

COASTLINE

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U.S. Naval Activities Spain



Leadership Corner



Fire Captain Richard Henderson

to the establishment of a proactive week-long campaign endorsed by the National Fire Protection Association (NFPA) every October.

During the Week of Oct. 8 through Oct. 14, Naval Station (NAVSTA) Rota Fire and Emergency Services observed Fire Prevention Week. A series of events was held throughout the installation to bolster fire safety awareness. Activities included fire extinguisher training sessions, firefighter muster challenges, static displays of various firefighting vehicles and equipment, and an engaging live fire demonstration tailored for the students of DODEA Rota Middle-High School.

The 2023 Fire Prevention Week theme is particularly noteworthy, emphasizing the inherent dangers linked with cooking: "Cooking safety starts with YOU. Pay attention to fire prevention." Considering that cooking fires consistently top the list as the leading cause of home fires and injuries, the

Fire Prevention Week: A Brief History, FPW Installation Activities, the 2023 Theme, and Holiday Safety Tips

Originating from the tragic Great Chicago Fire in 1871, Fire Prevention Week has been an instrumental force in educating the public about the vital importance of fire safety. The catastrophic blaze not only claimed over 300 lives but also left 100,000 people homeless, turning thousands of structures to ash. This somber event acted as a catalyst, leading

- emphasis is both critical and timely.
- As we usher in the holiday season, a time when kitchens come alive and families come together, the risk of cooking fires often escalates. To ensure a safe and joyful celebration, follow these holiday cooking fire safety guidelines from the National Fire Protection Association (NFPA):
1. Always be present: Stay in the kitchen when frying, grilling, or broiling food. If a distraction calls you away, ensure the stove is turned off.
 2. Remain vigilant: Regularly monitor food while cooking and employ a timer as a helpful reminder.
 3. Maintain a clutter-free environment: Keep potential fire hazards like oven mitts, wooden tools, and food packaging at a safe distance from the stovetop.
 4. Act wisely during emergencies: In case of a grease fire, resist the urge to use water. Instead, efficiently smother the flames using a lid.
 5. Equip your kitchen: Ensure a working smoke alarm is installed near your kitchen. Test it regularly and replace batteries as needed.
 6. Wear appropriate clothing: Avoid wearing loose sleeves or dangling jewelry when cooking, as they can easily catch fire.
 7. Keep children and pets at bay: Designate a 3-foot "kid-free" zone around your stove. This ensures their safety from hot food and liquids that might spill and cause burns.
 8. Handle hot pots and pans with care: Always use oven mitts or potholders, and ensure that pot handles are turned inwards to avoid accidental spills.
 9. Deep frying a turkey: Turkey fryers that use cooking oil are not safe. These fryers use large amounts of oil at high temperatures, which can cause devastating burns. If you want a fried turkey for your Thanksgiving meal, purchase it from a grocery store, restaurant or buy a fryer that does not use oil.
- By embracing these safety measures, we can ensure that our holiday celebrations remain joyous, safe, and memorable for all the right reasons.
- ¡Felices fiestas!

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On The Front Cover



A Sailor assigned to the Arleigh-Burke class guided-missile destroyer USS Oscar Austin (DDG 79) hugs his children during the ship's homeport shift from Naval Station (NAVSTA) Norfolk, Va., to NAVSTA Rota, Spain, Oct. 15, 2024. (Photo by MC2 Drace Wilson.)

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.

Publication is subject to approval.



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NAVSTA Rota Ombudsman Roster



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

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Rota Girl Scouts: Book Swap and Kick-off!

By: Cathleen Salsburg-Pfund
NAVSTA Rota Girl Scouts

The Girl Scout season is in full swing onboard Naval Station (NAVSTA) Rota! Starting with one of their quarterly Free Community Book Swaps in August and their Rally Day kick-off in September, these girls-in-green are getting ready to make a difference in our local and global communities.

For the past few years, Rota Girl Scouts has been collecting hundreds of gently-used books from community members and then hosting free book swaps where one and all can come to share in the joy of reading. American families from on and off base benefit from this eco-friendly literacy

campaign. Girl Scout Kiyoko E. shared that “If you have a book, instead of just throwing it away you would bring it to the Book Swap and then others can use that book to its full potential.” Reusing books decreases the carbon footprint of ordering such items online and encourages other types of waste-reduction mindfulness—all of which aligns with the Girl Scout Law’s tenets to “use resources wisely” and “make the world a better place.”

The Free Book Swaps are also a great time for families and children to come together and socialize over the common grounds that books and reading provide. Lauren Popadines, a frequent Book Swap attendee, stated that “This is a wonderful opportunity to get more books

in the hands of children. My daughter and I always look forward to these events throughout the year.” It is also a chance for Girl Scouts to act in service of the community on a regular basis and to be seen as leaders amongst their peers.

Girl Scout Natalie R. volunteers at the Book Swaps and explained, “I like seeing people happy. With books, they can go into their own world and it takes their imagination and makes it stronger.” During the Book Swaps, the excitement and imagination being sparked is nearly tangible. Girl Scouts in uniforms and iconic green t-shirts buzz about, sorting and shelving incoming donations, zipping here and there, and directing visitors to areas of interest. Youth huddle around bookshelves packed with chapter books, helping one another hunt for prized titles and recommending favorite authors to one another. Small children roam amongst boxes, crates, and drawers brimming with books, their eager hands trailing over spines and covers, exclaiming in joy when they find some new, wonderful literary treasure.

And the best part? It’s all free! While it is never obligatory to bring a donation in order to participate, the swap on Aug. 28 yielded 400 donated books, Leader Amber L. shared,

“I’m always excited to come set it up and see how many books we start with and see how many books get donated, but at the end of the day, to see how were able to contribute to the community...it’s neat to see that exchange take place.” In the abundance of such generosity found within our Rota community there arises a wonderful, respectful reciprocity where readers of all ages bring what they can, take what they wish, and share in an



experience.

Come experience the next Free Community Book Swap in December and in the meantime make use of the Girl Scout Little Lending Libraries in housing, the hospital, and at the Navy Lodge. Book donations can be made at any time to the bin located near the Girl Scout Hut.

Can’t get enough and want to join in the fun? The Rally Day kick-off on Sept. 12 hosted many Girl Scout families and welcomed new girls interested in sharing the Girl Scout leadership experience. Parents received a briefing regarding Girl Scouts overseas and girls got to meet and greet fellow troop members and leaders. If you missed it, don’t worry! It’s not too late to join! The membership year for kindergarten through 12th grade students starts on Oct. 1 and new members are welcome year-round. Email rotagirlscouts@usagso.org for information regarding registration and volunteer opportunities to join these girls in green and make the world a better place.

Rota NJROTC Holds Virtual Meeting with USNA Superintendent

By C/PO3 Dylar Mercado
Rota Middle-High School NJROTC

On Tuesday, Oct. 1, our Navy Junior Reserve Officer Training Corps (NJROTC) staff had a truly unique and wonderful experience with the United States Naval Academy (USNA) via an online meeting. This special event gave us the rare opportunity to introduce our unit to Vice Adm. Yvette Davids, the Superintendent of the USNA. We were also honored to have the Dean of Admissions and former

Joint Chiefs of Staff Adm. Michael Mullen join us. Throughout the meeting, we engaged in insightful discussions about leadership, mentorship, and what life is like in the Navy.





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MWR Pickle Ball Tournament

By Christina Brewer
NAVSTA Rota MWR

With the rapid rise of pickle ball sweeping the world, Naval Station (NAVSTA) Rota was quick to join the craze.

"It's a new sport, but it's easy to catch on to. It doesn't have too many crazy rules and when you practice it's easy to see your progress. We have people from all levels playing so there is a lot of opportunity to progress," said Marina Sanchez Ordiales, NAVSTA Rota Morale, Welfare, and Recreation (MWR) Sports Coordinator.

On Sept. 21, the Rota MWR Fitness Center hosted its first pickle ball tournament. With 13 teams taking to the courts and over 40 games being played. Paul Squitieri and Sergio Agullo went head to head against Miguel A. Rodrigues and Christopher Cruz in an intense final game.

"Tournaments like this are a great way



to build community and meet new people. I've met an entire new group of people beyond work," said Catherine Martinez. "It's a pickle-perfect blend of exercise and competition. The Pickle Pals are a super fun group; competitive, yet quick to laugh."

The Rota MWR Fitness Center has multiple courts, net setups, and even paddles for anyone who is just starting out or wants to give this up and coming sport a try.

"We have multiple groups that play weekly, so if you are looking for a place to play just reach out to the fitness center," said Sanchez Ordiales. For a list of times and days to get in on some pickle ball action, stop by the Fitness Center or give them a call at 727-2565.



Spouse Talk: Well, That Was Awkward

By Ashley Leigh
Contributing Community Writer

There are certain things in this world that I just don't like to do. These include but are completely not limited to: pumping gas, getting an oil change, bringing in the groceries, and doing anything that involves the DMV (can I get an amen?). All of these are necessary tasks that have to be taken care of at some point, but that doesn't make them any more palatable in my mind.

There is another, more sensitive undertaking that is high on the dreaded things to-do-list, and that is spending time with individuals that I just can't jive with. It's something we as spouses all have to do. Our sponsor has a command function scheduled. They come home to tell us and immediately the dread sets in. You beg not to go, and maybe they really don't want to either, but you just can't get out of it.

These are not "your people." Maybe you are older than most in the command. When we lived in Guam, my husband and I were a good 10 years older than everyone else. The wives never interacted with me and would call me "ma'am" or "Mrs. Leigh." To make matters worse, it was a super small group of less than 15 people, so functions happened often, and my event calendar was always full of the endless reminders that I was older and didn't fit in with the other wives.

But we do it. We suck it up and take one for the team. Our spouses owe us big for the years of awkward interactions



and forced evenings spent making small talk. My husband knows he owes me a home in the Bahamas and a Jack Russell. So, how do we build off of those uncomfortable moments?

Our exchanges when we feel small, ignored, left out of the conversation, or maybe the most "grown up" in the group grow us. They build onto our "we can do anything" portfolio. They set the stage for the future us to walk into a command function with ease and congeniality. You never know what the military life holds for you and your family. You may need to refer to the skill of handling awkward moments when your sponsor is the head of a command and you have to be amiable and approachable to those under it.

So, after the forced gathering time is over, and you finally get to the car, give yourself an internal high five: You just survived another agonizing exchange. Take in what all just happened and look for the good or interesting that came from feeling out of place. File that thought and add it to the folder marked "Uneasy Situations."

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PUBLISHER’S CORNER

TEMPORARY OFF BASE HOUSING

The temporary off base housing offer has remained relatively constant over the years. Recently a new option became active when Hotel Playa de la Luz and hotel Duque de Nájera opened their new establishment in Rota – Punta Candor Suites. It is located next to beautiful beach bordering “Los Corrales”, a natural monument built by the Phoenicians. Virgen nature surrounds this area, there is a large pine forest, natural sand dunes and the crystalline waters of the Atlantic.

Punta Candor Suites is an official Eco-Resort with an A energy certification. It consists of 127 units composed of studios and apartments with 1, 2 and 3 bedrooms that offer large spaces, fully equipped kitchens and cozy living areas. Their capacity varies from 1 to 8 people.



Reportedly, each accommodation has a terrace or a balcony, sea views in the units located on the first, second and penthouse floors, private swim up pools in some apartments and studios on the ground floor, air conditioning and heating, ceiling fans in all bedrooms, 3-seater sofa beds measuring 1.60 x 2 meters, a hair dryer, personal hygiene amenities, a 55” television in the living room, 43 or 32” television in the bedrooms, ceramic hob, microwave oven, a washing machine, dishwasher, refrigerator, toaster, kettle and coffee maker, complete kitchenware and cleaning supplies,an iron and ironing board and finally a welcome cleaning kit. There is 24-hour security, underground parking with one parking space per unit, outdoor common areas with swimming pools for adults and children, a cafeteria-bar and meeting room.

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Best Practices for Your Baby During Safe Sleep and SIDS Awareness Month

By Jessie Reinhart,
Fleet and Family Support Center

When it comes to your baby's sleep, it's natural to worry about their safety, especially with concerns like SIDS (Sudden Infant Death Syndrome). October is Safe Sleep and SIDS Awareness Month. With all of the safety information from providers, classes, books, and seasoned parent's advice, parents can start to feel overwhelmed with all the guidance about baby care. One topic that is at the forefront of all the educational infant campaigns is Sleep Safety. As a parent, you're determined to do everything you can to provide a safe environment of care. Sleep safety guidance has changed through the years, but since the "Back to Sleep" campaign was put in place, SIDS incidences have shown a reduction by over 50%. The research and updates for infant care has had a positive effect on many families. The American Academy of Pediatrics (AAP) states that infants should be placed on their back every time they sleep, whether it's for naps or bedtime. It may seem like a small change, but back-sleeping is one of the most effective ways to reduce the risk of SIDS. By creating a safe sleep environment, you're giving your baby the best chance for a healthy and restful sleep.

Let's cover the guidance you can put in place. The safest way for your baby to sleep is on their back. If you place your baby on their stomach or side, the risk

of SIDS increases significantly. You might hear advice from well-meaning individuals to let your baby sleep on their stomach, but the evidence is clear: back-sleeping is best. If you are concerned about choking, babies have reflexes that protect their airway even when lying on their back. Start by choosing a firm sleep surface. Infants should always sleep on a firm, flat surface, like a crib, bassinet, or playpen that meets current safety standards. You might be tempted to let them sleep on softer surfaces, such as couches, armchairs, or in your bed, but these can be dangerous. Soft mattresses or surfaces increase the chance of suffocation or entrapment. Make sure the mattress has a tight-fitting sheet only, that the mattress fits snugly in the crib with no gapping around the edges, and avoid adding stuffed animals, pillows, blankets, or any bumpers (even the mesh kind). Instead of using loose blankets, dress your baby in sleep-specific clothing like a wearable blanket or sleep sack. This will keep them warm and follow the "thermal overall grade" (TOG) system for temperature of your environment. The TOG system helps parents determine the appropriate thickness of clothing for the temperature. Keeping your baby too warm while they sleep can increase the risk of SIDS. To avoid overheating, avoid bundling them up in too many layers or heavy blankets. Many video baby monitors come with a room thermometer as an added bonus.

It's beneficial for your baby to sleep in

the same room as you, especially during the first six months, and ideally for up to a year. Room-sharing allows you to be close enough to your baby to monitor them and respond to their needs. However, bed-sharing is not recommended. Your bed, with its soft mattress, pillows, and blankets, isn't a safe place for your baby to sleep. If you're breastfeeding, try to feed your baby in bed and then return them to their crib or bassinet for the rest of the night. Also parents can try offering a pacifier during naps or nighttime sleep, which may reduce the risk of SIDS. If the pacifier falls out while your baby is asleep, you don't need to put it back in. Exposure to smoke, both during pregnancy and after birth, significantly increases the risk of SIDS. Avoid smoke around your baby, and keep your home and car smoke-free. Secondhand smoke, even if the individual is smoking outside, can still pose an increased risk because smoke can linger on clothes or skin. If anyone in your household smokes, now is a great time to quit. Naval Hospital Rota has great resources for quitting. While pregnant, prenatal care is very important. After their birth, keeping regular check-ups with your infants' pediatrician is important for tracking your baby's growth and development. Vaccinations and other health screenings can help reduce risks of many illnesses, including those that may increase the risk of SIDS.

Breastfeeding has been shown to lower the risk of SIDS. Any length of breastfeeding is beneficial for your infant,

but the longer you breastfeed, research shows it offers more protection. Breast milk boosts your baby's immune system and can help protect them from infections that might increase the risk of SIDS. As an added bonus, breastfeeding helps with bonding and allows you to closely monitor your baby.

Many ads today are showing new products for infant sleep, but look for products that meet sleep safe standards. Only use sleep surfaces that meet safety standards and avoid sleep positioners, wedges, "weighted" sleep sacks, or pillows designed to keep your baby in a certain position, as these can be dangerous. Also, keep in mind that certain baby monitors or products that claim to prevent SIDS have not been proven to work, and relying on them alone is not a substitute for following safe sleep practices. By following the approved current guidelines; placing your infant on their back, using a firm and approved sleep surface, room-sharing, and avoiding overheating, you can help protect your baby. Stay informed and consult your infants' provider if you have any questions about sleep safety. With these steps, you can rest easier knowing you're providing a safe space for your little one to sleep soundly.

New Parent Support within FFSC offers classes, 1v1 home visits, support, and assistance for families, please reach out by calling 956-82-3232/727-3232 to schedule.



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U.S., Spanish and Italian Marines Participate in Lisa Azul 2024

U.S. Marines participated in the annual joint training exercise, Lisa Azul 2024, alongside Spanish and Italian Marines in mid to late September. The annual training exercise aims to grow infantry proficiency in combat skills while also building military cohesion, camaraderie, and overall effectiveness alongside allied armed forces. Exercises held aboard Sierra del Retin and Naval Station (NAVSTA) Rota included mock skirmishes, close quarters battle (CQB) fundamentals, and fast-roaming execution. Lisa Azul 2023 concluded with a soccer game and meal where all Marines were able to socialize.



Photos by MC2 Drace Wilson and IC2 Marlin Dominguez



Courtesy Photo



MATÍAS LEBRÓN

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Rota VIPs: Julio Malvido - Artist

You already know everything about Rota: history, culture, festivities, gastronomy... but do you know all the important people that were born in Rota? This year, we will be featuring one famous roteño or roteña every month. Do not forget to say hello when you see them out in town!

By Alejandra Tirapu Lucero
NAVSTA Rota Public Affairs

Have you ever wondered who the artist behind those face-shaped flowerpots in Rota is? His name is Julio Malvido García and he is this month's Rota VIP.

Malvido, 65, was born in Jerez de la Frontera and at the age of 14, his family was forced to migrate to Australia due to Francisco Franco's dictatorship. During his time in Australia, he had the opportunity to learn English, which made it easier for him to find a job when he returned to Spain. In 1982, he got his first job at Naval Station Rota, where he worked until 2004, including 18 years at

Rota Middle-High School's library.

Malvido has always been in love with the arts. He remembers admiring his dad's watercolor paintings when he was a little boy. He studied and created art even when he was working a full time job. It also meant taking evening classes and going to Sevilla quite often to take the exams for his painting studies. When he was older, he went through depression and he found comfort in his art. At a tough point in his life, Alvido created art as an outlet to help improve his mental health. He kept creating and learning until he made one of his dreams come true: to study at the Faculty of Fine Arts in



Sevilla. This also gave him the opportunity to participate in a European scholarship program to study in Antwerp, Belgium, for one year.

During that period of his life, he participated in art exhibitions in Spain and other European countries. Since 2008, he has been sharing his art in Rota every year in an exhibition called "RotArte," and since 2012, in another local exhibition called "Por Amor a Sartre," where he participates with his paintings, sculptures, photographs and engravings.

Malvido is currently working on the art that he will display during next year's exhibitions and on the personalized flowerpots for the streets of Rota. He

creates them for the residents of Rota that want to have them outside their homes and he does not charge for them. He is currently making them for the neighbors of three streets in Rota, apart from the individual requests that he always gets. Sometimes, he even finds time to read! One of his favorite authors is a well-known American intellectual: Noam Chomsky.

Alvido has three children: one is a gynecologist, one teaches physical education and the third one is still in school. It was because of his youngest son that he went on vacation to the United States once; he really wanted to visit New York!

His travel recommendation is Vietnam. He spent an entire month there and was amazed by the country. He would also love to visit New Zealand again.

Now you know who the face behind the faces is! I told you months ago... Rota is full of talented people!



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FY24 Chiefs Receive Anchors at Pinning Ceremony

Photos by MCC Joseph Buliavac, MC1 Sean Rinner and MC2 Drace Wilson

17 Sailors and two Airmen from Naval Station (NAVSTA) Rota and tenant commands were advanced to the rank of Chief Petty Officer at the NAVSTA Rota grinder, attended by family, friends and the NAVSTA Rota chief petty officer mess, Sept. 27, 2024.

The ceremony was the culmination of a six-week training period in which senior enlisted leaders guided the chief selectees through many challenges designed to strengthen their leadership skills and to provide a better understanding of what it means to be the chief.





USS Arleigh Burke Chief Season and Pinning Ceremony

By Mass Communication Specialist 1st Class Zac Shea

USS Arleigh Burke (DDG 51) Public Affairs

On Sep. 27, 2024 the guided missile destroyer USS Arleigh Burke (DDG 51) welcomed eight new Chief Petty Officers into the Chief's Mess. DCC Andrew Basbas, ETC Brandon Bigham, CTTC Joseph Binns, HTC Jon Frydenlund, ICC Toni Higgins, STGC Carmelo Gutierrez, GMC Paul McKinney, and YNC Joshua Persley were pinned during a ceremony in port Souda Bay, Greece.

The Chief Petty Officer, as recognized today, was officially established April 1st, 1893. Chiefs are recognized as strong leaders, superior administrators, and technical experts within their ratings.

"The Chief's Mess is an integral part of our ship and the Navy as a whole," said Cmdr. Tyrchra Bowman, the commanding officer of USS Arleigh Burke. "Their mentorship and training of not only junior enlisted but also junior officers

is unparalleled. I expect each Chief to uphold that legacy."

Chiefs bridge the gap between officers and enlisted personnel, acting as supervisors as well as advocates for their Sailors.

"It's a challenging role," said Senior Chief Culinary Specialist Maximillian Johnson, who served as the Chief season chairman. "We're faced with problems we may not have seen before and we're often put in uncomfortable positions. It's about adapting and knowing you have a team of brothers and sisters to help you in your time of need."

The pinning ceremony was the culmination of a 6-week "Chief Season" process. Though the exact challenges of this process are closely guarded, its hurdles and tribulations are designed to prepare the new Chief Petty Officers for their expanded leadership roles.

"It's a training pipeline," said Chief Cryptologic Technician (Collection) Christopher Durrett, who served as co-lead for this year's Chief season. "The goal is to make sure we can articulate ourselves, we're aware of relevant Navy programs, and we understand the role of the Navy Chief."

Chief season training can include Navy programs, drilling, and physical training.

"It took a lot of coordination throughout the ship," said Johnson. "From the Chief's Mess to the wardroom to the department heads, it was a complex collaborative process behind the scenes."

For season organizers and participants,



balancing the mission of Chief season and the ship's mission was a fine line.

"Underway we have our normal jobs to do with maintenance, meetings and watches," said Durrett. "So trying to squeeze in those trainings was a challenge, especially while being on patrol preparing for operational missions."

Though all the new Chiefs are stationed on USS Arleigh Burke, they represented a variety of rates and work centers. The Yeoman, Damage Controlman, Hull Maintenance Technician, Gunner's Mate, Electronics Technician, Interior Communications Electrician, Cryptologic Technician (Collection), and Sonar Technician (Surface) rates were all present in this class of Chief Selects.

"It took some time to get to know each other, to figure out what made each other tick," said Chief Yeoman Joshua Persley, a member of the most recent Chief class. "At the end of the day, we all went through the same thing and that created a bond. Even now, we look out for each other."

This diversity of backgrounds and experiences highlights an important aspect of Chief season.

"That's part of the training we instill," said Durrett. "It's about being a part of something bigger than yourself, understanding the legacy you're a part of, and not letting that be degraded."

Arleigh Burke is on a scheduled deployment in the U.S. 6th Fleet area of operations supporting U.S. Naval Forces Europe-Africa to defend U.S., allied, and partner interests.



COME CELEBRATE HALLOWEEN WITH US

Recommended that children come in costume when getting their treats!



18:00 - 21:00
October 31st

Halloween in Spain: Inherited Traditions and a Spooky Twist

The contributors are co-founders of a seasoned agency committed to assisting expatriates with navigating Spanish culture and lifestyle. With extensive experience in translation, interpretation, and cultural coaching, they equip expats with the tools and knowledge necessary for a seamless integration into Spanish society.



By Ellie McDonald and Brenda Navarro Castelet
Contributing Community Members

As Halloween night approaches, the familiar sights of ghouls, ghosts, and pumpkin decorations are starting to feel right at home in Spain. Though not a deeply rooted tradition here, Halloween has gained popularity in recent years, especially among the younger crowd. The holiday's rise reflects a blend of imported customs and local traditions, resulting in a unique celebration that intertwines fun, fear, and a profound respect for the past.

Halloween's popularity in Spain first took off at university parties, where students would embrace the occasion by dressing up in spine-chilling or imaginative costumes. From there, the celebration quickly spread, with children and adults alike joining in the spooky fun. As Oct. 31 rolls around, Spanish streets and plazas come alive with an enchanting atmosphere; think haunted houses, themed decorations, and costumes ranging from cute witches to terrifying monsters.

While trick-or-treating isn't as widespread as in the U.S., it is becoming more common in certain neighborhoods. It's not unusual to see groups of kids in costumes knocking on doors and chanting "truco o trato" in hopes of sweet treats. These trick-or-treaters, with their tiny superhero outfits and ghostly face paint, add a touch of charm to Spanish Halloween and bring a sense of community to the local streets.

However, Halloween's growing influence has sparked a bit of debate. Some Spaniards feel the holiday overshadows a more traditional and meaningful celebration: All Saints' Day, or "Día de Todos los Santos." Observed on Nov. 1, this day holds deep cultural significance, with families gathering to remember their deceased loved ones. The tradition involves visiting cemeteries to clean and decorate graves with flowers, lighting candles, and sharing memories. It's a time for reflection and familial respect, contrasting sharply with the light-hearted spookiness of Halloween.

In the days leading up to All Saints' Day, you'll also find another cherished

tradition; "Huesos de Santo," or "Saint's Bones." These sweet pastries, made of marzipan and filled with egg yolk, are a culinary nod to Spain's heritage, typically enjoyed around Nov. 1. Their presence in bakeries and markets reminds us that even in the midst of imported celebrations, Spain's rich culinary and cultural customs continue to thrive.

Despite the debate, many embrace the idea that Halloween and All Saints' Day can coexist harmoniously. In Spain, it's not just about choosing between a scary costume party or a solemn cemetery visit; it's about recognizing that both traditions offer something meaningful. Halloween adds a touch of playfulness and excitement, while All Saints' Day provides an opportunity for reflection and honoring family ties.

The result is a blend of cultures that reflects Spain's evolving approach to holidays. While some may lament the commercialization of Halloween, others see it as a chance for intercultural exchange and fun. The mingling of spooky decorations, trick-or-treating, and centuries-old customs illustrates how new and old can come together in a celebration that's both uniquely Spanish and globally influenced.

So, whether you're planning to carve a pumpkin, bake "Huesos de Santo," or visit a loved one's grave, Spain offers a rich tapestry of traditions to explore this time of year. The charm of Halloween and the solemnity of All Saints' Day may seem like an odd pairing, but together

they create a season of celebration that reflects the country's openness to change while holding onto its cultural roots.

If you're planning to join in the Halloween fun, don't forget to stock up on treats that Spanish kids love. American candy is always a hit, with Reese's Peanut Butter Cups ranking as the top favorite—something about that sweet-salty combination just hits the spot. Kit Kats, Hershey's chocolate bars, and Twizzlers also score big with the trick-or-treat crowd. Anything a bit different tends to get the most "Ooooh, cool!" reactions, so don't be shy about sharing your stash of classic American sweets.

And here's a heads-up: Halloween is still a relatively new tradition in Spain, which means there aren't any hard rules on timing. Expect trick-or-treaters to show up later than you might be used to—sometimes as late as 10 p.m., even on a school night! So, keep those candy bowls stocked and your porch light on just a little longer.

When it comes to enjoying "Huesos de Santo", you're in for a treat. For some of the best pastries around, try Pastelería La Merced in Rota, La Gloria in Cádiz, or Pastelería Karpatos in El Puerto de Santa María. These bakeries offer a delicious selection of traditional sweets that add a touch of local flavor to your Halloween celebrations.

Stay savvy and enjoy this uniquely Spanish blend of spooky fun and heartfelt tradition!



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MANUEL JESUS BARRIENTOS ALCEDO

Manuel Jesus Barrientos Alcedo, known as Barri, works as a management assistant for Naval Station (NAVSTA) Rota Fire Department.

"I am in charge of all the paperwork for Fire & Emergency Services Department in different areas such as financial, purchasing, human resources, naval hospital and safety," he explained.

This includes budget preparation and execution, procuring supplies for the three stations, serving as a government purchase cardholder, an official reviewer for Defense Travel System (DTS), and facility and personnel management.

Barrientos Alcedo, born in Cadiz but grew up in Rota, enlisted in the Spanish navy after high school where he worked in admin and military communications. He got out of the navy after six years and started work on the installation with Morale, Welfare and Recreation (MWR). Prior to his current role, he worked as operations assistant, accounting technician and

financial technician for MWR.

He enjoys the variety of his current job – particularly the financial, accounting and administrative duties.

“I am also the point of contact of my department with the rest of the departments at the base,” said Barrientos Alcedo. “So I learn a lot by being in contact with other departments, which is very important because I am constantly learning.”

As a vital part of the fire team, Barrientos Alcedo feels the close-knit department creates a strong working environment.

"My coworkers are very responsible and hard-working," he said. "They are always willing to help and collaborate, making my work much easier."

In his free time, Barrientos Alcedo is a big fan of sports like running, paddle tennis, and surfing.

"I really like spending time with my family. I love traveling and reading."





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CREDO: Springs of Life World Series

By Aaron "Jeff" Jefferson Jr.
CREDO Facilitator



The Major League baseball playoffs are here. Fans are watching intently as the teams clash for the World Series Championship. Little League World Series Baseball fans have already seen the team from Lake Mary Florida bring home the World. They edged out the Chinese Taipei team 2 to 1 bringing the trophy to good old U.S. of A. This team also displayed true sportsmanship by encouraging their opponents after such a heart breaking lost. They truly showed us it's not so important that you win, but it's how you play the game.

Some years ago another baseball team exhibited the full meaning of this statement and gave us an example for us all to emulate. Western Oregon University player Sara Tucholsky uncorked her best swing yet and did something she

had never done; She hit her first home run over the center field fence. In her excitement, she missed first base. As Sara started back to tag it, she collapsed with a knee injury. She crawled back to first but could do no more. She would be called out if her teammates tried to help, A pinch runner could be called in, but the home run would count only as a single.

Then, members of the opposing Central Washington University softball team stunned spectators by carrying Tucholsky around the bases so the three-run homer would count - an act that contributed to their own elimination from the playoffs. What a courageous sacrifice the Washington team made on that day. This unique courage and sacrifice is hardly seen today in our work place and day-to-day gatherings, but this team displayed the key in reaching life goals and shaping sound character. The key is simply this: "If I am willing to carry others to reach their home plate, I will get there too."

Whether on the playing field or the field of life, success is not measured by meeting our goals but rather how we played the game. Do we work hard;? Are we patient? Are we fair and just when dealing with others? Do we meet each day with the courage to do the right thing, the honor to say the truth, and the commitment to stay the course regardless of the circumstances? Playing by these rules will bring flowing springs of life, carrying us to the destinations we hope to reach.

USAF A-10's Pass Through NAVSTA Rota

A-10 Warthog fighter aircraft belonging to the U.S. Air Force's 74th Fighter Squadron made their way through Naval Station (NAVSTA) Rota for regional operations in September.



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Fifth U.S. Navy DDG Homeport Shifts to Rota, Spain



Photos by MC2 Drace Wilson and ET2 Alexander Bickel

From U.S. Naval Forces Europe and Africa/ U.S. Sixth Fleet Public Affairs

The arrival of USS Oscar Austin (DDG 79) expands U.S. Navy capabilities in the U.S. European Command (EUCOM) and U.S. Africa Command (AFRICOM) areas of responsibility. Oscar Austin is now assigned to Destroyer Squadron (DESRON) 60 / Commander, Task Force (CTF) 65 and U.S. 6th Fleet.

“USS Oscar Austin’s arrival to Naval Station Rota strengthens our commitment to maintaining a forward presence in Europe,” said Vice Adm. J.T. Anderson, Commander, U.S. 6th Fleet. “The addition of this ship to our forces in the region provides our Allies with an added layer of security and assurance, and serves as a powerful symbol of the enduring partnership between the United States and Spain.”

Modernized with the latest Aegis Ballistic Missile Defense (BMD) upgrade, USS Oscar Austin offers a key capability for the U.S., directly contributing to extended deterrence by providing Allies and partners protection against the threat of ballistic missile attack. The second U.S. Navy destroyer to shift its homeport to Naval Station Rota, scheduled to arrive in 2026, also has the latest Aegis BMD

upgrade. “Arleigh Burke-class guided-missile destroyers are true multi-mission ships, capable of providing maritime security, conducting anti-air and anti-submarine warfare, and providing humanitarian assistance and disaster relief,” said Capt. Alex Mamikonian, commodore, DESRON 60 and CTF 65. “Bringing USS Oscar Austin to Spain enhances our ability to maintain ready and postured forces to assure, deter and defend in an increasingly complex security environment.”

Oscar Austin departed Norfolk, Va. Sept. 30 to transit to Spain and assist in providing full coverage and protection for all NATO European populations, territories and forces against the increasing threats posed by the proliferation of ballistic missiles.

The initial decision to base destroyers out of Spain is part of the U.S. European Phased Adaptive Approach announced by President Obama in 2009. Since its announcement, the U.S. has broadened its Ballistic Missile Defense (BMD) capabilities in theater including increasing FDNF-E from four to six and the finalization of the second Aegis Ashore site in Poland.

Oscar Austin is the first Flight IIA Arleigh Burke-class guided-missile destroyer and

proudly bears the name of Pfc. Oscar P. Austin, United States Marine Corps. Oscar Austin was commissioned on August 19, 2000, in Norfolk, Va. Oscar Austin is ballistic missile defense, anti-submarine, and anti-surface warfare capable. The ship can embark two MH-60R Seahawk helicopters to assist in anti-submarine and other warfare areas. Destroyers can work with Carrier Strike Groups, Surface Action Groups, Expeditionary Strike Groups or independently.

U.S. 6th Fleet, headquartered in Naples, Italy, conducts the full spectrum of joint and naval operations, often in concert with allied and interagency partners, in order to advance U.S. national interests and security and stability in Europe and Africa.



Cmdr. Scott Burrill, the commanding officer of the Arleigh-Burke class guided-missile destroyer USS Oscar Austin (DDG 79), raises a Spanish flag with Spanish Armada Capt. Ernesto Guesos, Commander, 41st Frigate Squadron, during the ship's homeport shift to Naval Station (NAVSTA) Rota, Spain, from NAVSTA Norfolk, Va. (U.S. Navy photo by Mass Communication Specialist 2nd Class Drace Wilson)



Electronics Technician 2nd Class David Gaddis, assigned to the Arleigh-Burke class guided-missile destroyer USS Oscar Austin (DDG 79), from Mt. Holly, N.C., greets his family during the ship's homeport shift to Naval Station (NAVSTA) Rota, Spain, from NAVSTA Norfolk, Va., (U.S. Navy photo by Mass Communication Specialist 2nd Class Drace Wilson)

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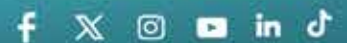
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USS Oscar Austin Celebrates Arrival with Ceremony

Naval Station (NAVSTA) Rota, Spain celebrated the arrival of the USS Oscar Austin (DDG 79), the fifth destroyer assigned to the installation, with a ceremony Oct. 16, 2024. The ceremony hosted special guests Ms. Rian Harris, Chargé d'Affaires ad interim, U.S. Embassy Spain and Andorra, Adm. Stuart Munsch, Commander, Allied Joint Force Command and U.S. Naval Forces Europe and Africa, and Spanish Armada Adm. Eugenio Diaz del Rio who gave their remarks recognizing the event.



Photos by MC2 Drace Wilson and MC2 Ryan Brown



Adm. Stuart Munsch, U.S. Naval Forces Europe-Africa, gives remarks during the arrival ceremony of the Arleigh-Burke class guided-missile destroyer USS Oscar Austin (DDG 79) after completing its homeport shift to Naval Station (NAVSTA) Rota, Spain, Oct. 16, 2024. (U.S. Navy photo by Mass Communication Specialist 2nd Class Ryan Brown)



Ms. Rian Harris, Chargé d'Affaires ad interim, U.S. Embassy Spain and Andorra, gives remarks during the arrival ceremony of the Arleigh-Burke class guided-missile destroyer USS Oscar Austin (DDG 79) after completing its homeport shift to Naval Station (NAVSTA) Rota, Spain, Oct. 16, 2024.(U.S. Navy photo by Mass Communication Specialist 2nd Class Drace Wilson)



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NAVAL STATION ROTA COMMUNITY RESOURCES

ALCOHOLICS ANONYMOUS MEETINGS

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.

Volunteers are welcome and encouraged to stop by the office and CPR courses are now being offered. Days and times of the courses will be posted on our FB page. For more information, call us during business hours at DSN 727-2333 or commercial, +34 956-82-2333, or visit our Facebook page, @RedCrossRota.

AMERICAN RED CROSS EMERGENCY COMMUNICATIONS SERVICE

Red Cross Emergency Messages services operate 24/7. If you have a family emergency during business hours, call us immediately at DSN (314) 727-2333 or +34 956-82-2333. After hours or on weekends, our national call center can be reached at +1 (877) 272-7337. Messages can also be initiated online, at <https://www.redcross.org/military-emergency-communication.html>

ROTA EDUCATION CENTER

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

NAVY-MARINE CORPS RELIEF SOCIETY (NMCRS)

When you are having trouble meeting urgent financial needs, NMCRS may be able to provide an interest-free loan or grant. Through financial counseling, we will also help you plan for better financial stability. Our services

are completely confidential. If you are approved for a loan or grant, you will receive funds immediately. There is no application fee and the appointment is completely free. If you need \$1,000 or less, you may be eligible for our Quick Assist Loan.

NMCRS Business Office

Monday-Friday; 8 a.m. - 4 p.m.

Office: DSN 727-1614 or +34 956-821-614

After Hours Duty Cell: +34 660 984 511

After Hours Emergency Assistance: +1 (877) 272-7337

Email: rota@nmcrs.org

Facebook: www.facebook.com/nmcrsrota

NMCRS Thrift Shop

Hours of Operation

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

Thursday: 3-6 p.m. (third Thursday / active duty + dependents only)

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

NMCRS Casework and Classes

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

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

Command Classes: We offer financial classes for groups and commands. Our caseworkers can come to you, or we can hold the classes in our classroom. Call or email our office to schedule one of these classes.

UPCOMING NMCRS AND HOSPITAL MATERNAL PROGRAMS AND CLASSES:

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

NMCRS: VOLUNTEER WITH US!

Are you interested in volunteering in the NMCRS office or Thrift Shop? We have several opportunities to grow your resume while contributing to our community! We also reimburse for childcare and mileage. Apply to

volunteer online at <http://linktr.ee/nmcrsrota> and join us for a monthly volunteer orientation. NMCRS Rota is looking for blanket makers and Thrift Shop volunteers.

PRESCHOOL SERVICES FOR CHILDREN WITH DISABILITIES

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

RETIRED ACTIVITIES OFFICE (RAO)

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

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

USO ROTA

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

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

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

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

WIC OVERSEAS

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

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El Mercado

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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.

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Staying Healthy with Clean Hands

By Devin Evans
U.S. Naval Hospital Rota, Health Promotions Department

The adage of “an ounce of prevention, is worth a pound of cure” couldn’t be more spot on when it comes to hand hygiene or as most of us refer to it as, handwashing. Many diseases and conditions are spread by not washing our hands.

When it comes to handwashing, there are some straightforward approaches. You can use soap and clean running water or if soap and water are not readily available, you can use hand sanitizer with at least 60% alcohol to clean your hands.

Germs can spread from person to person or from surfaces to people when we touch our eyes, nose, and mouth with unwashed hands. Unclean surfaces can harbor germs which we may touch and

then expose ourselves to germs. There is also exposure from others when we touch hands with someone who may not have washed their hands.

Washing hands can be completed in five easy steps:

- Wet your hands with clean running water and apply soap.
- Rub your hands together creating a lather on the palms as well as the back of your hands, between fingers, and under your nails.
- Scrub your hands for at least 20 seconds.
- Rinse your hands under clean running water.
- Dry your hands using a clean towel or an air dryer.

If a situation occurs where you do not have access to clean running water and soap, then your other option is an alcohol-based hand sanitizer with an alcohol content of 60% or greater.

Interesting facts:

- October 15th is Global Handwashing Day.
- Handwashing education can reduce 29-57% of schoolchildren absenteeism related to illness.
- Estimated global rates of handwashing after using the toilet is 19%.

Remember to always Wash Your Hands and help prevent the spread of germs!



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NAVSTA Rota to Conduct Radon Testing

By Melanie Bengtson

NAVSTA Rota Public Works Department

Radon measurement devices will be placed in family and unaccompanied housing units across Naval Station (NAVSTA) Rota as part of a yearlong radon assessment Sept. 16 through Sept. 27, 2024. In September and October, 2025, the devices will be collected for analysis. This survey will identify any potential radon concerns that require action. It is a proactive measure to ensure the health and well-being of all NAVSTA Rota personnel and residents. Previous radon assessments completed across NAVSTA Rota have not identified radon above safe limits, and radon concerns are not expected.

Radon is a colorless, odorless, and tasteless radioactive gas that forms from the natural breakdown of uranium found in soil and rocks; it occurs naturally in the environment. Sometimes, radon gas migrates into the air where it may become hazardous to human health if trapped inside buildings or homes for prolonged periods. Because the gas is heavier than air, this can be of particular concern in basements and sub-terrarium structures such as parking garages.

The U.S. Surgeon General warns that radon is the second leading cause of lung cancer in the U.S. and that more than 20,000 Americans die of radon-related lung cancer each year (U.S. Dept. of Health and Human Services, 2005). The U.S. Environmental Protection Agency estimates that up to eight million homes in the U.S. may have radon levels over the action level of 4.0 picocuries per liter (pCi/L) due to cracks in the foundation,

floor drains, sump pumps, and any other openings.

Radon measurement devices, called alpha track detectors, are to be placed in family housing units and barracks rooms by a team of qualified contractors, in accordance with the Navy Radon Assessment and Mitigation Program (NAVRAMP). These devices record radon levels on a special piece of plastic. They do not contain moving parts, electronics, cameras or microphones and are completely silent. Radon measurement devices pose no health risks to individuals near the devices.

The devices will remain in place for approximately one year after which they will be collected and analyzed. The results will be provided in a report.

When the team visits your house, two devices attached to a placard will be attached to a wall in an out-of-the-way location. The photo below shows two devices as they will appear when placed in your home or room. Please, do not disturb the devices in any way; this includes covering them or placing any device that moves air, such as a fan, near them.

If the testing placard is found on the ground, please re-attach the placard to the wall as close to its original location as possible. Use the clip on the back of the radon detectors to re-attach them to the top of the placard. If you have difficulty re-attaching the placard, contact Melanie Bengtson at the Public Works Environmental office at 727-1302 or melanie.l.bengtson.civ@us.navy.mil.

For further information, go to www.epa.gov/radon.

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