COASTLINE

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U.S. Naval Activities Spain



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Leadership Corner: Retired Activities Office (RAO) at NAVSTA Rota

By Pat Rios & Glenn Ferguson
Rota Retired Activities Office (RAO)

What is RAO? In this instance, it is short for Retired Activities Office. Do you know where to go if you need help to fix a pay problem once you have retired from the military? Or order a reissue of your 1099R? How do you change your address with Social Security? Who do you contact when a retiree or annuitant dies?

You could make an appointment with Rota RAO, which serves as a link between the local military chain of command, the local military retired community, and other government agencies. The RAO can assist with resolving your problem. The office is located in the Fleet and Family Support Center (FFSC) and is currently manned by two volunteers who assist the military retired community in Spain, by prior appointment, on Tuesday and Thursday afternoons from 1-4 p.m. (1300-1600). Call +34 956-82-3232 or DSN 727-3232 to make an appointment. Pat Rios and Glenn Ferguson provide Ombudsman-like customer service to military retirees and their families, annuitants, and designated beneficiaries who are seeking support, benefits, entitlements, reliable answers to questions, assistance with a problem, or referral to appropriate service providers.

Did you know that the military retiree population in Cadiz province is approximately 650 retirees, widows and designated beneficiaries? To recognize this unique community, Naval Station (NAVSTA) Rota Commanding Officer, Capt. Teague Suarez, sponsors an annual Retiree Appreciation Day (RAD). The RAD has traditionally been conducted around Veterans Day for the obvious connection. This year's RAD was held on Tuesday, Nov. 8. It was kicked off first thing in the morning with a Retiree Seminar. Light breakfast snacks and coffee were served by USO volunteers and retirees had a chance to socialize. Suarez updated the retired community with what's going on around the base and offered a Q & A session. U.S. Naval Hospital Executive Officer (XO), Capt. Craig Malloy, addressed hospital services for retiree medical support, and made available a limited number of appointments for dental exams for this special occasion. As in past years, subject matter experts in areas like VA Benefits, Federal Benefits, DEERS, TRICARE, and NEX presented their briefs until the end of the seminar.

To culminate this special day, the Naval Hospital XO conducted a Veterans Day Ceremony to honor the military service of retirees and veterans, past and present. The hospital's Health Promotions Department prepared and served a free healthy buffet lunch for retirees and attendees at the once-a-year Community Health Fair which followed the ceremony.

The rest of the year, RAO volunteers serve the retiree community, not only locally but more often, around Spain. The RAO is always looking for dedicated retirees who would be interested in helping other retirees/surviving spouses in their retirement years.



On The Front Cover



Rota Elementary School faculty and students participate in a Blue Ribbon Award ceremony at the school on Naval Station Rota, Nov. 8, 2022. Rota Elementary School was recognized by the U.S. Department of Education as a National Blue Ribbon School for 2022 for its exemplary high performance. (Photo by Courtney Pollock)

Do You Like to Write or Take Photos?

The Coastline is looking for guest writers and story ideas. Are you traveling some place fun, attending a sporting event, participating in a workshop or cooking class or leading special training in your office or community? Is there something you heard about or do you have a story idea? If so, we want to hear from you! Please send story and photo submissions or story ideas to The Coastline at rotacoastline@gmail.com. You don't have to be a professional writer. Let's get the word out about the community we live in.

Publication is subject to approval.

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Rota Hosts Retiree Seminar

Photos by FCA2 Emely Tran

The Retired Activities Office (RAO) coordinated a Retiree Seminar in conjunction with Naval Station Rota and U.S. Naval Hospital (USNH) Rota.

Retirees heard briefs and presentations from NAVSTA Rota Commanding Officer, Capt. Teague Suarez, and USNH Rota Executive Officer, Capt. Craig Malloy, as well as various installation department and commands. The event concluded with a Veterans Day Ceremony and a free healthy buffet prepared by the USNH's Health Promotion Department.





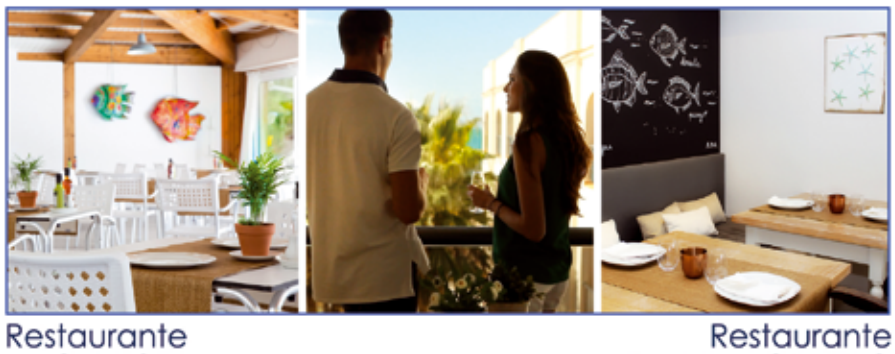









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6:45 p.m.	Tree Lighting Celebration
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USS Roosevelt (DDG 80) celebrates Armistice Day in Toulon, France

Story and Photos by MC2 Danielle Baker
USS Roosevelt (DDG 80) Public Affairs

The Arleigh Burke-class guided-missile destroyer USS Roosevelt (DDG 80) arrived in Toulon, France for a scheduled port visit, Nov. 10, 2022.

Vice Adm. Thomas Ishee, commander, U.S. Sixth Fleet, and the ship's crew visited Toulon's war memorial to participate in a wreath laying ceremony commemorating Armistice Day. The ceremony honored the legacy and sacrifices of allied forces in World War I and II.

Armistice Day also coincides with the American holiday, Veteran's Day.

"Our activities this month with the French navy will provide a key opportunity to interoperate with one of our oldest allies," said Cmdr. John Mastriani, Roosevelt's commanding officer. "Beginning our operations with a celebration of Armistice and Veteran's Day in Toulon is particularly meaningful to the Roosevelt team."

This liberty port visit also gave Roosevelt Sailors a chance to experience the sights and culture of France.

"I feel like this is an amazing opportunity for the crew to experience France and its beautiful culture," said Yeoman 2nd Class Renato Tanamachi. "This is my first time visiting this part of the world, and I'm looking forward to making great memories."

Prior to this port visit, Roosevelt conducted a port visit in Copenhagen, Denmark, after completing operations in the Baltic Sea.

Roosevelt, forward-deployed to Rota, Spain, began its fourth Forward Deployed Naval Forces-Europe (FDNF-E) patrol Sept. 27.

For over 80 years, U.S. Naval Forces Europe-U.S. Naval Forces Africa (NAVEUR-NAVAF) has forged strategic relationships with allies and partners, leveraging a foundation of shared values to preserve security and stability.

Headquartered in Naples, Italy, NAVEUR-NAVAF operates U.S. naval forces in the U.S. European Command (USEUCOM) and U.S. Africa Command (USAFRICOM) areas of responsibility. U.S. Sixth Fleet is permanently assigned to NAVEUR-NAVAF, and employs maritime forces through the full spectrum of joint and naval operations.



Vice Adm. Thomas Ishee, commander, U.S. Sixth Fleet, salutes after laying a wreath down in front of the war memorial in Toulon, France, during a wreath laying ceremony in commemoration of Armistice Day, Nov. 11, 2022. Roosevelt is on a scheduled deployment in the U.S. Naval Forces Europe area of operations, employed by U.S. Sixth Fleet to defend U.S., allied and partner interests.



The Arleigh Burke-class guided-missile destroyer USS Roosevelt (DDG 80) arrives in Toulon, France, for a scheduled port visit, Nov. 10, 2022. Roosevelt is on a scheduled deployment in the U.S. Naval Forces Europe area of operations, employed by U.S. Sixth Fleet to defend U.S., allied and partner interests.

For more information on Rota-based Forward-Deployed Naval Forces (FDNF) destroyers and expeditionary forces, visit the Sixth Fleet website at: www.c6f.navy.mil



Vice Adm. Thomas Ishee, commander, U.S. Sixth Fleet, accepts a wreath from a member of the French navy to lay in front of a memorial, during a wreath laying ceremony in commemoration of Armistice Day at the war memorial in Toulon, France, Nov. 11, 2022.







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Worldwide Launch of New AFN Video-On-Demand App

From Defense Media Activity

The American Forces Network, AFN, marks its 80th Anniversary this year with the launch of its new streaming service, AFN Now, on November 7. The AFN Now app delivers top-rated AFN television programming to service members, families, and retirees living overseas, when and where they want it, on the devices they use every day. The Defense Media Activity (DMA) invites authorized audiences to sign up for the new video-on-demand and live streaming app right away.

DMA's Director, Hal Pittman said, "The successful launch of the AFN Now app in the Pacific in September was AFN's biggest technological transformation in the past three decades. Reaching our military audiences on the devices they use every day is key to Defense Media Activity's approach to better serving our military members."

The AFN Now app is free to download and provides audiences convenient, mobile access to their favorite entertainment, news, and sports programming. In advance of the launch, the app and registration portal are now open. Everyone is welcome to download the app and register now at https://afn-now.myafn.mil/.

Mike Drumheller, Director of AFN Broadcast Center said, "The worldwide release of AFN Now provides the American Forces Network another robust, forward-thinking media platform to serve the greatest audiences in the world and further enhance their quality of life."



Karreem Lowe, Chief of Television at the AFN Broadcast Center in Riverside, California, led the content licensing efforts and said, "The AFN Now app is designed for easy access and convenience. Our audiences can now stream their favorite entertainment, news, and sports programming at the times and locations that best fit their lifestyles."

The worldwide launch follows a month of successful testing in the Pacific theater where the AFN Now app received positive audience feedback. The new streaming service is the culmination of three years' work with Verizon Media, who built the platform, and AFN's negotiation efforts with more than 40 major program owners to get licensing approval to place their shows on the app.



The app enables AFN audiences to use the service on devices they use every day, including Apple iPhones, tablets and Apple TV, Android phones and tablets, and in-home digital media platforms Amazon Fire, Roku, and smart TVs with app functionality. In future development phases AFN plans to include Xbox and PlayStation gaming consoles.

The app is only available to DOD-affiliated audience members outside of the United States, its territories, and its possessions. Everyone registering for the service must pass Defense Enrollment Eligibility Reporting System (DEERS) verification before the app will work.

AFN Now builds on and continues the rich legacy of AFN and is its biggest technological leap since the network started satellite-delivered television in 1997. AFN Now advances DMA's goals of providing audiences worldwide with the highest quality American programming and information.

DMA is the parent organization for military-produced media brands, including the Defense Visual Information Distribution Service (DVIDS), Defense.gov, the military service websites and news services, publications like All Hands and Airman magazine, and AFN.







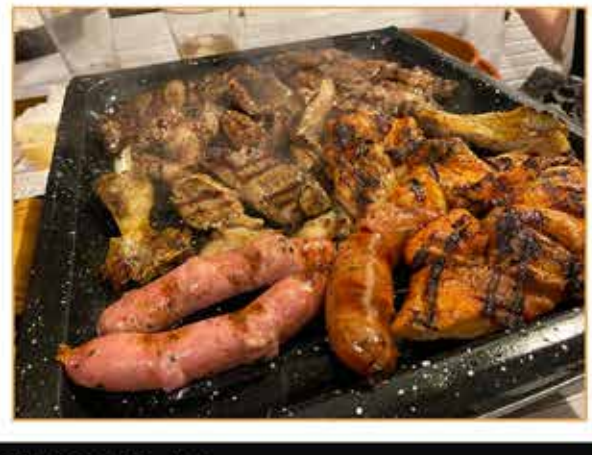








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The Knights of Columbus

Rota Council has a Christmas Poster Contest to promote the true spirit of Christmas. The contest will run through November and posters need to be submitted by December 1. Winners will be determined on December 31. Winners will advance and compete at the District, Regional, and Jurisdictional level for a chance to win other prizes.

Miss Sushi (Rota)

Miss Sushi starts an Open Buffet on Tuesdays—eat what you like and as much as you like!



Vale Madres



We have a new Mexican taqueria in town. A client of theirs wrote a review for us that I have placed below and gives one person's very positive opinion and a provides a sense of the establishment.

Walking through the Villa de Rota, we discovered a small and beautiful street "MINA", where different gastronomic establishments coexist, among which there is one called Taqueria "VALE MADRES", we entered hoping to find a typical Mexican taqueria. The first surprise was that they are bilingual later we saw their impressive and varied menu of beers and cocktails. We ordered different tacos, burritos and nachos which have the uniqueness of their handmade and fresh tortillas. The best was yet to come as waiter recommended to us to their specials and we did . The specials showed a knowledge of Mexican and a few other global cuisines. Those we tried were created with care and dedication of a top kitchen. We will return whenever we can.







Contract Position Announcements

Dental Assistant

U.S. Naval Hospital Rota, Spain is seeking ONE contracted FULL-TIME Dental Assistant position.

The anticipated qualifications are:

- Possess a current certificate or diploma to practice as a dental assistant in any one of the 50 States, the District of Columbia, the Commonwealth of Puerto Rico, Guam or the U.S. Virgin Islands.
- Possess a current Basic Life Support (BLS) certification.
- Possess a minimum of 12 months of experience in the last 60 months as a Dental Assistant.
- U.S. citizenship required.
- Authorized to work on NAVSTA Rota (i.e., possess a Tarjeta Especial de Identificacion (TEI) Card) for a minimum of one (1) year.

NOTE: The selectee will be an independent contractor. The Government provides no fringe benefits. The anticipated start date is March 27, 2023. The contract will be for one (1) year with the option to extend for up to a total of three (3) years.

If you meet the qualifications, please contact the Contracting Officer, Israel Alvarado, by email Israel.alvarado@eu.navy.mil or +34-956-821-996 as soon as possible in order to obtain a full copy of the instructions to apply for this contract. The current deadline to submit quotes is **Nov. 22, 2022**.

Prospective applicants must register in SAM.gov in order to be eligible to receive a contract award: https://sam.gov/content/entity-registration. We recommend serious candidates to initiate registration as soon as possible and to utilize a U.S. address, if possible, during registration to expedite processing time.

Dental Hygienist

U.S. Naval Hospital Rota, Spain is seeking ONE contracted PART-TIME Dental Hygienist position:

The qualifications and submission requirements are:
1. Possession of a current certificate or diploma to practice as a dental hygienist in any one of the 50 States, the District of Columbia, the Commonwealth of Puerto Rico, Guam or the U.S. Virgin Islands.
2. Passed an accredited regional clinical board exam and the national written exam - National Board Dental Hygiene Examination by the Joint Commission on National Dental Examinations.
3. Minimum of 12 months of experience in the last 60 months as a Dental Hygienist.
4. Provide two letters of recommendation written within the last two years attesting to your clinical skills. A minimum of one of the letters must be from a supervisor. The other letter must be from either clinic or hospital administrators, or practicing physicians. Reference letters shall attest to the quality and quantity of experience including, but not limited to, the communication skills between HCW and patient and among peers, and must include name, title, and phone number, date of reference, address and signature of the individual providing reference.
5. Provide a copy of current, valid, unrestricted state license corresponding to the specialty required by the contract in one of the fifty States, the District of Columbia, the Commonwealth of Puerto Rico, Guam, or the U.S. Virgin Islands.
6. U.S. citizenship required.
7. Authorized to work on NAVSTA Rota (i.e., possess a Tarjeta Especial de Identification (TEI) Card) for a minimum of one (1) year.
8. Basic Life Support (BLS) certification.

NOTE: The selectee will be an independent contractor. The Government provides no fringe benefits.

If you meet the qualifications, please contact the Purchasing Agent, Ivan Moyano, and the Contracting Officer, Jose Neto, by email Ivan.Moyano.SP@eu.navy.mil, and Jose.Neto@eu.navy.mil, or +34-956-822-332 as soon as possible in order to obtain a full copy of the Request for Quote and other related documents. The current deadline to submit quotes is **Nov. 30, 2022**. Prospective applicants must register in SAM.gov in order to be eligible to receive a contract award.





Rota Elementary School Recognized as a National Blue Ribbon School

Story and Photo by Courtney Pollock
NAVSTA Rota Public Affairs

Rota Elementary School was recently recognized by the U.S. Department of Education as a National Blue Ribbon School for 2022. The school celebrated this accomplishment with an assembly and parade on the school campus, Nov. 8, 2022.

The students and faculty gathered in the courtyard where they were met with Naval Station (NAVSTA) Rota leadership, Department of Defense Education Activity (DoDEA) leadership, and community members.

With live music in the background, the elementary students lapped the track while being cheered on by the middle/high school students, teachers and community members, before returning to the courtyard.

Kenneth Kirk, principal of the school, kicked off the assembly by explaining to the children the importance of this award.

"In the 40 years of the National Blue Ribbon program, less than 1% of the 90,000+ schools in the U.S. – public, private or charter – have ever received this award," said Kirk. "We are honored to join this special group of schools."

Kirk recently traveled to Washington, D.C., to attend the presentation ceremony and received the award on behalf of Rota Elementary School, Nov. 4. He explained that the school received the award for its exemplary high performance despite current challenges.

"It represents our response to a challenge in a moment of time – which was the Covid pandemic," explained Kirk. "And our ability to deliver on our promise of providing excellent education to every student, every day, everywhere."

Dr. Michelle Howard-Brahaney, DoDEA Europe Director for Student Excellence, presented Kirk with a certificate of exceptional achievement for the leadership, teachers, and staff of Rota Elementary School.

Closing out the assembly, NAVSTA Rota Commanding Officer, Capt. Teague Suarez, thanked and congratulated the students, staff, and faculty on this accomplishment.

"It's hard to overstate how important the teachers and all the support they provide to this amazing collection of kids just how important it is to the base, to the Sailors, the Marines, and the Airmen who live and work here every day," he said.



Kenneth Kirk, principal of Rota Elementary School, runs with National Blue Ribbon School flag as faculty and students participate in a parade during a ceremony at the track on Naval Station Rota, Nov. 8, 2022. Rota Elementary School was recognized by the U.S. Department of Education as a National Blue Ribbon School for 2022 for its exemplary high performance.

"So from the bottom of my heart I would like to thank you for everything you do for these students."

Rota Elementary School was one of three DoDEA schools – the others are Naples Elementary School in Naples, Italy and Shirley Lanham School in Kanagawa, Japan – to be recognized with the National Blue Ribbon Award for 2022. Rota Elementary School and David Glasgow Farragut (DGF) Middle/High School share a school campus in the housing area of NAVSTA Rota.























Photos by MC2 Hutch Johnson and Courtney Pollock








National
Blue Ribbon School
2022





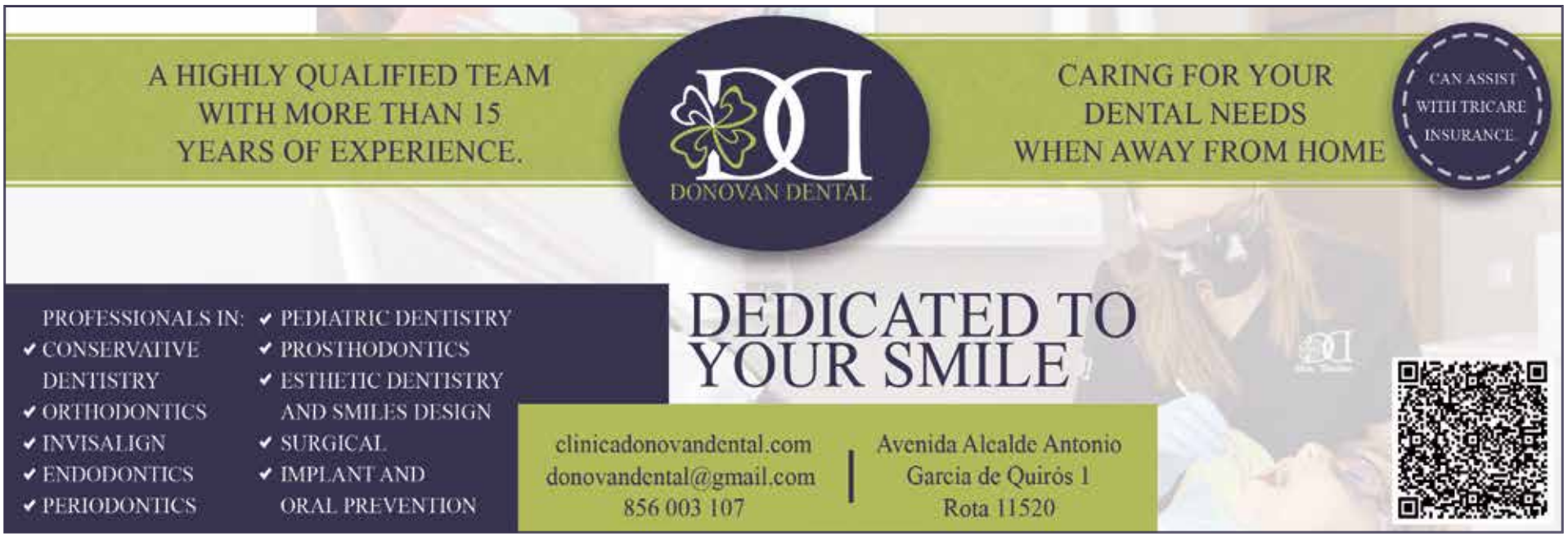

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Photo, at left: *The view from Oleum Viride property towards the parque naturale de Sierra de Grazalema.* ***Photo, at right:*** *The view of the main building of Oleum Viride which houses the store and production area for Oleum Viride company.*

Full Circle: Olive Oil Production in Zahara de la Sierra

By Courtney Pollock
NAVSTA Rota Public Affairs

When you first meet Luis Lucero, you quickly notice his enthusiasm and passion. It is impossible to not be drawn into his animated talk about olives, olive oil production, and terrain surrounding his *almazara*, or location for making olive oil, near Zahara de la Sierra, Spain.

This enthusiasm extends beyond the process of making olive oil, though. The earth provides the crop, and Lucero does his best to ensure his *almazara* respects the full cycle of nature – the natural circle of life so to speak – of olive oil. He takes great pride that at every step of the process – the byproducts – are used for another purpose whether it's discarded leaves for goats, ground olive pits for fires, or the excess water that is pumped to irrigate the trees. All these steps produce according to Lucero, "no waste."

Furthermore, the almazara's very existence protects its natural surroundings. Gesturing to the mountains and greenery surrounding his olive farm, Lucero explains how the olive trees act as a barrier, protecting both the natural park's unique biosphere while also providing protection to the many animals in the area so they do not wander into "civilization" too quickly.

Lucero's knowledge of the unique features of the parque naturale de Grazalema is understandable considering he moved to Zahara de la Sierra 30 years ago as forest engineer for the park. He met his wife, a local from the town, and ended up staying. Together, they opened the almazara in 2003.

They own two separate locations; the one where the mill is located just outside Zahara de la Sierra and another in the mountains. These two farms produce many of the olives that Lucero uses for his oil, primarily the company Oleum Viride. The name meaning "green truth" comes from an old book written by a *gaditano*, or person from Cádiz.

The remaining olives comes to Lucero through *machila*, a concept which was originally used for wheat where farmers would bring wheat to the mill and then pay the mill owner with a percentage of the flour. Lucero operates similarly, with farmers and locals harvesting their olives and bringing them to Lucero's mill to press. In payment, Lucero receives a percentage of the oil for his own use. This oil is mixed and prepared to be sold under his label.

This agreement allows Lucero to produce more olive oil than what he could produce using only olives from his land. For every 100 kilograms of olives brought into the press, Lucero will get approximately 18-20 kilograms of olive oil. While the output is minimal compared to input, Lucero enjoys his labor of love.

"We can't compete by volume and price [of large commercial producers]," said. "Our strength is quality."

Quality is one aspect that Lucero and his oils have been able to consistently meet since he opened the mill. Oleum Viride was the first olive oil in Andalucia to be certified by the U.S. Food and Drug Administration in 2004, and he continuously looks for ways to improve and develop new flavors and products.

But life on a growing olive farm is a slow one. Olive oil production requires patience and time; one that Lucero does not rush. His dedication to each step is evident as he guides us through the process during a tour of his mill.

Upon arrival to the mill, the olives are separated from the stems and leaves. The olives are then washed, weighed, and sorted depending on the type of olive. The primary olive used for the oil is *manzanilla*, which is typical to the area, as well as arbequina and lechín varieties.

The sorted olives are sent to the mill where they are crushed into a mush, pit and all. From there, the mush is spun several times to separate the oil from the crushed pits and particles. This is done







Photo, upper left: *Olives that were brought for processing are being cleaned prior prior to being crushed into a pulp at the factory. The olive mill allows local farmers and families to bring their olives for processing and receive payment as a percentage of oil produced.* ***Photo, lower left:*** *The various types of flavored oils produced by Oleum Viride during an olive oil tasting at the farm.* ***Photo, at right:*** *The different types of olive oils - freshly pressed, utilitarian extra virgin olive oil, organic and flavored oils lined for up for olive oil tasting at conclusion of the tour.*



Fran Sarmiento, tour guide for Oleum Viride, shows tour participants the crushed pits that are extracted from the olive mush. The crushed pits are dried and sold for energy or BBQs.

at a low temperature because cooler temperatures equate to a higher quality extra virgin olive oil.

Once the olive oil has been filtered, Lucero completes a taste test to determine which tank to add the newly produced oil to maintain a consistent flavor. This quality control ensures that each tank maintains the right taste profile.

Once the tour of the production and factory areas is complete, the group sits down on the covered patio with stunning views towards the pueblo blanco of Zahara de la Sierra with the castle ruins perched above it. Lucero, or tour guide Fran Sarmiento, begins to lead the group through a tasting of his oils. He explains that for professional taste testers, they use blue glasses to hide the oil. Contrary to popular belief, color and cloudiness have no indication of the quality. He explained how to let the oil rest on one's tongue inhaling the scent, tasting the unique flavors, and its complexity.

The tasting then goes through a progression of oils: from the utilitarian Oleum Viride to his specialty flavored oils such as tomato, orange, and even seaweed. Mare, his seaweed-infused olive oil, is an excellent oil for fish or Asian-inspired salads and is particularly special to Lucero. Being from the city of Cádiz, he grew up with the sea nearby. By blending the sea – or seaweed in this case – with his olive oil, he has essentially bottled his life experience.

After the tasting, a filling lunch is served with his oils as the star ingredient as well as many local products. As if to emphasize his point, he waves over to a tree on the edge of the building. The tree's branches are sagging under the weight of numerous quince fruits, and Lucero explains that the membrillo we are enjoying on cheese is handmade by his wife from the fruit of that tree.

Whereas Lucero's oils travel the world, this moment is more representative of the daily life at Lucero's almazara: Everything is close to the source. Everything is used and returned to the earth. Slowly growing. Hard, patient work.

And similar to the production of his olive oil, Lucero's life has gone full circle. From his work background in preserving natural lands as a forest engineer to ultimately, carefully cultivating the land to produce olive oil (and wine) that highlights his hometown to the world. All while taking care to return each byproduct back to the land, and thus starting the cycle over again.







Photo, left: *The interior of the production space where the olive mush is spun to remove particles or water from the olive oil before it is bottled.* ***Photo, right:*** *Oleum Viride has multiple tanks where the olive oil is separated into to maintain flavor components and temperature before bottling.*









Photo, left: *Olives from a local farmer are being prepped for cleaning and crushed into a mush as part of the olive oil process.* ***Photo, upper center:*** *Local farmers visit the almazara to have olives from their land turned into olive oil.* ***Photo, lower center:*** *Fran Sarmiento, tour guide for Oleum Viride, introduces tour participants to the olive oil farm, its history, and products while everyone samples a vermouth created onsite.* ***Photo, right:*** *Fran Sarmiento, tour guide for Oleum Viride, provides an olive oil tasting for participants following a tour. Oleum Viride has a variety of olive oils.*

With almost half of the world's olive oil is produced in Spain, olive oil mills are plentiful. There are several within the surrounding areas and many more if you head towards Jaen province. In addition to Oleum Viride, there are many local ones that you can visit.

Oleum Viride
Zahara de la Sierra
www.oleumviride.com
Email: info@oleumviride.com

Molino El Vinculo
Zahara de la Sierra
email: molinoelvinculo@telefonica.net

LA Organic
Ronda
www.laorganic.es

November 25: International Day or the Elimination of Violence Against Women

By Alejandra Tirapu Lucero
NAVSTA Rota Public Affairs

On November 25, 1960, Patricia, Minerva and María Teresa Mirabal, three sisters living in Dominican Republic under Rafael Trujillo's regime, were brutally murdered due to their political activism. Almost 40 years later, on February 7, 2000, the United Nations General Assembly officially designated November 25 as the International Day for the Elimination of Violence against Women to honor the Mirabal sisters. The goal was to encourage policymakers, governments and different organizations in the world to work towards the end of this form of violence while planning activities on this day to raise public awareness around the issue, increasing resources and creating laws focused on erasing this blot on society.



Photo by Alejandra Tirapu Lucero
Castelar Street in Rota, displaying purple umbrellas to commemorate the International Day for the Elimination of Violence against Women in 2019.

In order to follow the recommendations of international bodies on providing a global response to the violence exercised against women, Spain started working on different legal texts to protect women and to fight gender-based violence. In 2004, Spain set a precedent for the rest of the world with the Organic Act 1/2004 of 28 December on Integrated Protection Measures against Gender Violence, which the Spanish Parliament unanimously passed, something that only happens on rare occasions. In 2014, this law received the Honorable Mention at the Future Policy Awards by United Nations Women, The Inter-Parliamentary Union and the World Future Council for being an inspirational model for other countries.



Courtesy photos from Rota's Office of Equality
The City of Rota commemorates the International Day for the Elimination of Violence Against Women each year by placing items throughout the streets to bring awareness. In 2021, Rota placed purple dreamcatchers throughout Castelar Street in downtown Rota.

Over a decade after the passing of the Organic Act, in 2017, the different Parliamentary Groups, the Autonomous Communities and Local Entities ratified the Spanish State Pact against Gender-Based Violence. A State Pact means that opposing political parties agree on long-term measures and actions on an important issue, independent of the political party in government.

Thanks to the commitment of institutions and organizations to this issue, there has been a great improvement on different areas. However, there is still much to do to eradicate violence against women. As of November 7, gender-based violence has ended the life of 37 women in Spain in 2022, 1,167 women since 2003, when the country started to keep track of these numbers.

One of the steps on this long path towards the end of this issue is the raise of awareness. After a very thorough survey on violence against women, The European Union Agency for Fundamental Rights situated Spain as the number one country in terms of awareness, with 83% of women that have seen or heard campaigns against violence against women.

The International Day for the Elimination of Violence against Women gives cities around Spain the opportunity to plan special activities, workshops, events and exhibitions to raise awareness and educate the public on this issue and that is something that Rota does every year.

One of the best ways to attract people's



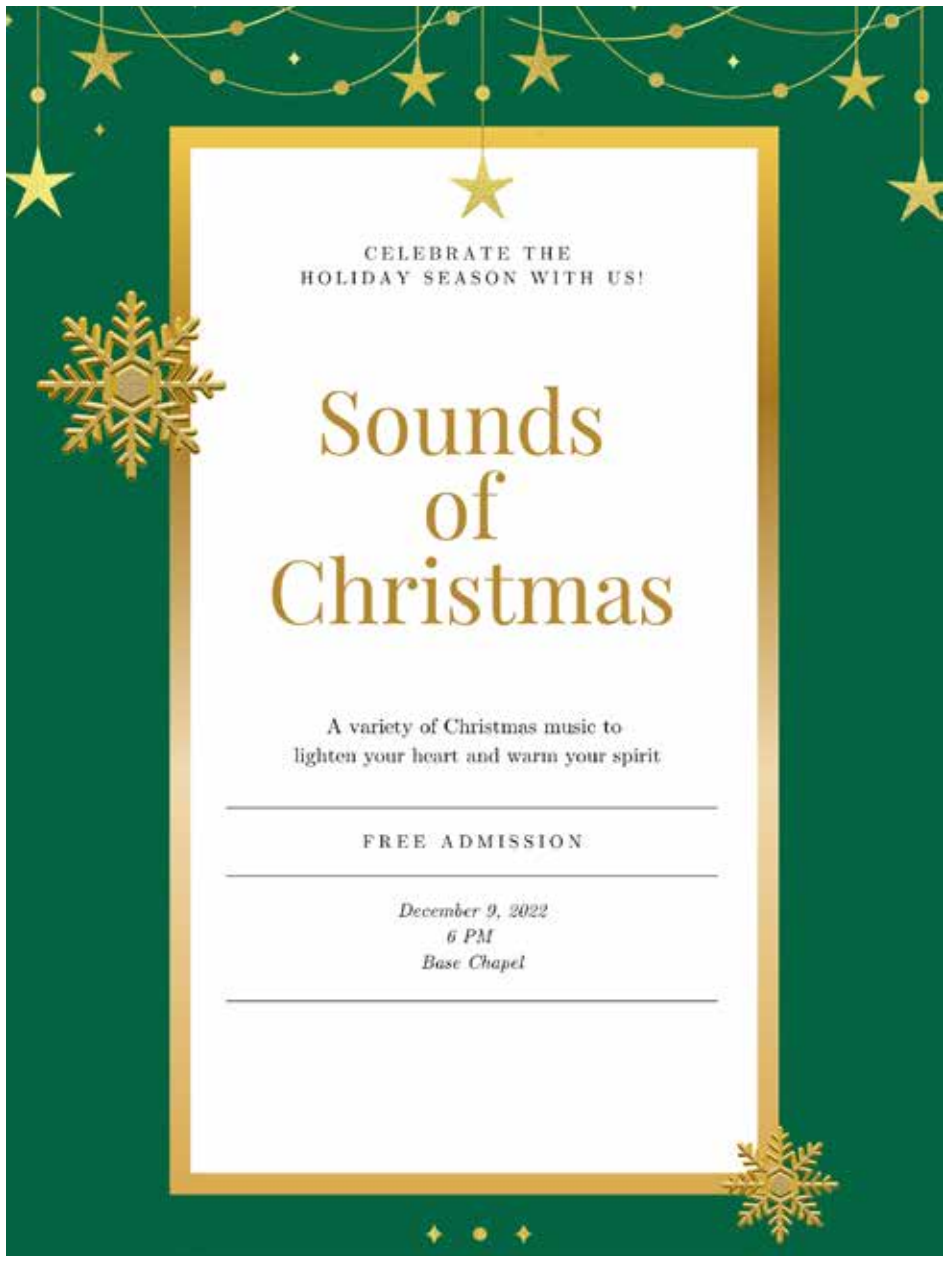




attention to a specific topic is through art, and Rota definitely attracted everybody's attention in 2019 with an eye-catching display of 150 purple umbrellas in the Public Market and Castelar street, in the heart of Rota. It was so popular that this initiative has become a tradition and each year, depending on the campaign's theme, the street offers a different exhibition. In 2020, for the "Roses against violence" campaign, purple umbrellas with roses were placed on the balconies and in 2021, purple dreamcatchers covered the street. This year, we will walk under purple kites. The reason behind the use of kites comes from a pun: kite is cometa in Spanish and this year's campaign is "Conmetas de igualdad", with goals (conmetas) of equality. The exhibition will start on November 23.

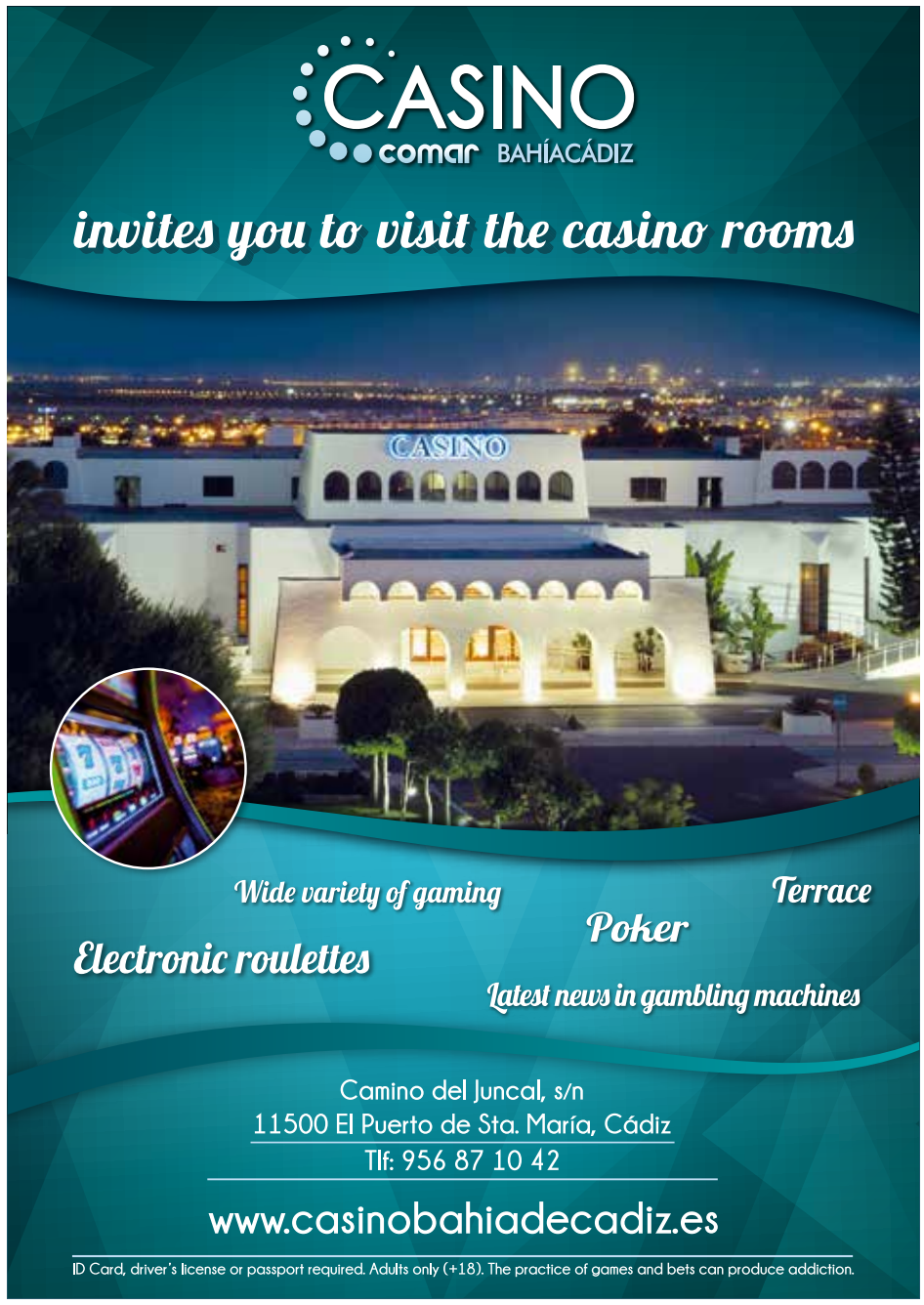
For more information on events and activities in Rota, please scan this QR code:

Alejandra Tirapu Lucero is the new community relations (COMREL) specialist for NAVSTA Rota. She will be routinely providing content on events and activities from outside the gates as well as cultural information.













Team Rota

Corporal Ki Hun Baek

U.S. Marine Corporal Ki Hun Baek is a team leader for Fleet Anti-Terrorism Security Team Europe (FASTEUR) here at Naval Station (NAVSTA) Rota, Spain.

"My daily duties include executing any orders given by higher command," he explained as well as, "ensuring that the Marines are trained to the best of my ability and that they are taken care of."

Born in Seoul, Korea but having grown up in Los Angeles, California, Baek joined the Marine Corps in May 2020. After completing his schooling, he deployed to Fleet Anti-Terrorism Security Team-Pacific (FASTPAC) Company in Yokosuka, Japan where he spent four months training and on stand by for missions in the Pacific. Upon return, he transition to Bravo Company 2nd Platoon that would deploy to Rota.

"During the work up for deployment, I had the opportunity to become a combat marksman coach (CMC) and a fast rope master (FRM) allowing me to become an important asset to my platoon," he said.

Now in addition to FRM and CMC, Baek's collateral duty includes box and bus driver where he is trained to drive larger commercial vehicles to transport personnel, supply, or gear.

When asked what he enjoys about his current command, Baek said it was the training opportunities.

"The training in Japan was very limited due to the logistics of where we were allowed to train," he said. "Here in Spain, the opportunities to train are abundant."

In his free time, Baek enjoys playing sports, practicing, Brazilian Jiu-Jitsu, hanging out with friends, listening to podcasts, and about reading about history and psychology. He will also occasionally play video games and watch movies.

When asked what he enjoyed about being stationed in Rota, Spain, he responded, "The readily available opportunities to train. Outside of work, being able to travel around and experience a European country."



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Preparing for the Holiday Season with Healthy State of Mind

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

The holiday season is generally one of togetherness, joy, and merriment. The food, the lights, the gifts, the cheerful company, all contribute to the wonder that is this time of year. But for nearly 65% of the population, the extra stressors, inability to be with family members, routine or weather changes, and over-commercialization, can foster feelings of fatigue, anxiety, loneliness, and a sense of loss that contribute to the holiday blues. Whether it's something as simple as overscheduling or a deeper emotional need, it's possible to work through these feelings and maintain a healthy, safe (and hopefully happy) holiday season.

Minor lifestyle changes, such as limiting alcohol consumption, scheduling time for physical activity or considering new traditions, can help ease this seasonal emotional distress. The tips below are great strategies to fight the blues and ease into a mentally and physically healthy 2023!

• **Get plenty of sleep**: Try to go to bed at a specific time each night. Being well-rested can improve your mood and help you feel ready to take on the day. Turn off you phone, TV, or devices 15-30 minutes before you aim to sleep to support better rest.

• **Learn to say "no" and prioritize**: Overscheduling and not making time for yourself can lead to emotional breakdowns. Learn how to say "no," and stay firm on your decision. Being realistic about what you can and cannot do helps make holiday tasks and responsibilities more manageable.

• **Spend time with your loved ones**: Instead of spending the holidays alone, get your friends or family together for a game night, potluck, or group WhatApps video chat. Short periods of connection can help you feel supported and cared for during the holidays. You may want to have a conversation with someone you trust about your feelings.

• **Limit alcohol**: Be mindful of your alcohol intake and try not to keep it readily available around your house. If you're attending a party and you know alcohol will be accessible, limit yourself to one or two drinks. Drinking to excess can affect your mood and amplify any negative feelings that you may have. Help minimize intake by carrying a bottle of water with you and make a goal to drink more water than alcohol when socializing.

• **Be open to new traditions**: You may have an image of what you think the holiday should consist of, and this may not be what's happening. Instead of holding on to what the holiday should have been, allow new traditions to unfold. Celebrating holidays in a new way can be surprisingly rewarding!

• **Get support when mourning a loved one**: If you've experienced the loss of a loved one, the holidays can be especially tough. Although it can be tempting to isolate yourself and grieve, it can be beneficial to spend time with your friends and family or seek out assistance through counseling or bereavement groups. Trusted individuals can support you through this difficult time.

• **Exercise regularly:** Plug in your headphones and find a few minutes to exercise whenever you can. A 10-minute walk, stretching, or yoga session will get your heart rate up and release mood-boosting endorphins.

• **Focus on mindfulness:** Take a few moments each day to breathe deeply or try out a session on a meditation or mindfulness app. These quiet moments can help us develop the skills to sit with our mind as it is, rather than try and change external forces around us.

• **Avoid overeating**: Before heading out to social events, fill up on veggies or volunteer to bring a healthy dish. Holiday outings can often lead to overeating, which can affect your mood and overall well-being.

It's normal to feel a range of emotions throughout the holidays, but if you or someone you know is still feeling depressed after the holidays are over, there may be a more serious issue that needs attention. Seeking out assistance from a medical provider, Chaplain, Fleet and Family Service Center (FFSC), or another trusted source is a sign of strength and an important step in supporting mental and physical wellbeing.

Rota Resources:

NMRTC Rota
DSN 727-3408
+34 956-82-3408

FFSC Rota
DSN 727-3232
+34 956-82-3232

Chaplain's Office (work hours):
DSN 727-2161
+34 956-82-2161

Chaplains Office (after hours)
+34 639-101-864





NAVSUP, NAVFAC Grow Capacity, Capability in Spain with Construction Project

By Joseph Yanik
Naval Supply Systems Command Fleet Logistics Center Sigonella

Naval Supply Systems Command Fleet Logistics Center Sigonella (NAVSUP FLCSI) and Naval Facilities Engineering Systems Command Europe, Africa, and Central Command (NAVFAC EURAFCENT) leaders hosted Rear Adm. Peter Stamatopoulos and Kurt Wendelken, NAVSUP commander and vice commander, for a tour of the installation's Defense Fuel Support Point (DFSP) Sept. 19-20, 2022 at Naval Station (NAVSTA) Rota, Spain.

At the DFSP, NAVSUP FLCSI Site Rota's Fuels Division receives, stores, issues, and accounts for bulk petroleum, oil and lubricants. The Division's sailors and chemists provide quality surveillance to ensure their products meet the standards to be utilized by all ship and aircraft in the region.

The DFSP at NAVSTA Rota is the U.S. Navy's largest fuels management facility in U.S. European Command.

"Some key messaging we wanted to convey to the commander and Mr. Wendelken during their visit was how we and our mission partners at NAVSTA Rota are growing capacity, capability and readiness during a critical time when the U.S. Navy is adding more ships to the Forward Deployed Naval Ship force here," said Cmdr. Bert Phillips, NAVSUP FLC Sigonella Site Rota director. "The strategic goal for us with these three lines of effort is to make NAVSTA Rota the force generation center of gravity for U.S. and NATO warfighters operating across USNAVEUR-AF."

One of the ways Phillips' team members and their mission partners are growing capacity and capability at NAVSTA Rota is with a military construction (MILCON) project whose aim is to modernize and renovate the installation's aging fuels tanks, pipeline and equipment. Scheduled for groundbreaking in fiscal 2024, the site of the MILCON project was one of multiple stops for the NAVSUP leaders during their tour of the DFSP.

"The MILCON project at NAVSTA Rota is the largest of its kind to date in terms of dollar value and scope," said Lt. Lincoln Barber, NAVSUP FLCSI's regional fuels director. "By rebuilding and modernizing the tanks, we are setting the theater by creating fuels management efficiencies which will, in turn, provide a strategic advantage for enhancing U.S. and Ally warfighter readiness for decades to come."

Beyond reinforcing the structural integrity of installation's fuels tanks and equipment, the completion of the MILCON project will enable NAVSUP FLCSI Site Rota's fuels division to improve maintenance processes that will prolong the lifespan of the facility.

"Once the MILCON is completed, my team can begin using advanced digital technology to identify areas of pipeline in need of maintenance and routine cleaning," said Lt. William Coffey, NAVSUP FLCSI Site Rota fuels officer. "Conducting routine maintenance more simply and with greater efficiency will lead to increased capability to directly support our customers, that is, U.S. and Allied warships, combat logistic force ships and aircraft operating throughout the region."

Some of the customers of NAVSTA Rota's DFSP include USS Ross (DDG-71), USS Paul Ignatius (DDG-117), USS Roosevelt (DDG-80) and USS Arleigh Burke (DDG-51) and Helicopter Maritime Strike (HSM) 79.

A recurring theme as the NAVSUP leaders toured the site of the MILCON project and other areas of the DFSP was how NAVSUP FLCSI and its mission partners are taking measure to ensure safe fuels operations at NAVSTA Rota.

"In my brief to the Commander, it was important to convey how NAVSUP FLCSI is closely working with our mission partners to mitigate risks associated with the handling of such large quantities of fuel at the DFSP," Coffey said. "For the MILCON and in all aspects of fuels operations, our mission partners are joining us in the common goal of making our DFSP the safest and most technologically advanced of its kind in Europe."



Photo by MCC Nathan Carpenter

Rear Adm. Peter Stamatopoulos (third from right) and Kurt Wendelken (first from right), Naval Supply Systems Command (NAVSUP) commander and vice commander, join leaders from NAVSUP Fleet Logistics Center Sigonella and Naval Facilities Engineering Systems Command Europe, Africa, and Central Command, for a tour of the Defense Fuel Support Points (DFSP) September 19, 2022 at Naval Station Rota, Spain. The DFSP at NAVSTA Rota is the U.S. Navy's largest fuels management facility in U.S. European Command.

Stamatouplos' visit to NAVSTA Rota was one of multitude engagements he and Wendelken conducted across USNAVEUR in October during which they met with the various U.S. Navy and NATO leaders and members Supply Corps (SC) community showcasing NAVSUP's and the SC's critical role in supporting U.S. Navy readiness and strategic goals in the region.

After the DFSP tour, Stamatopolous and Wendelken met with leaders of NAVSUP FLCSI's other mission partners at NAVSTA Rota: Command Task Force (CTF)-65, CTF 68, Helicopter Maritime Strike Squadron (HSM) 79 and Forward Deployed Regional Maintenance Center to discuss ship repair facilities and preparations to receive and support two more ships to NAVSTA Rota and how their respective organizations can improve as a team to sustain their warfighters and partners.

"The commander's meeting with these leaders is a direct reflection of the partnerships that we have built and our direct support to the fleet," Phillips said. "We are aligned with operators in setting the theatre and making tough resourcing decisions to best support the warfighter."

As NAVSUP commander, Stamatopolous is responsible for an organization and community of more than 25,000 military and civilian personnel who provide responsive logistical support to U.S. and allied naval forces worldwide, through a global network with a presence in more than 17 countries and 21 states, districts, and territories. As Chief of Supply Corps, he is responsible for community management of more than 3,500 active and Reserve Supply Corps officers and more than 23,000 active and reserve enlisted personnel.

Site Rota is one of NAVSUP Fleet Logistics Center Sigonella's five logistics sites positioned across U.S. Naval Forces Europe/Africa. Site Rota provides supply chain management, bulk and aviation fueling capability, material handling equipment, contracting, hazardous material management, household goods and vehicle processing and postal operations to fleet, installation and other service components throughout the area of operations.



Photo by FCA2 Emely Tran

Rear Adm. Peter Stamatopoulos, Naval Supply Systems Command (NAVSUP) commander (fifth from left) and Capt. Douglas S. MacKenzie (first from right), NAVSUP Fleet Logistics Center Sigonella (FLCSI), presided over ceremony recognizing several members assigned to NAVSUP FLCSI. As NAVSUP commander, Stamatopolous is responsible for an organization and community of more than 25,000 military and civilian personnel who provide responsive logistical support to U.S. and allied naval forces worldwide, through a global network with a presence in more than 17 countries and 21 states, districts, and territories.



Photo by MCC Nathan Carpenter

Rear Adm. Peter Stamatopoulos (first from left), Naval Supply Systems Command commander, joins leaders from Naval Supply Systems Command Fleet Logistics Center Sigonella (NAVSUP FLCSI) and Naval Facilities Engineering Systems Command Europe, Africa, and Central Command, for a tour of the Defense Fuel Support Points (DFSP) September 19, 2022 at Naval Station Rota, Spain. The DFSP at NAVSTA Rota is the U.S. Navy's largest fuels management facility in U.S. European Command.



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National Education Week – Local Student Spotlights Q&A

From Rota Education Center

In honor of National Education Week, the Rota Education Center would like to highlight some of the students who are working towards their educational milestones. We congratulate each one of these students for their efforts and determination!

Central Texas College (CTC):Tosha Weisenburg



Program: *Gateway to Spanish, Level I*

I am a mother of three and a Navy spouse. I'm going back to school to learn new things and meet new people.

What does it mean to be a CTC student?
I love being a student with CTC. The staff is always welcoming and happy.

What is your favorite place to travel?
Scotland.

If you could go anywhere in the world, where would it be and why?
Egypt, because of the history.

Do you have a favorite quote or philosophy you'd like to share?
"No one can make you feel inferior without your consent." - Eleanor Roosevelt

Favorite books, films, music?
As long as it's a good book, I'll read anything; same for films. Although my all-time favorite is Addams Family. Music, anything with a good beat.

Embry-Riddle Aeronautical University (ERAU): Joshua Kautzman



Degree: *B.S. in Aeronautics*

I am a Tactical Helicopter Aircrewman Second Class with HSM-79. I have been in the Navy for five years and stationed in Rota for over two years. I live here with my wife Emily and our dog Indie.

What does it mean to be an ERAU student?
Being an ERAU student to me means getting a unique opportunity to learn at a specialized university.

What is your favorite place to travel?
My favorite place I've travelled to while stationed in Rota was Amsterdam.

If you could go anywhere in the world, where would it be and why?
If I could go anywhere in the world that I haven't been to yet, it would be Australia. It looks like a unique place, and I want to see the Great Barrier Reef with my own eyes.

If you could meet one special person, who and why?
I would have loved to meet Walt Disney because of his creativity and his positive vision of the future.

Do you have a favorite quote or philosophy you'd like to share?
"Accept the things to which fate binds you and love the people with whom fate brings you." - Marcus Aurelius

Favorite books, films, music?
One of my favorite movies is Interstellar along with MCU. My favorite artist is Jon Bellion.

University of Maryland Global Campus: John and Bianca Henderson

John: *Bachelor of Science (BS) in Computer Networks and Cybersecurity*
Bianca: *Associate's Degree in General Studies*

What do you like most about being a UMGC student?
John: *The flexibility for learning. Having the opportunity to complete a degree while living overseas and working in a different time zone is awesome.*
Bianca: *How flexible the schedule is, and how helpful the staff has been. I have a busy schedule and am constantly juggling work and family. Initially, I was worried about not having the time to go back to school. However, since UMGC offers online classes, it is easy for me to attend school, whether I am at work, on vacation, or at home.*

What's your favorite part about living in Spain?
John: *Being able to see the history of the country. Just driving from Rota to Sevilla, you will pass the ruins of several cathedrals, forts, and castles.*
Bianca: *What I love about living in Spain is the traveling. Spain is such a beautiful country with so much history and so many cool places to explore!*

What motivates you to continue your education?
John: *I am competing with one of my family members to see who can get their doctorate first.*
Bianca: *My husband motivates me to continue my schooling. Watching him complete his bachelor's and doing so well in school makes me want to do better for myself and follow my dreams of becoming a nurse.*

What is your favorite place to travel?
John: *My favorite place is either Madrid or Ronda. My favorite restaurant in Spain, Takos al Pastor, is in Madrid, but I think Ronda has been my favorite city to travel to because the views are amazing.*
Bianca: *I really do love traveling in Spain. I have been to a lot of other countries, but living in Spain has been my favorite. I have been living here for over a year and have had the chance to travel to so many cool places, like Madrid, Sevilla, Granada, Segovia, Avila, Toledo, Ronda, and Vejer, and there is still so much to explore!*







NAVAL STATION ROTA COMMUNITY RESOURCES

Alcoholics Anonymous Meetings

Alcoholics Anonymous (AA) meetings occur Tuesdays and Thursdays at 7-8 p.m. in the Chapel Fellowship Hall. Meetings are hybrid, offered in person and Zoom and are for people with a desire to stop drinking or who have a problem with alcohol. Meetings are Closed except the last Thursday of the month. Training or awareness for DAPA can only attend Open meetings. For fellowship, meeting information or Zoom details, please contact Dean S. at +34 674-38-7755 via phone, text, WhatsApp or Signal.

AA off base: "Rota Drydocker." Every Saturday, 4 p.m. by Zoom only. For information on how to join the Zoom session, contact Joe G. at +34 629-27-1312 or +34 649-23-9563.

Al-Anon Meetings

Have you been affected by another person's drinking? If so, please join us every Wednesday at 4 p.m. at the base Chapel nursery for an Al-Anon meeting. The only requirement for Al-Anon membership is that there be a problem of alcoholism in a relative or friend. For info on meetings, please contact Amy at +34 624-28-5125.

American Red Cross

Mon - Fri, 8 a.m. - 4:30 p.m.

Volunteers are welcome and encouraged to stop by the office and CPR courses are now being offered. Days and times of the courses will be posted on our FB page. For more information, call us during business hours at +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

Central Texas College, Embry-Riddle Aeronautical University, University of Maryland Global Campus, and University of Oklahoma offices are open and able to assist you in reaching your education goals. The Rota Education Center is located on the second floor of the Community Services Building (Bldg. 3293).

Navy-Marine Corps Relief Society

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.

Mon - Fri: 8 a.m. – 4 p.m.

First Floor of the Community Support Building (Bldg. 3293)

Office DSN: 727-1614

Office COMM: +34 956-82-1614

After Hours: +34 660 984 511

Email: rota@nmcrs.org

Facebook: www.facebook.com/nmcrsrota

The **NMCRS Lactation Room** is OPEN in the Community Support Building (Bldg. 3293) from 8 a.m.-4 p.m. If you are in need of a private space to nurse your child, pump, meet with our Visiting Nurse, or just relax with your little ones, visit our office for access to the room.

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. Orientation details sent to prospective volunteers after an online application is completed.

NMCRS Thrift Store

The Thrift Shop is OPEN! The new location is Bldg. 3432.

Hours of Operation:

Monday: 10 a.m. - 1 p.m.

Thursday: 3-6 p.m.

Thrift Shop Donation Box Hours

The donation drop box at bldg. 222 is PERMANENTLY CLOSED. Donation times at the Bldg. 3432 will be during Thrift Shop hours, at the back door. Please ring doorbell for a volunteer.

Monday: 10 a.m. - 1 p.m.

Wednesday: 11 a.m. - 1 p.m.

Thursday: 3-6 p.m.

Upcoming NMCRS Financial Classes:

Budget for Baby: 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 hand-made baby blanket. Active duty 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. We currently offer *Budgeting Boot Camp* and *How to Read Your LES* for any command or department requesting. Call or email our office to schedule.

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. Please contact the Rota office for more information on the Visiting Nurse Program. The Visiting Nurse Program supports the following classes and support groups:

Pregnancy and Postpartum Support Group: Held the third Wednesday of every month at 11:30 a.m. in the Chapel Fellowship Hall or Chapel Nursery. Grow your support community by connecting with other moms and learning about local resources for you and your baby.

Prenatal Series: Learn the basics of what to expect after your baby is born, including techniques to successfully feed your newborn child. Registration is required for all classes. Reserve your spot by calling the Naval Hospital Rota OBGYN Clinic at DSN 727-3511 or commercial, +34 956-82-3511.

Preschool Services for Children with Disabilities

Child Find for children three to five years of age is an ongoing outreach program that locates and identifies children who may have developmental delays or educational disabilities and need special services. If you have concerns regarding your child's development, please contact DSN 727-4185/4435 or commercial, +34 956-82-4185/4435.

USO Rota

For all USO Rota events and more, follow "USO Rota" on Facebook at www.facebook.com/USORota

WIC Overseas

Women, Infants and Children (WIC) Overseas is a nutrition education and supplemental food program that aims to improve the overall health and wellness of families for active duty service members and their dependents, DoD civilian employees and their dependents, DoD contractors and their dependents. Basic nutrition and health screenings, drafts to be redeemed for nutritious foods, access to resources & tips that help you and your family lead healthier lives, healthier birth weights for babies, reduced anemia rates for children, breastfeeding support, breast pump loan program, breastfeeding/pumping room open to everyone. Call DSN 727-2921 or commercial, +34 956-82-2921, for more information.



El Mercado

To place a classified ad, submit information by the MONDAY prior to the desired publication date. Ads will run for one edition only. Free ads are available to TEI cardholders for non-commercial goods. Email submissions to coastline@eu.navy.mil. Non-TEI cardholders and/or ads of commercial nature (real estate, for-profit business) require payment and must be submitted to coastlineventas@gmail.com.

VEHICLES



Renault 2014, 45,000 miles, European specs, stick shift, 8,990. €, tel 653 780 296

Skoda Fabia 2006, European specs., 99,000 miles, manual shifting, 2,600 €, tel 653 780 296

2011 BMW 3 series, 58,000 miles, Stick, European specs, 11,900€, tel 653 780 296

Chrysler Crossfire, 2005, black, convertible, automatic, gasoline, 125,000 km, good condition, ITV ok, two seat, sport car, fast, 4,900 euro. Text Lou at 648 505 924.

1983 Talbot Horizon. Automatic, Left drive, collector to restore or part out. $1500 negotiable. Contact David at 660 07 2189 or Gloria at 699 01 6639

Opel Corsa, Selective 1.3 CD ti eco FLEX, diesel, 2012. EU Specs. In mint condition. ITV good until 2021. 52500 KM. Asking 6300 Euros OBO. Phone 691165592

ITEMS

Pottery Barn, Chesterfield, Twin size bed, Taupe + Ikea canopy and mattress for $230 (negotiable). Call 622 187 922/ 633 877 397

COMMUNITY

Rota Roller (In-Line) Hockey players, looking for some hockey to play in Southern Spain? Contact Bryan Long (email: brylongster@gmail.com or WhatsApp at +1 805-669-8134). There is a "local" team at Chiclana, or if enough interest / players, NAVSTA Rota can form its own team and participate in the regional (Andalucian) league.

NOW HIRING

HRO

For U.S. jobs, visit www.usajobs.gov

For Spanish (LN) job announcements visit the Human Resources tab at cnic.navy.mil/rota

Morale, Welfare & Recreation (MWR)

www.navymwrrota.com/jobs

Navy Exchange (NEX) Rota

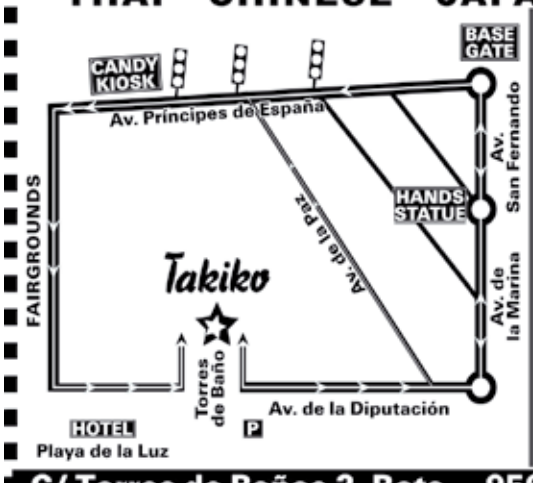
http://www.NavyExchange.jobs

Volunteer with Navy-Marine Corps Relief Society (NMCRS) Rota!

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NMCB 11 Hosts Tactical Rodeo

Photos by Lt. j.g. Charena Camacho

Naval Mobile Construction Battalion (NMCB) 11 hosted a Tactical Rodeo at Naval Station Rota, Nov. 10, 2022. The Tactical Rodeo is an all-day exercise that gives Seabees hands-on experience towards their Seabee combat warfare pin. NMCB 11 is forward-deployed to execute construction, humanitarian assistance, and theater security cooperation in the U.S. 6th and 7th Fleet areas of operation.











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