

MONTHLY NEWSLETTER

PUBLIC WORKS DEPARTMENT ROTA

SEP 2023



Jose Hernandez Forja Awarded Civilian of the Year Award!

Pg. 3



Mental Health Talk

Pg. 2

NAVFAC EURAFCENT Change-of-Command

Pg. 5

NAVFAC & NAVSUP Join Forces to Support USNS Yuma

Pg. 10 - 11

UEM @ Work

Seabees & Local Nationals work together to ensure quality in power!

Pg. 12



Mental Health Talk

CECS(SCW/EXW) Matt Markowski, Senior Enlisted Leader of PWD Rota, is seen here talking about the importance of mental health to the Seabees of PWD Rota during a Thursday Morning Quarters on July 20th, 2023.

MENTAL HEALTH ROADMAP
Feeling stressed and debating seeking help, but don't know where to start?

- EXPANDED OPERATIONAL STRESS CONTROL (E-OSCI)**
 - E-OSCI Team Leads in every command
 - Memberships are widespread on the OTC
 - Free tool-led Stress Control Program
 - Resilience Education and Training
 - Self-Care Buddy Care
 - Early recognition and mitigation of problems
- CHAPLAINS**
 - 100% coverage of all units
 - No reporting requirements
 - No referral needed
 - No health record documentation
 - More than spiritual counseling
- MILITARY & FAMILY LIFE COUNSELING**
 - Non-medical counseling classes
 - Flexible course - no barriers
 - No health record documentation
 - No referral needed
 - Minimal reporting requirements
- FLEET & FAMILY SUPPORT CENTER**
 - Individual counseling
 - Life skills (i.e., financial, stress, coping skills, and couples counseling)
 - No health record documentation
 - No referral needed
 - Non-medical counseling
- EMBEDDED MENTAL HEALTH (EMHO)**
 - Evaluate and treat mental health conditions with therapy and medication
 - PFVAs for duty determination
 - Documents in the record
 - Communicates diagnosis and plan with other providers and CO

Seeking help early and often prevents needing a higher level of care and impact to career. Most Sailors don't seek help because they want to fix things themselves, they worry about impact to their careers or security clearance or they fear gossip and embarrassment. Taking care of your mental health takes courage and it's a sign of strength!

QR Code to Navy Mental Health Playbook!

Keeping up with mental health is just as important as keeping up with physical health, and the US Navy provides guidelines and playbook to help its servicemembers through situations in which they may need to seek help. On July 20th, EO2(SCW/EXW) Alex Jackson and EO2 Ethan Roney provided the helpful resources, with phone numbers, to the Seabees of PWD Rota.

If you ever find yourself in situations in which you may need to talk, help is always available and only one phone call/talk away. Don't hesitate to share your burdens.

- Photos and Article by LT Chanhon Lee

NAVFAC EURAFCENT CIVILIAN OF THE YEAR

Jose Hernandez Forja awarded the 2022 Senior Civilian of the Year Award



Picture by MC2 Andrew Taylor

By LT Chanhon Lee

NAPLES, ITALY— Jose Hernandez Forja was recently awarded the 2022 Senior Civilian of the Year for NAVFAC Europe, Africa, Central (EURAFCENT) at a ceremony on August 3rd, 2023. He was presented with a plaque celebrating his selection by Captain Joe Harder III, our former Commanding Officer. The NAVFAC EURAFCENT recognition program distinguishes individuals who have made significant positive contributions to

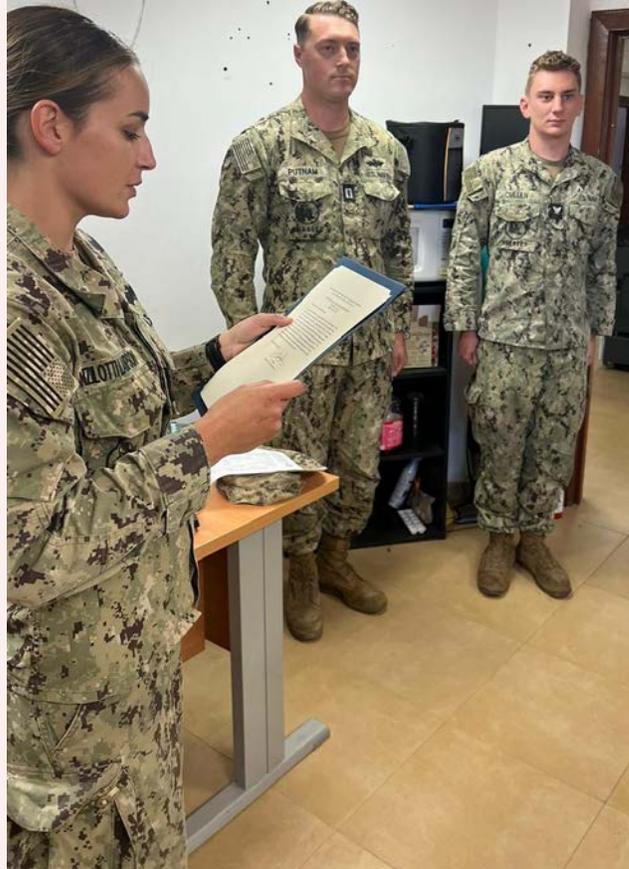
NAVFAC EURAFCENT, the Department of Navy and supported commands. Jose, the Senior Project Manager at the Expeditionary Directorate of NAVFAC EURAFCENT, has definitely made a difference in the command for his exemplary work that he has done in managing humanitarian projects in European theater, that required challenging coordination between the United States and other nations, including areas in permissive and restricted environments. Since 2009, he has spearheaded renovation or building of orphanages, schools, kindergartens, hospitals, and clinics, up to 20 to 25 projects per year, in large cities and in the most remote locations.

“This award represents a very important award to me and to the entire Expeditionary Directorate Team, of which I only aspire to be a worthy representative. Next year, I will make 30 years of service with the US Navy. I dedicate this award to all local nationals working for NAVFAC EURAFCENT here in Rota, as well as Naples and all places where our services are needed. I come from a family of beekeepers. And similarly to beehives, we are all working bees, doing our best for the health and success of our community, which is NAVFAC. Fair winds!”

-Jose upon being awarded the CoY Award-



LOA for Cullen



LT Collin Putnam, Production Officer at PWD Rota, recently presented a Letter of Appreciation for CE3 Spencer Cullen, for the tremendous work he's done to provide support to the NAVFAC Port Operation mission at the Piers. CE3 Cullen is generally known amongst his colleagues to selflessly volunteer himself to lend help at anytime, many of them during the



weekends, in order to meet demanding and time-crunching mission from the homeported destroyers and visiting ships.

- Photo by CM3 Chris King/
Article by LT Chanhon Lee

CM2 Fan Receives NAM



CM2(SCW/EXW) Wenhan Fan is seen here receiving the Navy and Marine Corps Achievement Medal, presented by CDR Joe Dunaway, for his work performed during his duty at the Naval Mobile Construction Battalion FOUR (NMCB 4) from 2018 until 2023. He briefly joked while receiving the award, thanking the PWD Rota Seabees for their assistance, even though none of them were with him at the Battalion (except for maybe LT Jessica Hatfield, Senior Chief Markowski, and CE2 Robert Holmes—whom he said he never met in his life.)

- Photo by EO2 Ethan Roney/Article by LT Chanhon Lee

Change of Command Watch Party



PWD Rota hosted a watch party for the NAVFAC EURAFCENT Change of Command Ceremony on August 11th. Captain Rafael Miranda relieved Captain Joseph Harder during the ceremony in Naples, officiated by Rear Admiral Lore Aguayo, Commander of NAVFAC Atlantic (LANT). Captain Harder served as our Commanding Officer since May 2021 and is heading to Washington DC to work at NAVFAC HQ. Fair winds and following seas, Captain Harder, and welcome aboard Captain Miranda!

- Photo and Article by LCDR Christina Milone

Navy Lodge Ribbon-Cutting Ceremony



PWD Rota's FEAD Team attended the Grand Opening of the new Navy Lodge on August 2nd, at Naval Station Rota. The Navy Lodge expansion provides 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. This facility will provide more on-base lodging options for all temporary duty and permanent change of station Sailors. The Navy Lodge project was contracted by the PWD Rota FEAD team in 2016 for \$11.6M. Bravo Zulu to the designers, construction managers, engineering techs, and contract specialists in their support to getting this project completed.

- Photo and Article by LCDR Christina Milone

USNA Mids Visit Round 2



LT Jessica Hatfield gives a project tour brief to the USNA Midshipmen at the P-605 site on August 2nd, 2023 as a part of their visit to PWD Rota during the Summer Cruise.



The USNA Midshipmen on the P-620 Site

PWD Rota recently hosted 5 midshipmen from the United States Naval Academy (USNA) going into their final years as they prepare to select their designators upon commissioning. Just like the last group in June, these midshipmen were given a full tour of each division within the Public Works Department so they can better understand the duties and responsibilities of Civil Engineer Corps Officers.



LCDR Milone is seen here explaining the different division of PWD Rota to the Midshipmen.

Article by LCDR Christina Milone

New Leadership at FEC



CAPT Rafael A. Miranda (left) has turned-over with CAPT Joseph Harder as the new Commanding Officer of NAVFAC EURAFCENT in August 2023. CAPT Miranda comes from Amphibious Construction Battalion ONE (ACB 1), where he was the Commanding Officer. He graduated from the United States Naval Academy in 1997 and first started his Naval Career as Surface Warfare Officer before lateral transferring to Civil Engineer Corps (CEC) in 2001. He has since served in ACB 2, NMCB 4, PWD Sigonella, Italy, First Naval Construction Division, and Naval Construction Training Center.

CAPT Andrew W. Olsen (right) has turned-over with CAPT Ryan Carey as the new Operations Officer of NAVFAC EURAFCENT in July 2023. He is a native of Minnesota, and was previously NMCB 5's Commanding Officer. After commissioning as a CEC officer in 2002, he served in NMCB 4, NMCB 11, AROICC Keflavik, Iceland, Naval Special Warfare Group ONE, Aide to the Commander, FIRST Naval Construction Division, U.S. Seventh Fleet, Navy Personnel Command, and PWD Ventura, California. Fun fact: he has served here in Rota as the FEAD!



Article by LT Chanhan Lee

MUSE Delivery



Public Works Department Rota recently worked with NAVSUP Fleet Logistics Center—Sigonella Rota Detachment Office in order to receive delivery of a MUSE generator that was shipped from the Naval Facilities Engineering and Expeditionary Warfare Center (NAVFAC EXWC) in Port Hueneme, California. The new MUSE generator will provide 2.5MW of additional back-up power to Naval Station Rota in case of commercial power outage. This asset is also critical in support of PWD Rota’s services as pier requirements increases in the near future. NAVSUP coordinated the overall delivery from the stateside to Spain, while NAVFAC’s Production/UEM and FEAD team worked together to contract a crane with SEMI SA in order to safely accept the generator on-site at the UEM complex. Bravo Zulu to all those who were involved!

Photos by CM1(SCW) Andres Henriquez/Article by LT Chanhon Lee

UEM Supports NMCCB



PWD Rota’s UEM Electrical Shop, consisting of Manuel Rebollo Descalzo, Rafael Marrufo Milan, Jose Maria Arrabal Pena, Felipe Herrera Castellano, Miguel Angel Munoz Fernandez, Manuel J. Rebollo Herrera, and Jesus Manuel Rodriguez, is seen here securing power in order to support the Battalion’s Street Lighting Project at the intersection of Flor Street and Pier 3 Access Road on July 26th, 2023. The High Voltage Crew installed the primary cable for the new transformer that would eventually be used to power these new street light poles!

Photos and Article by LT Chanhon Lee

Untangling Cable Mess



PWD Rota's Port Operations CE-Crew recently re-organized the ship-to-shore power cables on Pier 1 Berth 4 in anticipation of USS Paul Ignatius's arrival on Monday July 24th, 2023. Prior to the ship's arrival, the CE-Crew, led by CE1(SCW) Ashley Anzilottlampson and CE2(SCW/EXW) Kwamme Washington, worked to untangle the cables. Due to the necessity of keeping the cables organized in orderly fashion, the CE-crew does its best to assist each deployed ships the correct manner and order of hooking the cables on-board the ship, but eventual messiness are inevitable on the piers, especially with fast-paced operational tempo. Moving these cables are not a simple task; each cable weighs on average about 2000 kgs/km, which is substantial. Kudos to these Seabees for ensuring seamless power support to the ships!

Photos by CE1(SCW) Ashley Anzilottlampson and LT Chanhon Lee/Article by LT Chanhon Lee

USNS Yuma Support

NAVFAC and NAVSUP Join Forces



NAVFAC' PWD Rota's EOCN Christian Ramirez and EO2 David Francis on the deck of USNS Yuma guiding the crane operator (Juan Carlos Diaz Mazon).

NAVFAC Public Works Department Rota and NAVSUP Fleet Logistics Center Sigonella (FLCSI) - Site Rota joined forces on July 26th, 2023 in order to support USNS Yuma's humanitarian aid mission at the Greek Island of Rhodes, where thousands remain displaced due to wildfires. The crewmembers from both NAVFAC and NAVSUP loaded 70 pallets of water bottles, as well as 478 cots onto the vessel. Earlier, USNS Yuma had made a last-minute emergency port visit in order to receive these goods before head out to the disaster-stricken area. Kudos to all that supported the mission!

Photos and Article by LT Chanhon Lee



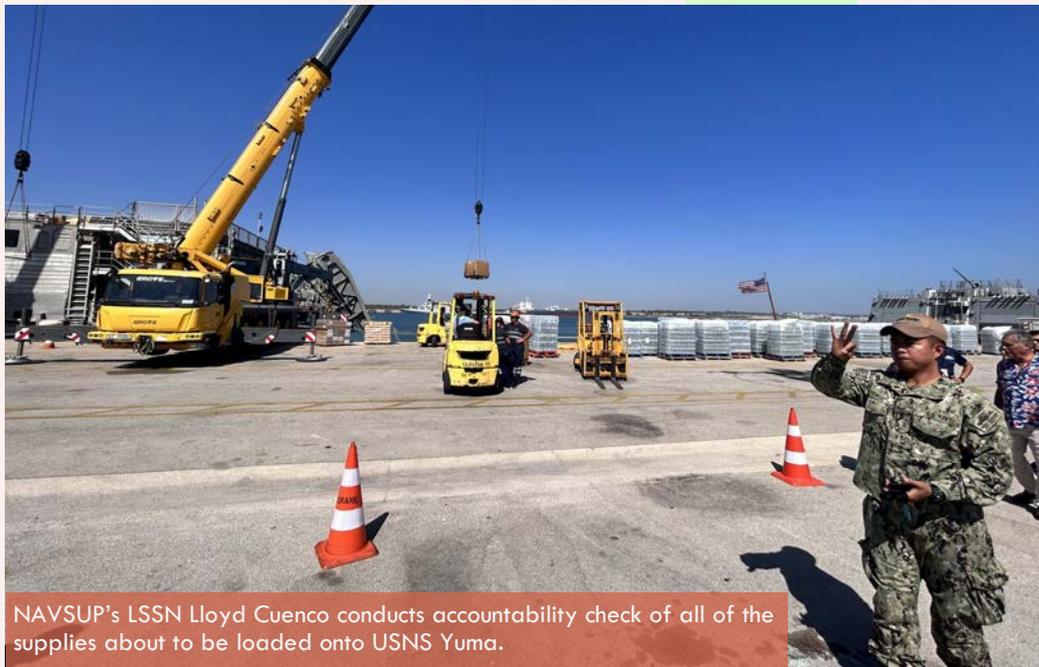
NAVFAC's Rose Ramon Jimenez Romero directs the Ferris SA truck



NAVFAC's EO2 Ethan Roney and EO1 Christian Smith ready the boxes containing cots to be lifted onto USNS Yuma.



NAVSUP FLCSI-Rota's Juan Antonio Martin-Bejerano Camacho driving the forklift to transport the supplies for the NAVFAC crew.



NAVSUP's LSSN Lloyd Cuenco conducts accountability check of all of the supplies about to be loaded onto USNS Yuma.

"The mission was very important because people in Greece needed our help. NAVSUP's role was to coordinate with the NEX, Galley, and other local vendors to support our tasking. We helped transport all of the 70 pallets of water, offloaded the pallets from the cargo truck, and loaded them with the NAVFAC crane. We also provided 478 cots (12 pallets). This operation was very rewarding knowing that we were helping the people in Greece dealing with wildfires."

- LSSN Lloyd Cuenco -



NAVFAC PWD Rota's EOCN Christian Ramirez and EO2 David Francis guide the crane moving the supplies onto USNS Yuma.

"I'm thankful to be able to support the disaster relief operation in Greece all the way from here in Rota. Our team answered NAVSUP/ MSC's last-minute crane request to lift 82 pallets onto USNS Yuma, and I'm glad we were able to help the mission!"

- EO2 Alex Jackson -

"We conduct crane lifts all the time, but this one felt special. It's the little things that matter."

- EO2 David Francis -



NAVFAC PWD Rota's EO2 Alex Jackson accepts the water bottles at the lower deck of the vessel.



The NAVFAC team during the USNS Yuma relief mission on July 26h, 2023. From left to right is Ildefonso Sanchez Aranda, Juan Carlos Diaz Mazon, EO1 Christian Smith, EOCN Christian Ramirez, Jose Guerrero Diaz, EO2 David Francis, Gabriel Sanchez Garcia, EO2 Alex Jackson, Jose Ramon Jimenez Romero, and EO2 Ethan Roney.

"It's cool that we were able to once again support USNS Yuma, given that this was the vessel that was selected due to this location at the time and its speed. I'm glad we were able to become part of the process in humanitarian aid."

- EOCN Christian Ramirez -



NAVFAC's Jose Guerrero Diaz, Ildefonso Sanchez, Jose Ramon Jimenez Romero, and NAVSUP's Jose Antonio Martin-Bejerano Camacho, and Manuel Gasca gather at the site of USNS Yuma loading operation.

Trial Speed Bumps



PWD Rota's Facilities & Sustainment Branch personnel are seen here installing a trial speed bumps in front of 158 of PWD Rota complex, under supervision by Rafael Lopez Puyana on July 25th, 2023. After the test bumps pass the tests, more of these are expected to be installed throughout the base, especially around the roundabouts, in order to alert the drivers and mitigate traffic accidents. - Photo and Article by LT Chanhon Lee



Transformer Maintenance

PWD Rota's Utilities & Energy Management Branch personnel, comprised of CECA Koffi Tenou, Manuel Andrade Ruiz, and Juan Jose Martin-Arroyo are seen here maintaining a transformer by BLDG 178 (Base Gas Station) on July 25th, 2023. - Photo and Article by LT Chanhon Lee

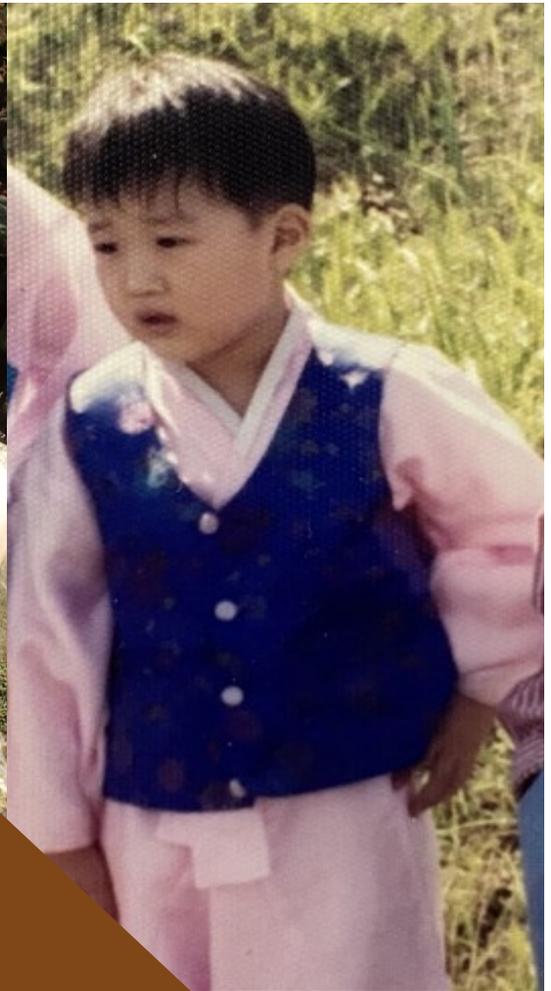
BLDG 189 Demolition

The Historic Port Operations Building that Defined the Skyline at Pier 1 is No More



BLDG 189 on Pier 1 may have been evacuated more than a year ago due to the concerns of its structural integrity, but recently, the building was finally demolished under supervision of FEAD, as a part of P-811 N62470-21-F-9009 Port Operations Facilities project. During the week of July 24th, Acciona-CMS JV, the construction contractor for the aforementioned project, carefully took apart the building, followed by BLDG 215 and BLDG 1976, with minimal impacts to the pier. Truly the end of an era; Pier 1 looks quite different now without the white, three-story building, which housed Port Operations from 1950s until 2022!

- Photos and Article by LT Chanhan Lee—



Guess Who?

PWD Rota members during their childhood years! Try to guess who they are! Answers are in the back!



Pies-in-the Face! The Seabee Ball Committee organizes a successful fundraising event

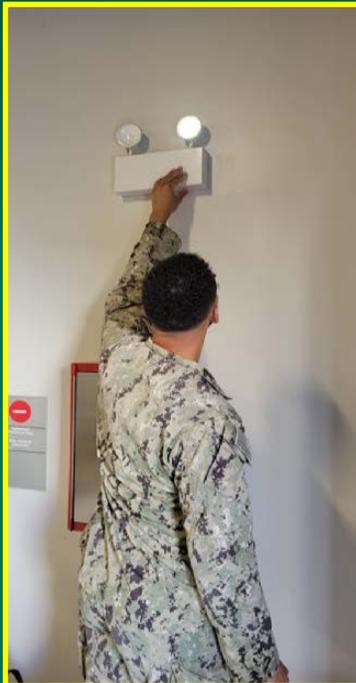
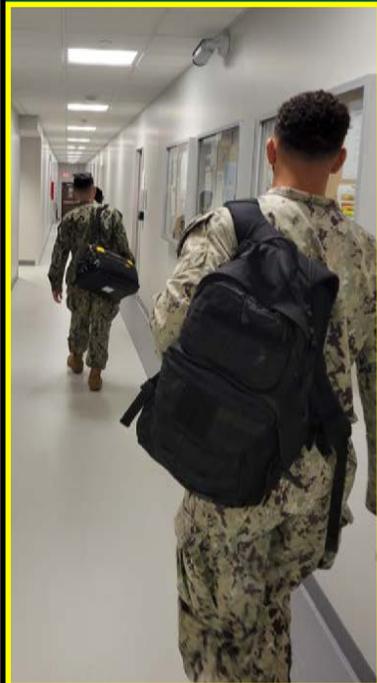
The Seabee Ball Association organized a

pie-in-the-face event in order to raise funds for the upcoming Seabee Ball in March 2024. This event has become a tradition here at Public Works with a once a year opportunity to throw a pie in the face of your supervisor. This year the Committee raised \$1100.00 at the pie in the face event. These funds will greatly assist a successful Seabee Ball for 2024!

Photos and article by CE2 Neubauer



SHOPS IN ACTION



The F&S Shops Seabees have diligently resumed their operational activities, efficiently managing work orders in collaboration with their Spanish counterparts within the Structures and Electrical shops. Despite a temporary shortage of personnel, during which only two Seabees were overseeing the Locksmith and Fuel Procurement aspects of our operations, we have successfully expanded our capacity. This achievement has been made possible by the valuable contributions of a second GSA qualified Locksmith, CM3 King, and our latest addition, CECR Abbott.

This strategic augmentation of our team has enabled us to seamlessly accommodate the needs of these additional shops. Enclosed below, you will find an image showcasing the dedicated efforts of CE3 Cachola and CECR Abbott as they work diligently on repairing outdated emergency backup lights for one of the facilities at NVASTA Rota.

Photos and Article by CE2 Warreck Neubauer

Female Laborers CAN DO!

Seen on the right is **Gloria Pacheco Ramos**, who has applied for a Laborer position within the F&S Branch and passed all of the written and manual test. This photo was taken during the selection panel, in which she demonstrated her skills with flying colors. PWD Rota is increasing female workforce in the shops!

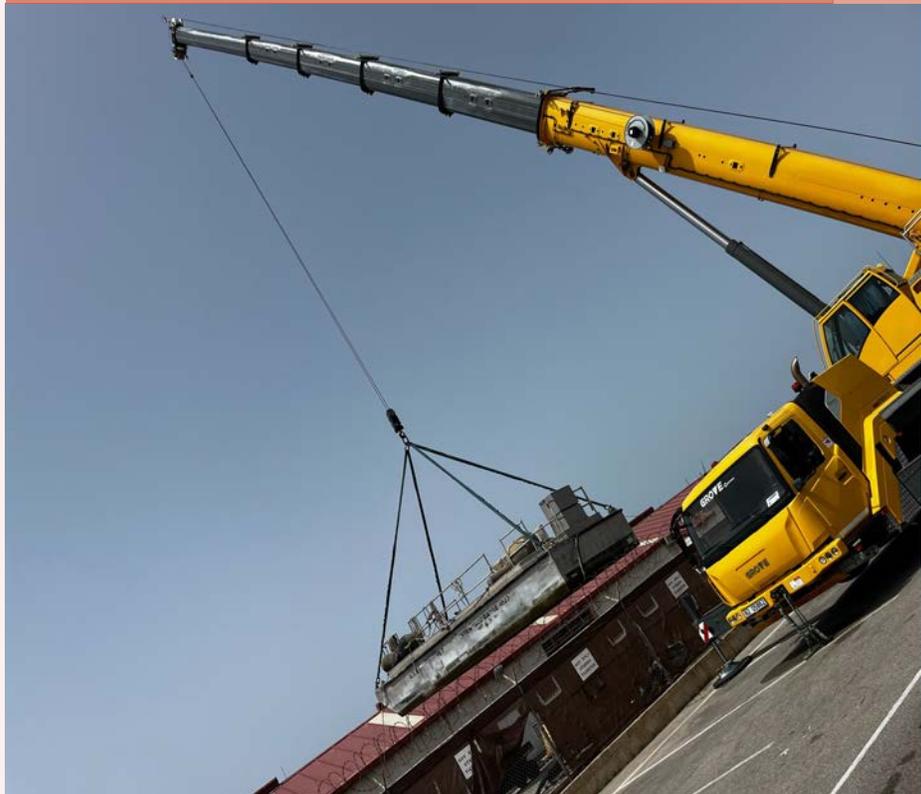
Photo and Article provided by Yolanda Morales Garcia





NAVFAC' PWD Rota's EOCN Christian Ramirez gives a thumbs up for the crane lift on August 10th, 2023 while EO2 Alex Jackson on beaver boat takes a picture of the lift with the crane operator (Gabriel Garcia).

*"Who's going to carry the boats?!
The Crane Will!! -EOCN Ramirez*



NAVFAC' PWD Rota Crane Crew Assist Port Op's Team In lifting Boat off the water onto Pier 1 then into the Port Operations building for the damage repair assessment. Along with Tagline help from EOCN Christian Ramirez, EO2 David Francis and EO2 Alex Jackson and Crane Operator Jose Ramon Jimenez Romero.

Photos by EO2 Alex Jackson/ Article by EOCN Christian Ramirez

Fair Winds and Following Seas EO1 Smith

This month marks a sad month here at PWD Rota, as we say farewell to EO1(SCW/EXW) Smith as he prepares to PCS to NSWG2 LOGSU. EO1(SCW/EXW) Smith was asked about his experience here, future plans and any advice to Seabee's here at PWD. In which he responded with: "I'm very proud of the growth in weight handling equipment program, grateful for the supportive work team and brotherhood that's here. I encourage all Seabee's here to maintain proactive work attitude for a smooth experience. I'm very excited for traveling, training trips, and future deployments." Smith ended the interview with one last piece of advice: "I encourage all Seabee's at Public Works Dept. Rota to grasp the amazing opportunities to learn various trades for future use, given Seabees' diverse deployments. Thank you for an amazing interview CM3 King."



Hispanic American Heritage Month

Celebrating Hispanic heritage is not only a time to honor the accomplishments of Hispanic Americans but also an opportunity for all citizens to embrace the values of diversity, inclusivity, and cultural appreciation. As the nation continues to evolve, recognizing the significance of Hispanic heritage encourages mutual understanding and the building of bridges between different communities. In celebrating Hispanic Heritage month we pay tribute to the service members that served for our military from the earliest conflicts to modern times. Numerous Hispanic Americans have received the Medal of Honor, the highest military decoration, for their extraordinary acts of valor. Individuals like Master Sergeant Roy P. Benavidez for his service in the Vietnam War, showed his act of selflessness when he was assisting off-loading wounded crew members from an assault helicopter while being deathly injured from small arms fire. Hispanic service members bring their unique cultural backgrounds and languages to the military, enriching the armed forces' diversity. This diversity promotes cross-cultural understanding and enhances the nation's ability to engage with global communities. As our nation observes Hispanic Heritage Month, it's imperative to remember and honor the contributions of Hispanic service members. Their dedication and sacrifices have helped shape the nation it is today.

WELCOME ABOARD!



Everyone say hello to **Francisco "Fran" Javier Bernal Niño** (left). Fran is the new IT specialist here in NAVFAC Rota. He has worked on base since 2015 at MWR until recently hired by NAVFAC. Fran has a wife with and 2 kids that are 5 and 7 years old. His favorite things to do on his off time is playing sports, especially soccer. Welcome to NAVFAC Rota Fran!

Photo Provided by Fran/Article by EO2 Roney

Silvia Lanzarote Galea (right) will be the new face you'll see upon entering the PWO Suite in BLDG 59. She has turned over with Olivia Gonzalez, who is now in FEAD BLDG 63. Silvia has worked in NAVSTA Rota since 2019, at the Navy-Gateway Inns & Suites as the receptionist and briefly at the New Navy Lodge before joining us this month. She was born in Cádiz, and attended University of Jerez for a degree in Hospitality and Management. Fun fact, she has lived in Lanzarote for 12 years, working as a receptionist there as well in a hotel! She's looking forward to joining PWD Rota family and for new opportunities as well as gaining wider knowledge of the base.

Photo Provided by Yolanda Morales Garcia/Article by LT Chanhon Lee



Brought to you by the PWD Rota Public Affairs Team

UTCA Doyle/EOCN Ramirez/CM3 King/EO2 Roney/CE2 Neubauer/LT Lee

Spanish translation by

Carmen Maria Marquez Arjona

Answers to "Guess Who" on Page 12
Top Left: CE3 Spencer Cullen
Top Middle: CM2 Wenhan Fan
Top Right: LT Chanhan Lee
Bottom Left: EO2 David Francis
Bottom Middle: CE3 Bryan Cachola
Bottom Right: CE1 Ashley Anzilottiampson

For any inquiries or suggestions, please reach out to the PWD Rota Public Affairs Team at:

M-RO-NAVFAC-EU-PWD-NAVFAC_ROTA_PUBLIC_AFFAIRS_TEAM@OCONUS.NAVY.MIL

Helpers in Your Community – KeepSafe Connections

KeepSafe Connections are Able, Approachable, and Available to help with suicide. They know how to do suicide first aid (trained in suicide intervention.) Different kinds of helpers in your community may have this training, but some may not. It is best to check before adding them to this list.

**** INDICATES A 24/7 RESPONSE**

(727-XXXX number can be dialed from a cell or off base telephone by dialing 956-82-XXXX)

118 (FROM ANY DSN PHONE)**

MILITARY CRISIS HOTLINE

911 / 727-2000**

POLICE (ON BASE)

DO-1-800-273-TALK (8255)**

MILITARY CRISIS HOTLINE

855-VET-TALK (838-8255)**

VETS 4 WARRIORS HOTLINE (WWW.VETS4WARRIORS.COM)

DO-1-800-429-6477**

MILITARY ONE SOURCE

727-3305**

HOSPITAL QUARTERDECK

639-101-864**

DUTY CHAPLAIN

727-3307 / 3308**

HOSPITAL EMERGENCY SERVICES

+34 646-407-871**

SEXUAL ASSAULT VICTIM ADVOCATE

+34-956-82-(8255) DSN 727-8255 ****

NAVSTA Suicide Hotline

727-1614 / 660 984 511**

NAVY-MARINE CORPS RELIEF SOCIETY

727-4181 (HS) / 4185 (ES)

SCHOOL STUDENT SERVICES (DGF HS / ES)

727-3232

SOCIAL SERVICES / FAMILY ADVOCACY

727-1100

CHILD DEVELOPMENT CENTER

+34 630-912-214

FAMILY ADVOCACY (AFTER HOURS)

727-1654

DRUG AND ALCOHOL PROGRAM ADVISOR

727-3232

FLEET AND FAMILY SERVICE CENTER

727-2161

CHAPEL

727-3408

BEHAVIORAL HEALTH

727-1679

NMCB CHAPLAIN'S OFFICE

727-1539

SOCIAL WORKER

727-2333 / CELL 659-901-321**

AMERICAN RED CROSS

727-2907 (PRIMARY)

NAVSTA ROTA SUICIDE PREVENTION COORD.

112**

SPANISH EMERGENCY SERVICES