



**5th Force Support Squadron
Minot AFB
UNITE Catalog
2022**

For more info: [UNITE PROGRAM](#)
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ARTS & CRAFTS

POC: Mr. Marv Sanders and Ms. Amy Touchette

Comm: (701) 723-6137 DSN: 453-6137

Wooden Décor Signs: Beginner friendly class using wood and vinyl lettering. Students will create custom wooden décor signs for their homes. This 2-hr class includes supplies and instructor. (Unite will cover \$13.50 pp.)

Min participation: 2 Max participation: 10

Cost per person: \$17.00

Reserve at least one week in advance

Hydro Dipping: Beginner friendly class for basic hydro dipping techniques. Students will learn how to make one of a kind hydro dipped baseball caps. For a more customized experience, students are encouraged to bring their own items (shoes, phone cases, mugs, tumblers, etc.) to dip. This 2-hr class includes supplies and instructors. (Unite will cover \$13.50 pp.)

Min participation: 2 Max participation: 10

Cost per person: \$24.00

Reserve at least one week in advance

Wine Caddy Resin: Beginner friendly class for basic resin pouring techniques. We have resin, glitter flakes, and glitter in multiple colors to choose from to use along with molds. All students need to do is add their special touch! This 2-hr class includes supplies and instructor. (Unite will cover \$13.50 pp.)

Min participation: 2 Max participation: 15

Cost per person: \$25.00

Reserve at least one week in advance

Acrylic Pour Painting on Canvas: Beginner friendly class for people who love to paint. Paint pouring is an innovative way to use acrylic paints and gravity to create unique artwork. No matter how many times a student takes this class, their result will be a brand new creation. This 2-hr class includes supplies and instructor. (Unite will cover \$13.50 pp.)

Min participation: 2 Max participation: 16

Cost per person: \$26.00

Reserve at least one week in advance

Paint N' Sip Canvas on Canvas: Beginner friendly class for a squadron that would like to get out and paint! Create a step by step basic art piece using various painting techniques. This 2-hr class includes supplies and instructor. (Unite will cover \$13.50 pp.)

Min participation: 2 Max participation: 14

Cost per person: \$26.00

Reserve at least one week in advance

Embroidery Floss String Art: Beginner friendly class for a squadron that would like to learn basic string art while using wood plaques and nails. Students will create designs with stencil or get creative and make your own string designs. The possibilities are endless. This 2-hr class includes supplies and instructor. (Unite will cover \$13.50 pp.)

Min participation: 2 Max participation: 16

Cost per person: \$28.00

Reserve at least one week in advance

Knitting Class: Beginner friendly class for basic knitting techniques. Each class will help you make a scarf or other knitting items. Students will leave with an item full of color and personal touch. This 2-hr class includes supplies and instructor. (Unite will cover \$13.50 pp.)

Min participation: 2 Max participation: 10

Cost per person: \$30.00

Reserve at least one week in advance

Art Resin Charcuterie Boards: Beginner friendly class for people who want to learn basic techniques of epoxy resin. Choose your own colors and create a charcuterie board that will have its own unique touch. This 2-hr class includes supplies and instructor. (Unite will cover \$13.50 pp.)

Min participation: 2 Max participation: 18

Cost per person: \$60.00

Reserve at least one week in advance

Epoxy Board: Beginner friendly class. Student will handpick a board and on class day they will spice it up with color. This class has 2 processes; Day 1- Make the Board. Once the resin has cured, students return for the finishing process which is the sanding and instruction on how to take care of their board. This 2-hr class includes supplies and instructor. (Unite will cover \$13.50 pp.)

Min participation: 2 Max participation: 10

Cost per person: \$85.00

Reserve at least one week in advance

AQUATICS

POCs: Ms. Toni Sanders and Ms. Taylor Banahan

Email: minotodr@gmail.com

Comm: (701) 723-3643/3648 DSN: 453-3643/3648

Cardboard Regatta: Design your own craft for one or two captains and race it across the indoor or outdoor pool! Use Unite to purchase disposable materials from AAFES or the Commissary. Will your vessel sink or float?!

Min participation: 5 Max participation: 25 people per lifeguard

Cost per person: up to \$13.50 pp for supplies

Reserve section of pool at least two weeks in advance. Based on lifeguard availability. Outdoor pool is *Jun- Sept, and is based on weather.*

Outdoor Pool Party: A perfect place to cool off. Get your office or squadron together for a beach or luau themed pool party. (Unite can pay for decorations, but cost cannot exceed 5% of event total cost.) Add in a game of Marco Polo or water balloon wars and call it a day of fun.

Min participation: 5 Max participation: 25 people per lifeguard

Cost per person: up to \$13.50 pp for supplies

Reserve section of pool at least two weeks in advance. Based on lifeguard availability. *Jun- Sept, and is based on weather.*

BOWLING AT ROUGH RIDER LANES

POC: Mr. Mike Guthrie

Comm: (701) 723-2610 DSN: 453-2610

Office Party: Bowling is fun in your SPARE time! Get your office or squadron together for 1 or 2 games during or after work or on a Saturday. Cosmic bowling option available.

Min participation: 5 Max participation: 75

Cost per person: \$4 per game + \$1.75 shoe rental **(Max 2 games)**

Reserve at least two weeks in advance.

Lights & Strikes (or Regular) Bowling: Pins that glow in the dark and upbeat music...Get your office or squadron together for 3 games + shoe rental.

Min participation: 15 Max participation: 75

Cost per person: \$13

Reserve at least two weeks in advance

**Speak with bowling staff about different scoring options*

ENTERTAINMENT SOCIAL CENTER (ESC)

POC: Mr. Everett Dotson

Comm: (701) 723-7238 DSN: 453-7238

Office Party Package: Come hang out...Reserve the entire ESC for 1-hr for use of board game room, a premier video gaming area, and 18 seat theater. Popcorn included!

Min participation: 10 Max participation: 50

Cost for 1-hr rental of space: \$50

Reserve at least two week in advance

Gaming Tournament of Your Choice: PWN some noobs! Guided tournament by ESC manager; Halo, Call of Duty, Mario Kart, Super Smash Bros, League of Legends, Rocket League, and more. Tournament structure will be based on number of participants.

Min participation: 10 Max participation: 25

Cost Range: \$135.00-\$337.50

Reserve at least three week in advance

GOLF AT ROUGH RIDER GOLF COURSE

POC: Mr. Mike Guthrie

Comm: (701) 723-3164 DSN: 453-3164

Fling Golf: Ditch the clubs and grab a fling stick for 9 holes. A cross between lacrosse and golf, this is a fun way to play a different type of golf. Anyone can play fling golf! Instruction available upon request. *May- Sept, and is based on weather.*

Min participation: 4

Max participation: 12

Cost per person: \$13.50 *(includes green fees, fling stick & cart. Additional cost for balls)*

Reserve at least two weeks in advance

Driving Range: Relax and practice your golf swing with your office. This includes a 15-min introductory golf lesson. *May- Sept, and is based on weather.*

Min participation: 4

Max participation: 10

Cost per person: \$10.00 *(includes bucket of balls)*

Reserve at least two weeks in advance

Golf Office Party: Play 9 holes of golf with cart. *May- Sept, and is based on weather.*

Min participation: 20

Max participation: 48

Cost per person: \$13.50 *(includes green fees & cart. Additional cost for club rental & balls)*

Reserve at least two weeks in advance

**Club rental cost is \$7.50. Speak with golf staff about tee, golf balls, etc pricing*

OUTDOOR RECREATION

POCs: Ms. Toni Sanders and Ms. Taylor Banahan

Email: minotodr@gmail.com

Comm: (701) 723-3643/3648 DSN: 453-3643/3648

Various Equipment Rentals: Enhance your Unite event with one of ODR's rentals; Dunk Tank, Giant Jenga, Corn Hole, Ladder Ball, Tug-of-War Rope, Sumo Suit, tents, and more! Check out [ODR's brochure](#) for more rental ideas.

Laser Tag Party: Ready, Aim, Let Loose! This is a 1-hr fun tournament style event at The Turf. Teams will dodge between tanks & forts. 12 guns available, but can have more participants and tradeoff.

Min participation: 12

Max participation: 24

Total Cost: \$150.00

Reserve at least two weeks in advance

Paintball: Got Welts? This 2-hr teambuilding experience will help your squadron with communication, teambuilding, and is a great way to relieve stress. *This activity is seasonal, May- Sept, and is based on weather.* (Unite will cover \$13.50 pp.)

Min participation: 10

Max participation: 40

Field Fee: \$25

Cost per person: \$5 pp + Boxes of Paint at \$50 per box

Reserve at least two weeks in advance

Archery Party: Try your aim...Unite your squadron for 1-hr with the two archery ranges; the simulator & paper range! We have bows, arrows and wrist guards for use (2 people per range).

Min participation: 10

Max participation: 40

Cost per person: \$6 pp

Reserve at least two weeks in advance

LIBRARY

POC: Ms. Julie Reiten

Comm: (701) 723-3344 DSN: 453-4554

Book Club Kits: Check out the base library's book club kits. These free kits consist of 5-16 copies of the same title and discussion questions to generate conversation.

The Case of the Missing Radioman: Solve 6 puzzles together or in separate teams in order to solve the mystery of the missing radioman in this escape-room style game.

Min participation: 2 Max participation: 24

Cost: Free

Available for check-out or can be reserved in advance

Escape Room Kits: Collaborate to find clues and solve a variety of puzzles to beat these escape room style games. There are 4 different game kits are available.

Min participation: 2 Max participation: 6

Cost: Free

Available for check-out with a personal or institutional library card

Sherlock Holmes Mysteries: Borrow this kit consisting of 10 Sherlock Holmes mystery games and solve one or more together or as separate teams.

Min participation: 5 Max participation: 40

Cost: Free

Available for check-out or can be reserved in advance

MCADOO FITNESS & SPORTS CENTER

POC: 5.fss.fitness@us.af.mil

Comm: (701) 723-2145 DSN: 453-2145

Rock Climbing Wall: Mount Everest, The Andes, and Denali...Experience a climb without the altitude sickness. Get your squadron together and try out the McAdoo's 18-ft climbing/bouldering wall. A terrific way to exercise, teambuild, and communicate.

Min participation: 2 Max participation: 5

Cost: Free

All climbers must sign-up for a safety/instructional class at the Front Desk

Various Sporting Tournaments: Get your section, flight or squadron together, choose a sport and hold a tournament. There's Volleyball, Basketball, Softball, Flag Football, Racquetball & Walleyball and more!

Min participation: Varies Max participation: Varies

Cost: Free

Reserve the courts/field in advance with the Front Desk

Squadron Sports Day: Form teams to participate in multiple sporting events; racquetball, kickball, basketball, soccer, dodgeball, flag football, softball, cardboard boat regatta, etc! Add on equipment rentals from ODR to complete the event; Cornhole, Spikeball, Tug-O-War Rope and a Towable Charcoal Grill.

Min participation: Varies Max participation: Varies

Cost: Free (*except ODR rentals*)

Reserve courts/field in advance with the Front Desk

VIRTUAL EVENT IDEAS

Nailed It! Challenge: Host a bake-off competition! Based on the Netflix show [Nailed It!](#), your squadron can re-invent the same challenge by choosing a photo of a cookie, cake or cupcake and trying to replicate it. Post the picture online or present via Zoom. Vote on the best or worst creation. Unite can cover materials needed from the Commissary.

Murder Mystery: Comedic 2-hr murder mystery experience over Zoom hosted by professional improv actors. This is designed for 8-12 participants. Simultaneous events can be scheduled for larger groups. Ask your C3 for more information and pricing. *(Must be coordinated 2 months in advance and will require a contract.)*

Book Club: You don't have to be in the same room to enjoy a good book. Check out the base library's book club kits. These FREE kits consist of 5-16 copies of the same title and discussion questions to help along the conversation.

Karaoke: Set-up a Zoom karaoke session! Search for the karaoke version of a song on YouTube and share your computer sound so that everyone can hear the music. Go ahead and sing along with other guests on mute.

Teleparty: Formerly known as Netflix Party, this is a great way to watch TV or movies online. Teleparty syncs video playback and adds group chats to Netflix, Disney+, Hulu, HBO Max and Amazon Prime in 5 easy steps. Visit [Teleparty](#) for details.

Gameshows and more: [Teambonding](#) and [Adventure Games Inc](#) offer quite a few remote activities: Virtual Team Trivia, Ancient Murder Mystery, Nerd Talks, Jeopardy, Match Game, and Family Feud to list a few. Cost and number of participants depend on activity. Unite will cover \$13.50 pp, but we can work with the company to try to lower price. Unite squadron POCs will work with company to coordinate date and activity. *(Must be coordinated 2 months in advance and will require a contract.)*

UNITE FOOD & BEVERAGE OPTIONS

Bomber Bistro: Ms. Renee Price
Comm: (701) 727-4377

Rockers: Mr. Louis "Smitty" Smith
Comm: (701) 727-ROCK

Unite will cover \$5 pp

Breakfast		
Activity	Meal Options	Cost
Bomber Bistro		
	Burritos (Choice of Sausage or Bacon, Eggs, Hash brown, Cheese with side of Sour Cream/Salsa)	\$5 pp
B-Fifty Brew		
	Variety of Scones & Donuts	\$5 pp
	Coffee Hot Pot (15-20 people)	\$25
	Bagels & Cream Cheese	\$3 pp

Lunch/Dinner		
Activity	Meal Options	Cost
Rockers		
	Burger & Chips	\$6 pp
	Hot Dog & Chips	\$5 pp
	6 ft. Sub - Turkey & Ham (Feeds 20 people)	\$60
	Chips & Salsa	\$5 pp
Bomber Bistro		
	One topping pizza & Drink	\$5 pp
	Pork Sliders & Chips	\$5 pp