



# Upcoming Events

**14 MAY** **TASTE OF MINOT DOWNTOWN FOOD TOUR**  
2:00 PM - 5:00 PM  
Various Locations  
Downtown Minot

Join us on a tour of beautiful downtown Minot where we will be stopping at 5 different spots to sample food and beverages and get to hear different facts you may not know about the area along the way. Cost is \$55 and you must be over 21. Please purchase tickets at the following link: [www.tasteofminot.com](http://www.tasteofminot.com)



For more information:  
[www.tasteofminot.com](http://www.tasteofminot.com)

**14 MAY** **STORY TIME WITH MISS KRISTI & MEET A CHINCHILLA**  
9:00 AM - 4:00 PM  
Main Street Books  
8 Main St S Minot

In partnership with the Roosevelt Park Zoo, we're bringing a chinchilla to the bookstore! Miss Kristi will read a special story, and we'll have a craft!



For more information:  
[mainstreetbooksmilot.com](http://mainstreetbooksmilot.com)

**15 MAY** **SPRING AT THE MARKET**  
10:00 AM - 2:00 PM  
Market on the 4th  
1900 4th Ave NW, Minot

Spring is here at The Market on 4th! Join us for a fun day of shopping with additional vendors, make and take projects for all ages and lots of fun shopping. We will see you all there - admission is free!



For more information:  
Facebook Event / The Market on 4th

**18 MAY** **A START IN ART**  
9:30 AM - 10:30 AM  
Taube Museum of Art  
2 Main Street North, Minot

Parents can register kids for either Tuesday OR Wednesday classes. Runs twice a month through May 2022. During the first session, kids will be read a fun story by one of our teachers and get to create multiple related hands on art projects. The second session each month children will be visited by a mystery animal from the Roosevelt Park Zoo! Then, they will make art based around the animal. Open to ages 9 Months - 5 years old. Parent Participation required. There are 16 sessions in total. Program Fees: Members - \$85 | Nonmembers - \$100. Drop in rate - \$7.00 per class. Drop in rates can be paid ATD, but please call ahead and let us know you're coming!



For more information:  
Facebook Event / Taube Museum of Art / A Start in Art

**21 MAY** **HAIR OF THE DOG 5K, BEER MILE, AND WEINER DOG DERBY**  
10:00 AM  
Atypical Brewery & Barrelworks  
510 Central Ave East, Minot

5k Run/Walk and Dog Jog - This is a traditional, family friendly, 5K event and will be timed. You can run it as fast as you can or jog/walk it for fun. Feel free to bring your dog with you as this event is "for the dogs", but dogs are not required! All human participants will get a signature Hair of the Dog mug as well as a free post run beer at Atypical.

10:00 - 5K  
12:00 - Beer MILE  
2:00 - Weiner Dog Derby  
and a full day of run, dogs, beer, and FUN!



Registration required  
[runsignup.com/Race/ND/Minot/HairoftheDogND](http://runsignup.com/Race/ND/Minot/HairoftheDogND)

## On Base

**Coffee with a Cop**  
Hosted by Sheriff Blaine  
May 17, 2022 1300-1600

Presented by 5th Security Forces Squadron



**SUPER SMASH BROS ULTIMATE TOURNAMENT**  
ESC • 21 May 2022 • 1300

\$10 entry fee per person.  
Prizes awarded to 1st & 2nd place!

Tournament Format: 1v1 double elimination.  
Maximum of 36 contestants.

Bring your own controllers or use one of ours.



For more information visit: [www.5thforcesupport.com](http://www.5thforcesupport.com)

**NOTHING BEATS SUNDAY BRUNCH**

SERVING FROM 10AM - 2PM

[BLGRILL.COM](http://BLGRILL.COM) | 1400 31ST AVE | MINOT, ND | 701-852-7335



# Family Child Care Celebrates Month of the Military Child

FAMILY CHILD CARE

Family Child Care providers offer valuable in-home child care services to Minot AFB families and these professionals actively celebrated Month of the Military Child!

Individually, many showcased decorative home displays donning purple paint, family pictures, and that dandelion message of resilience that we've all grown to love. Some dyed purple shirts and others baked purple treats and arranged fun family get-togethers!

Collectively, the FCC providers participated in Spirit Week from April 11th-15th. Monday was wacky hair/outfit day, Tuesday was Superhero day, and Wednesday was Red/White/Blue Day! The blizzard did not extinguish their spirit, as PJ day on Thursday—in light of school/road closings—was universally followed! Friday's Purple-Up Day was also enjoyed.

In addition to Spirit Week, all providers participated in weekly crafts and trainings. All FCC Office Staff took part by sharing their knowledge with the providers.

The first craft: decorate a paper banner. The corresponding training was given by Community Child Care Coordinator, Ms. Kelly Pringle, and discussed the importance of Social Media Presence. Regarding her training, Pringle states, "Social Media is a tool that we have at our disposal and can be both positive and effective when used correctly. In our program, we use it daily as a way to communicate with our providers, and I have emphasized the importance of being professional when marketing their FCC businesses. It matters." FCC Provider, Tamesha DenBleyker says, "They [my FCC children-in-care] loved decorating the banner! I told them that military children are special, because unlike other kids, they move around a lot and have to adapt." DenBleyker adds, "my son, Timothy (7 years-old) said, 'So that's why we moved from Arkansas to Guam to here!' and I told him that's exactly why!"

The second craft: decorate a cloth potholder. The corresponding training was given by USDA Coordinator, Ms. Stephanie Hazen, and discussed the importance of Family Style Dining. Regarding her training, Hazen states, "This type of dining promotes togetherness and builds early childhood skill development. Social/Emotional Development and Fine Motor Skills are cultivated through active conversation and serving of food. I supplied each provider with a handout on Family Style Dining,

provided by [cacfp.org](http://cacfp.org), which lists tips to effectively implement this dining method in their programs." FCC Provider, Taylor Rodriguez says, "They liked working together to make something we can use while cooking. I told them it's important to celebrate military children, because they go through a lot with their parents leaving [deployment] or working long hours. So, it's important we celebrate all that they do!"

The third craft: decorate a canvas bag. The corresponding training was given by Family Child Care Coordinator, Ms. Alyssa Kelly, and discussed the importance of Playground Safety. Regarding her training, Kelly states, "Playground Safety is evolutionary in nature—as little guidance in this area is supplied to care providers—so I assisted in a hands-on way! As a certified Early Childhood Playground Inspector, I shared my knowledge of playground hazards and focused on injury prevention by supplying each provider with a laminated no-sign (to be secured to unsafe areas on the playground) and a laminated list of Recommended Playground Safety Items: Duct Tape & No Sign (block off unsafe items), Thick gloves (remove trash), Towel (wipe slides/wet surfaces), Small broom (hand-held) and dustpan, and First-Aid Kit. It is then up to the providers to buy the necessary items; held within the bag they decorate." FCC Provider, Tena Holmgren says, "I had my 6 year-old, 5 year-old, and two 4 year-olds. We talked about rules at the park and how to stay safe. My 6 year-old said she wanted to draw a picture of two friends playing at the park. I handed her the markers to draw that and the others scribbled on the other side. Then we chatted about how sometimes life can be tricky and this month is a time to celebrate all the tricky times in our lives. I called it 'tricky,' because on the 27th of April one of our friends PCS'd and it was hard for all of us to say goodbye. All these fun activities were for them to celebrate themselves and the tricky times!"

Minot AFB's Family Child Care program annually benefits from their active involvement in celebration of Month of the Military Child. Last year, the FCC Office delivered weekly STEM challenges focusing on Age-Appropriate Development. Overall, the Military children in FCC thrive within a fun-loving, knowledge-based program that celebrates their resilience!

**North Hill BOWL X-TREME BOWLING**  
FRIDAY & SATURDAY

OPEN BOWLING 7 DAYS A WEEK  
NO OPEN BOWLING WEDNESDAYS 5PM-9PM

X-TREME BOWLING HOURS:  
FRIDAY 9:15PM-CLOSE  
SATURDAY 6PM-CLOSE

CELEBRATE WITH US!  
**WE DO BIRTHDAY PARTIES FOR ALL AGES!**

Military Discounts Available!

1901 NORTH BROADWAY, MINOT, ND  
852-4108  
[WWW.NORTHHILLBOWL.COM](http://WWW.NORTHHILLBOWL.COM)

