



▼ wHat's iNside? ▲

La Plaza

Super Bowl Party 2019

Liberty

Bloody Valentine's Day Party

Tickets & Travel

Arabian Bath & Dinner

Fitness Center

Valentine's 5k Run

vaMos!

MWRROTA MONTHLY MAGAZINE

iSsue#86



feBruary2019



MWRROTA SPAIN

U.S. Naval Station Rota, Spain

www.navymwrrota.com/

www.facebook.com/RotaMWR



Lisa Ali
NGIS General Manager

We are

MWR Admin/Support Services, 727-1517
Monday - Friday, 0800 - 1700

CYP
CDC, 727-1100
School Days: Mon - Fri, 0600 - 1830
US Holidays: Closed
SAC, 727-2839
School Days: Mon - Fri, 0600 - 1830
US Holidays: Closed

Youth Center Jams & Gravity and Youth Sports 727-4625 / 4721
School Days: Mon - Fri, 1500 - 1830
Thursdays, 1345 - 1830
Non-School Days: 1200 - 1830

RECREATION
Aquatics Center, 727-2129
Monday - Friday, 0600 - 1300
& 1500 - 1930

Community Classes, 727-1382
Office hours
Monday - Friday, 0900 - 1700

Fitness Center, 727-2565
Monday - Thursday, 0500 - 2100
Friday, 0500 - 2000
Saturday, Sunday,
and US Holidays, 0900 - 1700

Housing Pool, 727-4882
Closed for the season

Tickets & Travel, 727-3101
Monday - Friday, 1000 - 1800

Liberty, 727-2527
Monday - Sunday, 1300 - 2200

Library, 727-2418
Mon - Thu, 0900 - 1900
Friday, 0900 - 1800
Saturday Closed
Sunday, 0900 - 1400

Outdoor Recreation, 727-3101
Monday - Friday, 1000 - 1800

BUSINESS ACTIVITIES

Cafe.com
Fleet Landing
Monday - Friday, 0730 - 1400
Library
Monday - Friday, 0730 - 1400

Flix, 727-2328
Wednesday - Sunday
Drive-In: Saturdays only
Check navymwrrota.com for movie hours.

Golf, 727-2260
Monday - Friday, 0900 - 2100
Saturday & Sunday, 0830 - 2100

Pinz, 727-2112
Sunday - Thursday, 1100 - 2200
Friday - Saturday, 1100 - 2300

Pinz American Cafe
Sunday - Thursday, 1100 - 2100
Friday - Saturday, 1100 - 2200

Pizza Villa, 727-3212
Monday - Friday, 1100 - 2200
Saturday, Sunday,
and Spanish Holidays, 1200 - 2200

La Plaza, 727-1995
Sunday, 1400 - 2300
Monday-Thursday, 1100 - 2300
Friday, 1100 - 0100
Saturday, 1400 - 0100

Dailydish
Monday - Friday, 1100 - 1400
Saturday & Sunday, Closed
Pizza Villa Express, 727-6323
Monday - Friday, 1100 - 2300
Saturday - Sunday, 1400 - 2300

Champion's Bar
Sunday - Thursday, 1600 - 2300
Friday - Saturday, 1400 - 0100
Beer & wine available during all dining hours

Cash Cage
Monday - Friday, 1100 - 2200
Saturday, 1400 - 2300
Sunday, 1400 - 2100



mwr navsta rota, spain
PSC 819 BOX 14 / FPO AE 09645
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Tel (On Base): 727-1517

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727-1507

Thomas Durning, MWR Director
727-2326

Julie Dinh, FF&R NAF Business Manager
727-1505

Ernesto Garcia, Galley Director
727-1407

Lisa Ali, NGIS General Manager
727-1752

Catherine Knapp, CYP Director
727-2458

Doug Hasselbring, MWR Community Recreation Director
727-1410

Hunter Vinson, Fitness Director
727-3264

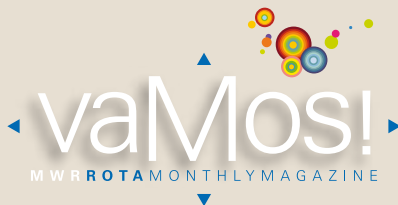
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vaMos is published monthly, with a circulation of 2,500 by MWR Rota, Spain.

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GAMES & PRIZES
THROUGHOUT THE EVENING!

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OUR MISSION
To provide the Fleet, Fighter and Family with world-class program excellence that will enhance both mission readiness and well-being aboard Naval Station, Rota, Spain.

OUR VISION
Pro-actively aligning our organization, strategies and processes in support of the Mission. To be recognized as the MWR Department within the entire enterprise that provides the highest quality of support to our customers.

OUR GUIDING PRINCIPLES
Our professional workforce is committed to continual improvement, understanding our customers' needs, and the requirements of the organization. We will deliver services that meet the mission and vision, operating in the most effective and efficient way.

MWR ROTA, SPAIN



GRANADA SKI & SNOWBOARD TRIPS



SPECIAL VALENTINE'S DAY ARABIAN BATH AND DINNER

FRIDAY
FEB 15TH
5:30 - 11 p.m.
Sign up by February 13th.
\$110 / Adults only.

This is a unique and very relaxing experience. Sign up now and enjoy the wafting scent of incense and essential oils and the soothing sound of tinkling water and Arab music the moment you enter the facility. Trip includes: transportation, bath, tea, massage, aroma therapy, dinner and drinks. Note: Limited seats, so please hurry and purchase yours for this special day!

TICKETS & TRAVEL

Cordoba Historical Tour

SAT February 2nd, 7 a.m. - 9:30 p.m.
Sign up by January 30th. \$60 (adult) / \$45 (child).
Cordoba's famous landmark, La Mezquita, formerly a mosque, consists of many arches, over a hundred columns and is said to be the third largest place of worship in the world; a must see. Historical tour includes: transportation, guided tour, entrance to the monuments and some free time.

Bodega, Tapas & Flamenco Show

FRI February 8th, 6:30 p.m. - 11:45 p.m.
Sign up by February 6th. \$80 (adult) / \$55 (child).
Spend the evening enjoying Spain's famous sherry wine and authentic Flamenco dancing. Trip which includes transportation, tour of a sherry bodega, wine tasting, tapas, and a flamenco show. Note: Due to late hours, small children are discouraged.

Vejer Historical Tour & Bolonia Roman Ruins

SAT February 9th, 8 a.m. - 7 p.m.
Sign up by February 6th. \$50 (adult) / \$40 (child).
Vejer has several monuments worth seeing including, remains of a castle, the old wall and several gates. Baelo Claudia Roman ruins, important city of Andalusian Rome, was erected at the end of the Second Century BC, under the jurisdiction of Claudius Caesar. Note: Not a stroller friendly town. Tour includes transportation, a local guide in Vejer and entrance fees to the monuments in Bolonia.

Family Fun Trip to the Zoo and Castle Visit at Castellar

SAT February 16th, 9 a.m. - 6:30 p.m.
Sign up by February 13th. \$60 (adult) / \$50 (child 2-13 years old). No charge under 2.
A unique zoo whereby all the animals have been rescued and had been mistreated or neglected. You will have the opportunity to get up really close with some exotic animals. After the zoo visit, visit the hilltop fortress for a self-guided visit and some picture taking. The Castellar Viejo fortress is preserved in good condition, despite being so ancient. The modest town in which it stands is also one of the few inhabited medieval fortifications today. The trip includes transportation, entrance to the zoo, guided visit (pending availability of local guide), simple lunch in the zoo, and self-guided visit of the castle.

ALHAMBRA GUIDED VISIT

SAT February 23rd, 5:30 a.m. - 11 p.m.
Sign up by February 20th. \$95 (adult) / \$80 (child).
Visit the most important and spectacular monument at the Moorish capital of Spain. A place where fountains trickle, leaves rustle and ancient spirits seem to mysteriously linger. Part Palace, part fort, part World Heritage site, part lesson in medieval architecture, this complex has long enchanted a never-ending line of expectant visitors. Seats are limited, so hurry and sign up. The trip includes transportation, entrance ticket and guided visit of Alhambra, and free time to explore other sites the city has to offer.

Ceramic Shopping in La Rambla, Córdoba

SAT March 2nd, 7:30 a.m. - 7:30 p.m.
Sign up by Feb. 27th. \$35. All ages.
In this village, the tradition of clayware manufacture can be traced from antiquity through to modern times, when it has been raised to new artistic and commercial heights. This farming town with a population of about 7,000 people, whose skyline is dominated by a concrete grain silo, can boast no fewer than thirty pottery workshops and clayware manufacturers. It is a pottery-buyer's paradise. The trip includes transportation and plenty of time to shop.

Roman Ruins Visit in Merida

SAT March 9th, 6 a.m. - 9 p.m.
Sign up by March 6th. \$70.
Mérida was capital of the Roman province of Lusitania (as Emerita Augusta, founded 25 BC) and is home to the most impressive and extensive Roman ruins in all Spain. The ruins lie sprinkled around town, often appearing in the most unlikely corners, and one can only wonder what still lies buried beneath the lively, modern city. The trip includes transportation, guided visit of some ruins, entrance to some historical-archeological places, and some free time.

LOVE SKIING?

3 DAYS:

- **FRI February 1st**, 3 p.m. - **SUN 3rd**, 8 p.m.
Sign up by January 28th.
- **FRI March 1st**, 3 p.m. - **SUN 3rd**, 8 p.m.
Sign up by February 25th.

\$195. Ages 18+.

4 DAYS

FRI February 15th, 3 p.m. - **MON 18th**, 8 p.m.
Sign up by February 11th.
\$285. Ages 18+.

The Sierra Nevada Ski and Mountain Resort is Europe's southernmost ski resort that has brilliant sunshine most of the winter. Sierra Nevada literally means "Snowy Mountain Range", it is set in the Penibetico range and 32 km from Granada, has 105,44 km of runs, with 118 signed trails for all levels and excellent quality snow.

There is a cross-country skiing circuit, snow park and recreational areas for non-skiers. Night skiing is available on Saturdays, weather permitting.

Trip includes: Transportation and lodging and now Snowboard equipment! (board, boots and helmet). Lift tickets are not included.

OUTDOOR REC



Local Mountain Bike Ride at La Via Verde

SAT February 9th, 9 a.m. - 2 p.m.
Sign up by February 6th. \$25. Ages 18+.
The Rota's Greenway is on the old railway line linking El Puerto and Sanlúcar through the town of Rota. This ride is a medium level challenge, in which you will be biking 55km (35miles). You can bring your own bike or get one (included in the price) at MWR Outdoor Recreation.

Rock Climbing

SAT February 23rd, 9 a.m. - 5 p.m.
Sign up by February 20th. \$55. Ages 18+.
Get out and test your skills climbing in Grazalema. "Sport climbing is a form of rock climbing that relies on permanent anchors fixed to the rock for protection. This is in contrast to traditional climbing where climbers must place removable protection as they climb." It is important to say that this kind of sport is not for everyone and those who are "meeting" a wall for the first time should be extra careful. Price includes: guides, transportation, and all climbing equipment.

Quads Tour in Tarifa

SAT March 9th, 8 a.m. - 5 p.m.
Sign up by March 6th. \$130. Ages 18+.
4 wheels quad tours designed for those looking for excitement and a challenge. Our guide will take you through the natural reserve of Los Alcornocales for two hours. First time riders are welcome and no experience is necessary!

piNz

727-2112

ROTA Winter BOWLING LEAGUE

MANDATORY MEETING:
January 30th, 6:30 p.m.

LEAGUE START DATE:
February 6th.

Couples Night

Thursdays, 5 - 7 p.m.
Groups up to 4 people can bowl for one hour including shoes rental \$20.

Cosmic Bowling

Fridays, 8 -10:30 p.m.
and **Saturdays, 6 - 9 p.m.** \$20.
Groups up to five people per line can bowl for one hour including shoes rental for \$20.

Active Duty Members Lunch Bowling

Monday - Friday, 11 a.m. - 2 p.m.
Join us during your lunch break, buy a complete meal & drink and you will receive a complimentary game including shoes rental.

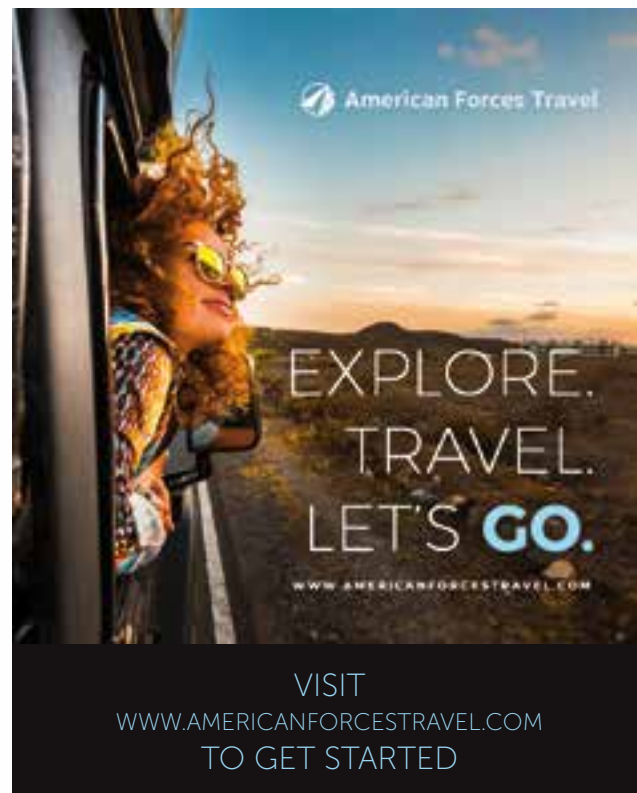
DGF Students Night

Mondays, 5 - 7 p.m. All ages (adult supervision required for kids 13 and younger). \$20.

Groups up to 5 people can bowl for one hour including shoes rental and a small drink (pitcher of soda per group) for \$20.

Family Night

Tuesdays, 5 - 7 p.m. All ages.
Families up to 5 people can bowl for one hour including shoes rental and a pitcher of soda for \$20.



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TO GET STARTED



PINZ AMERICAN CAFE

WHR ROTA SPAIN BOWLING ALLEY

HOURS OF OPERATION
Sunday - Thursday, 1100 - 2100
Friday - Saturday, 1100 - 2200



The Fleet & Family Support Center

Meeting Your Needs at Home & at Sea

FFSC ROTA

2019
FEBRUARY

DATES PROGRAMS

01/02/03 MON	04	TGFS February 4-8, 0800-1630 FRG TRAINING February 4-5, 0900-1500	TRANSITION GPS
TUE	05	10 STEPS TO FEDERAL EMPLOYMENT 0930-1330	
WED	06	HOME BASED BUSINESS BRIEF 1100-1200	
THU	07	CAPSTONE TGFS 1000-1200 DROP-IN RESUME REVIEW 1300-1500 SAPR VA REFRESHER 1400-1500 OMBUDSMAN ASSEMBLY MEETING 1115-1315	
08/09/10			
MON	11	COMMAND FINANCIAL SPECIALIST TRAINING February 11-15, 0800-1630 INTER-CULTURAL RELATIONS (ICR) February 11-14, 0830-1500	
12/13			
THU	14	SOLO PARENTING FOR SINGLE ACTIVE DUTY PARENTS 1500-1630	
FRI	15	CONNECT WALK & TALK GROUP 1030-1130	
16/17			
MON	18	GASTRONOMIC TOUR IN EL BOSQUE 0845-1600	
TUE	19	SAPR QUARTERLY MEETING 1100-1200	
WED	20	SMOOTH MOVE 0930-1130	
THU	21	DROP-IN RESUME REVIEW 0900-1100 CAPSTONE TGFS 1200-1400 SAPR VA REFRESHER 1400-1500	NAVY
FRI	22	FAP POC TRAINING 1000-1200	
23/24			
MON	25	INTER-CULTURAL RELATIONS (ICR) February 25-28, 0830-1500	
TUE	26	ACCESSING HIGHER EDUCATION February 26-27, 0900-1500	
WED	27	SPOUSE MEET AND GREET 1000-1200	
THU	28	SAIL BRIEF 0830-0930 CREDIT MANAGEMENT 1000-1130 IA RESOURCE EVENT 1300-1400	RELOCATION ASSISTANCE PROGRAM Moving Made Easy
	5-28	INTRODUCTION TO SPANISH February 5-28, Tues/Thurs 1000-1130	

Gastronomic Tour in El Bosque 30 Euros per Adult, children four and above 20 Euro each, and children 3 and under are free. Money due at sign up.

SET YOURSELF UP FOR FINANCIAL SUCCESS:

UNDERSTAND YOUR BUDGET, MAKE A PLAN, AND BUILD WEALTH

- The **Personal Financial Management** program is designed to provide education, counseling, information and referral to Navy personnel and commands. The program increases personal, family and operational readiness by focusing on proactive and preventative measures to avoid financial hardships, support financial stability and build wealth.
- There are many financial circumstances to consider and prepare for when assessing your financial health. For example, *when should I start planning for retirement? How much will I need? What makes up my credit score? How do I improve my credit? What are the benefits of a spending plan?* The Personal Financial Management program helps explore and answer these questions and many more.
- Remember that time wasted not investing in yourself cannot be bought back. Let the FFSC help you toward meeting your long term goals.



Fall in love this Valentine's Day

XC90s available for delivery NOW!

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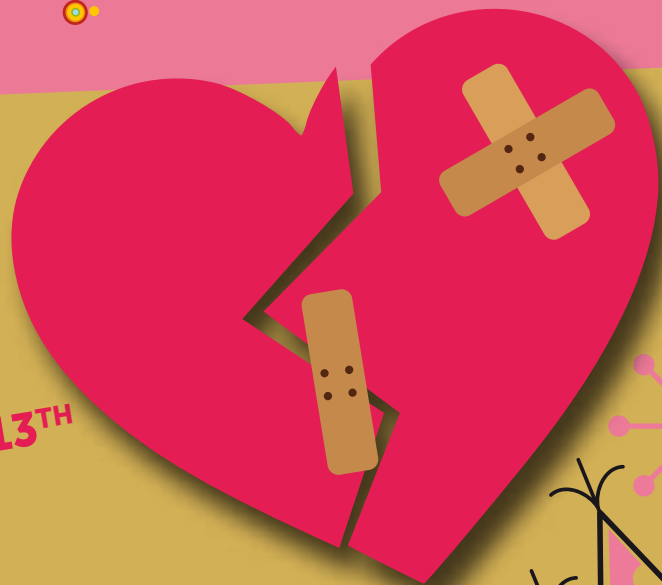
FLEET AND FAMILY SUPPORT CENTER
Hours: Monday-Thursday 8 a.m. - 4:30 p.m., Fridays 8 a.m. - 3:30 p.m.
727-3232 (on base) and 956-82-3232 (off base)
Located on the first floor of the Community Support Building #3293

24/7 NAVSTA Rota Sexual Assault Helpline | 646-407-871

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WED
FEBRUARY 13TH
6 - 10 p.m.

ANTI-VALENTINE'S DAY PARTY & WOOD SIGN MAKING

Come join us for our Anti-Valentine's Day Party where we will "show our love" to a heart-shaped piñata and melons, create Anti-Valentine's Day wood signs, and ending with a Valentine's related movie marathon. Let's relieve some Valentine's stress and have some fun while at it!



VIDEO GAME TOURNAMENT: MADDEN

FRI February 1st, 6 - 9 p.m.
Get ready for Super Bowl with our Liberty Madden Tournament!

NATIONAL CHOCOLATE FONDUE DAY

TUE February 5th, 6 - 9 p.m.
Enjoy some tasty fondue with various fruits and other dipping goodies.

LIBERTY NIGHT AT THE MOVIES

THU February 7th, 7 - 9 p.m. Free admission for Liberty eligible E6 and below.
Enjoy hot buttered popcorn and an ice cold soft drink while you enjoy your movie!

SHOT THROUGH THE HEART ARCHERY TARGET PRACTICE

FRI February 8th, 6 - 8 p.m.
Practice that aim with a good ol' bow and arrow to see if you can hit the target.

NATIONAL MAKE A FRIEND DAY

MON February 11th, 6 - 8 p.m.
Almost like speed dating but without the dating. Let's do some one minute speed rounds of getting to know each other and make new friends!

LIBERTY'S BOWLING NIGHT AT PINZ

THU February 14th, 7 - 9 p.m. Free for single / unaccompanied E6 and below.
Enjoy a free night of bowling and pizza with Liberty. On the day of, sign in on the Liberty sheet at the front counter in Pinz. Bowling lanes, shoe rental, and pizza.



NATIONAL LOVE YOUR PET DAY (RAWL)

THU February 21st, 6 - 8 p.m.
If you don't have your own pet to give some loving to then come join us in welcoming the local RAWL dogs on over here at the Liberty Center. You can even take them on a walk around the base!

TABLETOP GAMING FRIDAY

FRI February 22nd, 6 - 9 p.m.
It's our Tabletop Gaming Club night! Come join us for one of our role-playing games!

LIBERTY GOLF DAY

SUN February 24th, 1 - 5 p.m. Free for eligible E6 and below.
Liberty Golf Day includes green fees and club rentals. Liberty patrons need to check in with the front desk at the Pro Shop before 1 p.m.

WELLNESS NIGHT: ADULT COLORING

WED February 25th, 6 - 9 p.m.
Join us in taking a relaxing sit down and just coloring in coloring books. It helps relieve stress and you get a beautiful masterpiece out of it. Sounds like a win win situation to me!



MILITARY SAVES WEEK: DIY CERAMIC PIGGY BANKS

WED February 27th, 6 - 8 p.m.
Decorate your own robot or superhero ceramic bank however you'd like to kick off Military Savings Week.

SAVE THE DATE: CELTIC HIGHLAND GAMES

FRI March 8th, 6:30 - 9 p.m.
Behind La Plaza.
Come channel your inner highlander and bring a team out to participate in our annual Celtic Highland Games! We'll be competing in 5 events: caber toss, hay bale hoist, stone put, weight over bar, and hammer throw. Kilts and a live bagpipe band are provided.

SAILOR ADVENTURE QUEST



SAILOR ADVENTURE QUEST: CARD MAKING 101

WED February 6th, 6 - 8 p.m.
Have a special someone in mind? Nothing's better than a handmade card from the one you like. Join us in making Valentine's Day cards.

SAILOR ADVENTURE QUEST: PAINTING 101

TUE February 12th, 6 - 8 p.m.
This class is designed for beginners! Come learn how to paint, focusing on an Anti-Valentine's Day theme! Liberty is partnering with Community Classes to facilitate this awesome beginner program.

SAILOR ADVENTURE QUEST: PAPER CREATIONS 101

TUE February 19th, 6 - 8 p.m.
Ever wanted to learn how to make cards from scratch? Want to tap into your creative and crafty side? Come relax and de-stress with us while learning how to make some creations!

SAILOR ADVENTURE QUEST: PHOTOGRAPHY 101

WED February 20th & 28th, 6 - 8 p.m.
Liberty is launching our first ever Photography 101 program! Come check out this FREE program and learn more about the basics of this hobby!



LIBERTY TRIPS

Cordoba Historical Tour

SAT February 2nd, 7 a.m. - 9:30 p.m.
Sign up by January 30th.
\$48 for single / unaccompanied E6 and below. \$60 for E7 and above.
Cordoba has an outstanding architectural heritage, and its famous landmark, La Mezquita, formerly a mosque, consists of many arches, over a hundred columns and is said to be the third largest place of worship in the world; a must see. Historical tour includes: transportation, guided tour, entrance to the monuments and some free time.

Foodie Club: Villano's in El Puerto

TUE February 26th, 7 - 10 p.m.
\$5 for transportation only.
Let's go eat some delicious tacos on Taco Tuesday!

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SAVE THE DATE

FOR COUNTRY MUSIC SENSATION

HUNTER HAYES

BACK IN ROTA ON MARCH 18TH

FAMILY FRIENDLY EVENT PRESENTED BY ROTA MWR AND NAVY ENTERTAINMENT



esta española mía, esta española nuestra

WHY YOU LOVE SPAIN! THIS IS WHAT YOU TOLD US.

sTories

"THE SPANISH LOVE CHILDREN"

Theresa D.

In Spain, it is completely normal to bring kids along to house parties, bars and restaurants even late at night. The little ones might be sleeping in their strollers or playing with each other while parents spend time with friends and family. With over seven million children ages 0-14 in Spain, they are a treasured part of society.

"I LOVE THE WINE IN SPAIN"

Kim M.

Spain leads the world market in the export of wine having exported 22.8 million hectolitres of wine last year.. The country has an abundance of native grape varieties, with over 400 varieties planted throughout Spain though 80 percent of the country's wine production is from only 20 grapes—including the reds Tempranillo, Garnacha, and Monastrell; the whites Albariño from Galicia, Palomino, Airen, and Macabeo; and the three cava grapes Parellada, Xarel·lo, and Macabeo.

"I LOVE THE NATURE AROUND US"

Sara R.

Cadiz has a wide variety of natural spaces of great diversity and exceptional ecological value. These natural surroundings have been respected and preserved and include areas of marshland, threatened types of fauna and coastal sectors that are still untouched. It has six natural parks and without doubt one of the province's principal natural resources is its wide range of beaches, with white fine sand and transparent water.

"I LOVE SPAIN'S FAMILY-ORIENTED AND EASY-GOING CULTURE"

Jessica G.

The daily life in Spain is much different than what you find in other countries. You always feel great in Spain because everything seems so relaxed. The streets are relaxed and the people are relaxed. The key difference in Spanish culture is that people don't get stressed out over simple things. If you're five or 10 minutes late for something, they simply say, "No pasa nada!" This Spanish phrase basically translates to, "Don't worry about it."

"I LOVE HOW THE SPANISH ARE SO WELCOMING"

Kate Va.

In Spain people are very friendly because they look at one another as family. It's very typical to be close to your family, and this helps them in treating neighbors just the same.

"I LOVE THE OLIVES!"

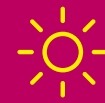
Nicole K.

Spain produces more than 250 different varieties of olives to be eaten whole or pressed into olive oil. Olives are served in Andalusia both whole and pitted. Whole olives are a favorite both as appetizers and in fresh salads.

"I LOVE SPAIN AND ITS HISTORY"

Ada J.

Most of the Iberian peninsula has been populated since prehistoric times. Early evidence of human habitation unearthed at the Atapuerca site in northern Spain are some 800,000 years old. Modern man made his appearance around 35,000 BC. Sometime around 4000 BC, much of Spain was settled by the Iberians, arriving from the east. The Celts arrived later, settling in the northern third of the peninsula. Bronze age civilization flourished in the south, culminating with the Tartessian civilization around Seville (1000-500 BC). Imagine all the things that came later...



"I LOVE THE AMAZING WEATHER"

Maria S.

In Cadiz, the summers are warm, humid, arid, and mostly clear and the winters are cool, wet, windy, and partly cloudy. Over the course of the year, the temperature typically varies from 47°F to 84°F and is rarely below 39°F or above 93°F.



"I LOVE THE BEACHES!"

Cris E.

Cadiz has a total of 260 kilometers of coastline and 138 kilometers of beaches, including coves, inlets and long stretches of sand. There are beaches steeped in history, like Trafalgar, which faces the site of the famous battle, and film location beaches such as la Caleta, where scenes from James Bond films were shot. There are pioneering beaches such as la Victoria, one of the first in Europe to win the coveted EU environmental certificate, and colorful beaches like Tarifa, the popular setting for kite surfing tricks and leaps. A total of 83 beaches, each with its own distinctive character.

"I LOVE THE SPANISH MOTORCYCLE RACETRACKS & CURVY MOUNTAIN ROADS"

Matt H.

Spain is motorcycle rider's heaven. There are almost as many mountain ranges as towns, and they are all different. From Almeria on the south coast to Zarautz on the north coast, Spain is packed with brilliant roads. In every region of the country, you can find mile after mile of wide, well-surfaced tarmac, with corners that will put a smile on your face. Exactly what kind of corners they are, of course, can vary. There's no shortage of hairpins in the many mountainous sierras. The lower hills have rolling, flowing roads. There are even long, straight roads like the highways of the American West in some places. There are wide roads, narrow roads, unpaved roads... whatever kind of roads you like, you'll find them in Spain.



1. THE GIANT GEODE OF PULPÍ (ALMERIA),

which is the largest cave of this type in Europe and the second in the world, can be visited by the public as of 2019. The Geode of Pulpí is located in the Mina Rica, located in the Sierra del Aguilón and was discovered in December 1999. It stands out for its size (8 meters long by 2 meters high) and for being upholstered with plaster crystals, some of which can measure almost two meters, while its transparency and state of conservation make it a "jewel of nature".

2. AN AMAZING GORGE: CONGOST DE MONT-REBEI (HUESCA AND LLEIDA).

The hiking route of the Congost de Mont-rebei, in the Montsec mountain range, a natural border between Aragon and Catalonia, boasts main attractions - the hanging bridge of the Sant Jaume ravine and the Montfalcó footbridge, whose 291 steps hung over the void at a height of 83 meters. The route can be started in the Masieta car park (if coming from Catalonia) and in Casa Batlle (if you park on the Aragonese side).

3. FALLAS IN VALENCIA: GUNPOWDER AND FIRE.

The Fallas is a traditional celebration held in commemoration of Saint Joseph in the city of Valencia. The term Fallas refers to both the celebration and the monuments burnt during the celebration. The Fallas festival was added to UNESCO's intangible cultural heritage of humanity list on 30 November 2016. Each neighbourhood of the city has an organised group of people that works all year long producing a construction known as a falla which is eventually burnt. During the four days leading up to March 19th, each group takes its ninot out for a grand parade, and then mounts it, each on its own elaborate firecracker-filled cardboard and paper-mâché artistic monument in a street of the given neighbourhood. The Mascletà, an explosive barrage of coordinated firecracker and fireworks displays, takes place at 2 p.m. every day of the festival. On the final night of Fallas, these fallas are burnt as huge bonfires.

4. THE MEDULAS (LEÓN).

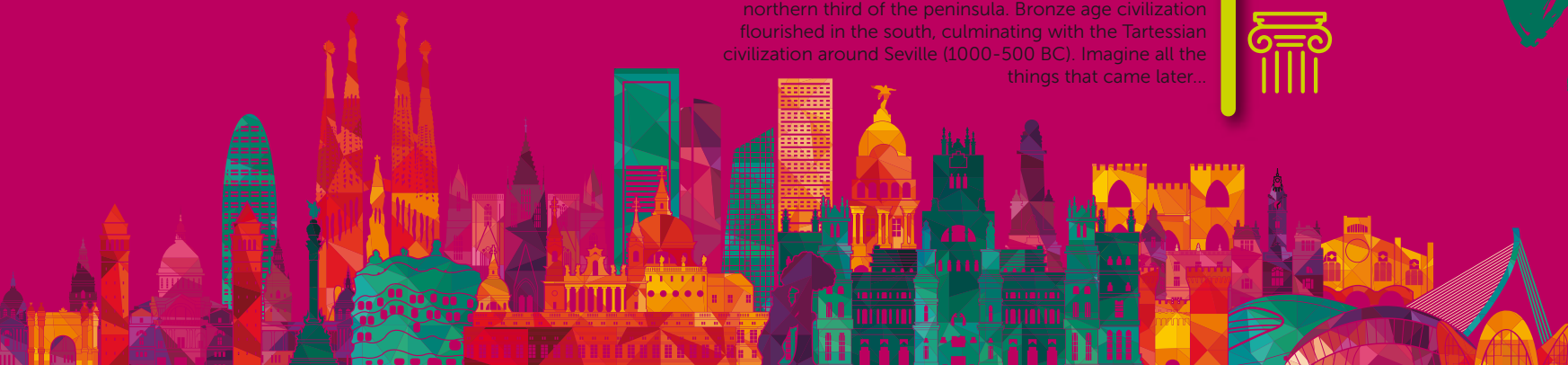
This place in Leon was already beautiful before human intervention's mining action ended up making it unique. The Romans pierced these hills in search of gold and created the largest open-cast mine in the Empire. What remains today in Las Médulas are mounds of red sand that contrast with the green forest. The route among these giants is impressive for the ability to use the water, an element of erosion, of the Romans. You can enter some of the hollowed hills and see them in full from the Orellán viewpoint. This has been a world heritage site since 1977.

Those things are great but did you know about these other amazing things in Spain?



SPAINOMETER

discover Spain & fill your heart



VALENTINE'S 5K RUN

THURSDAY
FEBRUARY
14TH

5 p.m. All ages.

Join us for a 5K run for Valentines Day.
Run as an individual or as a couple.
Fun for the family too.



CFL Meeting

WED February 13th, 11:30 a.m.
CFL Meeting for Command Fitness Leaders and Assistant
Command Fitness Leaders. MWR will be starting
practical training and providing updated information for
continuing education of the CFL's in Rota.

Youth Fitness Certification

THU February 28th, 5 p.m.
This program teaches the fundamentals of fitness,
proper use of equipment in our facility and DoD policy
that pertains to physical fitness in MWR facilities.

NEW YOUTH FITNESS POLICY IN EFFECT!

PLEASE SEE THE FITNESS CENTER
STAFF FOR DETAILS.

FEBRUARY CHALLENGE AT THE GYM Pushup Challenge

All month.
How many pushups can you do before you can't come
back up any more? Our trained and certified fitness
staff have many workouts for individual fitness or
sports training. Why not try this challenge or talk with a
staff person for more information?

Women on Weights

Starts in February.
Tuesdays & Thursdays, 12 - 12:45 p.m.
6 week series that features 12 workouts. Program will
introduce a new muscle group each week, the entire
body will always be trained. Spots are limited. Open
registration until filled.



• aquatics, 727-2129

Parent & Child Swim Lessons

WED February 6th - FRI, Feb. 8th
& WED 13th - FRI 15th, 10 - 10:30 a.m.
Ages 8 months - 3 yrs.
Six 30-min. sessions. \$45.

Level 2 Swim Lessons

WED February 6th - FRI, Feb. 8th
& WED 13th - FRI 15th, 4 - 4:45 p.m.
Ages 4 and up.
Six 45 min. lessons. \$45/child.

Adult Private Swim Lessons

Four 30-min. sessions for \$72.
Call for your appointment.

Navy 2nd Class Swim Testing

Available by appointment only.

POWERLIFTING MEET

SATURDAY FEBRUARY 23RD

10 a.m.

Sign up by February 13th. Ages 18+.
\$20 entry fee. T-shirt included.

We will be following The International Powerlifting
Federation Rules and weigh classes. Squat, Bench Press,
Deadlift will be the order of the lifts. Each competitor is
allowed three attempts on each lift. The lifter's best
valid attempt on each lift counts toward his competition
total. If two or more lifters achieve the same total, the
lighter lifter ranks above the heavier lifter.

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+ Premium Package
+ Driving Assistance Package

+ 20" Wheels
+ Harman Kardon surround sound System
+ Comfort Access keyless entry
+ Panoramic moonroof

+ LED Headlights with Cornering Lights
+ Head-up Display
+ Navigation System
+ Apple Car Play Compatibility

Additional included Equipment:

Active Driving Assistant, Active Blind Spot Detection, Lane Departure Warning, Roof rails in High-gloss Shadowline, Lumbar support, SiriusXM Satellite Radio with 1 year All Access Subscription, Aerodynamic kit, Heated Steering Wheel, Heated front seats, Advanced Real-Time Traffic Information, Remote Services and many more.

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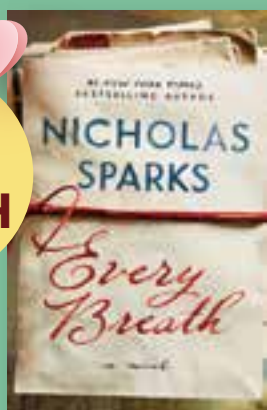
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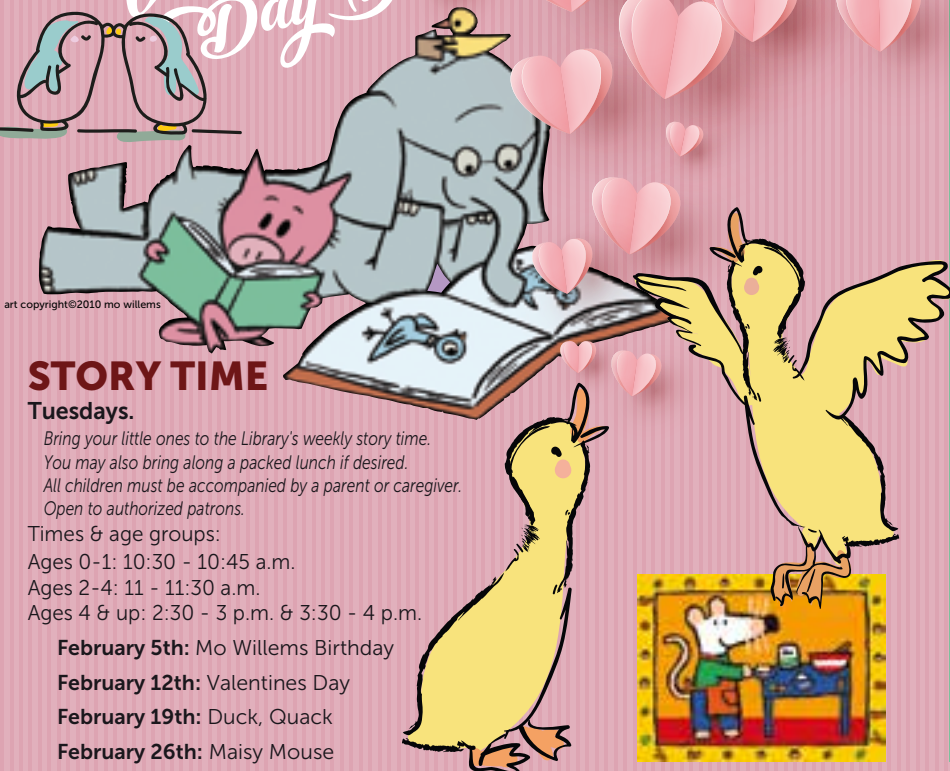
EVERY BREATH

by Nicholas Sparks

Hope Anderson is at a crossroads. At thirty-six, she's been dating her boyfriend, an orthopedic surgeon, for six years. With no wedding plans in sight, and her father recently diagnosed with ALS, she decides to use a week at her family's cottage in Sunset Beach, North Carolina, to ready the house for sale and mull over some difficult decisions about her future.

Tru Walls has never visited North Carolina but is summoned to Sunset Beach by a letter from a man claiming to be his father. A safari guide, born and raised in Zimbabwe, Tru hopes to unravel some of the mysteries surrounding his mother's early life and recapture memories lost with her death. When the two strangers cross paths, their connection is as electric as it is unfathomable... but in the immersive days that follow, their feelings for each other will give way to choices that pit family duty against personal happiness in devastating ways. Illuminating life's heartbreaking regrets and enduring hope, Every Breath explores the many facets of love that lay claim to our deepest loyalties — and asks the question, How long can a dream survive?

Happy
Valentine's
Day



STORY TIME

Tuesdays.

Bring your little ones to the Library's weekly story time.
You may also bring along a packed lunch if desired.
All children must be accompanied by a parent or caregiver.
Open to authorized patrons.

Times & age groups:

Ages 0-1: 10:30 - 10:45 a.m.

Ages 2-4: 11 - 11:30 a.m.

Ages 4 & up: 2:30 - 3 p.m. & 3:30 - 4 p.m.

February 5th: Mo Willems Birthday

February 12th: Valentines Day

February 19th: Duck, Quack

February 26th: Maisy Mouse

dailyDish

FEBRUARY

MONDAY

CLASSIC LASAGNA

Savory layers of lasagna noodles, house-made Bolognese sauce and cheese baked until perfection.
Served with choice of soup or salad and La Plaza's famous garlic knots.

TUESDAY

BEEF BURRITOS

Seasoned ground beef and refried beans wrapped in a flour tortilla and accompanied by Spanish rice.
Served with your choice of soup or garden salad and tortilla chips & salsa.

WEDNESDAY

CAJUN CHICKEN BREAST

Baked and tender chicken breast seasoned with Cajun spices and served with a side of Cajun fries.
Served with your choice of soup or garden salad and fresh baked bread.

THURSDAY

PEPPER STEAK OVER BASMATI RICE

Savory and seasoned strips of beef steak, accompanied with red and green peppers and served over steamed basmati Rice. Served with your choice of soup or garden salad and fresh baked bread.

FRIDAY

FISH & CHIPS

Battered and fried cod accompanied by a side of fries & coleslaw. Served with tartar sauce. Served with your choice of soup or garden salad and tortilla chips & salsa.

All meals come inclusive with lemonade and water.



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A LOT MORE

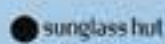
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comMunity classes

Music Classes

Private Piano Lessons:

Mon, Tue, Thu & Friday.

Time slots available 2 - 7 p.m.

\$72 for a punch card of 4/30

minute lessons. *Instructor: Hispana.*

Private Guitar Lessons:

Wednesdays & Thursdays.

Time slots available 4:30 - 8:30 p.m.

\$72 per 4/30 minute lesson.

Full range of adult and kids lessons for all abilities. Classical, Acoustic, Electric and Bass. Instructor: Juan.

Private Voice Lessons:

Tuesdays, \$72 for a punch card of 4/30 minute lessons.

Are you interested in learning the fundamentals of singing like breathing, posture, and diction? Instructor: Lynette.

Students in our music program (piano, guitar, and voice) will receive weekly private lessons and will prepare for two recitals per year.

Parents & Kids Music

Mondays, 9:30 - 10:15 a.m.

\$15 per class or \$40/month.

Ages 18 months - 3.5 yrs old.

English & Spanish.

Introduce your child to music and rhythm in this once per week class. You and your child will learn about music, musical instruments, and some of the Spanish words by listening and singing Spanish songs. Sign up by Wednesdays. Instructor: Raquel.

Ballroom Dance

Adult Group Class:

Call for next session dates.

Wednesdays, 7 - 8:15 p.m.

\$65/per 6 week session.

Learn and practice Tango, Salsa, and Swing. Ballroom dance is centered on a smooth and modern grace that sweeps counter clockwise around a wooden ballroom floor as well as the Latin and Rhythm syncopation of dancing in one spot with talent and passion. Instructor: Genevieve.

Belly Dance Class

Mondays, 7 - 8 p.m. \$45/month per person. Adult Group Class.

Belly dance is primarily a torso movement dance, with an emphasis on articulations of the hips. In addition to torso movements, dancers will use level changes, travelling steps, turns and spins. You get a great workout... Stop by the Liberty Center and register for class today! Instructor: Selen.

REGISTER FOR CLASSES STOP BY THE LIBERTY DESK IN THE COMMUNITY RECREATION BUILDING #48

vamos! MWRROTAMONTHLYMAGAZINE, FEBRUARY 2019

727-1382

SEVILLANAS FOR FERIA

Thursdays,
6:30 - 7:30 p.m.
\$40/month.

Join Ann, in these classes you will learn or improve your skills with the popular folkloric dance of southern Spain, las Sevillanas! Whether you are visiting or living in Andalusia you will be able to learn a simplified version of Sevillanas to join the celebration of Feria's season! Join us for this wonderful cultural experience that helps you enjoy Feria and live the local culture! Instructor: Anna.

Sevillanas & Flamenco Dance

By appointment. \$45/60 minute one time lesson or \$135 for a punch card with 4 - 60 minute lessons.

Learn performance ability, artistic beauty of line, creativity, and individual style! Instructor: Anna.

SEVILLANAS DANCE

Art Fundamentals - Learning to Draw & Painting:

Fridays, 9:30 - 10:30 a.m. Ages 5-17.

\$40/month or \$15/class per person.

Students will learn the basic structures in all objects everything from line to composition; color techniques, and a variety of painting styles.

Art for Adults:

FRI February 1st & 15th,

11 a.m. - 12:30 p.m. Ages 18+. \$30.

Classes will cover drawing, painting and sketching. Supplies: basic supplies will be provided; for some projects there might be additional supply fees.

Canvas With a Swirl:

WED February 20th, 6 - 9 p.m.

Ages 18+. \$35.

Join us for an evening of creativeness and friendship. Come alone or bring a friend or two and paint a picture along with our instructor. We'll provide paint, canvas and brushes, and you'll have a fun evening with friends. Class held at La Plaza, reserve a spot at the Liberty front desk! Instructor: Maria.

Aikido Classes

Ages 5-7: **Thursdays,** 4 - 4:45 p.m. \$40.

Ages 8-13: **Thursdays,** 4:50 - 5:50 p.m. \$45.

Ages 14-17: **Mondays,** 4 - 5 p.m. \$45.

Ages 18+: **Mondays,** 5:15 - 6:45 p.m. \$50.

Aikido is a modern, non-aggressive Japanese martial art; it includes positive character development and ideals that people can incorporate into their daily lives! Stop by the Liberty Center and register for class today! Instructor: Carlos.

Spanish Classes

Individual Spanish Lessons:

\$20/hour, sold in punch card form.

\$80 per card for 4 lessons.

Group Spanish Lessons:

\$45 per month once per week,

\$75 per month twice per week.

Living in a foreign country can be hard enough, not speaking the language can make it even more frustrating. We can help you with our Spanish Classes. Instructors: Yolanda & Veronica.

DIY Wood Sign Workshop

MON February 11th, 10:30 - 13:00 p.m.

Sign up by February 5th. \$35. Adults.

Learn how to create your personalized wood sign with our creative instructor; cultivate your inner DIY and designs skills! All the necessary tools and supplies are provided. Stop by Liberty front desk and sign up for this fun and original class. Instructor Leanne.

Looking for
DANCE, VIOLIN, AND TUTORING INSTRUCTOR
Send an email at communityclasses@rotamwr.com

ART CLASSES ART-HOMESCHOOL PROGRAM

Robotics, Programming & 3D Printing Classes

Tuesdays, 3rd-6th Grade: 4 - 4:55 p.m.

7th -10th Grade: 5 - 5:55 p.m. \$50.

Children will learn the fundamentals of programming, robotics and 3D printing using the project-based learning (PBL) methodology.

Private lessons: \$50 for a 60 minute one time lesson or \$150 for a punch card with 4 - 60 minute lessons.

Private lessons (Electronics, Programming and 3D Printing) are tailored to teenagers considering pursuing related degrees, and adults seeking positions requiring technical knowledge. These private lessons are also offered as a closed group of two students, the price for this option is \$210 per punch card (one punch card for both students). Instructor: Pablo.



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ENGLISH SPOKEN HERE

child & youth

ALL CYP FACILITIES WILL BE CLOSED FEBRUARY 15TH FOR AN IN-SERVICE DAY

• cdc (6 weeks-5 years), 727-1100 Hourly Care Reservations

Care is available for your child on a space available basis even if you do not want to enroll them in full time care. Hourly or daily fees apply. Please visit our website at www.navywmwrrota.com to learn how to use CYP Online to make reservations or call 727-1100 to make a reservation.

CDC Closed
February 15th & 18th.

Sweetheart Cupcake Decorating
February 14th, 3 - 4 p.m.

Carnivale Parade
February 22nd, 4 - 4:30 p.m.

• SAC (k-6th grade), 727- 2839 Hourly Care Reservations

Care is available for your child on a space available basis even if you do not want to enroll them in full time care. Hourly or daily fees apply. Please visit our website at www.navywmwrrota.com to learn how to use CYP Online to make reservations or call 727-2839 to make a reservation. Spaces are limited.

SAC Before and After Care Registration

The SAC program coincides with the school year and provides care to Kindergarteners through 12 year old youth before and/or after school. Stop by our SAC program in Building 41 to find out more about this comprehensive recreational program.

No School Days
THU February 7th.

SAC will be open from 6 a.m. - 6:30 p.m. Hourly Care reservations can be made in person or on CYP Online.

Closed on Federal Holidays
MON February 15th & 18th.

Early Release Thursdays
THU February 14th, 21st & 28th.
SAC Bus will pick up at school at 1:45 p.m.

Family Event

February 11th - 14th.
SAC Families can participate in our "I LOVE MY KID" mural and Family Photo Booth.



CYP WIDE EVENTS

Parent Involvement Board Meeting

THU February 7th, 12 noon at CDC.
Focus is Rewards Program. Parents, come learn how to save money on your child care fees! Attending this meeting is worth 3 points towards a 10 point requirement for a \$30 discount!



• school liaison office, 727-2425

Spanish Schools Information Session

WED February 13th, 11 a.m. - 1 p.m.
At School Age Care, Building 41.
The SLO Liaison will host an information session for families wanting to use (or currently use) Spanish Schools who made need help with the process. Officials from Rota and Puerto Schools will be on hand to answer questions about schools in their respective communities. Each March is the Spanish schools registration month for the following school year. No RSVP is necessary. Contact SLORota@eu.navy.mil or call 727-2425 for more information.

• youth sports, 727-4721

YOUTH BASKETBALL SEASON

Mandatory Skills Assessment (Ages 6-15)

WED February 20th, 5 p.m.
in the DGF High School Gym.

Motor Skills Development (Start Smart)

TUE March 5th, 4 p.m.
Ages 3-5. Free.

Coaches Training
THU February 7th, 5 p.m.
at Bldg. 41.

Coaches CPR Class
FRI February 15th, 9 a.m.
at Bldg. 41.

Volunteer Basketball Coaches and Officials needed for Youth Basketball Season.

Xtreme Tennis Returns
February 22nd - 22 March 22nd.
5 - 6:30 p.m. \$50. MWR Tennis Courts.

• youth center, 727-4625

JAMS (AGES 10-13) & GRAVITY (AGES 13-18)

VALENTINE'S DANCE #WeOwnFridayNights

FRI February 1st. Extended hours, close at 10 p.m. Sign up by January 25th. \$5. Ages 10-13.
Please make payments at building #41. Open to registered members of Youth Programs only.

CostaJumpa

THU February 7th.
Sign up by January 30th. \$13. Ages 13+.
Open to registered members of Youth Programs only.

Recognition Party

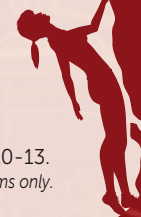
THU February 21st, 3 - 4 p.m.
All Ages. Free. At the Youth Center.
No registration required. Open to registered members of Youth Programs only.

Please visit our website at www.navywmwrrota.com to learn how to use CYP Online to make reservations and pay for the specific trips.

COMING UP...

Rock Climbing

FRI March 8th.
Sign up by February 22nd. \$6. Ages 10-13.
Open to registered members of Youth Programs only.



golF 727-2260

ONGOING PROGRAMS

FAMILY FUN DAYS
Every Sunday after 1 p.m.

FREE PGA SPOUSE GOLF LESSONS
Tuesdays, 11 a.m. - 12 Noon.

FREE USAA RANGE BALLS FOR ACTIVE DUTY MILITARY

Tuesdays & Thursdays, 4:30 - 6 p.m.
With PGA tips by appointment only on Thursdays.

TWILIGHT SPECIAL
Seven-days a week
after **3:30 p.m. - 6 p.m.**
\$12 unlimited golf. Carts are \$9 double rider or \$12 single rider.



WINTER 4 PERSON SCRAMBLE GOLF TOURNAMENT

SATURDAY
FEBRUARY 2ND
9:30 a.m. shot gun start.
Show up by 9:15 a.m.
\$20 plus green fees.
100% of Entry Fee is returned to prize fund as gift certificates.

CROSS-COUNTRY 4 PERSON SCRAMBLE GOLF TOURNAMENT

SATURDAY
FEBRUARY 16TH
9:30 a.m. shot gun start.
Show up by 9:15 a.m.
\$20 plus green fees.
Golf Course Design and layout is really challenging and fun to play.
100% of entry fee is returned to prize fund as gift certificates.



SIGN UPS FOR ALL GOLF PROGRAMS ARE TAKEN IN THE GOLF PRO-SHOP.
CALL GOLF SHOP AT 956-82 2260



Valentine's Day

SWEETHEART

GOLF TOURNAMENT

FEBRUARY 14th

5:15 p.m. (Show up by 5 p.m.)

FORMAT: 4 PERSON 9 HOLE SCRAMBLE
\$20 per person. Includes G.F., F&B & Prizes
Annual Members: \$11.



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