ISSUE 31

MONTHLY NBVC QUALITY OF LIFE PROGRAMS NEWSLETTER FR HIGhlights



NBVC CYP TEEN CENTERS

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

JUL 2, 2024 Pool Day at Hueneme

JUL 9, 2024 Pool Day at Hueneme

JUL 11, 2024 Trip to Santa Barbara

JUL 16, 2024 Pool Day at Hueneme

JUL 18, 2024 GoKart Trip

JUL 23, 2024 Pool Day at Hueneme

JUL 25, 2024 Shopping day in Camarillo

JUL 30, 2024 Pool Day at Hueneme

For information about registration and field trips contact your local youth center Camarillo: 805-383-6240

Port Hueneme: 805-982-4218 Point Mugu: 805-989-7580

Celebrate our Independence Day with MWR



MWR invites you and your family to celebrate the 4th of July with us at Stingers Park aboard NBVC Port Hueneme starting at 2:30 pm. This event includes a BBQ competition, BBQ tasting opportunity, family activities, & live musical performance from Emmy-nominated folk rock band from Honolulu, "Streetlight Cadence". The celebration wraps up with a 30 min fireworks show.

This event is free to attend for all persons with regular base access. NBVC families are welcome to utilize the parks picnic tables and BBQs during the event. If you want to bring your own food and picnic in the park as a family you are welcome to do so. Tables and BBQ's are on a first come-first served basis. Get there early to secure your spot.

Our family activities like the rock climbing wall, axe throwing, face painting, carnival games, etc. will all require a ticket to play. Tickets will be for sale at the event ticket booth for a reasonable cost.

The BBO competition will be going on during the event for all our self-proclaimed BBO masters. The challenge for this year's competition is "BBQ Hot Wings". Winner will be selected by popular vote and will win a new BBQ grill. Everyone entered will receive a gift pack valued at \$100 just for entering the competition.

Sample the entries and vote for your favorite wings. Attendees can purchase a wings sampler plate and cast their vote for the best BBQ wings. Plates are \$15 each and will include samples from each BBQ competitor. The chef with the most votes wins.

Watch the Fireworks from the comfort of Stingers Park! Blankets & chairs are all welcomed.



NBVC MWR LIBERTY PROGRAM

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

JUL 4: BBQ & Fireworks

2:30 pm – 9:30 pm. Free event. No Registration needed. Transportation from Mugu available on request.

JUL 11: Paint & Chill

5 pm – 7:30 pm. Free event. Registration not required. Transportation from Mugu available on request.

JUL 13: 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.

JUL 20: Trip to Rodeo Dr.

9 am – 6 pm. Free activity Registration required. Pick up from CoffeeNet at 9 am, pick up at SurfNet at 9:30 am.

JUL 26: Cosmic Bowling

Liberty patrons bowl for free from 7 pm – 10 pm. Plus free bowling lessons from 6 pm – 7 pm

JUL 27: Waterpark Trip

9 am – 7 pm. \$40 per person. Registration required. Pick up from CoffeeNet at 9 am, pick up at SurfNet at 9:30 am.

JUL 31: Heroes Day

Liberty & community recreation are headed to the Dallas Cowboys training camp for the day. This free event requires advance signup see liberty staff for details. No Navy Endorsement Implied.

Needham Theater Movie Night – Every Friday

Liberty patrons receive a free snack combo.

Liberty Golf Program

Liberty patrons can check out clubs and hit the driving range every Sat & Sun for free.

For All Trip Registrations: go

to: <u>www.runsignup.com</u> search "NBVC Liberty". If you have questions, please call us at 805-982-5182

Gone Fishing



We are looking for anglers to compete in the 2024 Surf Fishing Tournament.

Our tournament is open to all base personnel 12 years old and up. A onetime registration fee is required for all participants. Anglers will all receive a breakfast burrito, beverage, and a limited edition t-shirt.

Prizes will be awarded for our top three anglers. 1st place will take home a \$100 gift card. 2nd place wins a \$50 gift card, and 3rd place will take home a \$25 gift card.

Visit runsignup to register or click **HERE**.

Get out of the house and share in a few laughs



The daily grind got you in a rut?

Why not take advantage of the recreation programing MWR offers our community to break up the day-to-day?

Needham Theater's Thursday Night Comedy Nights are a great opportunity to get out and break up the monotony. Live stand-up comedy from professional acts both local and national frequent our stage. Plus our comedy nights make a great date night option that doesn't cost an arm and a leg.

July 5k - The Patriots Charge 5k Presented by USAA

NBVC MWR Athletics next 5k run is the *Patriots Charge 5k at* NBVC Port Hueneme. Held on Thursday, July 18th starting at 11:30 am from the Bee Hive Gym. Participation is free for all hands. Advanced registration is now open and can be found <u>HERE</u> or by visiting <u>www.runsignup.com</u> and search "NBVC". Check-in and day of registration will be available starting at 11 am, just look for the MWR canopy.

Check with any MWR gym for more information. Hueneme Gym at 805-982-5173 or the Point Mugu gym at 805-989-7728. *No Navy Endorsement Implied.* | Scan the QR Code below to go to the registration page.

Scan this QR Code to go to the registration page.





Run the Patriots Charge 5k and collect your limited edition collectors pin seen here. 13 designs are available this year. Can you collect them all?





NBVC MUD RUN



The NBVC Mud Run returns this July with a brand new course thanks to the Seabees!

Signups are going on now for the 2024 NBVC Mud Run. Run it solo or grab some friends and take on the challenge as a group, a command, or a family. Entry fee includes a finisher's medal and limited edition T-Shirt. Visit ventura.navylifesw.com for details or click <a href="https://example.com/heres/h

Seabee Golf Course Happenings



2-Person Series Golf Tournaments

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. Only \$40 per player to enter. Included with your registration is your Green & cart fees, range balls, food & prizes.

Tournament Dates: Saturday, July 27 & Aug 24 All tournaments have an 8 am shotgun start Call the Pro Shop to register: 805-982-2620

Did you know you can book your tee times at the NBVC Seabee Golf Course online?

Book your tee time today, click <u>here</u> or visit our website at ventura.navylifesw.com



Active Duty & Spouses

THANK YOU FOR YOUR SERVICE

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.

Dependents are welcome.

Dependents without a ticket pay the regular price for lunch at the door.

Our kids pricing is:

Kids 5-12: \$7.47 each Kids 4 & under: Free

The next lunch is **July 18**

11 am - 1 pm

Sponsored by



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Dates & prices subject to change without notice...



GET A QUOTE

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

Classes at Fleet and Family Support Center



EFMP Craft & Networking Hour

July 2 / 3 pm – 4 pm Port Hueneme FFSC

EFMP Tricare Echo

July 8 / 2 pm – 3 pm Port Hueneme FFSC

Kid's Corner: Enrichment Activities

July 11, 18, & 25 / 2:30 pm – 4 pm Port Hueneme FFSC

Teen Money Matters Workshop

July 17 / 3 pm – 5:30 pm Port Hueneme Teen Center

Life Skills Parenting Seminars:

Raising Confident, Competent Children July 9 / 4:30 pm – 6 pm Port Hueneme CYP, Bldg. 1439

Raising Resilient Children August 13 / 4:30 pm – 6 pm Port Hueneme CYP, Bldg. 1439

Registration required call us at 805-982-5037 to register or for details.

Order breakfast or lunch on the go



Start your order

www.dineonthego.com

Save a ton of time and skip the line! Order food and beverages togo from the 19th Hole Café, the Flightline Café, the Fox Den at San Nicolas Island, and coming soon Kingpins at the NBVC Lanes.

Upcoming Events...

Car Show

August 10, 2024 More details to be announced

Aqua Bowl

August 10, 2024 More details to be announced.

- Summer Escape 5k Point Mugu
- Cars & Coffee

August 31, 2024. 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



Keep in touch via Facebook, X, and YouTube @navylifeNBVC Subscribe to our mailing list and receiving the FFR Highlights via email. Simply Email Richard.w.cobb2.naf@us.navy.mil to subscribe!

Find all the FFR information online at ventura.navylifesw.com