



▼ wHat's iNside?

Special Events

Denver Broncos Cheerleaders
& Players "Pro Blitz" Half Time Show

Tickets and Travel

Foodie Tour: Jamon Iberico

Fitness Center

New Year's 5k Resolution Walk/Run

Liberty

President's Day Weekend in Dublin

Pinz

Bowling League



vaMos!

MWRROTA MONTHLY MAGAZINE

iSsue#97

jaNuary2020



MWRROTASpain

U.S. Naval Station Rota, Spain

www.navymwrrota.com/

www.facebook.com/RotaMWR





Marta López
Operations Assistant

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

Saturday & Sunday, Closed
US Holidays, 0900 - 1700

Community Classes,
727-2354

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

Monday - Thursday, 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 schedule.

Golf, 727-2260

Monday - Friday, 0900 - Dusk
Saturday & Sunday, 0830 - Dusk

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, 727-6323

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 - 1700
Saturday - Sunday, Closed

Please check
www.navymwrrota.com for
our Holiday Facility Hours
of Operation

mwr navsta rota, spain

PSC 819 BOX 14 / FPO AE 09645

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golf 727-2260



ONE-PERSON SCRAMBLE

GOLF TOURNAMENT

SATURDAY
JANUARY 25TH

Check-in: 9 a.m.

Shotgun start: 9:30 a.m.

\$20 per person plus green fees.

Format: One-person scramble.

You get to replay every shot one time.

Shoot some of your best golf ever!

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

727-6323

la plaza

SUPER BOWL LIV

FEBRUARY
2ND-3RD

La Plaza will remain open
overnight from
February 2nd-3rd,
closing after the
completion of the game.

Food and drink
specials available
throughout the evening

NGIS IS THE PREFERRED LODGING CHOICE FOR ALL TDY TRAVEL, MILITARY, CIVILIAN, FAMILY & FRIENDS

5 TIMES ZUMWALT AWARD WINNER

NAVY GATEWAY INNS & SUITES

For reservations and information: 1-8777-NAVY-BED ~ NGIS.dodlodging.net
Front Desk: Off-base, (34) 956-82-1871 / On base, 727-1871

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

Tue & Thu, 4:30 - 6 p.m.

With PGA tips by appointment only
on Thursdays.

TWILIGHT SPECIAL
Seven-days a week

after 3:30 p.m.

\$13 unlimited golf. Carts are \$9 double rider
or \$12 single rider.

KEY GOLF SPECIAL

Are you PCSing or TDY to Rota?

Present your hotel key at the golf shop and
you are eligible for the following:

Standard Club Rental:
\$5 (9 holes); \$8 (18 holes)

9-Hole Green Fee: \$2 off

18-Hole Green Fee: \$2 off

Note: Discount will be taken from standard
green fees.

LIBERTY GOLF DAY

Last Sunday of month.

Starts at 1 p.m.

special events

ARMED FORCES ENTERTAINMENT
PRESENTS



DENVER
BRONCOS
CHEERLEADERS
& PLAYERS
"PRO BLITZ"
HALF TIME
SHOW

DURING OUR
SEABEES VS MARINES
FLAG FOOTBALL
GAME

TUESDAY

JANUARY 28TH 6 p.m.

At the MWR Turf Football Field.

Food & Beverages

available for purchase.

All ages event.

Call MWR Special Events

at 727-1410 for more

information.



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

community Rec

vamos! MWRROTAMONTHLYMAGAZINE, JANUARY2020

FOODIE TOUR: JAMÓN IBÉRICO

SATURDAY
JAN.25TH
7 a.m. - 8 p.m.

Sign up by January 22nd. \$90 (adults only).

Travel with us to the natural park Sierra de Aracena in Huelva for the unique opportunity to see and experience how this world famous Andalusian delicacy is produced. Visit the jamon factory Eiriz in the town of Corteconcepcion, where the excellent quality of Iberian jamon is the result of a strict and pain staking process, starting in the fields where specially bred pigs are reared, feeding on locally grown acorns, through an age-old curing technique and finishing with the expert slicing and serving of the final product. After the educational portion of the tour, we will take you to one of the top restaurants in the town of Aracena, Meson Asador La Angarilla to have a three-course meal. The trip includes transportation, jamon factory guided tour with jamon tasting, lunch and wine.

TICKETS & TRAVEL

Gibraltar Rock Tour

SAT January 4th,
7:30 a.m. - 7:30 p.m.
Sign up by December 31st.
\$65 (adult) / \$55 (child).

Learn the history of Gibraltar, its people and all about the famous Barbary Apes! US tourist passport is required. Non-US citizens may need Visas. This tour includes transportation, guided tour, and time for shopping and enjoying Gibraltar's cuisine.

Ronda Historical Tour

SAT January 11th,
7:30 a.m. - 6:30 p.m.
Sign up by January 8th.
\$60 (adult) / \$45 (child).

Ronda retains much of its historic charm, particularly its old town. It is famous worldwide for its dramatic escarpments and views, and for the deep El Tajo gorge that carries the rio Guadalevin through its center. The 18th century Puente Nuevo (new bridge) straddles the 100m chasm below, where you get the views from the Alameda out over the Serrania de Ronda mountains. The Plaza de Toros de Ronda is the oldest bullfighting ring in Spain and is still used today. Historical tour includes: transportation, guided tour and some free time.

Red Wine Visit, Tasting and Dinner

FRI January 17th,
5:30 p.m. - 11:45 p.m.
Sign up by January 15th.
\$80 (adult) / \$55 (child).

Tickets and Travel will take you to Bodegas Luis Perez, pioneer of red wine producing in the province of Cadiz. We will visit the winery, wine taste, and have dinner thereafter. Trip includes transportation, winery visit, wine tasting, and dinner.

Cordoba Historical Tour

SAT January 18th,
7 a.m. - 9:30 p.m.
Sign up by January 15th.
\$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.

Shopping in Sevilla City Center and Lagoh Mall

MON January 20th,
7:30 a.m. - 7:30 p.m. Sign up by
January 17th. \$25 per person /
No charge under 2.

Spend the Martin Luther King's Holiday in the beautiful city of Sevilla for a day of shopping. We will drop you off at the city center for a few hours of self-guided shopping at your pace. Afterwards, we will take you to the newly-opened shopping mall and entertainment at Lagoh - considered the largest mall in Sevilla. The center covers approximately 100k square meters and is host to close to a 150 shops, 60 restaurants, and various entertainment facilities like pool surfing, wind tunnel, zip line, movies, boat ride on the lake of 6k square meters, and children's park. The trip includes transportation only.

Vejer Historical Tour & Bolonia Roman Ruins

SAT February 1st,
8 a.m. - 6:30 p.m.
Sign up by January 29th.
\$60 (adult) / \$45 (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.

Alhambra (Granada) Guided Visit

SAT February 8th,
5:30 a.m. - 11 p.m.
Sign up by February 5th.
\$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.

Special Valentine's Day Arabian Bath and Dinner

FRI February 14th,
5:30 - 10:30 p.m.
Sign up by February 12th.
\$125 per person.
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!

Paintball

SAT January 4th, 9 a.m. - 4 p.m.
Sign up by December 31st. \$75. Ages 18+.
Paintball combines teamwork, strategy and skill into a fun, exciting and action packed day. Price includes transportation, a semi-automatic paintball gun, a clip with 500 paint balls, protective masks, and camouflage gear.

Hiking "El Caminito del Rey"

SAT January 11th, 5:30 a.m. - 8 p.m.
Sign up by January 8th. \$60. Ages 18+.
The path El Caminito del Rey is hanging in the air and it is built on the walls of the gorge Desfiladero de los Gaitanes. This way, attached to the gorge, is three kilometers long and less than one meter wide with long sections hundred meters above the river. The boardwalks and a hanging footbridge that stands at 105 meters height, as well as steep walls, make many visitors feel inevitably dizzy. Trip includes transportation, entrance to the "King's Path", guided visit and complementary snacks.

Bike Ride Olvera To Puerto Serrano

SAT January 25th, 7:30 a.m. - 6:30 p.m.
Sign up by January 22nd. \$45. Ages 18+.
The Via Verde de la Sierra bike ride is an easy bike ride along an abandoned railway through the banks of Guadalete river and the Cadiz range. It runs on the foot of the Peñon de Zafra: one of the largest vulture nesting areas in Western Europe. The route meanders through the valley crossing 4 viaducts and through 30 tunnels along the way. Length: 36 kilometers, 23 miles. Price includes transportation, bike, gear and expert guide.

Bike Ride in "La Via Verde"

SAT February 8th, 9 a.m. - 3 p.m.
Sign up by February 5th. \$25. Ages 18+.
The Rota's Greenway is on the old railway line linking El Puerto and Sanlucar 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.

**SKIS, SNOWBOARDS, BOOTS & HELMETS
NOW AVAILABLE AT OUR
OUTDOOR RENTAL**

727-3101
tickets & travel / outdoor rec

GRANADA SKI & SNOWBOARD TRIPS

(4 DAYS)

FRI January 17th - MON 20th

Sign up by January 13th.
\$285 per person. Ages 18+.

(3 DAYS)

FRI January 31st - SUN Feb. 2nd

Sign up by January 27th.
\$195 per person. Ages 18+.

The Sierra Nevada Ski and Mountain Resort is Europe's southernmost ski resort that has numerous runs of varying difficulties to satisfy all levels of skiers at an altitude of over 10,000 feet, and brilliant sunshine most of the winter. Sierra Nevada has 110 km of marked slopes, with 131 runs 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 by van, lodging (3-4 person apartments) Snowboard equipment! (board, boots, and helmet) and Ski equipment (ski, boots, and helmet). Space is limited.

Important: Trip does not include lift tickets, meals, or any other ski accessories. Lift ticket price is 48 euros per day.

SAVE YOURSELF TIME, REGISTER ONLINE!

www.militarychildcare.com for CDC and SAC Registration for **FULL TIME CARE**,
<https://www.navy.mwrrota.com/child-youth/cyp-online-payment> to register
for this convenient service for **YOUTH SPORTS AND TEEN PROGRAM**

Registration and payments.

You must already have a registration form on file with CYP to use the online system.

Get your Family ID from us if you don't remember it.

HOURLY CARE RESERVATIONS AT CDC & SAC

CARE IS AVAILABLE FOR YOUR CHILD at the CDC for ages 6 weeks to 5 years and at SAC for Kindergarteners thru 12 years on a space available basis at \$5 per hour. All children need to be registered in the program prior to making reservations.

Please visit our website at www.navy.mwrrota.com to learn how to use CYP Online to make reservations. If you have any questions, please do not hesitate to contact us:

CDC: Rota_CDC@eu.navy.mil - 727 1100

or SAC: Rota_SAC@eu.navy.mil - 727 2839

CYP CLOSURES

WED January 1st & MON January 20th.

Closed for Federal Holidays.

FRI January 17th due to In-Service Day.



MARTIN LUTHER KING DAY

cdc (6 weeks-5 years), 727-1100

I Have A Dream Week

January 13th - 17th.

Throughout the week, we invite all full time and hourly patrons to write their dreams and post it on our board. During the day, the children will learn about Martin Luther King, Jr. and celebrate the important steps he took for our country.

Black History Month Door Decorating Contest

SAT February 7th.

Full time and hourly participating patrons can help judge our door decorations in honor of this important month.



ANNUAL SEARCH FOR TOP YOUTH ARTISTS

Please join CYP in participating in the Boys & Girls Club of America National Art Contests, a comprehensive initiative promoting young people's creativity, and encouraging artistic skills and cultural enrichment. CYP Registration is required for submissions.

NATIONAL FINE ARTS CONTEST -

Categories include: pastel, monochromatic, multi-colored drawing, print making, watercolor, oil & acrylic, mixed media, collage, and group project.

IMAGEMAKERS NATIONAL PHOTOGRAPHY CONTEST -

Categories include: nature & surroundings, editing & filter, portraits, fashion & style, and culture & traditions.



SAC (k-6th grade), 727- 2839

Parent Participation Opportunity

PEACE QUILT PROJECT

January 13th - 17th. All day long.

Each family will receive one square of a quilt. All you have to do is to work as a family to draw and color about "What PEACE means to us." We will piece the quilt together and hang it in our building, encouraging others to think about peace.

SAC All Day Camps

THU January 2nd & FRI 3rd, School closed due to Winter Break.

FRI January 24th, School closed due to Teacher Work Day. Dress like a Pirate Day.

CLUBS: A GREAT HOURLY CARE OPPORTUNITY!

DAILY: **TRIPLE PLAY CHALLENGE,**

Monday - Friday, 3:30 p.m. Each day youth will be learning and practicing different games and activities meant to strengthen them and enhance their skills.

MONDAYS: **THE ARTS CLUBS,** 4 p.m.

TUESDAYS: **EDUCATION & CAREER CLUBS,** 4 p.m.

WEDS.: **HEALTH AND LIFE SKILLS CLUBS,** 4 p.m.

THURSDAYS: **4H: COMMUNITY SERVICE CLUB**

FRIDAYS: **STEM CLUB,** 4:30 p.m.

FRIDAYS: **SPORTS, FITNESS AND REC CLUBS**

CREATE YOUR OWN TRIP

Wanting to get out, see and do more here in Southern Spain? Youth ages 15 to 17 yrs. registered with CYP and interested in creating their own trip on those days off from school, only need to stop by the Youth Center! We will work together to plan and organize the trip with staff and transportation. Ideas are welcome, dates and opportunities will be limited and you must have 7 people to participate.

•youth center, 727-4625

JAMS (ages 10-13) &

GRAVITY (ages 13-18)

Youth Center Open

January 2nd, 3rd & 24th, 12 Noon - 6:30 p.m.

No school days.

Field Trip to Jerez Fun Center

FRI January 24th, 9 a.m. - 4 p.m.

Sign up by January 21st. \$5. All ages.

Please sign up online or at SAC building #41. Space is limited.

Open to registered members of Youth Programs only.

Recognition Party

THU January 30th, 3 - 4 p.m. Free. All ages.

Party will be held at the Youth Center and open to registered members of Youth Programs only.

Cookie Care Packages

#WEOWNFRIDAYNIGHTS

FRI January 10th. Extended hours, close at 10 p.m. Free. All ages.

Join the Youth Center in creating cookie care packages for our local Sailors! Open to registered members of youth Programs only.

Sierra Nevada Ski & Snowboarding Trip

January 31st - February 3rd.

Sign up by January 11th. Ages 13 and up. \$375

No refunds. Please sign up online or at SAC building #41. Space is limited. Open to registered members of Youth Programs only.

Cost includes lodging, meals, rental gear, lifts and ski or snowboarding classes.

COMING UP...

Valentine's Dance

#WEOWNFRIDAYNIGHTS

FRI February 7th. Extended hours, close at 10 p.m.

\$5. Ages 10-13. Sign up by January 31st.

Open to registered members of Youth Programs only.

Check out our Youth Center calendar for club dates and times! Hope to see you all at the Youth Center!



•youth sports, 727-4721

Youth Basketball Season Registration

TUE January 28th. \$60.

Open registration at Bldg 41 and online continues until filled. Don't delay spots fill quickly.

Mandatory Skills Assessment:

TUE February 25th, 5 p.m. at the DGF High School Gym. Ages 6-15.

Motor Skills Development. Start Smart:

TUE March 10th, 4 p.m. Ages 3-5. \$25.

Coaches Training

THU January 23rd, 5 p.m.

Coaches CPR Class

FRI January 24th, 9 a.m.

Please email Rota_youthsports@eu.navy.mil or call 727-4721 to attend trainings.

Are you a member of the Parents Association for Youth Sports (PAYS)? If so, take advantage and enroll now to guarantee your spot in this year's baseball season. Those not enrolled will not be allowed to assess. Not a PAYS member yet? Anyone can be one, just go to <http://www.nays.org/payonline> or contact us to learn how.

Volunteer Basketball and Baseball Coaches and Officials needed for Youth Seasons.

•school liaison office, 727-2425

Special Needs Parent Support Group

TUE January 7th, 9 a.m.

At the Air Terminal Food Court.

The SLO Liaison will host our monthly Special Needs Support Group for Parents. It is a great opportunity for families to connect.

F.E.E.T. (FRIENDS EXPLORING ESPAÑA TOGETHER)

Youth Sponsorship

FRI January 3rd, 9 a.m. - 5 p.m.

School Age Center, Building 41. Open to all new youth going into grades 6-12. Youth must be registered with CYP.

The School Liaison Office and Youth Programs conducts an Orientation/Field Trip for new students. This allows us to ensure teens are informed about the many programs Rota has to offer and are given the opportunity to make friends and enjoy their new duty station. They will also meet school administrators, meet youth center staff and other key community members. We will also take a trip by ferry to Cadiz and do a scavenger hunt. Lunch and snack are provided, and the cost is free. Space is limited for the F.E.E.T. Youth Sponsorship Orientation and trip.



I WILL

THIS YEAR IT'S GOING TO BE DIFFERENT
NEW YEAR'S HEALTHY RESOLUTIONS

2020 LOADING...



January starts off with such promise. As you eat and drink your way through December, it's easy to keep telling yourself that you can get back on the healthy horse as soon as the New Year rolls around.

Why is it that our well-intentioned, heartfelt New Year resolutions usually crumble by February? Principally, there are two reasons. First off, we don't set ourselves clear, specific or realistic targets, talking instead in vague terms about 'losing weight' or 'getting healthier'.

Secondly, we anticipate 'failure' right from the outset (after all, it's what we've always experienced in the past).

Well, this year it's going to be different.

LET'S LIST SOME SUGGESTIONS FOR WAYS THAT YOU CAN IMPROVE YOUR GOALS IN A REALISTIC FASHION



PROMISE



CONCLUSION



BEHAVIOUR



SUCCESS

1 GET SPECIFIC ABOUT YOUR GOALS

What does 'toning up' or 'losing weight' actually mean to you? When you formulate a new goal put it through the SMART test. Is the goal Specific, Measurable, Achievable, Relevant and Time-framed? If not, then adjust it so that it is – and write it down. Compare 'I'm going to lose weight this year' to 'I'm going to lose ten pounds by March,' to get an idea of how much more compelling a SMART goal is.

2 INCREASE FRUIT AND VEGETABLES

Fruit and vegetables are packed with health-promoting, disease-fighting phytonutrients, fiber, vitamins and minerals and ideally you should be consuming five to eight portions a day. If seems daunting, think about spreading your intake throughout the day. Never leave the house without having at least one portion, for example. You could start the day with a fruit smoothie or a fresh juice; have a side salad with your lunch, etc...

3 MAKE IT SOCIAL

Going to the gym a couple of times a week on your own isn't for everyone. Whether it's the boredom of working out solo or struggling to motivate yourself to even go in the first place. If you pick a workout activity that involves other people, not showing up is less of an option. Team sports like tag-rugby or five-a-side football are good ways of making sure you honour your exercise commitment.

4 GET A COACH

When you're starting out it's worthwhile getting the advice of a personal trainer. Having someone help you put a plan in place that you can follow, will prevent you from setting off on the wrong foot. The worst scenario you could get yourself into is being halfway through the year and realising that the type of workout you've been doing is unsuited to your body type or doesn't match the goals you've set.

5 DON'T FOCUS ON THE NUMBERS

Math is a wonderful thing, but when it comes to watching your weight, quite often it can do more harm than good. Especially when it comes to your morale. Your weight may not automatically start to drop down when you begin exercising for a host of reasons.

6 CHANGE SMALL HABITS

The little things can make a big difference. You could start taking the stairs instead of the lift. You could walk to work or at the very least park a little further away from the office and give yourself a bit of a walk.

7 MAKE THE TIME

Mark your calendar. Set your alarm. If you have an exercise plan make sure it's achievable with your current work and social routine. Once you've established what that plan is, make sure you stick to it.

8 ENJOY WHAT YOU DO

The banality of using the treadmill day in and day out doesn't lend itself to a long-term commitment. If you can find a way of exercising that you enjoy and can look forward to, it makes it a lot easier to keep at it.

9 LEARN A NEW ACTIVITY

Whether it's surfing at the beach, horseback riding, a tennis lesson at your local club or signing up for a course of Pilates sessions - pledge to acquire a new activity-related skill this year. The body gets complacent when you always do the same thing, and having adapted to what you normally do, no longer finds it challenging.

10 GIVE YOURSELF A BREAK

Eagerness is an admirable quality when it comes to getting in shape, nonetheless, you don't want to overdo it. Make sure you give yourself rest days and allow yourself the time to indulge in certain vices in moderation. That way you're more likely to avoid physical and psychological burnout.



• fitness, 727-2565

CFL Meeting

WED January 15th, 11:30 a.m.
CFL Meeting for Command Fitness Leaders and Assistant Command Fitness Leaders. MWR will be starting practical training and updated information for continuing education of the CFL's in Rota.

Youth Fitness Certification

THU January 30th, 5 p.m.
The Youth Fitness Certification teaches the fundamentals of fitness, proper use of equipment in our facility and DoD policy that pertains to physical fitness in MWR facilities. Youth are given a facility orientation, one-on-one weight and/or cardio training orientation and a written test.

NEW YEAR'S RESOLUTION 5K WALK/RUN

COME JOIN US AT THE FITNESS CENTER TO START 2020 OFF THE RIGHT WAY!

WEDNESDAY 5 P.M.
JAN 8TH

Nothing like a motivating 5k at the beginning of the year to get you on the right track for the New Year!

All ages are welcome.

SUPERBOWL FLAG FOOTBALL TOURNAMENT

SUNDAY 12 P.M. NOON
FEB 2ND

Sign up by January 29th.
Free. Ages: 18+.

Roster & Coach Meeting:
FRI January 31st, 4 p.m.

The by-laws, regulations and schedule will be provided at the coaches meeting. Awards to champion and runner up.

The Learn-to-Swim program focuses on building skills one step at a time. By giving them the opportunity to master one element before moving on to the next, our kids' swim classes make it easy to build confidence in the water.

• sports, 727-1916

Captain's Cup BASKETBALL League

Starting MON January 13th.

MONDAYS & WEDNESDAYS, 6 p.m.
Sign up by January 7th. Free. Ages: 18+.

Roster & Coach Meeting: THU January 9th, 5 p.m.

The by-laws, regulations and schedule will be provided at the coaches meeting. The league will be for 8-12 weeks depending on the number of participants. Awards to champion and runner up.
Email: Rota_sports@eu.navy.mil

Captain's Cup INDOOR SOCCER League

Starting TUE January 21st.

TUESDAYS & THURSDAYS, 6 p.m.
Sign up by January 10th. Free. Ages: 18+.

Roster & Coach Meeting: TUE January 14th, 5 p.m.

The by-laws, regulations and schedule will be provided at the coaches meeting. The league will be for 8-12 weeks depending on the number of participants. Awards to champion and runner up.

COMING SOON! (IN FEBRUARY)
RACQUETBALL TOURNAMENT

• aquatics, 727-2129

Parent & Child Swim Lessons

2 Week sessions. Six 30 minute classes:
WED-THU-FRI, January 15th - 17th & January 22nd - 24th, 10 - 10:30 a.m.
Ages 8 months - 3 yrs.
30 minute classes.

Level 1 & 2 Swim Lessons

2 Week sessions. Six 45 minute classes:
WED-THU-FRI, January 15th - 17th & January 22nd - 24th, 4 - 4:45 p.m.
Ages 4 and up.

Adult Private Swim Lessons

Four 30-min. sessions for \$72.

Adult Swim lessons are intended to help someone overcome their fear of the water and achieve a minimum level of water competency. Others may wish to improve their swim skill and technique.

Navy 2nd Class Swim Testing

Available by appointment only.



Meeting Your Needs at Home & at Sea

The
Fleet & Family Support
Center

FFSC ROTA

NEW YEAR, NEW YOU

January is a great time to make positive changes in different areas of your life. **FFSC CLINICAL COUNSELING** provides short-term clinical counseling for individuals, couples and families to address:

LIFE STRESSORS

GRIEF/LOSS

DEPLOYMENT SUPPORT

ADJUSTMENT/TRANSITION CHALLENGES

SELF-IMPROVEMENT AND POSITIVE CHANGE



SUPPORTIVE RESPONSE TO COMMAND INDIVIDUAL CRISES

REFERRAL TO OTHER MILITARY & COMMUNITY RESOURCES

FFSC PROVIDES CONFIDENTIAL COUNSELING BY PROFESSIONAL, LICENSED CLINICIANS

NOT ATTACHED TO YOUR MEDICAL RECORD

NO NEED FOR A REFERRAL

FREE OF CHARGE FOR ACTIVE DUTY PERSONNEL, DOD CIVILIANS, FAMILY MEMBERS & CONTRACTORS

2020
JANUARY

DATES PROGRAMS

01-05	TRANSITION WORKSHOP January 6-8, 0800-1630
MON 06	INTER-CULTURAL RELATIONS (ICR) January 6-9, 0830-1500
07/08	MANAGING YOUR EMPLOYMENT (FORMERLY DOLEW) January 9-10, 0830-1630
THU 09	OMBUDSMAN ASSEMBLY MEETING 1115-1315 S.P.A.R.K (SINGLE PARENTS ACTIVELY RAISING KIDS) 1500-1630
FRI 10	DONUTS WITH DAD 0900-1000
11/12	SAPR 40 HR INITIAL TRAINING January 13-17, 0800-1630
MON 13	INTER-CULTURAL RELATIONS (ICR) January 13-16, 0830-1500 DROP-IN RESUME REVIEW 0900-1100 SPOUSE MEET AND GREET 1100-1300
TUE 14	BUSY BEES 1000-1100 CAPSTONE TGPS 1000-1200
WED 15	MANAGING YOUR VO-TECH (FORMERLY CEPT) January 15-16, 0830-1630 IA CYCLES OF DEPLOYMENT 1300-1400
FRI 17	A.N.C.H.O.R.E.D 1200-1300
18/19	OLIVE MILL IN ZAHARA DE LA SIERRA 0830-1600
MON 20	THE STARS ARE LINED UP FOR MILITARY SPOUSES 0930-1130 MANDATORY SAPR VA/POC MEETING 1300-1400 SAPR VA REFRESHER 1400-1500
TUE 21	CONSEP January 22-23, 0830-1630 SMOOTH MOVE 0930-1130
WED 22	INTER-CULTURAL RELATIONS (ICR) January 27-30, 0830-1500
23-26	10 STEPS TO A FEDERAL JOB 0830-1130
MON 27	DROP-IN RESUME REVIEW 1600-1800
TUE 28	CAPSTONE TGPS 1200-1400 SAPR VA REFRESHER 1400-1500
WED 29	INTRODUCTION TO SPANISH January 7-30, Tues/Thurs 0930-1100
THU 30	
31	
07-30	

**Olive Mill in Zahara de la Sierra. 10 Euros for 14 years old and above. 6 Euros for 5-13 years old. Please bring exact change on the day of tour to pay guide.

FLEET AND FAMILY SUPPORT CENTER

Hours: Monday-Thursday 8 a.m. - 6:30 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

Email: FFSC.Rota@eu.navy.mil

24/7 NAVSTA Rota
Sexual Assault Helpline

646-407-871

facebook.com/ffsc.rotar



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 all patrons.

Times & age groups:

Ages 2 and up. 11 - 11:30 a.m.

Afternoon session: 2:30 - 3 p.m.

January 7th: Cats

January 14th: Dogs

January 21st: Martin Luther King Jr.

January 28th: Barnyard Tales



MARTIN LUTHER KING DAY

book REVIEW

STICK CAT & STICK DOG SERIES

By Tom Watson

A brand-new series from Tom Watson, featuring Stick Cat! There's a new pet in town.

Introducing everyone's new best friend: Stick Dog! He'll make you laugh... he'll make you cry... but above all, he'll make you hungry. Follow Stick Dog as he goes on an epic quest for the perfect burger. With hilarious stick-figure drawings, this book has a unique perspective, as the author speaks directly to the reader throughout the story in an engaging and lively way.



ROTA LIBRARY BOOK CLUB MEETING

THU January 9th, 5 p.m. Ages 18 & up.

The Library is starting a new book club. If you are interested in being part, please come by the Library on January 9th. Guidelines and days of meeting will be set, books will be chosen. More information please call 727-2418.

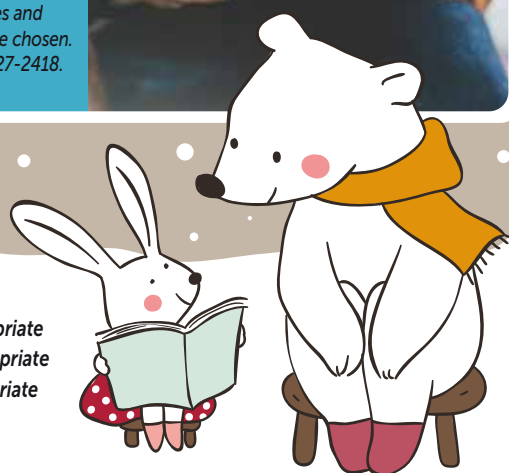


WINTER READING PROGRAM

JANUARY 8TH - FEBRUARY 26TH

MWR library will offer a 7-week program for all ages. Please come by the library to collect the reading log.

● **PRIZES** will be awarded at the end based on the amount of books read.



Children ages 4-8: **20 books age appropriate**
Children ages 9-12: **15 books age appropriate**
Teens 13 & above: **10 books age appropriate**
Adults: **7 books**

DGF Students Night

Mondays, 5 - 7 p.m. All ages.

Groups up to 5 people can bowl for one hour including shoes rental for \$20. Children 13 and younger adult supervision required. Don't have a group of 5 people? Join us nonetheless! Buy one game and get a second game for free (shoes rental applies).

Family Night

Tuesdays, 5 - 7 p.m.

Families up to 5 people can bowl for one hour including shoes rental for \$20.

Cosmic Bowling

Fridays, 7 - 10 p.m.

and Saturdays, 6 - 9 p.m. \$20.

Groups up to five people per lane can bowl for one hour including shoes rental for \$20.

BOWLING CENTER

LEAGUE SAVE THE DATE!

Mandatory Meeting:

THU January 9th, 6:30 p.m.

League Start Date:

THU January 16th, 6 - 9 p.m.

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.

Liberty's Bowling Night

Second Thursday of each month.

Enjoy a free night of bowling and pizza with Liberty (free for single unaccompanied E-6 and below). Sign in on the Liberty sign-up sheet at the front counter at Pinz. Shoe rental included.



NEW YEAR'S EVE AT LA PLAZA

Starting at 9 p.m. Come join us and begin your New Year Spanish style with your 12 grapes/12 wishes.

Ages 18+



MONDAY

SPAGHETTI BOLOGNESE

Hearty beef and tomato sauce over al dente spaghetti. Served with choice of soup or salad and La Plaza's famous garlic knots.

TUESDAY

BACON WRAPPED SWEET & SPICY CHICKEN

Baked chicken breast wrapped in bacon with house spices and fries. Served with choice of soup or salad and rustic bread.

WEDNESDAY

SPICY GARLIC GINGER PORK LOIN

Pork loin strips in a spicy garlic ginger sauce over Basmati rice. Served with choice of soup or salad and rustic bread.

THURSDAY

CHICKEN FRIED STEAK

Tender beef steak breaded and fried accompanied with mashed potatoes and country gravy. Served with choice of soup or salad and rustic bread.

FRIDAY

FISH TACOS

Two soft tacos filled with crispy fried fish strips with Pico de Gallo accompanied with Cajun fries. Served with choice of soup or salad and tortilla chips and salsa.

PHOTO IS USED FOR ILLUSTRATIVE PURPOSES. DISH MAY LOOKS DIFFERENT.



JANUARY



DAILYDISH. LA PLAZA
MONDAY - FRIDAY, 11 A.M. - 2 P.M.

LTO sandwich LIMITED TIME OFFER



HAM DOUBLE CHEESE SANDWICH

TWO SLICES OF HAM AND TWO SLICES OF CHEDDAR CHEESE IN SPANISH BREAD

JANUARY 1ST - 31ST

PRICE \$6
WHILE SUPPLIES LAST

café.com

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We now have the **fastest internet speed** of any local hotel (20 Mb in each apartment with an upgrade option of up to 100 Mb) and **cable Tv** with all the major channels (AXN, FOX, History Channel, etc...)

20-100 Mb

LA ESPADAÑA APARTHOTEL

LA ESPADAÑA APARTHOTEL

Pets are a part of the family

Avda. de la Diputación, 150 11520 ROTA, Cádiz

Ph: 956 846 103 Fax: 956 846 102

Email: info@hotelespadana.com www.hotelespadana.com

PET-FRIENDLY HOTEL

No official U.S. Navy endorsement is implied

Flamenco Dance Lessons

Mondays, 10 - 11 a.m. Adults.
Wednesdays, 3:45 - 4:45 p.m. Children.
 \$40/month, once a week 60-minute class.
Flamenco dance is a highly-expressive, Spanish dance form. The Flamenco is a solo dance characterized by hand clapping, percussive footwork, and intricate hand, arm, and body movements. Instructor: Yvonne.

Belly Dance

Tuesdays, 10 - 11 a.m.
 \$45 per month per person. Adult group class.
Learn Belly dance oriental and lyrical style. 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. To complete this wonderful dance, the arms are used to frame and accentuate movements of the hips, for intense gestures, and to create beautiful lines and shapes with the body. Instructor: Selen.

Ballet Classes

Tuesdays,
Ages 3-5: 3:45 - 4:40 p.m.
Ages 6-8: 4:50 - 5:50 p.m.
Wednesdays, Ages 9-11: 4:50 - 5:50 p.m.
 \$40 per month, once a week 60-minute class.
Dancers will have fun learning basic ballet positions, age appropriate stretching exercises and correct posture in a positive and creative environment. Dancers will also have the opportunity to express themselves through the physical joy of learning to dance to music. Instructor: Yvonne.

Music Classes

Private Guitar Lessons

Time slots available **Wed & Thur**, 4:30 - 8:30 p.m. \$72 for a punch card of 4/30 minute lessons.
Full range of adult and kids lessons for all abilities. Customized guitar lessons: Classical, Acoustic, Electric, and Bass. Theory and Musical production lessons from beginner to most advanced levels. Instructor: Juan.

Private Piano Lessons

Time slots available **Mon, Tue, Thur & Fridays**, 3 - 7 p.m. \$72 for a punch card of 4/30 minute lessons.
Take individual piano lessons from beginners to advanced; learn to play piano and read music with our experienced instructor: Hispana.

Private Voice Lessons

Time slots available **Tuesdays**, 3 - 7 p.m.
 \$72 for a punch card of 4/30 minute lessons.
Our voice teacher guides beginner, intermediate, and advanced singers through the various stages of vocal progression, assisting with pitch training, developing timbre and keeping steady tempo. Instructor: Lynette.

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

Aikido Classes

Ages 5-7: Thur, 4 - 4:45 p.m. \$40.
Ages 8-13: Thur, 4:50 - 5:50 p.m. \$45.
Ages 14-17: Mon, 4 - 5 p.m. \$45.
Ages 18+: Mon, 5:15 - 6:45 p.m. \$50.
Ladies Class, ages 18+:

Saturdays, 10 - 11:30 a.m. \$50.
Co-ed Class, 18+:
Saturdays, 11:45 a.m. - 1:15 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! Instructor: Carlos.

Spanish Classes

Mon, Wed, Thur,
 10:15 - 11:15 a.m. & 3:30 - 7 p.m.
Tuesdays, 3:30 - 7 p.m.
Thursdays, 4 - 6:15 p.m.
Individual Lessons: \$20/hour (punch card: \$80 per card for 4 lessons).
Group Lessons: \$45 (once per week, one month), \$75 (twice per week, one month).
Did you know that people who speak two or more languages have significantly better overall cognitive abilities than those who speak one? Veronica and Yolanda are two amazing teachers with years of experience.

HAND LETTERING & FAUX CALLIGRAPHY WORKSHOPS

MON January 6th, 10:30 a.m. - 12 p.m.
THU January 23rd, 5:15 - 6:45 p.m.
 \$25 per person. Adults & children ages 10+ (accompanied by an adult).
Learn the art of "Faux Calligraphy" and "Print Lettering" with a Micron pen. In this workshop you will learn how to form letters, lay out your design, and add embellishments. All the skill levels are welcome. You will take home your Micron pen and extra practice sheets so you are ready to create your own hand lettered holiday cards, place cards, menus and more. Limited to 15 participants!

Looking for VIOLIN, GYMNASTICS, ART AND TUTORING INSTRUCTOR
 Please contact us at 727-2354

SEVILLANAS FOR FERIA

Wednesdays, 10 - 11 a.m.
Tuesdays, 4:50 - 5:50 p.m. \$40/month.
Learn or improve your skills with the popular folkloric dance of southern Spain, las Sevillanas! 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: Yvonne.

NEW YEARS DAY BRUNCH

WED January 1st, 1 - 9 p.m. Free admission for Liberty eligible E6 & below.
Come out to the Liberty Center for brunch and make a vision board for your New Years Resolutions.

LIBERTY NIGHT AT THE MOVIES

THU January 2nd, 7 p.m. Free admission for Liberty eligible E6 & below.
Enjoy hot buttered popcorn and an ice cold soft drink while you enjoy your movie! On the day of, sign in on the Liberty Sheet at the front counter in Flix.

LIBERTY NIGHT AT PINZ

THU January 9th, 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. Shoe rental included.

FRIDAY NIGHT MAGIC

FRI January 10th, 6 - 9 p.m.
Come bring your Magic the Gathering deck, or use one of ours provided, weather you are The Magic King, or new, come have some fun as we nerd out.

STRAWBERRY ICE-CREAM DAY

WED January 15th, 6 - 9 p.m.
It is National Strawberry Ice-cream Day so to celebrate making it half way through the week, come have some sweet Strawberry Ice-Cream on us.

APPRECIATE A DRAGON DAY & DRAGON MOVIE MARATHON

THU January 16th, 2 - 9 p.m.
Dragon themed movies, some Dragon themed games and some Dragon themed treats on the side.

GIANT D&D/BOARD GAME NIGHT

FRI January 17th, 6 - 9 p.m.
Come have fun enjoying a one shot D&D campaign, or come play one of our many board or card games. But with the Twist of Everything being huge including big foods.

MARTIN LUTHER KING JR. DAY

MON January 20th, 2 - 9 p.m.
In Celebration of one of our History's Greatest Free Speakers, and civil rights activists we will be watching movies in his honor.

CORNHOLE TOURNAMENT

WED January 22nd, 6 - 8 p.m.
Join Liberty to show those cornhole skills.

LIBERTY GOLF DAY

SUN January 26th, 1 p.m.
 Free for eligible E6 & 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.

DOGGIE DATE NIGHT WITH RAWL

MON January 27th, 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 here at the Liberty Center! You can even take them on a walk around base!

FLAG FOOTBALL GAME

WED January 29th, 6 - 8 p.m.
We're gearing up for the Super Bowl with a good old fashioned Flag Football game. Bring your friends to settle the score out on the field.

THROW LIKE MANNING COMPETITION

THU January 30th, 6 - 8 p.m.
Can you throw like your favorite Quarterback? Show us your skills to see who is best. Best arm gets the prize! Provided: Game and prizes.

CALL OF DUTY BLACK OPS 4 TOURNAMENT

FRI January 31st, 6 - 8 p.m.
Come prove it and fight in a Call of Duty Tournament.



JANUARY events



SAILOR ADVENTURE QUEST

BARRACKS COOKING HIBACHI

MON January 13th, 6 - 8 p.m.
We will have a class to teach you all you need to know to get the perfect dish.

BARRACKS COOKING 101. NATIONAL BLUEBERRY PANCAKE DAY

THU January 30th, 6 - 8 p.m.
We're celebrating National Blueberry Pancake day by showing you how to make homemade pancakes!

Shopping in Sevilla City Center & Lagoh Mall

MON January 20th, 7:30 a.m. - 7:30 p.m.
 Sign up by January 17th. \$20 for E6 & below. \$25 for E7 & above.
Spend the Martin Luther King's Holiday in the beautiful city of Sevilla for a day of shopping at the newly-opened shopping mall and entertainment at Lagoh - considered the largest mall in Sevilla. The center covers approximately 100k square meters and is host to close to a 150 shops, 60 restaurants, and various entertainment facilities like pool surfing, wind tunnel, zip line, movies, boat ride on the lake of 6k square meters, and children's park. Provided: Transportation only.

Foodie Tour: Jamón Ibérico

SAT January 25th, 7 a.m. - 8 p.m.
 Sign up by January 22nd.
 \$72 for E6 & below.
 \$90 for E7 & above.
Travel with us to the natural park Sierra de Aracena in Huelva for the unique opportunity to see and experience how this world famous Andalusian delicacy is produced. Visit the jamon factory Eiriz in the town of Corteconcepcion, where the excellent quality of Iberian jamon is the result of a strict and painstaking process. After the educational portion of the tour, we will take you to one of the top restaurants in the town of Aracena to have a three-course meal. The trip includes transportation, jamon factory guided tour with jamon tasting, lunch and wine.



GRANADA (4 Days) SKI & SNOWBOARD TRIPS

FRI January 17th - MON 20th
 Sign up by January 13th.
 \$228 for E6 and below.
 \$285 for E7 and above.
The Sierra Nevada Ski and Mountain Resort is Europe's southernmost ski resort that has numerous runs of varying difficulties to satisfy all levels of skiers at an altitude of over 10,000 feet, and brilliant sunshine most of the winter. Night skiing is available on Saturdays, weather permitting. Trip includes: Transportation by van, lodging (3-4 person apartments); Snowboard equipment! (board, boots and helmet) and Ski equipment (ski, boots, and helmet). Space is limited.

JANUARY tRips



PRESIDENT'S DAY WEEKEND IN DUBLIN, IRELAND

FRIDAY- MONDAY
FEBRUARY 14TH - 17TH

\$595 for single / unaccompanied E6 & below.
\$645 for all other TEI or DoD ID card holders 18+.

Sign up by January 10th.

Join Liberty on our international trip to Dublin! Price includes transportation to / from airport and tour, airline ticket, 3 star hotel for 3 nights (with breakfast), and the Cliffs of Moher. The city center of Dublin offers a rich history of Ireland with tons of great traditional food and music. Enjoy a tour of the Cliffs of Moher, which has been featured in movies such as the Princess Bride, and Harry Potter. Take in the spectacular views the cliffs have to offer.
Provided: Transportation, airfare, 3 star hotel for 3 nights (with breakfast) - triple room, and Cliffs of Moher tour.
Eligibility: All TEI / DoD ID card holders, though only single / unaccompanied E6 and below receive the discounted rate.



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