

2025
February

MONTHLY
NBVC QUALITY
OF LIFE
PROGRAMS
NEWSLETTER

FFR Highlights

NBVC CYP TEEN CENTERS



FEB 7: Teen Dating Seminar

FEB 7: Teen Tea Party

FEB 21: Teen Lock-In

FEB 22: Teen Day Hike

MAR 7: Minute to Win it Party

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

You're Invited



NBVC Lanes and Kingpin Cafe (Bldg. 1167) are throwing a watch party for the NFL Championship game and everyone with base access is welcome to attend. Admission is free, no registration or tickets needed. This family friendly event will be held on Sunday, February 9. Kickoff for the party is scheduled at 3 pm.

Thanks to our Sponsor the Gary Sinise Foundation, all guests will have the opportunity to enjoy a complimentary tailgate lunch plate! This offer is good while supplies last only.

The Kingpin Café & bar will be open offering food & drink specials all night. Grab a handmade cheeseburger, pizza, or basket of fries, or wings. All items are prepared fresh and made to order. Just don't forget, we are a cashless operation. All major cards are accepted including your Military Star Card.

MWR is running a squares game to keep things interesting. Get there early and get your space on the board. Space is limited and entry for the squares game is free for all players. Players will be competing for some cool prizes. Keep the good times rolling with a little bowling. NBVC Lanes will also have a limited number of bowling lanes open for anyone wanting to play. Regular bowling rates apply. If bowling is not your thing then head outside for our Tailgate Games. They will be free to play, no fees or tickets required.

Authorized patrons are welcome to bring guests. MWR is not responsible for base access. For more info, please call the NBVC Lanes at 805-982-2619.

The event is sponsored by USAA & Gary Sinise Foundation
No Navy Endorsement Implied.



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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.

FEB 1: Disneyland Trip

6 am – Midnight. \$99 per person. Registration required. Pick up from CoffeeNet at 6 am, pick up at SurfNet at 6:30 am.

FEB 8: Paint & Chill Night

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

FEB 9: Big Game Party

3 pm – 8 pm. Free activity, registration required. Transportation from Mugu available upon request

FEB 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.

FEB 22: Day Trip to SB

10 am – 5 pm. Free activity, registration required. Pick up from CoffeeNet at 10 am, pick up at SurfNet at 10:30 am.

FEB 26: Magic Tournament

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

Needham Theater Movie Night – Every Friday

Free activity. All 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.

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



If you have questions, please call us at 805-982-5182

Saddle Up for the Mother & Son Dance!



February 21

NBVC Point Mugu | Bldg 74

Dancing | Rodeo Style buffet dinner
Bull riding | Live DJ | & more

Visit ventura.navylifesw.com to register
or scan the QR code to be taken
to the webpage



No Navy Endorsement Implied.



Unlimited Play



At the Seabee Golf Course NBVC Port Hueneme

Enjoy unlimited play each month with the Disc Golf Pass.

Pass holders enjoy huge savings over the daily rate.

Pass holders can play our 18 hole course every day for one low price. Buy yours today and start saving.

Pass does not include cart rental or rental discs.

Monthly pass cost: E6 and below: **\$25**

E7/Dep/Ret/DoD/Civ: **\$50**

Regular daily rates per person: **\$12 Adult**

\$5 Jr (17 & under) / Disk Rental set, \$5

For more info | 805-982-2620

[Facebook](https://www.facebook.com/navylifenbvc) [Instagram](https://www.instagram.com/navylifenbvc) [TikTok](https://www.tiktok.com/@navylifenbvc) [YouTube](https://www.youtube.com/navylifenbvc)
ventura.navylifesw.com



Polar Plunge 5k Presented by USAA

NBVC MWR Athletics next 5k run is the **Polar Plunge/Sweetheart 5k Run at NBVC Point Mugu**. Held on Thursday, February 13 starting at 11:30 am from the Family Beach. Look for special giveaways and prizes just for participating. Registrations is free for all hands, all ages. 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.



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UNCOVER YOUR LEADERSHIP POTENTIAL



**BECOME A CONFIDENT SPEAKER
IN A FRIENDLY ATMOSPHERE**



Join the **Speechcraft Workshops!** A condensed version of what Toastmasters members experience in regular meetings. Register today!

<https://fairwinds.toastmastersclubs.org/>

Workshop begins: Thursdays, 6 March – 24 April

Learn how to speak in front of a group with confidence and work with others in a positive, supportive environment.

- Build strong leadership skills
- Develop better speaking and presentation skills
- Gain self-confidence
- Boost your ability to collaborate and inspire

Thursdays | 1145-1245 | NAVFAC, Building 1100 and Teams

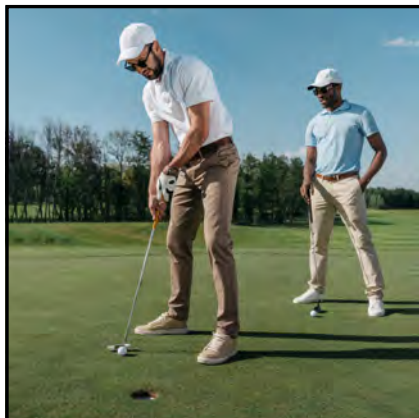
To register, contact:

Esthela: esthela.mckenzie.civ@us.navy.mil, 805.512.0050

Tan: tan.p.pham.civ@us.navy.mil, 805.407.6483

Scott: scott.c.miller7.civ@us.navy.mil, 805.312.5504

David: david.m.chavez22.civ@us.navy.mil, 805.895.5296



SEABEE Golf
2-PERSON GOLF TOURNAMENTS

4th Saturday of each month

**Formats: Alternating
Best Ball, Scramble, Pinehurst**



[@navylifenbc.ventura.navylifew.com](https://navylifenbc.ventura.navylifew.com)



The Seabee Golf Course 2-person tournament for this month will be held on **Saturday, February 22 at 8 am.**

Sign-ups are going on all month long. Call or visit the pro shop to register at 805-982-2620.

Tournaments are open to all hands and civilian golf pass holders. It's only \$40 per player to enter. Entry fee Includes with your Green & cart fees, Range balls, Food & Prizes.

Prizes are based on the number of players, Tournaments are subject to change without notice please see golf staff for complete tournament details.

THE BARD MANSION

THURSDAY LUNCHESES ARE BACK!
Starting February 6



MWR is welcoming back All hands to the Bard Mansion. Enjoy chef inspired lunch buffets every Thursday of the month starting February 6.

Open to all hands & all ages from 11 am – 1 pm. The menu changes weekly and includes your choice of beverages & house made desserts. Kids pricing available, ask staff for details.

Paid Advertisement – No Navy Endorsement Implied

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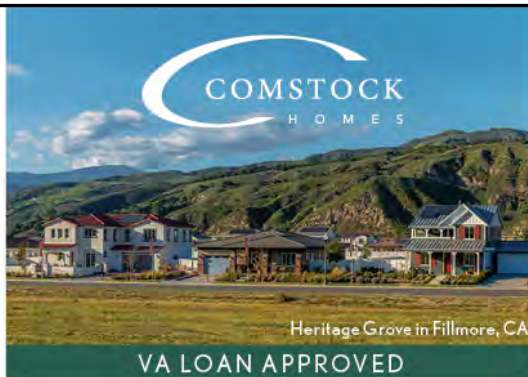
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USAA Renters Insurance

GET A QUOTE

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

Thriving With Toddlers

February 6 / 2:30 pm – 4 pm
FFSC Point Mugu

New Parent Support Parenting Together

Every Tuesday / 10:30 am – noon
Hueneme, Stinger Park

New Parent Support Group It Takes a Village

Every Friday / 11 am – 12:30 pm
Mugu, Synthetic Field

Boot Camp for New Dads

February 12 / 2 pm – 4 pm
FFSC Port Hueneme

Anger Management 101

February 13 / 2:30 pm - 4 pm
FFSC Point Mugu

Winning Interview Techniques

February 27 / 1:30 pm - 3 pm
FFSC Port Hueneme

February is National Teen Dating Violence Prevention Month. In support, the Family Advocacy Program will have a Red Flag Campaign display that includes information about warning signs or “red flags” of abusive patterns in dating relationships and resources for victims/guardians.

Call us for the full schedule & more class info 805-982-5037 or visit our website ventura.navylifew.com



Upcoming Events...

• Auto Skills Classes

More event details to be announced.

• Family Paint Night

March 21 2025. More event details to be announced.

• LA RAMS Youth Football Clinic

March 22 2025. More event details to be announced.

• Big Bear Trip

March 29, 2025. More event details to be announced.

• 2 Person Golf Tournament

March 29, 2025 More details to be announced.

• Mugu Cars & Coffee

March 29, 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



NBVC FFR HIGHLIGHTS

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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.navylifew.com

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