

# FFR Highlights



## NBVC CYP TEEN CENTERS

NBVC Teens and Parents here are our upcoming teen events & info:

**MAR 7: Mugu Youth, Springtime Minute to win it**

**MAR 21: Mugu Youth, Beach Clean up, Ventura Pier**

**MAR 28: Mugu Youth, Bowling Night, NBVC Lanes**

For information about registration and field trips contact your local youth center. *All events/trips are subject to change without notice.*

**Camarillo: 805-383-6240  
Port Hueneme: 805-982-4218  
Point Mugu: 805-989-7580**



## RAMS ON BASE

NAVAL BASE VENTURA COUNTY



The Los Angeles Rams are excited to invite you for a day of fun practicing football drills and skills with Cheerleaders, Rampage, and other Rams activations!

### SATURDAY, MARCH 29TH

11 AM - 2 PM



STINGERS PARK, NBVC PORT HUENEME  
PACIFIC ROAD BLDG. 5354, PORT HUENEME

VENTURA.NAVYLIFESW.COM



SCAN QR CODE  
TO REGISTER

### ACTIVITIES FOR FAMILY AND FRIENDS:

- FOOTBALL SKILLS AND DRILLS ACTIVITIES (YOUTH GRADES K-5TH)
- FREE FOOTBALL CLINIC (YOUTH GRADES 6TH-12TH)
- MEET RAMPAGE (RAMS MASCOT) AND RAMS CHEERLEADERS

U.S. NAVY CHILD & YOUTH PROGRAMS WELCOMES CHILDREN & TEENS OF ALL ABILITIES. THE DON DOES NOT ENDORSE ANY COMPANY OR SPONSOR, THEIR PRODUCTS OR SERVICES.



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## NBVC MWR LIBERTY PROGRAM

MWR Liberty programs and trips are only open to MWR Sailors/Liberty personnel who are single active-duty military or Geobachelors.

### MAR 1: Paint Ball Trip

8 am – 2 pm. \$35 per person. Registration required. Pick up from CoffeeNet at 8 am, pick up at SurfNet at 8:30 am.

### MAR 8: Go Kart Racing

10 am – 3 pm. \$22.50 per person. Registration required. Pick up from CoffeeNet at 10 am, pick up at SurfNet at 10:30 am.

### MAR 13: Paint & Chill Night

5 pm – 7:30 pm. Free activity, registration required. Transportation from Mugu available upon request

### MAR 15: Day Hike

8 am – 1 pm. Free activity, Registration required. Pick up from CoffeeNet at 8 am, pick up at SurfNet at 8:30 am.

### MAR 17: Ice Cream Shakes

11 am – 1 pm & 6 pm – 8 pm. Free activity, no Registration required.

### MAR 28: Cosmic Bowling

6 pm – 10 pm. Free activity includes 1 hr. of lessons. No registration required. Transportation from Mugu available upon request.

### MAR 29: Venice Beach Day

8 am – 5 pm. Free activity, Registration required. Pick up from CoffeeNet at 8 am, pick up at SurfNet at 8:30 am.

### Needham Theater Movie Night – Every Friday

Liberty patrons receive a free snack combo.

To register for a trip please scan the QR code below.



If you have questions, please call us at 805-982-6695

## Show off your ride

Point Mugu Cars & Coffee event poster. It features a blue and white illustration of a classic pickup truck in the center. Above the truck, the text reads "MWR AUTO SKILLS PRESENTS" and "POINT MUGU" in a banner. The main title "CARS & COFFEE" is in large, bold, red letters. To the right, it says "MARCH 29 8 A.M. - 10 A.M. AUTO SKILLS CENTER". At the bottom, it says "OPEN TO ALL HANDS • ALL AGES WELCOME" and "VENTURA.NAVYLIFESW.COM". There is a "FREE" badge in the top right corner and the MWR logo in the bottom left.

## Automotive class

Brake inspection & replacement class poster. It shows a close-up of a hand holding a grey brake pad next to a brake rotor. The text reads "BRAKE INSPECTION & REPLACEMENT AUTO SKILLS CLASS SATURDAY MARCH 15 AT 9:00 AM". It includes the MWR logo, the phone number "805-989-7353", and the website "ventura.navylifefsw.com".

### Point Mugu Auto Skills Classes

Each month the Point Mugu Auto Skills shop staff host a class for all authorized MWR patrons interested in learning about vehicle maintenance.

March's class is all about brakes. Registered students will learn how to inspect and how to change your brake pads. Each class is instructor lead & class sizes are limited to give students the time needed to learn a new skill.

Register in advance by visiting the Mugu Auto Skills shop. A small class fee is required.

## Adult Intramural Soccer

Adult Intramural Soccer League poster. It features a close-up of a soccer player's foot in a purple and white cleat about to kick a soccer ball. The text reads "CAN YOU KICK IT?" in large, bold, yellow letters. At the bottom, it says "Evening Intramural Soccer League" and the MWR logo.

NBVC MWR Athletics is looking for players and teams for the upcoming evening Soccer League at NBVC Port Hueneme.

Coaches meeting: March 20  
League starts: March 24

For more information, please check with any MWR gym. Hueneme Gym at 805-982-5173 or the Point Mugu gym at 805-989-7728.



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# MWR SKI & SNOWBOARD TRIP

Big Bear Mountain Resort **Saturday, MARCH 29**



Trip info and online registration  
[ventura.navalifesw.com](http://ventura.navalifesw.com)



No Navy Endorsement Implied

## Seabee Golf Course Happenings

# SEABEE GOLF COURSE

**TWO PERSON GOLF TOURNAMENT**  
**MAR 22 \$40 PER PERSON**  
*subject to change without notice*

The Seabee Golf Course is looking for players to participate in their 2-person golf tournaments.

Tournaments are open to all hands and civilian golf pass holders.

Included with your registration is your Green & Cart Fees, Range Balls, Food & Prizes.

**Tournament Date UPDATED:**  
**Saturday March 22**

*All tournaments have an 8 am shotgun start.*

**To enter call the Pro Shop**  
**at 805-982-2620**

## THE BARD MANSION

Active Duty & Spouses

Enjoy lunch on us  
the 3rd Thursday  
of each month!

Pick up complimentary lunch tickets to the Bard Mansion's Thursday lunch buffet all thanks to our sponsor the Gary Sinise Foundation.

Tickets available at the Hueneme Ticket Office.

First come - first served,  
while quantities last, limit  
2 tickets per household.

Sponsored by



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#### CHANNEL VISTA

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310 Fraser Point

Camarillo, CA 93012

[AnacapaNewHomes.com](http://AnacapaNewHomes.com)

(805) 312-7559

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Heritage Grove in Fillmore, CA

VA LOAN APPROVED

**NEW HOMES  
IN CAMARILLO  
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### HERITAGE GROVE

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From Low \$900,000s

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Fillmore, CA 93015

[HeritageGroveFillmore.com](http://HeritageGroveFillmore.com)

(805) 727-4715





**USAA Renters Insurance**

GET A QUOTE

The Department of the Navy does not endorse any company, sponsor or their products or services.

**Mil Spouse Orientation**

March 3 / 2 pm - 3:30 pm  
NBVC Port Hueneme

**5 Love Languages**

March 11 / 2 pm - 3:30 pm  
NBVC Port Hueneme

**Effective Resume Writing**

March 6 / 9:30 am - 11 am  
NBVC Point Mugu

**Winning Interview Techniques**

March 27 / 1:30 pm - 3:30 pm  
NBVC Port Hueneme

**Sponsor Training**

March 5 / 9 am - 10 am  
Port Hueneme

**Vesting in TSP**

March 13 / 1 pm - 2:30 pm  
Port Hueneme

**Excel Basics**

March 18 / 1 pm - 3 pm  
Port Hueneme

**Smooth Move**

March 4 / 2 pm - 3 pm  
Port Hueneme

NBVC Strike Out Sexual Assault  
**Cosmic Night AT THE LANES**  
SINGLE SAILORS BOWL FREE!  
\$1 Games! \$1 Shoe Rentals!  
APRIL 3 2025 4 PM - 7 PM  
NBVC LANES PORT HUENEME  
OPEN TO ANYONE WITH BASE ACCESS  
VENTURA.NAVYLIFESW.COM  
FOR MORE INFORMATION: (805) 982-5037

805-982-5037

Upcoming Events...

• **Hiking: Sandstone Peak**

April 5, 2025. More event details to be announced.

• **Family Paint Night**

April 25, 2025. More event details to be announced.

• **Spring Event**

April 12, 2025. More event details to be announced.

• **2 Person Golf Tournament**

April 26, 2025 More details to be announced.

• **Mugu Cars & Coffee**

April 26, 2025. More event details to be announced.



Providing services that enhance the quality of life to sustain the Fleet, enable the Fighter, and support the Family! NBVC MWR'S Main Office is located at NBVC PH Bldg. 1180, Phone (805) 982-5554



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March 2025

Subscribe to our mailing list and receiving the FFR Highlights via email. Simply Email [Richard.w.cobb2.naf@us.navy.mil](mailto:Richard.w.cobb2.naf@us.navy.mil) to subscribe!

Find all the FFR information online at [ventura.navylifesw.com](http://ventura.navylifesw.com)

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