



COASTLINE

April 10, 2025 / Volume 35, Issue 4

U.S. Naval Activities Spain

**SAAPM 2025:
Step Forward.
Prevent. Report.
Advocate.**
Page 6

**Student Support
Roadmap: Guide to
Mental, Behavioral
Health**
Page 10

**Seabee Divers
Construction,
Engineering
Operations**
Page 12

Leadership Corner



Director, NAVSUP FLC Sigonella - Site Rota
Cmdr. Travis Miller

THE LINE BETWEEN DISORDER AND ORDER LIES IN LOGISTICS

Over two millennia ago, Sun Tzu recognized the power of logistics in stating “the line between disorder and order lies in logistics...” That declaration marks the very boundary between chaos and order. This timeless insight, born from warfighting, resonates beyond the realm of warfare as successful logistics is vital at work, at home,

operations, fleet mail, fleet support, husbanding services, transportation of things, customs, shipping and receiving, household goods, integrated logistics support to Forward Deployed Naval Forces ships, hazardous material, assist visits and training, and fuel operations (transferring to NAVSTA Rota, FY25). In addition, FLC Site Rota oversees two detachments located in Madrid, Spain, and Lisbon, Portugal, which support U.S. national support elements. In summary, the site covers all Navy logistics across the Iberian Peninsula.

In its approach, FLC Site Rota is committed to executing NAVSUP’s central tenets:

- Innovative and Collaborative: Cultivate environments that reject complacency while embracing key partnerships.
- Agile and Responsive: Relentlessly creative problem solvers.
- Customer Centered: Supporting each commander down to the deckplate.
- Ethically Uncompromised: Anchored by integrity, fully accountable, and radically transparent.

At Site Rota, its personnel are the logistics backbone, not just delivering supplies, but ensuring readiness and enhancing the quality of life for every individual served.

Sun Tzu’s wisdom resonates today: logistical dominance is the foundation of success. Site Rota embodies that principle, striving to provide strategic and seamless support to empower warfighters and support the community. Bacon or bullets, peacetime or conflict - We Deliver!



and to society as a whole.

As one of eight globally positioned logistics centers, Naval Supply Systems Command (NAVSUP) Fleet Logistics Center (FLC) Sigonella provides integrated logistics to units in the European and African Geographical Combatant Command areas of responsibility. They enable a full range of solutions for logistics, business, and support services to U.S., NATO, and Allied Forces across 14 enduring and forward operating sites including forward contingency and cooperative security locations in 13 countries in Europe and Africa.

The FLC Site in Rota comprises military, U.S. civilian, and Spanish professionals who play a vital role in enhancing the quality of life for Sailors, Marines, Airmen, civilians, contractors, and families across the installation. The site provides efficient supply support, ensuring the readiness and well-being of personnel both at sea and ashore. Site services include postal

COASTLINE STAFF

- Commanding Officer**
Capt. Teague J. Suarez
- Executive Officer**
Cmdr. Justin Jennings
- Command Master Chief**
CMDCM Donald Alvarado
- Public Affairs Officer**
Lt. Daniel Ehrlich
daniel.b.ehrlich2.mil@us.navy.mil
DSN 727-1680
- Editor/Writer/Layout**
MC2 Drace Wilson
drace.a.wilson.mil@us.navy.mil
DSN 727-1021
- Production Specialist**
IC2 Marlin Dominguez
marlin.i.dominguez.mil@us.navy.mil
DSN 727-1021
- Production Specialist**
MC2 Jett Morgan
jett.m.morgan.mil@us.navy.mil
DSN 727-1021
- Community Relations Advisor**
Alejandra Tirapu Lucero
alejandra.tirapulucero.ln@us.navy.mil
DSN 727-3786 / 956-82-3786
- Contact The Coastline Editorial Staff:**
Telephone: DSN 727-1021 / 956-82-1021
Email: coastline@eu.navy.mil
Large-file email: rotacoastline@gmail.com
- To place an advertisement in the Coastline, please contact our publisher: Ramon Morant**
coastlineventas@gmail.com
or 653-78-0296.

On The Front Cover



U.S. Navy Seabees assigned to Underwater Construction Team 1 Construction Dive Detachment ALFA, deployed under 22nd Naval Construction regiment, conduct dive training ensuring maritime infrastructure and underwater systems readiness aboard Naval Station Rota, March 7, 2025.

Do You Like to Write or Take Photos?

The Coastline is always looking for guest writers and story ideas. Are you traveling some place fun, attending a sporting event, participating in a workshop or cooking class or leading special training in your office or community? If so, we want to hear from you! Please send story and photo submissions or story ideas to The Coastline at rotacoastline@gmail.com.

Publication is subject to approval.

The editorial content of this publication is the responsibility of the NAVSTA Rota Public Affairs Office. Contents of the Coastline are not the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the U.S. Navy. Publishing is through a private firm in no way connected with the U.S. Navy, or other DoD/military entities, under exclusive written contract with NAVSTA Rota. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the U.S. Navy, other DoD/military entities, or the publisher of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchases, user, or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected.



Hipnotiq Sneaker WWW.HIPNOTIQ.NET @Hipnotiq

NIKE SPORTSWEAR SPRAYGROUND Reebok YZY GUESS MAM MOD WAVE MOVEMENT

Calle / Ladislao Carrascosa 28, CHIPIONA, (CADIZ)



EL PEREJIL URBAN GRILL Rota


STEAK 100% Fresh Beef

WWW.ELPEREJIL.ES


ORDER HERE

13:00 - 00:00h. BOOKINGS: 856 111 115

C/ HIGUERETA 66 LA COSTILLA - ROTA




NAVY FAMILY OMBUDSMAN PROGRAM



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)

NAVSTA ROTA Assembly Chair	Lisa Eckard	+34 642-657-050	rotaombudsmanassemblychair@gmail.com
NAVSTA Rota	Shaunte Branson	+1 619 508 2833 Via WhatsApp	navalstationrota.ombudsman@gmail.com
725 th AMS 521 st AMOG (Air Force Key Spouses) CTG 68.3/Group Six	Vacant		
CTF 65 / DESRON 60	Lindsay Cowen	+34 624-340-699	Ctg68.3ombudsman@gmail.com
CTF68	Eileen Marcus	+34 690-384-137	6065ombudsman@gmail.com
CWG-6 DET DIGBY	Kayla Morgan-Goerbig	+34 690 194-105	Ctf68.rota.ombudsman@gmail.com
EODMU8 / EOD DET	Dana Howell	+44 5946 617938	cwg6detdigby.ombudsman@gmail.com
FDRMC	Kelli Wise	+34 649-960-848	eodmu8omb@gmail.com
Naval Munition Command	Mae Kirkconnell	+34 683-522-567	Fdrmcombudsman.rota@gmail.com
NCTAMS	Kelly Summers	+34 604 806 204	Nmc.ombudsman1@gmail.com
NEPMU-7	Tricia DeBaun	+34 624-285-909	Nctamsrota.ombudsman@gmail.com
HSM-79	Diana Doucette	+34 956-822-550	NEPMU7ombudsman@gmail.com
NAVSUP FLT LOG	Katie Shannon Carrie Nanning	+34 643-062-302	rota.hsm79ombudsman@gmail.com
PWD	LSI McGhee	+34 661-107-529	navsuprotaombuds@gmail.com
STRIKEFORNATO (Lisbon)			ombudsman.navfaccurafcent.nap@gmail.com
USN Hospital			Lisbonombudsman@gmail.com
USS Arleigh Burke (DDG51)	Lisa Eckard Katie Kopp	+34 690-957-100	nmrtrrotaombudsman@gmail.com
USS Bulkeley (DDG84)	Miosotis Sigurenza Piloya Otermat	+34 681-324-752	ombudsmanddg51@gmail.com
USS Paul Ignatius (DDG117)	Jessica Sanchez	+1 619-554-2346	ussbulkeleyombudsman@gmail.com
USS Oscar Austin (DDG79)	Vanessa Stein LeAnn Olsen	+34 629 815 569	ddg117ombudsman@gmail.com
USS Roosevelt (DDG80)	Megan Kyle Shirley Wigdorski	+1 207-479-9523 Via WhatsApp	OscarAustinOmbuds@yahoo.com
	Adinia Mueller	+34 616-870-024	ddg80ombudsman@gmail.com




NAVSTA ROTA PUBLIC INFORMATION SURVEY

HOW DO YOU CONSUME YOUR MEDIA?

NAVSTA ROTA
PUBLIC INFORMATION



AFN
LISTENERSHIP



Tell us how we can provide information more efficiently!



invites you to visit the casino rooms



Wide variety of gaming

Electronic roulettes

Poker

Terrace

Latest news in gambling machines

Camino del Juncal, s/n
11500 El Puerto de Sta. María, Cádiz
Tlf: 956 87 10 42

www.casinobahiadecadiz.es

ID Card, driver's license or passport required. Adults only (+18). The practice of games and bets can produce addiction.

Naval Station Rota Family Friendly Event

2025

GREAT NAVY CAMPOUT

Discover Your Adventure



**ARCHERY, ROCK WALL, CAMP COOKING,
NATURE HIKES, BONFIRE!**

Saturday, **May 10** and Sunday, **May 11**
2 p.m.-10 a.m. | Camp Colon
\$20 per person

Open to all ages.
Alcohol-free event. Under 18 must be accompanied by a parent.
U.S. DoD Card Holders Only. No pets allowed.

**Sign up now
Spaces are Limited**

CAMPING GEAR, BBQ DINNER, S'MORES AND BREAKFAST INCLUDED.
For more information, please call MWR Community Recreation
at 956-82-3101 or DSN 727-3101.



Anchoring Love: Nurturing Resilience and Safety in Military Families

By Jessie Reinhart

Fleet and Family Support Center

The parenting journey is filled with immense joy and unique challenges, especially for military families who often navigate periods of separation, frequent relocations, and the ever-present call of duty. Your commitment to nurturing your child creates a legacy of love and resilience in every moment, whether home or away.

One of the most important gifts you can give your child is feeling deeply connected and understood. Military life can sometimes mean long stretches apart, but when you are together, every moment counts. A loving embrace, a quiet conversation about their day, or simply sharing a smile can bridge the gap created by distance. In these tender moments, your child learns that no matter where you are deployed, your love is unwavering. By listening and empathizing with their feelings, you create an environment where trust thrives. This bond becomes their haven, where they can share their fears, joys, and dreams without hesitation.

Parenting means understanding that discipline is not about control but guiding your child toward better decisions. Instead of harsh punishments, focus on teaching your child the value of responsibility and self-regulation. Explain the reasons behind your expectations and let them understand that mistakes are simply stepping stones in the learning process. We can set a positive example by modeling the behavior we wish to see, apologizing when we

are wrong, expressing our gratitude for the help received, and showing patience in moments of stress. Our actions become lessons in themselves, teaching our children that every challenge is an opportunity to grow, even when circumstances are less than ideal.

Communication is essential in building a resilient family unit, especially in military households. Children need to know that their thoughts and feelings are welcomed and valued. Whether you are discussing the feelings of an upcoming deployment or the emotions that come with saying goodbye, open and honest conversations help to demystify the uncertainties of military life. These discussions, filled with genuine concern and empathy, ensure that your child feels heard and understood. When they know they can approach you with any issue, no matter how big or small, they are more likely to hold trust in you and fortify the parent-child bond.

The challenges of military life can bring stress to you and your children. Recognizing and managing this stress in healthy ways can transform potential moments of tension into opportunities for growth. Whether waiting for news from a deployment or adjusting to a new duty station, your approach to stress can significantly impact your child's emotional well-being. Taking time for yourself to relax, reflect, or even talk to a trusted friend demonstrates that it is perfectly okay to seek help when things get overwhelming. When children see their parents handling stress calmly and clearly, they adopt similar strategies, turning stress into a natural part of life

rather than a source of fear or uncertainty.

The unique lifestyle of military families means that you are never truly alone on this journey. The sense of camaraderie that runs through military communities is a powerful resource for parents. Whether sharing experiences with fellow service members, finding support through family readiness groups, or connecting with local community organizations, these networks can provide a much-needed safety net. Rely on your extended military family to share the weight, offer advice, or lend a sympathetic ear. In a life that can sometimes feel unpredictable, having a strong support system can bring a sense of stability and shared understanding, reinforcing that every member of our Rota community is valued and cared for.

Leading by example is the most profound lesson you can impart to your child. Your behavior sets the tone for how you interact with the world. Amid deployments, relocations, and the inherent challenges of military life, showing kindness, resilience, and unwavering integrity sends a message that transcends words. Your child learns to mirror that behavior when you demonstrate compassion in everyday interactions, whether in small acts of courtesy or your responses during tough times. They witness firsthand that mistakes can be met with forgiveness and that strength is found in vulnerability. By being open about your own struggles and triumphs, you invite them to understand that life is a series of moments, some challenging, some joyous, and that every experience contributes to their growth as a person.

Ultimately, every military family deserves a safe and loving home where children are encouraged to explore, learn, and become confident adults. The commitment to nurturing your child, especially under the unique pressures of military life, is a testament to the strength and resilience inherent in your family. Raising our children is about cultivating a space where love, respect, and understanding flourish. When children feel secure and valued, they are empowered to face life's challenges with a positive outlook and a belief in their strength.

As you navigate the intricate balance of duty and family life, remember that every moment spent showing love, understanding, and support is an investment in your child's future. Their physical and emotional safety is built on the foundation of your care and guidance. In a world where the demands of service can sometimes overshadow them, know that each word of encouragement, a gesture of kindness, and a moment of honest connection builds a future where your child feels safe and cherished. Ultimately, our journey as parents in the military community is a powerful reminder of the resilience of the human spirit. In military families, where the unpredictability of life can sometimes overshadow routine, it is vital to empower our children with knowledge and the skills they need for today and the future. Please reach out to FFSC Rota for resources to help your family thrive!

Customs Notice: Importing Items into the United States

By U.S. European Command, Customs and Border Clearance Agency

Many homemade items can be purchased from foreign merchant vendors at the local exchange. Be careful, as some items may not be allowed back to the USA.

If the wood articles you want to import are made from finished lumber—i.e., that is wood that has been planned on every side and does not have any bark—the objects don't need to be fumigated or heated, and you don't need to get an import

permit from the United States Department of Agriculture (USDA). The items will be inspected when they arrive at a U.S. port of entry. You will also be required to fill out a Lacey Act declaration specifying exactly where all the components of the products originated. To learn more about the requirements and download the declaration form, visit APHIS | Lacey Act.

However, the USDA requires permits for the importation of logs, lumber, and other unmanufactured wood products into the United States. If the veneer products you wish to import are unfinished, you

should fill out PPQ Form 585, "Permit Application to Import Timber or Timber Products," which can be found at Plant Health Permits.

It should be noted that import permits are only available to U.S. citizens who have a valid U.S. address and may take up to a month to be processed. If you need to contact a USDA Plant Permit specialist, you can do so by calling 301-851-2046 (Toll-free: 1-877-770-5990) or sending an email to plantproducts.permits@usda.gov.





mena car

FULL AUTOMOTIVE REPAIR

Body Shop Paint Mechanics

We Speak English



956 547 568 - 956 547 865
www.menacar.es info@menacar.es

Doctor Pariente, 4
 Pol. Ind. Las Salinas de Levante
 El Puerto de Santa María



36°36'43"N 6°12'04.9"W



OM PALACE

INDIAN RESTAURANT

ALSO ORDER BY:



+0034 632 351715

856 663 809 - 651 429 181

HOME DELIVERY

10% TAKE AWAY DISCOUNT

PLAZA DEL TRIUNFO
(1 MINUTE FROM ROTA BASE GATE)



OUR MENU

Atlantic Cars

Military Sales



Full equipped:

This X1 xDrive28i has a sleek Mineral White Metallic exterior and black M Alcantara/Veganza With Blue Contrast Stitching upholstery. Equipped with M Sport Package, 7 – Speed Dual Transmission, Premium Package, Comfort Access keyless entry, Parking Assistant Plus, Head – up Display, Wireless Device Charging, Remote Engine Start, Heated Steering Wheel, Space – saver spare, privacy glass, power front seats, heated front seats, active driving assistant, personal eSIM 5G, Apple CarPlay and Android Auto Compatibility and Frontal Collision Warning.

SPECIAL SPRING CAMPAIGN

Specifications:

BMW X1
Automatic
Gasoline

Colours:

Mineral White Metallic
Portimao
Gray

TAX FREE

FINAL PVP: \$ 40.689



Visit your local Military Sales Agent for more details.
Plaza del Triunfo, 6, 11620, Rota,
1 minute from NAVSTA main gate

Jose Duarte
Cell: +34 655 876 851
jose.duarte@atlanticcars.es
www.atlanticcars.es

THE 6 MONTHS RULE DOES NOT APPLY TO BMW MILITARY SALES IN ROTA. YOU CAN BUY YOUR NEW US SPECIFICATION BMW/MINI WHEN YOU ARRIVE OR AT ANY TIME DURING YOUR TENURE HERE.

Sexual Assault Awareness and Prevention Month 2025: Step Forward. Prevent. Report. Advocate.

By Christina Cobb
Fleet and Family Support Center, Sexual
Assault Response Coordinator

Every April, communities across the globe come together to observe Sexual Assault Awareness and Prevention Month (SAAPM). This year, the theme “Step Forward. Prevent. Report. Advocate.” Serves as a powerful call to action, urging

individuals, organizations, and institutions to take proactive steps in addressing sexual violence, supporting survivors, and fostering a culture of accountability and prevention.

Sexual assault remains a pervasive issue, affecting millions of people regardless of age, gender, race, or socioeconomic status. According to recent statistics, one in three women and one in six men experience some form of sexual violence in their lifetime. These numbers are not just statistics: They represent real people, real pain, and real consequences. SAAPM 2025 is a time to amplify voices, educate communities, and work collectively to end sexual violence.

The 2025 Theme: What It Means

Step Forward. Prevent. Report. Advocate. encapsulates four critical pillars in the fight against sexual assault:

1. Step Forward:

This calls on everyone to take personal responsibility in addressing sexual violence. Whether it's challenging harmful attitudes, intervening in risky situations, or supporting survivors, stepping forward means being an active

participant in creating safer spaces.

2. Prevent:

Prevention is at the heart of ending sexual violence. This involves education, awareness, and systemic change.

3. Report:

Reporting sexual assault is a deeply personal decision, and survivors should never be pressured to come forward before they are ready. However, creating environments where survivors feel safe and supported to report is crucial. This includes improving law enforcement responses, providing trauma-informed care, and ensuring survivors have access to resources like hotlines, counseling, and legal aid.

4. Advocate:

Advocacy is about using your voice and platform to drive change. This can mean lobbying for stronger legislation, supporting organizations that serve survivors, or simply listening to and believing survivors when they share their stories. Advocacy also involves challenging victim-blaming narratives and holding perpetrators accountable.

How You Can Participate in SAAPM 2025

1. Educate Yourself and Others:

Knowledge is power. Take the time to learn about the prevalence of sexual violence, the impact on survivors, and how to support them.

2. Wear Teal:

Teal is the official color of Sexual

Assault Awareness Month. Wear teal ribbons, clothing, or accessories to show your solidarity and spark conversations about the cause.

3. Support Survivors:

If someone discloses their experience to you, listen without judgment, believe them, and offer support. Encourage them to seek professional help if they're ready, but respect their autonomy in making decisions.

A Message of Hope

While the statistics surrounding sexual assault can feel overwhelming, SAAPM 2025 reminds us that change is possible. Every step forward, every act of prevention, every report made, and every voice raised in advocacy brings us closer to a world free from sexual violence. Together, we can create a future where everyone feels safe, respected, and empowered.

This April, let's commit to stepping forward, preventing harm, supporting survivors, and advocating for change. Because when we unite, we have the power to end sexual violence.

If you or someone you know has been affected by sexual violence, help is available. Contact the local Rota SAPR office.

SARC +34 679-480-545

SAPR VA 34 +616-866-750

24/7 SAPR Response Line +34 646-407-871

Sexual Assault Awareness & Prevention

Show your support by wearing teal on Tuesdays for the month of April. Take a picture of you wearing teal or SAAPM displays and tag FFSC Rota with the #SAAPMROTA

SAAPM Proclamation Signing at FFSC Courtyard 07APR @ 1400

Respect* Flix MWR movie theatre free movie (PG13) 17APR @ 1700

Dodgeball Team tournament at the MWR gym 22APR @ 1100-1300

Find the teal Ribbon donuts at Dunkin on base during April

Call FFSC Rota for questions 956-82-3232/ 727-3232

Scan QR code to register for the events

In El Puerto de Santa María

3 MIN.

From the Fuentebravía GATE!!!

Avenida de Fuentebravía 3. El puerto de Santa María (36.603757, -66.266260)

TM Burger King Corporation. © 2021 Burger King Europe GmbH. Todos los derechos reservados.

INDIAN RESTAURANT

NAMASTE BHARAT

OUR MENU

HOME DELIVERY

AVENIDA SAN FERNANDO, 56 - ROTA

956 813 854 - 631 161 843

BETHEL BAPTIST CHURCH

WE ARE DEDICATED TO LOVING, PRAYING FOR, & SERVING YOU & YOUR FAMILY

SERVING OUR COMMUNITY IN ROTA SINCE 1973

TEN MINUTES FROM ROTA GATE

36°38'40.4"N - 6°23'30.6"W

SUNDAYS AT 10AM & 11AM • THURSDAYS AT 6PM

ALL SERVICES ARE IN ENGLISH

CALL: 670.296.611

BETHELBAPTISTROTA.COM

Pastor Michael & DeAnna Staley



restaurant

AJEDREZ BEACH CLUB

casa al mar



Asian & Mediterranean Cuisine

We open every day for lunch and dinner
except Mondays all day. Also we close Sundays night.
From June 15th we open every day

- ✔ Private Parking
- ✔ Fire Place
- ✔ Hammocks Over the Ocean
- ✔ Chill Out Bar - Terrace - Cocktails & Music
- ✔ Massages, Showers

Reservations: 956 23 50 71 - 626 126 960

Facebook/ajedrezbeach - @AjedrezBeach - www.ajedrezbeachclub.es

Calle Miramar, 1 - Playa tres piedras - Costa Ballena

GPS 36° 41'41.99N 6°25'30.37W

IRIS



01

COSMETIC SURGERY

FACE AND NECK LIFTING, LIPOFILLING, BLEPHAROPLASTY,
OTOPLASTY, RHINOPLASTY, LIPS, CAPILLARY BREAST
AUGMENTATION, REDUCTION, MICROSURGERY,
EYEBROW LIFTING ELEVATION, LIPOSUCTION AND LASER
LIPOSCULPTURE, ADOMINOPLASTY AND MORE...

BALANCE BETWEEN
HEALTH AND WELL-BEINGEVERY
UNIQUE
CUSTOMER

02

AESTHETIC MEDICINE

COLLAGEN INDUCTION, FILLINGS, PEELINGS, ANTI-STAIN
TREATMENTS, TENSOR THREADS, HAIR LASER REMOVAL,
RINOMODELING, PROFILE AND LIP AUGMENTATION,
MICROPIGMENTATION, MESOTHERAPY, CRIOLIPOLYSIS,
PRESORTHERAPY, VARICOSE VEINS AND MORE...

03

PSYCHOLOGY/PSYCHIATRY

ANXIETY, MOODS, EATING DISORDERS, SELF-ESTEEM, SOCIAL
RELATIONSHIPS, COMMUNICATION SKILLS, COPIES, FAMILY,
CONFLICT MANAGEMENT, ADDICTIONS AND MORE...

04

NUTRITION

FOOD, DIETETICS, DISEASES SUCH AS DIABETES,
MALNUTRITION, KIDNEY FAILURE, OBESITY, CROHN'S
DISEASE, TREATMENT WITH ENTERAL AND PARENTERAL
ARTIFICIAL NUTRITION AND MORE...



FOLLOW US



www.irishealthy.com

repcion@irishealthy.com

+34 611 908 672 - 856 640 039

AV. DE LA LIBERTAD 5
ROTA (CÁDIZ) 11520

RESET

THE ART OF BODY

THE EXCLUSIVE WELLNESS SPACE YOU HAVE ALWAYS WANTED.



Premium Military Discount 140 €.
50% Discount on registration fee.

It's not Fitness It's Life
resetpeople.com



PUBLISHER’S CORNER

RESTAURANT EL EMBARCADERO – DO NOT MISS ITS NEW MENU!

Since its establishment, El Embarcadero has been dedicated to offering an exceptional dining experience that combines tradition and innovation. Located in the picturesque Hotel Duque de Nájera, the restaurant boasts stunning views of the Bay of Cádiz, providing the perfect backdrop for a memorable meal.

The chefs seem passionate about using the freshest local ingredients to create dishes that reflect the rich culinary heritage of Rota. From the sea to the land, each plate is crafted with care and creativity, ensuring a delightful experience.

El Embarcadero is not just a place to eat; it's a destination where you can enjoy , impeccable service, and a warm, welcoming atmosphere. Celebrating a special occasion or simply enjoying a meal with friends and family at El Embarcadero will prove to be a good choice. From Almadraba red tuna loin with a drizzle of extra virgin olive oil and garnish.to Black Angus Steak the menu has top quality choices for discerning palates. Please see their ad in the paper for more information.



OPEN ALL DAY

GRILL & LOUNGE



RESTAURANTE

COCKTAILS

NOW DELIVERY

NEW

iTOGO!

www.fuego.com/togo

Fast Delivery









+34 659 273 858
www.fuegorota.com
c/Catavino de oro 1
Rota (Cádiz)



SCAN TO ORDER



EFMP Case Liaison Sylvia Bryant

By Jessa Quitiquit
Fleet & Family Support Center

Since joining Naval Station (NAVSTA) Rota, Spain's Fleet and Family Support Center in January 2024, Sylvia Bryant has demonstrated unwavering dedication to supporting military families. As the Exceptional Family Member Program (EFMP) Assigned Case Liaison for Rota, she manages cases across 10 countries in the region, ensuring service members and their families receive the necessary assistance and resources. Through strategic initiatives and collaborations, Sylvia has strengthened the EFMP program, improving the quality of life for military families stationed abroad.

Sylvia played a key role in organizing NAVSTA Rota's very first EFMP Boo Bash, a Halloween-themed resource fair that provided essential information and sensory-friendly activities for EFMP families. The event brought together both on-base and off-base agencies, creating a space where families could connect with crucial support services tailored to their unique needs.

Understanding the challenges that military families face, Sylvia identified the need for respite care and worked with Child & Youth Programs (CYP) leadership to establish a dedicated respite care program. This initiative has provided much-needed relief for qualifying families, ensuring they receive appropriate care



within EFMP guidelines and offering parents and caregivers critical support.

Recognizing a rise in EFMP-related Early Return (ER) and Early Return Due to Dependency (ERD) requests, Sylvia engaged with command leadership across the base, offering the CNIC EFMP Leadership Brief. By educating multiple commands, she highlighted the importance of EFMP enrollment in improving command readiness and service member retention, fostering a proactive approach to addressing family needs.

Sylvia also built a key partnership with the Military Treatment Facility (MTF) to better assist families with complex medical and educational needs. By presenting the Leadership Brief to MTF providers, she reinforced their role in identifying families needing EFMP enrollment.

See **EFMP** Page 23



RENT A CAR AND GET YOUR SPECIAL DISCOUNT

**Get it by reserving
your car on our webpage**

**WITH THE
CODE: SMART**

SCAN TO VISIT OUR WEBPAGE



www.albitana.es

Student Support Roadmap Provides Pathway to Resources

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

Leaders from David G. Farragut Department of Defense Education Activity (DoDEA) school and Naval Hospital Rota have collaborated to create a Student Support Roadmap, a comprehensive resource guide for youth in need of mental and behavioral health support. Modeled from the Navy's Mental Health Roadmap, this tool outlines the pathway of services and resources available to military and

civilian students who attend the DoDEA school, located on Naval Station Rota. For families stationed overseas, where access to mental health resources can be limited, reducing barriers to utilizing support services is essential.

The Student Support Roadmap outlines nine primary resources for students, including installation Chaplains, Fleet and Family Center counselors, Military Health System providers, embedded school assets and emergency services.

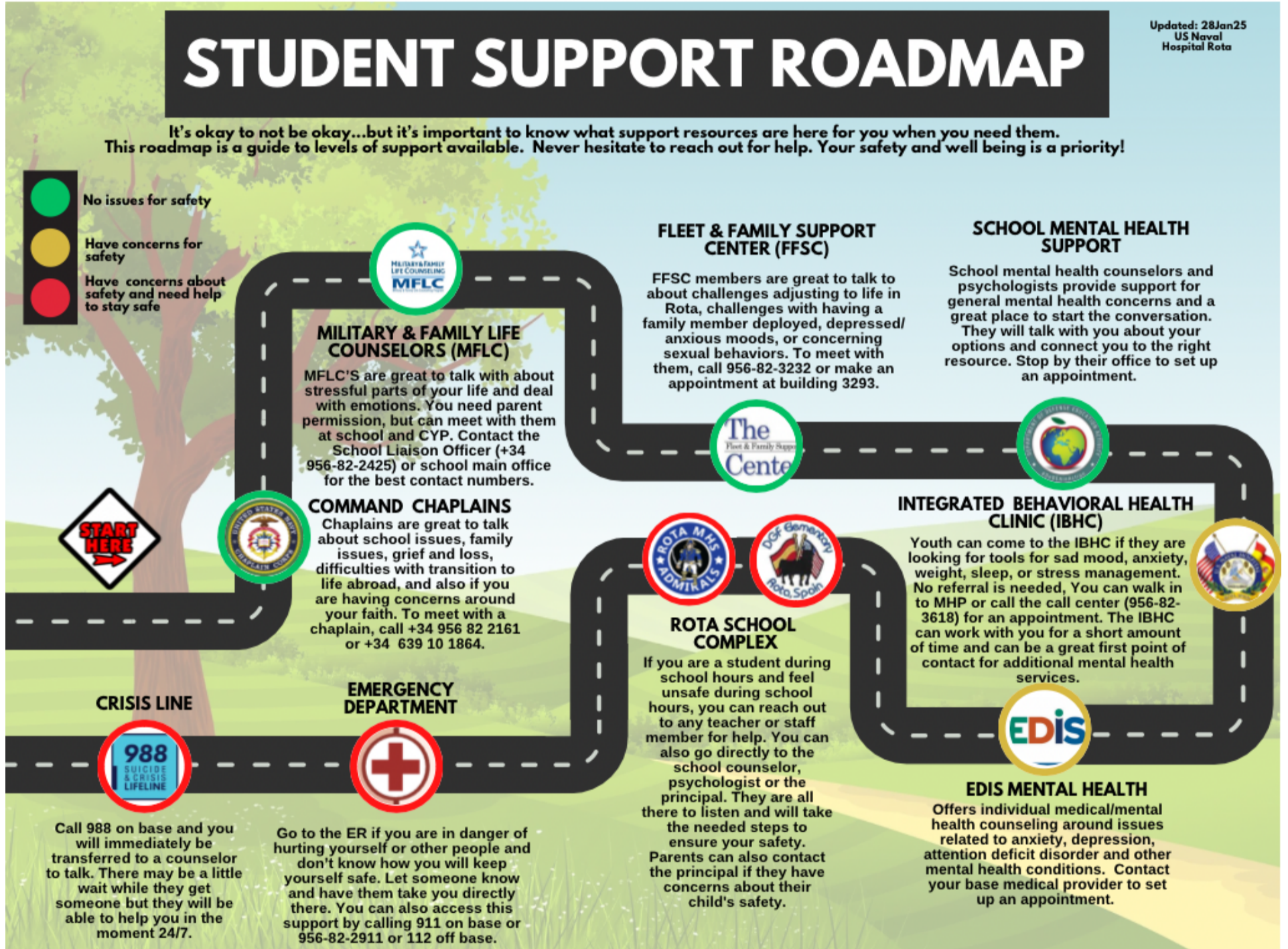
Incorporating a stop light color scale, it allows users to identify levels of care available, ranging from no issues for safety, which might be most appropriate for a Chaplain or Military and Family Life Counselor, to needing immediate care from the Emergency Room or Crisis Line.

"When first introduced to the Mental Health Roadmap I immediately saw its usefulness for adults and wondered, where is the corresponding roadmap for youth on base?" stated Scott Cypers, a

Child Psychologist and Department Head of the Educational and Developmental Intervention Service. Working with partners from across the installation, Dr Cypers was able to bring his vision of a youth centric roadmap to life.

This proactive and preventative approach aims to identify and address potential issues before they escalate into more serious problems. The roadmap

See **ROADMAP** Page 22



MATÍAS LEBRÓN JEWELRY

956 870 712 | N - R, KM 653, 11500 CENTRO COMERCIAL EL PASEO PUERTO STA MARIA - CÁDIZ 36 06612 - 620064

Joyerías Matías Lebrón

WWW.CCLPASEO.ES/TIENDAS/MATIAS-LEBRON

LA PALMA PIZZERIA RISTORANTE

ITALIAN 100%

Order Now STAY HOME WE DELIVER

956 110 229 - 625 435 961

Calle Ruiz de Velarde 11, corner Sagrado Corazon de Jesus (by the sea)

NEW HOURS: TUE-THU 5PM-11PM / FRI-SUN 1PM-11:30PM / MON-CLOSED

Spouse Talk - A Million Memories

By Ashley Leigh

Contributing Community Writer

Certain things go hand-in-hand when we transfer to a new duty station. Just to name a few, the sound of screeching tape as the boxes are being closed up, trying to figure out what to do with the 400 pounds of brown packing paper which was wrapped around everything, (including the plastic kitchen utensils) and how to rearrange the furniture so you don't have to store it, trash it or sell it. But have you ever considered the stickers?

It's the very first move. The goods have arrived and it's like Christmas. If we're being honest, even after several moves it still feels like Christmas. The movers hand you the clipboard and a pen you'd rather not hold and you start ticking off every number they shout at you. Box by box, number by number, it's like a whirlwind of "where does this go?," "Did you get number 141?," and "just put that in the spare room and I'll figure it out later."

After hours, it's finally over. You start opening box after endless box and wait, what's this? Oh, how cute...a little blue sticker with the numbers that were called on it. You peel off one, ten, twenty, but soon, after what feels like several hundred, you give up and just leave them on. I think many of us can say that after two or three moves, we give up trying to remove them at all. Because, really, why



bother? Some of the stickers are in such odd places that who really cares? No one will ever be looking underneath your bed frame.

Over time, the semi-pastel color palette of stickers really becomes like a scrapbook of our past moves. Remember when the yellow ones were from your first move? Or the orange ones from when you lived at the duty station you still have fond memories of? The stickers are like a flash in time. Secretly, I think the movers like the stickers still attached because then they already have a number assigned to that item.

We might not keep a memory book of every place we've lived, but the stickers do. They hold facets to a time when we first moved up to the one we're at now. On that final move of your time as a part of a military family, you'll still probably leave them on. They become a part of the identity to that item they are sticking to. It's kind of funny how something so small and seemingly unimportant becomes impressionable as part of our memory scrapbook.

Library Pokemon-Themed Scavenger Hunt

By Minerva Jimenez

MWR Library

On March 21, Naval Station (NAVSTA) Rota's Morale, Welfare & Recreation (MWR) library became a hub of adventure and discovery as young "Pokémon" enthusiasts, aged 5 to 12, joined an engaging "Pokémon" Scavenger Hunt.

The event brought together children and families for a fun-filled, educational experience.

Participants embarked on a quest throughout the library, decoding riddles, uncovering hidden "Pokémon," and learning more about the many resources

the library has to offer.

The activity fostered teamwork, exploration, and discovery, creating an atmosphere of laughter and excitement as budding trainers shared tips and celebrated their findings.

NAVSTA Rota MWR library would like to say "THANK YOU!" to all of the participants who helped make this a successful event. Your enthusiasm and feedback are appreciated and will help us to create even more fantastic adventures in the future. Also, be sure to keep an eye for more exciting programs in the Vamos magazine!



HOTEL PLAYA DE LA LUZ - HOTEL DUQUE DE NÁJERA - PUNTA CANDOR SUITES ALWAYS AT YOUR DISPOSAL IN ROTA

OUR RESTAURANTS:

Rental car included in long stays · Special conditions subject to per diem allowance · Dogs welcome (only in Punta Candor Suites)



Restaurante
LA GAVIOTA
Tl. 956 810 500



Restaurante
EL EMBARCADERO
Tl. 956 846 020



Restaurante AQUA
PUNTA CANDOR
Tl. 634 970 204



Info & Reservations:
www.hace.es

Events organization Tl. 649 593 614
eventos@hotelplayadelaluz.com

NON STOP KITCHEN
IN UNPARALEL LOCATIONS

Navy Expeditionary Engineers Deploy to Strengthen Maritime Security in Europe and Africa

By MCC Justin Stumberg

22nd Naval Construction Regiment

U.S. Navy Seabee Divers, assigned to Underwater Construction Team One (UCT 1), Construction Dive Detachment ALFA (CDD/A), deployed to the U.S. Sixth Fleet (C6F) Area of Operations (AOR) to conduct critical engineering operations in support of maritime security, regional stability, and building partner nation capacity.

During the deployment, they will execute critical underwater construction, expeditionary engineering, and maritime infrastructure assessments to enhance operational readiness of C6F and partner forces.

"Our team is ready to deploy our skills in construction, diving, and engineering to support global security efforts and improve operational readiness," said Lt. j.g. Ehrick Costello, CDD/A's Officer in Charge. "This mission is about more than construction; it's about ensuring our Allies and partners have the capabilities they need to maintain security in their waters."

Throughout the deployment, UCT 1 will operate from Camp Mitchell onboard Naval Station Rota, Spain, using it as a central hub for mission planning, logistics, and coordination efforts.

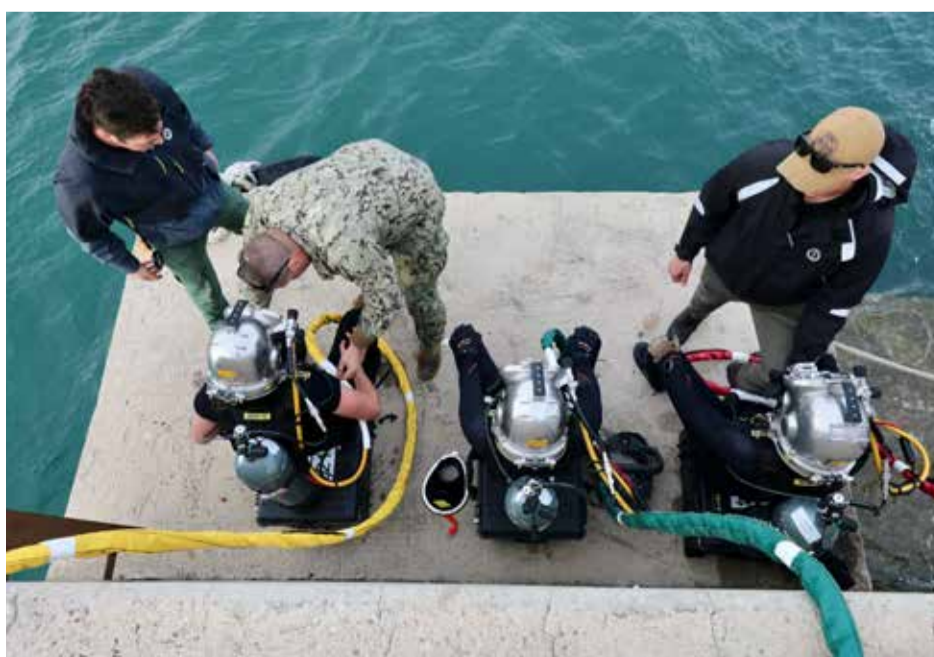
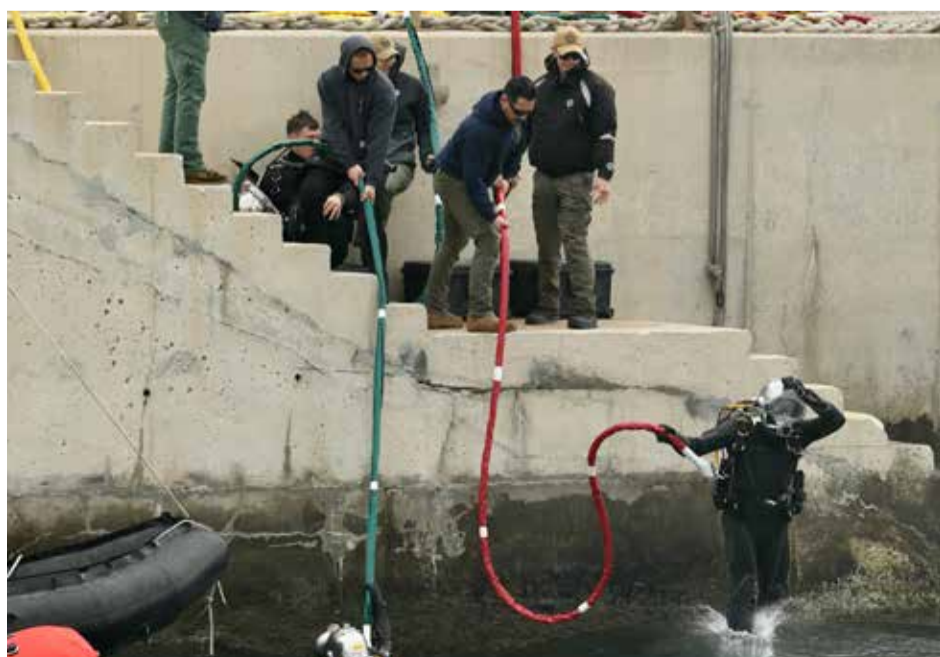
"Our ability to deploy on short notice and execute complex engineering tasks in challenging environments is critical to ensuring mission success," said Costello. "This deployment is a testament to our commitment to maritime security and strong international partnerships."

UCT 1 is a specially trained and equipped unit, within Navy Expeditionary Combat Forces (NECF), that specializes in diving, light salvage, underwater construction, and military engineering operations in austere environments. Their mission ensures U.S. and Allied naval forces can maintain critical infrastructure, respond to security threats, and enhance regional stability.

"UCT 1 is a game-changer for the 22nd Naval Construction Regiment (22NCR) because they bring a capability that no one else has," said Chief Builder David Madmon. "We can build roads, bridges, and runways all day, but when it comes to ports, piers, and anything underwater, we rely on them. Their work makes sure ships and small craft have safe, operational facilities so we can keep the mission moving, whether it's in Europe or Africa."

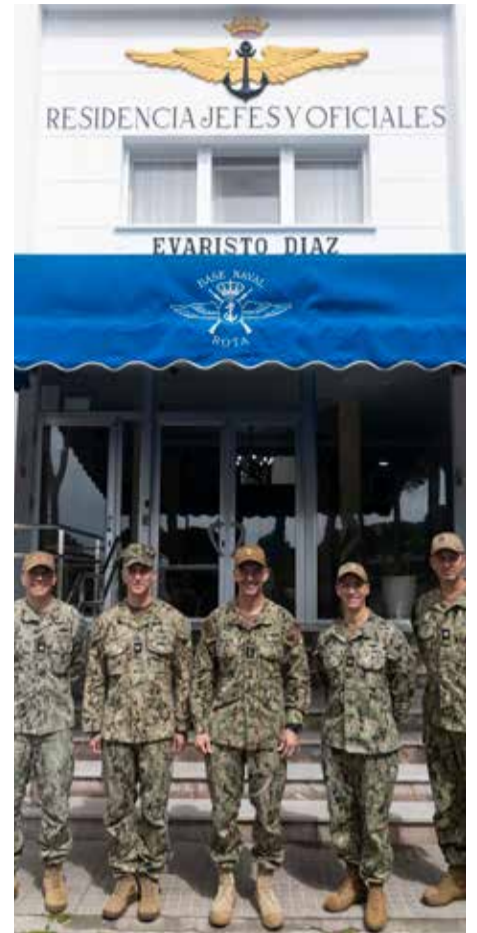
CTF 68, headquartered in Rota, Spain, commands all Navy Expeditionary Combat Forces in the U.S. European Command (USEUCOM) and U.S. Africa Command (USAFRICOM) areas of responsibility and is responsible for providing EOD operations, naval construction, expeditionary security, and theater security efforts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

22nd NCR commands naval construction forces for Navy Expeditionary Combat Forces Europe-Africa/Task Force 68 across the 6th Fleet area of operations to defend U.S., Allied, and partner interests.



Commander, U.S. 6th Fleet Visits NAVSTA Rota, Supported Commands

Vice Adm. Jeffrey Anderson, Commander, U.S. 6th Fleet, visited Naval Station (NAVSTA) Rota, Spain March 16 - 18, 2025. In addition to meeting with personnel assigned to Helicopter Maritime Strike (HSM) Squadron 79, Mine Countermeasures Group (MCMGRU) 2, and Explosive Ordnance Disposal Mobile Unit (EODMU) 8, Anderson also paid a visit to the Arleigh Burke class guided-missile destroyers USS Bulkeley (DDG 84) and USS Paul Ignatius (DDG 117.)



433rd Airlift Wing Aeromedical Evacuation Exercise

More than 80 Reserve Citizen Airmen assigned to the 433rd Aeromedical Evacuation Squadron honed their skills and demonstrated readiness during a multi-day annual training event at Naval Station (NAVSTA) Rota, Spain, during the first two weeks of March 2025.

The training ensured Airmen are prepared to perform mission-essential tasks related to patient care and movement. NAVSTA Rota's strategic location provided a realistic environment simulating what Airmen might face during a real-world contingency operation and sharpening their warrior ethos.



Special Thanks to NAVSTA Rota

By Brad McFarland
David Glasgow Farragut Rota Middle-High School

The Boys' High School Soccer Team, on behalf of all Rota High School activities, extends a heartfelt thank you to the NAVSTA Rota community for your unwavering support. Every weekend, students from various clubs stand outside the commissary and exchange, seeking your generous donations. Week after week, you respond with kindness, offering

donations in exchange for baked goods. We understand that this might become tiresome, yet your continuous support allows military children to experience activities they might otherwise miss out on due to living overseas. Your generosity means the world to these students and to the sponsors of the clubs. We are committed to being respectful representatives of NAVSTA Rota in all the activities you help fund. Thank you all. Go Rota!



83rd Annual Rota Seabee Ball

By Tariq Jaber
Public Works Department Rota

The bonds of camaraderie were strong at the 83rd Rota Seabee Ball, held March 15 at Bodegas Osborne in El Puerto de Santa María. Seabees, their families, and friends gathered to commemorate the 83rd anniversary of the U.S. Navy Seabees, as well as milestones for the Civil Engineer Corps and Naval Facilities Engineering Systems Command.

Since their formation in 1942 during World War II, the Seabees (named for "Construction Battalion" or "C.B.") have been essential to constructing and maintaining military infrastructure, from airstrips to hospitals, often in demanding and dangerous environments. Their motto, "Construimus, Batuimus" ("We build, We fight"), reflects their commitment to both construction and defense.



Members of the Rota Seabee Ball committee present a plaque to Capt. Rafael Miranda, the commanding officer of Naval Facilities Engineering Systems Command Europe Africa Central, center, for his attendance of the 2025 Seabee Ball, March 15, 2025.



We've Got Your Bases Covered

We're here to help the military community and their families make the most of their money. **Our members could earn and save \$461* per year by banking with us.**

Visit navyfederal.org to join.

Insured by NCUA.

**NAVY
FEDERAL**
Credit Union

ARMY
MARINE CORPS
NAVY
AIR FORCE
SPACE FORCE
COAST GUARD
VETERANS

Our Members Are the Mission

*Dollar value shown represents the results of the 2023 Navy Federal Member Giveback Study. The Member Giveback Study takes into consideration internal market analyses comparing Navy Federal products with industry national averages, as well as member discounts, incentives, and other savings. Image used for representational purposes only; does not imply government endorsement. © 2024 Navy Federal NFCU 14233-E (8-24)

On The Flightline: March - April




 COASTLINE

FOLLOW NAVAL STATION ROTA ON ALL PLATFORMS



SCAN ME!



SALUTE *to* SERVICE

65
 YEARS
 • MISSION DRIVEN •
 SINCE 1960
 The Only DoD Authorized
 Car-Buying Program
 For All U.S. Military and DoD
 OVER 1 MILLION SERVED

Get a Great Deal on the 2025 Lineup

Shop **Military-Only** Inventory or Custom Build



NEED A VEHICLE IN ROTA?

You must order within 3 MONTHS of your arrival in Spain.*

RETURNING STATESIDE?

Order Now for delivery at the US destination of your choice.

Stop by our location inside the NEX - David Goulden | dgoulden@militarycars.com | Office +34 956 822353 | WhatsApp +34 656 530 714

MCS
MILITARY AUTOSOURCE

CHRYSLER

DODGE

Ford

Chevrolet

Jeep

LINCOLN


NISSAN

RAM

VW

*In Spain you must take possession of your new vehicle within 6 months of arrival. Your vehicle must be shipped on your MSC orders which can take 3 months. All programs and guarantees are subject to terms and conditions. Overseas Military Sales Corporation is an authorized contractor of the Exchange and NEXCOM. Military AutoSource is an authorized distributor to sell and distribute Stellantis, Ford, Nissan, Volkswagen vehicles as well as Harley-Davidson motorcycles. This advertisement does not express or imply endorsement by the Exchange, NEXCOM, DoD components, or the Federal Government and is not sponsored by them. (X7843)





Angel Lopez

Angel Lopez, from San Francisco, is an Accredited Financial Counselor at Naval Station (NAVSTA) Rota, Spain's Fleet and Family Support Center (FFSC).

"I spend the majority of my days either providing one-on-one financial counseling to military service members and their families or in the classroom teaching financial classes to the community and commands," explained Lopez.

Lopez has spent almost his entire professional career onboard the installation ever since graduating from Rota Middle High School in 2006, holding roles at Morale, Welfare & Recreation (MWR) and University of Maryland Global Campus (UMGC). In 2011, Lopez left Rota for the only time in his career and held a role as a badge supervisor in Baghdad, Iraq before returning to NAVSTA Rota in 2012. Since then, he's worked for UMGC, University of Oklahoma (OU), and FFSC.

"I think, like most people in helping fields, my favorite thing about my job is seeing people succeed," explained Lopez. "I may be working with a service member or family that is struggling financially; their financial struggle might come from


mistakes, accidents, emergencies, or just a lack of financial knowledge and education. I enjoy sharing my knowledge and helping them through their financial challenges as well as seeing them grow from the experience."

Outside of his daily duties, Lopez enjoys teaching anger management and life skills courses and using whatever free time he has to pursue fitness-based activities.

"I used to have hobbies, but now that I have two young children a lot of my free time is spent on their activities, but I have always enjoyed exercise and running," stated Lopez. "I still try to find time to do fun exercise activities or go for a nice run whenever I can."

While originally from California, Lopez states that he has lived in Rota for so long that it has started to feel like his true home.

"When I moved to Rota, I didn't know any Spanish but I made it a point to immerse myself in Spanish language and culture," said Lopez. "Since learning the language, it has made living in Rota an amazing experience."





ALL HOME FURNITURE

MATTRESSES • LIVING ROOMS • BEDROOMS
SOFAS • DECORATION • HOME DELIVERY

856 19 91 04 
pedidos@almainteriores.com
www.almainteriores.com
C/ Carpinteros 2 - ROTA (Cádiz) 36.631665, -6.36525

ESCANEA ESTE CÓDIGO Y SÍGUENOS EN INSTAGRAM





QUEEN VAPING

YOUR TRUSTED VAPE SHOP IN ROTA



@QUEEN_VAPING_ROT
f QUEEN_VAPING



SCAN THE QR FOR MORE INFO!

HOW TO GET THERE?



FLEXLEASE

Month-to-month car lease
Freedom to choose, freedom to change
Full insurance, maintenance and tires included, credit car payments...
Call for more details

macfyflexlease@gmail.com
+34 663 917 511



Macfy FLEXLEASE

School Liaison Program Hosts Homeschool Meet and Greet

By Randy Lambert
School Liaison Program

The School Liaison Program hosted a Homeschool Meet & Greet on Friday, March 21 at the School Age Care facility. 15 families registered and attended the event.

Supporting this event was a team of firefighters from the Naval Station (NAVSTA) Rota Fire Department who gave a demonstration of the equipment that they wear and use. Children and youth commented on how heavy the fire fighting equipment is. They also had the chance to go inside the firetruck, explore where equipment is stored, see where the firefighters sit when they are responding to an emergency, and ask questions about the training firefighters receive. One of the highlights that children and youth got to experience was shooting water from a hose to hit orange cones off in the distance. The children were even able to use the hoses used to fight fires with the assistance of the firefighters.

Once back inside, families were treated to lunch. During lunch, the Rota Welcome Center presented information about upcoming Spring and early Summer events in Rota. With so many new families to Rota attending, Rocio from the welcome center shared information about Semana Santa or Holy Week activities. She shared information about what people may see if they are in the downtown Rota area such as the costumes and the processions.

Another event happening in Rota after holy week is the annual Rota Feria or fair. Rocio stated Feria begins on May 1 and runs through May 4 in the new Rota area. She touched on the typical colorful dresses that women wear, including flowers, jewels and "mantoncillos," a kind of scarf to cover your shoulders. Some men will also wear "traje de corto" with cropped jacket, high-waist trousers, and "cordobes" hat. She also mentioned what "casetas" are and how the ones in Rota aren't as formal as ones you might find in other cities like Sevilla. Rocio shared that the welcome center has information about local classes children and youth can take out in town and ideas for exploring in Rota and the surrounding area.

The School Liaison Program invited a representative from Morale, Welfare & Recreation (MWR) to share their hosted events happening on the installation for Spring and April, the Month of the Military Child. Featured events included the Kids Color Run on April 12 and Disney's Imagination Movers on April 16. Another highlighted MWR event returning in April is Eggsploration, a large-scale event featuring games, food, an egg hunt, and, of course, the chance to take photos with your children with the Easter bunny. Finally, the representative gave information about a number of community classes for children and youth.

After MWR, two school Military Family Life Counselors (MFLC) discussed the

program and how they support military families. Although the counselors work primarily in the schools on base, MFLCs are available to support homeschool students outside of the DGF campus too. They can offer homeschool families support services relating to sibling and parent relationships, problem solving, deployment, reunifications, separations, and many more.

For more information about Homeschool Meet & Greets, contact the SLP at SLPRota@us.navy.mil or call 956-82-2425.



TAKE AWAY OR DELIVERY

OR BOOK A TABLE IN OUR RESTAURANT

DHOMA
RESTAURANTE NATUR & SUSHI

SUSHI & JAPANESE FOOD

Calle Misericordia, 9A. 11500
El Puerto de Sta. Maria, Cádiz.

+34 603 60 40 08

@dhoma_restaurante

American Owned & Operated

Bailey's
GRILL

SPECIALTIES:
Argentinian Beef, Grilled Meats, Jumbo Burger 100% Beef

Ample Parking • Large Playground • Takeaway Available

OPEN EVERYDAY: 13:00 – 24:00

Ctra. Fuentebravía Km 4 • 956 480 434 • Puerto Santa María

cut off this section & get
FREE SANGRIA
with your meal

VERA PIZZA
NAPOLITANA

Los Napolitanos
ORIGINAL - ROTA -
DINE IN - TAKE OUT

CUCINA ITALIANA

AVENIDA
LOS PRÍNCIPES 76
ROTA

losnaporota24@gmail.com
856 247 536

Semana Santa in Andalusia: A Tradition You See, Hear, Smell — and Feel

By Brenda Navarro & Ellie McDonald
Contributing Community Members

If you've recently noticed a shift in the air—an uptick in incense wafting through the streets, the slow beat of distant drums, or storefronts displaying tall cone-shaped hoods—you're not imagining things. Semana Santa, or Holy Week, is here.

For those stationed in southern Spain for the first time, Holy Week is one of the most unforgettable cultural experiences of your tour. It's moving, massive, and, at times, mystifying. But more than anything, it's uniquely Andalusian—a blend of deep religious devotion, artistic beauty, and street-level pageantry that defines springtime in the region.

But before you call it a parade—don't.

Processions, Not Parades

In Spain, Semana Santa is marked by procesiones, not parades. These solemn, carefully choreographed events are religious rituals, not entertainment. Each one is organized by a hermandad (brotherhood) and involves hundreds—sometimes thousands—of participants.

Floats, known as pasos, depict scenes from the Passion of Christ or feature images of the Virgin Mary in elaborate robes and golden crowns. These floats are carried by costaleros, men hidden beneath the structure who support the entire weight on their shoulders and necks, moving in a slow, rhythmic step that takes months of training and practice.

The processions wind their way through narrow cobblestone streets, often in complete silence—broken only by the haunting notes of a solo trumpet or the sudden, raw voice of a saeta, a flamenco-

style song of devotion sung from a nearby balcony. The effect is powerful, even for those with no religious ties.

Who Are the People in the Pointy Hoods?

One of the more startling sights for newcomers is the nazarenos, participants dressed in long robes and tall, pointed hoods called capirote. They often carry candles or wooden crosses and walk barefoot, sometimes for hours.

It's true: the first impression can be uncomfortable. The visual similarity to other infamous garb is jarring for many Americans. But the tradition has no connection whatsoever. The nazareno outfit predates modern history by centuries and symbolizes anonymity, humility, and penance. In the Spanish context, it is a symbol of devotion—not division.

What to Expect: A Full-Sensory Experience

Semana Santa in Andalusia is a sensory event.

The sights are striking: golden canopies glimmering under streetlights, smoke from incense drifting over candlelit crowds, and thousands of onlookers lining the streets—some in tears, others in respectful silence.

The sounds vary between the soft shuffle of processional feet and the intense thump of drums, the mournful brass of marchas procesionales, and the occasional wailing saeta that cuts through the night like a prayer wrapped in emotion.

The smells might surprise you the most. The scent of incienso (incense) becomes almost a character of its own, lingering on clothes and street corners

long after the float has passed. If you're driving downtown afterward, the wax from hundreds of candles on the roads may stick to your tires—just one of many reminders that you've witnessed something rare.

Yes, There's Food — And It's Delicious

No Spanish celebration is complete without its own culinary traditions, and Semana Santa is no exception.

One of the most popular seasonal treats is torrijas—Spain's version of French toast. Made with slices of day-old bread soaked in milk (or wine), dipped in egg, fried, and sprinkled with sugar and cinnamon, they're a must-try during Holy Week. You'll also see pestiños, small pastries fried in olive oil and glazed with honey or sugar, especially in Andalucía.

It's Religious, Yes — But It's Also Cultural

While the roots of Semana Santa are unmistakably Catholic, the experience transcends religion. It's about history, community, and a very specific type of artistic and emotional expression. Even the least spiritual visitor can find something to connect with—whether it's the music, the craftsmanship, the choreography, or the raw human emotion on display.

The processions are so embedded in the culture that they shape everything from traffic to meal plans. Local schedules shift, streets are blocked off, and people take time off work to participate or simply to watch.

For many, it's a chance to reconnect with family and tradition. For others, it's

the most important week of the year.

Tips for Experiencing Your First Semana Santa

- Get there early if you want a good viewing spot—some people wait for hours for front-row views.

- Expect delays. Processions rarely start "on time" by American standards. They begin when the brotherhood is ready.

- Watch your step. Candle wax drips onto the streets, and it gets slippery.

- Don't try to cross through a procession. Just don't. Wait, find another route, or you may get politely (or not-so-politely) redirected.

- Respect the silence. Many parts of the procession are meant to be quiet. Save your excitement for when the float passes—you'll know when the moment feels right to clap or cheer.

The Bottom Line

Whether you're attending your first procession in El Puerto, Jerez, Cádiz, or Seville, Semana Santa is not something to miss. It is as much a window into Spanish identity as flamenco, bullfighting, or tapas—and perhaps more deeply felt than all of them combined.

It may challenge your expectations. It may even move you. But above all, it will stay with you.

And if nothing else, it will give you something to talk about for the rest of your tour.

So bring tissues, charge your phone, wear comfortable shoes—and follow the scent of incense. Semana Santa has arrived.

Rota School Liaison Program

Naval Station Rota School Liaison Officer, Randy Lambert, has a wealth of resources, information and programs related to school and school-age children.

Information can be found on the School Liaison Officer page of www.navymwrrota.com, by emailing SLORota@eu.navy.mil, or calling 727-2425 or +34 956-82-2425.

Volunteer Judges Needed

Each year the elementary school has a STEM Expo, and we need volunteers to help judge science fair projects. Judging takes place two mornings on April 28 and April 29 from 9:30 to 11:30 each day, and we need 9 judges each morning. Volunteers can assist one or both days.

Volunteers will be recognized for their time. Volunteers can contact the SLP at SLPRota@us.navy.mil or 727-2425 to sign up.

Volunteer Support Needed for Field Day at Rota Elementary School

Each spring Rota Elementary hosts their annual Field Day. This year, the event takes place on May 28 from 8:00 am – 12:00 pm on the campus. Volunteers help run the games during field day. Come out and have fun!

Volunteers will be recognized for their time. Volunteers can contact the SLP at SLPRota@us.navy.mil or 727-2425 to sign up.

Just Arrived to Rota and need to Register Your Child in DoDEA?

If you have a school age (K-12) student and need to register for school, please visit <https://www.smores.com/vgemr> for local education information.

Interested in Spanish Schools?

Please contact the School Liaison to set up an appointment to learn about the registration process for Spanish Public School. Contact SLPRota@us.navy.mil or 956-82-2425 / 727-2425 for more information.

SLP Scholarship Link: <https://www.smores.com/36j0z>

Tutor.Com for Military Families

Tutor.com for U.S. Military Families (Tutor.com/military), funded by the U.S. Department of Defense (DoD) and Coast Guard Mutual Assistance (CGMA), is a program that allows eligible students in Kindergarten through college to connect to a live tutor online at any time (24/7/361) for one-to-one help with homework, studying, test prep and more, at no cost.

Feeling Stressed and Need Someone to Just Listen or Talk to?

Military Family Life Counselors are



available to provide broad-ranging support to military family members, children, youth and other adults who support them. Counselors all hold Masters and Ph.D. degrees and are available to perform situational, short term, problem-solving support available at no cost, and it is dedicated to augment existing military support services.

CYB MFLCs are available for children or adults for in-person appointments via WhatsApp at:

Taj Edwards
+34-643-811-410 (Rota CYP MFLC)
Shana Vargas

+34-624-285-707 (Rota MHS MFLC)
Bridget Simpson
+34-624-905-904 (Rota ES MFLC)
Walter Wilches-Poveda
+34-641-482-865 (Rota ES MFLC)

Call the School Liaison before You GO

If you are planning to PCS or change your duty station in the future, contact the School Liaison to help you with your transitions. Your School Liaison can also put you in contact with your gaining installation's SL. Call 727-2425 or 956-82-2425.

MESA MADRE

RESTAURANT & COCKTAIL BAR



Further info and bookings: **672.610.684**

Ramón de Carranza 7
ROTA (Cádiz)



Mesa Madre! Who are we?

We are an intimate restaurant, with a signature cuisine by Chef Sara López, between the warmth of home cooking and techniques that lead to a thousand flavours and aromas fused in each of our dishes inspired by the Mediterranean, Asia and Mexico.

We invite you to create your own experience full of flavour, history, music and textures, accompanied by our selection of mixology and classic cocktails.



HE IS RISEN

Come see the place where they laid Him

SUNDAY APRIL 20
11:00 & 18:30



691 89 86 15 www.LCDaelpuerto.com Calle Océano, 19. El Puerto de Santa María



DELIVERY:
856 112 943
659 006 624



YOUR RESTAURANT



...AND NOW, PREMIUM MEATS & BURGERS



BLACK ANGUS



HEREFORD



CUBEROLL



WAGYU



RUBIA GALLEGA



GOURMETS BURGERS



VURGER VEGAN



RESTAURANT
MENU, INCLUDED
PREMIUM MEATS
& BURGERS MENU

DELIVERY TO ROTA & ROTA GATE
FROM 1PM TO 11:30PM

OUR INSTAGRAM
PROFILE.
FOLLOW US



FOLLOW US CALLE HIGUERETA 60

Health Promotions: Understanding Reproductive & Sexual Wellness

By Devin Evans
Naval Hospital Rota, Health Promotions Coordinator

Sexual Wellness is an important part of overall wellness. If you are engaging in sexual activity, practicing safe sex behaviors and taking care of your reproductive organs is important for your personal wellbeing and maintaining healthy partnerships. Having the maturity to partake in consensual sexual activity includes being informed about birth control, preventative vaccinations, communication with your partner, and speaking with a trained medical professional, should sexual health concerns arise.

Sexual health is a state of well-being that involves physical, emotional, mental, social, and spiritual dimensions. It is based on a positive, equitable, and respectful approach to sexuality, relationships, and reproduction that is free of coercion, fear, discrimination, stigma, shame, and violence.

If you have questions about becoming sexually active, choosing one or all the resources that are available to you as a service member or as a beneficiary is a great place to start. These resources include but are not limited to, your medical provider, Fleet and Family Resource Center, Religious Services, Preventive Medicine, and your Women's Health Clinic, just to name a few.

Choosing to become sexually active can be a major decision and everyone needs to know that there is the option to say no to sex or to delay engaging in sexual activity until you are truly ready. You may decide to establish a long-term relationship when the time is right. You and your partner may decide upon a mutually monogamous relationship. In these relationships it is important to practice open communication. Talk to your partner before, during and after any sexual activity. Whether you are with a new partner or an existing one, communication is key to a

healthy relationship. A good approach to productive sexual communication is implementing the 5 P's.

Partners: Knowing someone's sexual history, especially if there is a history of sexually transmitted infection (STI's) exposure.

Practices: Understanding boundaries is important for a respectful and enjoyable experience.

Protection: Speaking with your medical provider about vaccinations, routine screening, and contraception options are a vital part of being informed and proactive with your Sexual Wellness.

Past History of STI's: If you or your sexual partner have tested positive for STI's in the past, that should be communicated as well as the current status of the STI.

Pregnancy intention: If you or your partner can get pregnant, it is important to have a conversation whether it be prevention or conception.



It is your duty to maintain your health and readiness as a Warfighter. This includes protecting yourself from high-risk health issues like STI's. Getting vaccinated, getting screened, and getting informed about sexual wellness will support you and your partner on the path to overall wellness.

Let's Eat!

By Pilar Ruiz



Have any comments or questions? We'd love to hear from you! You can email us as pilaraprendiendoacocinar@gmail.com.

We are very happy to be back and share our local recipes with you all, dear readers of the Coastline.

This is the time of year for artichoke and we love them. This time we have prepared a very special recipe with them, Artichokes with Clams and Prawns. They are delicious and very easy to make. It is ideal for those of you who don't eat meat. But before we share our recipe, we want to give you some information about the numerous properties and benefits that artichokes have.

The artichoke is a vegetable that contains many minerals, vitamins and antioxidants. It also contains a good amount of fiber, carbohydrates, proteins and small amounts of fatty acids. The artichoke has always been a highly prized food. It is known that the Greeks and the Romans consumed it. During the Middle Ages it was introduced in England by the King, Henry the VII, who later crossed the English Channel and turned Catalina de Médici into one of its most fervent consumers. At that time, it was believed that the artichoke was an aphrodisiac and that it was not good to consume it in excess. Due to its high price, the artichoke was considered to be a meal for wealthy people.

Now, time for the recipe:

INGREDIENTS:

- 4 artichokes
- 6 big clams
- 4 ounces (100 grs.) peeled prawns
- 4 ounces (100 grs.) peas
- 2 cloves garlic, finely diced
- 1/2 onion, finely diced
- 2 tablespoons olive oil
- 1/2 tablespoons flour
- 1/2 glass dry Sherry wine "Gran Mayeto" from El Gato winery
- 1 1/16 cups (250 ml.) water
- Parsley
- Salt
- Ground Black pepper

PREPARATION:

1. We are going to start by snapping off all of the outer leaves of the artichokes until you reach the tender pale leaves of the "heart."
2. Then we are going to cook the Artichokes in a pot with water and salt. Once they are ready, we are going to take them off of the heat and drain them. Test for doneness by poking the base of the stems with a sharp knife - if the knife slips easily into the base, the artichokes are ready.
3. In a frying pan with the olive oil, we are going to gently fry the chopped garlic and the onion, diced brunoise style.
4. When they begin to get color, but before they burn, add half a tablespoon of flour

Artichoke, Clam and Prawn Stew
(Guiso de Alcachofas con Almejas y Gambas)



- and cook for a few seconds.
5. Then, add the wine, stir and mix well with the other ingredients until it begins to evaporate.
6. Add 1 1/16 cups (250 ml) water and continue cooking.
7. Add the artichokes, clams, prawns and peas. Reduce to low heat and continue cooking with the lid on until the clams open up.
8. Taste it, add the salt, ground black pepper and sprinkle with a handful of chopped parsley. ;-)
9. Enjoy it at the table with family and friends! We really hope you enjoy it as much as we did. Have a very nice season of Lent :-).

RECENT OPENING

BEST VIEWS OF CÁDIZ

alolón

— BEACH CLUB —

THURSDAYS AMERICAN GRILL

PASEO MARÍTIMO CRUZ DEL ROMPIDILLO, DOWN THE BEACH CREYES CATOLICOS, ROTA.
(WE ARE LESS THAN 10 MINUTES WALK FROM THE ENTRANCE OF THE NAVAL BASE)

PROMO 29€

✓ FOR 2 ADULTS: ASSORTED MEAT PLATTER AND 2 BEERS

✓ PROMO ONLY FOR EVERY THURSDAY OF FEBRUARY

NAVAL STATION ROTA COMMUNITY RESOURCES

ALCOHOLICS ANONYMOUS MEETINGS

AA on base: "Rota 213" meets Tuesday and Thursday, 1900-2000 (7-8pm) in person in the NAVSTA Rota Chapel Library (in the back). For meeting information, please contact Cynthia at +34 661 47 95 20 or Dean at +34 674 38 77 55.

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

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

AL-ANON MEETINGS

Have you been affected by another person's drinking? If so, please join us every Wednesday at 1600 (4 p.m.) at the base chapel nursery for an Al-Anon meeting. The only requirement for Al-Anon membership is that there be a problem of alcoholism in a relative or friend. For info on meetings, please contact Naydene at +34 669 09 7149.

AMERICAN RED CROSS

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

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

AMERICAN RED CROSS EMERGENCY COMMUNICATIONS SERVICE

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

ROTA EDUCATION CENTER

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

NAVY-MARINE CORPS RELIEF SOCIETY (NMCRS)

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

is no application fee and the appointment is completely free. If you need \$1,000 or less, you may be eligible for our Quick Assist Loan.

NMCRS Business Office

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

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

After Hours Duty Cell: +34 660 984 511

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

Email: rota@nmcrs.org

Facebook: www.facebook.com/nmcrsrota

NMCRS Thrift Shop

Hours of Operation

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

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

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

NMCRS Casework and Classes

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

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

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

UPCOMING NMCRS AND HOSPITAL MATERNAL PROGRAMS AND CLASSES:

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

NMCRS: VOLUNTEER WITH US!

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

looking for blanket makers and Thrift Shop volunteers.

PRESCHOOL SERVICES FOR CHILDREN WITH DISABILITIES

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

RETIRED ACTIVITIES OFFICE (RAO)

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

RAO serves as a link between the military retired community and other government agencies, such as Federal benefits Unit for Social Security and Defense Finance and Accounting Service, Veterans Administration (VA), and Office of 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.

A HIGHLY QUALIFIED TEAM
WITH MORE THAN 15
YEARS OF EXPERIENCE.



DONOVAN DENTAL

CARING FOR YOUR
DENTAL NEEDS
WHEN AWAY FROM HOME

CAN ASSIST
WITH TRICARE
INSURANCE




DEDICATED TO YOUR SMILE



PROFESSIONALS IN:

- ✓ CONSERVATIVE DENTISTRY
- ✓ ORTHODONTICS
- ✓ INVISALIGN
- ✓ ENDODONTICS
- ✓ PERIODONTICS
- ✓ PEDIATRIC DENTISTRY
- ✓ PROSTHODONTICS
- ✓ ESTHETIC DENTISTRY AND SMILES DESIGN
- ✓ SURGICAL
- ✓ IMPLANT AND ORAL PREVENTION

clinicadonovandental.com
donovandental@gmail.com
856 003 107

Avenida Alcalde Antonio
Garcia de Quirós 1
Rota 11520

2025 Volvo XC40 B5 AWD PLUS DARK



Available Now for a quick delivery \$41,588 Save \$6,477 compared to US MSRP.

www.volvomilitarysales.com



+34 684 208 878

sergio@volvomilitarysales.com



ROADMAP Continued from page 10

to meet the unique needs of military children, who often face challenges such as frequent moves, parental deployments, and adjusting to new environments.

"I do hope the Student Support Roadmap benefits parents and youth who may not be aware of all the options and how to access them for kids who have mental health concerns," shared Dr. Cypers.

The collaboration between DoDEA and Naval Hospital Rota has been instrumental in the development and implementation of this tool. DoDEA brings its expertise in education and student support, while clinicians at Naval Hospital Rota provide knowledge and resources in mental and behavioral health care. This partnership has enabled the creation of a holistic and integrated approach to supporting children of Department of Defense personnel, one that addresses their academic, social, and emotional needs.

"Our goal with the Student Support Roadmap is to ensure that every student, regardless of their circumstances, has access to the right resources at the right time," said Mr. Daniel Gostkowski, Assistant Principal of David G. Farragut DoDEA School. "We want to foster a school environment where students feel safe, supported, and understood, so

they can focus on learning and personal growth".

The Student Support Roadmap, implemented in January of 2025, has been widely shared through school and hospital outreach and messaging. DoDEA supports about 900 students in its installation base schools, though the opportunity for this tool to be used extends to the approximately 2400 DoD youth who rely on Naval Station Rota resources.

By providing a clear pathway for support, families can quickly and easily access the resources they need to help their children thrive. One of the key benefits of the student support roadmap is its focus on early intervention and prevention. By identifying and addressing potential issues early on, military children are more likely to receive the support they need to succeed academically and socially. This approach helps reduce the stigma associated with mental health issues, encouraging families to seek help when they need it.

As the military continues to face the challenges of overseas deployments and assignments and need for mental health support grows, the Student Support Roadmap will remain a vital resource, providing a foundation for the mental and behavioral health support that military children need to succeed.



Phone: 956 875 612
Emergencies: 609 577 107
Emergencies 24 H
OPEN: M-F 9AM-9PM / Sat. 10AM-1:30PM

Your pet in good hands

CLINIC · GROOMING · NUTRITION










**WE OFFER THE BEST SOLUTION FOR EACH PATIENT.
OVER 20 YEARS OF EXPERIENCE TAKING CARE OF YOUR PETS.**

Traumatology	Pet Shop
Dermatology	Dog & Cat Grooming
Feline Medicine	Preparing for Pet Shows
Internal Medicine	Obedience & Training Classes
Geriatrics	More than 20 Years of Experience
Incubators	

Diagnosis by Digital Radiology Images & Sonogram
Fast Laboratory Service in Emergencies
Specialty in Exotic Animals (Reference in Bay of Cádiz)
Accredited as Cat Lover Clinic - Specialty in Feline Medicine

www.hospitalveterinariolaarboleda.com




Located between the English Centre roundabout and Vistahermosa
GPS: 36.600185, -6.247290 · Avda. Fuentebravía, 32 · El Puerto de Santa María

BUY A BICYCLE, BRING THE AD AND
GET FREE A HELMET AND LIGHTS



Antonio's Bicicletas

Antonio Castellano Pacheco

Avda. San Fernando, 66 - ROTA - 956 81 46 44

New Models of BMX & Freestyle Bicycles
2 Years Full Warranty

**We Have Lay Away
Tune Ups 40€
Repairs**







648 560 857
@moon.wash.pto
Polígono las Salinas,
C/ Estuario N°7
Puerto Santa María





HANDMADE WASH
We make your car shine like it's first day with a careful hand wash.

PREMIUM PRODUCTS
Qualified staff, attention to detail- every corner of your vehicle.

HOME PICKUP
We offer a vehicle collection service in Puerto and the Puerto gate.

Contract Opportunity: Protestant Director of Religious Education

The Naval Station Rota Chapel is seeking ONE contracted PART-TIME Protestant Director of Religious Education (approx. 25 hours per week).

The anticipated qualifications are:

REQUIRED: The contractor shall possess legal status to reside in Spain and work with US Forces in Spain throughout the duration of the contract (i.e., possession of a TEI card)

REQUIRED: The contractor shall successfully complete a criminal background check conducted by the government.

REQUIRED: The contractor shall have a minimum of four years of experience teaching/working in a military or civilian United States Christian religious education program.

REQUIRED: The contractor shall possess knowledge of the Christian Scripture, the basic principles of Christian education, and the ability to build and lead a volunteer team of teachers and religious education assistants.

DESIRED: The Contractor shall possess knowledge of procurement and material purchasing in order to research, advise, recommend all purchases required for the successful implementation of the Protestant Religious Education Program.

DESIRED: The contractor shall possess a professional working knowledge of current Christian educational methods, curriculum planning, student learning process, psychology or learning, as well as technology in the classroom, and literature.

DESIRED: The contractor shall manifest sufficient professional aptitude and human relations skills to manage a religious education program, including recruiting, training, and leading volunteer teachers and religious education assistants.

DESIRED: The contractor shall lead the volunteer recruitment effort for the Protestant Religious Education programs. As such, it is highly desired that the contractor has knowledge of recruiting, volunteer management, and/or advertising.

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

Interested contractors that meet the above qualifications shall contact NAVSUP contracting office by email at Julius.j.arrascue-pastor.civ@us.navy.mil and Jorge.cubas.civ@us.navy.mil as soon as possible in order to obtain a full copy of the Request for Quote and other related documents. **The current deadline to submit quotes is 16 APR 2025.**

*** Prospective applicants must be registered in SAM.gov in order to be eligible to receive a contract award: <https://sam.gov/content/entity-registration>.***

EFMP Continued from page 9

This collaboration has strengthened communication and coordination between MTF and EFMP, ensuring families receive comprehensive and continuous support.

With her extensive regional responsibilities, Sylvia remains committed to guiding families, sailors, and commands through the EFMP process. Her efforts have streamlined procedures, reduced confusion, and made accessing crucial resources easier for service members

navigating the program.

Through her dedication and advocacy, Sylvia Bryant is making a lasting impact on the EFMP community. Her commitment to strengthening support networks for military families enhances mission readiness and overall family well-being.

Looking for EMFP resources? please do not hesitate to contact Sylvia at FFSC at 727-3232 or +34 956 82 3232.

SPECIALIZED IN

Grilled Meat

Gourmet Food, National Wines
and Hand-crafted Beer

AV/ MARIA AUXILIADORA N°19 (ROTA)

RESERVATION 956 62 59 16

5% OFF
For
american
military

KITCHEN
WORKING
FROM
12.00 AM
TO 12.00 PM

KARTING JEREZ

856 902 966

C.C. LUZ SHOPPING (IKEA JEREZ)

www.kartingjerez.com

WE'RE OPEN EVERYDAY



petfriendly

FREE RENTAL CAR DURING YOUR STAY

1, 2 and 3 bedroom apartments
Swimming Pool
Sedona Bar & Grill
Breakfast included
Pet friendly hotel
Free rental car with 10 days stay

ALL YOU NEED FOR YOUR PCSING IS HERE.

Your comfort is our priority
TLA & Goverment rates



+34 956846103
hotelespadana.com
info@hotelespadana.com



AUTHENTIC ITALIAN RESTAURANT

c/ Paloma Zurita El Puerto de Santa María. (close to the Feria ground)

956 541 243 - Delivery (ext 1) - Restaurant (ext 2)

OPENING TIME
13h - 24h



www.pizzeriablancapaloma.com

**ABSOLUTELY THE BEST DEAL
OVER 50 YEARS OF SERVICE**



GPS: 36.625844, -6.358793

Hyundai i 10 automatic available



BOOKINGS: 956 811 848 / 607 977 615

WEEKDAYS 09:30-20:00 **SAN JUAN BOSCO 1 - ROTA**
info@miguelrentacar.com

WEEKENDS 10:00-14:00