

Mandan Marlins FREE Week!

Monday, Oct. 7-Friday, Oct. 11



The Mandan Marlins Swim Club is hosting a FREE week for swimmers to try the sport of swimming and learn more about the team October 7-11 from 6-7:30 pm (6-7 pm for new and developmental level swimmers) at the Mandan Aquatic Center (Brave Center), 901 Division St. NW, Mandan. If you are unable to attend, email coachbungum@gmail.com to learn more and join the team. For more information visit www.mandanmarlins.com.

BPS Instructional Aide Job Fair

Monday, Oct. 7

Bismarck Public Schools is looking for Instructional Aides to help in the classroom. Positions are available in both regular and special education. The hours vary depending on the position with health benefits available at 6 hours or more per day. Information on benefits can be found at <https://www.bismarckschools.org/Page/1701>.

If you are interested, bring a resume and be prepared for a brief interview on Monday, Oct. 7 at 9 am at the Hughes Educational Center, 806 North Washington St., door #3.

Fall STEM Spectacular

Saturday, Oct. 12



The Fall STEM Spectacular is a FREE family event on Saturday, Oct. 12, from 1-4 pm with hands-on STEM activities for all ages and will feature a wide variety of activities including a crime scene to investigate and solve, Halloween-themed activities, engineering design challenges, fingerprinting, toddler play area, and much more! The regular Gateway to Science exhibit gallery admission for non-members is \$6/person during the event. Visit gatewaytoscience.org for more information.

Parent-Teacher Conferences

For dates and times of BPS conferences, go to www.bismarckschools.org under District Announcements.

Father-Daughter Ball

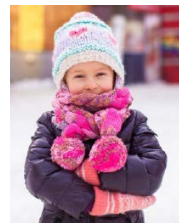
Saturday, Oct. 12

Bismarck High's Drama Dept. presents "Fairytale & Forever Afters" Father-Daughter Ball Saturday, Oct. 12, 5:30-9 pm; 6 pm grand march. The event will be held at BHS Knaak gym and will feature dancing, photos, crafts, refreshments and more. The ball is for girls ages 2-12 and that "father" in their lives, whether it be dad, uncle, grandpa, or guardian. Only 120 non-refundable tickets will be sold! Cost is \$40 per couple and \$10 for each additional child. Tickets are available Mon.-Fri. at BHS, 800 N. 8th St., administrative office (use 7th St. door), 7:30 am-4 pm. For more information, go to www.bhsdemon drama.com.

Winter Gear Drive

Deadline: Tuesday, Oct. 15

The BPS Students in Transition program is seeking gently used winter gear for homeless children grades K-12 such as hats, coats, boots, snow pants and gloves. Items can be dropped off through Oct. 15 at Hughes, 806 N. Washington St., door #2. Monetary donations are also accepted. For more information, call Sherrice Roness, 701-323-4091.



BPS Part-Time Positions Job Fair

Monday, Oct. 14

Bismarck Public Schools is looking for Sub Bus Drivers, Sub Bus Monitors, Sub Cooks, and Ticket Takers. If you are interested, bring a resume and be prepared for a brief interview on Monday, Oct. 14 from 3-5:30 pm at Hughes Educational Center, 806 N. Washington St., door #3.

Learn to Skate!

Learn to Skate registration is currently open for new enrollment. Classes are available for ages 3 to adult; hockey power classes are also available. Classes will be held on Sunday and Thursday nights. For dates, pricing and instructions on how to register, visit www.bismarckfigureskatingclub.com. Contact Emily Zahn at bfscdirector@gmail.com with questions.



Bis-Man Rattlers Youth Lacrosse

Tuesday, Oct. 15



The Bismarck Mandan Lacrosse Association is a recreational youth lacrosse program for boys and girls in grades K-12. Lacrosse is one of the fastest growing sports in the country. There will be a FREE opportunity to try lacrosse on Tuesday, October 15 from 6:30-8:30 pm at the Fore Seasons Center Dome. All equipment is provided.

League registration opens this winter. Practices begin in March and the regular season runs from mid-April to mid-June. Equipment for boys and girls is available to rent for a refundable deposit. Participants play small-sided games, while kids 10 & up can travel across North and South Dakota for 4-5 weekend competitions. For more information, go to www.bismanlacrosse.org or search Bismarck Mandan Lacrosse on Facebook.

School Is Out Program



Inner Groundwork collaborates with seven local organizations to provide children in grades K-3 a fun opportunity on eight non-holiday days off of school from 8:30 am-4 pm. The first three camps are coming soon, so register today! Each camp will combine preventative mental health strategies with activities related to the hosting organization's mission. To learn more about each camp and reserve your spot, visit www.innergroundwork.com/children-and-families.html. Sign up for all 8 camps and receive a discount. [View flier.](#)

Oct. 17	BisMan Food Co-op & farm visit
Oct. 18	TR 4 Heart & Soul
Nov. 1	Arioso Music Academy
Feb. 17	Heritage Center
Feb. 18	Heritage Center
Mar. 13	Dakota Star Gymnastics
Mar. 16	The Innovation School
Apr. 27	Theo Art School

STEM Adventure Mini-Camps



STEM Adventure Mini-Camps are held during the school year on select days when there is no school for students in grades 1-5. Campers can count on a variety of fun projects and activities every day. Fall 2019 mini-camp dates are Oct. 17; Oct. 18; Nov. 1; Nov. 11; Dec. 27; and Dec. 30. See details and register at gatewaytoscience.org.

FREE Parent Cafe, meal, & child care



Lutheran Social Services of North Dakota will host FREE Parent Cafes on Oct. 17, Nov. 21, Jan. 16, Feb. 20, Mar. 19, Apr. 16, and May 21 at 5:30 pm at Veteran's Memorial Library, 515 N. 5th St. Parent Cafes are for parents, grandparents, or others who are actively involved in raising a child. FREE meal and child care provided. For details about Parent Cafes, [click here](#). For questions, contact Kari Bachler at 701-530-2527 or karib@lssnd.org.

THA MASH UNIT

Tuesday, Oct. 22

THA MASH UNIT of Arizona is coming to Bismarck to bring a message of hope to young people and adults through the arts. This group of singers, dancers and spoken word artists will encourage youth to live drug free and with a purpose so they can protect themselves and their futures. It will end with a panel of local experts leading a discussion on how to support young people and keep them safe. This FREE community event is Tuesday, Oct. 22 from 6:30-8 pm at Century High School's auditorium.

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!

Trunk or Treat



Wednesday, Oct. 30

Gateway Community Fellowship is hosting a Trunk or Treat on Wednesday, Oct. 30 from 6:30-8 pm at Gateway Community Fellowship, 3333 E. Broadway Ave. Be ready for fun, games, and candy!

NDSU Extension events

NDSU

EXTENSION
BURLEIGH COUNTY

NDSU Extension has three opportunities for youth in the next several weeks, so explore and register your child(ren):

Youth Day Camp: Sustainable Ag meets Mindful Eating for grades K-3 Thursday, Oct. 17 from 8:30 am-4 pm (no school, no holiday). Drop off and pick up at the BisMan Co-op, 711 E. Sweet Ave. The School's Out Program offers eight fun-filled, non-holiday days off school programs. This first day camp is conveniently offered thanks to a collaboration with Inner Ground Work's School's Out Program, the BisMan Community Food Co-op and NDSU Extension-Burleigh County. NDSU Extension-Burleigh County will provide a healthy snack class, youth take a bus to visit a local farm, as well as preventative mental health strategies and more activities related to the BisMan Food Co-op's mission. For more information and to register, go to www.innergroundwork.com/children-and-families.html. Cost is \$65 per ticket. Scholarships are available on a case-by-case basis.



Make your own bath bombs: project day with Burleigh County 4-H for youth ages 5-7 on Friday, Nov. 1 from 10:30 am-noon; event is limited to 20 youth. There is no requirement to be a 4-H member to attend. Bring any bath bomb molds you may have. The location is the Joann Hetzel 4-H building, 3715 E. Bismarck Expressway. Payment of \$5 may be made via cash or check. Register online at <https://tinyurl.com/y8ex6et4>. For questions, call 701-221-6865.

Home Alone: Are You Ready? This class is for youth ages 9-12 on Thursday, Oct. 17 from 1:15 pm-4 pm at the Joann Hetzel 4-H building, 3715 E. Bismarck Expressway. This program will teach kids what they need to know to stay safe and healthy when they are on their own. NDSU Extension – Burleigh County partners with Bismarck Police, Burleigh Emergency Management, Bismarck Fire Department, Bismarck-Burleigh Public Health, Bismarck Parks and Rec Dept. and the NDDOH. Register online at <https://goo.gl/WjAgvN>. Cost is \$5. This can be paid by cash or check and must be paid by Oct. 10. You can drop off or mail payment to Burleigh County Extension, 3715 E. Bismarck Expressway, Bismarck, ND 58501.

If you have any questions about any of these programs, contact the NDSU Extension office at 701-221-6865.

Fire Dept. Poster Contest

Deadline Friday, Oct. 25



The Bismarck Fire Department is sponsoring a fire safety poster contest that is open to students in grades 3-5. Posters must be on 8 ½ x 11 paper and be related to this year's fire prevention theme: "Not Every Hero Wears a Cape. Plan and Practice Your Escape." Submit posters to Headquarters Fire Station, 1020 Central Ave., by Friday, Oct. 25 at 4 pm. Each grade's 1st place winner will be notified Oct. 30 and receive a ride to school in a fire truck. Rides will be given Nov. 5-7.

Print the following on the back of posters: Student's full name, parent or guardian's name, telephone number, teacher's name, school, and grade level. For questions, contact Bismarck Fire Dept. at 701-355-1400. Complete rules at www.bismarcknd.gov/1250/School-Poster-Contest.

Dress up for Red Ribbon Week!

Oct. 25-31

- Fri., Oct. 25 Wear Red Day: show you are RED'Y to Live Drug Free
- Mon., Oct. 28 Wear PJ's: Dream About a Drug Free & Healthy Lifestyle
- Tues., Oct. 29 Wear Camo Gear: so Drugs & Unhealthy Choices Won't Find You
- Wed., Oct. 30 Wear Mismatched Clothes: Don't Let Drugs & Unhealthy Choices Mix Up Your Life
- Thurs., Oct. 31 Wear Orange/Black or a Costume (if your school allows costumes): to Say Boo To Drugs!

Girl Talk

Sunday, Oct. 27



The Mid Dakota Clinic Center for Women invites girls ages 9-13 and their mothers to attend this special "Girl Talk" session on Sunday, Oct. 27 from 2-3:30 pm at CHI St. Alexius Health's Boniface Auditorium. "Girl Talk" will cover materials on: acne & hygiene, breast development, fitness, nutrition, periods, pads & tampons, PMS, shaving 101, and wellness. Center for Women staff will discuss growing up and the changes that go with it. This session will be helpful for mothers and daughters to start on the same page as they grow and develop together.

RSVP by calling 701-712-4591 or 800-472-2113 ext. 4591 with your name, age, address, and phone number. Cost is \$5 per person.

VFW Voice of Democracy Student Essay Contest

Deadline: Thursday, Oct. 31

Open to students in grades 9-12, state winners of this contest receive an expense paid trip to Washington, D.C., Feb. 29-Mar. 4 as well as a scholarship. Students need to write an original essay, supply a written and audio version of the essay, and the nomination form. More at www.vfw.org/community/youth-and-education/youth-scholarships.

Census Jobs

The 2020 Census is gearing up and positions are already being filled! Jobs include supervisory positions, office clerks, and recruiting assistants, as well as going door to door as a census taker this spring. Visit <https://2020census.gov/en/jobs/how-to-apply.html> or call 1-855-JOB-2020. Must be a U.S. citizen and at least 18 years old.

Nominate Patriot of the Year!

Deadline: Friday, Nov. 1

The Patriot of the Year award is given each year to someone who possesses qualities to show a true "Patriot" spirit both in sportsmanship and support at Century High School. This award is not limited to current CHS parents or supporters, it may include teachers, grandparents, past parents, past students, etc. For details and nomination form, visit <https://sites.google.com/site/centuryhighschoolclub/patriot-of-the-year>. The deadline to nominate is Nov. 1. The winner will be announced at the Booster Bust on Mon., Nov. 11.

You can also support CHS C-Club, a parent volunteer booster group for ALL CHS activities (not just athletic groups), by purchasing Walmart raffle tickets or purchasing tickets for the Booster Bust event. Century High School C-Club is a 501c3 nonprofit organization. For more information, go to <https://sites.google.com/site/centuryhighschoolclub/>.

The Little Mermaid

Nov. 14-17

Bismarck High, Century and Legacy students will present *The Little Mermaid* on November 14-16 at 7 pm and Sunday, Nov. 17 at 2 pm in the Legacy High School Auditorium. Ticket sales start November 4 at the Hughes Education Center, 806 N. Washington St., south door #9, in the Activities/Fine Art Department from 8 am-3:30 pm or call 701-323-4082. Tickets will also be available at the door. Adult tickets are \$10. Senior citizen & K-12 student tickets are \$5.

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.familywellnessbismar.org

4th-6th Grade
GIRLS VOLLEYBALL

REGISTRATION EXTENDED THRU OCT 14!

Practice & Games
1 hour/week, Mon-Thurs
4:30, 5:30 or 6:30pm
Games Sat morning beginning Nov 10
Sessions: Oct 28-Dec 14
Registration: Members, \$41;
Non-Members, \$89

Be more active, learn new skills & have fun with your friends!

the YMCA

REGISTER NOW
Bismarckymca.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

Volleyball YMCA: 7th-8th Grade Boys

roster sign up league; minimum 6 players.

Session: Apr. 5-May 15; games on Fri. evenings

Practices: Mon.-Thurs. 8:30 pm or Sun. 1 or 2 pm

Registration: Feb. 24-Mar. 16, \$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

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

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

Continued on next page...

Basketball YMCA: 2nd, 3rd & 4th/5th & 6th Gr. Boys

Development & Competitive Session: Feb. 17-Mar. 28
Practices: 1 hour/week, Mon.-Thurs. 4:30 or 7 pm
2nd Gr. & Developmental games: Saturdays starting Feb. 29
Competitive games: Friday mornings starting Feb. 28
Registration: Jan. 6-27 member
Jan. 9-27 non-member

2nd Gr. & Developmental: \$45 member; \$97 non-member
Competitive: \$65 member; \$117 non-member.

Basketball YMCA: Pre-K, K-1 Gr. Boys & Girls

Session: Apr. 6-May 16; games on Sat. mornings
Practice: 45 min/week, Mon.-Thurs. 4:30, 5:30, or 6:30
Registration: Feb. 24-Mar. 16, \$45 member
Feb. 27-Mar. 16, \$97 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

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

Development & Competitive Session: Feb. 17-Mar. 28
Practices: 1 hour/week, Mon.-Thurs. 4:30 or 7 pm
2nd Gr. & Developmental games: Saturdays starting Feb. 29
Competitive games: Friday evenings starting Feb. 28
Registration: Jan. 6-27 member
Jan. 9-27 non-member

2nd Gr. & Developmental: \$45 member; \$97 non-member
Competitive: \$65 member; \$117 non-member.

Basketball FW: Pre-K, K-1 Gr. Boys & Girls

Session: Apr. 6-May 16; games on Sat. mornings
Practice: 45 min/week, Mon.-Thurs. 4:30, 5:30, or 6:30
Registration: Feb. 24-Mar. 16, \$45 member
Feb. 27-Mar. 16, \$97 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: 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

Itty Bitty Football YMCA

Session: Oct. 13-Nov. 3, Sun. 2, 3, or 4 pm
Registration: Sept. 16-Oct. 7

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

Itty Bitty Soccer YMCA

Session: Jan. 7-28, Tues. 9, 10, or 11 am
Registration: Dec. 9-30

Itty Bitty Baseball YMCA

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

Itty Bitty Basketball Family Wellness

Session: Oct. 15-Nov. 5, Tues. 9 or 10 am
Registration: now through Oct. 7

Itty Bitty Sports Family Wellness

Session: Jan. 5-26, Sun. 3 or 4 pm
Registration: Dec. 2-23

Itty Bitty Volleyball Family Wellness

Session: Nov. 17-Dec. 15, Sun. 3 or 4 pm
Registration: Oct. 21-Nov. 11

Itty Bitty Football Family Wellness

Session: Oct. 13-Nov. 3, Sun. 3 or 4 pm
Registration: now through Oct. 7

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. Cost is \$55 for members; \$85 non-members. Register at bismarckymca.org.

2x/wk for 4 wks - Mon./Wed. or Tues./Thurs.

Sessions: Oct. 14-Nov. 7
Nov. 18-Dec. 17

Registration: Open

Sessions: Jan. 6-30
Feb. 10-Mar. 5
Mar. 16-Apr. 9
Apr. 20-May 14

Registration: starts Dec. 9 & 10

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

Sessions: Oct. 18-Dec. 13

Registration: Open

Sessions: Jan. 3-Feb. 7
Feb. 21-Mar. 27
Apr. 10-May 15

Registration: starts Dec. 9 & 10



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; always 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.

Splash Center Toddler Time

Toddlers and their parents enjoy some fun in the fountains and play features of the new Family Splash Center on Mondays & Fridays, 12-1 pm. FREE for members.

Autism & Down Syndrome Swim Lessons

A program designed to be accessible and accommodating to children with special needs, teaching them water safety and swim skills in a calm and controlled environment. The Y will also have Sensory Open swims on select Saturdays; upcoming dates: Oct. 12 & Oct. 19. Offered regularly. Visit bismarckymca.org.

Youth Development Centers YMCA & Family Wellness

Adventure Camp: An exciting place to play on days off school! Activities include STEM, gym time, outdoor games & 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 details, visit www.bismarckymca.org, Childcare.

Family Fun Gym Time YMCA

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. Tues. & Thurs. 10:30 am-noon & 5:30-7 pm and Sat. 10 am-noon through Memorial Day. FREE for members.

Family Fun Gym Time Family Wellness

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

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.

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. Upcoming dates: Oct. 11 & Nov. 8 Visit bismarckymca.org for more information.

Jr. Chefs YMCA

Kids get cookin' in this fun, flavorful program. Culinarians put kids ages 6-13 to work in the kitchen learning about safety, healthy eating and fun family recipes. Sessions are held regularly with special rates for members. Upcoming dates: Nov. 5 & Nov. 7. Visit bismarckymca.org for details.

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. Upcoming date: Oct. 17.

Haunted Halloween Party

This kooky spooky annual event includes bounce houses, a climbing wall, activities, games and prizes. Come dressed up as your favorite ghosts and goblins and enjoy some family fun Sunday, Oct. 27, 4-6:30 pm. \$5 per child; adults are FREE. 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.