

Aberdeen Proving Ground



# InDemand e-Newsletter

ISSUE 10-2

## OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH



## Sunday Brunch

at Top of the Bay

October 17 10 a.m. - Noon

### Menu:

Pancakes  
Scrambled eggs  
Bacon  
Fresh Fruit  
Roasted Potatoes  
Roasted Vegetables  
Carved Ham  
Desserts

Cash Bar will be open for  
Mimosas and Bloody Marys.

Come enjoy a scratch made brunch and  
beautiful view of the bay at Top of the Bay.

Adults: \$15 Kids (6-10): \$10

Children (5 and under): FREE



Make your (non-refundable)  
reservations by October 7 at 2 p.m.

410-278-5915 / 410-278-3062 / 410-278-2552

## Strike Out Against Domestic Violence! Family Fun Bowl

APG Bowling Alley

October 4, 18, and 25

5:30-8 p.m.

Let's Strike Out and have fun! Free bowling for families along  
with resources to promote healthy family relationships.  
Pizza, soft drinks and cookies are included.



Please call the Victim Advocate at  
410-278-1305 for more information.

## APG Fitness Centers Expanded Hours

THE FOLLOWING MWR ELIGIBLE PATRONS WILL BE ALLOWED ACCESS TO THE APG FITNESS CENTERS ON A FIRST COME FIRST SERVICE BASIS ON THE SCHEDULE LISTED BELOW.  
Active Duty, Retired Military, Active Duty & Retired Military Family Members and Current Civilian Employees. Proof of eligibility must be presented for entrance (CAC, DD ID Card).

### AA Fitness Center:

#### Monday-Friday

5 a.m. - 9 a.m. - Active Duty Only  
11 a.m. - 2 p.m. All eligible patrons  
3 p.m. - 7 p.m. All eligible patrons  
Sat - 7a.m.-1 p.m. All eligible patrons

### EA Fitness Center:

#### Monday-Friday

5 a.m. - 9 a.m. All eligible patrons  
11 a.m. - 1 p.m. All eligible patrons  
4 - 6 p.m. All eligible patrons

Effective  
October 25

Facility and individual room capacity restrictions,  
as well as equipment and user spacing will be strictly  
enforced. 20 minute time limits on cardio equipment  
if patrons are waiting.

### All COVID safety protocols continue:

-100% Mask wearing when not actively working out on equipment,  
Hand and equipment sanitization

For more information call, 410-278-7938/7934



## Domestic Violence Helpline 410-652-6048

Available around the clock, every day of the  
year, for victims of domestic violence.

<https://aberdeen.armymwr.com/abndar/cvnet/virtual-workshop-domestic-violence-101-civilian-contractors/4899134/55557>

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

# Help Fight Domestic Violence

## Victim Advocacy Information Tables

October 4-8, Commissary/Kirk Medical Clinic

October 12-15, AA Athletic Center and AA Recreation

October 18-22, Hoyle Gym and Starke Recreation Center

October 25-29, Building 4305

**Need information on Resources?**

**You have options for assistance.**

**Stop by one of our informational tables and speak with the Victim Advocate.**



## Purple Fridays

October 1st, 8th, 15th, 22nd and 29th

Show off your purple attire on Fridays as we observe Domestic Violence Awareness Month. Team APG is encouraged to wear and/or showcase purple on Friday's.

For more information, please call the FAP offices at 410-278-1305.



## Run/Walk A Mile in Their Shoes Virtual 5K

Stay ahead of the crowd and participate for DV awareness.

For more information  
contact 410-278-1305

Take a walk or run for Domestic Violence Awareness Month. ACS/FAP is hosting a month long virtual 5K. The event is at your own pace and location. (i.e., home, gym, track etc...)

Run or walk in your purple gear.  
Take a picture and share your photos.  
Use #APGDVAwareness  
<https://www.facebook.com/APGMWR>

Sports towels to the first 150 participants.



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

# Something Special

## DO YOU LOVE SPOOKY SEASON?

*Volunteers  
Wanted*

**Do you love Halloween? Do you have an amazing costume and want to show it off? If so please contact MWR to participate in Halloween on the Green on October 29th.**

**We also need volunteers for set up and tear down. Set up will take place on Thursday October 28 and finishing touches on Friday, October 29 just before the start of the event.**

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




**RUGGLES**

### SENIOR SPECIAL

(55 and over)

**Ruggles Golf Course**

**Mondays, 9 a.m. - 1 p.m. (not valid on holidays)**  
Cost: \$37 - Includes 18 holes, cart, and a small bucket of driving range balls.

For more information call the ProShop at 410-278-4794





## EA RECREATION CENTRAL

8427 Brigade Street, Bldg E4140, Gunpowder, MD 21010

### Walk In's Welcome

Equipment pickup and return by appointment.  
Registration, Leisure Tickets, Reservations, Library Services

**Operational Hours**  
Monday - Friday  
10 a.m.-4 p.m.




# For All Your Life



**INDOOR SOCCER  
REGISTRATION**  
**Oct 15-Nov 10**

**Indoor Soccer Program**  
Ages 4-6 (games at 9 a.m. and 10 a.m.)  
Ages 7-11 (games at 11 a.m. and noon)

Games played at the Aberdeen Youth Center Gym, Bldg 2522 Bayside Drive.  
Games begin Nov. 13 and end Dec 18.  
Space is limited to 8 kids per team (32 total in each age group) No practices; games only.

Aberdeen Youth Center, Bldg 2522  
Ages 4-6 (3 games at 9 a.m. and 3 games at 10 a.m.)  
Ages 7-11 (3 games at 11 a.m. and 3 games at 12 noon)

AGES: Boys and Girls ages 4-6 (Co-ed) & 7-11 (APG Only)  
Age Determination Date: August 1, 2021  
COST/FEE: \$30

COVID PROTOCOLS: All spectators must wear a face covering. Players wear a face covering to and from the gym. Participants must bring their own water bottle. No sharing of equipment. Sports Physicals are required to play before Nov 15. Interested in Coaching? Contact William Ragley by Oct 25 to begin background checks and training prior to the season. For more information, contact william.ragley2@usarmy.mil or call 410-306-2297.

REGISTRATION INFORMATION: Oct 15-Nov 10. Please call 410-279-7479/7571/1233 to schedule an appointment Monday through Friday 8 a.m.-3 p.m. at the Parent Central Office, Bldg 2583 Advanced Tactics Road, Second Floor, Room 209/210/211.



**APG Family and MWR**

**Follow us on Flickr**

[www.flickr.com/photos/apgmwr/albums](https://www.flickr.com/photos/apgmwr/albums)

FOR SOLDIERS FOR FAMILIES FOR RETIREES FOR CIVILIANS



# HALLOWEEN ON THE GREEN

**OCTOBER 29  
6-9 P.M.  
RUGGLES GOLF COURSE**

**COSTUMES ARE ENCOURAGED.**

**CANDY FOR THE CHILDREN AT THE END OF THE WALK.**

**MOVIE ON THE DRIVING RANGE AT 7:00 PM.  
BRING YOUR OWN BLANKETS AND CHAIRS.**

**KICK OFF YOUR HALLOWEEN WEEKEND WITH A 1 MILE WALK (BLACKTOP AND GRASS) IN THE DARK.  
YOU WILL ENCOUNTER ENCHANTING AND SPOOKTACULAR DISPLAYS ALONG THE WAY.  
YOU WILL ALSO HAVE AN OPPORTUNITY TO TAKE A PHOTO WITH APG'S OWN HAUNTED MANSION.  
BRING A FLASH LIGHT TO HELP GUIDE YOUR WAY.**

**NO OUTSIDE FOOD PLEASE, FOOD WILL BE AVAILABLE FOR PURCHASE.**

**THIS EVENT IS APPROPRIATE FOR HALLOWEEN ENTHUSIASTS OF ALL AGES.**

**STROLLERS AND WAGONS OK. NO PETS.**

**FOR MORE INFORMATION CALL 410-306-4522**

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

# Something Special



**FIRST  
SERGEANT'S**  
SMOKED BARBEQUE  
**EXPRESS**

Order your meal online (or call)  
...and have it waiting for you!

**443-252-4907**  
Wed - Fri: 11 a.m. - 2 p.m.

Deli Sandwiches • Hot Sandwiches  
Hamburgers • Fresh-Cut French Fries  
Salads • Soup • Chili • Fountain Sodas



Just Snap the Code!

In the Ruggles Clubhouse: Full Service Lounge with Flat-Screen TVs • Eat Indoors or on the Patio • Carry-Out

## FALL TWILIGHT AT RUGGLES

SEPT 1 - NOV 30  
RUGGLES GOLF COURSE

MONDAY THRU THURSDAY  
AFTER 2PM

18 HOLES RIDING \$32  
18 HOLES WALKING \$18



YOU DON'T WANT TO MISS THIS DEAL  
For more information call the ProShop at 410-278-4794

## Disney ON ICE

MICKEY'S  
SEARCH & PARTY  
Royal Farms Arena  
October 13-17, 2021

Your favorite Disney stories such as Moana, Coco, Toy Story, Peter Pan, Mickey Mouse, Disney Princess and MORE, come to life at Disney On Ice presents Mickey's Search Party at Royal Farms Arena. Starting at \$31.00 (ages 2+)

Saturday, October 16th @ 10:30 am  
Saturday, October 16th @ 2:30 pm  
Saturday, October 16th @ 6:30 pm  
Sunday, October 17th @ 12:00 pm  
Sunday, October 17th @ 4:00 pm

To purchase tickets visit Leisure Travel Services at Recreation Central, LBLB 3326. Questions call 278-4011 or mwr.org/leisuretravel. mwr.org



## 80¢ WING WEDNESDAY

AT APG BREWNER LANES

FLAVORS:  
NAKED, HOT, OLD BAY,  
GARLIC PARM,  
LEMON PEPPER,  
MANGO HABANERO.



## JOB ANNOUNCEMENT CHILD & YOUTH PROGRAM ASSISTANT (CYPA)

Open, continuous job announcement for caregiving staff to care for children ages 6 weeks to 5 years. All Child Development Centers on APG North (Aberdeen Area) and South (Edgewood Area).

To learn more and to apply, visit our job posting at USAJobs.gov, and search for Vacancy Identification Number (VIN) 01NAFBG2111214600SR.





# Family and Finances

## Banking and Checking

October 13, 12-1 p.m.  
Via MS Teams

Registration is not required.  
For virtual meeting link and instructions visit:  
<https://aberndeen.armymwr.com/programs/financial-readiness-program>  
For more information call: 410-278-2453.

This seminar explains how to choose financial services and institutions to meet your needs. Basic information on banking and checking accounts and other financial services will be provided.



## Lunch and Learn Family Advocacy Trainings

Noon - 1 p.m.  
Via Microsoft 365

Are you hungry for food and information?  
Join in for our lunch and learn trainings.

October 5 - DV 101 for Civilians, and Contractors.  
October 12 - Protective Orders.  
October 19 - Healthy Relationships.  
October 26 - Stress Management.

Please call the Victim Advocate at  
410-278-1305 to register for this training.



## DON'T FORGET ABOUT YOUR CAR'S Preventative Maintenance!

### APG AUTO CRAFTS CENTER

- Friendly, Knowledgeable, Experienced Staff
- Open to ALL Government I.D. Holders and Veterans
- General Tools and Some Specialty Tools Available

Open Saturdays & Sundays: 8 a.m.- 5 p.m.

APG North, Harford Blvd., Bldg #2379  
(We're next to APGFCU, behind the Bowling Center.)

410-278-4124 / 5789 / 2621



## Continuation Pay under BRS

October 14, 2021  
11:00 a.m - 12:00 p.m.  
Via MS Teams

Service members under the Blended Retirement System (BRS), are eligible for a one-time, mid-career bonus payment called Continuation Pay. During this seminar, you will have the opportunity to understand what Continuation Pay is, how to apply for it, and how best to use it.

Registration is not required.  
For virtual meeting link and instructions visit:  
<https://aberndeen.armymwr.com/programs/financial-readiness-program>  
For more information call: 410-278-2453.



## Money and Relationships

October 27, 2021  
12:00 pm-1:00 pm

This seminar covers topics such as; emotional connections to money matters, how to set goals with your partner and effective communication.

Guest speaker Marysol Weston, LCPC, CCTP, Military & Family and Life Counselor

Registration is not required.  
For virtual meeting link and instructions visit:  
<https://aberndeen.armymwr.com/programs/financial-readiness-program>  
For more information call: 410-278-2453.





## Family and Finances

### Home Buying and Grant Funds

October 28, 2021  
12-1 p.m.

A house is one of the most complicated and expensive purchases you will ever make. This seminar provides an overview of the home buying and mortgage process. Topics include determining whether the time is right to purchase a home, what you can afford, choosing a lender and loan, selecting a real estate agent, negotiating and closing the deal.

**Registration is not required.**

For virtual meeting link and instructions visit:  
<https://aberdeen.armymwr.com/programs/financial-readiness-program>  
For more information call: 410-278-2453.



### Disabling Sickness or Condition

October 21, 11-12 p.m.  
Via MS Teams

It can be incredibly overwhelming if you or a family member – whether it's a child or an adult – are impacted by a chronic sickness or condition. This seminar will focus on the financial implications and help you manage your finances more efficiently as you work through it.

**Registration is not required.**

For virtual meeting link and instructions visit:  
<https://aberdeen.armymwr.com/programs/financial-readiness-program>  
For more information call: 410-278-2453.



### FREE SIGN LANGUAGE for BEGINNERS

13 Week Virtual Course  
September 28 - December 21, 2021  
TUESDAYS, 11:30-12:30  
Via MS TEAMS

#### 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!

For additional information please contact  
EFMP Manager: Nancy Goucher, [nancy.e.goucher.civ@mail.mil](mailto:nancy.e.goucher.civ@mail.mil)



**Click Here!**

### ADVANCED SIGN LANGUAGE VIRTUAL COURSE

Via MS Teams

WEDNESDAYS, 11:30-12:30  
September 29 - December 29

#### 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!

For additional information please contact EFMP Manager,  
Nancy Goucher 410-278-2420 [nancy.e.goucher.civ@mail.mil](mailto:nancy.e.goucher.civ@mail.mil)

**Click Here!**



## Domestic Violence Helpline

**410-652-6048**

Available around the clock, every day of the year, for victims of domestic violence.

<https://aberdeen.armymwr.com/calendar/event/virtual-workshop-domestic-violence-101-civilians-contractors/4899134/55557>

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



# For All Your Life

## LUNCH & LEARN

### VIRTUAL FINANCIAL LUNCH & LEARN

Wednesday - Friday, Jan 5 - Dec 11, 2021

Time: Noon - 1 p.m.

Login and listen to our Financial Readiness Program Counselors, as they host dynamic discussions of current events, financial topics, take your requests and questions, and engage the audience. This is an opportunity to listen in as your schedule allows.

**Wed 10/13:** Banking: Checking, Savings, CDs & Loans with guest speaker Patrice Ricciardi with Freedom Federal Credit Union.

**Thurs 10/14:** Continuation Pay  
Service members under the Blended Retirement System (BRS) are eligible for a one time mid-career Bonus payment called continuation pay.

**Fri 10/15:** Open Discussion

#### Week 4

Wed 10/20: Military OneSource Overview with guest speaker Randall Holmes

**Thurs 10/21 1100-1200:** Disabling Sickness or Condition - It can be incredibly overwhelming if you or a family member – whether it's a child or an adult – are impacted by a disabling sickness or condition. This course will focus on the financial implications of dealing with a disabling sickness or condition – and help you manage your finances more efficiently as you work through it.

**Thurs 10/21:** Wealth & Wellness with guest speaker Joanna Reagan, Public Health Nutritionist, Army Public Health Center

**Fri 10/22:** Open Discussion

#### Week 5

**Wed 10/27:** Money & Relationships: This presentation covers topics such as; emotional connections to money matters, how to set goals with your partner and effective communication. Guest speaker Mary Sol Weston, LCPC, CCTP, Military & Family and Life Counselor.

**Thurs 10/28:** Home Buying & Grant Funds with guest speaker Melissa Parlett, Mortgage Consultant with APG Federal Credit Union.

**Fri 10/29:** Open Discussion



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