

COASTLINE

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U.S. Naval Activities Spain



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Introducing the New Writer and Editor of the Coastline

Leadership Corner



Coastline Editor/Writer Alexa Ponce-Matias

Hola NAVSTA Rota family,

My name is Alexa Ponce-Matias and I'm excited to introduce myself as the new writer and editor of the Coastline. I've been

living in Rota for about a year and a half, with my husband Josh, who is currently with USS Bulkeley (DD-84). I can't wait to dive into this creative journey with all of you and share the stories that make our community so special.

A little about me, I am a proud Navy kid! I was born in Honolulu, HI, grew up in Yokosuka, Japan, attended high school in Naples, Italy, and earned my degree at Cal State Fullerton in California. I come from 8 years of civilian experience within the social media marketing and producing world, working for companies like Tobi Fashions, 7 For All Mankind, Postmates and UBER corporate. Creating content, both static and video, is something that brings me immense joy; it is my bread and butter. I feel most comfortable behind the camera, but have lent my face a time or two, going so far as acting as a hand-model for a brand shoot one time. But that is a story for another day. I am a huge NBA fan and I bleed purple and gold. Go Lakers! Lastly, I have a deep love for all things fashion, and I greatly enjoy traveling and trying new foods from all over the world.

My goal for the future of the Coastline is to keep you connected to everything happening around us, from local events and inspiring neighbors to the hidden gems and exciting developments that define our Rota community. The Coastline is for you, and I'm here to make sure it reflects what matters most to you.

I'd also love to hear from the community! If you have stories to share, interesting adventures to tell, or ideas you think our community would enjoy, please reach out. We welcome submissions and are always looking for fresh perspectives and voices. Your contributions help make the Coastline richer and more vibrant.

Thank you for welcoming me into this role. I'm genuinely excited to get to know you all and to tell the stories that bring us together.

With Love,
Alexa Ponce-Matias

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On The Front Cover



Rota Middle High School Dama, Melissa Doelful waves hello as she rides a beautifully decorated float during the Three Wise Kings parade in Rota, Spain on Jan. 06, 2026. (U.S. Navy photo by Everett Lopez)

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.

Publication is subject to approval.



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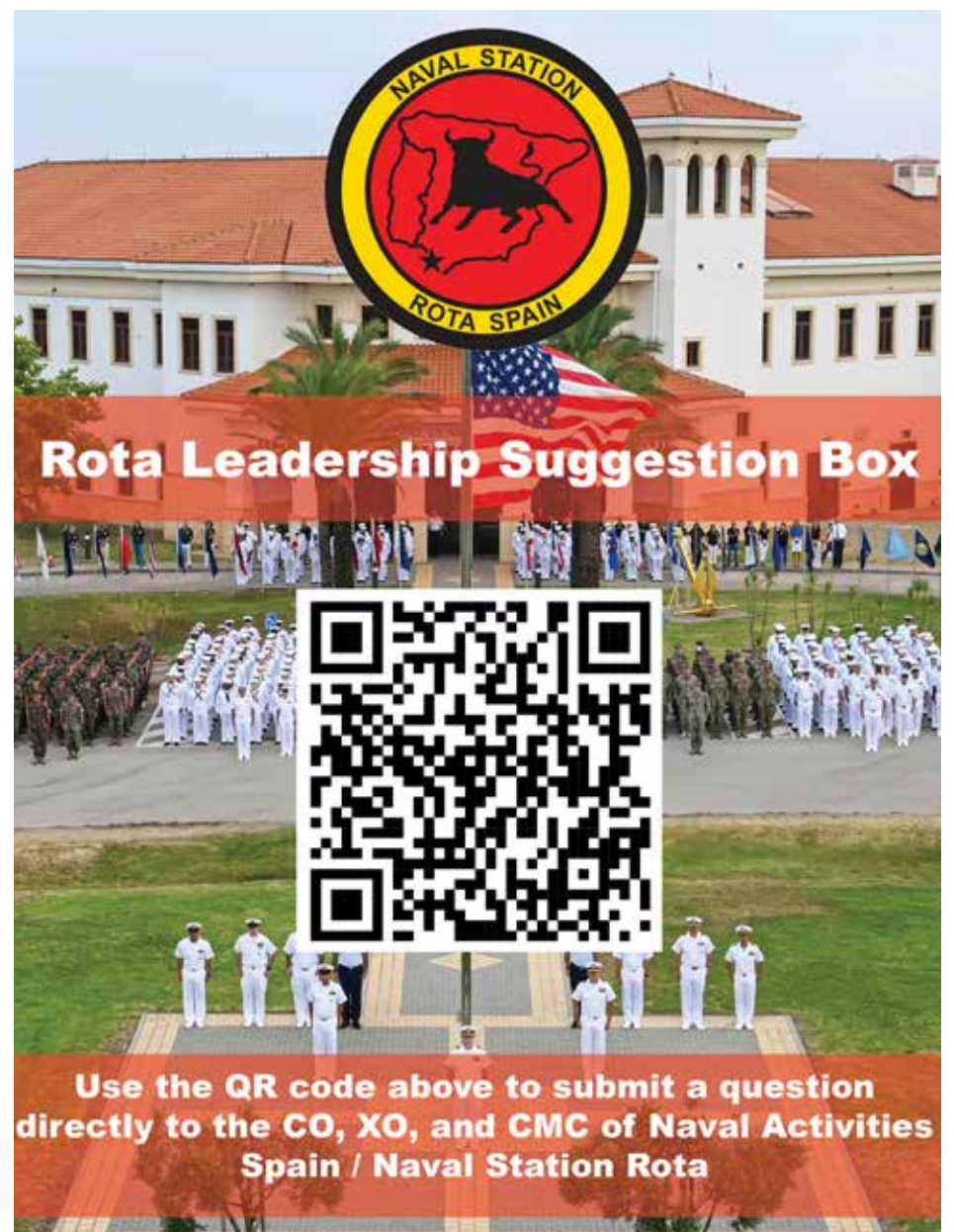
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USS Paul Ignatius Holds Change of Command

U.S. Navy photo by Mass Communication Specialist 2nd Class Joseph Macklin

Cmdr. William Burke, commanding officer of the Arleigh Burke-class guided-missile destroyer USS Paul Ignatius (DDG 117), relieved Cmdr. Joseph Phillips during a change of command ceremony onboard Naval Station (NAVSTA) Rota, Spain on Jan. 1, 2026. Paul Ignatius is on a scheduled deployment in the U.S. 6th Fleet area of operations to support the warfighting effectiveness, lethality and readiness of U.S. Naval Forces Europe-Africa, and defend U.S., Allied and partner interests in the region.







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RMHS Dama Participates in Rota's 3 Wise Kings Parade

By Alexa Ponce-Matias
NAVSTA Rota Public Affairs

From the vibrant costumes to the sweet candies flying through the air, the Tres Reyes parade was a whirlwind of color, music, and joy. It was amazing to see the City of Rota and Naval Station (NAVSTA) Rota communities come together to celebrate the arrival of the Three Wise Kings in such a festive and heartwarming way on Jan. 5th, 2026.

This beloved tradition, steeped in rich history and culture, marks the culmination of the Christmas season and the celebration of the Three Kings. It's not just a Spanish tradition, but one that unites us globally, bridging cultures and strengthening ties between Spain and the U.S.

"Getting to participate in this custom is a huge honor not only because of its religious and community importance, but also because it's another aspect of my Spanish culture that I get to take a deep dive in," says Melissa Doelfel, our Rota Middle High School Dama. "Seeing my own cousins share that thrill, makes this moment even more special for me."

Spain's Three Kings parade, also known as Cabalgata de Reyes, dates back to the 19th century. It stems from the Epiphany tradition, Día de los Reyes Magos, and it celebrates the three wise Kings as they go and visit the baby Jesus. The parade is a grand event where a

variety of floats make their way around the hometown. The three Kings, Melchior, Caspar, and Balthazar parade through the town on a decorated float throwing candy to children and onlookers.

From the dazzling floats to the excited crowds, the energy was contagious, reminding us all of the joy of giving, community, and celebrating our shared cultures!



U.S. Navy Photo by Everett Lopez



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PUBLISHER’S CORNER

BUFFALO SPORT TABERN: A NEW HANGOUT IN THE HEART OF ROTA

2026 has begun, and there’s no better time to experience the thrill of driving a new car. Here in Rota, ATLANTIC CARS MILITARY SALES brings you this opportunity with unbeatable conditions.

Atlantic Cars is the official Military Sales agent in Spain for the iconic BMW and MINI brands. They provide the opportunity to drive and own a new BMW or MINI with American specifications, perfectly suited to your needs.

With special conditions available year-round, buying a BMW or MINI with American specifications has never been easier. Their showroom, located just 100 meters from the main gate of the base, at Plaza del Triunfo, showcases a selection of the finest models from these prestigious German brands.

Atlantic Cars offers the North American community the chance to own a new BMW or MINI duty-free and at factory-direct prices. Plus, through the end of 2026, additional special pricing is available on many models. Just 29 kilometers away, the official BMW / MINI dealership Movitransa S.A. features extensive facilities with easy parking, including an official parts department, mechanical and electrical workshop, body and paint shop, and a team of professionals fully certified by BMW.

Atlantic Cars and their team also enjoy sharing the local Andalusian culture with the American community, organizing cultural visits to historic sites and tours of the world-famous Jerez sherry wineries found only here.

José J. Duarte is a knowledgeable professional with 29 years of BMW experience. I have known José for many years. He is fair, service-oriented, and ready to advise and assist you with everything you need. Driving a BMW is always an exciting experience. Check their ad in the paper for more information.



NAVFAC-NAVSUP Partnership Solves Critical Mailbox Shortage, Enhances Warfighter Support

U.S. Navy photos by Lieutenant Junior Grade James Gourley

In response to a critical support shortage for a growing Forward Deployed Naval Forces (FDNF) population, a swift partnership between NAVSUP and NAVFAC led to the expedited installation of 240 new postal boxes. With only four mailboxes previously remaining, this decisive action directly enhanced the quality of life for service members and their families, bolstering mission readiness by strengthening the installation's core support capabilities.



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Rota MWR Tumbling Students Shine at Winter Showcase

By Minerva Jimenez

MWR Community Classes Coordinator

Rota MWR's Tumbling program celebrated its end-of-season showcase on Dec. 10th at the Fitness Center, bringing together families, friends, and a full crowd of proud parents. A total of 40 students took to the floor, demonstrating the skills, confidence, and creativity they've developed throughout the season.

Under the guidance of instructor Cheryl Fishman, students performed original choreographies that highlighted their progress in balance, coordination, flexibility, and performance technique. From beginner tumblers to more advanced participants, each routine reflected dedication, teamwork, and plenty of enthusiasm.

The Fitness Center provided an energetic and welcoming space for the event, helping create a memorable afternoon for all who attended. Laughter, applause, and cheers filled the gym as families watched their children showcase

what they've learned.

A heartfelt thank-you goes to the Fitness Center staff for their support, and to Mrs. Fishman for her commitment to fostering a positive and encouraging environment for young athletes.



Winter Piano Recital Hosted by MWR

By Minerva Jimenez

MWR Community Classes Coordinator

On Dec. 2nd, Rota MWR Community Classes hosted their annual Winter Piano Recital at the Chapel, beautifully decorated by dedicated volunteers. The festive setting created the perfect backdrop for an evening of music and holiday cheer.

27 talented students took the stage to perform beloved Christmas themes that delighted families and friends in attendance. The recital was guided by Instructor Hispana Ruiz, whose dedication and artistry have shaped the program for the past 14 years. Ruiz's influence has been felt across generations of students, instilling not only technical skill but also a love for music and performance. Her departure marks the end of a remarkable chapter in MWR Community Classes, leaving behind a legacy of excellence and inspiration.

As the community bids farewell to Ruiz, it also looks forward with excitement to welcoming Angela Caraballo as the new piano instructor. Caraballo brings an impressive background to the program: she holds a Bachelor's degree

in Music, is a member of several music conservatories, and is proficient in four instruments. Her diverse expertise and passion for teaching promise to enrich the program and continue its tradition of nurturing young musicians.

The Winter Piano Recital was not only a celebration of the holiday season but also a heartfelt tribute to a beloved teacher and a warm introduction to the future of the program. With Caraballo's arrival, Rota MWR Community Classes remain committed to fostering creativity, discipline, and joy through music.





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In 2025, the ROICC Rota team directly enhanced installation readiness by completing 19 key construction and repair contracts valued at \$20 million. Demonstrating a strong focus on future capabilities, the ROICC also awarded 44 new contracts worth \$124 million, bolstering NAVSTA Rota's mission readiness and operational effectiveness. ROICC Rota is currently managing a robust portfolio of 91 active projects, representing a total investment of \$482 million in the installation's infrastructure and long-term operational success.



U.S. Navy photos by Lieutenant Junior Grade James Gourley







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How to Walk the Camino Locally

By **Susan Beckley**
Community Writer

When most people think about walking the Camino, they think about taking weeks of vacation to walk the Northern French route or the long beautiful Portuguese route. Over the centuries there have been many routes and many ways for pilgrims to travel the countryside walking toward the holy site of the Cathedral of Saint James (Santiago in Spanish.) One of these routes is close to home, making it possible to walk the route and sleep in your own bed each night.

The ancient Roman route called Via Augusta is a great option for members of Naval Station Rota. This official Camino route starts at the Cathedral in Cadiz and ends at the Cathedral in Sevilla. From there it's possible to keep following the arrows forward and eventually walk to Santiago on the Via de La Plata route, or fly to Santiago de Compostela and walk the final leg to the Cathedral of Santiago. According to the recently revised official Camino rules, a pilgrim has to walk 100 km consecutively along any official Camino route and then walk the last stage of the route into Santiago. It is acceptable to break up the walk into increments, such as walking 6-8 km on some days and then flying to Santiago where you will walk the last 17 km.

Via Augusta Camino has some beautiful views. It starts along the Bay of Cadiz and eventually turns into meadows, marshes, and nature preserves. It's possible to see charming wildlife, beautiful birds, and mighty bridges. If you're lucky, you might see 100+ sheep and their shepherd using the Camino as well. The route will take you to small cities and beautiful Gothic and Baroque-style churches such as the cathedral in Jerez.

Before starting the Camino, obtain a credential. This is a passport that you will get stamped to prove you walked the Camino. It can be obtained in the El Puerto office, Asociación de Amigos

del Camino de Santiago en Cadiz. Plan accordingly because they're only open one day per week for one hour. You can also buy it at the Cadiz office. The cost is three Euros.

Each day you need to get a stamp at your starting point and also at the ending city. Next to the stamp, write the date (day, month, year.) Each business should have a "return address" type stamp. Hotels, cafes, city halls, and churches are the best places to ask. It doesn't seem as common for people to walk the Via Augusta route so sometimes you might need to remind businesses that you don't need an "official stamp," just one from their business. Your first stamp can come from the official starting point, the Church of Santiago—dating back to the 16th century and located in Cathedral Square. When looking at the front of the Cathedral in Cadiz, the church is directly to the right. High over the altar, there is a beautiful icon of St. James on a charging horse as a symbol of Spain's patron saint, God's answer to prayer, and military strength. Outside the church is kilometer marker 0.0 km; this is the Camino starting point.

The day trips allow you to pack light. Just remember to bring plenty of water and trail mix. Some stretches take you out in the middle of nowhere for miles. (It's not advised to walk in the hot summer.) Some towns have taxi services to take you back to your car at the starting point, and some towns are connected by train. You can also walk with friends and park one car at the end point and drive the second car to the starting point; this is the most flexible and easiest transportation method.

While you walk, look for shell and arrow symbols. Everything is clearly marked thanks to volunteer societies in Andalucía that maintain the trails very well. However, if you do need a little extra help, "Buen Camino" is a great app which includes a Google map with the Camino trail overlay making it impossible to get off the track.

After finishing the Via Augusta route,

or at least 100 KM of it, it is legitimate to fly, drive, or take the train to Santiago de Compostela to finish the last stage. Upon arriving in Santiago, take a bus or taxi out to the starting point of the final stage. There are plenty of different routes to choose from but according to the pilgrim office, the typical final stage is from Outeiro to Santiago de Compostela. It's about 17 km on the Via de la Plata route. Upon finishing the final stage, and remembering to receive the final stamps, you can go to the Pilgrim Reception Office, which is a separate building a block away from the cathedral, to receive the credential (compostela) in Latin for finishing the pilgrimage.

The true finish line is the arrival at the Cathedral of Santiago where the Apostle James is buried in the crypt under the altar. Just like at the starting point in Cadiz, over the altar, there is a large statue of Saint James charging forward on a horse leading Spain into victory. A victory will also be yours when you feel so accomplished, grateful, and blessed by finishing the Camino as so many other pilgrims have done since the 9th century.



A Unique Adventure of Canyoning: Natural Detour of Marbella, Spain

By Daniel Sutton II
Community Writer

The provinces and city centers of Spain are beautiful in their own right. However, there are activities that many do not ever consider experiencing. Canyoning is one that should be on everyone's bucket list.

The International History

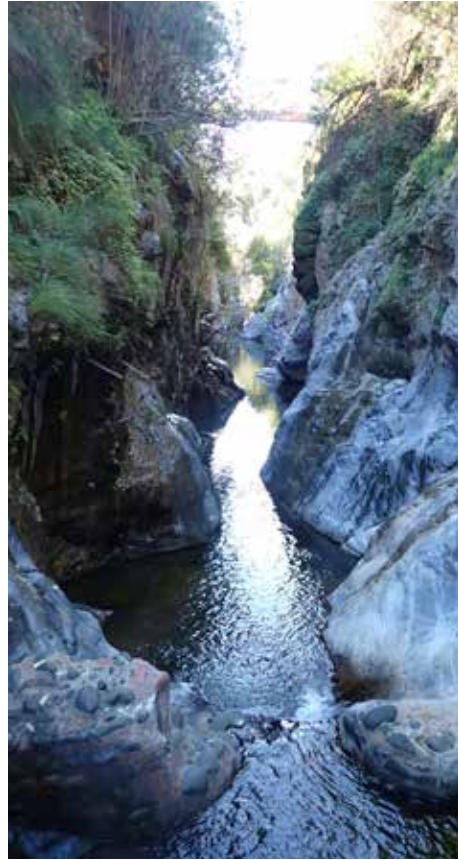
Although popular in America, the origins go back centuries in Europe. A French caver by the name of Édouard Alfred Martel, set out on exploring a canyon for scientific endeavors in 1905. The canyon, Gorges du Verdon, would later become one of the most famous canyon routes in all of France, where the sport would gain popularity between the 1970s and 1980s. Inevitably, this escapade influenced other countries such as Greece, Italy, and others; one country in particular that was inspired by the sport was Spain. Despite other common outdoor hobbies like hiking, canyoning piques a hobbyist's interest. Expansion of the sport got to the point where canyoning groups took on the Himalayas.

TUUR Canyoning and The Amazing Team

TUUR is not only a wonderful canyoning team, but they also offer a conglomerate of team building events to be explored. From canyoneering to choreographies, the team gives participants the opportunity to broaden their horizons on the wonders of outdoors. In canyoneering they provide the experience of jumping in the waters of the gorges, rappelling the natural infrastructures, and the chance to overcome any fears one might possess; the fear of swimming, heights, and even going through the obstacles that may present themselves.

Guadalmina River Canyon

The most popular among the expeditions is the Guadalmina. It is a three-hour adventure with multiple interactions during each checkpoint. The highest jump of the expedition is almost 20 feet into the ice-cold river. Rappelling down a secured dam roughly four meters, using a harness the experts of 10 years provide for their clients. Including a few fun methods of jumping, they use the cliff sides to slide down two meters. An overall satisfying moment in history that one should not miss. "We are waiting for you for one or several days of action," exclaims the TUUR Canyoning instructor.





Chicken with Almonds – Pollo con Almendras

We hope you've had a joyful Christmas and a great start to the new year. We're excited to share a special local recipe from "A Taste of Rota", our new English cookbook celebrating Rota's home cooking and traditions. This traditional recipe, passed down from Ana Herrera Sánchez, known as Ana Carmona, is a beloved centerpiece in the Bonhomo Herrera family. It

brings together tender chicken, toasted almonds, and a rich sauce simmered slowly with garlic, onion and wine. This is the kind of cooking that fills the kitchen with aroma and makes everyone gravitate toward the table. We hope you enjoy cooking it and savoring every bite.

Ingredients:

- 1 free-range chicken, cut into



pieces

- A handful of raw almonds, unpeeled
- 2 onions, thinly sliced
- 4 garlic cloves, minced
- 2 bay leaves
- Fresh parsley, chopped
- 1 cup/240 ml of local white wine
- 1 organic chicken bouillon cube
- Salt and freshly ground black pepper, to taste
- ½ cup/125 ml of extra virgin olive oil
- To serve with: Homemade french fries

Method:

The night before, heat the olive oil in a pan and fry the almonds until golden. Remove and set aside.

In the same oil, sauté the sliced onions, then add the garlic, parsley, and bay leaves. Cook gently until everything

is soft and fragrant. Remove from heat.

In a large pot, season the chicken with salt and pepper. Add the stir-fry and toss everything together. Cover and let it marinate overnight to let the flavors meld.

The next day, place the pot over low heat. Add white wine, bouillon cube, and the fried almonds. Stir well and let it simmer gently for about an hour, stirring occasionally.

Serve hot with a generous side of homemade fries to soak up the rich sauce.

A tip to take home

This dish captures the warmth of Rota's homes — hearty, aromatic, and made to share. The fried almonds add depth, and marinating it overnight makes every bite tender and full of love. Try pairing it with a glass of dry white wine found locally for the full festive



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Special Visit from the North Pole Delights Families at Rota MWR Library

By Minerva Jimenez

MWR Community Classes Coordinator

Rota MWR Library welcomed a very special guest on Dec. 16, when Santa Claus himself made a cheerful stop for a festive holiday story time. The event brought together 50 excited children and their families for an afternoon filled with wonder, laughter, and holiday spirit.

Santa read a Christmas story that kept the children fully engaged with their eyes wide with excitement as they listened to every word. After the story, he surprised each child with a small gift, adding an extra touch of magic to the experience. Parents and kids alike were delighted by Santa's warm presence and joyful energy.

The Library team created an environment that celebrated more than just the holiday season, it highlighted the power of storytelling to spark imagination, strengthen family bonds, and support the social and emotional development of our Community. By offering programs that bring families together through shared experiences, Rota MWR Library continues to uphold the FFR mission of enriching the lives of service members and their loved ones, while living overseas.

The visit from the North Pole brought smiles to the community and highlighted the Library's commitment to creating meaningful, family-friendly programs for all to enjoy.



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Sgt. Josh M. Schwind

The very first Team Rota shoutout for 2026 is U.S. Marine Corps Sgt. Joshua M. Schwind, who is the Training NCO with Fleet Anti-Terrorism Security Team Europe (FASTEUR). Coming all the way from Upland, CA, Sgt. Schwind is part of the Operations section for FASTEUR. He also oversees and assists in planning the training for the command, such as fitness tests and ranges. On top of that, Sgt. Schwind serves as the commands helicopter rope suspension techniques safety (HRST) officer and oversees all of that training. He greatly enjoys HRST training, and actually welcomes the adrenaline that comes with rappelling down high heights.


“I also have had the opportunity to participate in the Spanish Army’s 120 km Tui-Santiago Patrols Competition in 2024, as well as the Lisa Azul bilateral training

exercises for three years from 2023 to 2025” says Schwind.



During his free time Sgt. Schwind enjoys spending time with his family, getting his fitness on, creating on his 3D printer, traveling within Europe and getting to experience the rich history and culture all around. Before being stationed at NAVSTA Rota, Schwind was assigned to Combined Anti-Armor Team 2, Weapons Company, 2nd Battalion, 5th Marines, from 2019 to 2023. Schwind, with the support of his spouse and the UMGC, was able to complete his degree which then led to his selection for the Marine Enlisted Commissioning program. “I am looking forward to my next steps at Officer Candidate School and continuing my career in the Marine Corps!” Congratulations Sgt. Schwind, the NAVSTA Rota community is very proud!



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Read All About it: A Book You Can Escape Within

By Alexa Ponce-Matias
Coastline Writer/Editor

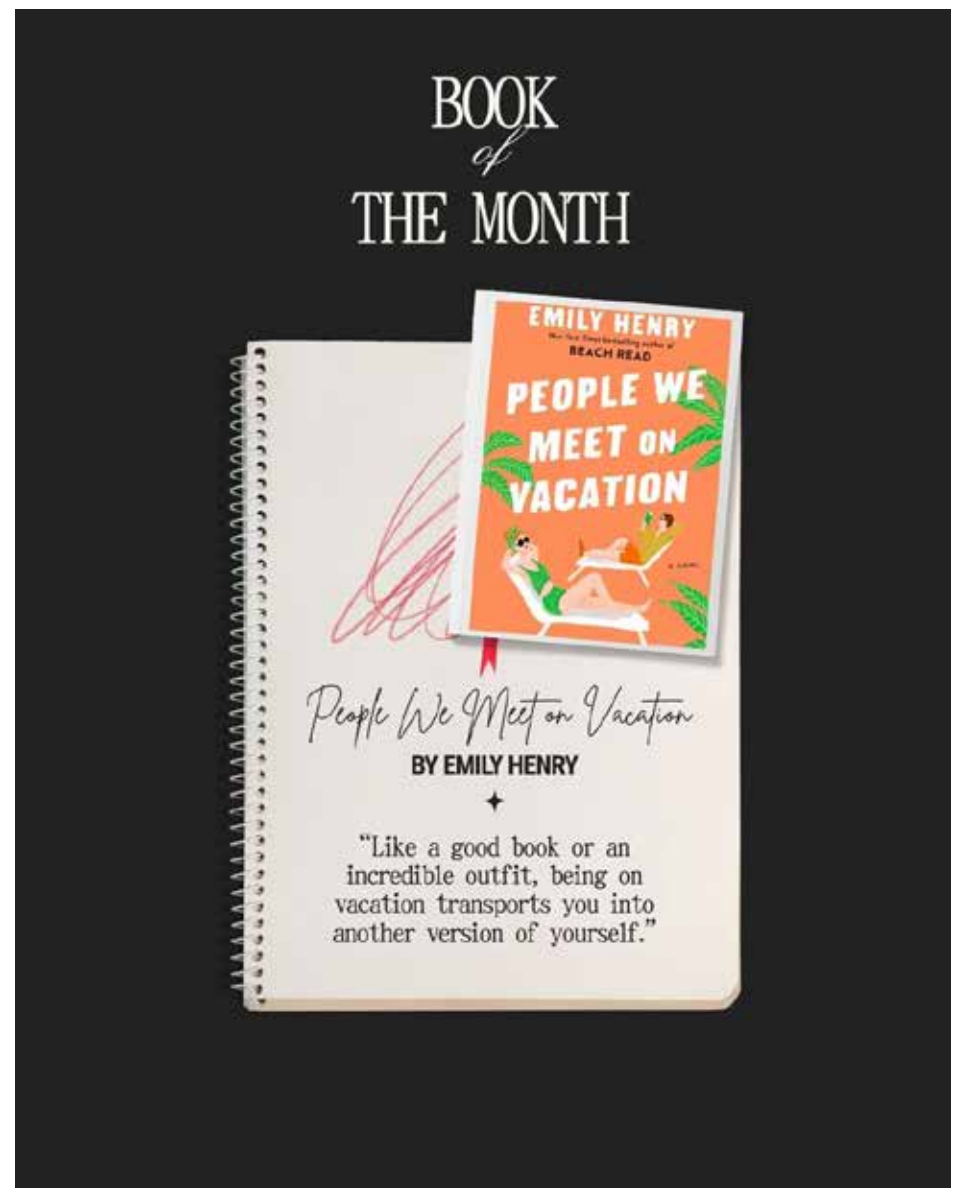
What type of vacationer are you? Do you prefer relaxing by the pool with a good book, or are you the type who wants to sightsee from sunup to sundown? Personally, I enjoy traveling to new places and sampling the different types of food each destination has to offer. People We Meet on Vacation is a lighthearted romantic comedy written by Emily Henry that captures this spirit of travel. The novel blends romance, humor, and emotionally resonant moments that make readers feel as though they are on vacation themselves.


The story centers on Poppy Wright, a travel writer whose job quite literally is vacationing. Even better, she gets to bring her best friend, Alex Nilsen, along with her. While the book follows the familiar best-friends-to-lovers trope, what sets it apart is Henry's storytelling approach. She reveals Poppy and Alex's relationship through a series of awkward encounters and serendipitous moments that unfold during their once-a-year trips together. What begins as a simple need for a ride back to their hometown evolves into a

deep friendship that gradually becomes something more. As the two constantly dance around their true feelings, a traumatic event ultimately pulls them onto separate paths. Now the question is whether they will find their way back to each other?

When I first read this book, I expected a predictable love story about two friends. Instead, I found myself immersed in a sweet and engaging journey that was finished in a single weekend. Henry's writing is warm, engaging, and genuinely fun to read. She paces the novel effectively, revealing who Poppy and Alex are while developing their relationship one vacation at a time. The story highlights Poppy's drive to connect with the people she meets along her travels, while also emphasizing Alex's deep attachment to his hometown and the relationships he has built there. Together, they serve as a strong example of how opposites can complement one another, whether as friends or as something more.

For readers seeking an enjoyable escape from work or the stresses that often accompany the start of a new year, this novel offers the perfect literary "vacation" from the comfort of home. People We Meet on Vacation not only inspires readers to travel but also encourages them to start conversations and form meaningful connections with people they may never have expected to connect with.





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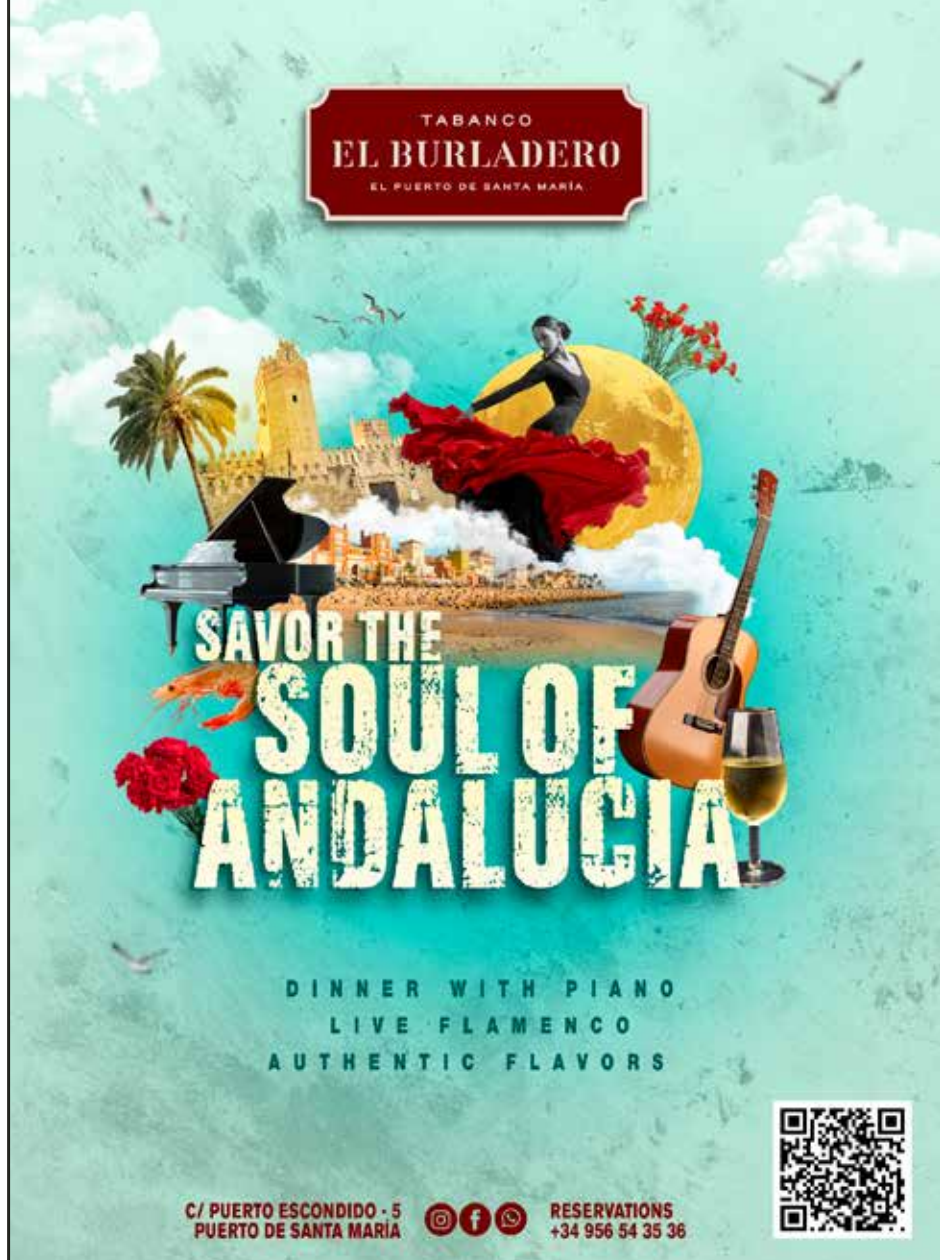
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NAVSTA Rota SCPOA Participate in Beach Clean Up

U.S. Navy photos by Mass Communication Specialist 2nd Class Ryan Brown

Members of the NAVSTA Rota SCPOA and supporting volunteers collected 11 bags of ocean and maritime plastic debris weighing roughly 365lbs. during their first beach clean up of the year on Jan, 10th 2026.



NAVSTA Rota CPO Associaion Donates Gifts to Local Children

The Naval Station Rota Chief Petty Officer Association donated Christmas gifts to Asociación Santo Ángel de la Policía de Jerez de la Frontera to distribute to local children.



U.S. Navy photos by Alexa Ponce-Matias

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Spouse Talk: The Cover Up

By Ashley Leigh
Contributing Community Member

Some people enjoy a good project. The idea of hunting down trash to reinvent it into something purposeful puts a little pep in their step. We see an item that's been deemed useless or unworthy and feel the need to give it a second chance. Sometimes projects make us feel accomplished and ready for the other one, while others make us think, "what did I get myself into?" Relationships are a lot like projects. Whether with a spouse, friend, or family member relationships all have imperfections.

Have you ever had mold in your house? I would say that most if not all of us have had to deal with mold. To fix mold, you need to get down to the root of the problem. Is there a leak somewhere? Does the humidifier for the AC system work properly? Are the seals around the windows and door frames taut? Once the problem has been detected, the next step would be to hire the right person or,

if you're handy, find the supplies needed to fix the mold. After all the proper steps have been completed, the mold problem should be fixed. But that isn't always how things are done. Often, flaws are simply wiped down and painted over. That visually corrects the defect (i.e. the mold), but it doesn't fix the problem.

When a relationship is flawed or failing, trying to gloss over problems rather than work on those areas does nothing to repair it. For example, in a marriage if one partner is all in and the other isn't engaged in the relationship, then pretending nothing is wrong or "painting over it" does little for the relationship. Instead, the areas of weakness are encouraged rather than resolved. Thus, allowing for more flaws or "mold" to creep in and take over.

It isn't always easy to fix relationships with what seems like irreparable damage. There are times when the imperfections that cause our relationship so much stress and damage, never fully go away. Take trust for example. If one person has

severed a line of trust, then reconnecting that line takes time and it potentially could leave the other person on edge, fearful that the line will break again.

However you find yourself, trying to fix our relationship flaws is always the end game. Taking an object and using it to cover the weakness can, up front, seem like the simple answer for a time consuming task, but it does nothing in the long run. It can take patience and if need be, tough love to truly repair the issue.



"Spouse Talk" is written by Ashley Leigh, a military spouse of 16+ years and a homeschool parent to one "spunky" redhead. She hopes her frank conversations on military life will inspire others to embrace the challenge and find the good at each duty station.

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NAVAL STATION ROTA COMMUNITY RESOURCES

ALCOHOLICS ANONYMOUS MEETINGS

AA on base: "Rota 213" meets Tuesday and Thursday, 1800-1900 (6-7pm) in person in the NAVSTA Rota Chapel (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, +34 956 82 3232.

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 Personell 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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