

Aberdeen Proving Ground



# InDemand e-Newsletter

ISSUE 4-1



**60¢ WING WEDNESDAY**

**CONTINUES AT APG BREWNER LANES**

**PLACE YOUR ORDER AHEAD OF TIME**  
**CALL 410-278-4041**



## Virtual Financial Lunch & Learn Wednesday, 12:30-1:30 p.m.

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

Registration is not required. If you're not already a member, you will need to download Microsoft Teams

[Click Here](#)



**GET GOLF READY**

Call the golf shop for dates and times at 410-278-4794.  
Spaces are limited so call today.

**The Courses at APG  
2021 Spring Golf Clinics  
5 consecutive weekly classes**  
Cost is \$120 for authorized patron and \$145 for guest.

Tuesdays 5:30 to 7 p.m. beginning April 13,  
Thursdays 5:30 p.m. to 7 p.m. beginning April 15  
and Saturdays 10 a.m. to 11:30 a.m. beginning April 17.

**Cost \$120 Authorized Patrons  
\$145 for Guests.**





# APG Fitness Centers

## Expanded hours and eligibility access

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 DoD Civ Employees.  
Proof of eligibility must be presented for entrance (CAC, DOD ID Cards)

### AA Fitness Center:

Monday-Friday  
4 p.m. - 7 p.m.

*\*All other hours open to Active Duty Military only*

### EA Fitness Center:

Monday-Friday  
7 a.m. - 9 a.m.

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, Hand and equipment sanitization
- Locker rooms remain closed. Small bags optional

### ADDITIONAL REQUIREMENTS:

Approved Face Mask, Towels, and proper attire.

For more information call, 410-278-7933/7934



## How to Smart Start Your Small Business

April 30 11:00 am - 12:00 pm Via MS Teams

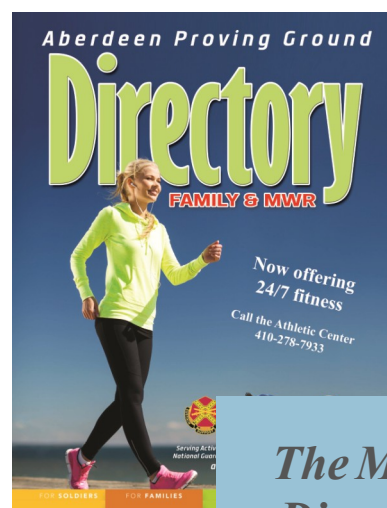
Class will provide a brief overview of ways to smart start your small business and learn tips and tools to become a successful entrepreneur.

To reserve your spot for this FREE Virtual class, please contact Michael Farlow at (410) 278-2435 or Michael.b.farlow.civ@mail.mil. In partnership with the Garrity Group.

Scan here for MS Teams Link



ARMY COMMUNITY SERVICE  
**ACS**  
Real-Life Solutions for Successful Army Living



## The MWR Directory

is available for you online  
[CLICK HERE](https://aberdeen.armymwr.com/)



# SPRING SCRAMBLE

**April 10, 9am**

**Exton Golf Course**

**18 hole shotgun**

Boxed lunch will be provided after outing

**Fees:**

\$35 for members

\$40 for authorized and guest

Pre-register at Exton Clubhouse

For more information call 410-436-2213

All Covid safety protocols are in place



## Spring Kick-Off SCRAMBLE

**Friday, April 23**

**9 a.m. Shotgun Start  
Commander's Cup Challenge  
18-Hole, 4-Person Scramble**



**\$45 Riding  
\$35 Walking**

Includes:  
Greens Fee, Cart (if riding),  
Driving Range Balls,  
Box Lunch, Prizes



Call the Pro Shop to sign up your unit or organization: 410-278-4794  
Payment is required at the time of sign up.

**Ruggles  
Golf Course  
410-278-4794**

**Hours:**

Mon - Sun: 7:30 a.m. - 8 p.m.

Tee times and driving range reservations must be confirmed prior and all fees paid in full via phone call to 410-278-4794. Tee times are spaced 12 minutes apart.

Last tee time on all days is 6 p.m. Tee time reservations will be taken:

**Exton  
Golf Course  
410-436-2213.**

**Hours:**

Mon - Sun: 7:30 a.m. - 8 p.m.

Last schedule tee time at 6 p.m. weather permitting

-9-Hole Regulation Course, designed in 1923.

-Short Game Practice Range

-Bunker Practice Putting Green

-Cart Rentals

-Rental Clubs Available

-Computerized Handicap System

-Pro Shop Offering Golf Essentials and Snacks

-Golf Instruction Available

-Outings and Tournaments Throughout the Season

**RUGGLES and EXTON GOLF COURSES ARE NOW OPEN TO ACTIVE DUTY, RETIREES, DOD CIVILIANS, ANNUAL PATRONS, AND GUESTS.**

**Kayak Rentals**  
and MORE from MWR

Call 410-278-4124/4011 or go online to Reserve Your Kayak TODAY  
<https://aberdeen.armymwr.com/programs/equipment-check-out>

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



## ARMED FORCES DAY Golf Tournament

Monday, May 10

\$45 Riding  
\$35 Walking

Includes:  
Greens Fee, Cart (if riding),  
Driving Range Balls, Box Lunch, Prizes



9 a.m. Shotgun Start  
18-Hole, 4-Person Scramble

Call the Pro Shop  
to sign up your  
unit or organization  
at 410-278-4794.  
Payment is required at the time of sign up.



Welcome  
Home

Ruggles Golf Course  
Where Family Means More



## RUGGLES PRO-SHOP SPRING INVENTORY SALE

STARTING APRIL 1

COME AND CHECK OUT ALL THE INVENTORY

IT ALL MUST MOVE!

ALL BAGS AND SHOES 20% OFF  
10% OFF STOCK GRIPS, INSTALLATION INCLUDED  
AND MUCH MORE.  
10% OFF DOZEN GOLF BALL PURCHASE.



FOR MORE INFORMATION CALL THE PRO SHOP AT 410-278-4794.

## THE COURSES AT ABERDEEN PROVING GROUND



- 18-Hole Championship Golf Course
  - Area's Largest Natural Grass Driving Range
  - 5 Sets of Tee Boxes for All Skill Levels
  - Located Outside the Gate - No Gate Access Required
- 410-278-4794**



## EXTON GOLF COURSE

- 9-Hole Regulation Golf Course
- Friendly for Beginners...and Families!
- Short Game Practice Area
- Bunker Practice and Putting Green

**410-436-2213**

For information on membership or booking your tournament, call 410-278-4794 or 410-436-2213.

**aberdeen.armymwr.com**





# Child and Youth

## MOMC MONTH OF THE MILITARY CHILD

### TELL ME A STORY

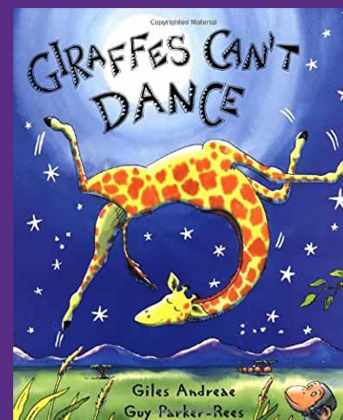
Thursday, April 29, 2021

Doors open at 6 p.m.

AA Recreation Center Ballroom, 3326 Ashbury St

Team APG Brings you APG Month of the Military Child event:  
Tell Me A Story-sponsored by the Military Child Education Coalition (MCEC)

First 100 Families receive a copy of the book!



**Registration Required:**

Active Duty begins March 23

All other begin April 1



Scan me

A special event to show military parents and children how to use literature to make connections and find support.

AGES: All ages are welcome (targeted to ages 4-12)

COST/FEE: Free \*Restrictions Apply.



Tickets will NOT be available at the door

APG Family and MWR



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FOR FAMILIES

FOR RETIREES

FOR CIVILIANS

**ICE**  
INTERACTIVE CUSTOMER EVALUATION

[Click to Make A  
Customer Evalua-](#)

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





# Community

## Stewards of Children Series

**11:00-12:00 Via MS Teams**

Stewards of Children teaches adults how to prevent, recognize and react responsibly to child sexual abuse, thereby; protecting our most vulnerable population.

4/1/2021-Recognizing and Reporting  
 4/8/2021-Bystanders protecting children from boundary violations and sexual abuse  
 4/15/2021-Healthy touch for children and youth  
 4/22/2021-Commercial sexual exploitation of children  
 4/29/2021-Talking with children

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



For the MS Teams link or more information go to  
<https://aberdeen.armymwr.com/programs/financial-readiness-program>

## Sign Language for Beginners

13 Week Virtual Course  
 Tuesdays: March 16, 2021 to June 15, 2021  
 11:30-12:30

### 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!



Registration & Requirements: March 16 Virtual Attendance at

<https://teams.microsoft.com/j/chan-nel/19%3a27e51ed893241fd80a04f1393d54e17%40hread.tacv2/General?groupId=a51c3c05-eff5-4cc0-869a-ca9dce87f9e4&tenantId=21acfbb3-32be-4715-9025-1e2f015cbbe9>

Open to Active Duty, National Guard, Veterans, Retirees, Family Members, DoD Civilians, and APG Contractors.  
 For additional information please contact: EFMP Manager, Nancy Goucher, nancy.e.goucher.civ@mail.mil or 410-278-2420



## Advanced American Sign Language

13 Week Virtual Course  
 Wednesdays, 11:30-12:30  
 March 17, 2021 through June 16, 2021

### 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!

### Registration & Requirements:

March 17 MS TEAMS Virtual Class Attendance:

<https://teams.microsoft.com/j/chan-nel/19%3a27e51ed893241fd80a04f1393d54e17%40hread.tacv2/General?groupId=a51c3c05-eff5-4cc0-869a-ca9dce87f9e4&tenantId=21acfbb3-32be-4715-9025-1e2f015cbbe9>

For additional information please contact  
 EFMP Manager, Nancy Goucher,  
 nancy.e.goucher.civ@mail.mil  
 410-278-2420



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

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



# Community

## Financial Literacy Month



### Week 1-Theme: Saving Automatically

**4/1 Thursday 11:30-12:30 EST:**  
Financial Readiness Program Overview of Services Available

### Week 2-Theme: Save for the Unexpected

**4/6 Tuesday 12:30-1:30 EST:**  
Lunch & Learn with guest speaker from APGFCU to discuss Strategies & Resources for Difficult Times

**4/8 Thursday 11:30-12:30 EST:**  
Stretching Your Money by Living frugally through expense tracking and developing a spending plan

### Week 3-Theme: Save to Retire

**4/13 Tuesday 12:30-1:30 EST:**  
Lunch & Learn with guest speaker from Freedom FCU to discuss Strategies to Plan a Successful Retirement

**4/15 Thursday 11:30-12:30 EST:**  
Making Your Ideal Retirement a Reality covering sources of income and steps to planning retirement.

### Week 4-Theme: Save to Reduce Debt

**4/20 Tuesday 12:30-1:30 EST:**  
Lunch & Learn with guest speaker from APGFCU to discuss Strategies & Resources to Manage Debt

**4/22 Thursday 11:30-12:30 EST:**  
Take Control of Your Finances by Improving Credit and Managing Debt

### Week 5-Theme: Save as a Family

**4/27 Tuesday 12:30-1:30 EST:**  
Lunch & Learn with guest speaker from Freedom FCU to discuss Opportunities to Raise Financially Savvy Kids

**4/29 Thursday 11:30-12:30 EST:**  
Saving & Investing approaches, options and an overview of various retirement accounts.

**For more information  
contact Leary  
at 410-278-2453**



**For the MS Teams link or more information go to**  
<https://aberdeen.armymwr.com/programs/financial-readiness-program>



**"Like" us on Facebook**  
[www.facebook.com/APGMWR?ref=hl](https://www.facebook.com/APGMWR?ref=hl)



**Follow us on Twitter**  
<https://twitter.com/APGMWR>



**Find us on Instagram**  
<https://www.instagram.com/apgmwr>



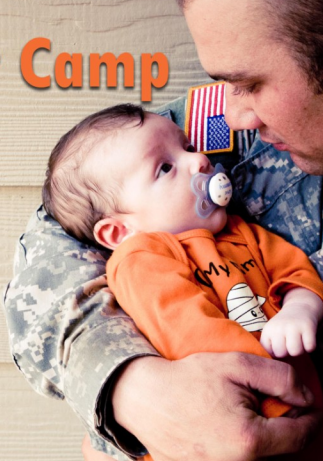
**Watch us on Youtube**  
[www.youtube.com/user/APGMWR/videos](https://www.youtube.com/user/APGMWR/videos)

## Babease Boot Camp

**Last Tuesday of the month  
from 1p.m. – 4 p.m.  
Via MS Teams**

To provide educational material to parents to help them understand their stages of pregnancy, development and growth of their child, and communication skills to name a few.

**Call the Fort Meade Family Advocacy Center  
for information at: 301-677-4118**



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





# Community

## Virtual Classes you don't want to miss

All trainings will be recorded and provided for up to a week after the training to accommodate all time-zones. Please register (even if you cannot attend live) if you would like to receive a recording, as it will be sent to all registrants. Participants can expect to receive a training certificate for 1.5 CEUs after each training.

### Working with Trauma-Impacted Children

April 7, 2021  
2-3:30 p.m. Via Zoom

Registration Recommended  
[Click Here](#)

### Child Neglect and Impact

April 28, 2021  
2-3:30 p.m. Via Zoom

Registration Recommended  
[Click Here](#)

### Children and Cyber Safety

April 14, 2021  
2-3:30 p.m. Via Zoom

Registration Recommended  
[Click Here](#)

### Self-Care and Vicarious Trauma

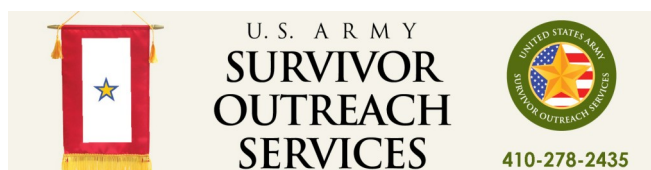
May 5, 2021  
2-3:30 p.m. Via Zoom

Registration Recommended  
[Click Here](#)

### Abusive Head Trauma: A Public Health

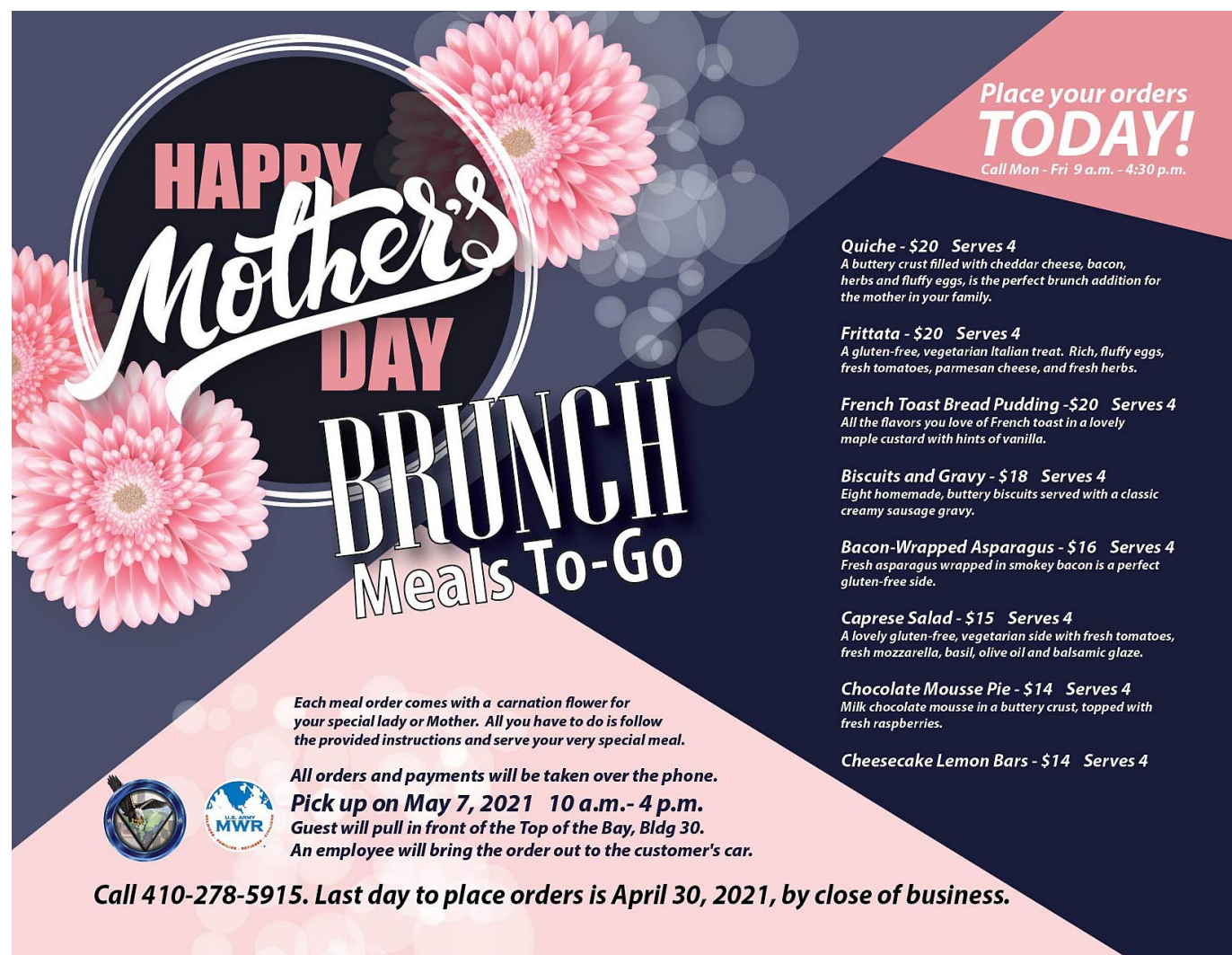
April 21, 2021  
2-3:30 p.m. Via Zoom

Registration Recommended  
[Click Here](#)



410-278-2435





**HAPPY Mother's DAY BRUNCH**  
Meals To-Go

**Place your orders TODAY!**  
Call Mon - Fri 9 a.m. - 4:30 p.m.

**Quiche - \$20 Serves 4**  
A buttery crust filled with cheddar cheese, bacon, herbs and fluffy eggs, is the perfect brunch addition for the mother in your family.

**Frittata - \$20 Serves 4**  
A gluten-free, vegetarian Italian treat. Rich, fluffy eggs, fresh tomatoes, parmesan cheese, and fresh herbs.

**French Toast Bread Pudding - \$20 Serves 4**  
All the flavors you love of French toast in a lovely maple custard with hints of vanilla.

**Biscuits and Gravy - \$18 Serves 4**  
Eight homemade, buttery biscuits served with a classic creamy sausage gravy.

**Bacon-Wrapped Asparagus - \$16 Serves 4**  
Fresh asparagus wrapped in smoky bacon is a perfect gluten-free side.



**Caprese Salad - \$15 Serves 4**  
A lovely gluten-free, vegetarian side with fresh tomatoes, fresh mozzarella, basil, olive oil and balsamic glaze.

**Chocolate Mousse Pie - \$14 Serves 4**  
Milk chocolate mousse in a buttery crust, topped with fresh raspberries.

**Cheesecake Lemon Bars - \$14 Serves 4**

Each meal order comes with a carnation flower for your special lady or Mother. All you have to do is follow the provided instructions and serve your very special meal.

All orders and payments will be taken over the phone.  
**Pick up on May 7, 2021 10 a.m. - 4 p.m.**  
Guest will pull in front of the Top of the Bay, Bldg 30.  
An employee will bring the order out to the customer's car.

**Call 410-278-5915. Last day to place orders is April 30, 2021, by close of business.**

# Team Building Lunch League

**Brewner Lanes Bldg 2342** **Mar 24 - Apr 14 2021**  
**11:30 a.m. (Bowling begins at 11:40 a.m.)** **Every Wednesday**

**No experience needed.**  
**\$7 per week per person.**

2 player per team.  
2 games per week.  
2 bowlers per lane.  
**No crossing of lanes** after each frame.

Handicaps will be established after week one of bowling based on two game avg.  
**First place team earns APG bragging rights.**



**For more information contact 410-278-4041**



**FREE MOVIE!**  
Apr 3 2021, 4 p.m.  
APG Post Theater, Bldg 3245  
**Wonder Woman 1984**  
Rating: PG-13  
**Register online:**

# Army Community Service 2021 Financial Readiness Program

## VIRTUAL PROGRAMS

Securities & Exchange Commission

presents

Understanding Investment Risk

April 28, 2021 11:30 a.m. - 1:30 p.m.



SEC

OFFICE of INVESTOR  
EDUCATION and ADVOCACY

Before You Invest, [Investor.gov](https://www.investor.gov)

Paul Saulski, Office of Investor Education & Advocacy  
United States Securities & Exchange Commission



*Two hour webinar covers risks and returns in investing, diversification, asset allocation, investment products and associated fees.*

*Participants will need access to Internet and MS Teams platform.  
Join from work or home.*

**For links and more info go to**

<https://aberndeen.armymwr.com/programs/financial-readiness-program>

For more information contact Leary Henry  
[leary.g.henry.civ@mail.mil](mailto:leary.g.henry.civ@mail.mil) 410-278-2453

