

COASTLINE



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U.S. Naval Activities Spain



**SAAPM 2025:
Step Forward.
Prevent. Report.
Advocate.**
Page 6

**Student Support
Roadmap: Guide to
Mental, Behavioral
Health**
Page 10

**Seabee Divers
Construction,
Engineering
Operations**
Page 12

Leadership Corner



**Director, NAVSUP FLC Sigonella - Site Rota
Cmdr. Travis Miller**

THE LINE BETWEEN DISORDER AND ORDER LIES IN LOGISTICS

Over two millennia ago, Sun Tzu recognized the power of logistics in stating "the line between disorder and order lies in logistics..." That declaration marks the very boundary between chaos and order. This timeless insight, born from warfighting, resonates beyond the realm of warfare as successful logistics is vital at work, at home,

operations, fleet mail, fleet support, husbanding services, transportation of things, customs, shipping and receiving, household goods, integrated logistics support to Forward Deployed Naval Forces ships, hazardous material, assist visits and training, and fuel operations (transferring to NAVSTA Rota, FY25). In addition, FLC Site Rota oversees two detachments located in Madrid, Spain, and Lisbon, Portugal, which support U.S. national support elements. In summary, the site covers all Navy logistics across the Iberian Peninsula.

In its approach, FLC Site Rota is committed to executing NAVSUP's central tenets:

- Innovative and Collaborative: Cultivate environments that reject complacency while embracing key partnerships.
- Agile and Responsive: Relentlessly creative problem solvers.
- Customer Centered: Supporting each commander down to the deckplate.
- Ethically Uncompromised: Anchored by integrity, fully accountable, and radically transparent.

At Site Rota, its personnel are the logistics backbone, not just delivering supplies, but ensuring readiness and enhancing the quality of life for every individual served.

Sun Tzu's wisdom resonates today: logistical dominance is the foundation of success. Site Rota embodies that principle, striving to provide strategic and seamless support to empower warfighters and support the community. Bacon or bullets, peacetime or conflict - We Deliver!



and to society as a whole.

As one of eight globally positioned logistics centers, Naval Supply Systems Command (NAVSUP) Fleet Logistics Center (FLC) Sigonella provides integrated logistics to units in the European and African Geographical Combatant Command areas of responsibility. They enable a full range of solutions for logistics, business, and support services to U.S., NATO, and Allied Forces across 14 enduring and forward operating sites including forward contingency and cooperative security locations in 13 countries in Europe and Africa.

The FLC Site in Rota comprises military, U.S. civilian, and Spanish professionals who play a vital role in enhancing the quality of life for Sailors, Marines, Airmen, civilians, contractors, and families across the installation. The site provides efficient supply support, ensuring the readiness and well-being of personnel both at sea and ashore. Site services include postal

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On The Front Cover



U.S. Navy Seabees assigned to Underwater Construction Team 1 Construction Dive Detachment ALFA, deployed under 22nd Naval Construction regiment, conduct dive training ensuring maritime infrastructure and underwater systems readiness aboard Naval Station Rota, March 7, 2025.

Do You Like to Write or Take Photos?

The Coastline is always 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? If so, we want to hear from you! Please send story and photo submissions or story ideas to [The Coastline at rotacoastline@gmail.com](mailto:rotacoastline@gmail.com).

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NAVY FAMILY OMBUDSMAN PROGRAM



The **Navy Family Ombudsman Program** is designed to provide better and faster communication between Navy families and Navy leadership. Navy commands and all deploying units, including the reserves have an Ombudsman, typically a spouse of one of the command's active duty members. **Ombudsmen** are official, appointed, liaisons between commanding officers and families. They can expedite communication between the command and families. In addition, Ombudsmen provide information on services, upcoming events, and/or help in crisis situations. **Air Force Key Spouses & Family Readiness Assistants** are similar to Ombudsmen, support service members, their families, and command leadership. Contact your command's representative to be added to their distribution list.

Ombudsman Coordinator Monica Gonzalez 727-3232 (Monica.gonzalez26.naf@us.navy.mil)

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Anchoring Love: Nurturing Resilience and Safety in Military Families

By **Jessie Reinhart**
Fleet and Family Support Center

The parenting journey is filled with immense joy and unique challenges, especially for military families who often navigate periods of separation, frequent relocations, and the ever-present call of duty. Your commitment to nurturing your child creates a legacy of love and resilience in every moment, whether home or away.

One of the most important gifts you can give your child is feeling deeply connected and understood. Military life can sometimes mean long stretches apart, but when you are together, every moment counts. A loving embrace, a quiet conversation about their day, or simply sharing a smile can bridge the gap created by distance. In these tender moments, your child learns that no matter where you are deployed, your love is unwavering. By listening and empathizing with their feelings, you create an environment where trust thrives. This bond becomes their haven, where they can share their fears, joys, and dreams without hesitation.

Parenting means understanding that discipline is not about control but guiding your child toward better decisions. Instead of harsh punishments, focus on teaching your child the value of responsibility and self-regulation. Explain the reasons behind your expectations and let them understand that mistakes are simply stepping stones in the learning process. We can set a positive example by modeling the behavior we wish to see, apologizing when we

are wrong, expressing our gratitude for the help received, and showing patience in moments of stress. Our actions become lessons in themselves, teaching our children that every challenge is an opportunity to grow, even when circumstances are less than ideal.

Communication is essential in building a resilient family unit, especially in military households. Children need to know that their thoughts and feelings are welcomed and valued. Whether you are discussing the feelings of an upcoming deployment or the emotions that come with saying goodbye, open and honest conversations help to demystify the uncertainties of military life. These discussions, filled with genuine concern and empathy, ensure that your child feels heard and understood. When they know they can approach you with any issue, no matter how big or small, they are more likely to hold trust in you and fortify the parent-child bond.

The challenges of military life can bring stress to you and your children. Recognizing and managing this stress in healthy ways can transform potential moments of tension into opportunities for growth. Whether waiting for news from a deployment or adjusting to a new duty station, your approach to stress can significantly impact your child's emotional well-being. Taking time for yourself to relax, reflect, or even talk to a trusted friend demonstrates that it is perfectly okay to seek help when things get overwhelming. When children see their parents handling stress calmly and clearly, they adopt similar strategies, turning stress into a natural part of life

rather than a source of fear or uncertainty.

The unique lifestyle of military families means that you are never truly alone on this journey. The sense of camaraderie that runs through military communities is a powerful resource for parents. Whether sharing experiences with fellow service members, finding support through family readiness groups, or connecting with local community organizations, these networks can provide a much-needed safety net. Rely on your extended military family to share the weight, offer advice, or lend a sympathetic ear. In a life that can sometimes feel unpredictable, having a strong support system can bring a sense of stability and shared understanding, reinforcing that every member of our Rota community is valued and cared for.

Leading by example is the most profound lesson you can impart to your child. Your behavior sets the tone for how you interact with the world. Amid deployments, relocations, and the inherent challenges of military life, showing kindness, resilience, and unwavering integrity sends a message that transcends words. Your child learns to mirror that behavior when you demonstrate compassion in everyday interactions, whether in small acts of courtesy or your responses during tough times. They witness firsthand that mistakes can be met with forgiveness and that strength is found in vulnerability. By being open about your own struggles and triumphs, you invite them to understand that life is a series of moments, some challenging, some joyous, and that every experience contributes to their growth as a person.

Ultimately, every military family deserves a safe and loving home where children are encouraged to explore, learn, and become confident adults. The commitment to nurturing your child, especially under the unique pressures of military life, is a testament to the strength and resilience inherent in your family. Raising our children is about cultivating a space where love, respect, and understanding flourish. When children feel secure and valued, they are empowered to face life's challenges with a positive outlook and a belief in their strength.

As you navigate the intricate balance of duty and family life, remember that every moment spent showing love, understanding, and support is an investment in your child's future. Their physical and emotional safety is built on the foundation of your care and guidance. In a world where the demands of service can sometimes overshadow them, know that each word of encouragement, a gesture of kindness, and a moment of honest connection builds a future where your child feels safe and cherished. Ultimately, our journey as parents in the military community is a powerful reminder of the resilience of the human spirit. In military families, where the unpredictability of life can sometimes overshadow routine, it is vital to empower our children with knowledge and the skills they need for today and the future. Please reach out to FFSC Rota for resources to help your family thrive!

Customs Notice: Importing Items into the United States

By **U.S. European Command, Customs and Border Clearance Agency**

Many homemade items can be purchased from foreign merchant vendors at the local exchange. Be careful, as some items may not be allowed back to the USA.

If the wood articles you want to import are made from finished lumber—i.e., that is wood that has been planned on every side and does not have any bark—the objects don't need to be fumigated or heated, and you don't need to get an import

permit from the United States Department of Agriculture (USDA). The items will be inspected when they arrive at a U.S. port of entry. You will also be required to fill out a Lacey Act declaration specifying exactly where all the components of the products originated. To learn more about the requirements and download the declaration form, visit APHIS | Lacey Act.

However, the USDA requires permits for the importation of logs, lumber, and other unmanufactured wood products into the United States. If the veneer products you wish to import are unfinished, you

should fill out PPQ Form 585, "Permit Application to Import Timber or Timber Products," which can be found at Plant Health Permits.

It should be noted that import permits are only available to U.S. citizens who have a valid U.S. address and may take up to a month to be processed. If you need to contact a USDA Plant Permit specialist, you can do so by calling 301-851-2046 (Toll-free: 1-877-770-5990) or sending an email to plantproducts.permits@usda.gov.





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Sexual Assault Awareness and Prevention Month 2025: Step Forward. Prevent. Report. Advocate.

By Christina Cobb
Fleet and Family Support Center, Sexual Assault Response Coordinator

Every April, communities across the globe come together to observe Sexual Assault Awareness and Prevention Month (SAAPM). This year, the theme “Step Forward. Prevent. Report. Advocate.” Serves as a powerful call to action, urging

individuals, organizations, and institutions to take proactive steps in addressing sexual violence, supporting survivors, and fostering a culture of accountability and prevention.

Sexual assault remains a pervasive issue, affecting millions of people regardless of age, gender, race, or socioeconomic status. According to recent statistics, one in three women and one in six men experience some form of sexual violence in their lifetime. These numbers are not just statistics: They represent real people, real pain, and real consequences. SAAPM 2025 is a time to amplify voices, educate communities, and work collectively to end sexual violence.

The 2025 Theme: What It Means

Step Forward. Prevent. Report. Advocate. encapsulates four critical pillars in the fight against sexual assault:

1. Step Forward:

This calls on everyone to take personal responsibility in addressing sexual violence. Whether it's challenging harmful attitudes, intervening in risky situations, or supporting survivors, stepping forward means being an active

participant in creating safer spaces.

2. Prevent:

Prevention is at the heart of ending sexual violence. This involves education, awareness, and systemic change.

3. Report:

Reporting sexual assault is a deeply personal decision, and survivors should never be pressured to come forward before they are ready. However, creating environments where survivors feel safe and supported to report is crucial. This includes improving law enforcement responses, providing trauma-informed care, and ensuring survivors have access to resources like hotlines, counseling, and legal aid.

4. Advocate:

Advocacy is about using your voice and platform to drive change. This can mean lobbying for stronger legislation, supporting organizations that serve survivors, or simply listening to and believing survivors when they share their stories. Advocacy also involves challenging victim-blaming narratives and holding perpetrators accountable.

How You Can Participate in SAAPM 2025

1. Educate Yourself and Others:

Knowledge is power. Take the time to learn about the prevalence of sexual violence, the impact on survivors, and how to support them.

2. Wear Teal:

Teal is the official color of Sexual

Assault Awareness Month. Wear teal ribbons, clothing, or accessories to show your solidarity and spark conversations about the cause.

3. Support Survivors:

If someone discloses their experience to you, listen without judgment, believe them, and offer support. Encourage them to seek professional help if they're ready, but respect their autonomy in making decisions.

A Message of Hope

While the statistics surrounding sexual assault can feel overwhelming, SAAPM 2025 reminds us that change is possible. Every step forward, every act of prevention, every report made, and every voice raised in advocacy brings us closer to a world free from sexual violence. Together, we can create a future where everyone feels safe, respected, and empowered.

This April, let's commit to stepping forward, preventing harm, supporting survivors, and advocating for change. Because when we unite, we have the power to end sexual violence.

If you or someone you know has been affected by sexual violence, help is available. Contact the local Rota SAPR office.

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Sexual Assault Awareness & Prevention

Show your support by wearing teal on Tuesdays for the month of April. Take a picture of you wearing teal or SAAPM displays and tag FFSC Rota with the #SAAPMROTA

- SAAPM Proclamation Signing at FFSC Courtyard 07APR @ 1400
- Respect™ Flix MWR movie theatre free movie (PG13) 17APR @ 1700
- Dodgeball Team tournament at the MWR gym 22APR @ 1100-1300
- Find the teal Ribbon donuts at Dunkin on base during April

Call FFSC Rota for questions: 956-82-3232 / 727-3232
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RESTAURANT EL EMBARCADERO – DO NOT MISS ITS NEW MENU!

Since its establishment, El Embarcadero has been dedicated to offering an exceptional dining experience that combines tradition and innovation. Located in the picturesque Hotel Duque de Nájera, the restaurant boasts stunning views of the Bay of Cádiz, providing the perfect backdrop for a memorable meal.

The chefs seem passionate about using the freshest local ingredients to create dishes that reflect the rich culinary heritage of Rota. From the sea to the land, each plate is crafted with care and creativity, ensuring a delightful experience.

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SCAN TO ORDER



EFMP Case Liaison Sylvia Bryant

By **Jessa Quitiquit**
Fleet & Family Support Center



Since joining Naval Station (NAVSTA) Rota, Spain's Fleet and Family Support Center in January 2024, Sylvia Bryant has demonstrated unwavering dedication to supporting military families. As the Exceptional Family Member Program (EFMP) Assigned Case Liaison for Rota, she manages cases across 10 countries in the region, ensuring service members and their families receive the necessary assistance and resources. Through strategic initiatives and collaborations, Sylvia has strengthened the EFMP program, improving the quality of life for military families stationed abroad.

Sylvia played a key role in organizing NAVSTA Rota's very first EFMP Boo Bash, a Halloween-themed resource fair that provided essential information and sensory-friendly activities for EFMP families. The event brought together both on-base and off-base agencies, creating a space where families could connect with crucial support services tailored to their unique needs.

Understanding the challenges that military families face, Sylvia identified the need for respite care and worked with Child & Youth Programs (CYP) leadership to establish a dedicated respite care program. This initiative has provided much-needed relief for qualifying families, ensuring they receive appropriate care

within EFMP guidelines and offering parents and caregivers critical support.

Recognizing a rise in EFMP-related Early Return (ER) and Early Return Due to Dependency (ERD) requests, Sylvia engaged with command leadership across the base, offering the CNIC EFMP Leadership Brief. By educating multiple commands, she highlighted the importance of EFMP enrollment in improving command readiness and service member retention, fostering a proactive approach to addressing family needs.

Sylvia also built a key partnership with the Military Treatment Facility (MTF) to better assist families with complex medical and educational needs. By presenting the Leadership Brief to MTF providers, she reinforced their role in identifying families needing EFMP enrollment.

See **EFMP** Page 23

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Student Support Roadmap Provides Pathway to Resources

By Cmdr. Jenny Paul
U.S. Naval Hospital Rota

Leaders from David G. Farragut Department of Defense Education Activity (DoDEA) school and Naval Hospital Rota have collaborated to create a Student Support Roadmap, a comprehensive resource guide for youth in need of mental and behavioral health support. Modeled from the Navy's Mental Health Roadmap, this tool outlines the pathway of services and resources available to military and

civilian students who attend the DoDEA school, located on Naval Station Rota. For families stationed overseas, where access to mental health resources can be limited, reducing barriers to utilizing support services is essential.

The Student Support Roadmap outlines nine primary resources for students, including installation Chaplains, Fleet and Family Center counselors, Military Health System providers, embedded school assets and emergency services.

Incorporating a stop light color scale, it allows users to identify levels of care available, ranging from no issues for safety, which might be most appropriate for a Chaplain or Military and Family Life Counselor, to needing immediate care from the Emergency Room or Crisis Line.

"When first introduced to the Mental Health Roadmap I immediately saw its usefulness for adults and wondered, where is the corresponding roadmap for youth on base?" stated Scott Cypers, a

Child Psychologist and Department Head of the Educational and Developmental Intervention Service. Working with partners from across the installation, Dr Cypers was able to bring his vision of a youth centric roadmap to life.

This proactive and preventative approach aims to identify and address potential issues before they escalate into more serious problems. The roadmap

See ROADMAP Page 22

Updated: 28Jan25
US Naval
Hospital Rota

STUDENT SUPPORT ROADMAP

It's okay to not be okay...but it's important to know what support resources are here for you when you need them. This roadmap is a guide to levels of support available. Never hesitate to reach out for help. Your safety and well being is a priority!

MILITARY & FAMILY LIFE COUNSELORS (MFLC)

MFLC'S are great to talk with about stressful parts of your life and deal with emotions. You need parent permission, but can meet with them at school and CYP. Contact the School Liaison Officer (+34 956-82-2425) or school main office for the best contact numbers.

COMMAND CHAPLAINS

Chaplains are great to talk about school issues, family issues, grief and loss, difficulties with transition to life abroad, and also if you are having concerns around your faith. To meet with a chaplain, call +34 956 82 2161 or +34 639 10 1864.

FLEET & FAMILY SUPPORT CENTER (FFSC)

FFSC members are great to talk to about challenges adjusting to life in Rota, challenges with having a family member deployed, depressed/anxious moods, or concerning sexual behaviors. To meet with them, call 956-82-3232 or make an appointment at building 3293.

CRISIS LINE

988
SUICIDE & CRISIS LIFELINE

Call 988 on base and you will immediately be transferred to a counselor to talk. There may be a little wait while they get someone but they will be able to help you in the moment 24/7.

EMERGENCY DEPARTMENT

Go to the ER if you are in danger of hurting yourself or other people and don't know how you will keep yourself safe. Let someone know and have them take you directly there. You can also access this support by calling 911 on base or 956-82-2911 or 112 off base.

ROTA SCHOOL COMPLEX

If you are a student during school hours and feel unsafe during school hours, you can reach out to any teacher or staff member for help. You can also go directly to the school counselor, psychologist or the principal. They are all there to listen and will take the needed steps to ensure your safety. Parents can also contact the principal if they have concerns about their child's safety.

SCHOOL MENTAL HEALTH SUPPORT

School mental health counselors and psychologists provide support for general mental health concerns and a great place to start the conversation. They will talk with you about your options and connect you to the right resource. Stop by their office to set up an appointment.

INTEGRATED BEHAVIORAL HEALTH CLINIC (IBHC)

Youth can come to the IBHC if they are looking for tools for sad mood, anxiety, weight, sleep, or stress management. No referral is needed. You can walk in to MHP or call the call center (956-82-3618) for an appointment. The IBHC can work with you for a short amount of time and can be a great first point of contact for additional mental health services.

EDIS MENTAL HEALTH

Offers individual medical/mental health counseling around issues related to anxiety, depression, attention deficit disorder and other mental health conditions. Contact your base medical provider to set up an appointment.

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Spouse Talk - A Million Memories

By Ashley Leigh
Contributing Community Writer



Certain things go hand-in-hand when we transfer to a new duty station. Just to name a few, the sound of screeching tape as the boxes are being closed up, trying to figure out what to do with the 400 pounds of brown packing paper which was wrapped around everything, (including the plastic kitchen utensils) and how to rearrange the furniture so you don't have to store it, trash it or sell it. But have you ever considered the stickers?

It's the very first move. The goods have arrived and it's like Christmas. If we're being honest, even after several moves it still feels like Christmas. The movers hand you the clipboard and a pen you'd rather not hold and you start ticking off every number they shout at you. Box by box, number by number, it's like a whirlwind of "where does this go?," "Did you get number 141?," and "just put that in the spare room and I'll figure it out later."

After hours, it's finally over. You start opening box after endless box and wait, what's this? Oh, how cute...a little blue sticker with the numbers that were called on it. You peel off one, ten, twenty, but soon, after what feels like several hundred, you give up and just leave them on. I think many of us can say that after two or three moves, we give up trying to remove them at all. Because, really, why

bother? Some of the stickers are in such odd places that who really cares? No one will ever be looking underneath your bed frame.

Over time, the semi-pastel color palette of stickers really becomes like a scrapbook of our past moves. Remember when the yellow ones were from your first move? Or the orange ones from when you lived at the duty station you still have fond memories of? The stickers are like a flash in time. Secretly, I think the movers like the stickers still attached because then they already have a number assigned to that item.

We might not keep a memory book of every place we've lived, but the stickers do. They hold facets to a time when we first moved up to the one we're at now. On that final move of your time as a part of a military family, you'll still probably leave them on. They become a part of the identity to that item they are sticking to. It's kind of funny how something so small and seemingly unimportant becomes impressionable as part of our memory scrapbook.

Library Pokemon-Themed Scavenger Hunt

By Minerva Jimenez
MWR Library

On March 21, Naval Station (NAVSTA) Rota's Morale, Welfare & Recreation (MWR) library became a hub of adventure and discovery as young "Pokémon" enthusiasts, aged 5 to 12, joined an engaging "Pokémon" Scavenger Hunt.

The event brought together children and families for a fun-filled, educational experience.

Participants embarked on a quest throughout the library, decoding riddles, uncovering hidden "Pokémon," and learning more about the many resources

the library has to offer.

The activity fostered teamwork, exploration, and discovery, creating an atmosphere of laughter and excitement as budding trainers shared tips and celebrated their findings.

NAVSTA Rota MWR library would like to say "THANK YOU!" to all of the participants who helped make this a successful event. Your enthusiasm and feedback are appreciated and will help us to create even more fantastic adventures in the future. Also, be sure to keep an eye for more exciting programs in the Vamos magazine!

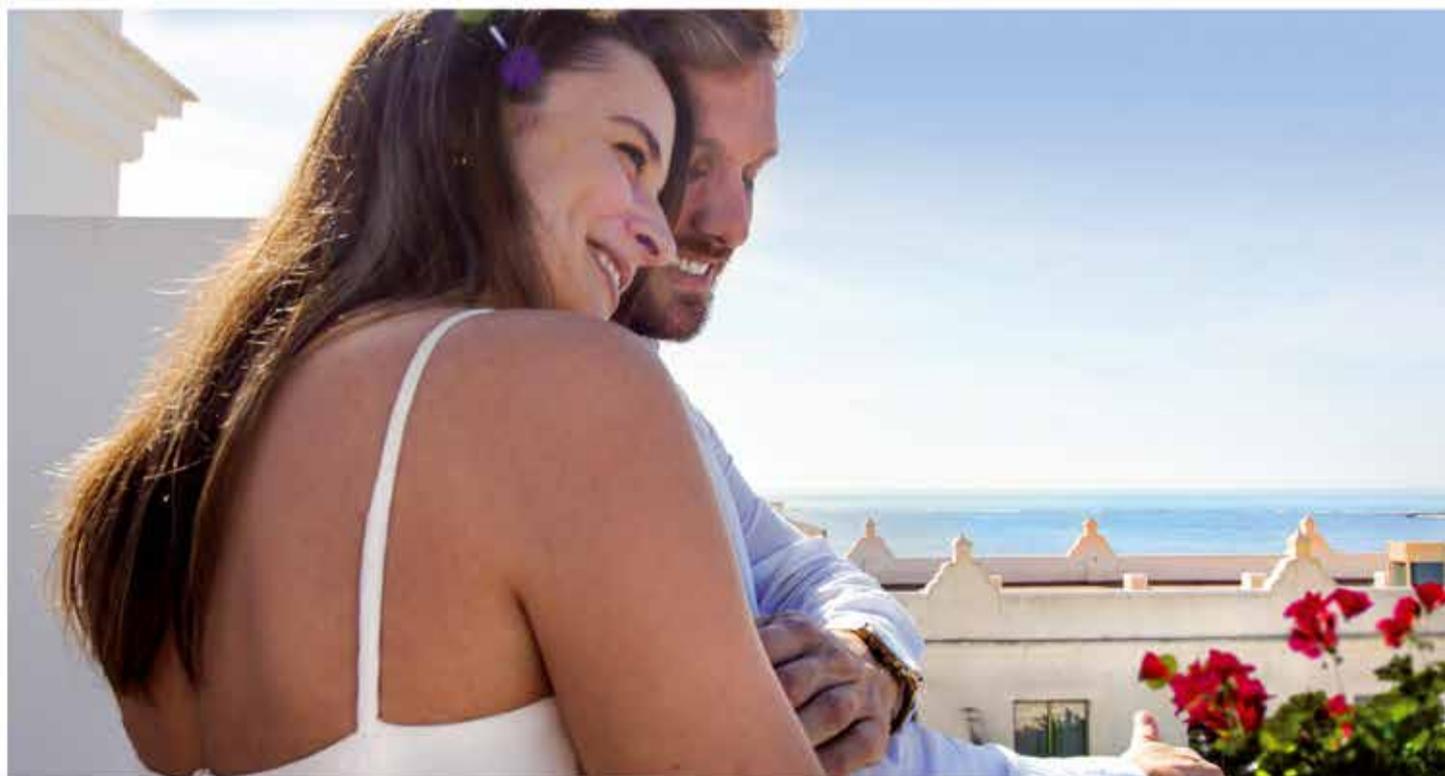


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Navy Expeditionary Engineers Deploy to Strengthen Maritime Security in Europe and Africa

By MCC Justin Stumberg
22nd Naval Construction Regiment

U.S. Navy Seabee Divers, assigned to Underwater Construction Team One (UCT 1), Construction Dive Detachment ALFA (CDD/A), deployed to the U.S. Sixth Fleet (C6F) Area of Operations (AOR) to conduct critical engineering operations in support of maritime security, regional stability, and building partner nation capacity.

During the deployment, they will execute critical underwater construction, expeditionary engineering, and maritime infrastructure assessments to enhance operational readiness of C6F and partner forces.

“Our team is ready to deploy our skills in construction, diving, and engineering to support global security efforts and improve operational readiness,” said Lt. j.g. Ehrick Costello, CDD/A’s Officer in Charge. “This mission is about more than construction; it’s about ensuring our Allies and partners have the capabilities they need to maintain security in their waters.”

Throughout the deployment, UCT 1 will operate from Camp Mitchell onboard Naval Station Rota, Spain, using it as a central hub for mission planning, logistics, and coordination efforts.

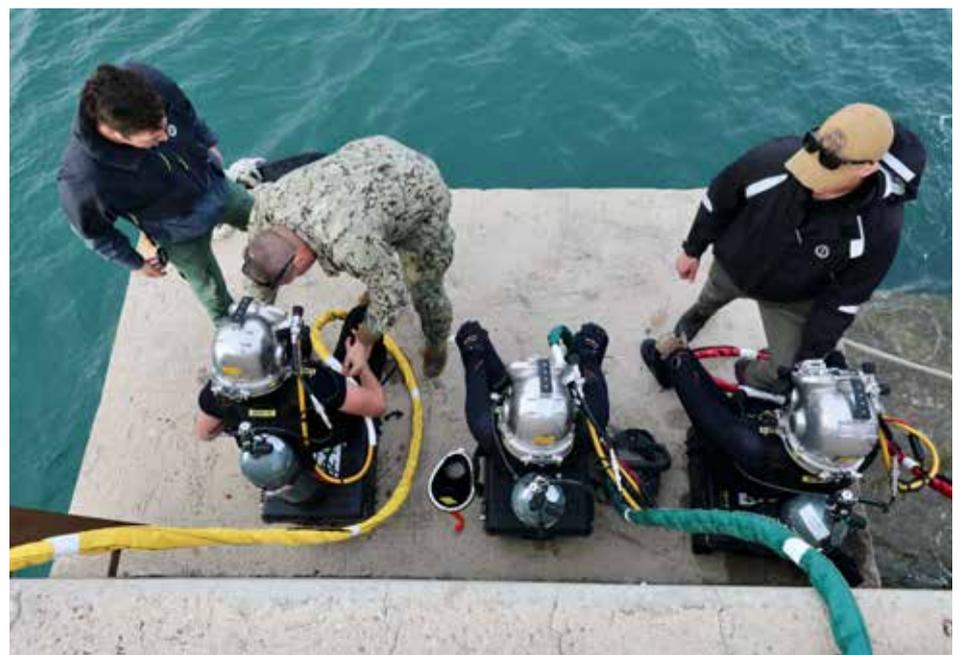
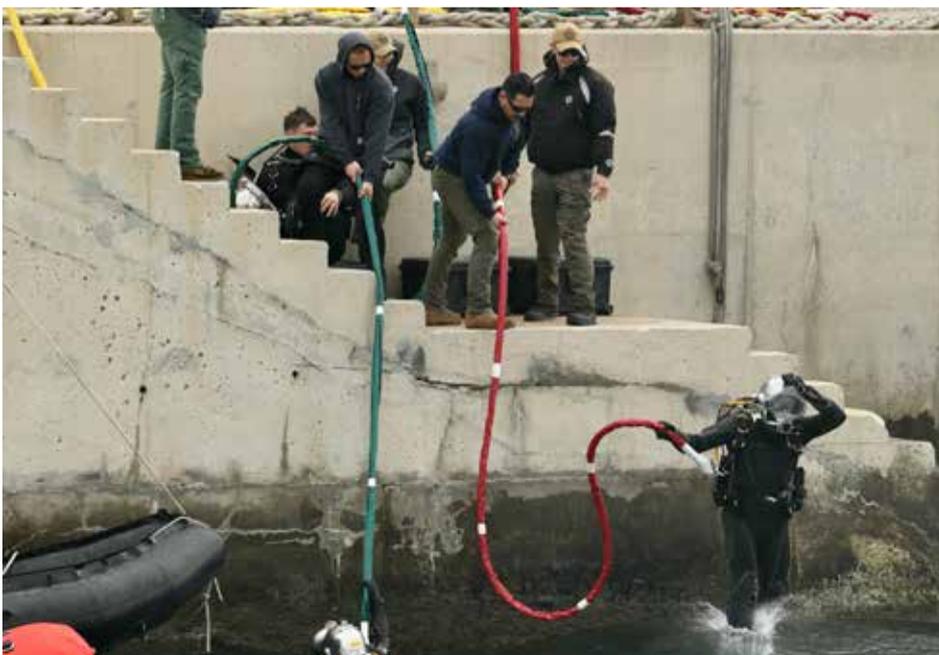
“Our ability to deploy on short notice and execute complex engineering tasks in challenging environments is critical to ensuring mission success,” said Costello. “This deployment is a testament to our commitment to maritime security and strong international partnerships.”

UCT 1 is a specially trained and equipped unit, within Navy Expeditionary Combat Forces (NECF), that specializes in diving, light salvage, underwater construction, and military engineering operations in austere environments. Their mission ensures U.S. and Allied naval forces can maintain critical infrastructure, respond to security threats, and enhance regional stability.

“UCT 1 is a game-changer for the 22nd Naval Construction Regiment (22NCR) because they bring a capability that no one else has,” said Chief Builder David Madmon. “We can build roads, bridges, and runways all day, but when it comes to ports, piers, and anything underwater, we rely on them. Their work makes sure ships and small craft have safe, operational facilities so we can keep the mission moving, whether it’s in Europe or Africa.”

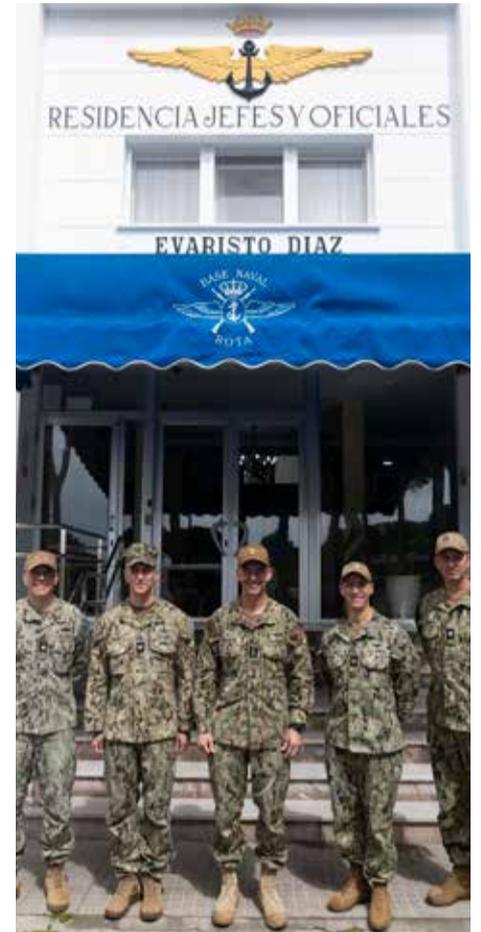
CTF 68, headquartered in Rota, Spain, commands all Navy Expeditionary Combat Forces in the U.S. European Command (USEUCOM) and U.S. Africa Command (USAFRICOM) areas of responsibility and is responsible for providing EOD operations, naval construction, expeditionary security, and theater security efforts in direct support of U.S. Naval Forces Europe-Africa (NAVEUR-NAF) and U.S. Sixth Fleet.

22nd NCR commands naval construction forces for Navy Expeditionary Combat Forces Europe-Africa/Task Force 68 across the 6th Fleet area of operations to defend U.S., Allied, and partner interests.



Commander, U.S. 6th Fleet Visits NAVSTA Rota, Supported Commands

Vice Adm. Jeffrey Anderson, Commander, U.S. 6th Fleet, visited Naval Station (NAVSTA) Rota, Spain March 16 - 18, 2025. In addition to meeting with personnel assigned to Helicopter Maritime Strike (HSM) Squadron 79, Mine Countermeasures Group (MCMGRU) 2, and Explosive Ordnance Disposal Mobile Unit (EODMU) 8, Anderson also paid a visit to the Arleigh Burke class guided-missile destroyers USS Bulkeley (DDG 84) and USS Paul Ignatius (DDG 117.)



433rd Airlift Wing Aeromedical Evacuation Exercise

More than 80 Reserve Citizen Airmen assigned to the 433rd Aeromedical Evacuation Squadron honed their skills and demonstrated readiness during a multi-day annual training event at Naval Station (NAVSTA) Rota, Spain, during the first two weeks of March 2025.

The training ensured Airmen are prepared to perform mission-essential tasks related to patient care and movement. NAVSTA Rota's strategic location provided a realistic environment simulating what Airmen might face during a real-world contingency operation and sharpening their warrior ethos.



Special Thanks to NAVSTA Rota

By Brad McFarland

David Glasgow Farragut Rota Middle-High School

The Boys' High School Soccer Team, on behalf of all Rota High School activities, extends a heartfelt thank you to the NAVSTA Rota community for your unwavering support. Every weekend, students from various clubs stand outside the commissary and exchange, seeking your generous donations. Week after week, you respond with kindness, offering

donations in exchange for baked goods.

We understand that this might become tiresome, yet your continuous support allows military children to experience activities they might otherwise miss out on due to living overseas. Your generosity means the world to these students and to the sponsors of the clubs. We are committed to being respectful representatives of NAVSTA Rota in all the activities you help fund.

Thank you all. Go Rota!



83rd Annual Rota Seabee Ball

By Tariq Jaber

Public Works Department Rota

The bonds of camaraderie were strong at the 83rd Rota Seabee Ball, held March 15 at Bodegas Osborne in El Puerto de Santa María. Seabees, their families, and friends gathered to commemorate the 83rd anniversary of the U.S. Navy Seabees, as well as milestones for the Civil Engineer Corps and Naval Facilities Engineering Systems Command.

Since their formation in 1942 during World War II, the Seabees (named for "Construction Battalion" or "C.B.") have been essential to constructing and maintaining military infrastructure, from airstrips to hospitals, often in demanding and dangerous environments. Their motto, "Construimus, Batuimus" ("We build, We fight"), reflects their commitment to both construction and defense.



Members of the Rota Seabee Ball committee present a plaque to Capt. Rafael Miranda, the commanding officer of Naval Facilities Engineering Systems Command Europe Africa Central, center, for his attendance of the 2025 Seabee Ball, March 15, 2025.



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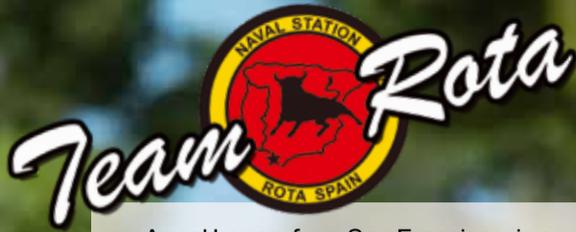
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Angel Lopez

Angel Lopez, from San Francisco, is an Accredited Financial Counselor at Naval Station (NAVSTA) Rota, Spain's Fleet and Family Support Center (FFSC).

"I spend the majority of my days either providing one-on-one financial counseling to military service members and their families or in the classroom teaching financial classes to the community and commands," explained Lopez.

Lopez has spent almost his entire professional career onboard the installation ever since graduating from Rota Middle High School in 2006, holding roles at Morale, Welfare & Recreation (MWR) and University of Maryland Global Campus (UMGC). In 2011, Lopez left Rota for the only time in his career and held a role as a badge supervisor in Baghdad, Iraq before returning to NAVSTA Rota in 2012. Since then, he's worked for UMGC, University of Oklahoma (OU), and FFSC.

"I think, like most people in helping fields, my favorite thing about my job is seeing people succeed," explained Lopez. "I may be working with a service member or family that is struggling financially; their financial struggle might come from

mistakes, accidents, emergencies, or just a lack of financial knowledge and education. I enjoy sharing my knowledge and helping them through their financial challenges as well as seeing them grow from the experience."

Outside of his daily duties, Lopez enjoys teaching anger management and life skills courses and using whatever free time he has to pursue fitness-based activities.

"I used to have hobbies, but now that I have two young children a lot of my free time is spent on their activities, but I have always enjoyed exercise and running," stated Lopez. "I still try to find time to do fun exercise activities or go for a nice run whenever I can."

While originally from California, Lopez states that he has lived in Rota for so long that it has started to feel like his true home.

"When I moved to Rota, I didn't know any Spanish but I made it a point to immerse myself in Spanish language and culture," said Lopez. "Since learning the language, it has made living in Rota an amazing experience."



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School Liaison Program Hosts Homeschool Meet and Greet

By Randy Lambert
School Liaison Program

The School Liaison Program hosted a Homeschool Meet & Greet on Friday, March 21 at the School Age Care facility. 15 families registered and attended the event.

Supporting this event was a team of firefighters from the Naval Station (NAVSTA) Rota Fire Department who gave a demonstration of the equipment that they wear and use. Children and youth commented on how heavy the fire fighting equipment is. They also had the chance to go inside the firetruck, explore where equipment is stored, see where the firefighters sit when they are responding to an emergency, and ask questions about the training firefighters receive. One of the highlights that children and youth got to experience was shooting water from a hose to hit orange cones off in the distance. The children were even able to use the hoses used to fight fires with the assistance of the firefighters.

Once back inside, families were treated to lunch. During lunch, the Rota Welcome Center presented information about upcoming Spring and early Summer events in Rota. With so many new families to Rota attending, Rocio from the welcome center shared information about Semana Santa or Holy Week activities. She shared information about what people may see if they are in the downtown Rota area such as the costumes and the processions.

Another event happening in Rota after holy week is the annual Rota Feria or fair. Rocio stated Feria begins on May 1 and runs through May 4 in the new Rota area. She touched on the typical colorful dresses that women wear, including flowers, jewels and "mantoncillos," a kind of scarf to cover your shoulders. Some men will also wear "traje de corto" with cropped jacket, high-waist trousers, and "cordobes" hat. She also mentioned what "casetas" are and how the ones in Rota aren't as formal as ones you might find in other cities like Sevilla. Rocio shared that the welcome center has information about local classes children and youth can take out in town and ideas for exploring in Rota and the surrounding area.

The School Liaison Program invited a representative from Morale, Welfare & Recreation (MWR) to share their hosted events happening on the installation for Spring and April, the Month of the Military Child. Featured events included the Kids Color Run on April 12 and Disney's Imagination Movers on April 16. Another highlighted MWR event returning in April is Eggspllosion, a large-scale event featuring games, food, an egg hunt, and, of course, the chance to take photos with your children with the Easter bunny. Finally, the representative gave information about a number of community classes for children and youth.

After MWR, two school Military Family Life Counselors (MFLC) discussed the

program and how they support military families. Although the counselors work primarily in the schools on base, MFLCs are available to support homeschool students outside of the DGF campus too. They can offer homeschool families support services relating to sibling and parent relationships, problem solving, deployment, reunifications, separations, and many more.

For more information about Homeschool Meet & Greets, contact the SLP at SLPRota@us.navy.mil or call 956-82-2425.



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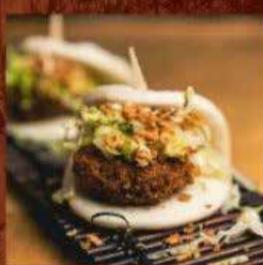
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Semana Santa in Andalusia: A Tradition You See, Hear, Smell — and Feel

By Brenda Navarro & Ellie McDonald
Contributing Community Members

If you've recently noticed a shift in the air—an uptick in incense wafting through the streets, the slow beat of distant drums, or storefronts displaying tall cone-shaped hoods—you're not imagining things. Semana Santa, or Holy Week, is here.

For those stationed in southern Spain for the first time, Holy Week is one of the most unforgettable cultural experiences of your tour. It's moving, massive, and, at times, mystifying. But more than anything, it's uniquely Andalusian—a blend of deep religious devotion, artistic beauty, and street-level pageantry that defines springtime in the region.

But before you call it a parade—don't.

Processions, Not Parades

In Spain, Semana Santa is marked by procesiones, not parades. These solemn, carefully choreographed events are religious rituals, not entertainment. Each one is organized by a hermandad (brotherhood) and involves hundreds—sometimes thousands—of participants.

Floats, known as pasos, depict scenes from the Passion of Christ or feature images of the Virgin Mary in elaborate robes and golden crowns. These floats are carried by costaleros, men hidden beneath the structure who support the entire weight on their shoulders and necks, moving in a slow, rhythmic step that takes months of training and practice.

The processions wind their way through narrow cobblestone streets, often in complete silence—broken only by the haunting notes of a solo trumpet or the sudden, raw voice of a saeta, a flamenco-

style song of devotion sung from a nearby balcony. The effect is powerful, even for those with no religious ties.

Who Are the People in the Pointy Hoods?

One of the more startling sights for newcomers is the nazarenos, participants dressed in long robes and tall, pointed hoods called capirotas. They often carry candles or wooden crosses and walk barefoot, sometimes for hours.

It's true: the first impression can be uncomfortable. The visual similarity to other infamous garb is jarring for many Americans. But the tradition has no connection whatsoever. The nazareno outfit predates modern history by centuries and symbolizes anonymity, humility, and penance. In the Spanish context, it is a symbol of devotion—not division.

What to Expect: A Full-Sensory Experience

Semana Santa in Andalusia is a sensory event.

The sights are striking: golden canopies glimmering under streetlights, smoke from incense drifting over candlelit crowds, and thousands of onlookers lining the streets—some in tears, others in respectful silence.

The sounds vary between the soft shuffle of processional feet and the intense thump of drums, the mournful brass of marchas procesionales, and the occasional wailing saeta that cuts through the night like a prayer wrapped in emotion.

The smells might surprise you the most. The scent of incienso (incense) becomes almost a character of its own, lingering on clothes and street corners

long after the float has passed. If you're driving downtown afterward, the wax from hundreds of candles on the roads may stick to your tires—just one of many reminders that you've witnessed something rare.

Yes, There's Food — And It's Delicious

No Spanish celebration is complete without its own culinary traditions, and Semana Santa is no exception.

One of the most popular seasonal treats is torrijas—Spain's version of French toast. Made with slices of day-old bread soaked in milk (or wine), dipped in egg, fried, and sprinkled with sugar and cinnamon, they're a must-try during Holy Week. You'll also see pestiños, small pastries fried in olive oil and glazed with honey or sugar, especially in Andalucía.

It's Religious, Yes — But It's Also Cultural

While the roots of Semana Santa are unmistakably Catholic, the experience transcends religion. It's about history, community, and a very specific type of artistic and emotional expression. Even the least spiritual visitor can find something to connect with—whether it's the music, the craftsmanship, the choreography, or the raw human emotion on display.

The processions are so embedded in the culture that they shape everything from traffic to meal plans. Local schedules shift, streets are blocked off, and people take time off work to participate or simply to watch.

For many, it's a chance to reconnect with family and tradition. For others, it's

the most important week of the year.

Tips for Experiencing Your First Semana Santa

- Get there early if you want a good viewing spot—some people wait for hours for front-row views.

- Expect delays. Processions rarely start "on time" by American standards. They begin when the brotherhood is ready.

- Watch your step. Candle wax drips onto the streets, and it gets slippery.

- Don't try to cross through a procession. Just don't. Wait, find another route, or you may get politely (or not-so-politely) redirected.

- Respect the silence. Many parts of the procession are meant to be quiet. Save your excitement for when the float passes—you'll know when the moment feels right to clap or cheer.

The Bottom Line

Whether you're attending your first procession in El Puerto, Jerez, Cádiz, or Seville, Semana Santa is not something to miss. It is as much a window into Spanish identity as flamenco, bullfighting, or tapas—and perhaps more deeply felt than all of them combined.

It may challenge your expectations. It may even move you. But above all, it will stay with you.

And if nothing else, it will give you something to talk about for the rest of your tour.

So bring tissues, charge your phone, wear comfortable shoes—and follow the scent of incense. Semana Santa has arrived.

Rota School Liaison Program

Naval Station Rota School Liaison Officer, Randy Lambert, has a wealth of resources, information and programs related to school and school-age children.

Information can be found on the School Liaison Officer page of www.navy.mwrrota.com, by emailing SLORota@eu.navy.mil, or calling 727-2425 or +34 956-82-2425.

Volunteer Judges Needed

Each year the elementary school has a STEM Expo, and we need volunteers to help judge science fair projects. Judging takes place two mornings on April 28 and April 29 from 9:30 to 11:30 each day, and we need 9 judges each morning. Volunteers can assist one or both days.

Volunteers will be recognized for their time. Volunteers can contact the SLP at SLPRota@us.navy.mil or 727-2425 to sign up.

Volunteer Support Needed for Field Day at Rota Elementary School

Each spring Rota Elementary hosts their annual Field Day. This year, the event takes place on May 28 from 8:00 am – 12:00 pm on the campus. Volunteers help run the games during field day. Come out and have fun!

Volunteers will be recognized for their time. Volunteers can contact the SLP at SLPRota@us.navy.mil or 727-2425 to sign up.

Just Arrived to Rota and need to Register Your Child in DoDEA?

If you have a school age (K-12) student and need to register for school, please visit <https://www.smor.com/vgemr> for local education information.

Interested in Spanish Schools?

Please contact the School Liaison to set up an appointment to learn about the registration process for Spanish Public School. Contact SLPRota@us.navy.mil or 956-82-2425 / 727-2425 for more information.

SLP Scholarship Link: <https://www.smor.com/36j0z>

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.

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

Military Family Life Counselors 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:

Taj Edwards
+34-643-811-410 (Rota CYP MFLC)
Shana Vargas

+34-624-285-707 (Rota MHS MFLC)
Bridget Simpson
+34-624-905-904 (Rota ES MFLC)
Walter Wilches-Poveda
+34-641-482-865 (Rota ES MFLC)

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. Call 727-2425 or 956-82-2425.

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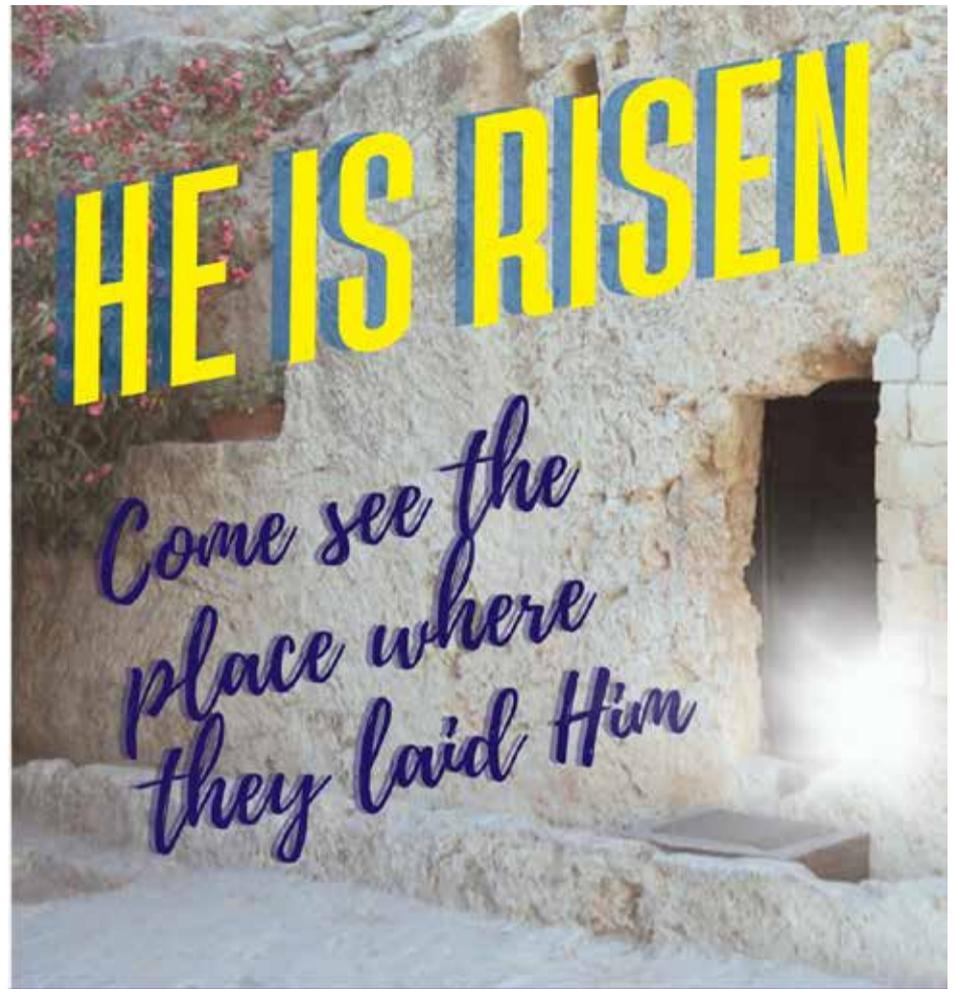
Further info and bookings: **672.610.684**
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Health Promotions: Understanding Reproductive & Sexual Wellness

By Devin Evans

Naval Hospital Rota, Health Promotions Coordinator

Sexual Wellness is an important part of overall wellness. If you are engaging in sexual activity, practicing safe sex behaviors and taking care of your reproductive organs is important for your personal wellbeing and maintaining healthy partnerships. Having the maturity to partake in consensual sexual activity includes being informed about birth control, preventative vaccinations, communication with your partner, and speaking with a trained medical professional, should sexual health concerns arise.

Sexual health is a state of well-being that involves physical, emotional, mental, social, and spiritual dimensions. It is based on a positive, equitable, and respectful approach to sexuality, relationships, and reproduction that is free of coercion, fear, discrimination, stigma, shame, and violence.

If you have questions about becoming sexually active, choosing one or all the resources that are available to you as a service member or as a beneficiary is a great place to start. These resources include but are not limited to, your medical provider, Fleet and Family Resource Center, Religious Services, Preventive Medicine, and your Women's Health Clinic, just to name a few.

Choosing to become sexually active can be a major decision and everyone needs to know that there is the option to say no to sex or to delay engaging in sexual activity until you are truly ready. You may decide to establish a long-term relationship when the time is right. You and your partner may decide upon a mutually monogamous relationship. In these relationships it is important to practice open communication. Talk to your partner before, during and after any sexual activity. Whether you are with a new partner or an existing one, communication is key to a

healthy relationship. A good approach to productive sexual communication is implementing the 5 P's.

Partners: Knowing someone's sexual history, especially if there is a history of sexually transmitted infection (STI's) exposure.

Practices: Understanding boundaries is important for a respectful and enjoyable experience.

Protection: Speaking with your medical provider about vaccinations, routine screening, and contraception options are a vital part of being informed and proactive with your Sexual Wellness.

Past History of STI's: If you or your sexual partner have tested positive for STI's in the past, that should be communicated as well as the current status of the STI.

Pregnancy intention: If you or your partner can get pregnant, it is important to have a conversation whether it be prevention or conception.



It is your duty to maintain your health and readiness as a Warfighter. This includes protecting yourself from high-risk health issues like STI's. Getting vaccinated, getting screened, and getting informed about sexual wellness will support you and your partner on the path to overall wellness.



By Pilar Ruiz



Have any comments or questions? We'd love to hear from you! You can email us as pilaraprendiendoacocinar@gmail.com.

We are very happy to be back and share our local recipes with you all, dear readers of the Coastline.

This is the time of year for artichoke and we love them. This time we have prepared a very special recipe with them, Artichokes with Clams and Prawns. They are delicious and very easy to make. It is ideal for those of you who don't eat meat. But before we share our recipe, we want to give you some information about the numerous properties and benefits that artichokes have.

The artichoke is a vegetable that contains many minerals, vitamins and antioxidants. It also contains a good amount of fiber, carbohydrates, proteins and small amounts of fatty acids. The artichoke has always been a highly prized food. It is known that the Greeks and the Romans consumed it. During the Middle Ages it was introduced in England by the King, Henry the VII, who later crossed the English Channel and turned Catalina de Médici into one of its most fervent consumers. At that time, it was believed that the artichoke was an aphrodisiac and that it was not good to consume it in excess. Due to its high price, the artichoke was considered to be a meal for wealthy people.

Now, time for the recipe:

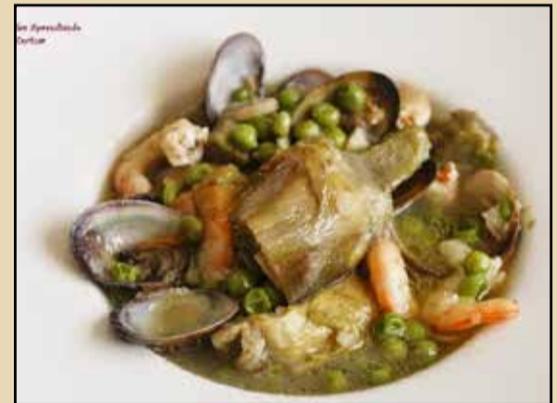
INGREDIENTS:

- 4 artichokes
- 6 big clams
- 4 ounces (100 grs.) peeled prawns
- 4 ounces (100 grs.) peas
- 2 cloves garlic, finely diced
- 1/2 onion, finely diced
- 2 tablespoons olive oil
- 1/2 tablespoons flour
- 1/2 glass dry Sherry wine "Gran Mayeto" from El Gato winery
- 1 1/16 cups (250 ml.) water
- Parsley
- Salt
- Ground Black pepper

PREPARATION:

1. We are going to start by snapping off all of the outer leaves of the artichokes until you reach the tender pale leaves of the "heart."
2. Then we are going to cook the Artichokes in a pot with water and salt. Once they are ready, we are going to take them off of the heat and drain them. Test for doneness by poking the base of the stems with a sharp knife - if the knife slips easily into the base, the artichokes are ready.
3. In a frying pan with the olive oil, we are going to gently fry the chopped garlic and the onion, diced brunoise style.
4. When they begin to get color, but before they burn, add half a tablespoon of flour

Artichoke, Clam and Prawn Stew (Guiso de Alcachofas con Almejas y Gambas)



and cook for a few seconds.

5. Then, add the wine, stir and mix well with the other ingredients until it begins to evaporate.
6. Add 1 1/16 cups (250 ml) water and continue cooking.
7. Add the artichokes, clams, prawns and peas. Reduce to low heat and continue cooking with the lid on until the clams open up.
8. Taste it, add the salt, ground black pepper and sprinkle with a handful of chopped parsley. ;-)
9. Enjoy it at the table with family and friends! We really hope you enjoy it as much as we did. Have a very nice season of Lent :-).

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NAVAL STATION ROTA COMMUNITY RESOURCES

ALCOHOLICS ANONYMOUS MEETINGS

AA on base: "Rota 213" meets Tuesday and Thursday, 1900-2000 (7-8pm) in person in the NAVSTA Rota Chapel Library (in the back). For meeting information, please contact Cynthia at +34 661 47 95 20 or Dean at +34 674 38 77 55.

AA off base on Zoom: "Rota Drydockers." Every Saturday, 1600 (4 pm) on Zoom only. For information on how to join the Zoom session, contact Cynthia at +34 661 47 95 20 or Joe G. via WhatsApp at: +34 603 84 15 59.

AA in Rota in English: "Rota to Recovery." Every Saturday, 1900-2000 (7-8pm) in person, Calle Bachiller, 11, Rota; parking is available near the marina. For information, please contact Cynthia at +34 661 47 95 20 or Dean at +34 674 38 77 55.

AL-ANON MEETINGS

Have you been affected by another person's drinking? If so, please join us every Wednesday at 1600 (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 Naydene at +34 669 09 7149.

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 first 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.
Office: DSN 727-1614 or +34 956-821-614
After Hours Duty Cell: +34 660 984 511
After Hours Emergency Assistance: +1 (877) 272-7337
Email: rota@nmcrs.org
Facebook: www.facebook.com/nmcrsrota

NMCRS Thrift Shop

Hours of Operation

Monday: 10 a.m.-1 p.m.
Thursday: 3-6 p.m. (third Thursday / active duty + dependents only)
Third Saturday of month: 10 a.m.-1 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.

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.

RETIRED ACTIVITIES OFFICE (RAO)

Fleet and Family Support Center, Tuesday and Thursday, 1:00 p.m. to 4:30 p.m., by appointment only.

RAO serves as a link between the military retired community and other government agencies, such as Federal benefits Unit for Social Security and Defense Finance and Accounting Service, Veterans Administration (VA), and Office of Personal Management (OPM). RAO provides assistance to survivors regarding pensions and benefits and is a source for information about retiring and living in Spain.

USO ROTA

The mission of the USO is to strengthen the well-being of America's military service members and their families. At USO Rota, we are dedicated to this mission by offering a variety of events and services—all free for active duty service members and their families.

Our center is conveniently located inside the Air Terminal and is open Monday through Friday, from 0830 to 1630. We invite you to join us for any of our events or stop by for a visit!

Interested in giving back? The USO is a fantastic organization for volunteering. To get started, fill out your volunteer profile at VOLUNTEERS.USO.ORG.

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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ROADMAP *Continued from page 10*

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to meet the unique needs of military children, who often face challenges such as frequent moves, parental deployments, and adjusting to new environments.

"I do hope the Student Support Roadmap benefits parents and youth who may not be aware of all the options and how to access them for kids who have mental health concerns," shared Dr. Cyper.

The collaboration between DoDEA and Naval Hospital Rota has been instrumental in the development and implementation of this tool. DoDEA brings its expertise in education and student support, while clinicians at Naval Hospital Rota provide knowledge and resources in mental and behavioral health care. This partnership has enabled the creation of a holistic and integrated approach to supporting children of Department of Defense personnel, one that addresses their academic, social, and emotional needs.

"Our goal with the Student Support Roadmap is to ensure that every student, regardless of their circumstances, has access to the right resources at the right time," said Mr. Daniel Gostkowski, Assistant Principal of David G. Farragut DoDEA School. "We want to foster a school environment where students feel safe, supported, and understood, so

they can focus on learning and personal growth".

The Student Support Roadmap, implemented in January of 2025, has been widely shared through school and hospital outreach and messaging. DoDEA supports about 900 students in its installation base schools, though the opportunity for this tool to be used extends to the approximately 2400 DoD youth who rely on Naval Station Rota resources.

By providing a clear pathway for support, families can quickly and easily access the resources they need to help their children thrive. One of the key benefits of the student support roadmap is its focus on early intervention and prevention. By identifying and addressing potential issues early on, military children are more likely to receive the support they need to succeed academically and socially. This approach helps reduce the stigma associated with mental health issues, encouraging families to seek help when they need it.

As the military continues to face the challenges of overseas deployments and assignments and need for mental health support grows, the Student Support Roadmap will remain a vital resource, providing a foundation for the mental and behavioral health support that military children need to succeed.



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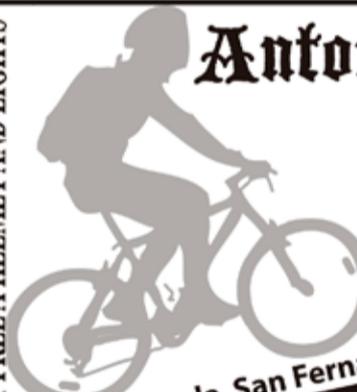


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The Naval Station Rota Chapel is seeking ONE contracted PART-TIME Protestant Director of Religious Education (approx. 25 hours per week).

The anticipated qualifications are:

REQUIRED: The contractor shall possess legal status to reside in Spain and work with US Forces in Spain throughout the duration of the contract (i.e., possession of a TEI card)

REQUIRED: The contractor shall successfully complete a criminal background check conducted by the government.

REQUIRED: The contractor shall have a minimum of four years of experience teaching/working in a military or civilian United States Christian religious education program.

REQUIRED: The contractor shall possess knowledge of the Christian Scripture, the basic principles of Christian education, and the ability to build and lead a volunteer team of teachers and religious education assistants.

DESIRED: The Contractor shall possess knowledge of procurement and material purchasing in order to research, advise, recommend all purchases required for the successful implementation of the Protestant Religious Education Program.

DESIRED: The contractor shall possess a professional working knowledge of current Christian educational methods, curriculum planning, student learning process, psychology or learning, as well as technology in the classroom, and literature.

DESIRED: The contractor shall manifest sufficient professional aptitude and human relations skills to manage a religious education program, including recruiting, training, and leading volunteer teachers and religious education assistants.

DESIRED: The contractor shall lead the volunteer recruitment effort for the Protestant Religious Education programs. As such, it is highly desired that the contractor has knowledge of recruiting, volunteer management, and/or advertising.

NOTE: The selectee will be an independent contractor. The Government provides no fringe benefits. The contract will be for one (1) year with the option to extend for up to a total of three (3) years.

Interested contractors that meet the above qualifications shall contact NAVSUP contracting office by email at Julius.j.arrascue-pastor.civ@us.navy.mil and Jorge.cubas.civ@us.navy.mil as soon as possible in order to obtain a full copy of the Request for Quote and other related documents. **The current deadline to submit quotes is 16 APR 2025.**

*** Prospective applicants must be registered in SAM.gov in order to be eligible to receive a contract award: <https://sam.gov/content/entity-registration>.***

EFMP Continued from page 9

This collaboration has strengthened communication and coordination between MTF and EFMP, ensuring families receive comprehensive and continuous support.

With her extensive regional responsibilities, Sylvia remains committed to guiding families, sailors, and commands through the EFMP process. Her efforts have streamlined procedures, reduced confusion, and made accessing crucial resources easier for service members

navigating the program.

Through her dedication and advocacy, Sylvia Bryant is making a lasting impact on the EFMP community. Her commitment to strengthening support networks for military families enhances mission readiness and overall family well-being.

Looking for EMFP resources? please do not hesitate to contact Sylvia at FFSC at 727-3232 or +34 956 82 3232.

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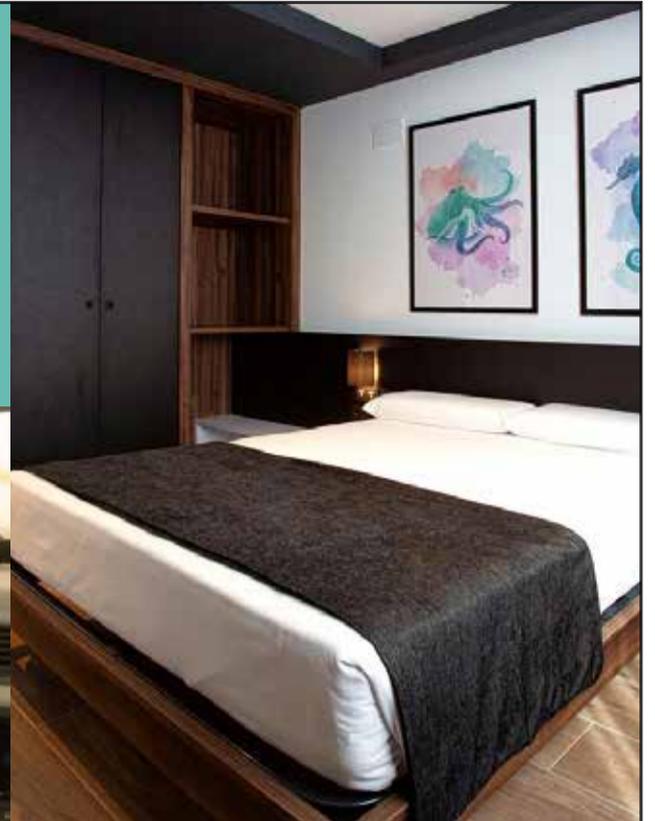
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