

# COASTLINE



February 11, 2021 | Volume 31, Issue 3

U.S. Naval Activities Spain



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# CMC's Corner



**Command Master Chief  
Kimberly Ferguson**

## Congratulations to the Newest Chiefs at NAVSTA Rota

Team Rota,

Congratulations to our newest Chief Petty Officers! This season has been like no other, but make no mistake the premise has been the same. First Class Petty Officers were tried, tested, and accepted into the world's finest Chief's Mess.

To our newest Chiefs,

You were selected for Chief Petty Officer because you've proven to your Sailors, to your leadership, and to the Navy you are ready for increased responsibility. Your advancement is not a reward for past performance, it is an investment in your potential to lead our Navy forward.

You understand that our Sailors and their loved ones are being asked to do more than ever before. You know that better than anyone. Every single one of you understands the stress of Navy life and how harmful that stress can be to a family or an individual Sailor.

Be mindful of each other and our men and women who wear this uniform. There is no greater honor, no greater privilege, than leading Sailors while wearing anchors on your collar.

And if you do it right? If you dedicate yourselves to leading and developing our Sailors? Then you're a great Chief.

Only your Sailors and the Chiefs you serve with can make that determination and it's based on how you lead them, how you support them, and how you interact within this mess.

Your Sailors will be looking to you for support...don't let them down. Never forget the impact you can have on a Sailor, good or bad, by simply remembering their name or stopping to help them write a brag sheet, or asking about their families.

Your "best" Sailor will fail you if you take advantage of their loyalty and your "worst" Sailor will surprise you if you let them.

Just as you trusted this mess to train you and make you ready to be the Chiefs, your Sailors now look to you as the benchmark for success and the guardians of their well-being, their family's wellbeing.

Pass on your energy, your dedication, and your knowledge to not only your Sailors, but your fellow Chiefs, and Officers.

Earn their faith. Lead them well. Demand their best and finally do what you have heard all season long "Do the right thing, at the right time, for the right reason."

All my respect,

CMC

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**Be sure to check out pages 12-13 to see Rota's newest Chief Petty Officers! Congratulations!**

## On The Front Cover



Service members selected for promotion to chief petty officer arrive in formation during a promotion ceremony at Naval Station (NAVSTA) Rota, Spain, Jan. 29, 2021. (Photo by MC1 Nathan Carpenter)

**Fleet Logistics Center, Sigonella, Rota, Site Madrid**

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# Health Promotion Corner: Healthy Heart for Body and Soul

**From Health Promotion and Wellness**  
U.S. Naval Hospital Rota, Spain

Total Force Fitness is a holistic concept of health that focuses on service members' entire health throughout their career, connecting eight dimensions of fitness to optimize health, performance and readiness. This month, we are focusing on how physical fitness and ideological and spiritual fitness are integrated with heart health for body and soul. February is the month of love along with many other celebrations of life and health, most notably Black History Month. Take time to show yourself some love physically and spiritually, as well as recognize the immeasurable impact they have had on

the history of the United States.

**Physical Fitness and the Heart:** The TFF physical fitness domain consists of the ability to physically accomplish all aspects of your tasks while avoiding injury. Heart health is affected by numerous physical fitness measures, and a healthy, strong heart boosts physical performance.

- The heart is an enormously complex organ and conditions of the heart can have serious and far-reaching effects.
- Military readiness requires training practices to maintain performance, prevent injury and illness, and support speedy recovery, all connected to heart health.
- Fortunately, there are ways to promote

heart health through a comprehensive approach to health and wellness, emphasizing proper nutrition, physical activity, mental wellness, tobacco-free living, and appropriate sleep habits.

- A proper, balanced exercise routine is an important step towards heart health, and ensuring that your heart contributes to physical fitness.

- Exercises that support physical fitness, readiness and heart health include:

- o Aerobic exercise
- o Flexibility and balance
- o Resistance or strength training

**Spiritual and Ideological Fitness and the Heart:** The TFF spiritual and ideological fitness domain consists of

having beliefs and practices that strengthen your connectedness with sources of hope, meaning, and purpose. The heart is a powerful symbol of our emotional and spiritual selves, and the values that we hold dear.

- Our emotions can also connect directly to our heart's health.

- Being aware of, and living your life consistent with core values, beliefs, and principles, can give you the tools to help you recover from sudden stress and shock more quickly.

- o For service members, this often means commitment to service and sacrifice, and relationships with family, comrades, unit, community, the nation, and society as a whole.

- o When your life choices, actions, and words are not aligned to your core values and beliefs, it can create added stress and self-doubt.

- Broken heart syndrome (formally known as "Takotsubo syndrome") is a recognized heart condition typically triggered by stressful situations and extreme emotions, or a serious physical illness or surgery.

- o The most common symptom is sudden chest pain, often mistaken for a heart attack.

- o Broken heart syndrome can actually disrupt your heart's normal pumping function by affecting part of the heart, while leaving the rest functioning normally.

**TAKOTSUBO: BROKEN HEART SYNDROME FACTS**

**FACT 1**

Broken heart syndrome is a recognized heart condition, technically called takotsubo syndrome. It is typically triggered by stressful situations and extreme emotions (like the loss of a loved one), or a serious physical illness or surgery.

MHS Military Health System health.mil

**Questions?**

Contact U.S. Naval Hospital Rota Health Promotion and Wellness Department at DSN 727-3350 / 3346 or commercial 956-82-3350 or 956-82- 3346.

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# CNO, MCPON Answer COVID Vaccine Questions From the Fleet

Chief of Naval Operations Adm. Mike Gilday and Master Chief Petty Officer of the Navy Russ Smith answered questions from Fleet Sailors about the COVID Vaccine, and shared thoughts about why Sailors should get the vaccine.

**CNO:** Shipmates, CNO Gilday here today again with MCPON. As you know, our Navy has begun to administer the COVID-19 vaccines across the Fleet. And in the coming weeks and months ahead, more Sailors and Civilians will be eligible to receive them as vaccine production continues to ramp up.

**MCPON:** The COVID-19 vaccine will help stop the pandemic. And using all tools available to us, including the vaccine and public health measures like wearing a mask and physical distancing, will continue to prevent the virus from spreading.

**CNO:** MCPON and I have both received the vaccine, and during our recent trip to 5th and 6th Fleets, we saw first-hand the impressive work happening across the Fleet to administer vaccines to our Sailors and Civilians forward deployed.

**MCPON:** Sailors who have received the vaccine have stepped up and taken action to protect themselves, their shipmates, the Navy and our Nation. And for that we commend you.

**CNO:** Today, in addition to talking a little bit about the progress we're making across the Fleet with COVID vaccinations, we also wanted to take some time to address some questions that Sailors across the Fleet have asked us about the vaccine.

**MCPON:** One question in particular many have asked – including FC3 Cameron Parrish from the USS Shiloh - is why is this vaccine voluntary and not mandatory.

**CNO:** Good question FC3. Drugs and vaccines have to be approved by the FDA to ensure only safe and effective products are available to the American public. In situations like this, when there is good scientific reason to believe a product is safe and is likely to treat or prevent disease – which there is in this case – the FDA authorized its emergency use under specific circumstances. Vaccines authorized for emergency use are not mandatory. Bottom line – the FDA has evaluated the vaccine as safe, but it will remain voluntary until official FDA approval. That said, it is impossible to contract COVID from the vaccine. It does not include any live virus.

**MCPON:** Another thing that has come up has been a question about repercussions for not volunteering to get the vaccine. YN2 Mykell Taylor, from COMSUBLANT asked in particular if it will affect leave or liberty.

**CNO:** Let me be clear here – while the COVID vaccine is voluntary, there will not be consequences for saying no at this time – to include the loss of leave or liberty. But, we urge each and every one of you to consider strongly getting this vaccine.

**MCPON:** Some, including IC1 Devin Haley on board USS John C. Stennis, have also asked when COVID mitigation measures will be reevaluated and if we still need to wear masks and practice social distancing if vaccinated? The answer

IC1, is yes, for now. We must continue to wear masks and practice social distancing until the risk of COVID-19 is substantially reduced. But we will continue to evaluate this going forward as we return to normal.

**CNO:** Last question we've been asked a lot, including from FN Kelley aboard USS Essex, is why should we get the vaccine, and what side effects might it have? FN Kelley, while there is no way to know exactly how the COVID-19 will affect you, what we do know is the vaccine has been given to nearly 40,000 of your shipmates with little to no side effects. Additionally, it's about 95% effective at preventing mild or severe COVID-19

cases. The short answer: I strongly urge you to protect yourself, your shipmates and your family by getting the vaccine when you're eligible for it.

**MCPON:** Shipmates, I can't tell you how proud we are of the U.S. Navy's response to COVID-19. The low numbers of positives – less than 1% of our force - is grounded in the individual responsibility of our Sailors and leadership at the deck plate level. And for that we thank you.

**CNO:** Well said, MCPON. Together, along with this vaccine and your continued vigilance, we will Sink COVID. See you in the Fleet, Shipmates.

## FOOD/CLOTHING DRIVE FOR SPANISH COMMUNITY

The Boy Scouts of America, Scout Troop 73 are sponsoring a food drive for off-base, Spanish families negatively affected by sudden loss of employment

We need your help by donating any of the following items:

- |  |                |
|--|----------------|
| Clothes  | Pasta          |
| Lunch Meat   | Fruit          |
| Cans of Tuna   | Beans          |
| Small Water Bottles  | Juice          |
| Oil (Vegetable or Virgin)                                    | Milk           |
| Brown Lunch Bags - (For volunteers distributing food)        | Yogurt         |
| Quart-Sized Ziploc Bags - (For volunteers distributing food) | Sandwich Bread |
| Basic Hygiene Items (Soap, Toothpaste, Floss, Shampoo)       | Toilet Paper   |
| Basic Cleaning Items (Bleach Spray, etc.,)                   | Sugar          |
| Flour  | Rice           |

In accordance with our bi-lateral agreement with Spain...  
FOOD Donations shall not be purchased from NAVSTA Rota's Commissary

### Food/Clothes Donation Box COLLECTION POINTS

- \* Boy Scout Hut (Near Base Housing)
- \* Base Chapel (Outside Church Entrance Door)
- \* Base Housing Office (Underneath Awning)

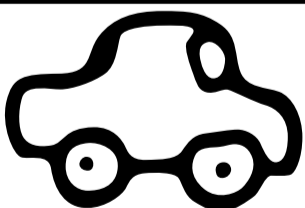
Or monetary donations:

100% of Donated FUNDS will be used to purchase from Off Base Grocery Stores  
[gofundme.com/1zq6fu3uao](https://www.gofundme.com/1zq6fu3uao)



This "GIVE BACK" Food Drive is our way of showing the Spanish community WE CARE and can do something, in their time of need, for all the Hospitality, Friendship and Support they've provided through the years!

# #SinkCOVID



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# 725th Air Mobility Squadron (AMS) Performs C-17 Globemaster Engine Swap

Photos by MC3 Jacob Owen

Airmen attached to the 725th Air Mobility Squadron (AMS) lower a damaged turbine from a C-17 Globemaster to be replaced at Naval Station (NAVSTA) Rota, Spain Jan. 23, 2021. NAVSTA Rota sustains the fleet, enables the fighter and supports the family by conducting air operations, port operations, ensuring security and safety, assuring quality of life and providing the core services of power, water, fuel and information technology.





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# SCHOOLING IN SPAIN - ROTA

Are you thinking about schools possibilities in Rota? For kids it is a good way to learn Spanish, to make Spanish friends and to learn the Spanish culture. In Rota there are good schools. At the Welcome to Rota office we can help you with school enrollment and answer all your questions, but please pay attention to the following:

Children need a proof of residency from Rota City Hall. Please come to the office and we will help you with this paperwork that is mandatory to start the schooling process

General Info:

- Schooling for children is mandatory from age 6 to 16, and consist of two different stages: elementary and secondary.

- Children must register in school, whether they have completed, or not, any of the previous stages or kindergarten.

- Apart from this, 3-5 year old children can be enrolled in early childhood centers, public care centers, or subsidized private schools, but it's not mandatory. Standards for these centers are the same as those for public centers.

- Elementary education is

mandatory and has no cost, and consists of six academic years, from 6 to 12 years, divided into three stages of two years each.

1. First & Second grade (6 to 8 yrs old)
2. Third & Fourth grade (8 to 10 yrs old)
3. Fifth & Six grade (10 to 12 yrs old)

- Secondary – ESO

- It has no cost, and it's a mandatory education stage to complete basic education.

- Consisting of 4 academic courses, held between ages 12th and 16th and divided into two grades.

1. 1st & 2nd of ESO (ages 12th to 14th)
2. 3rd & 4th of ESO (ages 14th to 16th)

## SCHOOLS AND HIGHSCHOOLS IN ROTA

- C.E.I.P Azorin
- C.E.I.P Luís Ponce de León
- C.E.I.P Pedro Antonio de Alarcón
- C.E.I.P Maestro Eduardo Lobillo
- C.E.I.P San José de Calasanz



Azorin



Lobillo - Public School

## PUBLISHER'S CORNER

### PIZZERIA BLANCA PALOMA

Pizzeria Blanca Paloma is a benchmark of traditional Italian cuisine in the province of Cádiz. This popular restaurant is famous for its thin crust pizzas, its Panaro, (that's how they call their large pizzas presented on a typical wooden board) and its delicious Antipasti; Bruschettas, filled Crescentinas, exquisite pasta dishes such as the Oven-baked pasta Skewers, Rigatoni with Chicken, Parmesan, Garlic, Oil and Chilli, Seafood Spaghetti, Scallop and Shrimp Ravioli, Rigatoni alla Arrabiata, ..., not to mention its oven-baked Pork leg or the swordfish Cotoletta. It is the ideal place to enjoy the art of Risotto, they cook using very special recipes, such as the Chicken and Ginger Risotto. Their homemade Passatelli are hard to forget! All their dishes are made with high quality ingredients meticulously selected by the Italian born owners to offer a unique culinary experience. Luigi and Raúl are in charge of making their clients have a fantastic evening. Always ready to help you with their recommendations on the menu and their fabulous Italian wines, they have an extensive DOC wine list.

The restaurant has a large garden terrace, ideal to enjoy with friends, family and your partner. They also have a room for celebrations. Own Home Service and Take Away. Kitchen always open. Staff speak English.

Pizzeria Blanca Paloma de Puerto Sherry and El Merendero are located in an idyllic spot at the foot of Playa de la Muralla. This place is also famous for having one of the most spectacular sunsets in the Bay of Cádiz.

They have a large terrace overlooking the sea, this makes it the perfect place to enjoy a good breakfast, lunch and a very special snack. The kitchen is always open.

In addition to their menu with traditional Italian cuisine, they offer a fabulous Brunch with homemade Giant Croissants, Pancakes, Eggs Benedict, Eggs Florentine, Omelettes, French Toasts, Crepes, Piadinas, Farchitos, among many others, all made with a lot of love. Perfect to accompany a Mimosa cocktail or a Piña Colada.

El Merendero surprises with its menu full of very original recipes. Their Crepes, which they call Palacinka, are irresistible, sweet or salty, classics, such as the Nutella, Banana and Coconut Crepe and others with ingredients selected for the most demanding palates, such as the Crepe with Cream, Apple and Caramelized Fruit. Not to forget their Cannolo and puff-pastry Cazuelitas, tasty pastries all.

Both restaurants offer an extensive menu of Cafes and Cocktails, Cappuccino, Mokaccino and Coffee Break are some of their specialties.

Home Delivery Service and Take Away are now available.

They are open every day of the year. The Staff speaks English.

Please see the ad in the paper for more information.



#### HIGH SCHOOLS

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- Pili Varo

#### SCHOOL

#### REGISTRATION CALENDAR

1. March Submit applications / General process
2. Mid May - Public Notification
3. June - Claims process
4. Beginning of June - Submit applications for children 2nd stage, primary and special needs schools.

5. Beginning of July Submit applications for Mandatory Secondary Education and High School.

\*\* The students coming from other schools can apply if there are any vacancies in the centers



Luis Ponce de León - Public School

#### OPTIONS AFTER SECONDARY

Once mandatory secondary education is done, students have different options they can choose from:

1. Continue to High School

2. Vocational Education, Art and Design and a Sports Education degree.

3. Join the labor force, once they have turned 16, the minimum required working age.

4. If they had not obtained the Certificate in Secondary Education they can choose to register within different programs of specific education for adults.



# Rota Naval Base Hosts Italian Aircraft Carrier CAVOUR

## From Italian Navy Public Affairs

Tuesday, Feb. 2, 2021 marked a special day for the Spanish-U.S. Naval Base of Rota, since the Italian aircraft carrier CAVOUR was hosted in the strategically located Naval Station (NAVSTA) Rota, the U.S. "Gateway to the Mediterranean," which will play for the Italian capital ship as the 'sky jump' to the Atlantic coast.

The Italian Navy carrier left her homeport – Taranto Naval Base – on Jan. 28 with its 600 crew on board under the command of Captain Giancarlo Ciappina heading toward the U.S. Atlantic coast to fulfill an important step forward towards the renewal of her strategic capacity in operating the new 5th generation Joint Strike Fighter (JSF).

In fact, in the U.S. Naval Base in Virginia – the largest concentration of U.S. Navy forces, headquarters and homeport of the U.S. Navy's Fleet Forces Command – the Italian carrier will conduct a specific campaign called 'Ready For Operation' (RFO) to be certified for the use of the F-35 Variant B – the Short Take Off and Vertical Landing (STOVL) version – which is destined to progressively replace the

aging current fleet of AV-8B Plus STOVL aircraft.

During the RFO campaign along the U.S. East Coast, the crews and teams of testers and engineers of the Integrated Test Force (ITF) of the multinational program JSF will verify the compatibility and integration of the new aircraft on board the aircraft carrier, challenging all the subsystems and sensors of the ship – updated for this purpose during a dedicated pre-campaign works held in Italy – and verifying all the weather-environmental conditions which,

for each type of mission assigned to the aircraft, will allow to fully exploit its capabilities, under full safety settings.

In this light, the stop in Rota is indeed an additional demonstration of the close level of cooperation the Italian Navy enjoys with its U.S. counterpart in enhancing its relevance in the complex geostrategic scenarios.

After 30 years of extraordinary service accumulated by the AV-8B Plus Sea Harrier, its replacement with the most modern and advanced 5th generation stealth air platform represents an necessary change of pace to adequately

*Rota Naval Base hosts the Italian aircraft carrier, CAVOUR, on her maiden voyage to the United States.*



Photo by MC2 Eduardo Otero

The Italian aircraft carrier ITS Cavour (CVH 550) is in Naval Station (NAVSTA) Rota for a port call. NAVSTA Rota sustains the fleet, enables the fighter and supports the family by conducting air operations, port operations, ensuring security and safety, assuring quality of life and providing the core services of power, water, fuel and information technology.

cope with current and future challenging scenarios, envisaging much higher risks for the safety of the naval aviators as well as for the forces and interests the F-35 is aimed to defend.

This renewal of the capacity of the Italian aircraft carrier, will enhance the overall ability to maximize the protection of the vital maritime interests upon which

both Italy and the United States as well as of context with strong maritime connotation such as NATO – to which both countries belong – with greater versatility, effectiveness and also at considerable distances from the motherland, or wherever national and international interests may be at risk.

## FAQ

Where should I present the school registration paperwork for my kids?

- At the closest school to your home or the one you like the most, (the school process is based on a point system that determines the priority to a certain school, one of them is the home address)

Evaluation Criteria:

- Requirements for students with special needs
- Family home address. The solicitor gives the Junta de Andalucía, (Andalusian regional government) Education Department, the right to verify this information.
- Work address
- Yearly income of the family
- Disability or developmental disorder
- Large family certificate
- Single family certificate
- Foster family certificate

\*\* Every criteria will have a different evaluation, according to the current laws, established by the Junta de

Andalucia (Andalusian Regional Government) Education Counselor.  
Web: [www.juntadeandalucia.es](http://www.juntadeandalucia.es)

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- Socio-educational service.
  - Monthly price: 320,71 euros including dining service. (2020 price)
  - Monthly price: 240,53 euros without dining service. (2020 price)

These prices will be discounted by the Junta de Andalucía (Andalusian regional government) from 25% to 100% of the total cost, depending on the income of the family unit.

This information will be provided by the Centre in which a place was requested. They will also inform you of the total cost you will have to pay for the services requested on the basis of the criteria presented.

- Extracurricular workshop. Monthly price: 63,64 euros. (2020 price)

Registration And Application Calendar For First Stage Schools

- Reservation of school seats– second half March
- Regular admission –April

- Registration of students in the stage of 0 to 3 years old – June

These dates are given to each school, but may be subject to variations according to the competent administration, in this case, the Ministry of Education of the Junta de Andalucía (Andalusia Regional Government).

The most important ones are the following:

- Existence of family circumstances of serious risk to the child.
- Children of women attended in the reception centres for women from victims of gender-base violence.
- Children victims of terrorism.

Apart from these criteria, the main purpose of these types of schools is to find a balance between family and working life.

The evaluation criteria will be given by the Andalusian Regional Government

Please if you have any question let us know at Welcome Office

welcometorotaoffice@gmail.com  
T. 956 84 65 21

Blancanias



# From the First Shot: Reliant Protect FY21 Active Shooter Drill

By Courtney Pollock  
NAVSTA Rota Public Affairs

A gun shot cuts the silence, startling me. In that moment, I freeze before realizing it's "go time." My palms are already sweaty and adrenaline is flowing as I pick up my cell phone and call dispatch. The first responder answers and I begin, "exercise, exercise, exercise... there is a man with a gun in the building..." The call is punctuated by simulated gun shots that cause me to pause and lose focus. I try to relay as much information as possible to the dispatcher as people begin screaming in the hallway. The shooter is on the move, so it's time to end the call and go silent.

Naval Station (NAVSTA) Rota conducted Operation Reliant Protect FY21, a training scenario to test the base's active shooter response, Jan. 26.

Fortunately, this time it was only an exercise. Despite it being a simulation, the experience was jarring. It also reminded

me and my coworkers of the importance of practicing – both mentally and physically – for what to do if there is an active shooter on the installation.

NAVSTA Rota installation training officer, James Denning, coordinated the operation, organizing many different departments for the big day.

"It is important for all of NAVSTA Rota personnel to periodically review their emergency action plans for an active shooter event," explained Denning. "Reliant Protect FY21 gave all of us an opportunity to take some time to review what actions we should take in the event of an active shooter in our workspace, how to respond when law enforcement arrives, and how to manage consequences from an active shooter event on the installation."

While not common, active shooter situations have occurred on military



Photo by MC1 Nathan Carpenter

A security team responds to a simulated active shooter during a drill at Naval Station Rota, Spain, Jan. 26, 2021. The purpose of this exercise is to validate the installation's antiterrorism (AT) plan, preplanned responses (PPRs) and standard operating procedures (SOPs) for an active shooter.

See DRILL Page 11



Photo by MC1 Nathan Carpenter

Hospitalman Johnathan Slack (left) and Hospitalman Christopher Reyes simulate CPR on Cmdr. Matthew Chester during an active shooter drill at Naval Station Rota, Spain, Jan. 26, 2021.



Photo by MC3 Jacob Owen

Master-at-Arms 2nd Class Amanda Mantor reports the injuries of a simulated victim during an active shooter drill at Naval Station Rota, Spain Jan. 26, 2021.



Photo by MC1 Nathan Carpenter

Master-at-Arms 3rd Class Timothy Isenberger directs arriving medical responder Hospitalman Johnathan Slack to Sailors with simulated injuries during an active shooter drill at Naval Station Rota, Spain, Jan. 26, 2021.



Photo by MC3 Jacob Owen

Naval Station Rota Hospital's Emergency Medical Services responds to a simulated victim during an active shooter drill at Naval Station Rota, Spain Jan. 26, 2021.



Photo by MC1 Nathan Carpenter

Hospitalman Christopher Reyes (right) directs Yeoman 2nd Class Stephanie Kern to assist in treating Culinary Specialist 1st Class Amanda Ortiz for simulated injuries during an active shooter drill at Naval Station Rota, Spain, Jan. 26, 2021.

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**DRILL**

*Continued from page 10*

installations in the past. The capability of Naval Security Forces (NSF), first responders, U.S. Naval Hospital Rota, and NAVSTA Rota personnel to respond quickly and efficiently, is a matter of life or death.

“This exercise effectively challenged watch standers in handling several complex situations: responding to the active shooter, processing the crime scene, and ensuring victims were treated in a timely manner, all while maintaining awareness of the installation’s personnel protection strategy,” said Denning. “Overall, I think that Team Rota did a great job!”

Denning went on to emphasize that

every exercise heeds valuable lessons learned. The key is to incorporate this feedback into future exercises and trainings to ensure Team Rota is continually improving their response procedures.

When the exercise finished, I took a moment to reflect. I wondered again what would I do in the case of an active shooter. Would I remember to ‘run, hide, fight’ as we are trained? Would I freeze?

A drill may not fully prepare one’s self for a real life active shooter situation, but every bit of training helps to prepare – the individual, the installation’s emergency responders, and the base community – for how to effectively manage the fear and take on the task at hand.

We train to know what to do. We train to protect ourselves and those around us. We train to maintain our readiness.



Photo by MC3 Jacob Owen

Master-at-Arms 2nd Class Amanda Mantor escorts simulated active shooter Senior Chief Gas Turbines System Technician Mark Quitquit out of the building during an active shooter drill at Naval Station Rota, Spain Jan. 26, 2021.



Photo by MC3 Jacob Owen

Master-at-Arms 1st Class Brandon Hodges leads a security team as they respond to a simulated active shooter during a drill at Naval Station Rota, Spain Jan. 26, 2021.



Photo by MC3 Jacob Owen

Master-at-Arms 3rd Class Timothy Isenberger waits for medical responders with a simulated victim during an active shooter drill at Naval Station Rota, Spain Jan. 26, 2021.



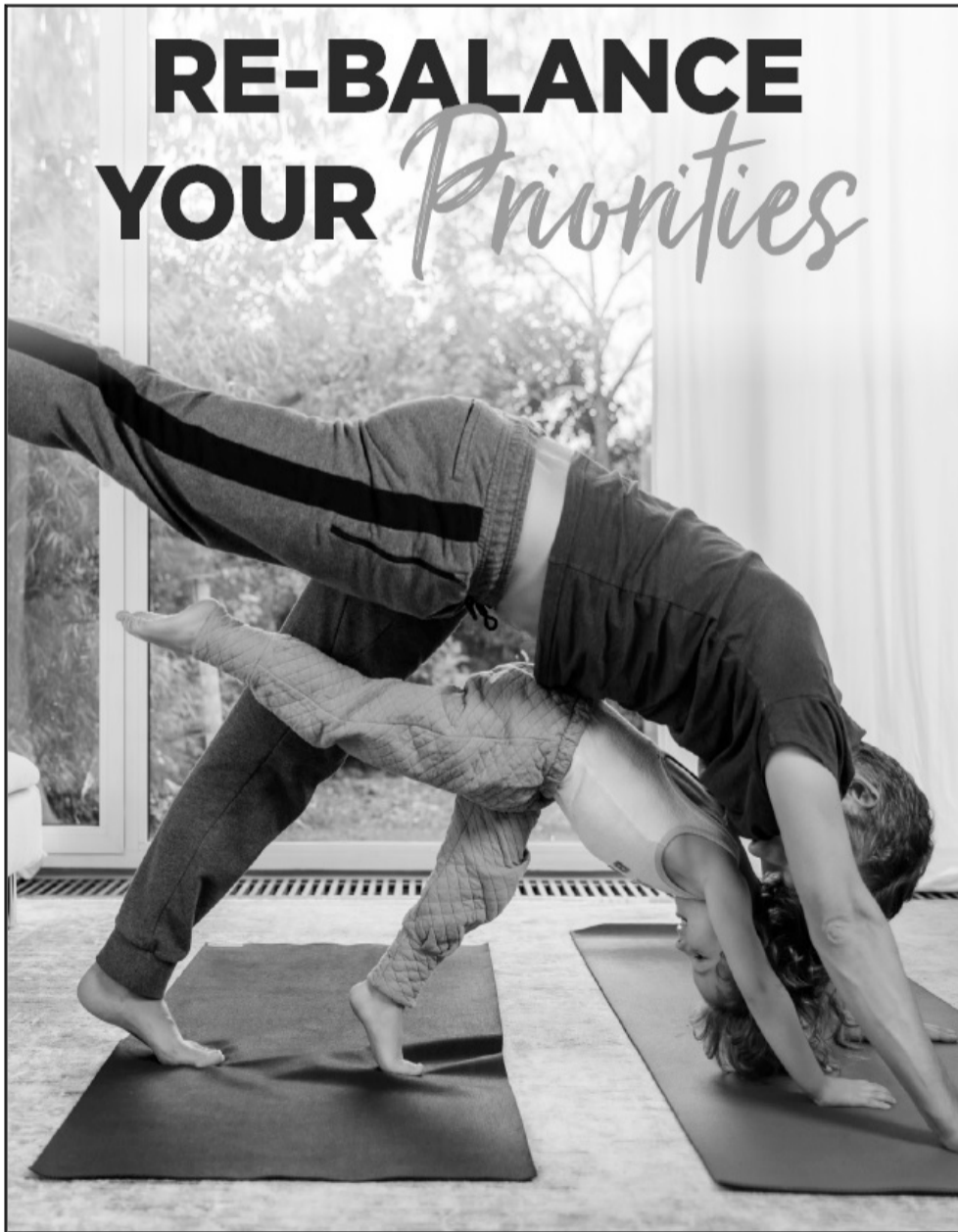
Photo by MC1 Nathan Carpenter

Hospitalman Christopher Reyes describes to training team evaluator Hospital Corpsman 1st Class Steven Gajovski how he would treat Culinary Specialist 1st Class Amanda Ortiz for simulated injuries during an active shooter drill at Naval Station Rota, Spain, Jan. 26, 2021.



Photo by MC1 Nathan Carpenter

Master-at-Arms Chief Brandon Robertson (right) debriefs participants in an active shooter drill at Naval Station Rota, Spain, Jan. 26, 2021.



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<b>EMC CURTIS CAMPBELL</b>	<b>OSC CHRISTOPHER CORMIER</b>

# CONGRATULATIONS!



# USS Donald Cook Conducts Underway Replenishment in the Black Sea

Story and photos by MC3 Will Hardy 78).

The Arleigh Burke-class guided-missile destroyer USS Donald Cook (DDG 75) conducted an underway replenishment (UNREP) with the Henry J. Kaiser-class fleet replenishment oiler USNS Laramie (T-AO 203) in the Black Sea, Jan. 29.

The underway replenishment demonstrates the U.S. Navy's operational logistics capability to remain on station to ensure maritime security. Donald Cook is one of three U.S. Navy ships operating concurrently in the Black Sea in 2021, alongside Laramie and USS Porter (DDG

78). "Taking fuel at sea is the most concrete way for us to sustain independent operations," said Cmdr. Matt Curnen, commanding officer of Donald Cook. "While the execution of this underway replenishment was business as usual for the crew, the greater implications for U.S. Navy operations in the Black Sea were anything but usual. It's a new operational model in a new year."

Both Donald Cook and Porter entered the Black Sea conducting multi-domain operations with a U.S. Navy P-8A aircraft from Patrol Squadron VP-46 and NATO Air Command aircraft E-3A Airborne Warning and Control System (AWACS).

The three ships will continue to maintain maritime security alongside other NATO Allies and partners. The ships' combined operations further strengthen interoperability and demonstrate resolve to Black Sea peace and security.

The Black Sea is

a critical waterway for maritime commerce and stability in Europe and combined operations in the Black Sea will strengthen interoperability between NATO partners and allies, including Turkey, Ukraine, Georgia, Bulgaria and Romania. Black Sea operations also demonstrate the U.S. Navy's commitment to peace and security in the U.S. Sixth Fleet Area of Responsibility.

Donald Cook, forward-deployed to Rota, Spain, is on her 11th patrol in the U.S. Sixth Fleet area of operations in support of regional allies and partners and U.S. national security in Europe and Africa.

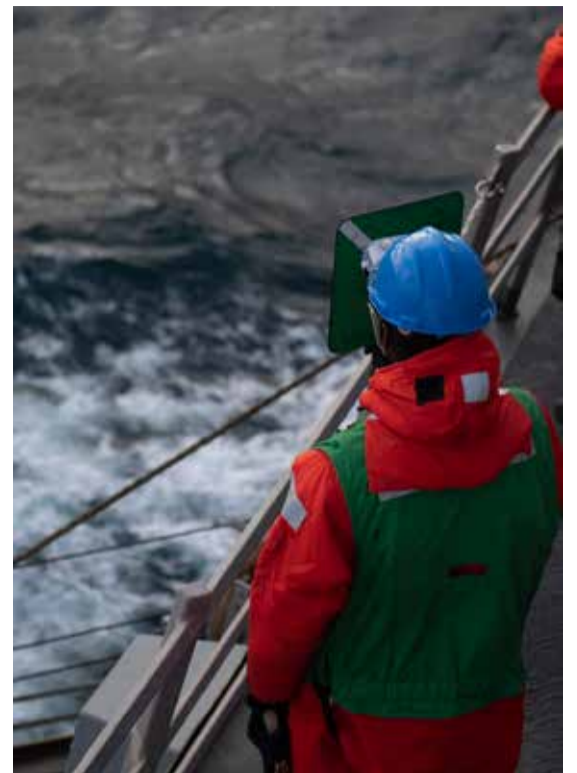
Four U.S. Navy destroyers, including Donald Cook, are based in Rota, Spain, and assigned to Commander, Task Force 65 in support of NATO's Integrated Air Missile Defense architecture. These Forward-Deployed Naval Forces-Europe ships have the flexibility to operate throughout the waters of Europe and Africa, from the Cape of Good Hope to the Arctic Circle, demonstrating their mastery of the maritime domain.

U.S. Sixth Fleet, headquartered in Naples, Italy, conducts the full spectrum of

joint and naval operations, often in concert with allied, and interagency partners, in order to advance U.S. national interests and security and stability in Europe and Africa.



The Henry J. Kaiser-class fleet replenishment oiler USNS Laramie (T-AO 203), right, and the Arleigh Burke-class guided-missile destroyer USS Donald Cook (DDG 75), execute an underway replenishment in the Black Sea, Jan. 29, 2021.



Boatswain's Mate Seaman Nguessan Dje signals to the Henry J. Kaiser-class fleet replenishment oiler USNS Laramie (T-AO 203) from the Arleigh Burke-class guided-missile destroyer USS Donald Cook (DDG 75), during an underway replenishment, Jan. 29, 2021.

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# USS Porter Conducts Interoperability Exercises with Ukrainian Navy

By Ensign Brinn Hefron  
USS Porter Public Affairs

The Arleigh Burke-class guided-missile destroyer USS Porter (DDG 78), participated in Interoperability Exercises with Ukrainian Naval Forces in the Black Sea on Jan. 30, 2021.

Off the coast of Ukraine, in the Black Sea, Porter, along with the Henry J. Kaiser-class underway replenishment oiler USNS Laramie (T-AO-203), operated with three Ukrainian Navy vessels; the Gurza-M-class UKRS Kostopol (P 180) and UKRS Nikopol (P 176), and the Island-class patrol boat UKRS Starobilsk (P 191), as well as a Ukrainian Navy MI-14 helicopter.

"The naval exercise in the Black Sea is another excellent example of the strong partnership between the United States and Ukraine, and our work together to strengthen Euro-Atlantic security," said Chargé d'Affaires, Kristina A. Kvien, U.S. Embassy Kyiv, Ukraine.

The exercises provided the U.S. and Ukrainian Naval Forces the opportunity to practice tactical maneuvering while operating with a High Value Unit, the USNS Laramie. The ships were able to practice coordinated small boat attack responses and surface warfare exercises while watch-standers onboard Porter received small caliber arms training.

The ship's operations in the Black Sea strengthens interoperability among NATO

allies and partners and demonstrate collective resolve to Black Sea security under Operation Atlantic Resolve.

Porter is on her 9th patrol of the U.S. Sixth Fleet area of responsibility in support of U.S. national security interests in Europe and Africa. The U.S. Navy routinely operates in the Black Sea consistent with international law, including the Montreux Convention.

"We conducted a great bilateral training at sea today with the Ukrainian navy. We definitely learned from each other and strengthened our partnership," said Cmdr. Thomas Ralston, commanding officer of Porter. "Engagements and bi-lateral exercises with our partners and allies in the region enhance our interoperability as a long-term effort to improve regional cooperation and maritime security. I look forward to future opportunities to evolve our interoperability with the Ukrainian navy."

The Black Sea is a critical waterway for maritime commerce and stability throughout Europe. The U.S. Navy routinely operates in the Black Sea to work with our NATO Allies and partners, including Bulgaria, Georgia, Romania, Turkey, and Ukraine.

It is in the world's best interest to maintain a stable, prosperous Black Sea region and deter aggressive actors who seek destabilization for their own gain.

U.S. Sixth Fleet has provided over \$40 million via Section 333 funding to



Photo by MC2 Damon Grosvenor

Three Ukrainian Navy vessels and the Henry J. Kaiser-class underway replenishment oiler USNS Laramie (T-AO 203) get in formation for a photo exercise with the Arleigh Burke-class guided-missile destroyer USS Porter (DDG 78) while in the Black Sea, Jan. 30, 2021.

establish Ukraine's baseline Maritime Domain Awareness capability in the development, integration, and linkage of permanently-based and mobile coastal radar sites. These bases and sites are regularly working together with ships like USS Porter to help Ukraine maintain situational awareness of its territorial waters.

Four U.S. Navy destroyers, including Porter, are based in Rota, Spain, and assigned to Commander, Task Force 65 in support of NATO's Integrated Air Missile

Defense architecture. These Forward-Deployed Naval Forces-Europe ships have the flexibility to operate throughout the waters of Europe and Africa, from the Cape of Good Hope to the Arctic Circle, demonstrating their mastery of the maritime domain.

U.S. Sixth Fleet, headquartered in Naples, Italy, conducts the full spectrum of joint and naval operations, often in concert with allied and interagency partners, in order to advance U.S. national interests and security and stability in Europe and Africa.



# Leticia Contero

Leticia, or Leti, Contero is the management and program analyst and team lead for the Office of the Inspector General (IG) at Naval Station (NAVSTA) Rota. She has been a part of the IG department since 2018. Contero and her department manage a wide range of inspections for the installation and most recently, finished the annual Managers Internal Control Program.

“Based on our annual internal oversight plan, we mainly conduct CNIC (Commander, Navy Installations Command), region and command directed inspections, as well as cash verifications and audits,” explained Contero. “Depending on the inspection, we develop or update checklists, read applicable policy and request information from the specific program managers to start the process and conduct the inspection.”

Contero, originally from Cádiz, describes her position as one where she is continuously learning.

“One of my favorite things is that I learn a lot with each inspection of the different programs that are run on base,” she said. “It gives me the big picture of the base and an opportunity to meet new people every time that we start

an inspection.”

Contero holds both a bachelor and master degrees in business administration. After receiving her MBA, she worked for the advisory department of KPMG in Madrid before returning to this area.

Prior to working at the IG department, Contero worked at the Housing Office and Navy Environmental Preventive Medicine Unit (NEPMU-7) where she enjoyed working with great coworkers. She also enjoys the international partnership of working on the installation.

“I work with a great team that is very easy to work with,” she said. “We all come from diverse backgrounds and have different points of view, which contributes to team discussions and brings different things to the table; it always enriches the process of an inspection.”

In her free time, Contero keeps busy with her family and personal hobbies.

“I love to spend time and travel with my family, see my friends, and go to music concerts,” she said. “Now, due to the circumstances we all are living, I am becoming a cook and crafts expert! I love photography and patchwork/quilting.”

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# SPAIN - U.S. PARTNERSHIP



Photos by Lt. Cmdr. D. Andrés Díaz Ripoll Marzol  
Spanish Armada

The Spanish Armada performed exercises in collaboration with U.S. Sailors of Helicopter Maritime Strike Squadron (HSM) 79 and Explosive Ordnance Disposal (EOD) on Base Naval de Rota. Spanish Armada and HSM-79's MH-60R Sea Hawk helicopter flew in formation. The Spanish Armada also assisted EOD with the second Fast Rope Course.




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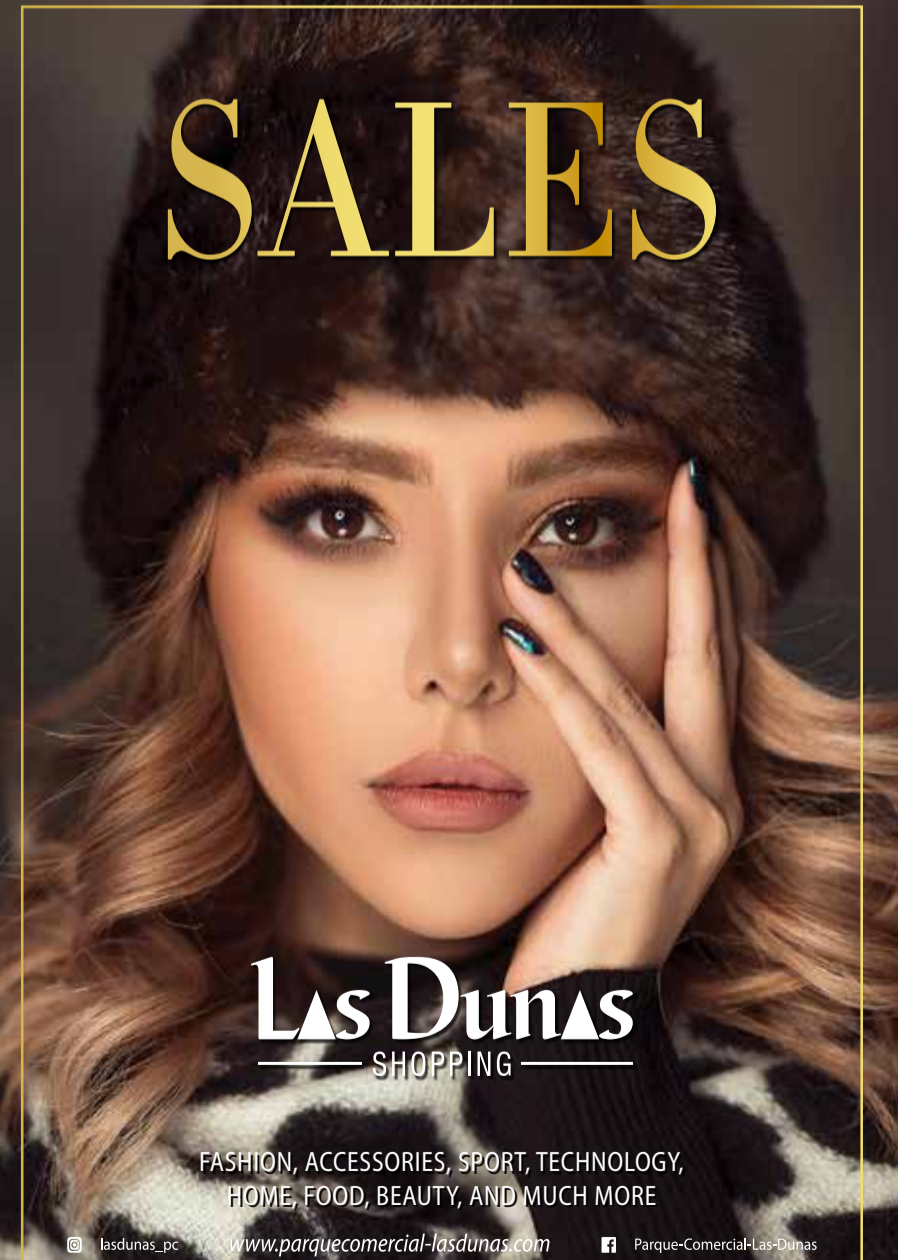
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# School Liaison Officer (SLO) Notes

Naval Station Rota School Liaison Officer, Randy Lambert, has a wealth of resources, information and programs related to school and school-age children. Additional information can be found on the School Liaison Officer page of [www.navymwrrota.com](http://www.navymwrrota.com), by emailing [SLORota@eu.navy.mil](mailto:SLORota@eu.navy.mil), or calling 727-2425 or +34 956-82-2425.

View the School Liaison February Newsletter at: <https://www.smores.com/3keqa>



## Individual College 101 & Financial Aid 101 Workshops

Students or parents interested in learning about the college planning or financial aid process can make an appointment to sit down with the School Liaison Officer. Free resources are provided. Contact [SLORota@eu.navy.mil](mailto:SLORota@eu.navy.mil) or call 727-2425 for more information.

## Tutor.Com for Military Families

Tutor.com for U.S. Military Families ([Tutor.com/military](http://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.

## DoDEA Annual Reregistration

Be on the lookout for DoDEA annual school registrations for SY 2021-22. Usually DoDEA re-registration starts in March.

## DoDEA Sure Start for SY 2021-22

If you have a child that will turn four years old by Sept. 1, 2021, your child may be eligible for DoDEA's pre-kindergarten Sure Start program. Applications are normally accepted beginning in March on an ongoing basis. For more information, contact the School Liaison Officer at [SLORota@eu.navy.mil](mailto:SLORota@eu.navy.mil).

## Spanish Schools Individual Information Appointments

WHAT: The SLO Liaison will host individual information appointments for families wanting to use Spanish schools for school year 2021-22 and might need help with the process. March is the annual registration month for Spanish schools. WHO: All NAVSTA Rota families WHEN: By Appointment Only WHERE: School Age Care, Bldg. 41 Contact [SLORota@eu.navy.mil](mailto:SLORota@eu.navy.mil) or call 727-2425 for more information or to make an appointment.

## Call the SLO before You GO

If you are planning to PCS or change

your duty station in the future, contact the School Liaison Officer (SLO) to help you with your transitions. Your SLO can also put you in contact with your gaining installation's SLO.

## Scholarships

**NOTE: No Navy endorsement implied on all information below.**

1. Fisher House Scholarships For Service YOUR SCHOLARSHIPS: You and your family's service for our country qualifies you for unique funding opportunities. We'll help you find the best matches for your educational goals. LINK: <http://search.militaryscholar.org/>

2. Military Families Magazine has published a list of 35+ scholarships for military-connected students. LINK: <https://militaryfamilies.com/military-education/35-scholarships-for-military-connected-students/>

3. Big Future Days College Board is hosting virtual events for high school students to connect directly

with college admissions representatives and take action on the most important steps for college. These FREE events are meant for high school sophomores and juniors, but younger and older students are welcome and parents/guardians are encouraged to join along with their students.

Explore your college options in each region!

--BigFuture Days West + Southwest, Saturday, Feb. 6, 4-8 p.m. ET/1-5 p.m. PT

--BigFuture Days Southeast, Tuesday, Feb. 23, 5-9 p.m. ET/2-6 p.m. PT

--BigFuture Days Northeast, Sunday, March 7, 4-8 p.m. ET/1-5 p.m. PT

--BigFuture Days Midwest, Thursday, March 11, 5-9 p.m. ET/2-6 p.m. PT

LINK: <https://pages.collegeboard.org/big-future-days>

4. NACAC (National Association for College Admission Counseling) Virtual College Fairs (LINK: <https://www.nacacfairs.org/virtual/>)

# Navy Shifts 2021 Fitness Cycle to July

By MC1 Mark D. Faram

Chief of Naval Personnel Public Affairs

The Navy is shifting the dates of the single, six-month physical fitness assessment cycle during calendar year 2021 to July 1 through Dec. 31, to continue to mitigate COVID-19 impacts to the fleet.

The single 2021 cycle was initially announced in November's NAVADMIN 304/20 and was originally scheduled for March 1 through Sept. 30. That message is now cancelled and replaced by NAVADMIN 024/21, which shifts the dates between July 1 and Dec. 31.

The new message was released on Jan. 27.

"Shifting the PFA cycle to July allows the Navy to execute the PFA after the primary influenza season while allowing time for COVID-19 vaccines to be more widely distributed," Vice Adm. John B. Nowell, Jr., the chief of naval personnel, wrote in the message.

COVID-19 prevention efforts resulted in the cancellation of both of 2020's semi-annual Physical Fitness Assessments. Out of an abundance of caution, the Navy decided to proceed with a single cycle for 2021 as the COVID pandemic is showing no signs of abating yet.

The Department of Defense has long

mandated all services conduct annual fitness testing. That mandate for fitness testing means that no exemptions will be allowed for those who scored excellent or above from the previous 2019 cycle. However, going forward, those who score excellent or outstanding on the 2021 PFA will be exempt from participation in the first PFA cycle of 2022.

A new Physical Readiness Program Guide 15 has been produced outlining just how to conduct all testing to mitigate the possibility of spreading the COVID-19 virus. It is now available for download on the Physical Readiness Program Website.

Twice annual testing cycles are expected to resume as permitted and it is hoped that will happen during calendar year 2022.

What's not changing is the cycle's big updates to the Physical Readiness Test (PRT). The rollout of the forearm plank, which will replace the curl-up as a test of core strength, and the introduction of the 2000-meter row as a new optional cardio event, will go on as planned.

The 2021 cycle will also be the first for data entry into the new Physical Readiness Information Management System 2 (PRIMS 2). The Navy is currently migrating the legacy PRIMS data to the new system's database



Photo by MC1 Benjamin A. Lewis

Religious Programs Specialist 2nd Class Justin Alvarado, center, assigned to Naval Station (NAVSTA) Rota, Spain, participates in a command fitness leader (CFL) class, March 5, 2019.

as part of MyNavy HR transformation efforts. This new system will bring the data management for the PFA into the 21st century and also make the process easier for CFLs.

The migration means that all commands will need to provide up-to-date Command Fitness Leader Certification in the new system. Training for commands on the new system is expected to start sometime in February and all command leaders requiring read only access will be

able to request their access "in the March timeframe," the message said.

More information, including guides for conducting a COVID-19 safe fitness test along with initial performance standards for scoring the forearm plank and 2000-meter row are available to both individuals and command fitness leaders on the Navy Physical Readiness Program website at [https://www.public.navy.mil/bupers-npc/support/21st\\_Century\\_Sailor/physical/Pages/default2.aspx](https://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/physical/Pages/default2.aspx).

## VICTORY BAPTIST CHURCH OPENS IN UTRERA, SPAIN

Pastor Drake will hold the first service in the newly acquired building at Calle Del Mar Cantabrico 3 in Utrera on Sunday February 7 at 11 am. There is plenty of parking on the street at the building site.

They are an old-fashioned conservative independent Baptist church, and Pastor Drake says that they are here to preach the gospel of the grace of God to all people.

He says that his target group is the Military at Moron Air Base and civilians in the area that are looking for a church where they can worship in spirit and truth and have fellowship one with another.

He asks that you consider this announcement your personal invitation to attend Victory. All English speaking.

Pastor Drake can be reached using the contact information in his ad in the paper. The church is on Facebook and WhatsApp.

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# Navy Strengthens SAIL Suicide Prevention Program

By MC1 Mark D. Faram  
Chief of Naval Personnel Public Affairs

Suicide prevention is an all-hands effort, requiring a constant focus on taking care of all Sailors. That need is prompting subtle but important changes to a critical prevention program designed to help Sailors during the 90 days after a suicide-related behavior, the period of highest risk.

"As we start the New Year, I would like to acknowledge all the hard work being done to encourage Sailors to seek help and combat destructive behaviors," wrote Vice Adm. John B. Nowell, the Navy's personnel chief, in NAVADMIN 021/21, released Jan. 25.

"Although the overall suicide rate has started to move in the right direction, we must continue to keep the focus on Sailor support. We are still losing too many Sailors to suicide: 76 in 2020, 80 in 2019, and 79 in 2018."

Key to the Navy's proactive prevention approach to suicide is the Sailor Assistance and Intercept for Life (SAIL) Program.

To be successful, Nowell noted, this critical resource needs top-down, unit-level leadership engagement from start to finish. However, SAIL program case managers are having a hard time contacting many Sailors referred to the program, leading to the Sailor acceptance rate for care remaining around 50 percent, he wrote.

"To close this identified gap, we will implement changes to the SAIL program,"

Nowell wrote. "SAIL procedures will be modified to require Commanding Officers to instruct and verify that the Sailors who have experienced a suicide-related behavior contact the SAIL case manager at the nearest Fleet and Family Service Center."

Though Nowell called this a "minor change in policy," it is expected to significantly impact getting Sailors into the program by strengthening the communication link between Sailors and case managers.

Command referral remains mandatory when a Sailor exhibits suicidal behavior or attempts to take his or her own life.

Nowell calls on shipmates and leaders to reach out and ACT (Ask, Care, Treat) if they notice a change in a shipmate's behavior or think a Sailor is having difficulties.

"Numerous life circumstances can produce added pressure to a force already stressed by operational demands," Nowell wrote. "If left unacknowledged and therefore unchecked, this pressure can strain Sailors' psychological and emotional well-being."

Sailors and leaders at every level need to learn, understand, and identify factors that could increase suicide risk. Key to this, Nowell wrote, is knowing how your mission, work schedule, environment and other stressors might contribute to that risk.

"An important part of creating a command climate that encourages help-seeking behavior is intrusive leadership,

especially at the deck plate level," Nowell wrote. "Know your Sailors—take actions to get to the left!"

He said that Engaged Deckplate Leaders need to call on their command's existing experts when necessary, including Command Resilience Teams and their Command Resilience Team Human Factors Councils, to identify struggles early, assist Sailors in utilizing resources, support Sailors as they recover from stressors and remain connected with Sailors throughout the entire process.

Extensive research has been conducted showing a caring contacts program to be effective in the vulnerable days following a suicide-related behavior—allowing time for the Sailor to choose safety. SAIL is the Navy's "caring contacts" program. Since the inception of the program, SAIL has helped over 4,000 Sailors during the critical 90-day period after a suicide-related behavior.

Programs that encourage support, provide ongoing caring contacts and help Sailors navigate medical systems following a suicide-related behavior help ensure that no Sailor falls through the cracks and reduce deaths by suicide. To this end, Nowell encourages "warm handoffs," which he says, "are critical for at-risk Sailors."

Commands need to be especially attentive during a Sailor's temporary or permanent transition to another command, as well as any other times their normal social network is

disrupted.

These handoffs are just as critical once a Sailor completes treatment.

"Reintegration must be done carefully, ensuring no support gaps between the medical provider and command leadership," Nowell said. "Sailors should receive the continual support needed to carry on in their careers and personal lives."

This constant support is "vital" to a successful recovery long-term, Nowell wrote, "regardless of whether that Sailor is transitioning back into the workplace, into another job field or into civilian life."

Finally, Nowell said that the current pandemic's difficulties should not be a reason a Sailor doesn't get needed help.

"Since COVID-19, we have seen our referral rate drop from near 100 percent to 83 percent," Nowell said. "After the Sailor is contacted, participation in the SAIL program remains voluntary, but you as leadership should take an active role in seeing that your Sailor gets the help they need."

Additional guidance for submitting SAIL referrals, including the Suicide Prevention Handbook and SAIL Commanders Toolkit, can be found on the Navy Suicide Prevention Program website: [www.suicide.navy.mil](http://www.suicide.navy.mil).



For more news from Chief of Naval Personnel, follow us on Facebook at <https://www.facebook.com/mynavyhr>, Twitter at <https://twitter.com/mynavyhr> or visit <https://www.navy.mil/cnp>.

# NAVAL STATION ROTA COMMUNITY RESOURCES

## ALCOHOLICS ANONYMOUS MEETINGS

Alcoholics Anonymous (AA) meetings are scheduled Tuesdays and Thursdays in the Fellowship Hall at the Chapel. All meetings are for people with a problem with alcohol, a desire to stop drinking, personnel requiring training, or with a curiosity about Alcoholics Anonymous. For information, contact Joe. B. at 649-23-95-63.

**AA off-base:** "Rota Drydocked." Every Saturday, 7 p.m., Calle Calvario, 67, Iglesia del Carmen, Rota (Lat. 36.624466, Long. 6.356386). For information about the meeting in Rota, contact Joe Garcia at 629-27-13-12 or 649-23-95-63.

**Note:** Due to the COVID pandemic, all meetings in Rota, on or off base, are being held in Zoom. For information on how to attend please contact with one of the persons listed above. You will be asked to provide an email address to receive online meeting invitations.

## AMERICAN RED CROSS

Mon / Wed / Fri, 0800-1400

Tues /Thurs: Closed

**All training services and CPR classes are on hold**

Per Red Cross Division mandates, volunteering in the office is not allowed at this time. For more information, call us during business hours at 956-82-2333, or visit our Facebook page, @RedCrossRota. Staff available by phone even though the office is closed

## 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 956-82-2333/DSN 314-727-2333. 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>

## NAVY COLLEGE

Mon / Wed / Thurs, 0830-1630

Navy College Office Rota is open to walk-in customers. Services include providing information on academic programs, tuition assistance information, academic advising, and more.

Due to the Foreign Language Proficiency Bonus (FLPB) Memorandum for Record (MFR) and limited availability, The Defense Language Proficiency Test (DLPT) will be limited to recertification only until further notice. The Defense Language Aptitude Battery (DLAB) will only be administered for Sailors applying for qualified programs. All testing is on a case-by-case basis and by appointment only. Contact Faye.Messick@eu.navy.mil for more information.

For Rota Navy College counselors assistance, please call 956-82-2798 or DSN: (314) 727-2798 or visit the office. You can also email Faye.Messick@eu.navy.mil or visit us on Facebook at Navy College Office Rota for all updates.



## NAVY-MARINE CORPS RELIEF SOCIETY

Mon / Wed / Fri: 1000 – 1500

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**Monthly Tag Sale:** The third week of every month is our monthly tag sale. Each item is \$0.50 or you can fill a DECA grocery bag full for \$3.00.

## THRIFT SHOP DONATION BOX HOURS

Mon / Thurs, 1100 – 1300

Please ensure all items are in bags or sealed boxes prior to dropping in the box. If you have fragile items to donate, speak with a volunteer in the shop for assistance. **DO NOT DUMP ITEMS OUTSIDE OF THE DROP BOX. ALL DUMPED ITEMS WILL BE DISPOSED OF.**

## UPCOMING NMCRS AND HOSPITAL MATERNAL PROGRAMS AND CLASSES:

**New Volunteer Orientation**

Feb. 16 & March 16, 1100 – 1130

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! Apply to volunteer online at <https://bit.ly/2GDOCJl> and join us for a virtual volunteer orientation via Zoom on the 3rd Tuesday of every month. Email us at [rota@nmcrs.org](mailto:rota@nmcrs.org) for more information!

## Budget 4 Baby

Feb. 23, March 9, & March 23, 1100 – 1300

Our Budget 4 Baby workshops are now taking place VIRTUALLY! Are you a new or prospective parent? Join us via Skype for Business from 1100-1300 on the 2nd and 4th Tuesday of every month. New parents 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 hand-made baby blanket. Active duty families will also receive a \$50 Visa gift card. For more information, or to sign up for the workshop, call 727-1614, email [rota@nmcrs.org](mailto:rota@nmcrs.org), or drop by the NMCRS office.

## 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 727-4185 or 727-4435.

## SCHOOL LIAISON OFFICER (SLO)

If you have any questions for the School Liaison Officer (SLO), email [SLORota@eu.navy.mil](mailto:SLORota@eu.navy.mil) or call 727-2425 or +34 956-82-2425. You can see more SLO-related information on page 18 of this Coastline.

## USO ROTA

For all USO Rota events and more "like" us on Facebook at [www.facebook.com/USORota](http://www.facebook.com/USORota)

## WIC OVERSEAS

Women, Infants and Children (WIC) Overseas is a nutrition, education and supplemental food program for qualified members of the uniformed services, civilian employees, DoD contractors living overseas and their family members. Participants include pregnant, postpartum and breast-feeding women, infants and children up to age five. WIC benefits include one-on-one nutrition counseling, nutrition and health screenings, breast-feeding education, breast pump loan program, infant and child feeding tips and drafts redeemable for nutritious foods. Call 727-2921 for more information.

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Ombudsman Coordinator Jessa Quitiquit 727-3232 (Jessa.quitiquit.ctr@eu.navy.mil)

NAVSTA ROTA Assembly Chair	Jamie Meehan	620-142-231	rotaombudsmanassemblychair@gmail.com
Naval Munition Command	Yaniris Gillion	641-449-840	ombudsmanmncrota@gmail.com
NAVSTA Rota	Elvia Rodriguez Jamie Meehan	620-142-231	navalstationrota.ombudsman@gmail.com
CTF 68 CTF 65/ DESRON 60	Amy Lee Anita Abeyta	630-83-5893 690-384-137	ctf68ombudsman@gmail.com 6065ombudsman@gmail.com
EODMUS EOD DET	Desiree Romero Kelli Wise	646-063-320 649-960-848	eodmu8omb@gmail.com
725 <sup>th</sup> AMS 521 <sup>st</sup> AMOG (Air Force Key Spouses)	Kenosha Bryant Christina Dowling	+1 (843) 940-4534 660 874 528	725thkeyspouse@gmail.com
NCTAMS	Judy McElroy	638-291-948	Nctamsrota.ombudsman@gmail.com
USN Hospital	Peter Kwak	639-654-889	hospombud@gmail.com
NAVSUP FLT LOG	Maricela Hurtado	608-154-595	Rota.NavSupOmbudsman@gmail.com
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If you have questions regarding the Navy Ombudsman Program or need information on your command's ombudsman, contact Fleet & Family Support Center (FFSC) Rota at DSN 727-3232 or commercial, +34 956-82-3232.

Naval Station Rota's Ombudsman Coordinator is Jessa Quitiquit. She can be reached at [jessa.quitiquit.ctr@eu.navy.mil](mailto:jessa.quitiquit.ctr@eu.navy.mil).

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- RP2 [Kathy.Meija@eu.navy.mil](mailto:Kathy.Meija@eu.navy.mil)
- RP3 [Katlin.Stenheims@eu.navy.mil](mailto:Katlin.Stenheims@eu.navy.mil)
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