

Tricia Mouser

USS Paul Ignatius

Tricia Mouser has been USS Paul Ignatius Ombudsman for nine months.

Why have you chosen to fill the role? "I wanted to help ensure that our command families were informed and connected, aware of the resources available to them, that they have someone to call when questions arise and that there was someone to advocate for them."

What is something you want others to know about you? "I've been a military spouse for 17-plus years

and lived overseas for ten. I have learned so much over the years and have been blessed to have some amazing spouses help guide me along the way. I am happy to have the opportunity to give back to my community, and genuinely care about military families. Please don't hesitate to reach out with any questions or concerns."



Melissa Lilly

725th Key Spouse

Melissa Lilly has been U.S. Air Force 725th AMS Key Spouse for just under a year.

Why have you chosen to fill the role? "I wanted to be a key spouse because I wanted to connect military spouses and families into the 'military life' in a much more understanding way. I have lived and served 10 years in the Air Force as an active duty member, as well as the spouse, and both at the same time. I wanted to be able to work and help, not just support the members as well."

What do you want others to know about you? "Aside from being a key spouse, I am also a mother of three, a registered nurse, and a volunteer."

Lindsay Cowen

CTG 68.3

Lindsay Cowen has been CTG 68.3 Ombudsman for six months.

Why have you chosen to fill the role? "The first time I went overseas with my husband was not the best experience for me. I know what it's like to not have an Ombudsman and to have bad experiences with one. Overseas can

be overwhelming and stressful, and being there for other families as they arrive here and help them with this huge transition by keeping communication open between the families and the command is something I take pride in."

What is something you want others to know about you? "I was born and raised in Connecticut and met my husband in high school. We have been married over 10 years and we have a wonderful little boy who was born in the Middle

East while we were stationed there. Being a military spouse is not always easy, but I wouldn't trade it for anything."



Katie Shannon

HSM-79

Katelyn "Katie" Shannon has been HSM-79 Ombudsman for six months.

Why have you chosen to fill the role? "To assist families with resources and fun activities."

What is something you want others to know about you? "I am a mom to four amazing children whom are my world. I adore my family so much and have enjoyed providing them with an opportunity to learn about a new culture."



Thank You for Everything You do for the Rota Community!

Paul Ignatius's Family Support Group hosts FDNF-E Spouse Kickball Event

From USS Paul Ignatius Family Support Group (FSG)

Over 40 spouses participated in a kickball event hosted by USS Paul Ignatius Family Support Group (FSG). The three teams – “PGN Piggies” of USS Paul Ignatius (DDG 117), “Bulkeley Wolfpack” of USS Bulkeley (DDG 84) and “Roosevelt Riveters” of USS Roosevelt (DDG 80) – competed in six games over the course of two weeks.

In the end, the Roosevelt Riveters came out on top with the PGN Piggies and Bulkeley Wolfpack tying for second place. The spouse kickball event was a huge success that helped to create bonds and make new friends while having fun!

“DESRON [Destroyer Squadron] spouses endure the hardships of patrol schedules, solo parenting, and at times cultural struggles on an installation in a foreign country ... all without their family network or support in the States,” said Erica Stevens, president of Paul Ignatius’s FSC. “Every team played hard and fierce,



Courtesy photos
The winning team, Roosevelt Riveters, pose for a photo during Spouse Kickball Tournament. The event was coordinated by USS Paul Ignatius’s Family Support Group to help the spouses connect and have fun!

but in the end made lasting connections with each other across teams and ships.”

FSGs and Family Readiness Groups (FRG) are vital in providing opportunities for spouses to engage and connect with each other and grow their support systems here in Rota, Spain. If you are interested in joining Paul Ignatius’s FSG, please contact ddg117.fsg@gmail.com.



The teams of Bulkeley Wolfpack, left, and PGN Piggies, right, pose for photos during the Spouse Kickball Tournament.



Rota Swim Club Tiburones Hold First Mock Swim Meet

By Bryan Long
Rota Swim Club

9/16/23 - Rota, Spain MWR Indoor Pool

I am on location, NAVSTA Rota MWR Indoor pool, the a.m. sun is shining brightly through the windows (as usual here in Southern Spain), it's 9:02 a.m., the First "Official" (Mock) Meet of the season. "Let's get it started in here" playing ear-splittingly loud over the PA Speakers behind me...how appropriate. The muggy indoor pool deck has a palpable air of excitement and anticipation for the swim season. The Rota Tiburones (aka Sharks) are Two time Champions and defenders of the Southern Division title (division includes Naples, Sigonella, Lisbon, Aviano, and Vicenza). This Mock Meet will serve as a trial run to work out the kinks for all swimmers, coaches, and the hundreds of parent-volunteers in our community, that help run our club that is a part of the European Forces Swim League (EFSL).

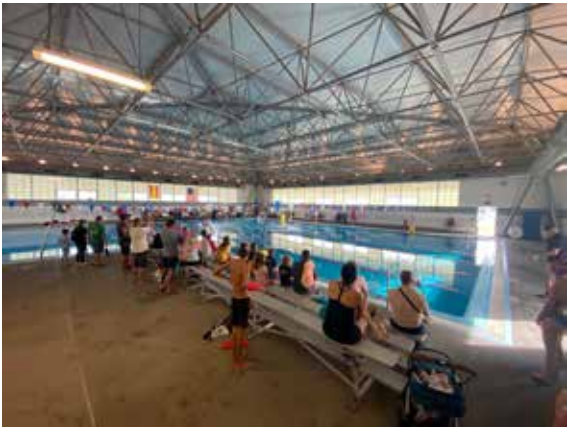
The Mock Meet today was only for the Rota Tibs club and included 32 events, with 56 swimmers from ages 6 to 19, practicing all four-swim strokes (Freestyle, Backstroke, breaststroke, and butterfly) with 50 meter, 100 meter, and 200 meter relay events. All times were unofficial, but served as an excellent warm up to the upcoming season. Even unofficial, many swimmers are

already eclipsing their best times from last year, the team is looking and feeling ready to three-peat!

As two-time champs, the swimmers, coaches, and parents are super excited to get things kicked off. A few exciting events our squad will be participating in this year include Lisbon Jingle Jam, Naples Waves of Valor, and EFSL Long and Short Distance Championships in Belgium and the Netherlands. Our first official swim meet here locally will be in two weeks on Saturday, Sept. 30, and Sunday, Oct. 1. Come out and support your local "TIBS" Swim club and find out more about our club.

You can follow our swim club all year long at gomotionapp.com/team/rota/page/home and facebook.com/publicrotaswimclub

Also, I will be writing this "Beat" article frequently. Until next time, Bryan Long, on location, Rota Tibs PAO / Beat Writer.



Courtesy photo



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Connection Matters: September is Suicide Prevention Month

By Veronica Wruble
FFSC Rota

Meaningful connection contributes to overall well-being and creates resiliency for times when life stressors seem overwhelming. Social support, availability, mentoring, and use of community resources can help to decrease feelings of loneliness and social isolation. Loneliness is a risk factor for depression, anxiety, self-harm, and suicide – connection is essential.

Factors That Might Increase Risk of Social Isolation and Loneliness

- Feeling stress due to a lack of resources or help with financial, relationship, or mental health issues
- Feeling ostracized
- Experiencing violence or abuse
- Going through life transitions like getting divorced, losing a job, or loss of a loved one

Keys to Building a Strong Connection in Your Community

- Take time to build strong relationships
- Communicate openly and honestly

- Build trust and respect by using inclusive language when talking to a loved one

The #ConnectToProtect theme began in support of the Department of Defense National Suicide Prevention and Awareness Month. "Support is Within Reach" is more than a phrase. It is a reminder that support is available to create a healthy environment for help-seekers. If you are in crisis or know someone in crisis, please use all available resources including U.S. Naval Hospital Rota's Emergency Department, Military Crisis Line (militarycrisisline.net), leadership, colleagues, friends, and family.

As a community, we "connect to protect" because mental health matters, and connections save lives. Think about and dedicate yourself to suicide prevention behaviors and look out for others in the community by checking on them. Understand that asking for help when things get difficult is a sign of strength. Find the people, activities, and interests that matter to you in your community, and get involved. Use your faith during uncertain times. Reject alcohol as a coping strategy. Reduce stress by taking care of yourself by eating healthy, exercising, and sleeping appropriately. Learn about mental health, prevention, and crisis resources available to you here at Naval Station Rota.

Fleet and Family Support Center (FFSC) Rota

Bldg. 3293, 1st Floor
Phone (DSN) 314-727-3232
Phone (COMM): +34 956-82-3232
Email: FFSC.Rota@eu.navy.mil



Connect to Protect:
Support is Within Reach

September 2023

Suicide Prevention Month

How You Can Help?

HOPE: Reach out for help. It is an act of courage.

COMMUNITY: Find what matters to you and get involved.

CARE: Take a few minutes to listen, connect and show you care. It can save a life.

Free and confidential help is available:



#ConnectToProtect
#BeThere



Find suicide prevention resources at:
www.dspo.mil/spm



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UT2 Dodanin Argumedo

Utilitiesman 2nd Class Dodanin Argumedo, assigned to the Utilities Energy Management (UEM) of Public Works Department (PWD) at Naval Station (NAVSTA) Rota, is the water utilities shop lead petty officer and the base backflow prevention program manager.

"I'm responsible for maintaining NAVSTA Rota's fresh water and sewage utility systems, 250 fire hydrants, and completing ship-to-shore water connections in support of U.S. naval ships," explained Argumedo. "As the backflow prevention manager, I ensure that the base's potable water from the pier/air terminal/base housing is maintained by providing preventative maintenance to ensure no backflow fails allowing untreated water to enter our water supply."

Argumedo, originally from Houston, Texas, joined the Navy in 2015. Previous assignments include Construction

Battalion Maintenance Unit (CBMU) 303 in San Diego, two tours with Public Works Department Souda Bay, Greece, and Naval Construction Mobile Battalion (NMCB) 5 and NMCB 1 both based in Port Hueneme.

Argumedo arrived to Naval Station Rota in 2022.

"My favorite thing about this command is that they are always challenging me in every aspect to become a better mentor and leader which I sincerely appreciate being molded into the leader I want to be," he said. "I also appreciate the fact they back you 100% in whatever goals you set to achieve."

Outside of his daily duties, he serves as the command indoctrination and sponsor program coordinator, command financial specialist, urinalysis program coordinator, and president of the Second Class Petty

See **UT2 ARGUMEDO** page 17





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Mental Health Self-Care Event for Suicide Prevention Month

27 SEP 1000-1200 at Sailor Resilience Center

Learn mental health coping skills including guided meditation, journaling, breathing exercises, goal setting, smoking cessation, sleep hygiene with interactive activities for self-care!

Sailor Resiliency Center with Military & Family Life Counselors
FFSC Counseling, Advocacy, and Prevention
Naval Hospital Behavioral Health
Naval Hospital Population Health
FFSC Financial Counseling
CREDO



#ConnectToProtect
#BeThere

UT2 Argumedo

Continued from page 16

Officer Association (SCPOA).

He also holds an associate's degree in general education and is working towards his bachelor's in human resource management stating, "I love helping those who want to improve their careers or lifestyle in general."

Being stationed in Rota has been a great duty location for him and his family. He appreciates being closer to his wife's family in Finland and the opportunity to visit them more often. When he's in Rota, Argumedo stays busy with working out, hiking, snowboarding, break dancing and

sampling delicious foods!

"One of my hobbies is body building," said Argumedo. "I just competed in men's physique class A over the weekend and won first place!"

Argumedo works hard both in and out of work. He's always looking for opportunities to help his fellow Sailors and coworkers, or give back to the local community.

"My door is always open," he said. "I enjoy when other commands reach out for help or assistance, and I always enjoy coordinating volunteer events which is how most commands on base know me. I hope I can maintain that status of being able to give back to the communities around base and Spain!"

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: 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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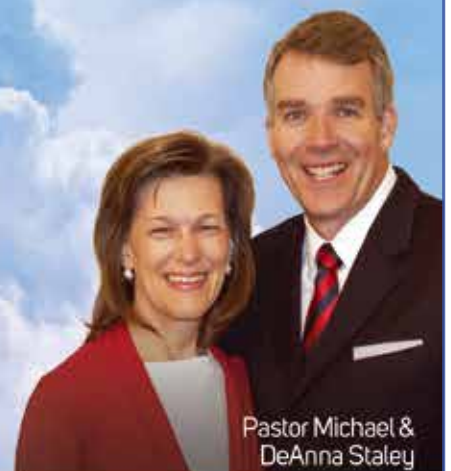
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World Tourism Day: Celebrate it in Spain

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

September 27 is World Tourism Day and the best way to celebrate it is, of course, by traveling. Some of you enjoy your time in Spain because it gives you the opportunity to travel around Europe. However, most of you leave without fully

exploring your host country. Even if you spent your entire tour traveling around Spain, you would not have enough time to see all the beautiful monuments and the breath-taking nature in the country. If you need ideas on where to start, this is the list of our 50 World Heritage Sites. To make it easier for you, this is what you can find in each region.

Andalucía

- Alhambra, Generalife and Albayzín, Granada
- Historic Centre of Cordoba
- Cathedral, Alcázar and Archivo de Indias in Seville
- Doñana National Park
- Renaissance Monumental Ensembles of Úbeda and Baeza
- Antequera Dolmens Site
- Caliphate City of Medina Azahara
- Rock Art of the Mediterranean Basin on the Iberian Peninsula

Aragón

- Mudéjar Architecture of Aragon
- Pyrénées - Mont Perdu
- Rock Art of the Mediterranean Basin on the Iberian Peninsula

Islas Baleares

- Ibiza, Biodiversity and Culture
- Cultural Landscape of the Serra de Tramuntana
- Prehistoric Sites of Talayotic Menorca

Canarias

- Garajonay National Park
- San Cristóbal de La Laguna
- Teide National Park
- Risco Caído and the Sacred Mountains of Gran Canaria Cultural Landscape

Cantabria

- Cave of Altamira and Paleolithic Cave Art of Northern Spain
- Ancient and Primeval Beech Forests of the Carpathians and Other Regions of Europe
- Routes of Santiago de Compostela:

Camino Francés and Routes of Northern Spain

Castilla-La Mancha

- Historic City of Toledo
- Historic Walled Town of Cuenca
- Heritage of Mercury. Almadén and Idrija
- Rock Art of the Mediterranean Basin on the Iberian Peninsula

Castilla y León

- Burgos Cathedral
- Old Town of Ávila with its Extra-Muros Churches
- Old Town of Segovia and its Aqueduct
- Old City of Salamanca
- Las Médulas
- Prehistoric Rock Art Sites in the Côa Valley and Siega Verde
- Archaeological Site of Atapuerca
- Ancient and Primeval Beech Forests of the Carpathians and Other Regions of Europe

Cataluña

- Works of Antoni Gaudí
- Palau de la Música Catalana and Hospital de Sant Pau, Barcelona
- Poblet Monastery
- Catalan Romanesque Churches of the Vall de Boí
- Archaeological Ensemble of Tarraco
- Rock Art of the Mediterranean Basin on the Iberian Peninsula

Comunidad de Madrid

- Monastery and Site of the Escorial, Madrid
- University and Historic Precinct of Alcalá de Henares
- Paseo del Prado and Buen Retiro, a



Photos by Courtney Pollock & Alejandra Tirapu Lucero

Photos, clockwise from top left: The Alhambra in Granada, Buen Retiro Park in Madrid, the Cathedral of Santiago de Compostela, the Royal Monastery of Santa María de Guadalupe, and the old historic center of Cáceres. Spain has 50 UNESCO World Heritage Sites.

landscape of Arts and Sciences

- Aranjuez Cultural Landscape

Comunidad Foral de Navarra

- Ancient and Primeval Beech Forests of the Carpathians and Other Regions of Europe

Comunidad Valenciana

- Palmaral of Elche
- La Lonja de la Seda de Valencia
- Rock Art of the Mediterranean Basin on the Iberian Peninsula

Extremadura

- Old Town of Cáceres
- Archaeological Ensemble of Mérida
- Royal Monastery of Santa María de Guadalupe

Galicia

- Santiago de Compostela (Old Town)
- Roman Walls of Lugo
- Tower of Hercules
- Routes of Santiago de Compostela: Camino Francés and Routes of Northern Spain

País Vasco

- Vizcaya Bridge
- Routes of Santiago de Compostela: Camino Francés and Routes of Northern Spain

Principado de Asturias

- Monuments of Oviedo and the Kingdom of the Asturias
- Ancient and Primeval Beech Forests of the Carpathians and Other Regions of Europe
- Routes of Santiago de Compostela: Camino Francés and Routes of Northern Spain

Región de Murcia

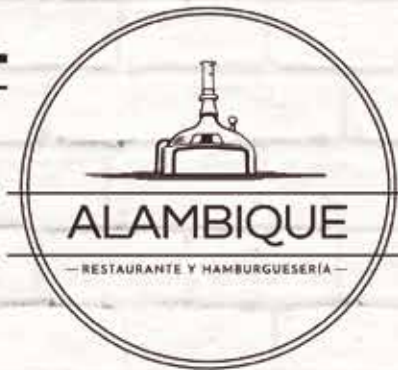
- Rock Art of the Mediterranean Basin on the Iberian Peninsula

La Rioja

- San Millán Yuso and Suso Monasteries
- Routes of Santiago de Compostela: Camino Francés and Routes of Northern Spain



Photos, clockwise from left: The Camino de Santiago goes through multiple regions in Northern Spain, the aqueduct of Segovia, Toledo's cathedral is located within the old town, the city walls that protect the old town of Ávila, views from Alhambra towards the Albayzín section of Granada, Ibiza, Teide National Park on Tenerife of the Canary Islands, the old inner city of Cordoba, and the Royal Monastery of Santa María de Guadalupe.

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EVERYDAY**

NAVSTA Rota Prepares for Exercise Reliant Rumble

From NAVSTA Rota Public Affairs

Earthquakes can hit anytime, anywhere. It may be a common occurrence in some locations; irregular to non-existent in other locations. The recent earthquake and aftershocks in Morocco is a testament to the fact that even though it's not "normal" in an area, it can still happen.

Months before this recent earthquake, personnel at Naval Station (NAVSTA) Rota have been planning for Exercise Reliant Rumble 2023 which will take place on Sept. 25, 2023. This annual training exercise simulates a significant earthquake that trigger subsequent issues within the installation.

"Reliant Rumble is an earthquake disaster preparedness exercise used to evaluate Emergency Management's, Fleet & Family Service's, and Public Work's ability to maintain facility/base operations as well as the ability to support families during a natural disaster," explained Lt. Jeff Gao, training officer for NAVSTA Rota. "It is important because this drill will validate contingency measures that are in place in the event such a natural disaster was to occur."

NAVSTA Rota maintains a robust training schedule to incorporate many different type of training scenarios to ensure that personnel are prepared for a variety of threats – both natural and man-made. By testing and evaluating different processes and systems throughout the installation, leadership can effectively plan and prepare.

Exercise Reliant Rumble will test the installation's ability to respond to natural disaster by setting up an evacuation site, maintaining operations during power outage, and structural safety checks. Throughout the exercise, installation

personnel will review current procedures, find potential issues or challenges, and talk through solutions. This ensures that when a real disaster occurs, personnel know how to best respond to protect personnel and the installation.

Installation personnel work to protect the base and its personnel and assets. But on a micro-level, what can you do to protect you and your family? According to the Ready.gov website, here are a few tips to prepare for the disaster:

- **Create an emergency kit.** Your emergency kit should contain food for three days including one gallon of water per person per day. Other items to include are flashlight, fire extinguisher, medicine, personal hygiene items, and pet food.
- **Protect your home.** This tip is earthquake-centric but one of the easiest preventative measures you can take now is to prepare your home for a possible earthquake. Anchor heavy furniture and televisions to the walls, place breakables on lower shelves, and look into home structural issues now instead of later.
- **Create a plan.** Creating an emergency plan is important – especially with children – to help reduce fear and ease anxiety. Discuss how you can react to different natural disasters and what that looks like if they are in bed, playing outside, or at school. Create a communication plan on how you would reach each other – either via phone or a set meeting location – after a natural disaster.

While the recent earthquake in Morocco highlights that it's impossible to plan for a natural disaster, NAVSTA Rota leadership and you can prepare for potential disasters.

NAVSTA Rota COMREL Events

Courtesy photos



Rota community members volunteered at City of Rota triathlon.



Naval Station Rota's Second Class Petty Officers Association hosted a beach clean-up.



Sailors from U.S. Naval Hospital Rota participated in a community relations (COMREL) project with Alzheimer's Association in Rota.



Sailors paint a local school in Rota prior to the start of the new school year.



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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 Drydoker." 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

****Office has Relocated to Bldg. 1B****

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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 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

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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 or WhatsApp at +1 805-669-8134). There is a "local" team at Chiclana, or if enough interest / players, NAVSTA Rota can form its own team and participate in the regional (Andalucian) league.

NOW HIRING

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Morale, Welfare & Recreation (MWR)

www.navymwrrota.com/jobs

Navy Exchange (NEX) Rota

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U. S. Naval Hospital Rota Birth Announcements

Selena A. Ramirez

born August 21, 2023
to Juan and Nancy Ramirez
Weighing 7 lbs 2 oz

Welcome
BABY

SUBSTANCE ABUSE

Continued from page 6

months. Patients are recommended to attend AA or any other self-help meetings on base or online as an added layer of support.

How do service members and dependents refer to the SARP program?

- Command/incident referral: Referral for service members involved in an alcohol or drug incident to determine the extent of alcohol or substance misuse and any co-occurring mental health concerns.
- Self-referral: For service members and dependents with concerns about their substance use. Contact Naval Hospital Rota's Behavioral Health Clinic for at DSN: 727-3408/COMM: +34 956-82-3408 to learn more. Individuals can also be referred by another medical service (e.g., emergency services, primary care manager, mental health provider, chaplain).

What if higher level care is needed? What options are available?

- Intensive outpatient (Level II) and residential (Level III) are offered at NMRTC Portsmouth, Virginia; NMRTC Jacksonville, Florida; NMRTC San Diego, California; and The Priory Hospital in London, U.K. with

authorization from Tricare Overseas. SARP Rota works hand-in-hand with command DAPA to facilitate transfer of members and dependents to other appropriate treatment centers within the Tricare network.

Will going to SARP ruin my career?

- No! Getting help will **not** contribute to career issues, but alcohol-related incidents can impede your personal and professional goals. That's one of the reasons seeking out support is so important. Get help before a DUI or alcohol incident contributes to an administrative separation or UCMJ violation.
- You can still continue to seek out special programs, operational billets, and overseas duties while utilizing substance abuse services. Aviators may be grounded for a period of time while in treatment, because safety is a top priority, but your career can be maintained.
- Refer to OPNAVINST 5350.4C for more details.

Hospital Corpsman 1st Class Kehinde Lakanmi is U.S. Naval Hospital Rota Substance Abuse Response Program (SARP) counselor and Cmdr. Jenny Paul is Director of Population Health.

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