

Remembrance Event 5K Fun Run/Walk

Sunday, Sept. 8



The Bismarck Share Pregnancy & Infant Loss Support Group is hosting its first Remembrance 5K Run/Walk on Sunday, Sept. 8 at Sertoma Park Community Center. The cost is \$25 per person or \$75 per family (max of 6 participants). To register online, go to www.active.com and search Bismarck Share Walk. On-site registration starts at 8 am; 5K run at 9:30 am; and 5K walk at 9:35 am.

Funds raised will help support the mission of the Bismarck Share Support Group. For more information, call Emily at 701-425-1340 or visit the [Bismarck Share Pregnancy & Infant Loss Support Group Facebook page](#).

Fly-in & Drive-in Pancake Breakfast

Sunday, Sept. 8



All are welcome to the 9th Annual Bismarck Fly-In & Drive-In Pancake Breakfast presented by Puklich Chevrolet Sunday, September 8 from 8 am to 1 pm at Bismarck Aero Center on the Bismarck Airport grounds.

This year's event will feature a variety of vintage aircraft and car displays, flight simulators, airplane rides and much more to keep the whole family busy. There will also be door prizes given away and airplane rides available to purchase. Don't forget, all funds raised go to support the [Scottish Rite Speech Therapy Center for Children](#). For more information, visit the [Bismarck Aero Center Facebook page](#).

Head Start



Head Start is accepting applications for the Early Head Start program, which serves families and children ages birth-3 years, and for the Head Start Preschool which serves children ages 3-5 years. Both programs are FREE to eligible families. For details, call 701-323-4400.

Papa's Pumpkin Patch

Opens Sunday, Sept. 8!



Papa's Pumpkin Patch is open 12-7 pm daily from Sept. 8-Oct. 19. Papa's is located at 5001 Fernwood Drive. Enjoy the bale mazes, Papa'sville play structures, a nature trail, log jam, corn cribs, corn maze, super sandbox, zip lines, putt putt golf and a WHOLE LOT of pumpkins! Papa's Pumpkin Patch supports 60+ charitable organizations, including several BPS programs and the BPS Foundation. Visit www.papaspumpkinpatch.com or find them on Facebook at www.facebook.com/papaspumpkinpatch.

Donuts to benefit Community Action Backpack for Kids

Sept. 9-13

Help support Community Action's Backpack for Kids Program by purchasing the Backpack Donut during the week of Sept. 9-13 at any Bearscat location. \$1 for every donut sold will go to benefit the Backpack for Kids. For more information or to make a donation, visit [Community Action Backpack for Kids Program Facebook page](#).

"Raising Kids in a Digital World"



Wednesday, Sept. 11 & Thursday, Sept. 12

Representatives from Common Sense Media are coming to Bismarck to help families support K-12th grade students in this digital world. Panelists will discuss the education benefits of technology in the classroom, provide tips for keeping kids safe online, and discuss how schools foster good digital citizenship skills. A question and answer session will follow.

To learn more, attend one of these FREE sessions: Wed., Sept. 11 at Wachter Middle School or Thurs., Sept. 12 at Horizon Middle School from 6:30-7:30 pm.

BPS is a Common Sense certified school district. To learn more about Common Sense Media strategies, go to www.common sense media.org.

Volleyball & soccer officials

Bismarck Public Schools needs volleyball and soccer officials, particularly at the middle school level for the Fall 2019 season. If you are interested, contact the BPS Activities Office at 701-323-4080.

Become a Cub Scouts

Boys & girls in grades K-5 can join Cub Scouting. Sign-up nights are happening all over Bismarck in September. Learn more about Cub Scouts and find a group near you at beascout.org.



Cub Scout Sign-up Locations - Thursday, Sept. 12:

Centennial Elementary	6:30-8 pm
Grimsrud Elementary	7-8 pm
Faith Lutheran	6-8 pm
Lincoln Elementary	7-8 pm
Murphy Elementary	6:30-7:30 pm
Miller Elementary	7-8 pm
Moses Elementary	6-7:30 pm
Murphy Elementary	6:30-7:30 pm
Northridge Elementary	7-8 pm
Pioneer Elementary	6:30-7:30 pm

Can't make it on Sept. 12 or looking for a different school? To find a Cub Scout group for your family, contact Rob Gilkerson at 701-557-3920 or rob.gilkerson@scouting.org.

BIG Event by Girl Scouts

Saturday, Sept. 14



Sponsored by Marathon Petroleum and United Way Missouri Slope, the one-of-a kind BIG (Believe In Girls) Event is Saturday, Sept. 14 from 1-4 pm and provides interactive sessions, exhibitor booths and tons of fun! The entire community is welcome to attend. Tickets are available at the door for \$5; adults and children under 6 are FREE! Attend this event to explore ways that STEM related activities can be applied in the career field.

Attendees can:

- Engineer a bridge
- Try out a giant sling-shot
- Learn the science behind great photography
- and more!
- Plus, don't miss out on drone flying by the Bismarck Sheriff's Department!

Not a Girl Scout? There will be a registration event from 12:30-2 pm to sign up for Girl Scouts and receive FREE admission!

Computers for a Cause

Wednesday, Sept. 18

North Dakota E-Waste, along with KX News and Community Action, are hosting Computers for a Cause, a fundraising event to benefit Community Action's Backpack for Kids Program. It will take place Wednesday, Sept. 18 from 8 am-6 pm at ND E-Waste, 3007 Morrison Ave. For every computer, \$5 will be donated to the Backpack for Kids Program. Accepted items include computers, laptops, flat screen monitor, keyboard, mouse, speakers, and printers. ND E-Waste will also shred hard drives for \$5 each. Do not bring CRT monitors or TVs to this event. For more information on Backpack for Kids, Computers for a Cause, or to make a donation, visit [Community Action Backpack for Kids Program Facebook page](#).

Operation Kidsafe Safety Event

Saturday, Sept. 21

Join the Schwan Buick GMC Cadillac team and local first responders for a FREE Operation Kidsafe Safety Event Saturday, Sept. 21 from 9 am-3 pm at Schwan Buick GMC Cadillac, 3812 Memorial Hwy, Mandan.

This event is focused on fun, refreshments, family and safety. And includes face painting, bounce house, and hot dogs & chips. Parents will take home safety tips to start a family safety action plan and a bio document that is ready to hand to law enforcement in an emergency.

This event is sponsored by Schwan Buick GMC Cadillac. For the event flier, [click here](#).

Applefest

Sept. 21-22



The community is invited to the 13th annual Applefest, a benefit for the Bismarck Cancer Center Foundation, on Saturday, Sept. 21 from 11 am-6 pm and Sunday, Sept. 22 from 11 am-4 pm at Buckstop Junction, 3508 E. Bismarck Expressway.

Applefest will feature live music - including Church of Cash, children's activities and games, face painting, craft and food vendors, pie eating contest, hayrides, kids cupcake decorating contest, and more.

Admission is \$5; ages 3 & under are FREE. Tickets can be purchased in advance at the Bismarck Cancer Center. For more info., go to www.applefest.org or contact Sara Kelsch at 701-222-6119.

FREE Future Demon Fastpitch Softball Mini Camps

Saturday, Sept. 21 & Saturday, Sept. 28

The Bismarck High Fastpitch Softball coaches and players will host FREE mini camps for students in grade 1-7 on Saturday, Sept. 21 and Saturday, Sept. 28 from 1-3 pm at McQuade Softball Complex, 1100 N. Washington St. Players will be demonstrating hitting, fielding, and pitching. Whether you are just beginning or a veteran of the sport, plan to attend one or both days. Instructors will break up into several groups according to age and skill level. The purpose of the camp is to have fun, learn new drills and get to know current and future players. Text or call 701-202-0017 or email kurt_grensteiner@bismarckschools.org if you plan on attending. The first 50 to register will receive a FREE Fastpitch Demon tee-shirt! For more info., [click here](#).

BMX Racing



Interested in trying BMX?

The first race is FREE. Boys, girls, men and women of any age are welcome to join anytime. Loaner helmets & bikes are available to try out as well.

Schedule

- Races will be every Sunday until sometime in October. Registration is 1-2 pm with the race immediately following; just show up at the registration building to get started!

Race Categories

- Striders: 5 and under.
- Class Bikes: tire size of 20" or smaller and a single speed bicycle. Racers are grouped by age and proficiency into motos. There are three proficiencies including Novice, Intermediate, and Expert. All new racers are placed in a Novice group and will compete against like age and proficiency racers.
- Cruiser Class: tire size of 24" or larger and a single speed bicycle. Racers are grouped by age when possible.

Requirements & Equipment

- Each racer must wear a full face helmet, long sleeve shirt, and pants to the ankle during a practice or race. Kickstands, trick-pegs, chainguards, and reflectors must be removed for safety reasons.

Contact

- Jamy Mills, 701-400-5909, or bismarckfastrax@gmail.com. Text the word FASTRAX to 84483 to receive updates on race schedule.

Fastrax BMX Track is located adjacent to the Cottonwood Softball Complex on South 12th Street. Check Fastrax BMX out on Facebook or www.usabmx.com/tracks/1486.

Teddy Roosevelt Family Day



Sunday, Sept. 22

Families looking for a fun afternoon filled with FREE outdoor activities are invited to attend Teddy Roosevelt Family Day on Sunday, Sept. 22 from 1-4 pm at McDowell Dam 3 1/2 miles east of Bismarck on Hwy 10. There will be many hands-on activities including archery, BB gun shooting, fishing, paintball, Atlatls (spear throwers), live demonstrations, 30 other stations/booths, prizes and more. The first 900 kids who attend also receive a FREE Teddy Roosevelt patch. For the event flier, [click here](#).

Free/Reduced Meal Applications Expiring!

Deadline: Wednesday, Oct. 2

If your student is currently receiving free or reduced meal benefits because of the roll over from last school year, you must fill out a new application by October 2 or your student will no longer receive these benefits. Parents will be responsible for any charges accrued until a new app is submitted. Apply online at <https://frapps.horizonsolana.com/BISP01>, pick up a paper app at any BPS school or print at www.bismarckschools.org under Quick Links.

FREE Youth Hunt

Saturday, Sept. 28



The Central Dakota NAVHDA's FREE Youth Hunt is Saturday, Sept. 28 for kids with hunter safety certification! The event will include a safety discussion, a safety walk-through, and a mentored hunt with live birds over quality trained hunting dogs. Participants must have completed hunters safety. There are four 1-hour slots to choose from: 8 am, 9 am, 10 am, and 11 am. Pre-registration is required and space is limited! To register, contact Joe Leibel at 701-809-4952 or jjleibel@gmail.com. For more info., go to www.centraldakotnavhda.org/youth-hunt.

Office Depot program: "Give Back to Schools"

Deadline: Saturday, Sept. 28

If you shop for qualifying school supplies at Office Depot, they will give money back to a school of your choice. The cashier can look up the school ID or go to www.officedepot.com/cm/school-supplies/give-back for that information and more! If you have questions, contact zachary.miller@officedepot.com, 701-516-2480.

BisMarket



BisMarket is a community farmers market that provides access to a variety of locally-grown, high-quality, farm-fresh products direct from local producers every Saturday from June 1-October from 10 am-1 pm at Kiwanis Park at the corner of Sweet Ave. & S. Washington St. This family-friendly market brings people together, supports local businesses, and encourages healthy food choices in a green outdoor space. For details, go to www.bismarket.com.

BisMarket accepts SNAP benefits and offers the Beet Buck: a SNAP Incentive Program, which is a dollar-for-dollar match (up to \$15 per market) to be used for fresh fruits, vegetables, herbs, and food-producing plants and seeds. You can also learn and experience art and music!

Valley City State 3 on 3 Basketball Tournament

Sunday, Oct. 6



There will be a 3 on 3 Basketball Tournament for both boys' and girls' teams in grades 3-12. The tournament is held at W.E. Osmon Fieldhouse ("The Bubble") in Valley City, ND. The cost is \$90 per team and includes a guaranteed 3 games. For the registration form, [click here](#). To sign up or for more information, contact Karl Sorby at 701-845-7170 or k.sorby@vcsu.edu. Registration limited to first 70 teams.

Youth & Family Programs, YMCA & Family Wellness



YMCA: Always there for our community.
1608 N Washington St.
701-255-1525
www.bismarckymca.org



Family Wellness: For your active family,
for our growing community.
2700 46th Ave. SE Mandan
701-751-9800
www.familywellnessbisman.org

Youth Sports YMCA & Family Wellness

When children participate in youth sports programs, they experience the excitement of teamwork, determination, competition, leadership and athleticism. Registration fees vary by program. Register at bismarckymca.org.

Volleyball YMCA: 7th-8th Grade Girls

Session: Jan. 5-Feb. 14

Registration: Dec. 2-23, \$41 member; \$89 non-member

Basketball YMCA: 2nd, 3rd & 4th/5th & 6th Gr. Girls Development & Competitive Session: Jan. 6-Feb. 15

Registration: Nov. 25-Dec. 16 member

Nov. 28-Dec. 16 non-member

2nd Gr. & Developmental: \$45 member; \$97 non-member

Competitive: \$65 member; \$117 non-member

Volleyball Family Wellness: 7th-8th Grade Girls

Session: Jan. 5-Feb. 14

Registration: Dec. 2-23, \$41 member; \$89 non-member

Basketball FW: 2nd, 3rd & 4th/5th & 6th Gr. Girls

Development & Competitive Session: Jan. 6-Feb. 15

Registration: Nov. 25-Dec. 16 member

Nov. 28-Dec. 16 non-member

2nd Gr. & Developmental: \$45 member; \$97 non-member

Competitive: \$65 member; \$117 non-member.

Itty Bitty Activities YMCA & Family Wellness

A fun and exciting program designed to introduce basic sports skill and concepts to participants ages 3-5 years. Fees for all Itty Bitty Activities are \$30 for members; \$50 for non-members. Register at bismarckymca.org.

Itty Bitty Basketball YMCA

Session: Sept. 16-Oct. 8, Mon. or Tues. 4:30, 5:30, or 6:30

Registration: now through Sept. 9

Session: Oct. 14-Nov. 5, Mon. 4:30, 5:30, or 6:30 pm or

Tues. 9, 10, or 11 am

Registration: Sept. 16-Oct. 7

Session: April 1-22, Wed. 9, 10, or 11 am

Registration: March 2-23

Session: May 4-June 1, Mon. or Tues. 4:30, 5:30, or 6:30

Registration: April 6-27

Itty Bitty Football YMCA

Session: Oct. 13-Nov. 3, Sun. 2, 3, or 4 pm

Registration: Sept. 16-Oct. 7

Session: April 5-26, Sun. 2, 3, or 4 pm

Registration: March 2-23

Itty Bitty Sports YMCA

Session: Nov. 17-Dec. 15, Sun. 2, 3, or 4 pm

Nov. 20-Dec. 11, Wed. 9, 10, or 11 am

Registration: Oct. 21-Nov. 11

Session: Jan. 5-26, Sun. 2, 3, or 4 pm

Registration: Dec. 9-30

Session: March 1-22, Sun. 2, 3, or 4 pm

Registration: Feb. 3-24

Session: March 4-25, Wed. 9, 10, or 11 am

Registration: Feb. 3-24

Itty Bitty Soccer YMCA

Session: Jan. 7-28, Tues. 9, 10, or 11 am

Registration: Dec. 9-30

Session: Feb. 6-27, Thurs. 9, 10, or 11 am

Registration: Jan. 6-27

Itty Bitty Baseball YMCA

Session: Jan. 9-30, Thurs. 9, 10, or 11 am

Registration: Dec. 9-30

Session: Feb. 4-25, Tues. 9, 10, or 11 am

Registration: Jan. 6-27

Continued on next page...

Itty Bitty Play YMCA

Session: Feb. 2-23, Sun. 1 or 2 pm

Registration: Jan. 6-27

Itty Bitty Volleyball YMCA

Session: Sept. 15-Oct. 6, Sun. 2, 3, or 4 pm

Registration: Now through Sept. 9

Session: Feb. 2-23, Sun. 3 or 4 pm

Registration: Jan. 6-27

Itty Bitty Basketball Family Wellness

Session: Sept. 15-Oct. 6, Sun. 3 or 4 pm

Registration: now through Sept. 9

Session: Oct. 15-Nov. 5, Tues. 9 or 10 am

Registration: Sept. 16-Oct. 7

Itty Bitty Football Family Wellness

Session: Oct. 13-Nov. 3, Sun. 3 or 4 pm

Registration: Sept. 16-Oct. 7

Itty Bitty Sports Family Wellness

Session: Jan. 5-26, Sun. 3 or 4 pm

Registration: Dec. 2-23

Session: Feb. 5-26, Wed. 9 or 10 am

Registration: Jan. 6-27

Session: March 1-22, Sun. 3 or 4 pm

Registration: Feb. 3-24

Session: March 5-26, Thurs. 10 or 11 am

Registration: Feb. 3-24

Itty Bitty Volleyball Family Wellness

Session: Nov. 17-Dec. 15, Sun. 3 or 4 pm

Registration: Oct. 21-Nov. 11

Aquatics YMCA

Kids who take swimming lessons at the Y learn much more than how to swim. YMCA instructors work with children on confidence, fun, and the Safety Around Water program. Now in the NEW Family Splash Center! Cost is \$55 for members; \$85 non-members. Register at bismarckymca.org. **2x/wk for 4 wks - Mon./Wed. or Tues./Thurs.**

Sessions: Sept. 9-Oct. 3
Oct. 14-Nov. 7
Nov. 18-Dec. 17

Registration: Now open

1x/wk for 6 wks - Fri. or Sat.

Sessions: Sept. 6-Oct. 11
Oct. 18-Dec. 13

Registration: Now open

First International Bank & Trust Family Splash Center

This new addition to the Y boasts a variety of special features: water slides, play structures, fountains, therapy jets and lap lanes, all accessible from a zero depth entry. Free for members. Birthday party packages are available in the private Scheels Party Room on weekends with gifts for guests and a special something for the birthday kid.

Welcoming Week

The YMCA invites everyone to celebrate our community during national Welcoming Week. Starting with the Intercultural Festival on Sunday, Sept. 15 and ending with the Intercultural Potluck on Saturday, Sept. 16. This week will feature FREE, public events and activities.

Family Fun Gym Time YMCA

Tues. & Thurs. 10:30 am-noon & 5:30-7 pm and Sat. 10 am-noon through Memorial Day. Families have fun bouncing, climbing and riding together during these special open gym hours. Featuring a bouncy house, bouldering wall, and various scooters. Parental supervision required. FREE for members.

Family Fun Gym Time Family Wellness

Wed. & Fri. 10:30 am-noon through Memorial Day. A bounce house, play and sport equipment are available for families to enjoy together. FREE for members.

Youth Development Centers YMCA & Family Wellness

Adventure Camp: An exciting place to play on days off school! Activities include STEM, gym time, outdoor games and lots of positive fun with friends. Program available at the YMCA main campus with some meals provided. Registration is open for fall dates: Oct. 17 & 18, Nov. 1, Nov. 11, and Dec. 23, 26 & 27, 30 & 31. To enroll or for more information, visit www.bismarckymca.org, Childcare.

Family Free Fun Time YMCA

Enjoy a wide variety of family friendly activities including movie, game and arts and crafts nights, and much more. Offered monthly, through Memorial Day, these regular get togethers will give your family a great opportunity for quality time. FREE for members. Visit bismarckymca.org for more information.

Youth Fitness YMCA & Family Wellness

An exciting, energetic group exercise program that's for kids ages 6-12. Meeting weekly, this program is set up in monthly sessions and pre-registration is required. Offered through Memorial Day. FREE for members. Visit bismarckymca.org for more information.

Becoming You Camp

This teen fitcamp is for young women, ages 9-17, to work with YMCA top female trainers on building their strength & confidence, and finding their voice! Get inspired and find the inner power you didn't even know you packed! Special rates for members and pre-registration is required. Offered regularly. Visit bismarckymca.org for more information.

Parents' Night Out YMCA

This program is designed to give kids ages 3-10 a fun, safe supervised experience, while their parents enjoy a night out. Sessions are held monthly, with special rates for members and pre-registration is required. Offered through Memorial Day. Visit bismarckymca.org for more information.

Jr. Chefs YMCA

Kids get cookin' in this fun, flavorful program. Culinaricians put kids ages 6-13 to work in the kitchen learning about safety, healthy eating and family recipes. Sessions are held regularly with special rates for members. Visit bismarckymca.org for more information.

Healthy Weight and Your Child YMCA

This program focuses on healthy eating, regular physical activity, and behavior change to empower children to live a healthier and more active lifestyle. Families will work with trained leaders for 25 sessions to guide youth ages 7-13 down the right path for more positive eating and exercise habits. Sessions are offered at various times with special rates for members. All participants in this program must have a physician's referral. Visit bismarckymca.org for more information.

The Friday Flier is emailed to parents of public & private school students in Bismarck, grades Pre-K-8, every other Friday during the school year. It's produced by Bismarck Public Schools as a service to non-profit community organizations that provide positive events and activities for students and families. With the exception of official BPS activities, these events are not sponsored/endorsed by BPS. Fundraising events such as benefit breakfasts or auctions/dinners will not be allowed, nor will notices that directly compete with BPS events, activities and services. For the guidelines, deadlines and fees, visit www.bismarckschools.org under Departments, Community Relations, email community_relations@bismarckschools.org or call 701-323-4092 to submit items for a small fee.