



Halloween Spooktacular 2024

Your NBVC MWR invites you to join us for two spooky evenings of scares and fun as we celebrate Halloween on Friday, October 25 and Saturday, October 26 at the BeeHive Gym, NBVC Port Hueneme (bldg. 233)

MWR has added a second day of thrills for our horror fans. Come walk the haunted maze on Friday, October 25 from 6 – 8 pm for an evening filled with scares for all who dare to enter the maze. The maze will be the only activity open for guests on Friday. Admission to the maze is free starting at 6 pm. The last tour for the evening is scheduled to start at 7:50 pm.

Come back on Saturday, October 26 for a full evening of family fun and fright. Saturday will feature the less scary haunted maze, the haunted train ride, food trucks, beer garden, a kids and adult costume contest, face painting, jump houses, games, photo booth, music, and more. The maze will be transformed into less intense experience and allow kids the opportunity to collect Halloween candy from each of the scenes as they make their way through the maze.

Saturday night's festivities will run from 2 pm to 6 pm. Open to everyone with base access. Have friends who can't get on base to join in on the fun, bring them with you. Sponsored guests are welcome to attend. Admission to the event and the maze is free both nights.

Look for more scary details to rise up as we get closer to the event. Visit our webpage to learn more at ventura.navylifesw.com, click on events or click [HERE](#).
Event subject to change without notice.



NBVC CYP TEEN CENTERS

For information about the current teen programs, activities, trips, & registration please contact your local youth center

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



NBVC FFR
HIGHLIGHTS

October 2024

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.

OCT 5: LA Comic Con

8 am – 5 pm. \$69 per person. Registration required. Pick up from CoffeeNet at 8 am, pick up at SurfNet at 8:30 am.

OCT 10: Paint & Chill

5 pm – 7:30 pm. Free event. No registration required. Transportation from Mugu available on request.

OCT 12: Halloween Horror Nights Trip

5 pm – 1 am. See Liberty Staff for details. Registration required. Pick up from CoffeeNet at 5 pm, pick up at SurfNet at 5:30 pm.

OCT 19: Paintball Trip

8 am – 1 pm. \$35 per person. Registration required. Pick up from CoffeeNet at 8 am, pick up at SurfNet at 8:30 am.

OCT 25: Cosmic Bowling, NBVC Lanes

7 pm – 10 pm. Free activity, food not included. Free bowling lesson from 6 pm to 7 pm. Transportation from Mugu available on request.

OCT 25 & 26: NBVC Halloween Spooktacular

Free event at the BeeHive gym. See page 1 for details. Transportation from Mugu available on request.

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

** Starting November 1 all Liberty program trips/activities requiring registration will move to WebTrac, more details to follow. **

FFSC CAREER FAIR

ARE YOU LOOKING FOR YOUR NEXT CAREER?

The Fleet & Family Support Center is hosting its Fall Career Fair on Wednesday, October 16 at the NBVC Port Hueneme Bee-Hive Gym from 10 am to 1:30 pm. The event is open to individuals with base access. Come prepared with your resume and chat with 60+ companies such as; Amgen, Elevance Health, Federal Air Marshall Service, JSL Technologies, NAVSUP, New Directions Technologies, and many more.

Keys to Career Fair Success Workshop

Oct 1, 10 am – 11 am at Port Hueneme | Oct 8, 10:00am – 11:00am at Point Mugu FFSC

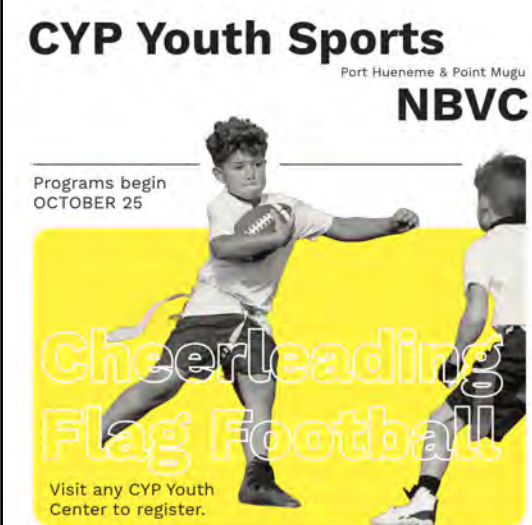
Resume Writing Lab

October 10, 1:00pm – 3:00pm at Port Hueneme FFSC

Effective Resume Writing Workshop

October 3, 1:30 pm – 3 pm at Point Mugu

For more information or to register for a workshop, contact FFSC at (805) 982-5037. For a complete company list visit ventura.navalivesw.com or email NBVC_FERP@us.navy.mil



CYP Youth Sports
Port Hueneme & Point Mugu
NBVC

Programs begin
OCTOBER 25


Cheerleading
Flag Football

Visit any CYP Youth Center to register.



AUTO SKILLS WORKSHOP

Oil and Tire Change Class
Saturday, October 12, 9 am
at Auto Skills Center, Point Mugu
For more info | 805-383-6240 | nbvcscencenter@gmail.com
ventura.navalivesw.com



NBVC LANES NOW HAS NFL SUNDAY TICKET

COME CHEER ON YOUR TEAM AND GRAB A BIT TO EAT

NO NAVY ENDORSEMENT IMPLIED

October 5k Fun Run – The Witch Hunt 5k Presented by USAA

Join us for the **Witch Hunt 5k Run, NBVC Point Mugu**. Held on Thursday, October 17th starting at 11:30 am. Runners will travel along the beach starting at the Mugu Family Beach picnic benches. Participation is free for all hands, all ages are welcome, costumes are welcome as well. Advanced registration is now open and can be found [HERE](#) or by visiting www.runsignup.com and search "NBVC". Check-in and day of registration will be available starting at 11 am, just look for the MWR canopy.

For more information please check with any MWR gym. Hueneme Gym at 805-982-5173 or the Point Mugu gym at 805-989-7728. *No Navy Endorsement Implied.*

Scan this QR Code to go to the registration page.



Pin #11 of 13. Run the Witch Hunt 5k and collect your limited-edition collectors pin seen here.



NBVC FFR HIGHLIGHTS
October 2024

OCTOBER IS

Domestic Violence Awareness Month




WHAT IT'S LIKE "IN THEIR SHOES"

Abuse is isolating
Many victims are lonely because they have been isolated from friends and family. Sometimes they feel fearful or unsafe talking their loved ones about what they are going through.

Abuse is confusing and overwhelming
The cycle of abuse can make survivors second-guess whether they are making the best decisions for their family and safety.

It can be draining, both emotionally and physically
Victims of abuse often experience anxiety, depression, PTSD, hopelessness, and more.

There are often multiple victims
Children in the home can be secondary victims of abuse. This can bring upon feelings of guilt and shame in the survivor. It can also give the abuser more power over the victim.

WHAT'S UP WITH THE PURPLE LACES?

Purple isn't just a color; it is a symbol for Domestic Violence Awareness Month! Join forces with FFSC and the NBVC Bowling Alley in a mission to shine a spotlight on this crucial cause. Throughout October, the bowling alley will be rocking purple laces in solidarity. Let's roll out the purple carpet for awareness!

Know someone who is struggling? FFSC is here to help.



Fleet and Family Support Center | (805) 804-2283 | <http://facebook.com/NBVCFFSC/>

Seabee Golf Course Happenings



SEABEE Golf COURSE

Two Person Golf Tournament

OCTOBER 26

\$40
Per person



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 November 11, & Dec 09 All tournaments have an 8 am shotgun start

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

Book your tee time today, click [here](http://www.ventura.naval.lifesw.com) or visit our website at ventura.naval.lifesw.com

Fleet & Family Support

EFMP Command POC Q & A

Oct 23 / 9 am – 10 am
Port Hueneme FFSC

Military Spouse Orientation

Oct 17 / 2 pm – 3:30 pm
Point Mugu FFSC

Communication Skills

Oct 7 / 3 pm – 4 pm
Point Mugu FFSC

Keys to Career fair Success

Oct 8 / 10 am – 11 am
Point Mugu FFSC

Smooth Move

Oct 23 / 10 am – 11 am
Point Mugu FFSC

Anger Management

Oct 10 / 2 pm – 3 pm
Port Hueneme FFSC

Positive Parenting

Oct 22 / 9 am – 11 am
Port Hueneme FFSC, Bldg. 1169

Mindfulness & Meditation

Oct 9 / 11 am – 1 pm
Port Hueneme FFSC

Sponsor Training

Oct 2 / 9 am – 10 am
Point Mugu FFSC



Watch The Monday Night Football Games At The NBVC Lanes

LAVENDER LATTES

in honor of...

DOMESTIC VIOLENCE AWARENESS MONTH

MWR & FFSC have teamed up for DV Awareness Month.

All October patrons can purchase a Lavender Latte at the CoffeeNet, Bldg. 1467*

Show your support & help raise awareness

*Non-Library patrons can purchase during the hours of 6 am – 1 pm

DRINK OF THE MONTH



THE BARD MANSION

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
OCTOBER 17

11 am - 1 pm

Sponsored by



GARY SINISE
FOUNDATION

The DON does not endorse any company, sponsor, or their products or services.





USAA Renters Insurance

GET A QUOTE

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

THE BARD MANSION

OPEN FOR LUNCH



EACH THURSDAY OF THE MONTH*

Open to all base personnel

ventura.navylifesw.com



*Excluding Holidays

The CoffeeNet

NBVC Port Hueneme, BLDG 1467

SPECIALLY CREATED, ONE OF A KIND DRINKS CRAFTED BY OUR BARISTAS

MONTHLY DRINK SPECIALS

Lavender Latte

LAVENDER, WHITE CHOCOLATE, VANILLA

Freaky Frankenstein

CRÈME DE MENTHE, WHITE CHOCOLATE, CHOCOLATE

Witches brew

BOURBON CARAMEL, BROWN SUGAR, CINNAMON

Trick or treat latte

BANANA, CHOCOLATE, TOASTED MARSHMALLOW

Monster mash

PUMPKIN SPICE, BROWN SUGAR, CARAMEL



Coffee & Pastries | Open to all hands: 6 am - 1 pm
After 1 pm Only open to Liberty Personnel

Upcoming Events...

• 2 Person Golf League

November 23, 2024 More details to be announced.

• Family Paint Night

November 8, 2024 More details to be announced.

• 5K Turkey Trot at Port Hueneme

November 21, 2024. More event details to be announced.

• Intramural Sports - Turkeybowl

More event details to be announced.

• Winter Wonderland

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



NBVC FFR HIGHLIGHTS

October 2024

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

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