

Aberdeen Proving Ground



InDemand e-Newsletter

ISSUE 4-2

Month of the Military Child Weekend!

NOW SHOWING

Friday, April 13
at 7 PM



Saturday, April 14
at 3 PM



Saturday, April 14
at 6 PM



APG Post Theater
Popcorn, Snacks and Beverages
will be available for purchase.

FREE



Child Wellness Expo
April 12 11 a.m. - 3 p.m.
AA Recreation Center

The Family Advocacy and Exceptional Family Member Programs welcome parents/caregivers to the Child Wellness Expo in recognition of Child Abuse Awareness Month, Month of the Military Child and Autism Awareness. Come out and network with professionals while learning about topics which impact the children.

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



Community Recreation Division
announces new hours of operation
for the
AA Fitness Facility, BLDG 320
the new hours
of operation will be
Monday - Thursday
5 a.m. - 5:30 p.m.

aberdeen.armymwr.com

What's Happening?



2018 MONTH OF THE MILITARY CHILD

Brave & Resilient Souls

UNITED STATES ARMY INSTALLATION MANAGEMENT COMMAND
ArmyMWR.com

U.S. ARMY



HOW TO SMART START YOUR SMALL BUSINESS

Army Community Service, Building 2503 Highpoint Rd

Each seminar provides a brief overview of ways to smart start your small business and learn tips and tools to become a successful entrepreneur.

2018 SEMINAR DATES
(Each seminar covers the same information)
Wednesdays only
April 11, July 11, October 10

Seminar will be held from 11:30 a.m. – 1:00 p.m.
Army Community Service, Building 2503 Highpoint Rd

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

ARMY COMMUNITY SERVICE
ACS
Real Life Solutions for Successful Army Lives

U.S. ARMY



ABERDEEN PROVING GROUND

RUN TO HONOR

5 MILE RUN/5K RUN OR WALK

Thursday May 17, 2018 **6:30am**
PX Parking Lot

Please arrive 30 minutes early and wear reflective clothing.
Register at: <https://APGruntohonors2018.eventbrite.com>

ARMY COMMUNITY SERVICE
ACS
Real Life Solutions for Successful Army Lives

For more information, contact Mike Farlow, Survivor Outreach Services Coordinator at 410-278-2435 or Michaelb.farlow.civ@mail.mil

U.S. ARMY



APG DISCOVERY EARTH DAY RUN

Saturday, April 21
2K Walk & 5K & 10K Fun Runs
Starting at 9:30 a.m.

OPEN TO THE PUBLIC

On Site Registration 8:00 - 9:15 a.m.
Free Performance T-shirt (while supplies last)
Location: Discovery Point (6001 Combat Drive)

For more information, contact the Leisure Travel Office at 410-278-4011/4907

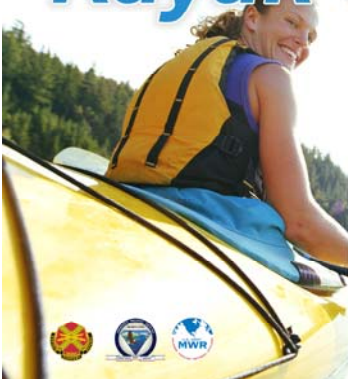
Note: No official timing or numbers.
All participants must be off the course by 11:00 a.m.

Be sure to stay for our APG Discovery Fest! 9:00 a.m. - 6:00 p.m.

Things to Do!

APG OUTDOOR RECREATION

Kayak Classes



\$60 per person for single kayak
\$40 per person for double kayak
 April 19-20 6-8pm
 June 7-8 6-8pm
 August 30-31 6-8pm

Kayak Excursions
\$40 per person single kayak
\$30 per person double kayak
 May 4 6-8:30pm
 July 13 6-8:30pm
 Sep 7 6-8:30pm

Deadline: 5 days prior to each class/excursion

Registration form is on Outdoor Recreation webpage or in person at ERC in BLDG 2184.

For more information call
 Outdoor Recreation at 410-278-4124

New York City Bus Trips

Transportation to New York City, (theater district) you are free to schedule your own activities-sightseeing, shopping, or taking in a show, and safe return to APG, MD.

\$51 per person

June 16, 2018

September 15, 2018

December 1, 2018

Departure: APG Recreation Center 7 a.m.

Return: APG Recreation Center 9 p.m.

(time may vary depending on traffic)

To reserve your seat, visit MWR Leisure Travel Services

at the AA Recreation Center, BLDG 3326.

For questions call 410-278-4011/4907 or email us at:

usarmy.apg.imcom.list.apgr-usag-mwr-leisuretravel@mail.mil

On Your Feet Tickets

at the Hippodrome

Sunday, June 10, 6:30 p.m.

\$39

middle balcony seating

(While supplies last)

For questions call 410-278-4011/4907

Open Bowling Hours:

Brewner Lanes Bldg 2342

Monday: 9 a.m. - 3 p.m.

Tuesday: 9 a.m. - 3 p.m.

Wednesday: 9 a.m. - 5 p.m.

Thursday: 9 a.m. - 5 p.m.

Friday: 9 a.m. - 5 p.m.

Saturday: 1 - 9 p.m.

Call 410-278-4041 to make reservations.

Lane availability may be limited due to reservations.



Civilian Welfare Fund Sponsored

Membership Signups:



Tuesday, April 10 11 a.m.-1 p.m.

Exton Golf Course, Bldg E1260, Wise Road

Wednesday, April 11 11 a.m.-1 p.m.

APG Bowling Center, Bldg 2342 – party room

Special savings and coupon discounts for new and renewal memberships. Three types of memberships available:

\$45 per year for the basic membership, \$100 per year for the Sam's Plus Membership and \$45 per year for Business Memberships.

Tuesday, April 24 11 a.m.-1 p.m.

Exton Golf Course, Bldg E1260, Wise Road

Wednesday, April 25 11 a.m.-1 p.m.

APG Bowling Center, Bldg 2342 – party room

New and renewal memberships accepted. Gold Star Memberships are \$60 and receive a \$10 Cash Card.

Executive Memberships are an additional \$60 and receive a \$20 Cash Card. Memberships include a free household card for a spouse or family member. New signups receive a free promotional item.

For more info on Membership Signups contact Patricia Harkins 410-436-4467

NO FEDERAL ENDORSEMENT IMPLIED.

Army Community Service

Breaking the Debt Cycle

April 19, 2018
11:30 AM - 12:30 PM
ACS Building 2503

Get Out of Debt, Stay Out of Debt

If debt is dragging you down, take control of debt before it takes over your life. Do you know how much you owe? Have you figured your own "safe" credit limit? Do you know what percentage of your total credit limit is safe to charge? Do you know the warning signs that you may have too much debt.

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

Resilience in the Face of Tragedy

Tuesday, April 24 11 a.m. - 1 p.m.
AA Recreation Center, Bldg 3326

APG welcomes Mr. William Kellibrew, a "Champion of Change". Surviving childhood trauma, sexual abuse, neglect, bullying and homicide, Mr. Kellibrew sparked a global movement to support survivors on their journey of healing. Join us as we hear the story as it was told on Oprah of the dysfunctions of his childhood and how it shaped him into the man, advocate and leader he is today.

For more information or to register, contact Antoinetta Saunders-Gauth: Phone: 278-7478 or
antoinetta.m.saunders-gauth.civ@mail.mil

Applying for Federal Employment Workshop

9 a.m. - 1 p.m.
ACS Bldg. 2503 High Point Rd
2018 DATES: May 16, Aug 15, Oct 17

Looking for the perfect Federal Job? Come join us and learn the 10 steps toward Federal Employment.

Online registration is limited to 25 participants.

ONLINE REGISTRATION REQUIRED:

- Go to: <https://mwejobs.maryland.gov>
- Create a User Account
- Go to Events Calendar (on the left hand side)
- Move forward to Wednesday, May 16, 2018
- Click on "APG How to Apply for Federal Jobs" (NOTE: follow same steps for other dates)
- Click on "Register"

Stress Management Lunch n' Learn

Apr 11, May 2
11:00 a.m. - 12:30 p.m.
Bldg 2503, 2nd floor

Are you having a hard time managing your stress? Want to learn techniques which could improve overall health by 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.

Start & Revitalize Your Career Today!

11 a.m. - 1:30 p.m. ACS, Bldg. 2503 High Point Rd
2018 CLASS DATES:

Wednesdays, Apr 18, Jul 18, Oct 24

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.*
In partnership with APG Federal Credit Union.

Job vs. Career Class for Teens

Wednesday, June 27, 2018
11:30 a.m. - 1:30 p.m.
ACS Bldg 2503, High Point Road
(13 - 18yrs of age)

Join us for this fun filled session! Learn the benefits of having a career and not just a job. This session will help you learn skills to achieve your own employment success!

To reserve your seat for this FREE class, please contact

Michael Farlow, at (410)278-2435
or **michael.b.farlow.civ@mail.mil**

In partnership with APG Federal Credit Union



Child & Youth Services

Tell Me A Story

Sponsored by the Military Child Education Coalition (MCEC)

Wednesday, April 25 6-8 p.m.

AA Recreation Center Ballroom, Bldg 3330

"This special event will show Military parents and children how to use literature to make connections and find support. The book "Odd Velvet" will be read by Members of the Baltimore Ravens Cheerleaders and tells the story of Velvet, a girl who likes milkweed pods instead of dolls; who wins the art contest using only an eight-pack of crayons, and one, who many would label as "Odd". Her differences teach her classmates to appreciate their own unique qualities. Following the book reading, MG Cedric Wins, RDECOM Commanding General, will discuss the importance of kindness, diversity, and appreciating each other's differences."

Eventbrite registration begins Monday, April 2 to Active Duty, Wounded Soldiers, and SOS families only. Monday, April 9 opens to all DoD ID cardholder family members.

Book is available to the first 60 families (1 per household).
AGES: All ages are welcome (targeted to ages 4-12).
COST/FEE: FREE

Register through Eventbrite

<https://www.eventbrite.com/e/apg-month-of-the-military-child-tell-me-a-story-odd-velvet-tickets-43931775122>

"Advertisement does not imply or actually constitute an endorsement of the U.S. Army, Federal Government, or Department of Defense."

For more information, contact Shirelle Womack at shirelle.j.womack.naf@mail.mil or call 410-278-4589.

Domestic Violence Helpline

410-652-6048

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

<http://www.apgmwr.com/community-services/army-community-services>



[Click for Interactive Customer Evaluation](#)

Start Smart Baseball

UNITED STATES ARMY
CHILD & YOUTH SERVICES

Registration April 4- May 4
Get your child ready for baseball by enrolling them into this Parent/Child Program and teach the basics to your child through skill stations that will progress each week.

Begins Tuesday, May 15 at Aberdeen YS
(held every Tuesday for 6 weeks)
Aberdeen Youth Center, Bldg 2522 Bayside Dr
TIME: 5:30-6:30 p.m.
AGES: Boys and Girls 3-5
COST/FEE: \$25

For more information, contact
william.m.kegley3.naf@mail.mil
or call 410-306-2297.

REGISTRATION INFORMATION:
Visit the Parent Central Office, Bldg 2503 Highpoint Road, Second Floor, Rooms 210/211.
Call 410-278-7479/7571. Walk-ins and appointments Monday-Thursday are welcome at any time but appointments must be made on Fridays.

STRONG COMMUNITIES
STRENGTHEN FAMILIES

BE INFORMED
Stay a step ahead, build your parenting skills.

BE ATTENTIVE
Consistent care and supervision help kids thrive.

BE SUPPORTIVE
Caring words and small actions make a big difference.

Help prevent child abuse. If you are concerned about a military child, call:

Your Installation Family Advocacy Program

Local Child Protective Services or
Child Abuse and Neglect reporting line

Childhelp National Child
Abuse Hotline:
800-422-4453

Military OneSource:
800-342-9647

For additional information, visit www.militaryonesource.mil



Child & Youth Services

PREPARING TEENS FOR THE WORK PLACE

Saturday, April 14, 2018

Aberdeen Proving Ground Youth Center Bldg 2522

2:30-5:30 p.m. AGES: 13-18

What are employers looking for in potential job candidates? Knowing the answer to this very important question can help a young person just starting out prepare for the workforce. Education, GPA, experience and skills can all play a factor in an employer's decision to interview a potential candidate. However, when it comes to hiring, it is often the individual who has sharpened their soft skills that is offered the job. So what are soft skills? Soft skills are personal characteristics needed to become an effective employee such as:

Teamwork
Communication
Problem Solving
Decision Making
Positive Attitude
Planning
Organizing and
Prioritizing Work

The Aberdeen Youth Center will be conducting a seminar in these soft skills.

COST/FEE: FREE!!!!

You must be registered with Child Youth Services to participate. For more information, contact jay.a.mckinney.naf@mail.mil or call 410-278-2154.

REGISTRATION INFORMATION: Visit the Parent Central Office, Bldg 2503 Advanced Tactics Road, Second Floor, Rooms 210/211. Office Hours are: Monday-Thursday 7:30 a.m.-5 p.m. and Friday 8 a.m.-4 p.m. (appointments only). Please call (410) 278-7571/7479 to schedule an appointment. Walk-ins are welcome but appointments will have priority.



Temporary change in Parent & Outreach Services Office operating hours

Starting on Monday, April 9, 2018, the Parent & Outreach Services Office will be open for services Monday through Thursday, from 7 a.m. until 4 p.m. with the last walk-in or appointment at 3:30 p.m. Every Friday we will be open from 7 a.m. until 4 p.m. by appointment only.

Last appointment will be received at 3:30 p.m.

Please call (410) 278-7175/7479 to schedule your appointment. Walk-ins are welcome Monday through Thursday but appointments have priority and are highly encouraged to save on waiting time.

Aberdeen Area Youth Center Middle School & Teen Open Recreation Program

Ages: 12-18

Location: APG Youth Center Bldg 2522

Fridays 6-9 p.m. & the 2nd and 4th Saturday of every month from 4-9 p.m.

Aberdeen Area Youth Center provides open recreation programming for Middle School and Teens every Friday from 6 to 9 p.m. and every 2nd and 4th Saturday of the Month. Middle school teens can enjoy pickup basketball, cooking club, internet connected computer lab, free Wi-Fi, interactive gaming and so much more.

For more information, contact
jay.a.mckinney.naf@mail.mil
or call 410-278-2154.

REGISTRATION INFORMATION:

Visit the Parent Central Office, Bldg 2503 Advanced Tactics Road, Second Floor, Rooms 210/211. Office Hours are: Monday-Thursday 7 a.m.-5 p.m. and Friday (by appointment only) 8 a.m.-4 p.m. Please call 410-278-7571/7479 to schedule an appointment. Walk-ins welcome but appointments will have priority.

Morgan State Campus Tour

Saturday, April 28

Aberdeen Youth Center will be going on a college tour and information session at MORGAN STATE UNIVERSITY. This is for high school students only. Morgan State University, a coeducational institution, is located in a residential section of Baltimore, MD. The campus covers an area of more than 143 acres. The University offers a comprehensive range of academic programs through the doctorate. Morgan is also a founding member of the Mid-Eastern Athletic Conference (MEAC).FREE!!!

(First come, first serve; must be registered with CYS)

For more information, contact
jay.a.mckinney.naf@mail.mil or call 410-278-2154.

Golf Events



FAMILY NIGHT

Beginning in April
SATURDAYS - 2 p.m. - Dark
Come enjoy and night with the family
at Exton Golf Course.
Children under 15 play free with paying adult.

ALL ACTIVE DUTY:
9 holes with cart- \$10
18 holes with cart-\$15

Free Adult club rentals available (limited supply)

AUTHORIZED PATRONS AND GUESTS:
9 holes with cart- \$15
18 holes with cart- \$25

Spring Scramble

18 hole shotgun
April 21, 2018 9a.m.
Pre-registration at Exton clubhouse

Fees:
\$30 annual patron
\$35 authorized patron
\$40 as guest

For more information call 410-436-2213

Get Golf Ready

April 10 - May 14

Ruggles Golf Course

Tue, Apr 10—May 8: 5:30 – 7 p.m.

Thu, Apr 12—May 10 at 5:30 – 7 p.m.

Sat, Apr 14—May 12 at 11 a.m. – 12:30 p.m.

Authorized Rate: \$105

Guest Rate: \$130

For more information please contact Dave Correll,
david.d.correll2.naf@mail.mil
410-278-4794

**4-person scramble
Captain's Choice**
Limited to the first 36 paid teams.
Price \$70, Lunch Only Option \$22.

7AM Registration
Light morning refreshments, practice range balls

9 AM Shotgun Start

BBQ Lunch, Door Prizes and
Awards Ceremony to follow golf.

Call for
reservations
410-278-4794

APG Family and MWR



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www.flickr.com/photos/apgfmr/mwr/



FOR SOLDIERS

FOR FAMILIES

FOR RETIREES

FOR CIVILIANS

ARMY
Entertainment
Presents

TEX-MEX Comedy Tour

featuring
Alex Reymundo
and William Lee Martin



May 10, 6:30pm

AA Recreation Center, Bldg 3326

**Food will be available for purchase at
First Sergeant's Barbeque.**

\$15 in advance, \$20 at the door Doors open at 5PM

General Admission - no reserved seating

Tickets can be purchased at:

<https://apg-tex-mex-may-10-2018.eventbrite.com>

Or at the ticket office in either Recreation Center 410-278-4011 / 4907

