



▼ **what's iNside?**

Fitness Center

Annual Doggy Dash & Splash

Special Events

Jason Michaels Live Show

CYP

Hiring Event

PINZ

Fall Bowling League

◀ **vaMos!** ▶

MWR ROTA MONTHLY MAGAZINE

▼ **iSsue#93**

september 2019



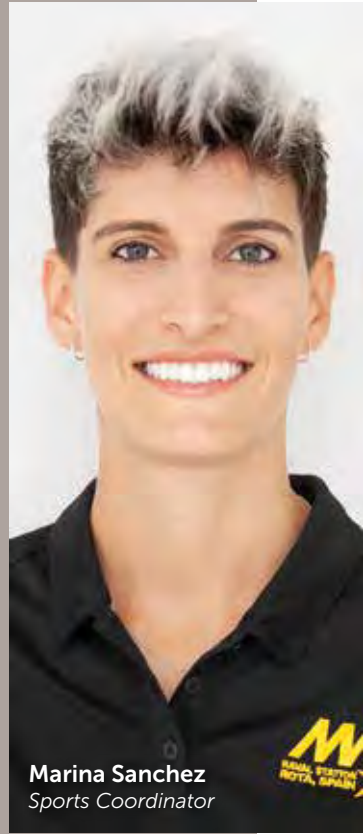
MWR ROTA SPAIN

U.S. Naval Station Rota, Spain

www.navymwrrota.com/

www.facebook.com/RotaMWR





Marina Sanchez
Sports Coordinator

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

Starting September 3rd:
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 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

Summer Hours until September 17th:
Monday - Friday, 1100 - 2300
Saturday, Sunday,
and Spanish Holidays, 1200 - 2300
Regular hours starting Sept 18th:
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 - Thursday, 1100 - 1800
Friday, 1100 - 2000
Saturday - Sunday, 1400 - 2000



mwr navsta rota, spain

PSC 819 BOX 14 / FPO AE 09645

Tel: 011 (34) 956-82-1517

Tel (On Base): 727-1517

Megan Ryan, Fleet Readiness Director
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, Community Recreation Director
727-1410

Hunter Vinson, Fitness Director
727-3264

Sara Fine, Food and Beverage Director
727-2923

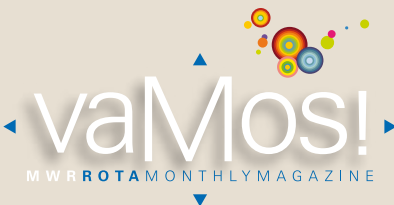
marketing office

727-1515 / 727-2090
marketing@rotamwr.com

social contact

Website www.navymwrrota.com

Facebook www.facebook.com/RotaMWR

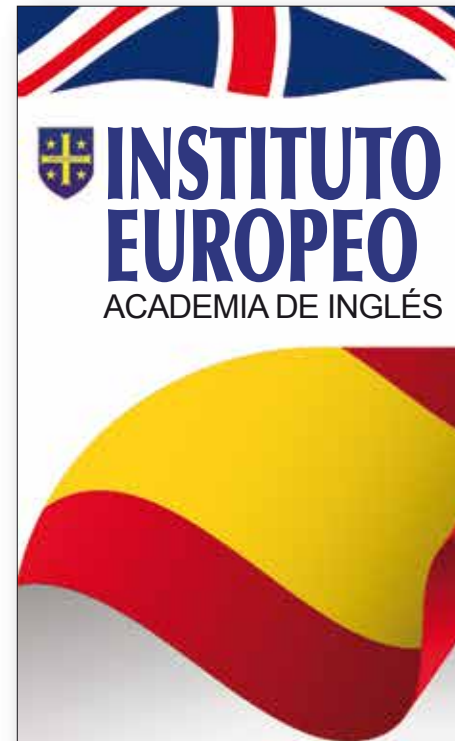


vaMos is an authorized publication for members of the military services and families stationed overseas. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense, or the U.S. Navy, and do not imply endorsement thereof. Editorial content of vaMos is edited, prepared and provided by the Rota MWR Marketing office.

Information subject to change.

The appearance of advertising in this magazine does not constitute endorsement of products and services by the Department of Defense, the Navy, U.S. Naval Station Rota, Spain or its publisher. All ads in this paper shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical disability, political affiliation or any other non-merit factor for the purchaser, 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.

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



SPANISH CLASSES FOR FOREIGNERS

INSTITUTO EUROPEO

Avda. de los Príncipes de España, 28. Rota

956 638 326

697 480 196
(WHATSAPP)



sPecial events

727-2527

ARMED FORCES ENTERTAINMENT & MWR
PRESENT

JASON MICHAELS LIVE!



SATURDAY, SEPTEMBER 14TH

4 P.M. DOORS OPEN AT 3 P.M.

FLIX MOVIE THEATER
ALL AGES

Call MWR Special Events at 727-2527 for details



GOOD TIMES. FRONT AND CENTER



ARMEDFORCESENTERTAINMENT.COM

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 ROTASPAIN

TICKETS & TRAVEL

Grain to Mug: Beer Factory Visit and Lunch

SAT September 7th, 12 - 5 p.m.

Sign up by September 4th. \$80. Adults only.

See for yourself how this world's oldest and third most consumed prepared beverage is transformed into an acclaimed drink from water, yeast, malt and hop. Trip includes: transportation, brewery guided visit, beer tasting with tapas, and lunch. Maximum of 20 people.

Cordoba Historical Tour

SAT September 14th, 7 a.m. - 9:30 p.m.

Sign up by September 11th. \$60 (adult) / \$45 (child).

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. Tour includes: transportation, guided tour, entrance to the monuments and some free time.

Bodega, Tapas & Flamenco Show

FRI September 27th, 6:30 p.m. - 11:45 p.m.

Sign up by September 25th. \$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.

Sevilla Historical Tour

SAT September 28th, 7:30 a.m. - 7:30 p.m.

Sign up by September 25th. \$60 (adult) / \$45 (child).

Visit the Alcazar, the old Jewish quarters, and the Plaza de España. Sevilla is home to the 3rd largest Gothic Cathedral in the world. Across from the Cathedral is the Alcázar, a 14th century palace built in a Moorish style. Some say it's comparable to the Alhambra in Granada. The city is also known for its many tapas bars. Tour includes: Transportation, a local guide, entrance fee, and some free time.

Gibraltar Rock Tour

SAT October 5th, 7:30 a.m. - 7:30 p.m.

Sign up by October 2nd. \$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.

FAMILY FUN TRIP TO THE ZOO & CASTLE VISIT AT CASTELLAR

SAT September 21st,

9 a.m. - 6:30 p.m.

Sign up by September 18th. \$60 (adult) / \$50 (child 2-13 years) / free under 2.

A unique zoo whereby all the animals have been rescued and had been mistreated or neglected. Have the opportunity to get up really close with some of the large cats including a young black panther, lion, ocelot and other exotic animals. After the zoo visit, we will visit the hilltop fortress. 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, simple lunch in the zoo, and self-guided visit of the castle.

NEW YEAR'S IN LISBON 2020

December 30th- January 2nd

Sign up by December 2nd.

Celebrate the New Year in the beautiful iconic city of Lisbon. The Lisboa city has many attractions and New Year's Eve celebrations waiting for you to discover. Comercio Square- the biggest square in Portugal - will be a favorite place for welcoming New Year's Eve 2020. Thousands of revelers pour into the area in time to enjoy the spectacular firework displays at midnight. The square brings exceptional views of the river, together with sparkling lights when the fireworks light up the skylines and reflect on the Tagus River water. The remaining days in Lisbon are yours to explore the city, relax and enjoy some of the Portuguese cuisine. The trip includes transportation by coach, lodging and breakfast, guided visit of the city, and some free time. Open to all ages. Passport required. Check with Tickets & Travel for prices.

Canyon Descending

SAT September 7th &

October 5th, 7 a.m. - 8 p.m.

Sign up by September 4th & Oct. 2nd. \$85. Ages 18+.

After some equipment instruction, the group will descend into the canyon and the excitement will pick up with rappelling, dropping into deep pools of water and natural slides. We will provide you with: Neoprene suit, jacket, helmet, ropes and harnesses.

MONDAY SEPT 23RD

SUNDAY SEPT 29TH

5 - 8 p.m.

Sign up by September 19th.

\$485. Ages 18+.

The PADI Open Water Diver course is the world's most popular scuba course, and has introduced millions of people to the adventurous diving lifestyle. The course includes some pool training sessions, designed for you to enjoy a smooth transition to underwater world. These sessions will help you relax and have fun in the water using scuba equipment. Price does include the Open Water Crev Pac, all diver equipment, and transportation to Tarifa for the ocean dive immersion, insurance and certification fee. Knowledge development phase and pool session will be conducted on base.

PADI OPEN WATER SCUBA DIVING CERTIFICATION COURSE

Night Kayak & Sancti Petri Castle Tour

TUE September 10th, 5:30 - 11:45 p.m.

Sign up by September 6th. \$85. Ages 18+.

The Castillo de Sancti Petri is a defensive fortification located on an island of San Fernando (Cádiz). Price includes transportation, Sancti Petri Castle guided tour and all gear.

Fishing Trip

SAT September 14th & 22nd, 9 a.m. - 2 p.m.

Sign up by September 11th & Sept. 20th.

\$120. Ages 12+.

Climb aboard a charter sailboat in Rota and an experienced captain will take you out to sea for four hours of trolling fishing. Of course, there is no guarantee that you will reel in a whopper but what you catch is yours to keep or share. Children under 17 years old must be accompanied by a parent or guardian. No experience required. Trip includes: fishing rods, fishing license, bait, insurance safety equipment and transportation to and from the boat. Minimum 5 participants, maximum 7 participants.

Local Stand Up Paddle Board Tour

SAT September 14th, 9 a.m. - 2 p.m.

Sign up by September 11th. \$45. Ages 18+.

On the beach, your guide will fit you with a paddle and paddle board before providing some brief instruction on both the sand

and in the water. Once everyone is comfortable, we'll push off for a fantastic experience on the beach. Price includes transportation, guide, and all gear.

Sailing & Windsurfing

SAT September 21st, 9 a.m. - 2 p.m.

Sign up by September 18th. \$100. Ages 18+.

Start Dinghy & Hobbie Cat 15 Sailing:

A safe introduction to dinghy sailing and learn the basics of sailing and racing.

Windsurfing:

The program is designed to assist participants in obtaining the necessary skills and experience to enjoy the thrill of windsurfing. Price includes: Transportation, all sailing and windsurfing gear and qualified instructors. Note: No previous experience is necessary, although you must be able to swim.

Local Kayak Tour

SAT September 28th, 9 a.m. - 2 p.m.

Sign up by September 25th. \$45. Ages 18+.

Our guides, with experience in sea kayaking and wide knowledge of the coastline, will teach and help you in all you need. No previous experience is required. Trip includes transportation, local guide and gear.

NAVSTA ROTA CPOA 9/11 Remembrance Run - Walk

Carrera/Marcha abierto a todos con acceso a la Base

Saturday Sep 7

Meet Up 0730

Start 0800

NEX Parking Lot

T - Shirts 25\$ or 25€

Water Provided

Food Available for Sale

NEVER FORGET

i love travel

NFL TICKETS AVAILABLE FOR THE FOLLOWING GAMES IN LONDON (ONLY TICKETS)

NFL LON

Watch the **NFL International Series football game**, and at the same time, **take the opportunity and see many things London has to offer.**



PANTHERS vs BUCCANEERS

Sundays OCT 13th

BENGALS vs RAMS

OCT 27th

TEXANS vs JAGUARS

NOV 3rd

Limited tickets available!

FALL BOWLING LEAGUE

STARTS ON WEDNESDAY
SEPTEMBER 11TH

6 - 9 P.M.

MANDATORY MEETING:
WED September 4th, 6:30 p.m.

CAPTAIN'S CUP BOWLING LEAGUE

THU **SEPTEMBER 26TH**

Sign up by September 17th, Noon,
at the Fitness Center. Ages: 18+.
Roster & Coach Meeting:
September 19th at 4 p.m.

PINZ AMERICAN CAFE
BOWLING ALLEY

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

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.

Family Night

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

Couples Night

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

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.

ONGOING



The
Fleet & Family Support
Center

Meeting Your Needs at Home & at Sea

**FFSC
ROTA**

2019
SEPTEMBER

DATES PROGRAMS

01/02	TUE	03	BABY CHAT ROTA 1400-1530
	WED	04	QUARTERLY SAPR MEETING 1100-1200
	THU	05	OMBUDSMAN APPRECIATION LUNCHEON 1100-1300 SAPR VA REFRESHER 1400-1500
06/07/08	MON	09	COMMAND FINANCIAL SPECIALIST TRAINING COURSE September 09-13, 0800-1630 INTER-CULTURAL RELATIONS (ICR) September 9-12, 0830-1500
	TUE	10	CAPSTONE TGPS 1000-1200
	THU	12	SOLO PARENTING FOR SINGLE ACTIVE DUTY PARENTS 1500-1630
13/14/15	MON	16	TGPS September 16-20, 0800-1630 SPOUSE MEET AND GREET 1100-1300
	TUE	17	BABY CHAT ROTA 1400-1530
	WED	18	REINTEGRATION WITH PARTNERS 18-Sep 1300-1430 HARD TALKS: TALKING ABOUT HEALTHY RELATIONSHIPS WITH TEENS 1000-1100
	THU	19	IA CYCLES OF DEPLOYMENT 1300-1400 SAPR VA REFRESHER 1400-1500
	FRI	20	CONNECT / WALK & TALK 1100-1200
21/22	MON	23	INTER-CULTURAL RELATIONS (ICR) September 23-26, 0830-1500 FINANCIAL WORKSHOP 1800-1930
	TUE	24	BOOTS TO BUSINESS September 24-25, 0830-1630 OMBUDSMAN BASIC TRAINING September 24-26, 0930-1530
	WED	25	ANGER MANAGEMENT 0900-1000
	THU	26	CAPSTONE TGPS 1200-1400
27/28/29	MON	30	TGPS September 30 - October 4, 0800-1630
		10-26	INTRODUCTION TO SPANISH September 10-26, Tues/Thurs 0930-1100

OMBUDSMAN APPRECIATION DAY

SEPTEMBER 14TH IS OMBUDSMAN APPRECIATION DAY, when we
celebrate Ombudsmen, Key Spouses, and Family Readiness Advisors
for an amazing job well done!

We would like to take this opportunity to thank the NAVSTA Rota Assembly for
their hard work and dedication they put forth while serving in their roles. Our
Ombudsmen, Key Spouses, and Family Readiness Advisors are groups of
appointed individuals that serve as the information and referral liaisons
between command leadership and command families. They ensure service
members and their families are informed of any command official news and
help promote healthy, self-reliant military families. Countless times they are the
active link between the commands and families while deployments take place.
These groups are dedicated in making a positive impact and work with families
each day in many different capacities.

Please remember to acknowledge them and thank them for their selflessness
and dedication to the command families.

If you are interested or thinking about becoming a part of the NAVSTA Rota
Assembly, we encourage you to consider this important role and contact your
Service Member's command or the local Fleet and Family Support Center's
Ombudsman Coordinator at 727-3232.

your home away from home

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...)

20-100Mb

APARTHOTEL
LA ESPADAÑA

APARTHOTEL
LA ESPADAÑA

Avda. de la Diputación, 150
11520 ROTA, Cádiz

Ph: 956 846 103
Fax: 956 846 102

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

Pets are a part of the family



No official U.S. Navy endorsement is implied

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**

facebook.com/ffsc.rota





• 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 fees apply. Please visit our website at www.navymwrrota.com to learn how to use CYP Online to make reservations or call 727-1100 to make a reservation.

"The Creative Curriculum" Parent Education Opportunity

TUE September 10th, 12 p.m.

Learn about our curriculum and how we focus on children's play to expand their knowledge, ideas and understanding of the world.

CDC Olympics

FRI September 20th, 4 - 4:30 p.m.

Watch our CDC children as they prepare for this annual Olympic Games. The babies will be crawling and rolling. The preschoolers sprinting. There will be games for everyone!

GIVE PARENTS A BREAK NIGHT:

Air Force Ball

SAT September 21st, 5:30 p.m. - 12 a.m.

Sign up from September 2nd - 13th. For children age 6 weeks to 6th grade.

In order to help support our Air Force ball, we are offering a Give Parents Night.

Navy Ball

FRI October 18th, 6 p.m. - 12 a.m.

Sign up from September 30th - October 11th. For children age 6 weeks to 6th grade.

In order to help support our Navy ball, we are offering a Give Parents Night.

Not going to the ball? No problem, you can sign up as well! Sign-ups are first come first serve. All children must have a registration packet up to date and on file in order to sign up.

Family & Classroom Pumpkin Decorating Contest

MON October 21st - FRI 25th.

We encourage families to decorate pumpkins to participate in our contest. Classrooms and families alike will participate in the contest. We will then showcase the beautiful creations at the Trunk or Treat Event.

• youth center, 727-4625

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

Keystone Rush Party

THU September 5th. Open to ages 13-18.

Back to School Kickoff

FRI September 6th. Extended hours until 10 p.m. Open to all ages.

Recognition Party

THU September 26th, 3 - 4 p.m.

Grazalema Hike

FRI September 27th, 9 a.m. - 5 p.m. Free. Sign up by September 20th. Open to registered members of Youth Program only.



• 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 fees apply. Please visit our website at www.navymwrrota.com to learn how to use CYP Online to make reservations or call 727-2839 to make a reservation. Spaces are limited.

School Age Care Registration

Ongoing.

SAC Registration is currently ongoing for before and after school care for Kindergarteners through 6th grade. Please be sure to register online or in person for hourly care; especially for early releases and days off of school. Spaces may be limited.

CYP Parent Advisory Board Meeting

TUE September 10th, 12 p.m.

Noon at School Age Care, Building 41. Special guest: CAPT. Baird. All parents are invited to participate and help us make CYP the best it can be! Lunch will be served.



• youth sports, 727-4721

Fall Coaches and Officials Sports Orientation Training

THU September 5th, 5 p.m.

At Bldg. #41 (SAC Bldg.)

YSF Volunteer CPR Training

FRI September 6th, 9 a.m. At Bldg. #41 (SAC Bldg.)

Mandatory certification for coaches.

Fall Soccer Registration

Registration open until filled. Ages 6-14.

\$60 per child. League starts in September.

Beat the rush and sign up online. You have to have a current CYP registration on file and a household ID number through CYPOnline.com. Call 727-2839 for details.

Mandatory Soccer Leagues Assessment

TUE September 10th, 5 p.m.

Ages 6-14. At the Youth Sports Complex.

All participants are required to attend this assessment. All non- attendees will be place on the waitlist.

Motor Skill Development (Soccer)

Tuesdays, starting September 24th, 4 p.m.

Ages 3-5 years. \$25 per child and parents must participate. At the Youth Sports Complex. Register now, space is limited!

Please call 727-2839/4721 to register for any class or email rota_youthsports@eu.navy.mil



• school liaison office, 727-2425

Homeschool Meet & Greet

SAT September 7th, 11 a.m. - 1 p.m.

At the SAC. RSVP by September 5th.

Families are encourage to bring a covered dish, and SLO will provide sandwiches with the trimmings.

Admissions & College 101 Workshop

TUE September 18th, 4 - 5:30 p.m.

at the Youth Center.

Teens and parents are encouraged to attend, and participants will be given resources to use in the college admissions/search process.

College Fair

WED September 26th, 2:30 - 4:30 p.m.

at the DGF Multi-Purpose Building

Alumni representing their colleges and universities will be on hand to answer questions about their alma mater. Open to DGF students and community.

Child & Youth Programs HIRING EVENT

Friday, Sept. 6

NAVY GATEWAY INNS AND SUITES, NS ROTA (BLDG. 39 ACROSS FROM THE NS ROTA HOSPITAL)

9-11 A.M., MILITARY SPOUSE PREFERENCE CANDIDATES ONLY

11 A.M.-1 P.M., ALL CANDIDATES*

*Positions are open to U.S. citizens in the local commuting area who are authorized sponsors or command-sponsored dependents of civilian or military personnel.

WE OFFER:

- ✓ PART-TIME AND FLEXIBLE POSITIONS
- ✓ COMPETITIVE SALARIES
- ✓ QUALIFICATION SCREENING, INTERVIEW AND DRUG TESTING ON THE SPOT
- ✓ HIRING LETTERS OFFERED ON SITE!



Make a difference in a child's life TODAY!

For more information and a checklist of things to bring, go to
www.navymwrrota.com/hiring-event



CADIZ PROVINCE

ROTA

GIBRALTAR

ABOUT ITS HISTORY

The history of Gibraltar, a small peninsula on the southern Cadiz relatively close to NS Rota, spans over 2,900 years. Gibraltar's location has given it an outsized significance in the history of Europe and its fortified town, established in medieval times, has hosted garrisons that sustained numerous sieges and battles over the centuries.

Gibraltar was first inhabited over 50,000 years ago by Neanderthals and may have been one of their last places of habitation before they died out around 24,000 years ago. Gibraltar's recorded history began around 950 BC with the Phoenicians, who lived nearby. The Carthaginians and Romans later worshipped Hercules in shrines said to have been built on the Rock of Gibraltar, which they called Mons Calpe, the "Hollow Mountain", and which they regarded as one of the twin Pillars of Hercules.

Gibraltar became part of the Visigothic Kingdom of Hispania following the collapse of the Roman Empire and came under Muslim Moorish rule in 711 AD. It was permanently settled for the first time by the Moors and was renamed Jebel Tariq – the Mount of Tariq, later corrupted into Gibraltar. The Christian Crown of Castile annexed it in 1309, lost it again to the Moors in 1333 and finally regained it in 1462.

In 1700, Carlos II of Spain dies and, in compliance with his will, his nephew-grandson, Felipe V. succeeds him on the throne. However, England, the United Provinces of the Netherlands and the Holy Roman Empire were contrary to the aspiration of this dynasty to the throne of Spain.

These facts resulted in the War of the Spanish Succession. In July of 1700 an Anglo-Dutch fleet arrived in Cádiz and landed in Rota and El Puerto de Santa María, but failed to take the places; on their return to England they destroyed the fleet of the Indies in the port of Vigo. In 1703 Portugal joined the alliance, which left the Spanish territories in the Iberian Peninsula dangerously exposed.

Gibraltar was captured during the War of the Spanish Succession by an Anglo-Dutch fleet in the name of Charles VI of Austria, the Habsburg contender to the Spanish throne. At the war's end, Spain ceded the territory to Britain under the terms of the Treaty of Utrecht of 1713.

Spain tried to regain control of Gibraltar, which Britain had declared a Crown colony. Gibraltar was besieged and heavily bombarded during three wars between Britain and Spain but the attacks were repulsed on each occasion. By the end of the last siege, in the late 18th century, Gibraltar had faced fourteen sieges in 500 years. In the years after Trafalgar, Gibraltar became a major base in the Peninsular War. The colony grew rapidly during the 19th and early 20th centuries, becoming a key British possession in the Mediterranean.

British control of Gibraltar enabled the Allies to control the entrance to the Mediterranean during the Second World War. It was attacked on several occasions by German, Italian and Vichy French forces, though without causing much damage.

Discussions of Gibraltar's status have continued between Britain and Spain but have not reached any conclusion.

did you know?

- Its area of 2½ square miles is inhabited by nearly 30,000 people. The population is truly multi-racial, its forebears coming from Britain, Genoa, India, Italy, Malta, Minorca, Morocco, Portugal, Sardinia and Spain. Yet if a person living on the Rock is asked about his or her nationality, the answer is most likely to be 'I am Gibraltarian.'

- While English is Gibraltar's official language, most Gibraltarians speak Spanish as well. There is also a local dialect known as Llanito, a blend of English and Spanish Andalusian together with literally translations from one language into the other with funny results. It also incorporates words from Italian, Maltese and Portuguese.

- The plain or Llanito is a term of unknown origin. It is constantly used to determine the population of Gibraltar and its peculiar use of language.

- Gibraltar's head of state is Queen Elizabeth II who is represented on the Rock by the Governor. Since Gibraltar won internal independence and has its own parliament, he no longer controls the administration of the city but remains responsible for defence, foreign relations and security.

- Gibraltar is autonomous in its currency. The government issues its own Gibraltarian pounds. GIB is its denomination in the market.

- Gibraltar National Day. Every September 10th Gibraltar dresses in red and white. All the balconies and the square where most of the events are held, Grand Casemates Square, are adorned with flags.

- The Rock's tunnels were one of the most notable feats of engineering in the Second World War.

- In the Trafalgar Cemetery lie men who died in the battle of that name and mounted at the Napier Battery is preserved the famous 100-ton gun.

- Sites with more peaceful connotations include the Rock's natural caverns, the most famous being St Michael's Cave where ballet and musical events are produced in awesome surroundings.

- Originally from the Atlas Mountains and the Rif Mountains of Morocco, the Barbary macaque population in Gibraltar is the only wild monkey population on the European continent. There are about 300 of them wandering around the rock, stealing food from unsuspecting tourists.

- Just like in the UK, the phone boxes and the post boxes in Gibraltar are painted red.

- The road into Gibraltar gets closed down every time a plane lands at the territory's airport, just because the road into town is also the runway! The runway basically runs the whole width of Gibraltar alongside the border with Spain and you can walk right across it when there are no planes coming or going.

- It is not unusual to have to wait a couple of hours to get through customs control.

- There is basically no tax on goods in Gibraltar. You should see the number of people buying cigarettes and booze at the shops on the way out.

- Wedding John Lennon and Yoko Ono. They were married in Gibraltar in 1969.

- The food eaten in Gibraltar is influenced by many cultures: British, Spanish, Genoese and Maltese, to name a few, including dishes such as "Calentita" (an oven-baked, pancake-like dish made with chickpea flour), "Rosto" and "Panissa".

“don't bother me — MEANING
no me des la lata — SPANISH EXPRESSION
don't give me the tin — LLANITO
LITERAL TRANSLATION FROM SPANISH EXPRESSION”

do you speak llanito?

A BRITISH OVERSEAS TERRITORY IN EUROPE

426 meters high

Morocco



MWR TICKETS & TRAVEL
OFFERS GIBRALTAR TOURS
CALL 727-3101 FOR DETAILS



727-2527

single or unaccompanied
servicemen & women

september eVents

TACO TUESDAY AT VILLANO'S TUE September 3rd.

\$5 for transportation.

We are in Spain and good tacos are hard to come by!
Join us for our favorite taco night out at Villanos!

NATIONAL CHEESE PIZZA DAY

WED September 4th, 6 - 8 p.m.

Eat some free and tasty cheese pizza in celebration of
the one and only National Cheese Pizza Day!

LIBERTY NIGHT AT THE MOVIES

THU September 5th, 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!

BEER FACTORY AND LUNCH

WED September 7th.

Sign up by September 4th. \$64 for E6 and
below. \$80 for E7 and above.

Provided: Transportation, guide and tour.

LIBERTY BOWLING AT PINZ

THU September 12th, 7 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.

WELLNESS NIGHT: ADULT COLORING NIGHT

MON September 16th, 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.

NATIONAL CHEESEBURGER DAY

WED September 18th, 6 - 8 p.m.

Eat a free and tasty cheeseburger in celebration of
National Cheeseburger Day!

AIR FORCE BIRTHDAY

WED September 18th, 6 p.m.

Come celebrate the Air Force 72nd birthday with us
at Liberty with some cake and ice cream!

FINANCIAL WORKSHOP

THU September 19th, 6 - 8 p.m.

Learning how to budget your money for the years to
come, or to budget to save for that next trip. Or learn
more about retirement: stop by the Liberty Center!

NATIONAL ICE CREAM CONE DAY

SUN September 22nd, 6 - 8 p.m.

Come out and celebrate National Ice Cream cone
day with Liberty!

LIBERTY GOLF DAY

SUN September 29th, 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.

NATIONAL DRINK COFFEE DAY

SUN September 29th. Free.

Enjoy a refreshing cup of Joe at the Liberty Center
in celebration of National Drink Coffee Day.

DOGGIE DATE WITH RAWL

MON September 30th, 6 - 8 p.m.

If you don't have your own pet to give some loving to,
the 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 base!

liBerty

SAILOR ADVENTURE QUEST



ROCK CLIMBING 101

WED September 11th, 6 - 8 p.m. Free.

Does Rock Climbing interest you? Come out to
the Liberty Center/ITT building and learn the
basics on our rock climbing wall! Provided: Gear
and instructor.

STAND UP PADDLE BOARDING TOUR

SAT September 14th, 9 a.m. - 2 p.m.

Sign up by September 11th. \$36 for
single / unaccompanied E6 and below.
\$45 for E7 and above.

On the beach, your guide will fit you with a
paddle and paddle board before providing some
brief instruction on both the sand and in the
water. Once everyone is comfortable, we'll push
off for a fantastic experience on the beach. Price
includes transportation, guide, and all gear.

SAILING & WINDSURFING

SAT September 21st, 9 a.m. - 2 p.m.

Sign up by September 18th. \$80 for
single / unaccompanied E6 and below.
\$100 for E7 and above.

Start Dinghy & Hobbie Cat 15 Sailing:

A safe introduction to dinghy sailing and learn the
basics of sailing and racing.

Windsurfing:

The program is designed to assist participants in
obtaining the necessary skills and experience to
enjoy the thrill of windsurfing.

Price includes: Transportation, all sailing and
windsurfing gear and qualified instructors. Note:
No previous experience is necessary, although
you must be able to swim.

LOCAL KAYAK TOUR

SAT September 28th, 9 a.m. - 2 p.m.

Sign up by September 25th. \$36 for
single / unaccompanied E6 and below.
\$45 for E7 and above.

Our guides, with experience in Sea kayaking and
wide knowledge of the coastline, will teach and
help you in all you need. No previous experience
is required. Provided: Transportation, guided tour,
and all gear.

Miguel's Caribbean Cuisine
traditional Jamaican cooking the way your mother used to make

HOURS OF OPERATION
Monday & Thursday CLOSED
Tuesday, Wednesday & Friday 12:00 - 23:00
Saturday 13:00-16:00 & 19:00-23:00
Sunday 13:00-18:00

15 avenida Sevilla Rota
tel: 856399491

curried lamb, chicken breast, children's menu, pork ribs, special cocktails, oxtail, chicken wings

IF YOU FANCY TRYING SOMETHING DIFFERENT AND LIKE YOUR FOOD HOT AND SPICY OR SWEET, COME TRY OUR FOOD

september tRips

Canyon Descending

SAT September 7th, 7 a.m. - 8 p.m.

Sign up by September 4th. \$69 for E6 and
below. \$85 for E7 and above.

After some equipment instruction, the group will
descend into the canyon and the excitement will pick
up with rappelling, dropping into deep pools of water
and natural slides. We will provide you with: Neoprene
suit, jacket, helmet, ropes and harnesses.

Night Kayak & Sancti Petri Castle

TUE September 10th, 5:30 - 11:45 p.m.

Sign up by September 6th. \$68 for E6 and
below. \$85 for E7 and above.

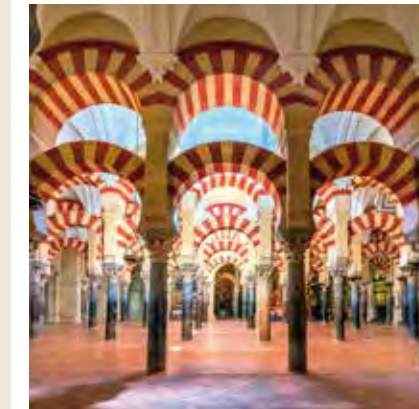
The Castillo de Sancti Petri is a defensive fortification
located on an island of San Fernando (Cádiz). This
stronghold of great strategic and military importance
was part of the line of fortifications that protected the
entrance of Sancti Petri. Price includes transportation,
Sancti Petri Castle guided tour and all gear.

Cordoba Historical Tour

SAT September 14th, 7 a.m. - 9:30 p.m.

Sign up by September 11th. \$48 for 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. Tour includes:
transportation, guided tour, entrance to the
monuments and some free time.



OCTOBERFEST TUESDAY:

DIY Felt Alpine Hats/ Flower Crowns

TUE September 24th, 6 - 8 p.m.

Kick off Oktoberfest with Liberty! Get festive by decorating
your very own Alpine hat or Sunflower Crown. Provided:
Alpine Hats and Sunflower Crowns.

OCTOBERFEST WEDNESDAY:

Pretzel Pass Competition

WED September 25th, 6 - 8 p.m.

Think you can pass the pretzel without dropping it? Come
to the Liberty Center and put your skills to the test.

OCTOBERFEST THURSDAY:

Stein Race

THU September 26th, 6 - 8 p.m. Free.

You want to be fast. But not so fast all the root beer
sloshes out of your steins as they are toted around by
different team members. The winner should have plenty of
liquid left in the end — and be pretty quick. Provided:
Steins and Root Beer.

OCTOBERFEST FRIDAY:

Root Beer Garden

FRI September 27th, 6 - 8 p.m. Free.

Come out and enjoy some Root Beer and snacks in our
Beer Garden on the patio! Provided: Root Beer and snacks.

BMW

**TWO MORE EXCITING
PROMOTIONS
FROM BMW**

The **BMW 530i xDrive**
for only \$ **46,500** (excl. transport costs).

We're proud to offer you one of the best
BMW Military Sales deal ever. Don't hesitate
to take advantage of this limited offer.

Additionally to the Standard Equipment
this offer includes Special
Equipment and Packages:

- Metallic Color
- 19" V-Spoke wheels
- Sport Line
- Wireless Charging
- Head-up Display
- Sirius Satellite XM Radio
- Sport Panoramic Transmission
- Comfort Access Keyless Entry
- Active Driving Assistant
- Heated Front Steering Wheel
- Leather Dakota
- LED Headlights

Included equipment:
Premium Package, Chrome Light Exterior,
Rear view camera, Moonroof,
Ambient lighting, Park Distance control,
Automatic climate control,
Active protection, Live Cockpit Pro
(incl. Nav), Sport Seats, Heated Front
Seats, Gesture Control, Enhanced
USB and Bluetooth, etc.

SAVE \$9,050

**ALL-TERRAIN
SPECIALIST**
BMW MILITARY SALES

SAVE \$14,690

**COMMAND AND
CONTROL**
BMW MILITARY SALES

The **BMW X1 xDrive28i**
for only \$ **33,700** (excl. transport costs).

We're proud to offer you one of the best
BMW Military Sales deal ever. Don't hesitate
to take advantage of this limited offer.

Additionally to the Standard Equipment
this offer includes Special
Equipment and Packages:

- Metallic Color
- 18" V-Spoke bi-colour wheels
- xLine
- Premium Package
- Head-up Display
- Sirius Satellite XM Radio
- Panoramic Moonroof
- Comfort Access Keyless Entry
- Navigation
- Heated Front Seats and Steering Wheel
- Park Distance Control
- LED Headlights with Cornering Lights

Included equipment:
Black Sensathoon, Black High-gloss Trim with
Pearl Chrome Accent, Power Folding Mirrors,
Auto-dimming interior and exterior mirrors,
Auto-dimming rearview mirror, Lumber support,
Ambient lighting, etc.

Visit your local Military Sales agent
for more details:

TERRY HAVERTY
terry.haverty@atlanticcar.es
Office 956 180 084
Cell 648 001 607
JOSE DUARE
Cell 655 876 861
www.atlanticcar.es
www.facebook.com/BMW.AtlanticCars/
Plaza del Triunfo 6, 11520 Rota
1 minute from NAVSTA main gate
The favorable offer by BMW Military
Sales is exclusively for US
service personnel overseas.

Atlantic Cars
BMW Military Sales

STORY TIME

Tuesdays. New times!

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 0-2: 10:45 - 11 a.m.

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

Ages 2 & up, afternoon session: 2:30 - 3 p.m.

September 3rd: If you ever want to bring..."

by Elsie Parsley

September 10th: Peppa pig

September 17th: Spanish -English

September 34th: Construction



MAD HATTER TEA PARTY

September 13th, 4 - 5:30 p.m.

Sign up by September 4th.

Come to the Library to enjoy a fun tea party with the Mad Hatter and Alice.
Games and food will be provided.



THE FIRE KEEPER

by J.C. Cervantes

Zane Obispo's new life on a beautiful secluded tropical island, complete with his family and closest friends, should be perfect. But he can't control his newfound fire skills yet (inherited from his father, the Maya god Hurakan); there's a painful rift between him and his dog ever since she became a hell hound; and he doesn't know what to do with his feelings for Brooks. One day he discovers that by writing the book about his misadventures with the Maya gods, he unintentionally put other godborn children at risk. Unless Zane can find the godborns before the gods do, they will be killed. To make matters worse, Zane learns that Hurakan is scheduled to be executed. Zane knows he must rescue him, no matter the cost. Can he accomplish both tasks without the gods detecting him, or will he end up a permanent resident of the underworld? In this cleverly plotted sequel to The Storm Runner, the gang is back together again with spirited new characters, sneaky gods, Aztec royalty, unlikely alliances, and secrets darker than Zane could ever have imagined. Secrets that will change him forever.

**book
of the
MONTH**



dailydish

LA PLAZA RESTAURANT
ROTA, SPAIN

SEPTEMBER

MONDAY

FETTUCINE ALFREDO

Delicious creamy sauce with Parmesan cheese over fettucine. House salad / House bread knots.

TUESDAY

CAJUN CHICKEN

Cajun spiced chicken breast served with Cajun fries.
House salad / Rustic bread.

WEDNESDAY

ROSEMARY ROASTED PORK LOIN

Tender roasted pork loin with rosemary.
Served with mashed potatoes and gravy.
House salad / Rustic bread.

THURSDAY

BEEF BURGUNDY

Tender cubes of beef in a mushroom and burgundy wine sauce served over egg noodles. House salad / Rustic bread.

FRIDAY

FISH TACOS

Fried strips of white fish in soft tortilla with slaw and pico de gallo with fries. House Salad / Tortilla chips & salsa.

All meals come inclusive with water or lemonade.

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



DAILYSDISH. LA PLAZA RESTAURANT

Come check us out. We offer a consistent menu that you can count on throughout the month of SEPTEMBER

MONDAY - FRIDAY, 11 A.M. - 2 P.M.

HALLOWEEN BOOKMARK CONTEST

WITCHES AND WIZARDS:

THE WAND CHOOSES THE WIZARD"

TUE September 10th - October 10th.

Kids ages 5-8.

Come and join the annual book mark Halloween contest at the library. Pick up the blank bookmarks and registration at the Library.



OCTOBER 29TH

Halloween Bookmark Contest Party: A Harry Potter experience. Costume: A Witch or Wizard robe.

NOVEMBER 15TH

(Military Family Month)
Mythology battle. Based on Rick Riordan's books. Sign up by November 5th.



HOTEL
PLAYA DE
LA LUZ
Rota



beachclubplayadelaluz
Avda. de la Diputación S/N
11520. Rota (Cádiz) España
Tel: (34) 956 810 500
reservas@hotelplayadelaluz.com
www.hotelplayadelaluz.com

THE PERFECT PLACE
TO ENJOY EVERY MOMENT
OF THE DAY



Music Classes

Private Piano Lessons

Time slots available **Mon, Tue, Thur & Friday, 2 - 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 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 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.

Parents & Kids Music

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

Ages 18 months - 3.5 years old.

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

You and your child will learn about music, musical instruments, and some of the Spanish words by listening and singing Spanish songs. Instructor: Raquel.

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.

Robotics, Programming & 3D Printing Classes

Tuesdays,

3rd-4th Grade: 4 - 5 p.m. \$45.
5th-6th Grade: 5 - 6 p.m. \$55.

Wednesdays, 7th-12th Grade:
4:30 - 5:45 p.m. \$55.

In 3rd-4th grade classes children are introduced to coding, robotics and 3D printing, working on their algorithmic thinking, building electronic & mechanical concepts and creating in a 3D space. They also build upon general computer skills.
In 5th-6th grade Students work on their programming skills through complex challenges, learning concepts as conditional and event-based programming. On 3D printing, we focus on reinforcing geometry skills and operating a 3D printer.
In 7th-12th grade Students work using one of the most popular programming languages today, Python. This is an advance class. Students in this group need to bring their own laptop.

Private lessons: \$45 for a 60 minute one time lesson or \$140 for a punch card with 4 - 60 minute lessons.

Private lessons are tailored to teenagers considering pursuing related degrees, and adults seeking positions requiring technical knowledge. Instructor: Pablo.

Belly Dance

Mondays, 7 - 8 p.m. \$45 per 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.
Instructor: Selen.



Ballet Classes

Tuesdays, \$40 per month,
once a week 60-minute class.

Ages 5-7: 4 - 5 p.m.

Ages 8-10: 5 - 6 p.m.

Ages 11-15: 6 - 7 p.m.

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.

Flamenco Lessons

Mondays, 10 - 11 a.m. & Wednesdays,
6:30 - 7:30 p.m.. \$40 per 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.

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.



TRAIN THE RIGHT SIDE
OF YOUR BRAIN

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

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

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

Tuesdays & Thursdays,
4:30 - 6 p.m.

With PGA tips by appointment
only on Thursdays.

TWILIGHT SPECIAL Seven-days a week after 5 p.m.

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

LIBERTY GOLF DAY Last Sunday of Month. Starts at 1 p.m.

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



AARROZANTE

LA CASA DEL ARROZ

AARROZANTE

LA CASA DEL ARROZ

HOTEL BARCELÓ COSTA BALLENA GOLF&SPA
Av. Reina Sofia s/n
Costa Ballena · Rota

FREE PARKING
RESERVATIONS +34 956 476 715

OPEN EVERY DAY
From 1:00 p.m. to 4:00 p.m.
FRIDAY AND SATURDAY NIGHT
From 8:00 p.m. to 11:00 p.m.

• fitness, 727-2565

SEP 7th
SATURDAY

9 a.m. at the Housing Pool
Ages 4-17, \$15.

KIDS TRIATHLON

AGES	SWIM	BIKE	RUN
17	200M	4 MILES	1 MILE
13-16	200M	4 MILES	1 MILE
11-12	100M	3 MILES	1 MILE
9-10	50 M	2 MILES	1/2 MILE
7-8	50 M	2 MILES	1/2 MIL
4-6	25 M	1 MILE	1/4 MILE

There will be a **mandatory pre-race meeting** the day of the event. Volunteers are also needed for this event and greatly appreciated.

Limited to 120 participants.

TENNIS TOURNAMENT

THU & FRI
SEPTEMBER 12th & 13th
6 p.m.

Sign up by September 6th, Noon,
at the Fitness Center. Free. Ages 18+.
Roster & Coach Meeting:
Tuesday, September 10th, 4 p.m.

CAPTAIN'S CUP BOWLING LEAGUE AT PINZ



**THURSDAY
SEPTEMBER 26th**

Sign up by September 17th, Noon,
at the Fitness Center.
35\$/player/session (4 people)
Ages: 18+.
Roster & Coach Meeting:
September 19th at 4 p.m.

**CFL Meeting
WED September 18th, 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 September 26th, 5 p.m.**

Sign up by September 24th.
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. After
completing this certification youth ages
10-17 will be able to use the Fitness Center
on their own.

**1000 lb & 500 lb Club
SAT September 28th, 10 a.m.**
Sign up at the Fitness Center.

CAPTAIN'S CUP
**VOLLEYBALL LEAGUE
& 3X3 BASKETBALL
TOURNAMENT
COMING SOON!
(OCTOBER)**

• aquatics, 727-2129

ANNUAL
DOGGY

Dash & Splash

2019

SUNDAY **SEPTEMBER 8th**

10 A.M. AT THE HOUSING POOL
ALL AGES. TEI CARD HOLDERS ONLY

► Come closeout summer with a SPLASH! MWR Fitness Center is having its Annual Doggy Dash & Splash to closeout The Housing Pool's season. You and your furry friend will race paw-to-paw with other participants in a short run event followed by a swimming pool free for all!

RAWL will be on site for this event, so those without a pet are still encouraged to come out and participate, we will pair you up with one of their dogs for the event.

Prizes will be given out for 1st, 2nd, and 3rd place in three categories; small dog, medium dog and large dog.

Volunteers are also needed for this event and greatly appreciated.

☐ AQUATICS CENTER
REGULAR HOURS OF OPERATION:

Starting Tue September 3rd
MONDAY-FRIDAY,
6 a.m. - 1 p.m. & 3 - 7:30 p.m.

SATURDAY & SUNDAY, CLOSED

US HOLIDAY,
9 a.m. - 5 p.m.



Located right here in Rota to help you
with all of your insurance needs.

KFM
INSURANCE

Best service and prices
Ask for a quote!

CAR, HOME OWNER'S/RENTER'S
BOAT & LIFE INSURANCE

Pl. Triunfo, 7. 11.520 Rota, Cadiz
Ph: 956 84 00 50 / 956 81 16 16
kfminsurace@gruporeq.es
www.kfminsurace.net

K. F. "Kerry" McManus
Insurance Brokers

MOVING STATESIDE SOON?
GEICO HAS YOU COVERED.
GEICO AGENT FOR SPAIN



Stretch your coverage, **NOT YOUR BUDGET.**

**BUNDLE YOUR AUTO INSURANCE WITH
RENTERS AND SAVE.¹**

➤ *Even more savings if you live on base.*



Visit **USAA.COM/INTERNATIONALPCS**
or call **900-813-479**

The Department of the Navy does not endorse any company, sponsor or their products or services. ¹Multiple product savings do not apply in all states or to all situations. Savings subject to change. Restrictions apply. Property and Casualty insurance provided by USAA Limited, authorized by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority; Registration Number: England 730577 and/or USAA S.A., authorized by the Luxembourg Minister of Finance and supervised by the Commissariat aux Assurances. Trade and Companies' Registration Number: R.C.S. Luxembourg B-224622. Membership eligibility and product restrictions apply and are subject to change.
© 2018 USAA. 253947-1118-W

No official U.S. Navy endorsement is implied