

Aberdeen Proving Ground



# InDemand e-Newsletter

ISSUE 1-5



\$24.00 while supplies last

Friday, February 7, 2020 @ 7:30 p.m.

Saturday, February 8, 2020 @ 10:30 a.m., 2:30 p.m. & 6:30 p.m.

Sunday, February 9, 2020 @ 12 p.m. & 4 p.m.

To purchase tickets visit MWR Leisure Travel Services at the AA Recreation Center, BLDG 3326 or EA Recreation Center, BLDG E4140. Questions? Call 410-278-4011/4907 or email us at [usarmy.apg.imcom.list.apgr-usag-mwr-leisuretravel@mail.mil](mailto:usarmy.apg.imcom.list.apgr-usag-mwr-leisuretravel@mail.mil) For more information visit: [www.royalfarmsarena.com](http://www.royalfarmsarena.com)



## APG MONUMENT TO MONUMENT RUN TO HONOR 5K RUN/WALK

**April 18, 2020 9:00 am - 1:00 pm**  
6260 Guardian Gateway Aberdeen Proving Ground, MD 21005

Aberdeen Proving Ground Survivor Outreach Services, invites you to Run/Walk with us to Honor the Surviving Family Members of our Fallen Service Members.

**\$35 Entry Fee**

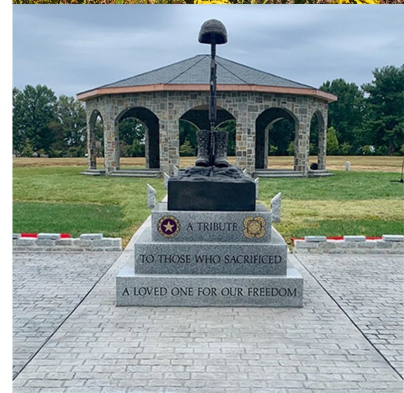
Participants will receive a performance t-shirt and custom race medal.

After run/walk events include: awards, food, drink, music and more.

To register and for all race day information go to the following link:

<https://runsignup.com/Race/MD/AberdeenProvingGround/APGMonumentToMonumentRunToHonor>  
Registration is limited to the first 500 participants - SIGN UP TODAY!

For questions contact Mike Farlow at [michael.b.farlow.civ@mail.mil](mailto:michael.b.farlow.civ@mail.mil) or 410-278-2435.



<https://aberdeen.armymwr.com/>

# BOSS



**Friday, Feb 14**  
Last Christmas - 7 pm

**Saturday, Feb 15**  
Hotel Transylvania 2 - 3 pm  
Knives Out - 5:15 pm

## FREE MOVIES

### APG Post Theater



For more information contact Lyndsey Moore  
lyndsey.s.moore.naf@mail.mil  
410-278-2432



A movie poster for Disney's 'Frozen II' is shown within a decorative frame. The frame has a yellow border with red stars and a red and white striped top. A banner across the middle reads 'BOSS Winterfest Movie' with 'APG Post Theater' below it. The movie title 'Disney FROZEN II' is prominently displayed, with 'Feb 29 at 3 PM' below it. A green cartoon frog character is in the bottom left corner. The BOSS logo is in the bottom right.

For more information contact Lyndsey Moore  
lyndsey.s.moore.naf@mail.mil  
410-278-2432



# Don't miss this

# Lifeguard Certification Courses

## Bayside Pool

**Recertification Class:**  
May 23 and 24 Cost \$50

**Certification Class:**  
June 5-7 Cost \$150



For questions contact  
usarmy.APG.imcom-fmwrc.list.usag-mwr-outdoorrec@mail.mil  
or call 410-278-4124

**MONSTER JAM**  
TRIPLE THREAT SERIES

**Monster Jam Triple Threat Series**  
Royal Farms Arena, 201W Baltimore Street, Baltimore, MD 21201

Featuring the **FLYING SAUCERS SERIES**

Fees: Ages 2+ - \$25.50 (limit 10 per ID) Pit Party: \$15.50  
Friday, February 28, 7:00pm Saturday, February 29, 1:00 pm Saturday, February 29, 7:00 pm Sunday, March 1, 7:00 PM.

The Monster Jam Pit Party provides unprecedented access to the Monster Jam Trucks and Drivers. This unique experience in the world of motorsports gives you access to see the trucks up close, take pictures, meet the drivers and get their autographs. The Monster Jam Pit Party takes place on Saturday, March 2 and Sunday, March 3 from 10:30AM-12:00PM (must accompany corresponding IPM event ticket)



Purchase tickets visit MWR Leisure Travel Services, AA Recreation Center, Bldg 3326 or EA Recreation Center Bldg E4140.  
For questions call 410-278-4011/4907 or email: usarmy.APG.imcom.list.apgr-usag-mwr-leisuretravel@mail.mil  
For more information visit [www.royalfarmsarena.com](http://www.royalfarmsarena.com)

# Don't miss this



Step Right Up and Be Amazed! **LEAP DAY** happens only once every four years! So save your pennies and join us for a Penny Carnival. We will celebrate LEAP DAY with an afternoon of Family Fun filled with Carnival Games, Prizes, Crafts, Special Guests, Story Time, Dancing, Music, Movies, Magic, Face Painters, Balloon Artists, Bounce Houses, Sensory (quiet) Room, Photo Booth and so much more!

Entry \$1 per person Activities 1¢ each.  
Schedule of events TBA on website and social media.  
Food will be available for purchase at First Sergeants BBQ.

For more informatino contact  
Tonya Froisland  
tonya.m.froisland.naf@mail.mil  
410-306-4522





## AT EASE, SOLDIER

With a spacious dining hall, live music, a full food menu by Bird's Nest BBQ, special events throughout the week, and - yes - a rotating selection of 12 artisinally-crafted small-batch brews always on tap, Alecraft Brewery is your ideal destination for quality R&R.

★ \$1 OFF / POUR FOR MILITARY PERSONNEL ★



**ALECRAFT BREWERY**

319 S. Main Street Unit 100  
Bel Air, MD 21014  
1-410-420-5102  
[www.alecraftbrewery.com](http://www.alecraftbrewery.com)

No endorsement by US Army implied.

BRING IN THIS AD,  
GET 1/2 OFF YOUR  
FIRST DRINK



# Community

## Saving and Investing

February 6, 2020  
11:30 AM - 12:30 PM  
ACS Building 2503

This seminar will identify reasons to save and how to set goals for a savings plan. Participants will explore the difference between short term savings and long term investments.



Registration is required.  
For more information contact Leary Henry  
leary.g.henry.civ@mail.mil  
410-278-2453



## Healthy Relationships

February 12  
April 8  
June 10

11:00 - 12:30 Bldg 2503

Do you find it hard to have healthy relationships? Are you or those around you always negative? Join us in learning how to take relationships to the next level by changing the way in which you communicate to build healthy relationships.



For more information contact  
Antoinetta Saunders-Gauth  
antoinetta.m.saunders-gauth.civ@mail.mil  
410-278-7478



## Start & Revitalize Your Career Today!

### 2020 Class Dates

February 12, May 20, August 12 and November 18.  
11:30 am - 12:30 pm  
ACS, 2503 Advanced Tactics Road  
APG MD 21005

Whether you are starting a new career or need a boost in your current career, this workshop offers you the following:

- Set a career path that defines you
- Create strategies to move your career to the next level
- Set S.M.A.R.T. goals that work:  
(Specific, Measurable, Attainable, Realistic Time bound)
- Be the job applicant that stands out.

To enroll in this FREE class call Michael Farlow at 410-278-2435 or Email: Michael.b.farlow.civ@mail.mil. In partnership with Aberdeen Proving Ground Federal Credit Union.



## Debt Management

Feb 20, 2020 11:30 a.m. - 12:30 p.m.  
ACS, Bldg 2503

Would you like to get rid of your debt completely? Whether you have small or big debt, you will benefit from this session.

### The session will enable you to:

- Work your own way out of debt
- Identify debt repayment strategies that work for you
- Know when to use debt management
- Know when debt consolidation works
- Pinpoint ways to be right on track with money

Registration is required.



For more information contact Leary Henry  
leary.g.henry.civ@mail.mil or call  
410-278-2453

## STRESS MANAGEMENT

Feb 26, Mar 25, Apr 22, May 13, Jun 24, 11:00 a.m. - 12:30 p.m. Bldg 2503

Are you having a hard time managing your stress?

Attend the stress management training to learn how to properly manage stressful situations which could improve your overall physical and mental health.



Please contact the  
Family Advocacy Program Manager  
410-278-7478 to register for this class.



## Women's Empowerment Group

2/19, 3/18, 4/15, 5/20, 6/17, 7/15, 8/19, 9/23, 10/21, 11/18, 12/16  
5 - 6:30 pm



Women's Empowerment Group (WEG) offers support & empowerment through education & networking opportunities, while providing a safe space where the healing process can begin. Service members, Family members and DoD Civilians who are experiencing current or past domestic abuse are encouraged to attend. Come, share, heal...

Location is confidential, please call 410-278-7478 for details.





# Community

## FREE American Sign Language Beginners Course

TUESDAYS from 11:30-12:30  
Edgewood Area, BLD E-4301, Rm 5

Course Dates:  
Feb: 4, 11, 18, 25  
March: 3, 10, 17, 24, 31  
April: 7, 14, 21, 28  
May: 4

### Why ASL?

- Learn a new educational, communication and behavior strategy!
- Communicate with deaf co-workers, family members, & community members!
- Experience a new culture and language!

Open to Active Duty Members, National Guard, Veterans, DoD Civilians, Retirees, APG Contractors and Family Members.

Registration, requirements & text discussed 1st days of class. For additional information, contact Nancy Goucher, EPAP Coordinator, at nancy.goucher.civ@mail.mil.



## FREE American Sign Language INTERMEDIATE COURSE

WEDNESDAYS from 11:30-12:30  
Edgewood Area, Berger Auditorium Bldg E-3549

Course Dates:  
Feb: 5, 12, 19, 26,  
Mar: 4, 11, 18, 25,  
Apr 1, 8, 15, 22, 29

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## FREE American Sign Language Beginners Course

MONDAYS from 11:30 am-12:30 pm  
Aberdeen Area: Chapel, Rm #3

Course Dates:  
February: 3, 10, 24  
March: 2, 9, 16, 23, 30  
April: 6, 13, 20, 27,  
May: 4

### Why ASL?

- Learn a new educational, communication, or behavior strategy!
- Communicate with deaf co-workers, family members, and community members!
- Experience a new culture and language!

Open to Active Duty Members, National Guard, Veterans, Retirees, DoD Civilians, APG Contractors and Family Members.

Registration, class requirements, and text discussed in class. For additional information contact Nancy Goucher, Exception Family Member Program Coordinator, at nancy.goucher.civ@mail.mil.



## FREE American Sign Language INTERMEDIATE COURSE

MONDAYS from 11:30 am-12:30 pm  
Aberdeen Area: Chapel, Rm #3

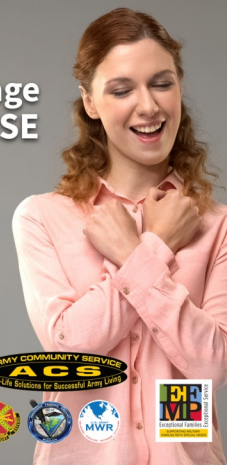
Course Dates:  
February: 3, 10, 24  
March: 2, 9, 16, 23, 30  
April: 6, 13, 20, 27,  
May: 4

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## Domestic Violence Intimate Partner Violence 101

Class dates: Feb 18, Apr 21, Jun 23,  
Aug 18, Oct 20, Dec 15

11:00 - 12:30 Bldg 2503

Join ACS Family Advocacy in learning about Domestic Violence/Intimate Partner Violence and how it affects the family. Become educated on the definition, red flags, patterns of abuse, why people stay in abusive relationships, effects on adults/children and available resources.

For more information contact Antoinetta Saunders Gauth antoinetta.m.saunders-gauth.civ@mail.mil 410-278-7478



## Conflict Resolution

Feb 5, March 11, May 27

11 am - 12:30 pm  
Bldg 2503, 1st floor

Are you struggling to improve your relationships due to conflicts? Join ACS and learn techniques that will help you improve your relationships through exploring various communication styles and strategies for conflict resolution.

Please call in advance to register.

For information contact Antoinetta Saunders-Gauth antoinetta.m.saunders-gauth.civ@mail.mil, 410-278-7478

