**What's Inside?**

- Youth Sports
- Basketball Season Registration
- Fitness Center
- Polar Bear Run and Plunge
- Pinz
- MLK Day Bowling Special
- Tickets and Travel
- Foodie Tour: Jamón Ibérico

**January 2024**

**vaMos!**

*MWRROTA MONTHLY MAGAZINE*

**Issue #139**

U.S. Naval Station Rota, Spain

www.navywmrrota.com/

www.facebook.com/RotaMWR
our vision
MWR is dedicated to ensuring our customers receive the highest quality of service and support to our customers. The MWR program is designed to achieve the mission readiness of sailing personnel and their families and is part of the entire enterprise that supports the mission. It is our goal to provide families the resources they need to succeed to achieve mission readiness. MWR is committed to achieving this objective by providing high-quality community support at the lowest cost.

Mission readiness is the overall value or quality of a force that is measured by the ability of the force to accomplish its mission. It is the sum of the factors that influence the performance of a force, including morale, the physical fitness of personnel, the availability of support services, and the readiness of equipment. Mission readiness is a critical component of military readiness because it affects the ability of a force to execute its mission.

MWR recognizes that families are an integral part of the mission and that the success of the mission depends on the well-being of military personnel and their families. MWR is committed to providing services and support to military personnel and their families to enhance both mission readiness and quality of life aboard Naval Station Rota, Spain.

Our guiding principles
Our professional workforce is committed to the highest standards of service and support to our customers. We are dedicated to providing excellence in all that we do. We are committed to providing a safe, secure, and enjoyable environment for our customers. We are committed to providing services and support that meet the needs of our customers.

We are committed to providing a positive and creative environment for our customers. We are committed to providing services and support that meet the needs of our customers. We are committed to providing a positive and creative environment for our customers.

Our mission
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FOODIE TOUR:

**JAMÓN IBÉRICO**

Transportation, Jamón Factory guided tour with three-course meal. The trip includes roundtrip top restaurants in the town of Aracena to have Iberico for the rest of your life. After the educational intense flavor that will have you craving Jamón with the enticing aroma, palate-pleasing texture, and with the expert slicing and serving of the final pigs are reared, feeding on locally grown acorns, process, starting in the fields where specially bred Must register by Jan. 3.

**Picassocafé**

7 a.m.-7 p.m. $120 per person. Ages 18 years and older. Must register by Jan 24.

**Cordoba Historical Tour**

Saturday, Jan. 13, 7:30 a.m.-9:30 p.m. $85 per person. Ages 18 years and older. Must register by Jan. 10.

**Sevilla Historical Tour**

Saturday, Jan. 20, 7:30 a.m.-6:30 p.m. $65 per adult / $45 per child 2-18 years old / 0 cost for child under 2 years old. Must register by Jan. 17.

**Cordoba Historical Tour**

Saturday, Jan. 20, 7:30 a.m.-4:30 p.m. $55 per person. Ages 18 years and older. Must register by Jan. 17.

**Cordoba Historical Tour**

Saturday, Jan. 20, 7:30 a.m.-7 p.m. $60 per person. Must register by Jan. 17. The Garganta del Capitan hike is located in the municipality of Alcaraz. The Garganta del Capitan trail is 6 miles long and takes approx. 2 hours. The Garganta del Capitan trail begins with a steep ascent, then levels off into a moderate incline. The Garganta del Capitan trail offers breathtaking views of the city from the top of the Giralda Minaret. Across from the Cathedral is Andalucía, home to the 3rd largest Gothic Cathedral in the world, where you can enjoy the winding streets of the Triana Quarter in the old part of the city. Historical tour includes: roundtrip transportation, local guide, entrance fee and some free time.

**Cordoba Historical Tour**

Saturday, Jan. 27, 7:30 a.m.-4:30 p.m. $55 per person. Ages 18 years and older. Must register by Jan. 24.

**Cordoba Historical Tour**

Saturday, Jan. 27, 7:30 a.m.-7:30 p.m. Must register by Jan. 17.

**Cordoba Historical Tour**

Saturday, Jan. 27, 7:30 a.m.-4:30 p.m. $65 per person. Must register by Jan. 17.

**Cordoba Historical Tour**

Saturday, Jan. 27, 7:30 a.m.-8 p.m. $100 per person. Ages 18 years and older. Must register by Jan. 3.

**Eurobike Rental**

Saturday, Jan. 27, 9 a.m.-2 p.m. $25 per person. Must register by Jan. 24.

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**Winter Reading Challenge**  
Tuesday, Jan. 2-Feb. 29.  
Please come to the library to sign up and pick up a reading log. Open to all ages.

**Book Island Reading Club**  
Thursday, Jan. 25, 10 a.m.  
“The Bluest Eye” by Toni Morrison.  
Ages 18 years and older.

**Winter Reading Challenge**  
Tuesday, Jan. 22-May 24.  
Join us to jump-start early literacy skills for toddlers and preschoolers! Parents and children will learn together while we sing, read, play, and grow. This program is best suited for pre-readers (ages 1-5) and their parents.

*Times:*  
- 11-11:30 a.m. and 2:30-3 p.m.  
Theme for January: Winter.

**GRO**  
**WINTER: A SOLSTICE STORY**  
by Helene E. Gross.  
Tonight is the shortest night of the year—solstice is here! Deep in the forest, the dark, cold, and quiet of winter is all around. Owl, Mouse, and Deer still watch the light fade and dark surrounds them, but they have a gift of hope to share with their neighbors. The moon and stars shine down on a lone tree in the forest, and the animals gather around to bask in its light.

**JUVENILE**  
**BAD KITTY GOES TO THE VET**  
by Nick Bruel.  
When Kitty is happy and healthy, everything is perfect. She jumps around, eats everything in sight and has the energy to keep stinking puppies in their place. But when she’s sick, all she can do is lie in her bed. Looks like it’s time for this sick kitty to go... to the vet.

**YOUNG ADULT**  
**HEARTSTOPPER VOL. 5.**  
by Alice Oseman.  
Nick and Charlie are very much in love. They’ve finally said those three little words, and Charlie has almost persuaded his mum to let him sleep over at Nick’s house... but with Nick going off to university next year, is everything about to change?

**FRAGILE DESIGNS**  
by Colleen Coble.  
Since her police officer husband Eric’s mysterious murder, Carly Harris has been struggling to support herself and their infant son. So when her grandmother proposes she and her two sisters restore the family’s large Beaufort home and turn it into a bed-and-breakfast, she immediately gets to work clearing out the house. In the process, she uncovers a family secret that Eric kept hidden. And an heirloom that the wrong person wouldn’t hesitate to kill for.

**DA VINCI CODE ESCAPE ROOM**  
Friday, Jan. 26, Feb. 2, 9, 23 and Tuesday, Feb. 13, 6-7 p.m.  
Reservation are required ahead of time and can be made starting Thursday, Jan. 8. Players will have 60 minutes to solve Da Vinci Code themed puzzles in order to escape. There will be a max of 20 players per time slot.

**ESCAPE ROOM**  
**DA VINCI CODE**  
Tuesday, Feb. 13, 6-7 p.m.  
**FRAGILE DESIGNS**  
by Colleen Coble.

**BOWLING CENTER**  
**ONGOING**  
**Active Duty Members in Uniform Lunch Bowling**  
Mondays-Sundays, 12 a.m. - 3 p.m.  
Free game of bowling, including shoe rental, for Military personnel in uniform with the purchase of a complete meal and drink.

**Family Night**  
Mondays, 4-8 p.m.  
Families up to 5 people per lane can bowl for one hour including shoe rental for $55.

**Couples Night**  
Tuesdays, 5-10 p.m.  
Groups of up to four people can bowl one hour including shoe rental for $55 with a purchase of any pitcher.

**BARRACKS CHALLENGE**  
Wednesdays, 6-10 p.m.  
Join us every Wednesday.  
**BARRACKS BASH** - Challenge anyone to an hour of bowling for ultimate bragging rights, $30 for 1 hour. Head to Head. Shoe rental included. Win the head-to-head challenges and become the first barracks challenge champion.

**Liberty’s Bowling Night**  
Thursday, Jan. 11.  
Enjoy a free night of bowling and pizza with Liberty time for single unaccompanied.  
4:30-7 p.m.  
On the second Thursday of each month sign in the Liberty sign-up sheet at the front counter at Pinz.

**Cosmic Bowling and Karaoke Jam**  
Fridays and Saturdays, 7-11 p.m.  
$23.  
Groups of up to four people can bowl per lane for one hour, including shoe rental.

**BOWLING CENTER**  
**MLK DAY**  
MONDAY  
Jan. 15  
2-8 p.m.  
Buy one hour of bowling and get the second hour free.  
Shoe rental included.

**sPecial eVents**  
**NFL PRO BLITZ**  
SATURDAY  
FEB. 3  
MWR TURF FIELD  
4 p.m.  
Enjoy an exhilarating halftime performance by the Indianapolis Colts cheerleaders and mascot!  
Photo ops and autograph cards will be available after the big game.
School liaison office, 956-82425 or DSN 727-4255
SLORota@eu.navy.mil

Just Arrived to Rota and need to Register Your Child in DoDEA?
If you have a school age (K-12) student and need to register for school, please visit https://www.mwrrotacom/sac for local educational information.

Write a DREAM Acrostic Poem
What do students dream the world of the future to be like? Students will use each letter of DREAM to start a line of the poem. Students are encouraged to decorate each line. Example: Do Good Deeds | Rule Your Dreams | Education | A life Equal | I Miss Friends

Below is the logo for the top three elementary and middle DREAM poems. Make sure the student includes their name and grade on the back.

F.E.E.T. (Friends Exploring España Together) Youth Sponsorship
Wednesday, Jan. 24, 11:30 a.m. - 4:30 p.m.
Must register by Jan. 22, Youth Center, Bldg. #3053. Open to all new youth in grades K - 12.
The School Liaison Office and Youth Programs will conduct an Orientation for new students to make sure the forms are completed. Parents can register their child at this event. Students will be encouraged to contact their child's care provider for lunch. Youth must be registered with CYP Youth Programs. Space is limited.

Scholarships
Fisher House Scholarships (NOTE: No Navy endorsement implied). Scholarships for Military Children: Children of Active, Reserve, and retired military members may receive $750.00 for post-secondary education. Scholarships for Fisher House Families: Fisher House families are eligible for $500.00 for post-secondary education. Scholarships are awarded to families based on financial need. Scholarship applications are available online at https://fisherhouse.org/programs/scholarship-programs/

Youth Programs
JAMS (ages 10-12) and GRAVITY (ages 13-18)
JAMS Late Night at the Youth Center.
Those not enrolled will not be allowed to access in the Mandatory Assessment for team selection in the sports season. Anyone can be one, just go to http://www.navy.mils/parents or contact us to learn how.

Youth Volunteer CPR Training
Fridays, Jan. 12 and 19, 4 - 9 p.m.
Please call 727-4271 or email: Rota_youthsports@eu.navy.mil and register to confirm your spot, limited space.

Youth Volunteer Coaches and Officials needed for all YSF Seasons
Be Ready to Step Up!
Are you a member of the Parents Association for Youth Sports (PAYS)? Not a PAYS member yet? If so, take advantage and enroll now for this year’s Youth Sports season. Those not enrolled will not be allowed to access in the Mandatory Assessment for team selection in the sports season. Anyone can be one, just go to:

Youth Programs
JAMS (ages 10-12) and GRAVITY (ages 13-18)
956-824625 or DSN 727-4625
Rota_youthcenter@eu.navy.mil
Open Mondays and Wednesdays and Fridays: 2:45-6:30 p.m.
Non school days: Noon-6:30 p.m.

Jams Late Night at the Youth Center
Friday, Jan. 26, 7-9 p.m.
Ages 10-12 years old (Jams members).
For registration and permission slip required by Wednesday, Jan. 24.
Monthly Recognition
Each month the Youth Center Staff will recognize a Teen, “Youth of the Month” and a Pre-Teen, “Amazing Kid of the Month.” All participants need to bring Euros for lunch. Youth must be registered with CYP Youth Programs. Space is limited.

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Have you ever thought about completing an Ironman? Now is the time!! Try our Ironman Challenge. You have 31 days to complete 2.4 mile swim, 112 mile bike and 26.2 run. Stop by our front counter and log in your distance after each workout. Add up miles and complete the total distances. Trophies for first, second, and third male/female completing our New Year Resolution Iron Man.

New Year Resolution IRONMAN

MONTH OF JANUARY

Have you ever thought about completing an Ironman? Now is the time!!

Try our Ironman Challenge. You have 31 days to complete 2.4 mile swim, 112 mile bike and 26.2 run. Stop by our front counter and log in your distance after each workout. Add up miles and complete the total distances. Trophies for first, second, and third male/female completing our New Year Resolution Iron Man.

CFL Meeting

Wednesday, Jan. 17, 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

Thursday, Jan. 25, 5 p.m.

Must register by Jan. 24, Noon Fitness Center. The Youth Certification teaches the fundamentals of fitness, proper use of equipment in our facility and DoD policy that pertain to physical fitness in MWR facilities. Youth are given a facility orientation, one-on-one weight and/or fitness orientation and a written test. After completing this certification youth ages 10-17 will be able to use the Fitness Center facility.

Youth Incentive Challenge

January

Trophies for first, second, and third male/female completing our New Year Resolution Iron Man.

Sports Calendar

January

Basketball Tournament: January 13-15 (Friday-Sunday)
CC Indoor Soccer League: January 14-16 (Wednesday-Saturday)
CFL Certification Course: January 17-20 (Monday-Thursday)
Softball Spring Tournament: January 21-23 (Friday-Sunday)
CC Sand Volleyball: January 24-26 (Friday-Sunday)

February

Palm Tree Super Bowl: February 4 (Friday-Sunday)
CC Indoor Soccer League: February 5 (Monday-Saturday)
CFL Certification Course: February 11-14 (Monday-Thursday)
CC Sand Volleyball: February 12-14 (Friday-Sunday)

March

Winter/Spring (SPORTS SCHEDULE)
Softball Spring Tournament: March 22-24 (Friday-Sunday)
CC Indoor Soccer League: March 25-27 (Friday-Sunday)

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Parent & Child Swim Classes:

Ages 8 months-3 years old, 10-10:30 a.m.

These lessons are designed to introduce infants and toddlers to the water and focus on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills. Parents or caregivers must accompany the child into the water and participate in the class.

Learn to Swim Classes:

Ages 4 years and older, Levels 1-2:
4:45 p.m.
Levels 3-5:
5:45 p.m.

The Learn-to-Swim program focuses on building skills one step at a time and giving them the opportunity to master one element before moving on to the next. Our swim classes make it simpler for kids to build confidence in the water.

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### Family Advocacy Program

The Family Advocacy Program (FAP) is a prevention, intervention, and treatment program for domestic violence, child abuse/neglect, and problematic sexual behavior in children. The purpose of FAP is to prevent abuse, intervene when incidents of abuse occur, ensure victim safety, promote accountability, and provide educational classes, support programs and counseling.

#### WHAT IS CONSIDERED DOMESTIC ABUSE?

Domestic abuse encompasses spouse and or intimate partner physical, sexual, emotional abuse, and neglect of spouses. This can involve any form of non-accidental physical act (e.g. hitting, pushing, shoving, throttling, slapping, etc.) that can result in harm, any attempted or completed sexual act or contact without consent, acts of excessive jealousy and personal insults or verbal harassment, as well as threatening language suggesting the use or future use of physical abuse, or economic control and interference with personal liberty such as tracking or obstructing forbidding leaving the home. Neglect is when a spouse fails to provide the necessary care or assistance to the other spouse in the event they are physically, emotionally or culturally incapable of caring or assistance to the other spouse.

#### WHAT IS CONSIDERED CHILD ABUSE?

Child abuse can be physical, sexual, or emotional abuse, or the neglect of a child that causes harm or threatens their welfare. It can look like harming or threatening a child using inappropriate discipline, physical or sexual violence, withholding food or basic care, confining a child and restricting movement, or not providing adequate supervision.

#### WHAT IS CONSIDERED PROBLEMATIC SEXUAL BEHAVIOR IN CHILDREN AND YOUTH?

Problematic sexual behavior in children and youth is defined as behavior, initiated by children and youth under the age of 16, that involves using sexual or private body parts in a manner that is developmentally inappropriate or potentially harmful to the individual or the individuals impacted by the behavior.

#### WHEN DOES FAP GET INVOLVED?

In domestic abuse situations, FAP will become involved upon receiving a report of suspicion of abuse or neglect but not all situations are handled the same. In some cases, the affected adult has the option for restricted reporting and sometimes when a situation is unhealthy but does not meet the Department of Defense definitions of abuse, then FAP offers consultation, information, services, or referrals as appropriate.

#### HOW CAN FAP HELP?

FAP directly provides and coordinates a range of services for individuals and families impacted by abuse and neglect. FAP helps to support families by assessing risk factors, developing safety plans, identifying needs, and connecting to appropriate resources. FAP can also provide psychoeducation, individual, couples, and family counseling.

FAP can be a valuable resource for military families. It can help prevent abuse, intervene when incidents occur, ensure victim safety, promote accountability, and provide educational classes, support programs and counseling. If you have questions about the Family Advocacy Program or need help, call the Family Support Center at 727-3232.
**January Events**

**Liberty Polar Bear Plunge**
Monday, Jan. 1, 6 p.m.
Who can last in the frigid water the longest? Reward yourself with a snow cone as we embrace everything icy!

**National Cream Puff Day**
Tuesday, Jan. 2, 1-9 p.m.
A day dedicated to one of the most delicious pastries of all time—the cream puff! We’ll provide them.

**Crochet Wednesdays**
Wednesday in January, 6 p.m.
If you’ve ever had the desire to pick up the hook and create yourself a wearable beanie or scarf, this is the month for you! Come by the Liberty Center to learn how to crochet. Yarn, hook and instruction will be provided.

**World Trivia Day**
Thursday, Jan. 4, 6 p.m.
Trivia Night! Play as a pair of solo in a true battle of wills. Test your knowledge of all things…the cream puff! We will provide them.

**Liberty’s Bowling Night**
Thursday, Jan. 4, 6 p.m.
Join the Liberty staff at the Flix Movie Theater for a night of bowling and pizza. On the day of, sign in on the Liberty sheet at the counter at Flix. Enjoy a free night of bowling and pizza with Liberty.

**FLORIDA DAY**
Friday, Jan. 5, 6 p.m.
Let’s all enjoy each other’s company and play a fun game of Florida trivia. Smarts will be provided.

**Liberty Golf Day**
Friday, Jan. 5, 6 p.m.
Are you PCSing or TDY to Rota? Don’t forget to take your free golf day! 2:30-5 p.m. Tuesday and Thursday.

**National Vision Board Day**
Sunday, Jan. 7, 1-9 p.m.
Start the New Year off right by creating a vision board for 2023! Supplies are provided.

**National Get To Know Your Customers Day**
Thursday, Jan. 18, 6 p.m.
Come visit us and tell us about yourself and what events or programs you would like to see at the Liberty Center.

**SeaVents**

**One Person Scramble**
Golf Tournament
Saturdaty, Jan. 20
9 a.m. Shotgun start.
$20 per person plus green fees.
(20% of entry fee to prize fund)

**Four Person Scramble**
Golf Tournament
Saturday, Jan. 27
9 a.m. Shotgun start.
$20 per person plus green fees.
(20% of entry fee to prize fund)

For more information or to register for any of these events please call 956-82-22660 or DSN 727-7260

**Discounted Liberty Trips**
Granada Ski and Snowboard Trip (4 Days)
Friday-Monday, Jan. 12-15
Departure: 3 p.m. Return: 8 p.m.
$280 per single rider.
Must register by Jan. 5.

**Sevilla Historical Tour**
Saturday, Jan. 20, 7:30 a.m. - 6:30 p.m.
Must register by Jan. 17.
Agos 18 years and older. $52 per person for single/unaccompanied E6 & below, plus the cathedral, the old Jewish quarter, and the Plaza de España. Sevilla, the capital of Andalucía, is home to the 13th-largest Gothic Cathedral in the world, where you can enjoy views of the city from the top of the Giralda. Across from the Cathedral is the Alcázar, a 15th-century palace built in a Moorish style. Come visit us and tell us about yourself and what events or programs you would like to see at the Liberty Center.

** liberty Golf Day**
Sunday, Jan. 28
7:30 a.m.- 6:30 p.m.
Departure: 3 p.m. Return: 8 p.m.
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105,44 km of runs, with 118 signed trails for all levels and excellent quality snow. There are a cross-country skiing circuit, snow park and recreational areas for non-skiers. Night skiing is available on Saturdays, weather permitting.

**Sailor Adventure Quest**
Yoga Night
New Date
Sunday, Jan. 28, Noon.
Free for single/unaccompanied E6 and below.
Liberty Golf Day includes green fees and club rentals.

**Gun Lessons**
Wednesday, Jan. 10 and 24, 6 p.m.
Whether you’re a beginner or looking to refine your skills, this is your chance to learn from the best. Learn to shoot pistol and play your favorite tunes on a real guitar, with guidance tailored to your skill level and musical interests. Guitars are provided.

**Fun Four Person Scramble**
Golf Tournament
Saturday, Jan. 27
9 a.m. Shotgun start.
$20 per person plus green fees.
(20% of entry fee to prize fund)

**OnGoing Programs**
Family Fun Days
Every Sunday: Noon-5 p.m.
Free USA* Range Balls for Active Duty Military
Tuesdays and Thursdays, 2:30-5 p.m.
While PGA tips by appointment only on Thursdays.

**Twilight Special**
Seven days a week, 2:30-5 p.m.
$12 unlimited golf. Carts are $13 double rider or $15 single rider.

**Key Golf Special**
Are you PCSing or TDY to Rota? Present your hotel key at the golf shop to be eligible for the following:
Standard Club Rental ($50 value), $28 roundtrip transportation by van, lodging in shared apartments and snowboard (board, boots and helmet) or ski equipment (skis, boots and helmet).
Lift tickets (price is usually 54 euros per day, tickets can be bought online).

956-82-2527 or DSN 727-2527
single or unaccompanied servicemen and women

**FOR MORE INFORMATION OR TO REGISTER FOR ANY OF THESE EVENTS PLEASE CALL**
956-82-22660 or DSN 727-7260

**FranD Night Magic**
Friday, Jan. 19, 6 p.m.
Let’s all enjoy each other’s company and play a fun game of Florida trivia. Smarts will be provided.

**Booday**
Thursday, Jan. 25, 1-9 p.m.
Embrace all things Florida. We will be watching movies in honor of MLK, Jr. and enjoying some cake and ice cream to celebrate Dr. King’s birthday!
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