



# COASTLINE

August 8, 2024 / Volume 34, Issue 15

U.S. Naval Activities Spain

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School Night Out Event**

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Summer Safety and What's To Come in August

Hola desde Building 1!

Summer is here in beautiful Andaluía! Temperatures are up, and much of Europe is enjoying their summer break. But it can sometimes feel like everyone in Europe decided to enjoy summer down here! It's the summer tax that we pay, sharing the beaches,

restaurants, shops, and taxis with all the tourists for one month, to help us truly appreciate the other 11 months of the year.

But all those tourists bring some risk for us too, and I would ask everyone to think through a few things as you head out to enjoy the summer sun with our friends and neighbors. First, it's hot! Please make sure you are taking care of yourself before you head out to the beach, to grab a bite to eat, or to have a drink with your friends. Second, petty crime in town rises when the tourists show up, so take care of your valuables, and make sure you don't leave anything in plain sight when you park your car in town. And third, taxis are hard to come by. Make sure you have a plan to get yourself safely back home.

Even as summer is in full swing, we're already looking at the transition into fall. School kicks off on August 19th, much to the joy of parents everywhere! In the coming weeks the teachers will start preparing their rooms and meeting with prospective

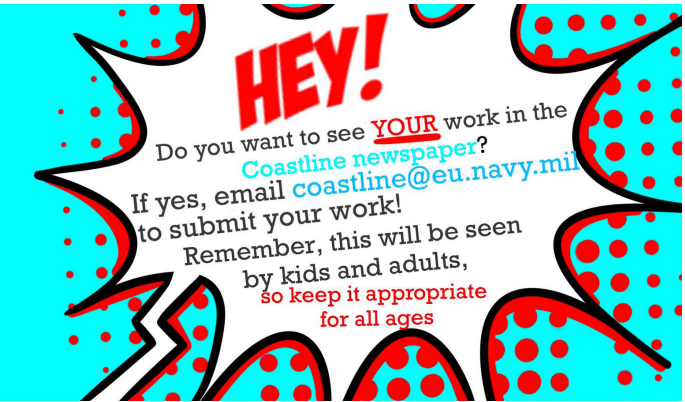
parents, and we'll have a back-to-school event on August 14th at the Exchange so you can see all the resources available on the Installation.

We will also celebrate Women's Equality Day on August 26th, where we commemorate the fierce struggle for women's voices to be heard, resulting in the 19th Amendment. This celebration is a reminder that we all have the opportunity, and the responsibility, to create a society in which men and women have an equal voice.

And while August 19th is a big day for all of our kids at DGF, it will be a huge day for some Sailors as the Chief Petty Officer results will be released. Beginning with the release of the results, the Chief selects will embark on a season that introduces them to the new challenges that wearing khakis bring, while showing them the importance of the strength of the Chiefs' Mess.

So have fun! While it isn't as easy to find parking (or a table at a restaurant), it is a great reminder of just how lucky we are to live in and among the amazing communities that have embraced us.

As always, please let me know how we can support you here on the Finest Installation in the Fleet. And I look forward to seeing you around the Installation!



On The Front Cover



MA2 Henry Bermudez, assigned to Naval Station (NAVSTA) Rota's security department, assists a child using binoculars during the community engagement event National Night Out at Seaview Pines, Aug 6, 2024. National Night Out is an annual event held the first Tuesday of August to promote community-partnership with first responders. (Photo by Lt. Charena Dedios)

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

*Publication is subject to approval.*

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

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

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# CREDO Team Building Opportunities

By Steve Roberts  
NAVSTA Rota Credo Facilitator

When I was younger, and now that I'm older, it seems like there's always this question that nags at me: What do I want to do when I grow up? There's a phrase we use, or used to use, "What makes me (someone) tick?" Merriam-Webster defines this as follows: *the things that cause someone to behave a certain way: the feelings, opinions, concerns, etc., that are parts of someone's personality.*

When I was younger, Twisted Sister, in their video "I Wanna Rock," asked this simple question: "What do you want to do with your life?" I wish that "I wanna rock," was good enough, but that wasn't in the cards for me. Robert Byrne, the American author and Billiard Hall of Fame instructor of pool said, "The purpose of life is a life of purpose." As you read this, I wonder, do you know what makes you tick? Do you understand how personality type plays into how you engage in life and find purpose?

Have you ever wondered why you do something, or why you get exhausted dealing with people and love solitude? Or maybe you wonder why you love being around people and get recharged in

groups or interacting? This has to do with your personality type and preference: how we prefer to get our energy (extraversion or introversion), how we gather and trust information (sensing or intuition), how we make decisions (thinking or feeling), and how we prefer to live life (judging or perceiving).

Over the past two months I have had the opportunity to provide the Myers-Briggs Type Indicator (MBTI) Assessment for several groups at NAVSTA. Why? Because they wanted to understand how their personality type interacted and impacts themselves, their co-workers, and their organization. We looked at how our preference comes into play in our professional and personal lives. It was really fun to understand what "makes us tick" and better understand what makes those around us "tick." It's a great way to gain insight and awareness on why we behave the way we do.

If you would like to explore this as a small group, reach out to the CREDO Office at DSN: 727-3031. It will take about three hours of your time and it might provide some fresh insight to help improve interpersonal skills, manage conflict, and improve relationships.



# USO Serves Sailors Coffee on the Pier

USO Rota volunteers made their way out to Pier 1 on Thursday, August 1 to serve some coffee to our ship-based Sailors. Thank you for the work you do to help keep Team Rota motivated and energized!





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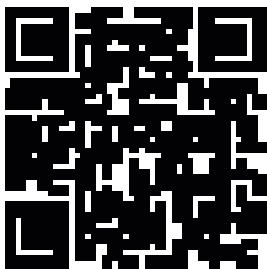
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- Upgrades: M Sport Black Performance Package

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# CYP Summer Teen Employees Learn about Corporate Social Responsibility

By Claire Deisley  
Rota Child & Youth Programs

Teen summer employment begins with a week of extensive training, which includes topics like environmental safety, positive reinforcement, fire safety, suicide prevention, child abuse prevention, and an American Red Cross First Aid/CPR/AED course. An additional component of the employment period involved the ten teen summer employees participating together in a special activity.

When we arrived, we were asked a question: What is corporate social responsibility (CSR)?

Nobody was able to provide an answer. However, we all were able to answer the

second question: What was the main purpose of businesses in the past? Our response being "to make money."

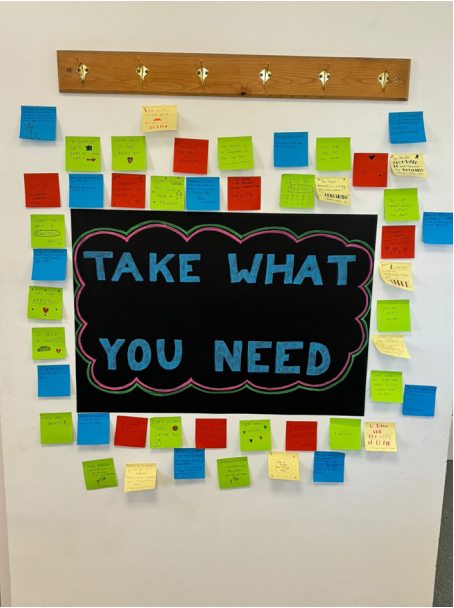
Then, we learned that CSR means that businesses give back to society by community service projects, sustainability initiatives, and by being aware and prioritizing their employee's physical and mental health. In accordance with the EU, the definition of CSR is the responsibility of enterprises for their impact on society.

So, what better way to learn more about this new concept than to experience it first-hand?

First, we all participated eagerly and listened to a presentation about mental health, which covered one of the most important parts of CSR, employee well-being. We discussed our own and children's mental health and how to take care of it, which was a very interesting topic.

Following that, all ten of us took part in a community service project at the Educational and Developmental Intervention Services (EDIS) building. Half of us created a poster titled, "Take What You Need," where we placed sticky notes with things we had written and drawn that we felt would make us feel better if we had a bad day. The other half of the employees assisted in decluttering, cleaning, and organizing a playroom located in the EDIS building.

This was the perfect end to the week for us teen employees as it was an amazing way to learn about CSR, and it felt great to be able to give back to our community.



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Spain has the charming custom of casual seasonal beach restaurants that spring up with the start of summer and close soon after its end.

In the heart of Rota's town centre, bordering on the natural beauty of a pine forest and sand dune park reserve, is the Las Dunas Restaurant & Beach. This restaurant is not just a place to eat, but a complete immersion in the essence of this coast. The view of the sea and its endless horizon and the soothing sound of the waves bring the maritime spirit straight to your table.

Here one can also enjoy a varied musical offering ranging from passionate flamenco to unforgettable classics from the 80s and 90s, performed by talented local artists. As you sip your favourite cocktail and watch the sun set on the horizon, a magical atmosphere is created that invites you to relax and enjoy.

With a non-stop kitchen, open every day, Las Dunas Restaurant & Beach guarantees an unparalleled dining experience. Whether you prefer the comfort of an air-conditioned restaurant or the freshness of the beachfront terrace, each seat offers spectacular views of the sea and sunset, making every meal a memorable moment. A hot breakfast here is a nice way to start the day.

With local ingredients of the highest quality, Las Dunas Restaurant & Beach embraces traditional flavors with a menu that stands out for its grilled meats, fresh fish and exquisite rice dishes. Every Wednesday they put on themed dinners inspired by the world's most acclaimed cuisines.

Please see their ad in the paper for more details.





# Periodic Health Assessments: Know the Process for a Smooth Annual Care Visit

**HM2 Zachary Berlehner**  
U.S. Naval Hospital Rota,  
Medical Readiness Clinic

For Active-Duty service members, our annual periodic health assessment, (PHA) may just seem like a check-in-the-box for readiness compliance. In reality, it is our guaranteed opportunity to connect with a medical provider. It is a requirement because the Department of Defense recognizes how important it is to have dedicated time to focus on our health. As an advocate for your health, your PHA provider is here to discuss any physical or mental health concerns you have and help you identify risk behaviors that may need some attention.

For a streamlined PHA appointment, please review the below pro tips and adjacent flyer.

- Complete an electronic questionnaire (called the ePHA) BEFORE you are overdue. We are responsible for over 90 commands and need your help in being

proactive to minimize delays.

- Email our Medical Readiness team when your ePHA is complete. This email indicates to us that you are ready for your PHA appointment. Don't forget to include a contact number. Our email is: [usn.rota.navhosprotasp.list.medical-readiness-clinic@health.mil](mailto:usn.rota.navhosprotasp.list.medical-readiness-clinic@health.mil)
- DO NOT use the email function in the ePHA site. Unfortunately, it is not configured to notify us of your completed ePHA.
- Ensure you use the correct command UIC when completing your ePHA— this helps us find your completed questionnaire if you forget to email us or accidentally use the in-site option.

Once your PHA is completed, your individual medical readiness (IMR) report will be updated.

If you have questions about the PHA process or have not heard back from our office within 3 business days, please contact us at: DSN: 727-3185 or 727-3364.

## U.S. NAVAL HOSPITAL ROTA

### HOW TO COMPLETE YOUR PHA

#### STEP 1: Complete the online Periodic Health Assessment (ePHA) questionnaire

- Access the online ePHA by the following:  
<https://eha.health.mil/EHA/MiddleZone/index.aspx?ALSErr=1>

#### STEP 2: Notify the Medical Readiness team that you have completed the ePHA by:

- Sending an email to: [usn.rota.navhosprotasp.list.medical-readiness-clinic@health.mil](mailto:usn.rota.navhosprotasp.list.medical-readiness-clinic@health.mil) with the following information:  
**Two (2) contact number (cellphone and work), dates and time you are available to receive a phone call, and your DOD ID Number**
- Do **NOT** utilize the in-site email option

STEP 3: You will receive an email to call Medical Readiness to schedule an appointment with the provider and finalize your PHA. You may chose to schedule a virtual appointment (over the phone) or a face to face appointment.

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# Commander, Task Force 68 trains with Allies in Romania, Bulgaria

By U.S. 6th Fleet Public Affairs

U.S. Navy Sailors assigned to Commander, Task Force (CTF) 68 and Explosive Ordnance Disposal Mobile Unit (EODMU) Eight, Platoon 801 participated in two exercises alongside multiple Allies in Romania and Bulgaria, June 10-14 and June 17-21, 2024, respectively.

Romania hosted exercise Eurasian Partnership Mine Countermeasure (EPMCM) in and around Constanța, while the latter exercise was the Bulgarian-hosted TRITON, which took place at Varna Naval Station. The exercises, designed to increase interoperability with NATO Allies in the Black Sea region, focused on mine countermeasures (MCM), demolition operations, and helicopter cast and recovery.

“Maritime exercises like EPMCM and TRITON strengthen our collective security alongside our Black Sea Allies on NATO’s Eastern Flank and strengthen our collective capabilities to be ready to demine the Black Sea when conditions permit,” said Capt. Geoffrey Townsend, Commodore, CTF 68. “We are grateful for these opportunities to train alongside our Allies in Romania and Bulgaria, and grateful for their wealth of knowledge and experience in this area.”

EPMCM is an annual exercise hosted by the Romanian Navy near the important Romanian port city of Constanța. This

year’s iteration involved personnel from Bulgaria, France, Romania, Türkiye, the United States, and observers from Japan. Participants conducted multi-national floating mine response training to increase capability and interoperability for future mine countermeasures operations in the Black Sea.

TRITON 2024 was the fourth annual diving exercise hosted by the Bulgarian Navy in Varna. Five Allied nations, including Bulgaria, France, Romania, Türkiye, and the United States, participated in the latest iteration of the exercise. These nations came together to train in executing NATO procedures and standards for underwater diving and demolition operations, bolstering interoperability among participants in neutralizing the mine threat at sea.

“The camaraderie built at these important exercises builds a foundation for future multi-national engagements like this,” said EODMU 8’s officer-in-charge for the exercises. “Our team performed admirably in these exercises and came away with a greater understanding of MCM operations in this region by working alongside our close Allies.”

Both exercises came shortly before another MCM-focused exercise involving Black Sea nations, Sea Breeze 2024-1, kicked off in Glasgow, Scotland, and concurrently with other MCM training in the Baltic Sea. Taken together,

CTF 68’s routine participation in these exercises demonstrates the U.S. Navy’s commitment to ensuring freedom of navigation in international waters. The exercises, designed to identify and neutralize the threat of mine warfare in European waters, particularly in the Black Sea, ensure maritime safety and security throughout the continent.

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

For over 80 years, 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 USEUCOM and 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.



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installation commanding  
officer, as he shares important  
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# Vacation Bible School Kicks Off at Chapel

by Brenna Bennett

Last week, July 29 - August 2, the community center of NAVSTA Rota was completely transformed into an under-sea world! The NAVSTA Rota Chapel sponsored a full week Vacation Bible School (VBS) camp for the children of our community. Over 145 elementary age children, 90 teen and adult volunteers, and five fun cartoon sea creatures showed up to make a fun and educational experience for the families of Rota. And it was at no monetary cost to the families!

Protestant Director of Religious Education, Beth Tracy, worked for months with a volunteer team of Rota community members to organize a STEAM program including songs, skits, games, crafts, science experiments, creative snacks, text analysis, dancing and spiritual readiness practices. Children were assigned sea duty crews, with community members serving as crew leaders and rotated through stations manned by volunteer station leaders.

"It has been incredible to watch the

community come together for a single purpose," said Tracy. "Its been an honor personally to see the kids so happy and love learning about their own spiritual journey and them bringing that home to share with their families."

When entering the Chapel Sanctuary/ Community Center, adults and children alike were blown away by the transformation of a standard set of government buildings into an underwater world! Complete with floating octopi, expansive coral reefs, hanging jellyfish, and even - sing it with me - a yellow submarine, the "Scuba: Diving into Friendship with God" theme delighted all who entered. Shannon Williams, when dropping off her child for a morning of fun commented, "This is our 4th OCONUS duty station, and we have never had a VBS experience that is so positive with so much dedication from the volunteers in our community. No one is doing it like Rota Chapel! It has exceeded all of our expectations."

While having a ball and throwing a ball, the children of Rota knitted friendships, new and existing, and formed connections in their community. The NAVSTA Rota Chapel offers many opportunities for all community members to gather throughout the year, but none as largely attended or long-lasting as the yearly VBS program. Parent Willie Williams mentioned at the final day wrap up party, "VBS has been awesome. Its a great opportunity for the kids to get out and to meet new people before the school year starts." As it occurs during a time of welcoming many new members to Spain, VBS is a great opportunity for the children and families to plug in at Rota.

For those living overseas, VBS is a taste of home. Not only do kids connect to their over-seas community, but they can get an American-style program in the beautiful country of Spain! Adult volunteers received a nostalgic experience to remind them of happy times. When asked what drew her to join the VBS crew, active duty volunteer Alyssa said, "VBS was always something I did as a kid and so getting to do it for the first time as a volunteer is really special to me." Parent and volunteer Lauren Hinerth continues a family tradition of attending VBS in the USA: "I have so many fond memories of attending Vacation Bible School when I was a kid



back in Virginia. Being able to volunteer and watch my own kids participate in Rota's VBS has been an awe-inspiring experience." For some who need a bit of home for their own spiritual-readiness whilst abroad, NAVSTA Rota Chapel serves it up in this community-wide event.

With a volunteer staff ranging from tweens and octogenarians, many types of motivation went into joining the SCUBA crew, but all seem to settle on spiritual, mental, and physical wellness in some form. U.S. Navy retiree and long-time Rota resident, Donna said in her usual witty way, "Why do I do it? Because they keep me young! The kids, everybody! And I love kids." Active duty volunteer Alexis simply does what she loves for her vacation, "I love serving our community. Yes, I did take leave to be a part of this awesome experience." While receiving a warm-hearted hug from one of the littlest crew members, 17-year-old volunteer Rachel said, "It was the best thing I've done all summer!" If smiling faces are any indication of the effect of NAVSTA Rota Chapel's VBS program on Rota's readiness and well-being, these participants are doing great!

Volunteering is an important part of Navy and DOD life, and NAVSTA Rota Chapel offers volunteer opportunities for all, including our tweens and teens. Sixteen-year-old Jenna found that she "love[d] VBS because its so fun and exciting being engaged with the kids." Middle and High school students enjoyed working with younger children while building upon their own abilities. Leadership training in the form of crew leader positions, practice of presentation skills with dramatic skit productions, and

spiritual needs awareness by encouraging friendships are just some of the ways young students benefited from VBS participation. Guided by adult leaders, teens got to play hard while working hard. Rising senior Tommy enjoyed his time as crew leader saying, "I think the best part about volunteering at VBS for me was teaching the kids about God and seeing them get excited to come." Sixteen-year-old crew leader Abigail concurred, commenting that, "One of my favorite things is seeing all the kids' excitement whenever they're learning about God's friendship." Teen volunteers also ran a nursery program for infants and toddlers of other volunteers, providing a unique service to parents wishing to serve their community.

The 2024 VBS program was an event for the whole family! Parent Jenna Joppe brought three children to VBS for the



# NAVSTA Rota Community Gathers for Annual National Night Out Event

Photos by Everett Lopez and Lt. Charena Dedios

Naval Station (NAVSTA) Rota's annual National Night Out event, hosted by the Security Department, was held at Seaview Pines, Aug. 6, 2024.

National Night Out 2024 kicked off with a parade through base housing. The event gave community members the opportunity to learn about U.S. and Spanish naval security forces, fire department, hospital emergency services, and other first responders by being able to talk with them and interact with some of the tools and equipment they use in their daily jobs.





# USS Paul Ignatius (DDG 117) Hosts First Resiliency Fair at Naval Station Rota



Lt.j.g. David Moya, a chaplain assigned to the Arleigh Burke-class guided-missile destroyer USS Paul Ignatius (DDG 117), speaks to Sailors and their family members during a resiliency resource fair onboard Naval Station (NAVSTA) Rota, Spain, July 18, 2024. (U.S. Navy photo by Mass Communication Specialist 2nd Class Drace Wilson)

By Lt. j.g. Karolyn Batista  
USS Paul Ignatius (DDG 117)

NAVAL STATION ROTA, Spain – In an inspiring initiative to promote mental wellness and resource accessibility among sailors, USS Paul Ignatius (DDG 117) recently hosted its first ever Resiliency Fair on July 19. The event, organized by the ship’s command Chaplain, Lt.j.g. David Moya, served as a platform for sailors to explore various resources aimed at enhancing their mental health and overall well-being.

The Resiliency Fair brought together a variety of support organizations. Sailors had the opportunity to engage with representatives from the Navy and Marine Corps Relief Society, the Red Cross, and the Chaplain Enrichment Development Operation (CRADO). Additionally, the Family Support Group (FSG) and Ombudsman provided valuable insights into family health and resilience. Other key resources included the Mind-Body Mental Fitness (MIND) program, the USO, and the expertise of Naval Station Rota’s Base Nutritionist. Embedded

Mental Health Specialist, Lt. Giles, was also present to offer professional advice and support.

Lt.j.g. Moya emphasized the importance of mental health during his opening remarks, stating, “In our line of duty, the rigors of deployment can often take a toll on our mental and emotional well-being. This fair is about breaking the stigma surrounding mental health issues and encouraging open conversations. It’s crucial for our sailors to recognize that asking for help is a sign of strength, not weakness.”

The significance of mental health for Sailors onboard USS Paul Ignatius cannot be overstated. Sailors face unique challenges stemming from long deployments, operational stress, and the need to balance family life and military responsibilities. The Resiliency Fair was an essential step toward providing them with the tools, resources, and support to navigate those challenges successfully.

Sailors who attended the fair not only learned about available resources but also participated in workshops and discussions that fostered a sense of community and connection. The collaborative effort among various organizations illustrated the Navy’s commitment to ensuring that every sailor has access to the necessary support systems.

“Together, we are stronger,” Lt.j.g. Moya added proudly, highlighting the importance of collective resilience within the ranks. “When we take the time to care for our mental health, we become more capable of facing the challenges ahead and supporting each other through the



storms of life.”

As USS Paul Ignatius (DDG 117) continues its mission, the success of the first Resiliency Fair signifies a significant step towards fostering a culture of mental health awareness and support within the Navy. Through events like this, Sailors are empowered to prioritize their mental well-being, ensuring they remain fit for duty both mentally and physically.



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**VBS**

Continued from page 12

week. "My daughter Bella is a volunteer and my two little ones attended; they are 5 and 8. And they begged to come early every day because they love VBS so much. We appreciate everything that Beth and the team have done this week to put this together. Its beautiful." Ms. Joppe wasn't the only parent seeing the excitement of SCUBA at home. Parent Kristi Faehse was delighted when she mentioned, "My daughter has enjoyed VBS so much that she has had ZERO complaints about going to bed early or waking up early every single day even though its summer." At the wrap up party on the last day of VBS, parent Jason McDonald summed up the hum of conversation with "VBS has been a blessing for my family."

NAVSTA Rota Chapel endeavors to offer community events Scuba VBS throughout the year, as well as spiritual and mental wellness services weekly. For more information on how the Chapel can meet your specific needs, please call 727-2161 / 956-82-2161.

Head Chaplain James Storie wishes to offer his appreciation to the NAVSTA Rota Community for an outstanding 2024 VBS event. "Thank you to all the volunteers who made this happen. We couldn't done it without you!"

Hear what the children that attended VBS had to say about their experiences on page 23!

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# Team Rota

## Stephanie King

Stephanie King is an interdisciplinary counselor for Fleet & Family Support Center (FFSC) Rota.

“Being on a small overseas installation, FFSC counselors wear many hats,” said King. “We primarily provide counseling and case management services, crisis management, collaborate with commands, medical and other stakeholders, facilitate outreach and trainings, attend meetings and do a lot of paperwork.”

As part of the Counseling Advocacy and Prevention (CAP) team, King and her coworkers provide Naval Station (NAVSTA) Rota community with non-medical

counseling and family advocacy.

King, from Southern Maryland, knew that she wanted to work in the mental health field since high school because this career would allow her to “connect and help others.” Having grown up in a military community, she was also interested in working with military and their families.

“In 2016, I applied for a job as a therapist working for the Marine Corps and started working at Marine Corps Recruiting Depot (MCRD) Parris Island,” she said.

See KING Page 17





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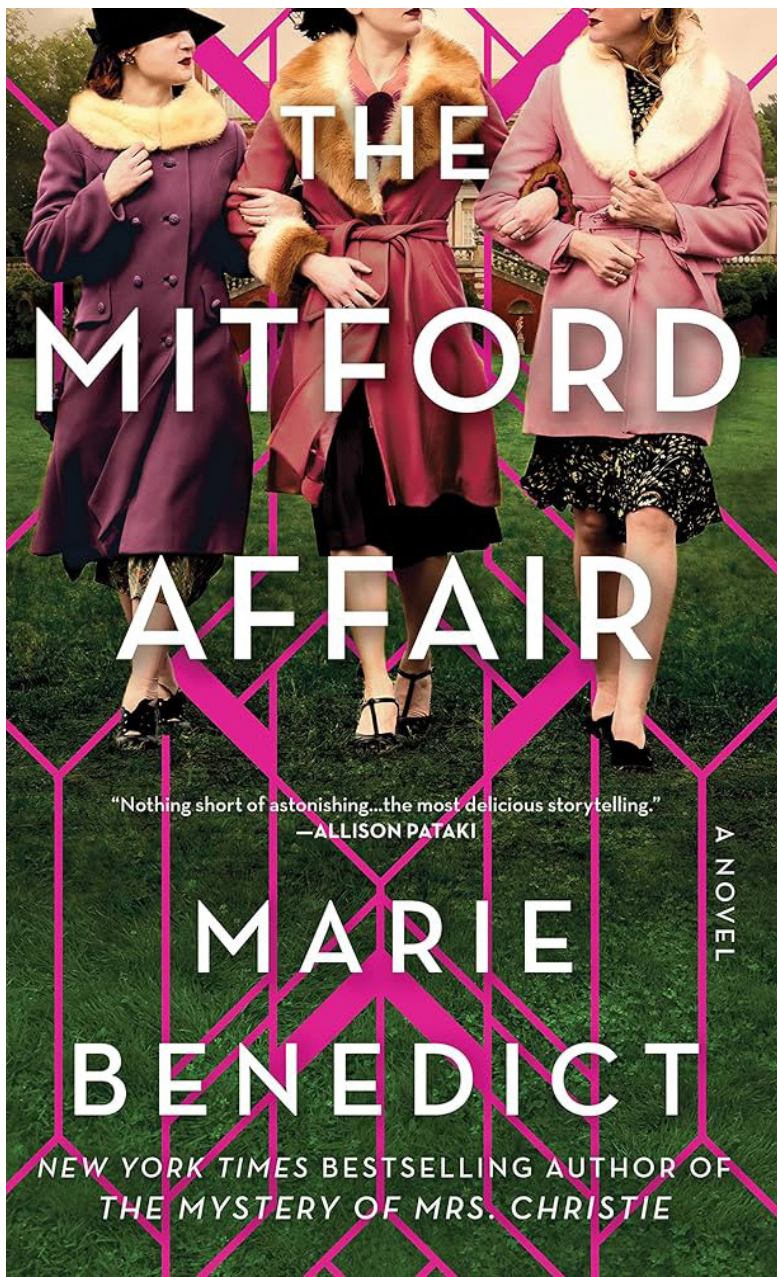


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## From the Library: Adult Book Review

### The Mitford Affair

By Marie Benedict

Review by Courtney Pollock

The Mitford Affair by Marie Benedict was an unexpected surprise for me! I randomly picked it up during the “pink” display at the base library. I read the synopsis and was intrigued by this historical fiction focusing on British socialites between World War I and World War II.

The book focuses on the Mitford siblings who were described as the “bright young things” during that era. Being within the British high society circles, the sisters wielded influence and contacts despite no formal education. The storyline focuses primarily on the point of views of writer Nancy, the charismatic Diana, and the awkward yet devout Unity. The family dynamics, sibling squabbles and the competing ideological views made for an engaging story.

In the years following WWI, the sisters begin to follow their political ideals – two towards fascism and one towards communism. Nancy is initially swept up in the potential of the fascist “Blackshirts” when her sister Diana convinces her to attend rallies. However as time goes on, Nancy realizes their involvement with Hitler is dangerous and she begins to question her sisters’ alliance. As extended family to Winston Churchill, he asks Nancy to keep tally on her sisters. She feels stuck between her loyalty towards her family or her country. She begins to monitor their frequent trips and involvement with Germany, but is not yet ready to expose how deep their connection to Hitler runs.

The book moved quickly – partially due to the changing points-of-view between the sisters

– making it a

relatively quick read. At the beginning, I was surprised to learn that the Mitford siblings were in fact real. After learning that, I fell down several rabbit holes looking up the sisters, Nancy’s books and marriage, and the “Blackshirts” of the United Kingdom.

The author did her research on the sisters and I felt it accurately portrayed them and their political views. She was meticulous in trying to take on the voice of each of the siblings, though she did admit to her struggles writing Unity’s perspective and her intense devotion to Hitler. The story told of an interesting and dynamic time that is often overlooked to focus on the two World Wars that bookend it.

### KING

Continued from page 16

“Here I primarily worked with drill instructors, their families and recruits providing individual, couples and group therapy.”

King accepted a job in NAVSTA Rota and arrived to the installation in January 2023. She enjoys her job here and feels honored to help service members and their families prioritize their mental health.

“I enjoy talking to people about what really matters to them and working together with clients to help them find solutions,” she said.

In her free time, King enjoys traveling, doing yoga, cooking, hiking, walking, or spending time in her garden with her husband and dog. She also enjoys sampling the local cuisine.

“I absolutely love the fresh croissants, one of the best things about living here,” said King. “The weather and friendly people too!”

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# Spouse Talk: The “Gift” You Never Wanted

By Ashley Leigh  
Contributing Community Writer

It was June 30, 2008. I was on a business trip for work when the phone rang. Seeing it was my fiancé of four months, I enthusiastically answered the call, and what should have been a conversation full of “I love you” and “I miss you” was instead a rushed, panicked phrase that I can still hear in my head sixteen years later: “I’m leaving for Guam in ten days. We have to get married this weekend.”

My heart dropped into my stomach. This could not be happening. We already had invitations printed for Sept. 17. I did not want a summer wedding in the heat of Florida. My colors were Fall, not Summer. Five days was not enough time! So, on July 5, 2008, we were married. This was our first of many “gifts” from the Navy.

Considering the effect it had, this

disastrous “gift” ended up being a story I cherish. Many of you have similar stories. Being apart of this roller coaster lifestyle that is the military not only sinks our stomachs in times of distress, but also gives us a good laugh when the ride is over. The one thing we can always count on are these “gifts” that impact us no matter what rank or branch our sponsor is in.

Additionally, the sponsor also feels the weight of these moments. A missed first step of a child, an important anniversary (I’m still mad my husband missed our tenth one), a promotion at work, the list can continue from now until retirement. As spouses we can sometimes direct our feelings in that moment towards the sponsor. In that instance of disappointment, it can feel good to send a ranting email to the ship detailing all of our grievances, vent on a phone call, or play out what we are going to say once

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



they get home. While communicating in a relationship is essential, the challenge comes in understanding that both parties are affected when these “gifts” come our way.

It’s easier said than done. Years can go by, and we can still hold a little resentment when reminded of what could have been. However, as military and civilian families, we have an ability to be resourceful and resilient. We accept the “gift” and work around it. For example, most if not all of us have had a delay in household goods. Sure, we get angry. Who really wants to sleep another day in a hotel or on a loaner

mattress that has plastic wrapped around it? But we move on. Because once that beautiful truck pulls up with those big crates, we forget about the negative and move forward.

So, when you receive your next “gift” look at it as an opportunity to gain experience from. The events that take place during this time can allow you the chance to expand your emotional portfolio as a military or civilian spouse. If you can manage one “gift,” you can handle anything this lifestyle brings to you. Take the “gift,” save the bow, and learn from the experience!

## Active Shooter Drill at Rota Elementary School

Photos by IC2 Marlin Dominguez

NAVSTA Rota security and emergency response services participated in an active shooooter drill held at Rota Elementary School, August 6, 2024.







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# NAVFAC EURAFCENT Announces the 2023 Hard Hat Award Winners

**Story by Anthony Cage**  
Naval Facilities Engineering Systems  
Command Europe Africa Central

Naval Facilities Engineering Command Europe Africa Central announced Elisa Maccarone from Public Works Department Sigonella, Italy, has been named Construction Manager/Construction Engineer of the Year, and Maria Granado from PWD Rota, Spain, has been named Construction Engineering Technician in NAVFAC EURAFCENT's 2023 Hard Hat of the Year Award.

Presented annually, the Hard Hat of the Year program recognizes construction technical staff for exceptional support on construction projects, emphasizing readiness, decision-making, teamwork, collaboration, project performance, leadership, community, and service to NAVFAC.

"Elisa and Maria play vital roles in daily construction management, exercising NAVFAC's technical authority on projects, and being essential team members in delivering facilities to our supported Commanders," said Capt. Rafael Miranda, NAVFAC Europe Africa Central, commanding officer. "I truly appreciate the competency and character they bring to the team and the incredible support

they provide to the warfighter and their families."

Maccarone, a construction manager in Facilities Engineering and Acquisition Division Sigonella successfully delivered six construction projects totaling \$17M and is responsible for Sigonella's most challenging military construction project, including the \$60M Fleet Maintenance Facility and the taxiway upgrades.

"I am surprised and honored to receive this award because, in my opinion, I am by no means extraordinary and only just doing my job," said Maccarone. "Being a construction manager in Sigonella is challenging yet deeply rewarding. This job is impossible for one person to do alone - without the support of my fellow Local Nationals and Navy co-workers, I would not have had the success I've had."

"We are extremely proud to have one of our very own employees receive this outstanding honor," said Naval Air Station Sigonella Public Works Officer Cmdr. Seth Cochran. "Elisa is a skilled negotiator and meticulous contract administrator who is an energetic and driven construction leader, and we anticipate many more accomplishments from her in the future and is most deserving of this award."

Granado, FEAD Rota successfully



Elisa Maccarone, a construction manager in Facilities Engineering and Acquisition Division at Public Works Department, Sigonella, Italy, poses for an environmental portrait, July 29, 2024.

delivered eight construction projects totaling over \$10M and provides steady leadership and quality assurance on many projects that impact the quality of life for NAVSTA Rota personnel and oversees eight projects valued at \$129M, including a \$52M Hangar and Tactical Operational Flight Trainer, essential for future warfighter readiness.

"It has been an absolute honor and a real surprise to receive this award. It has made me aware of how much visibility the work I perform daily," Granado said. "This award undoubtedly includes the work and effort made by many people, including my office coworkers and from Rota PWD, other base departments, customers, and contractors. It has been authentic teamwork that helped me to be recognized for my work; I thank each one of them."

Lt. Cmdr. Christina Milone, PWD Rota, FEAD director said Rota has a team of outstanding professionals, and Granado's award is an example of this.

"Maria's unwavering demand for quality and her solution-oriented approach makes her an invaluable asset," said Milone. "Maria's continued success can be attributed to the strong relationships she builds with NAVSTA Rota stakeholders and contractors, which enable her to

achieve expeditious results in a very complex construction environment."

Miranda said, these two professionals have significantly advanced the mission through their dedication and technical acumen. "Elisa and Maria's exceptional leadership and ability to navigate complex challenges make their recognition well-deserved and is a testament to their indispensable role in NAVFAC EURAFCENT's success."

About Naval Facilities Engineering Command Europe Africa Central

NAVFAC EURAFCENT manages facility project planning and design, including all related acquisition, construction, leasing, environmental, maintenance, and contingency support required by the Navy and Department of Defense commands where the Navy is designated as the lead agent in Europe, Southwest Asia, and the Gulf of Guinea, Africa, and the Horn of Africa. Subordinate Public Works Departments in Bahrain; Devesulu, Romania; Djibouti; Naples, Italy; Redzikowo, Poland; Rota, Spain; Sigonella, Italy; Souda Bay, Greece, provide facilities support service to each installation throughout the area of responsibility, and employs approximately 1,200 military, government civilians, local nationals and contractors.



Maria Granado, a construction manager in Facilities Engineering and Acquisition Division at Public Works Department, Rota, Spain, poses for an environmental portrait, July 24, 2024.

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# NAVAL STATION ROTA COMMUNITY RESOURCES

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AA meetings are for people who may have a problem with alcohol or have a desire to stop drinking. We are willing to visit tenant command DAPAs and/or triad leadership to explain the program, answer questions and offer our experience, strength and hope. The assurance of anonymity is essential in our efforts to help other problem drinkers who may wish to share our recovery program.

**AA on base:** "Rota 213" meets Tuesday and Thursday, 1900-2000 (7-8 p.m.) hybrid, in person and Zoom in the NAVSTA Rota Chapel Library. For meeting information and Zoom details, please contact Joe B. at +34 649 23 95 63 and/or jlbuller@yahoo.com or Cynthia at +34 661 47 95 20.

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

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

## AL-ANON MEETINGS

Have you been affected by another person's drinking? If so, please join us every Wednesday at 1600 (4 p.m.) at the base chapel nursery for an Al-Anon meeting. The only requirement for Al-Anon membership is that there be a problem of alcoholism in a relative or friend. For info on meetings, please contact Amy at +34 624-28-5125.

## AMERICAN RED CROSS

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

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## AMERICAN RED CROSS EMERGENCY COMMUNICATIONS SERVICE

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## ROTA EDUCATION CENTER

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

## NAVY-MARINE CORPS RELIEF SOCIETY (NMCRS)

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Facebook: [www.facebook.com/nmcrsrota](http://www.facebook.com/nmcrsrota)

## NMCRS Thrift Shop

### Hours of Operation

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

Thursday: 12 p.m.-1 p.m. and Thursday / active duty + dependents only)

Third Saturday of month: 10 a.m.-1 p.m.

## NMCRS Casework and Classes

**Casework Appointment:** For active duty Navy, Marines, retirees, and dependents, the NMCRS can help you with financial relief. This can be used for emergency travel, basic living expenses (BLE), pet OCONUS, auto, household set up, and more.

**Budget for Baby Class:** Are you a new or prospective parent? Join us in-person to learn important budgeting skills for your new addition! Parents will learn about military pay fluctuations, baby expenses, consumer pressures targeting new parents, and entitlements available through government and private sources. This class is now open to both active duty and government civilian families. All participants will receive a layette and a handmade baby blanket. Families will also receive a \$50 Amazon gift card. To register, visit <http://linktr.ee/nmcrsrota> and select the desired class and date.

**Command Classes:** We offer financial classes for

groups and commands. Our caseworkers can come to you, or we can hold the classes in our classroom. Call or email our office to schedule one of these classes.

## UPCOMING NMCRS AND HOSPITAL MATERNAL PROGRAMS AND CLASSES:

The Visiting Nurse program includes home and virtual visits, classes, and community support groups for active duty, retirees, and their families. The Visiting Nurse provides health education, resource referral, and support for prenatal and postpartum, newborn care, breastfeeding, pediatric, adult, and geriatric health concerns.

## NMCRS: VOLUNTEER WITH US!

Are you interested in volunteering in the NMCRS office or Thrift Shop? We have several opportunities to grow your resume while contributing to our community! We also reimburse for childcare and mileage. Apply to volunteer online at <http://linktr.ee/nmcrsrota> and join us for a monthly volunteer orientation. NMCRS Rota is looking for blanket makers and Thrift Shop volunteers.

## PRESCHOOL SERVICES FOR CHILDREN WITH DISABILITIES

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

## USO ROTA

For all USO Rota events and more, follow "USO Rota" 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 that aims to improve the overall health and wellness of families for active duty service members and their dependents, DoD civilian employees and their dependents, DoD contractors and their dependents. Basic nutrition and health screenings, drafts to be redeemed for nutritious foods, access to resources & tips that help you and your family lead healthier lives, healthier birth weights for babies, reduced anemia rates for children, breastfeeding support, breast pump loan program, breastfeeding/pumping room open to everyone. Call DSN 727-2921 or commercial, +34 956-82-2921, for more information.

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COMMUNITY

Looking to start a road cycling group; peloton style. Riding group starts at 0800 from the dive-in and return to base for a 21-mile loop. If interested, WhatsApp me at +34 641 498 369.

Rota Roller (In-Line) Hockey players, looking for some hockey to play in Southern Spain? Contact Bryan Long (email: [brylongster@gmail.com](mailto: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.

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## What did the littlest crew members have to say about 2024 SCUBA VBS?

Ella (9) - "VBS was really fun because we got to do songs and dance to them."

Jennifer (8) - "What I like about VBS is the snacks and the games. The games are always so much fun! And the snacks are kinda cool and you don't usually get to have these kind of snacks in other places... I want to come back to VBS next year!"

Eli (10) - "The snacks are really great here!"

Abraham (7) - "My favorite VBS game is Sharks And Minnows."

Ethan (10) - "VBS is cool because of the songs and snacks!"

Noah (10) - "I love VBS because it teaches about God, and Jesus, and their stories in fun, creative ways."

Ellen (8) - "I like Imagination Station."

Caitlyn (10) - "God is so great! I want to be a part of [VBS] again next year!"

Anthony (9) - "I really liked VBS because of all they did, like helping us when things are wrong."

Grace (9) - "I like that everyone helps me learn more about Jesus."

Danny (10) - "I liked eating and giving people knowledge about time periods in VBS."

Reagan (10) - "I like the snacks and games from VBS."

Asaba (9) - "What I love about VBS is we learn more about God and the Old Testament."

Arthur (10) - "I love VBS because you

can make a lot of friends and you can still learn about God and Jesus, and its really cool."

Shanti (9) - "The best thing about VBS is you can learn about God but you can have a very fun time."

Mili (10) - "What I like about VBS is the friends you're making and all the connections."

Tinsley (7) - "The best thing about VBS is you have so much fun at games... lots of water games!"

Isaac (8) - "The best thing about VBS is the games and the snacks."

Noah (8) - "The best thing about VBS is all the crew leaders because they can help you out whenever you need help."

Juliet (7) - "My favorite part about VBS is my crew. They're so sweet. I hope I come back next year."

Evelyn (7) - "I love it here and I wanna come back next year!"

Raiden (8) - "I like VBS for the games and snacks."

Tansey (7) - "I met one new friend!"

Brielle (7) - "I love VBS because of all the worshipping and games."

Charlotte (5) - "I really liked snack and singing and games and arts and crafts."

Teagan (5) - "Snacks!"

Ellen (5) - "Eating!"

Owen (5) - "Snack time!"

Alexander (6) - "I wanna know when I'm coming back to VBS?"

## CRIME VICTIM CHECKLIST

### 1. NOTIFY LOCAL LAW ENFORCEMENT

*\* Use the free app **AlertCops** for the quickest response. You can also dial **091** for local police, **112** for emergency traslation services, **956-82-2911** for on-base emergency dispatch or **911** from a base landline phone.*

### 2. OBTAIN A COPY OF YOUR POLICE REPORT

### 3. TAKE POLICE REPORT TO NCIS

*\* NCIS is located in bldg. 3263 across from the NEX behind the main Security building.*

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