

ISSUE 13

2023  
JANUARY

MONTHLY  
NBVC QUALITY  
OF LIFE  
PROGRAMS  
NEWSLETTER

# FFR Highlights



## NBVC CYP TEEN CENTERS

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

### JAN 06, 2023

Youth Sponsorship: New Year, New Me!

### JAN 13, 2023

Skating Plus Trip

### JAN 14, 2023

Rancho Serra Nursery & Newbury Park Plaza

### JAN 20, 2023

Epic Triple Teen Center Chopped Challenge

### JAN 27, 2023

Self Defense Clinic

### JAN 28, 2023

Disc Golf at Rabbit Flats

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



## This issue

2023 Ski Trip! **P.1**

FFSC Virtual Classes **P.2**

Community Recreation **P.3**

Upcoming Events **P.4**

## NBVC MWR Community Recreation and MWR Liberty Program Ski & Snowboard

NBVC MWR Community Recreation & Liberty programs are joining forces and headed to Big Bear Mountain for an epic day on the slopes. Come and experience the nearby winter playland of Big Bear Mountain Resort. See the beautiful sights, snowboard, or ski down the slopes, and enjoy the cozy lodge, all without having to drive yourself.

The trip is scheduled for Sunday, January 29 and open to all NBVC personnel. The trip will run with a NBVC Port Hueneme departure time of 4:30 am and estimated return time of 10 pm. Cost of this trip varies, with optional round trip commercial bus transportation.

Active duty military ages 18-26 or geo-bachelor fees range from as little as \$25 for transportation only and up to \$120 if you need both a lift ticket and transportation.

Fees for non-Liberty program personnel who include Active duty personnel, Spouses, & Dependents range from \$27.50 to \$132. Trip fees for DoD Civilians & retirees are between \$30 and \$140. All prices are per person. Please note that there is a small service fee that varies in price depending on your ticket price. Space and tickets are limited, tickets are on a First come-First served basis.

To purchase your tickets visit [www.runsignup.com](http://www.runsignup.com) and search "NBVC" or click [here](#) to go directly to the registration page. Sales close once all the spots are filled or by the registration deadline of January 26 whichever comes first.



NBVC FFR  
HIGHLIGHTS

January 2023

## 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.

### JAN 07: Harmon Cyn Hike

8 am – 1 pm. Free activity.  
Registration required.  
Transportation from Mugu  
provided upon request.

### JAN 12: Paint & Chill

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

### JAN 14: Indoor Ice Skating

11 am – 2 pm. \$12 per person.  
Registration required. Pick up  
from CoffeeNet at 11 am, pick  
up at SurfNet at 11:30 am.

### JAN 21: Hollywood Trip

9 am – 5 pm. Free Trip.  
Registration required. Pick up  
from CoffeeNet at 9 am, pick up  
at SurfNet at 9:30 am.

### JAN 29: Big Bear Ski Trip

4:30 am – 10 pm. Price varies,  
please see registration page for  
details. Pick up from CoffeeNet  
at 4:30 am, pick up at SurfNet at  
4:15 am.

### 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](http://www.runsignup.com) search  
“NBVC Liberty” or scan the  
code below. If you have  
questions, please call us at  
805-982-5182



## FFSC Virtual Webinar Schedule

### JANUARY 2023

#### Deployment

**Thursday, January 5th**  
10:00 AM PST Deployment Disasters: The Game Show

**Thursday, January 12th**  
10:00 AM PST Children and Deployment

**Wednesday, January 18th**  
8:00 AM PST Maintaining Healthy Relationships During  
Deployment

**Thursday, January 19th**  
10:00 AM PST Couples and Deployment

#### Employment

**Friday, January 6th**  
6:00 AM PST USAJobs 2023

**Monday, January 9th**  
10:00 AM PST Interview Techniques

**Tuesday, January 17th**  
7:00 AM PST Resume Writing

**Wednesday, January 18th**  
1:00 PM PST Tell Me a Time: Storytelling Tactics  
for the Job Interview

**Thursday, January 19th**  
8:00 AM PST Skillbridge

**Thursday, January 26th**  
12:00 PM PST Interviewing Skills

#### Finances

**Tuesday, January 10th**  
11:00 AM PST Ghost of Christmas Past

**Thursday, January 12th**  
11:00 AM PST Getting a Tax Refund?

**Tuesday, January 17th**  
9:00 AM PST Let's Get Financially Fit

**Thursday, January 19th**  
9:00 AM PST Midsouth Command Financial Specialist Forum  
1:00 PM PST Military Consumer Protection

**Tuesday, January 24th**  
9:00 AM PST Command Financial Specialist Forum  
11:00 AM PST Healthy Money Habits

**Thursday, January 26th**  
10:00 AM PST Life After High School: Parent's Edition Life Skills

#### Life Skills

**Wednesday, January 4th**  
10:00 AM PST Stress Management

**Monday, January 9th**  
11:00 AM PST New Year New You: Building Healthy Relationships  
Through Effective Communication

**Wednesday, January 18th**  
7:00 AM PST Anger Management

**Thursday, January 19th**  
11:00 AM PST Mind Body Mental Fitness  
Module 5: Problem Solving

**Monday, January 23rd**  
11:00 AM PST Coping with the Anger Monster:  
How to Deal with Anger in Your Life

**Thursday, January 26th**  
11:00 AM PST Couples Communication

#### Parenting

**Tuesday, January 10th**  
12:00 PM PST Early-Developmental Sign Language

**Thursday, January 19th**  
10:00 AM PST What About the Kids?

#### Relocation

**Tuesday, January 3rd**  
10:00 AM PST Final Move

**Wednesday, January 11th**  
9:00 AM PST Sponsor Training

**Wednesday, January 18th**  
8:00 AM PST Sponsor Training

**Wednesday, January 25th**  
8:00 AM PST Smooth Move Workshop

**Monday, January 30th**  
8:00 AM PST Moving with EFM



How to register for FFSC's Virtual Webinars:

**Step #1:** Make a free account at [MyNavyFamily.com](http://MyNavyFamily.com) (NMCI use  
<https://learning.zeiders.refineddata.com>) at least one day before the webinar. Follow the  
on-screen instructions to create a new account. Be sure to enter your time zone!!

**Step #2:** Click on “Live Webinars” to view the full list of offerings.

**Step #3:** Click on the title of a session to view the information and description.

**Step #4:** Click on “Register Now” to register for the course.

You will get reminder emails with your personalized link.

## January 5k's – The Polar Bear Plunge. Presented by USAA

NBVC MWR Athletics is kicking off the new year with the **Polar Bear Plunge 5k at NBVC Point Mugu**.  
Held on Thursday, January 19 starting at 11:30 am at the Mugu Family Beach. Participation is free for  
all hands. Advanced registration is now open and can be found [here](#). Check-in and day of registration  
will be available starting at 11 am.

As we get back to normal virtual participation for MWR 5k's has ended. All runs for 2023 will be held in-  
person. We apologize for any inconvenience.

Check with any MWR gym for more information. Hueneme Gym:  
805-982-5173 Point Mugu gym: 805-989-7728.  
No Navy Endorsement Implied.



NBVC FFR  
HIGHLIGHTS  
January 2023



## Seabee Golf Course Happenings

### The NBVC Seabee Golf Course is Open to the Public.

Civilians without base access can apply for a Golf Pass by calling us at 805-982-2620. New golf pass holders and those who renew their passes will receive a free round of golf + they are eligible for our Golf Rewards program. Play 12 rounds and get one free, play 24 rounds and get another round of golf for free.

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

Book your tee time today, click [here](#)

### 2023 2-Person Golf Tournaments

The Seabee Golf Course will host a full year of their 2-person golf tournaments January - December. 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: Jan 14 / Feb 11 / Mar 11 / Apr 8 / May 13 / Jun 10 / Jul 8 / Aug 12 / Sept 9 / Oct 14 / Nov 11 / Dec 9.** All tournaments have an 8 am shotgun start. Dates subject to change.

### NBVC DEMO Day happening next month

The Seabee Golf Course is teaming up with a few golf manufactures like Cleveland and Mizuno to be on site and help customers get fitted for new clubs. We will also be holding a drawing for some cool prizes. Demo day is scheduled for Saturday, February 4 from 10 am – 2 pm at the Pro Shop. Reservations are encouraged call 805-982-2620.

## COMMUNITY REC. CLASSES, TRIPS, ACTIVITIES, & MORE

### At the Movies with Community Recreation

Every Friday night showing at Needham Theater is ComRec. Night. Moviegoers get a special \$3 discount on a concession combo. Combo includes small drink, popcorn, & candy. Offer available to all NBVC personnel, Friday nights only. Reminder that all NBVC movies are free to attend.

**Marvel Themed Family Paint Night, Friday, January 27.** Bring the family out for our Marvel Superhero themed paint night. This self-paced class includes all your materials plus snacks and beverages. Held at BLDG. 1362 Port Hueneme (MWR Gear Rental) from 5 pm – 7 pm. Only \$6 per person for Active duty, Spouses, & Dependents. Only \$8 per person for Retired, DoD, & Guests. Registration required. Space is limited, examples of what we are painting & registration info available [here](#).

## FFSC to offer help for parents with teens who are dating.



# Teen Dating Violence Awareness Month Town Hall

## February 2, 2023

### 1300-1430

Hosted by Fleet and Family Support Center

### SAVE THE DATE!

February is Teen Dating Violence Awareness Month. We all have a hand in preventing dating violence. Know the signs, get informed.

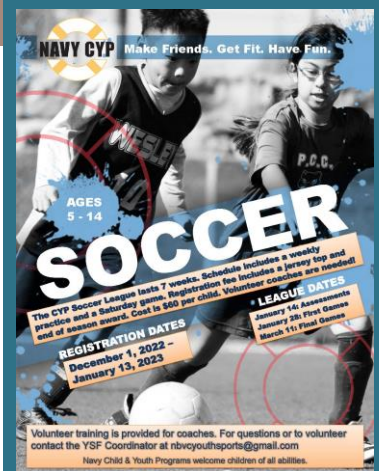
Please join us on February 2<sup>nd</sup> at Needham Theater at 1300 to continue the conversation and learn more!



### *Next month is Teen Dating Violence Awareness Month.*

Dating violence is more common than you may think, especially among teens and young adults: 1 in 3 U.S. teens will experience physical, sexual, or emotional abuse from someone they're in a relationship with before they become adults.

Parents play a key role in preventing teen dating abuse through keeping open lines of communication with their children. We all have a hand in preventing teen dating violence. Love shouldn't hurt.



NBVC CYP Youth Soccer league January 14 – March 11, 2023. Registration is open NOW through January 13, 2023.

The start smart soccer program is for 3 - 4 year old's and our Soccer League is for children ages 5 – 14 years old. Start smart's registration fee is \$25 per child, Limited Spots Available. Soccer league registration fee is \$60 per person. Jersey top and soccer socks are included.

The CYP Youth Sports Department needs adult volunteers to help coach youth sports. Training is provided for first time coaches. Paperwork & fingerprinting is required. For additional information please contact the YSF Coordinator at 982-5337 or [nbvcyouthsports@gmail.com](mailto:nbvcyouthsports@gmail.com)



## Illustration Contest

MWR Community Recreation is holding a Disney Villains illustration contest. The contest is open to all hands all ages.

Illustrations of any size and any medium are welcome. Art must be submitted no later than 3 pm on Saturday, January 21 at the NBVC Lanes.

There is no entry fee to participate. For more details please call us at 805-982-4284.

## Order breakfast or lunch on the go



## Start your order

[www.dineonthego.com](http://www.dineonthego.com)

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

## We're Hiring! MWR / CYP / FFSC

Looking for a part time or full-time job? Your N9 Department is hiring for various departments.

Full time and part time positions available. Benefits include Medical\* Dental\* Vision\* Paid Sick Leave\* Retirement\* Life insurance\* 3% matched 401k\* Paid Holidays\* Free gym access, and more.

NOW OFFERING Signing bonuses and additional cash incentives for length of time in position. \*Full time positions

**OPEN JOBS:** [Cook](#), [Rec Aid](#), [Food Service](#), and [Financial Counselor](#).

## Upcoming Events

- **Paint & Sip Night**  
More details to be announced.
- **Family Paint Night**  
More details to be announced.
- **Youth of the Year**  
More details to be announced.
- **Super Bowl Party**  
More details to be announced.
- **Point Mugu Air Show**  
More details to be announced.
- **NBVC Mud Run**  
More details to be announced.
- **Triathlons**  
More details to be announced.
- **Easter Egg Hunt**  
More details to be announced.

All events/programs are subject to change without notice.



American Forces Travel can save you money on hotels, rental cars, flights, vacation packages, cruises, and event tickets. You don't have to be active duty to save. The program is open to all DoD personnel including all newly eligible veterans.

Booking your next trip or vacation through [Armed Forces Travel](#) supports your MWR programs.

For more information stop by your local MWR Ticket Office or visit [www.americanforcestravel.com](http://www.americanforcestravel.com)



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NBVC FFR  
HIGHLIGHTS

January 2023

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