



## ▼ **what's iNside?**

**Aquatics Center**  
Housing Pool Opening

**SAC**  
Summer Camp Registration

**Outdoor Recreation**  
St. James Way

**Tickets and Travel**  
Essence and Flavors of Tuna  
in Barbate



# ▼ **vaMos!** ▼

**MWRROTA MONTHLY MAGAZINE**

**iSsue#89**



**mAy2019**



**MWRROTA SPAIN**

U.S. Naval Station Rota, Spain

[www.navymwrrota.com/](http://www.navymwrrota.com/)

[www.facebook.com/RotaMWR](https://www.facebook.com/RotaMWR)



Ruben Corres  
CYP 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

#### Community Classes, 727-1382

Office hours  
Monday - Friday, 0900 - 1700

#### Fitness Center, 727-2565

Monday - Thursday, 0500 - 2100  
Friday, 0500 - 2000  
Saturday, Sunday,  
and US Holidays, 0900 - 1700

#### Housing Pool, 727-4882

Wednesday - Sunday, 1200 - 1900  
Starting May 25th

#### 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](http://navymwrrota.com) for movie hours.

#### Golf, 727-2260

Monday - Friday, 0900 - 2100  
Saturday & Sunday, 0830 - 2100

#### Pinz, 727-2112

Sunday - Thursday, 1100 - 2200  
Friday - Saturday, 1100 - 2300

#### Pinz American Cafe

Sunday - Thursday, 1100 - 2100  
Friday - Saturday, 1100 - 2200

#### Pizza Villa, 727-3212

Monday - Friday, 1100 - 2200  
Saturday, Sunday,  
and Spanish Holidays, 1200 - 2200

#### La Plaza, 727-1995

Sunday, 1400 - 2300  
Monday-Thursday, 1100 - 2300  
Friday, 1100 - 0100  
Saturday, 1400 - 0100

#### Dailydish

Monday - Friday, 1100 - 1400  
Saturday & Sunday, Closed

#### Pizza Villa Express, 727-6323

Monday - Friday, 1100 - 2300  
Saturday - Sunday, 1400 - 2300

#### Champion's Bar

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

#### Cash Cage

Monday - Thursday, 1100 - 1800  
Friday, 1100 - 2000



### mwr navsta rota, spain

PSC 819 BOX 14 / FPO AE 09645

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eternal 36



### 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. - 9 p.m.  
\$12 unlimited golf. Carts are \$9 double rider or \$12 single rider.

## MWR PGA PICK-A-PRO GOLF TOURNAMENT

### SATURDAY MAY 19<sup>TH</sup>

9 a.m. (Show up by 8:45 a.m.)

#### FORMAT:

##### INDIVIDUAL NET STROKE PLAY

\$20 plus green fees.  
100% of entry fee is returned to prize fund as gift certificates.

On Saturday you will play two golf tournaments.

**1st Golf Tournament** is Individual Net Stroke play with HDCP's.

**2nd Tournament** will be drawing a PGA Pro's Name out of a hat and use their score form Saturday's round combined with your Net score for a tournament.



### ONE PERSON SCRAMBLE GOLF TOURNAMENT

SATURDAY MAY 11<sup>TH</sup>

9 a.m. shot gun start.  
Show up by 8:45 a.m.  
\$20 plus green fees.

Format: 1 Person Scramble You get to replay each shot one time. \*You could easily shoot the best golf score of your life!



### BLIND DRAW GOLF TOURNAMENT THURSDAY MAY 30<sup>TH</sup>

5:30 p.m. shot gun start.  
We will pair everyone together based on handicaps.



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

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## TICKETS & TRAVEL

### Los Patios in Cordoba

**SAT May 18th**, 6:30 a.m. - 9:30 p.m.  
Sign up by May 15th. \$35. All ages.

The city throws open its courtyards to the public, revealing a visual feast of colorful flowers, stone mosaics and striking water features. Tucked behind heavy iron gates for most of the year, the patios release the exotic scent of jasmine and orange blossom into the air. Get a chance also to know many of the Cordoba monuments like the Jewish Quarters, the Synagogue, and the cathedral of Cordoba, La Mezquita. The trip includes only transportation.

### Bodega, Tapas & Flamenco Show

**FRI May 24th**, 6:30 p.m. - 11:45 p.m.  
Sign up by May 22th. \$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 May 25th**, 7:30 a.m. - 7:30 p.m.  
Sign up by May 22th. \$60 (adult) / \$45 (child).  
Visit the Cathedral and its Minaret La Giralda, 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.

### Bullfight at La Feria de Sanlucar

**SUN June 2nd**, 5:30 - 10 p.m.  
Sign up by May 29th. \$65. Adults only. 18+.  
Witness the art of bullfighting at Sanlucar's Plaza de Toros. Trip includes transportation and entrance ticket to the top bleacher and sun zone. Bring a hat and a seat cushion.

### Aquarium Sea Life Visit & Self-Guided in Benalmadena

**SAT June 8th**, 7 a.m. - 10 p.m.  
Sign up by June 5th.  
\$50 (adult) / \$35 (child).  
Visit one of the most famous marinas in the province of Malaga and experience a day of fun in the Seal Life Aquarium and many other entertainment activities, shops, bars, and restaurants that Puerto Marina offers. Trip includes transportation, entrance to the aquarium, and plenty of free time to spend in the marina.



## FAMILY FUN TRIP TO THE ZOO & CASTLE VISIT AT CASTELLAR

**SAT May 4th**,  
9 a.m. - 6:30 p.m.  
Sign up by May 1st. \$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.



## ESSENCE & FLAVORS OF TUNA IN BARBATE

**SAT June 1st**,  
9:30 a.m. - 5:30 p.m.  
Sign up by May 29th. \$85.  
Adults only.

Try some of the best tunas caught in the local area. We will take you through the gastronomic and culinary tradition of Barbate. Tuna are caught along this coast utilizing a two-thousand year old fishing method called "almadraba". Tuna fish caught at this time of the year is at its peak in taste and flavor as they come along the coast on their way to the Mediterranean Sea to spawn. We will visit a tuna fish factory and observe the "ronqueo" (cutting up and de-boning of the fish). After that, we will enjoy a tasting of tuna products. And we will finish with a lunch in a nice local restaurant specializing in a red tuna menu and also in other culinary dishes. The trip includes transportation, tuna factory visit with tasting, and lunch.



THE "CAMINO DE SANTIAGO" also known as the Way of Saint James, is the name used to refer to all the routes that lead to where the apostle Saint James the Great is said to be buried. The Camino has been one of the most important Christian pilgrimages for well over 1,000 years and it has started a new international rebirth.

## HIKE THE LAST 72 MILES (116 KM) OF THE PORTUGUESE WAY

We organize everything for you while you walk, including booking for you accommodation, luggage transfers, a pilgrim pack including an Official Pilgrim Passport per person.  
By walking the Camino with MWR Outdoor Recreation, rediscover yourself through introspection and new encounters, change habits that have been making you unhappy, build unexpected friendships, and give yourself new challenges.



**SIGN UP BY MAY 6<sup>TH</sup>**  
**\$585. AGES 18+**

**MAY 24<sup>TH</sup> - 30<sup>TH</sup>**

## ST. JAMES WAY (CAMINO DE SANTIAGO) THE PORTUGUESE WAY



**Trip includes:** Transportation by van, six night's accommodations, one pilgrim kit per person including the "Pilgrim Passport", emergency vehicle support during the hiking way and water. Meals are **not** included.

TUI - O PORRIÑO - REDONDELA - PONTEVEDRA - CALDAS DE REIS - PADRON - SANTIAGO

OUTDOOR REC

### Paintball

**SAT May 4th**, 9 a.m. - 3 p.m.  
Sign up by May 1st. \$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.

### Canyon Descending

**SAT May 11th**, 7 a.m. - 8 p.m.  
Sign up by May 8th. \$85. Ages 18+.  
The activity begins with a hike along a narrow pathway taking us over the canyon. 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.

### Hiking "El Caminito del Rey"

**SAT May 18th**, 5:30 a.m. - 8 p.m.  
Sign up by May 6th. \$50. 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. El Caminito del Rey is part of a spectacular natural beauty spot. This already makes it breathtaking and attractive, although the path is more than just a walk in the hills. 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.



Those experienced in trekking for a number of consecutive days, will understand how tough treks at this grade can be. We recommend previous trekking experience, you need complete confidence in your physical condition and the ability to trek for many hours on consecutive days over difficult terrain.

## MILITARY SPOUSE APPRECIATION DAY SPECIAL

FRI MAY 10<sup>TH</sup>, 2 - 6 p.m.

In honor of "Military Spouse Appreciation Day" join us buy one game with shoe rental, and receive a second game for free.

## Mother's Day SPECIAL

SUN MAY 12<sup>TH</sup>, 5 - 7 p.m.

Take your Mom out! Moms bowl for free with paying child/ren one game including shoe rental.



### Family Night

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

### After School Blast

Wednesdays, 3:30 - 5:30 p.m. Children under 18 bowl one game for \$2.50 including shoes rental (children 10 and younger require adult supervision).

### 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.

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**PINZ AMERICAN CAFE**  
MWR ROTA, SPAIN  
BOWLING ALLEY

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



ROTA IGNITES SPOUSE ENRICHMENT

## SPOUSE RESOURCE EXPO

Heroes at Home

May 8<sup>th</sup>, 2019

10 a.m. - 1 p.m.  
Chapel

The Spouse Resource Expo is an enrichment event for ALL spouses at Naval Station Rota.

Come connect with other spouses and explore personal growth opportunities at NAVSTA Rota.

Talk to different organizations throughout the base, learn about volunteer and employment opportunities, self-help tips, education opportunities, local and foreign travel, and much more.

## SPOUSE APPRECIATION BRUNCH



Join us on  
**Friday, May 10<sup>th</sup>**  
from 11 a.m. - 12:30 p.m. at the Parque Del Rio Salado\* for a Spouse Appreciation Brunch hosted by the USO. We appreciate everything you do, you are all truly heroes at home.

\*Park directly across from the base pool & Puerto gate\*

DATES

### PROGRAMS

THU 02	SAVING AND INVESTING 1200-1330
03/04/05	
MON 06	INTER-CULTURAL RELATIONS (ICR) May 6-9, 0830-1500
TUE 07	DADDY BOOTCAMP, 1500-1700
WED 08	SPOUSE RESOURCE EXPO 1000-1300
	DROP-IN RESUME REVIEW, 0900-1100 OMBUDSMAN ASSEMBLY MEETING 1115-1315
THU 09	CAPSTONE TGPS, 1200-1400 SAPR VA REFRESHER, 1400-1500 SOLO PARENTING FOR SINGLE ACTIVE DUTY PARENTS, 1500-1630
FRI 10	SPOUSE APPRECIATION BRUNCH 1100-1230
11/12	
MON 13	TGPS, May 13-17, 0800-1630
TUE 14	ACCESSING HIGHER EDUCATION (AHE) May 14-15, 0900-1500 FRG TRAINING, May 14-15, 0930-1330
15	
THU 16	THE THRIFT SAVINGS PLAN, 1000-1130 SAPR-C, 1400-1500
FRI 17	CONNECT / WALK & TALK GROUP 1030-1130 FERIA DE JEREZ DE LA FRONTERA 1130-1630
18/19	
MON 20	INTER-CULTURAL RELATIONS (ICR) May 20-23, 0830-1500 SPOUSE MEET AND GREET, 1000-1200
TUE 21	CREATING AN EFFECTIVE RESUME 0900-1030
WED 22	10 STEPS TO FEDERAL EMPLOYMENT 0900-1300 IA RESOURCE EVENT, 1300-1400
THU 23	CAPSTONE TGPS, 1000-1200 DROP-IN RESUME REVIEW, 1300-1500 SAPR VA REFRESHER, 1400-1500
FRI 24	POSITIVE GUIDANCE STRATEGIES 1200-1300
25/26	
MON 27	GASTRONOMIC TOUR IN EL BOSQUE 0830-1600
28	
WED 29	INTERVIEW TECHNIQUES, 0900-1100 SMOOTH MOVE, 0930-1130
7-30	INTRODUCTION TO SPANISH May 7-30, Tues/Thurs 0930-1100

Gastronomic Tour in El Bosque Adults: 30 Euros, Children: 20 Euros 4-16yrs. Payment due at sign up, please bring exact change. Cancellation deadline is May 22

**la plaza** 727-2923 / 6323

**{POOL} TOURNAMENT**  
2019

7 - 9 p.m. at La Plaza  
Single elimination pool tournament.  
Sign-ups at La Plaza.  
Prizes awarded to the winner.

MAY	JUNE
16 <sup>th</sup>	27 <sup>th</sup>

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MWR ROTA, SPAIN

## TEEN SUMMER EMPLOYMENT

Looking for something to do during the summer and want to earn some money? This is your chance to earn some extra cash this summer.

Turn in your application by **May 7th**.

Applications for summer employment must be turned in to FF&R NAF Personnel in building #1A by May 7th. Applicants must be 14-18 years of age (must be enrolled in High School or a Spring 2019 High School graduate), must be able to learn Fleet Readiness, MWR, and CYP policies, rules and regulations involving the work areas and have the ability to communicate orally and in writing. It is recommended applicants attend the resume/interview workshop offered. Please contact Youth Center at 727-4625 for more information.

## RESUME/INTERVIEW WORKSHOP

**WED May 1st, 3:30 - 4:30 p.m.** Free.  
No registration required.

## ZIP LINING

## youth center, 727-4625

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

Please visit [www.navymwrrota.com](http://www.navymwrrota.com) to learn how to use CYP Online to make reservations and pay for the specific trips.

## Zip Lining

**May 2nd.** All ages. \$14.

Spaces are limited and open to registered members of Youth Programs only.

## Marvel Comics #WeOwnFridayNights

**May 17th.** Extended hours, close at 10 p.m.  
Ages 10-13.

No registration required. Held at the Youth Center. Open to registered members of Youth Programs only.

## Recognition Party

**May 23rd, 3 - 4 p.m.** All ages. Free.

No registration required. Open to registered members of Youth Programs only.

Daily Facility based programs are planned, stop by to check out what we have planned each day!

## COMING UP...

## Last Day of School / Pool Party / Recognition Ceremony / Extended Hour

**June 13th.** All ages.

Pool Party / Recognition Ceremony, 1 - 3 p.m.  
Extended Hour, 6:30 - 10 p.m.

Schools out for the summer! Come swim, chow down on food and celebrate June's awards and birthdays.  
No sign up needed, but must be a registered member of the Youth Center.

## 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](http://www.navymwrrota.com) to learn how to use CYP Online to make reservations or call 727-1100 to make a reservation.

### CYP Training Day

**FRI May 24th.** CDC will be closed.

### Federal Holiday

**MON May 27th.** CDC will be closed.

CLOSED

## 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](http://www.navymwrrota.com) to learn how to use CYP Online to make reservations or call 727-2839 to make a reservation. Spaces are limited.

## SAC Before and After Care Registration

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

### No School Days

**THU May 2nd.**

SAC will be open from 6 a.m. - 6:30 p.m.

Hourly Care reservations can be made in person or on CYP Online <https://myffr.navyaims.com/wbwc/europecymys.wsc/wb splash.html?wbp=1>

### Early Release Thursdays

**THU May 9th, 16th & 30th.**

Bus pick up at DGF, 1:45 p.m.

### CYP Training Day

**FRI May 24th.** SAC will be closed.

### Federal Holiday

**MON May 27th.** SAC will be closed.

CLOSED

# SAC SUMMER DAY CAMP

## SUMMER CAMP REGISTRATION

**Starts MON May 13th**

for new enrollments.

### PRIORITIES & ELIGIBILITIES FOR REGISTRATION:

**May 1st - 10th:**

Current FT SAC enrollees.

**May 13th - 17th:**

**Priority 1:** Single/Dual Active Duty Military/DoD civilians paid from APF or NAF funds, & dual civilian employee couples. Wounded Warriors, Fallen Warriors and Augmentees. Note: Active duty includes all services, reservists on active duty, and reservists in training.

**Priority 2:** All Active Duty, DoD civilians paid from APF and NAF, with a spouse who is actively seeking full time employment or is a full-time student.

**May 20th on:**

**Priority 3:** Active Duty Military Service members, DoD civilians paid from APF and NAF funds, where a non-working spouse is actively seeking employment.

**Priority 4:** Full time DoD contractors, single or with a working spouse.

Due to high demand for camp spots, we encourage all of our parents to ensure your registration is current prior to the registration date so that registration can be done in the privacy and convenience of your home using CYP Online.

### SAVE YOURSELF TIME, REGISTER ONLINE!

**[www.militarychildcare.com](http://www.militarychildcare.com)**

Check out <https://www.navymwrrota.com/child-youth/cyp-online-payment> to register for this convenient service. 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.

## GERMAN MECANIC SHOP HELMUT TALLER DE MECÁNICA



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Móvil: 630 763 336  
E-mail: [tallerhelmuth@hotmail.com](mailto:tallerhelmuth@hotmail.com)  
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(WHATSAPP)



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# and my head beats like a drum

WINDS OF SPAIN | LEVANTE, THE MYSTERIOUS STRANGER AMONG US

If there is a famous place in Spain because of the wind, it is here in Cádiz. It plays such an important role in the life of locals, that they often refer to it as if it were a person- not just a meteorological phenomenon. The wind in this area not only influences human activities, but also governs the migratory movements of birds between Europe and Africa. The winds also shape the very landscape of the impressive beaches of Cadiz, where you can find the largest sand dune in Spain, in Punta Paloma near Bolonia.

The Levante is very intense, since it produces sustained medium winds of 50 kilometers per hour and gusts that can exceed 110 kilometers per hour. In addition, the Levante wind periods, popularly known as levanteras, can last from seven to ten consecutive days, being more frequent in the months between May and August. On average, there are 165 days a year of Levante in Cádiz. Most experts agreed that this intense wind is produced by the Venturi effect as it is squeezed through the Straits of Gibraltar along with the steep mountains on both the Moroccan and Spanish coasts.

The importance of winds in Spain is evidenced by the fact they have all been named, but certainly the most famous are the Levante and its inseparable companion, the Poniente. The Levante gets its name because it is a wind of Eastern component, where the sun rises every morning. Similarly, the West receives its name because the sunset always takes place in the West.



## MAN AND THE WIND

Man has always used the winds. Knowing their secrets was fundamental to the development of the Gaditano society. Until the beginning of the 19th century, with the arrival of steamboats, the wind was the best driving force for the movement of people and goods. Also large sailing ships were used in wars, as in the Battle of Trafalgar in 1805. The weak wind was fundamental in the defeat of the French-Spanish Navy in Cadiz waters, as it prevented the great ships from maneuvering quickly, leaving them at the mercy of the British fleet.

Far from the sea, the wind has been used since ancient times to grind grain or extract water, like the famous Dutch polders. The old mills have given way, in many places, to huge wind turbines, with wind being one of the largest sources of renewable energy. In the province of Cádiz, there are 73 wind farms. They generate a power of around 1,400 megawatts, which exceeds the power generated by any of the Spanish nuclear power plants.

## TARIFA: WHERE THE WIND IS WELCOMED

The Tarifa wind is famous across the world. Tarifa's situation on the Strait of Gibraltar at the meeting of the Mediterranean and the Atlantic Ocean blesses the small town with some of the world's most powerful and consistent wind effects. This happy accident of geography creates the unique weather phenomena that have made Tarifa a global destination for kite surfing and windsurfing. That and its friendly people, beautiful beaches and wonderful restaurants and buzzing nightlife.

There are two different winds in Tarifa. The best wind for kite surfing is the Poniente coming from the west and bringing cooler air from the sea. It's the dominating wind in Tarifa. The wind from the east is called Levante with its best months in June and July. Having its origin in Africa, the Levante is quite a warm wind. Windsurfers prefer the Levante more than kite surfers, because it's blowing offshore and requires quite a high level of skills (especially crossing upwind).

## may eVents

### LIBERTY NIGHT AT THE MOVIES

THU May 2nd, 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!

### BOARD GAME NIGHT

FRI May 3rd, 6 - 9 p.m.

Join us for a night of competitive fun with various board games!

### MAY THE 4TH BE WITH YOU CELEBRATION

SAT May 4th, 1 - 8 p.m.

A day of Star Wars movies!

### CINCO DE MAYO CELEBRATION

SUN May 5th, 1 - 6 p.m.

Join us in celebrating Cinco de Mayo with a taco / nacho bar!

### BOWLING NIGHT AT PINZ

THU May 9th, 6 - 8 p.m. Free for single / unaccompanied E6 and below.

Enjoy a free night of bowling and pizza with Liberty. Sign in on the Liberty sheet at the front counter in Pinz.

### FRIDAY NIGHT MAGIC / TABLETOP GAMING

FRI May 10th, 6 - 8 p.m.

Join us for a night of spells and adventure!

### NATIONAL CHOCOLATE CHIP DAY

WED May 15th, 6 - 9 p.m.

Who doesn't love Chocolate Chips!? Enjoy some tasty treats!

### DOGGIE DATE NIGHT WITH RAWL

MON May 20th, 6 - 8 p.m.

Miss your furry friends? Thinking about adopting a dog/cat? Want to learn how you can give back to both the military community as well as some pups? Join Liberty for our doggie date night with RAWL and come relax, play, walk, and cuddle up with these pups!



### LIBERTY GOLF DAY

SUN May 26th, 1 p.m.

Free for eligible E6 and below.

Liberty Golf Day includes green fees and club rentals. Liberty patrons need to check in with the front desk at the Pro Shop before 1pm.

### MEMORIAL DAY MOVIE MARATHON

MON May 27th, 1 - 10 p.m.

Join us in remembering the sacrifices made by the men and women of the armed forces.

vamos! MWRROTAMONTHLYMAGAZINE, MAY 2019

single or unaccompanied  
servicemen & women



## HIKING "EL CAMINITO DEL REY"

SAT May 18th, 5:30 a.m. - 8 p.m.

Sign up by May 1st.

\$40 for E6 and below. \$50 for E7 and above.

Join Outdoor Recreation & Liberty on one of the most famous hikes in Spain! This path is hanging in the air and is built on the walls of the gorge - Desfiladero de los Gaitanes. Provided: transportation, entrance to the "King's Path," guided visit, and complementary snacks.

## SAILOR ADVENTURE QUEST

### PAPER CREATIONS 101

THU May 2nd & TUE May 21st,

6 - 8 p.m. Free.

Come learn how to make cards, paper crafts, and more with our Sailor Adventure Quest Paper Creations workshop!

### PAINTING 101

TUE May 7th & THU May 23rd,

6 - 8 p.m. Free.

Learn more about how to unlock your inner Picasso!

### BARRAKS COOKING 101 - SUSHI MAKING

WED May 28th, 6 - 8 p.m. Free.

Learn more about how to prepare different varieties of sushi! Sign-up at the Liberty Center (only 10 spots available).



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2020 430i Gran Coupe  
248 Horsepower  
34 hwy/23 city MPG  
324 grams CO2/mile

# 2020 BMW 430i GRAN COUPE MILITARY SALES PROMOTION

## CONFIGURATION I

Metallic Paint  
BMW SensaTec Upholstery  
18" Double-Spoke Wheels  
Sport Line Design Elements  
Convenience Package  
4-Way Power Lumbar Support  
Heated Front Seats  
Active Blind Spot Detection  
Comfort Access  
SiriusXM Satellite Radio in US

xDrive AWD avail: (+\$1,800)

## Total US MSRP

As Equipped: \$46,400

## Atlantic Cars

Program Savings: -\$8,800

## Atlantic Cars

Promotion Price\*: \$37,600

\*Local delivery \$699

## CONFIGURATION II

Metallic Paint  
Dakota Leather Upholstery  
19" M Double-Spoke Wheels  
Comfort Access  
Dynamic Digital Instruments  
Head-Up Display  
Harman Kardon Sound  
Heated Steering Wheel  
SiriusXM Sat Radio in US

xDrive AWD avail: (-\$1,800)

## Total US MSRP

As Equipped: \$54,965

## Atlantic Cars

Program Savings: -\$11,365

## Atlantic Cars

Promotion Price\*: \$43,600

\*Local delivery \$699

THE 6 MONTHS RULE DOES NOT APPLY TO BMW MILITARY SALES IN ROTA.

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YOU DO HAVE TO ALLOW ANEOUGH TIME TO REGISTER IT BEFORE YOU SHIP IT WHEN YOU PCS (WE WILL SHIP IT BACK VIA THE BMW/MINI HOME SHIPPING PROGRAM) IT DOESN'T MATTER IF YOU BROUGHT YOUR US SPEC VEHICLE WITH YOU WHEN YOU PCS'D TO ROTA. YOU CAN STILL BUY A NEW US SPEC BMW/MINI TAX FREE (A MARRIED COUPLE ARE ALLOWED TO BUY TWO BMW/MINI)

Vehicle images are general representations. Prices, specifications and availability subject to change without notice. All information on 03.04.19



## STORY TIME

Tuesdays.

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

Times & age groups:

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

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

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

May 7th: Pinkalicious

May 14th: Otis the Tractor

May 21st: Little Critter

May 28th: Zen



## MWR SUMMER READING PROGRAM "SHOWTIME @ YOUR LIBRARY"

Registration June 18th - July 10th.

Summer is almost here and it's almost time for the Summer Reading Program at your MWR Library. This year's theme is "Showtime @ Your Library." Registration for children in Kindergarten to 8th Grade will be from June 18th - July 10th. Happy Reading!

## books of the MONTH



### TWO STEPS FORWARD

by Graeme Simson and Anne Buist

Zoe, an artist from California who's still reeling from her husband's sudden death, has impulsively decided to walk the Camino, hoping to find solace and direction. Martin, an engineer from England, is road-testing a cart of his own design...and recovering from a messy divorce. They begin in the same French town, each uncertain of what the future holds.

Smart and funny, insightful and romantic, Two Steps Forward reveals that the most important journeys we make aren't measured in miles, but in the strength, wisdom, and love found along the way. Fans of The Rosie Project will recognize Graeme Simson's uniquely quirky and charming writing style.

### CAMINO DE SANTIAGO

by Andy Symington

Cutting across Spain from the Pyrenees in the east, to Santiago de Compostela in the west, it leads you through the varied and beautiful ancient kingdoms of northern Spain. This Footprint Handbook provides invaluable information on transport, accommodation, eating and entertainment both on the medieval pilgrim route and in the picturesque towns close by. With detailed information on all the main sights, plus many lesser-known places of interest, Footprint Handbook Camino de Santiago provides concise and comprehensive coverage of Spain's most famous historical route.

MAY

MONDAY

### FETTUCINE WITH SWEET PEPPERS & CAYENNE SAUCE

House Bread Knots.  
Sweet Peppers sautéed with Cayenne Pepper in a Delicious Creamy Sauce over Fettucine.

TUESDAY

### CHICKEN CURRY

Rustic bread.  
Tender Chicken Breast Strips in Creamy Curry Sauce served over Basmati Rice

WEDNESDAY

### CRISPY PORK CARNITAS TACO

House Tortilla Chips and Salsa.  
Fragrantly Spiced Pork Cubes in a Soft Taco topped with Salsa, Onion and Cilantro.  
Served with a side of Black Bean Pico de Gallo.

THURSDAY

### BEEF BURGUNDY

Rustic bread.  
Tender Cubes of Beef in a Mushroom and Burgundy wine sauce served over Egg Noodles.

FRIDAY

### CAJUN CRUSTED FRIED FISH

Rustic bread.  
Fried White Fish with a Spicy Cajun Crust served with Cajun Fries.

All meals come inclusive with your choice of house salad or soup of the day and water or lemonade

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

### FREE DAILY DISH DESSERT FOR MILITARY SPOUSE APPRECIATION DAY

In honor of Military Spouse Appreciation Day, join us at La Plaza's Daily Dish for a free dessert. Available only **FRI MAY 10<sup>TH</sup>** with purchase of daily dish meal from 11 a.m. - 2 p.m.



DAILYSDISH. LA PLAZA RESTAURANT

Come check us out. We offer a consistent menu that you can count on throughout the month of APRIL  
MONDAY - FRIDAY, 11 A.M. - 2 P.M.

## GRAB YOURSELF A DEAL!

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## Music Classes

### Private Piano Lessons:

**Mon, Tue, Thu & Friday.**

Time slots available 2 - 7 p.m.  
\$72 for a punch card of 4/30 minute lessons. Instructor: Hispana.

### Private Guitar Lessons:

**Wednesdays & Thursdays.**

Time slots available 4:30 - 8:30 p.m.  
\$72 per 4/30 minute lesson.

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

### Private Voice Lessons:

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

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

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

## Parents & Kids Music

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

\$15 per class or \$40/month.  
Ages 18 months - 3.5 yrs old.

English & Spanish.

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

## Sevillanas for Feria

**Thursdays,**

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

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

## Sevillanas & Flamenco Dance

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

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

## Belly Dance Class

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

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

## Art Classes Art-Homeschool Program

**Art Fundamentals - Learning to Draw & Painting:**

**Fridays,** 9:30 - 10:30 a.m. Ages 5-17.  
\$40/month or \$15/class per person.

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

### Art for Adults:

**FRI May 10th & 24th,**

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

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

Instructor: Maria.

## "Canvas With A Swirl"

**May 8th,** 6 - 9 p.m. \$35.

Adults only.

Are you looking for a fun and exceptional evening out while creating your unique masterpiece? Come alone or bring a friend or two and paint a picture along with our instructor. We'll provide paint, canvas and brushes, and our instructor will guide you through each step of recreating the monthly featured painting she has prepared. Paint, have a sip, and find your inner artist. Class held at La Plaza, reserve a spot at the Liberty front desk! Instructor: Maria.

## DIY Wood Sign Workshop

**WED May 15th,** 10:30 a.m. - 1 p.m.

Sign up by May 6th. \$35. Adults only.

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



## MUSIC CLASSES



## AIKIDO CLASSES

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

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

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

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

Ladies Class, ages 18+:

**Saturdays,** 10 - 11:30 a.m. \$50.

Co-ed Class, 18+:

**Saturdays,** 11:45 a.m. - 13:15 p.m. \$50.

## Spanish Classes

### Individual Spanish Lessons:

\$20/hour, sold in punch card form.  
\$80 per card for 4 lessons.

### Group Spanish Lessons:

\$45 per month once per week,  
\$75 per month twice per week.

Living in a foreign country can be hard enough, not speaking the language can make it even more frustrating.

We can help you with our Spanish Classes.

Instructors:

Yolanda & Veronica.



## Robotics, Programming & 3D Printing Classes

**Tuesdays,**

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

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

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

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

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



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.



## DANCE CLASSES WILL BE BACK SOON

Call 727-1382 for more info.

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

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## 2019 MWR Run

ARMED FORCES DAY

Sponsored by:



SATURDAY  
MAY 18TH  
10 a.m.  
LA PLAZA

**REGISTRATION AND FEES:**  
Registration opens **April 23rd**.  
Ages 10 and up.  
Pre-register by **May 8th** to  
guarantee a shirt.  
Adults: \$15 | Kids (10-13): \$10

**ON THE DAY OF THE RACE:**  
Limited T-shirts available day of race.  
Will be first come first serve basis.  
Adults: \$20 | Kids (10-13): \$15.  
While supplies last.

Must sign up and pay at the Fitness Center  
front counter in advance.  
Same day registration, must be exact fee.  
No pets allowed.

### CFL Meeting

**WED May 8th, 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 May 30th, 5 p.m.**  
This program teaches the fundamentals of fitness, proper  
use of equipment in our facility and DoD policy that  
pertains to physical fitness in MWR facilities. After  
completing this certification, youth ages 10-17 will be  
able to use the Fitness Center facility: 10-13 with parents,  
ages 14+ on their own.

### Memorial Day Murph Challenge

**MON May 27th, 10 a.m.**  
Help remember our fallen Veterans. This event is named  
in memory of Navy Lieutenant Michael Murphy, 29,  
of Patchogue, NY who was killed in Afghanistan  
on June 28th, 2005. The workout consists of:  
• Run 1 mile; • 100 Pull-ups; • 200 Push-ups;  
• 300 Squats. Partition the pull-ups, and squats as  
needed. Start and finish with a mile run. If you've  
got a 20-pound vest or body armor, wear it.

## 2019 MWR SPRINT TRIATHLON

SATURDAY  
JUNE 15TH

750M SWIM  
20K BIKE  
5K RUN

### REGISTRATION AND FEES:

Must sign up at Fitness Center  
front counter in advance.  
Pre-Register by June 3rd, COB.  
\$20 entry fee for ALL ATHLETES.  
Ages: 18+  
Location: Admirals Beach and throughout base.  
Call 727-2565 for details

## INDOOR/OUTDOOR POOLS SUMMER PROGRAMMING



**OUTDOOR POOL SUMMER  
SCHEDULE:**  
**RECREATION SWIM:**  
Wednesday - Sunday, 12 Noon - 7 p.m.  
**CLOSED FOR MAINTENANCE:**  
Monday & Tuesday.  
**LAP SWIM:** 1 lane available only.

**SWIM LESSONS:**  
2 WEEK SESSIONS: 6 classes, W-Th-F,  
45 minute classes.  
\$45 a session/ 2nd child: \$40.  
1st session, June 19th-28th  
2nd session, July 10th-19th  
3rd session, July 24th-Aug 2nd  
4th session, August 7th-16th

**POOL PARTIES:**  
**UP TO 25 PEOPLE:** During hours only.  
\$75 /2 hours 1 guard.  
**UP TO 50 PEOPLE:** During/off-hours.  
\$150 /2 hour 2 guards.  
**OVER 50 PEOPLE:** During/off-hours.  
\$200/2 hours 3 guards.



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## OUTDOOR POOL OPENING DAY

MEMORIAL DAY WEEKEND

**SAT May 25th, 12 p.m. - 7 p.m.**

MWR Pool staff are available for  
patrons to sign-up for summer swim  
lessons and reservation for private  
pool parties.

**12 - 1:30 P.M.**

**OPENING VENUE ACTIVITIES:  
SUMMER SAFETY,  
FOOD & FUN**

USO, Health Promotion & American  
Red Cross will be promoting  
summer safety for UV exposure,  
water safety and heat stress and  
hands on CPR instruction.

**12 - 5 P.M.**

**FOOD PROVIDED BY PRIVATE  
ORGANIZATION**



**SAFETY FIRST!! RULES IN ORDER  
TO MEET SAFETY STANDARDS,  
PLEASE REMEMBER THE  
FOLLOWING:**  
- You can bring food, but please NO GLASS!  
- Per Navy instruction, any child under the age of  
3 is required to wear a swim diaper, regardless  
of being potty-trained.  
- Annual Navy Youth Swim Test required. Youth,  
17 and below, who have demonstrated the  
necessary skills will have FULL access to the  
Aquatic facility, including slides, diving boards,  
swimmer's zone/deep end, and other  
recreational amenities, as determined Naval  
Station Rota MWR Aquatics program.

• aquatics,  
727-2129

### Parent & Child Swim Lessons

**WED May 8th - FRI May 10th &  
WED 15th - FRI 17th, 10 - 10:30 a.m.**  
Ages 8 months - 3 yrs.  
Six 30-min. sessions. \$45.

### Level 1-2 Swim Lessons

**WED May 8th - FRI May 10th &  
WED 15th - FRI 17th, 4 - 4:45 p.m.**  
Ages 4 and up.  
Six 45 min. lessons. \$45/child.

### Adult Private Swim Lessons

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

*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 either  
to increase their level of safety or to improve their  
health and fitness and perhaps compete in triathlons.*

### Navy 2nd Class Swim Testing

Available by appointment only.



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