

northern sentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 60 • ISSUE 48 | MINOT AIR FORCE BASE | FRIDAY, DECEMBER 2, 2022

WHATS INSIDE THIS WEEK:

A Very Special Night



MINOT AIR FORCE BASE AIRMEN EXECUTE EXERCISE PRAIRIE VIGILANCE

A3



INTERVIEW WITH THE 5 BW COMMAND CHIEF

A7



STARBASE AT NORTH PLAINS ELEMENTARY

B6



The City of Minot lights a Christmas Tree with the help of Colonel Daniel S. Hoadley, 5th Bomb Wing commander, and Colonel Kenneth C. McGhee, 91st Missile Wing commander November 25, 2022 at Minot, N.D. Over 1000 people arrived at the yearly event, including civilian and military personnel.

At 6:00 p.m. on Friday, November 25, the Christmas season officially started in Minot, ND. So it was declared by Minot Mayor Tom Ross. In his address to the large crowd gathered on Main Street, he noted that the very epicenter of Minot was Main Street and Central Avenue, right where the over 30 foot Christmas Tree stood on this day. Before Mayor Ross took to the podium, Minot native Chloe Marie entertained with familiar Christmas songs ending her portion of the

evening with a sing along including favorites Rudolph the Red Nosed Reindeer, White Christmas and We Wish You A Merry Christmas.

Special guests from Minot Air Force Base were part of the VIP contingent on stage. Col. Daniel Hoadley and his wife Joyce, Col. Kenneth McGhee and his daughter Zena, along with Col. Michael Maginness and his wife Amy and Command Chief Tori Jones and her wife Mary represented Minot Air Force Base. Col. Hoadley noted

that Christmas lights stood for unity, and tonight especially the unity between the city of Minot and the Minot Air Force Base. It was a brisk evening, with a bit of wind, but the group on stage gathered together with MC Margie Bolton to do a countdown to the official tree lighting. Also on stage to bless the evening with a prayer for a special Christmas was Pastor Matt Scherbenske from The Pursuit Church.



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The Christmas Capital of North Dakota

ERIN BEENE, NORTHERN SENTRY

The holiday cheer quite literally fills the air in central North Dakota. This quaint, small city-center with glistening snow covered sidewalks filled with holiday sparkling lights where people actually smile at each other instead of bustling around busily actually exists. Classic Christmas carols can be overheard in the street while shoppers enjoy free hot chocolate, carriage rides and small town hospitality. Is this the description of yet another cheesy, yet fantastic Hallmark holiday movie? Actually, this is not the backdrop to a Christmas movie set designed by Hollywood, nope this scene describes the tucked away, real life gem of the Dickens Village Festival in Garrison North Dakota.

Located just about one hour south of Minot AFB, Garrison North Dakota has a population of about 1500 people. A good chunk of that population preps for the annual Dickens Village Festival downtown every single holiday season. This annual tradition, which began back in 1994 due to the first production of the play A Christmas Carol, has blossomed into a recurring holiday event that the entire town can be a part of. The town puts on new renditions of the classic play every year. Dickens Village Festival Coordinator, Amber Klingbeil said that the Sakakawea Area Council for the Arts organizes, and puts together the play annually. She said sometimes it is a comedy version, a modern twist or even the traditional classic version of the Charles Dickens A Christmas Carol, but it is always fun and entertaining for all ages!

Besides this yearly performance, the festival also offers a wide range of other entertainment from singers and entertainers, to feasts, dance parties and more! The annual play and slew of entertainment can all be found at the Kota Theater located right on Main Street in

Garrison. Klingbeil mentioned that performances do sell out quickly, so tickets for any of the performances are best purchased ahead of time online at <https://www.dickensfestival.com/buy-tickets/>.

The Dickens Village Festival, which runs the first three Fridays/Saturdays after Thanksgiving every year, contains more than fantastic live performances. It also, and most importantly, embraces the small-town feel and old time forgotten vibes of a classic Dickens Village itself. A walk down mainstreet in the evening will bring strollers to joyful street vendors, quaint mom-and-pop shops and people giving out free hot chocolate, candy and smiles. Some of the major draws to the festival are free carriage rides and \$3 rides on the famous "Queen Elizabeth" double decker, antique bus from England! There is much more to enjoy at this festival including library book sales, an auditorium filled with home-made and reasonably priced vendors, top hot decorating, plus free kids face painting and so much more!

This is definitely a way to spend a simple and non stressful holiday weekend in December where the

remembrance of days gone by will be like a breath of fresh air. Only two weekends remain to take a chance on this unique "Christmas Capital of North Dakota" town at the Dickens Village Festival



The Garrison ND Walleye presents a cheerful mood at the start of Main Street.



The evening lighted parade is a highlight for kids to try and catch some candy and enjoy the beautifully decorated floats.

NORTHERN SENTRY PHOTOS | ERIN BEENE



Guests may pose for photos in the iconic British telephone booth and ride the glorious double decker, "Queen Elizabeth" for only \$3 a seat.



The Kota Theater hosts a different rendition of The Christmas Carol every year. Visitors may also catch a performance of one of their many musical guests throughout three weekends of the festival.

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Minot Air Force Base Airmen execute Exercise Prairie Vigilance

SENIOR AIRMAN CHINA M. SHOCK, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.

Airmen from the 5th Bomb Wing participated in Prairie Vigilance 23-1, an exercise designed to test the wing's ability to conduct strategic-bomber readiness operations, Nov. 1-7.

Prairie Vigilance showcases Air Force Global Strike airpower and capabilities, ensuring Airmen are prepared and ready to execute their mission by providing a realistic training environment to exercise flexible, strategic airpower.

"These exercises enable the entire wing to maintain a high state of readiness and proficiency, validating that we're ready to strike. . . anytime, anywhere," said Col. Daniel Hoadley, 5th Bomb Wing commander.

The exercise tests maintainers, security forces, bomber aircrews and command and control components to prepare them in the event of an attack against the United States and its allies.

Minot Air Force Base is home to two legs of the nuclear triad, with the 5th Bomb Wing having strategic bomber aircraft, and the 91st Missile Wing operating Intercontinental Ballistic Missiles.

Prairie Vigilance also enhances the safety, security and reliability of the bomber leg of the U.S. nuclear triad. In addition, the exercise demonstrates the wing's ability to stand alert and project lethal combat power across the globe, fulfilling its mandate to deter enemies and defend the nation.

"From the maintenance

perspective, everything that you need for the aircraft, we provide it. We have to get the aircraft refueled, serviced, ready to fly," said Master Sgt. Michael Schaff, a 5th Aircraft Maintenance Squadron lead production superintendent. "We have to make the aircraft ready for weapons to get loaded, then prep the aircraft for the aircrew members to get out there, make sure that they're happy with the way the systems are operating, and missiles are function checking, that's all maintenance."

Exercises like Prairie Vigilance ensure operational forces are organized, trained, and equipped for the tasks they are asked to do on a daily basis. They also help make certain Airmen are prepared and empowered.



Maintenance Airmen from the 5th Bomb Wing load a B-52H Stratofortress with Air-Launched Cruise Missiles during Exercise Prairie Vigilance, Nov. 4, 2022, at Minot Air Force Base, North Dakota. Prairie Vigilance tests the 5th Bomb Wing's ability to conduct strategic-bomber readiness operations.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN ZACHARY WRIGHT



A B-52H Stratofortress from Barksdale Air Force Base, Louisiana, deploys its drag-chute during Exercise Prairie Vigilance, Nov. 3, 2022, at Minot Air Force Base, North Dakota. Prairie Vigilance tests the 5th Bomb Wing's ability to conduct strategic-bomber readiness operations.



Maintenance Airmen from the 5th Bomb Wing load a B-52H Stratofortress with Air-Launched Cruise Missiles during Exercise Prairie Vigilance, Nov. 4, 2022, at Minot Air Force Base, North Dakota. Prairie Vigilance tests the 5th Bomb Wing's ability to conduct strategic-bomber readiness operations.

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A VIEW FROM
OUR SIDE

ROD WILSON, NORTHERN SENTRY

I was just a kid in 1976 when I arrived in Minot. Well, OK, a bit more than a kid, a recent graduate of the University of North Dakota in Broadcast Journalism and Political Science. My first job? I took a job as a commercial writer at the local NBC affiliate, KMOT-TV. I started on November 1st and was into the Christmas rush within a few hours of starting my job.

For 20+ days I worked 12-14 hours a day. KMOT-TV had an FM radio station and I also picked up shifts as a board operator/DJ.

On Thanksgiving week, I did one of my co-workers a favor and picked up the Thanksgiving morning radio shift. Once my shift ended, I experienced a new kind of lonely. It was Thanksgiving Day, and there was no one to share it with. What was more, all of those places that did Thanksgiving dinners were kind of pricey for a young graduate starting his first job. I knew how to cook, it just hadn't occurred to me that I would be left without anyone to share Thanksgiving with, even if I had decided to cook. Like I said, it certainly was a different type of lonely.

But cheer up young man. You can call home and have a conversation with your parents... which only made things worse.



**UPSIDE DOWN
UNDER**

MARVIN BAKER

For the first time in the past three years, the Canadian Pacific Railway's actual Holiday Train is returning to the steel rail across the U.S. and Canada.

Because of Covid 19, the past two years have been virtual holiday trains that quite frankly didn't hold a candle to the real thing.

So it's been announced, the performers have been named and the schedules released. Once again, the train will make six stops in North Dakota.

As Holiday Train public affairs points out, the concerts are free. All they ask is that you make a non-perishable food donation or monetary donation to help the local food bank. Top-tier musicians ride the train and perform in return for the donations.

Unlike previous years in which

TITUS & PHILEMON

Everyday adventures of Titus and Philemon and their owner Joe.

TIMOTHY TIMM



Timothy Timm of Minot currently attends Minot State University, is a Minot High School graduate, artist, cartoonist, author and illustrator. Timm has also created other works of art that are on display in his art studio downtown located at 201 Main St. S. in Minot.

Traditions Never Change

They told me about their Thanksgiving, and how my older brother and younger sister had made their way home to join Mom, Dad and my baby brother in Maddock, ND for Thanksgiving dinner. I hung up the phone, because you were actually getting charged for long distance calls in 1976, and took a deep breath... well actually it was more of a sigh of "woe is me" emotions.

Friday morning finally came. Hey, maybe I could do this Black Friday thing! You know, take what little cash I had and buy some Christmas presents. I wasn't one of the first people in the door at Sears, but I got there to purchase several of those bargains. Work started at 8 a.m., and conversations amongst co-workers quickly turned to Thanksgiving. And I sat there waiting for the question that I would dread the most... "What did you do for Thanksgiving, Rod?" There was no way to make my Thanksgiving day anything but bleak.

In a TV station, you have a TV running in just about every room. I caught a glimpse of an event, yet right here in downtown Minot. The lighting of the downtown Christmas tree would happen at 6 p.m. that very day. Decision made. I would be there to witness

this event, no matter how cold and snowy it would be, and it was cold and snowy. Main Street Minot was absolutely packed that night. There were carolers on several corners. Santa was in one of the downtown store windows, there was a horse drawn sleigh, and there were Christmas lights strung between buildings on Main Street. How perfect is this? Somewhat gone were all of my Thanksgiving Day blues, replaced with the warmth of the Christmas season.

And then, as advertised, right at 6 p.m. the lights on the tree were turned on. There was a cheer from the crowd, and then applause.

Fast forward to 2022. It was 5:45 when Chloe Marie started her Christmas carols on the big stage on Main Street. The tree was ready, all decorated, and most important the VIPs were gathered for the tree lighting ceremony which would start at 6 p.m. once again. Several of our VIP's were from Minot Air Force Base, including Col. Daniel Hoadley and Col. Kenneth McGhee. Mayor Tom Ross was first at the podium and he asked how many people were witnessing their first ever tree lighting. And then it hit me. As in 1976, many of the people were there, at the corner of Main

and Central in downtown Minot, to catch the start of the Christmas season. As Col. Hoadley said, the lights on Christmas stand for unity, the unity between the city of Minot and Minot Air Force Base. How many of those in the audience were first year Airmen spending their first Thanksgiving away from home? How many Minot AFB families were in the crowd?

True, they were families and not necessarily alone, but they needed to experience the warmth of the season whether it be Thanksgiving or Christmas.

As President of the Downtown Business and Professional Association, I was asked several times how long the Tree Lighting Ceremony has been going on. My answer: at least 47 years, but when I first saw it in 1976, it seemed like it had been going on for quite some time.

To all of the Minot AFB personnel and dependents that came downtown, thank you! Thank you for serving your country in what can at times be a very challenging climate. And if you were there on Friday and felt some of the warmth of the Downtown Open House, it was certainly genuine. Welcome to Christmas in the Magic City. Some traditions never change.

'Rolling in on the Holiday Train'...

the train started in Rouses Point, N.Y., this years Holiday Train will start Nov. 23 in Jackman, Maine. It will make two additional stops in Maine before crossing into Quebec and stopping in Lac Megantic for the first time.

It eventually makes its way to North Dakota with the first stop on Friday, Dec. 16 in Hankinson to support the Richland-Wilkin Emergency Food Pantry. Later that day, Enderlin is the second stop and the support will be for the Ransom County Food Pantry.

The train makes four stops on Saturday, Dec. 17. The first stop is at the CP Rail depot in Carrington from 1:45-2:15 in support of Carrington Daily Bread. At 4 p.m., it stops at 600 Lincoln Ave., in Harvey in support of the Central Dakota Food Pantry. Then, from 6:45 to 7:15 the Holiday Train is at the Main Street crossing in Minot for the Minot Area Homeless Coalition and finally at 8:45 to 9:15, the train stops at First Avenue Southwest and Central Avenue in Kenmare on behalf of the Kenmare Food Pantry.

That will be the last stop in the United States. From Kenmare, the train rolls into Saskatchewan with stops at North Portal,

Estevan and Weyburn.

This year's North Dakota leg of the train will have one familiar face and one new to the Holiday Train. Kelly Prescott is a Canadian country singer who has won numerous country music awards and has ridden the train numerous times.

She is the daughter of country singer Tracey Brown, who was once a regular on the Holiday Train. When she was a kid, Kelly tagged along with her mother and is now an award-winning singer in her own right.

To learn more about Kelly Prescott and her music, log on to (kellyprescottmusic.com). She has come a long way and is a gifted singer. It would be worth it to see her free and live in concert coming to a community near you.

Alan Doyle is the second performer on this year's train. This will be the first time for the Atlantic Canadian folk performer. He's been involved in folk and rock music since 1993 when he became part of a Newfoundland band called Great Big Sea.

On Nov. 22, Doyle plays a concert in Odense, Denmark and on the 23rd, he's aboard the Holiday Train in Maine.

Doyle is multi-talented. Along with music, he's been in television and film production and is perhaps best known for appearing on the hit Canadian TV drama series, "Murdoch Mysteries." He has also written music and performed with Australian actor and singer Russell Crowe.

You can learn more about Alan Doyle and his music at (alandoyle.ca).

This is the 23rd year of the Holiday Train, if you count the two virtual trains from the past two years. Regardless, CP Rail has done something right because the train now has a 20-year history that has seen a myriad of performers and millions in donations to local food banks.

It's a great experience and if you haven't seen the Holiday Train up close, you should get into the crowd and enjoy it. An outdoor concert during the second half of December in North Dakota can be daunting, but just remember to dress warm enough, take a Thermos of hot chocolate, keep moving around and enjoy the music.



5TH BOMB WING QUARTERLY AWARDS

Col. Daniel Hoadley, 5th Bomb Wing commander and Chief Master Sgt. Tori Jones, 5th Bomb Wing command chief, present the 5th Bomb Wing 3rd Quarter Awards Nov. 22, 2022, at Minot Air Force Base, N.D.

U.S. AIR FORCE PHOTOS | MINOT AFB PA

SRA ALEXIS F. GREEN
(MDG)
Amn of the Quarter

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MS. TRISTA M. MENDEZ
(MSG)
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CGO of the Quarter

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Another way that AFAS supports our Airmen and Guardians is through educational funding support. The General Henry H. Arnold Education grant is a competitive educational grant for service members. There are additional supplemental programs as well, to learn more about those programs head to www.afas.org/education-support/.

The largest area of financial support from the AFAS is through emergency assistance. AFAS provides emergency assistance to Air Force and Space Force families when unexpected financial emergencies arise. These include no-interest loans, emergency travel assistance, and grants. These

financial assistance programs help meet immediate emergency financial needs and help make a positive step toward a lasting financial solution. Support can be standard assistance in which the member has a 0% interest loan to pay back over a designated period of time OR a Falcon loan of no more than \$1,500 with 0% interest. For this type of assistance, the service member MUST have a Zelle account registered in their name to accept funding.

In addition, as of 13 October 2022 – all AFAS applications for financial assistance must be requested through the AFAS portal at <https://portal.afas.org/SignIn?ReturnUrl=%2Fmy-applications%2F>. The M&FRC staff are available to assist members in navigating the application portal process, however no funding will be dispersed by the M&FRC staff. Appointments for assistance are preferred and can be made by calling the M&FRC at 723-3950, walk-in appointment time is limited..

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NODAK ARMS

OUTDOOR

REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, Nov. 28: 1,832.24 feet above mean sea level (MSL); 15,100 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.24 feet above mean sea level (MSL).
Stump Lake elevation: 1,449.2 MSL.

- N.D. Game & Fish Dept. game wardens: Occasional walleye at best from Lake Audubon back bays, including Nelson and 3-Mile bays, and Velva Point. Walking access only yet. No reports from Lake Sakakawea or Devils Lake. Not much activity yet on north-central area lakes.

- Devils Lake, Ed's Bait Shop, Devils Lake: Some walk-on activity on Lake Washington and north end of 6-Mile Bay. Ice depths vary so test conditions and use caution.

- Devils Lake, Woodland Resort, Devils Lake: Little activity on Devils Lake yet as most anglers wait for better ice. Main lake iced over with on activity.

- Lake Darling, Karma C-Store, Ruthville: Limited activity and reports from Lake Darling.

- Lake Metigoshe, Four Seasons, Bottineau: Lots of walk-on activity with anglers using minnows and wax worms. Use caution, however. Limited reports on success yet.

- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Some walk-on activity on the east and north sides of Lake Audubon but use caution with variable ice, including along shorelines. No activity on Lake Sakakawea.

- Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Lake Audubon iced over but no activity yet. Back bays of the east end of Lake Sakakawea have some ice but not walkable yet. Main bays and lake itself have open water.

- Lake Sakakawea, New Town: No activity yet in the Van Hook Arm.

- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Little to no activity on the Missouri River and back bays of Lake Sakakawea.

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Try Lewis & Clark State Park, Red Mike's, or Tobacco Garden on the upper end of Lake Sakakawea for walleye. Walk-on access recommended until colder temperatures aid ice depths. Trenton Lake producing occasional crappie but lake levels are extremely low. Missouri and Yellowstone rivers unfishable yet.

- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Buffalo Lodge Lake producing some walleye and perch. Use extreme caution with variable ice conditions and walk-



- Ice is never completely safe. Avoid areas with vegetation, moving water, pressure ridges, and springs. Check conditions as you go along on the ice and don't move around at night.

- Reminder that most roads and trails closed to hunting if posted on both sides.

- Hunters reminded to put identification on tree stands and blinds when set up on N.D. Game & Fish Dept. WMAs.

- Minot Curling Club team registration now open until Dec. 3.
- Dec. 2 & 3 and Dec. 9 & 10: Dickens Festival Ornament Geocache, Fort Stevenson State Park, Garrison. Contact the park for details, (701) 337-5576.

- Dec. 3: Learn to Curl, 10 a.m., 2005 E. Burdick Expy. Sponsored by the Minot Curling Club.

- Dec. 4: Low Plains Unit duck, coot, and merganser seasons close.

- Dec. 5 – 8: Minot Curling Club league play begins.

- Dec. 10: High Plains Unit duck, coot, and merganser seasons open.

- Dec. 11: Muzzleloader deer season closes.

on access only.

Hunting:

- Deer: A little late season rut activity lingering for late season muzzleloader and archery hunters.

- Pheasants: Birds remain in heavy cover and becoming flighty.

- Waterfowl: Good numbers of Canada geese remain along the open water along the east end of Lake Sakakawea. More birds moving onto the open water of the Missouri River, as well.

Numbers to know:

- N.D. Game and Fish Dept., main Bismarck office: (701) 328-6300, website: (<http://gf.nd.gov>).

- Report All Poachers: (701) 328-9921.

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Chief Master Sergeant Tori Jones

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CHIEF MASTER SGT.
TORI M. JONES,
5th Bomb Wing Command Chief

U.S. AIR FORCE PHOTO

Chief Master Sgt. Tori Jones began her career in North Dakota 22 years ago at Grand Forks Air Force Base. At that time, the mission at Grand Forks included the KC-135 tankers in support of the B-52 bombers from Minot.

Her travels would take her to 15 different assignments before landing her position as Command Chief of the 5th Bomb Wing.

NS- So after four months in your current position, is it accurate to say when you arrived at Minot AFB you hit the ground running?

Chief Jones- Yes, I would definitely say so. The first few weeks I spent getting to know the people in as many of the units as possible. I got to know the 91st as well and better learn the challenges across the installation.

NS- So where have you been before Minot?

Chief Jones- This is my ninth assignment, but I think what is important is that I started my career in this state 22 years ago at Grand Forks Air Force Base. In that assignment, we had the tankers and the nuclear commitment as well so there were high standards. That first year prepared me for the deployments and all the other assignments I had. Now I find myself back here in the same state in a senior leadership position, but I literally view my time in Grand Forks as the launching of my career. My

first certified shift in the command post was 9/11 of 2001. So, it was not long after that we boarded a KC-135 to fly several hours to an undisclosed location to assist Operation Enduring Freedom. The message that I try to get to the Airmen here is that yes, this mission is difficult, it's challenging and there are high expectations and standards, but once you excel here, you will be well able to take one any assignment or positions the AF takes you to.

NS- In an interview with Col. Walters last year he said that he wanted to come to Minot because it is hard. The challenges are what makes Minot AFB such an elite base. Is that what you have experienced?

Chief Jones- I can't say that in general Minot is the most difficult base because there are challenges everywhere. Some of the challenges we have at Minot exist at other bases too. Challenges like not having restaurants open longer and not having enough wait staff—those challenges exist at other bases—so of course we are working through those challenges.

NS- As you arrived on Minot AFB with the goal of getting around to all of the squadrons and meeting them...I assume you aren't there yet, but realistically how long do you think it will take to accomplish that goal?

Chief Jones- No, I have not accomplished that goal yet. I may not get to every Airmen, but maybe every shop on the 5th side. I want to keep working on the touch points that Col. Hoadley and I have whether we're out on the flight line or during small group discussions, or at installation events. The objective is to understand the challenges and seek creative solutions to better manage these issues. It is important for me to be approachable and to give out teammates credit who are doing a difficult job at a difficult location.

NS- So the banner on the wall tells me you are from Pittsburgh.

Chief Jones- I am a die hard Steelers fan. I love sports, but I find in the military most people follow sports which gives me an opportunity to find common ground and connect with our teammates.

NS- What do you do when you aren't at work, not in the office, to get away from it all?

Chief Jones- I love to go shopping, and at this point in my life I am focusing more on self-care. But I am a person who likes to be out and about, and I have found the Bismarck mall offers quite a lot of options, as well as the local mall. I also really enjoy a good book, a fireplace and relaxing without cell phones. I am also a person who likes to put

together puzzles. I don't mean puzzles that take a couple of hours, I mean puzzles that take three months to put together. Also, I enjoy spending time with family and the great people we have met in the short time we have been here.

NS- So let me suggest that you have to try out curling as long as you are here. There are Minot AFB teams, and they will get started after the first of the year. In the past four years, the league has grown every year!

Chief Jones- I love watching curling in the Olympics!

NS- So far, how do you like Minot?

Chief Jones- Before we got here, we went to a North Face store in California and told them to give us the coldest gear they had, so I think we're ready for the next few months of cold weather. We're also excited about bringing together a group of people to work on incentivizing Minot. Our Airmen work hard here, and I think that it might help if we can recognize their accomplishments and the cost of being at this location.

NS- Do you see a difference when you meet Airmen who have been here for a year versus the Airmen who have just arrived on base?

Chief Jones- I haven't really

seen that yet. But the new Airmen want to get out and meet people and check out the community. You want them to do that because it gives them a better community experience, right? We also like to see Airmen sharing ideas, like "here's a good place to hang out", or "this is a great place to go eat."

NS- Any additional thoughts?
Chief Jones- Yes, I would like to share that I view my position here at the 5th Bomb Wing as the most important position that I am ever going to have in my career. I feel this a great team and I am excited to be on it. I want to take the 5th Bomb Wing in the direction that Col. Hoadley has dictated. I'm not normally very patient and I like to get things done, this opportunity here suits me as I want to help improve the things that fall into my area of responsibility while trying to make sure our teammates and their families have an enjoyable tour here at Minot.

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MINOT AIR FORCE BASE – Minot Air Force Base pets can get in on the holiday cheer in the Army & Air Force Exchange Service and Mars Petcare holiday pet costume contest.

Dec. 1 through Dec. 31, Minot AFB shoppers can dress their fur babies up in their festive finest and submit a photo at ShopMyExchange.com/sweepstakes to win an Exchange gift card. Two grand-prize winners will each receive a \$500 Exchange gift card, and eight runners-up will each receive a \$250 gift card in the worldwide sweepstakes.

“Four-legged family members can get into the spirit of the season and earn holiday gifts for their

humans,” said Minot BX General Manager Brian Read. “It’s a fun way for the Exchange to celebrate the holidays and the pets who mean so much to the military community.”

Authorized Exchange shoppers 18 and older may enter. Retirees, honorably discharged Veterans, and Department of Defense and Coast Guard civilians can enter, too. Entries will be judged on originality, creativity and adherence to the contest’s theme.

No purchase is necessary to win. Limit one entry per person. Entries must be sent as a JPG, PNG or PDF and include the pet’s name, the entrant’s legal first and last name, mailing address, email address, phone number and local Exchange location.



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Spouses Welcome on the Road

MILITARY AND FAMILY READINESS CENTER

Spouses Welcome on the Road is a twist to the typical Spouses Welcome you might have seen in the past. Though we are still providing you the same information about Minot AFB, we are doing so while giving you the added bonus of showing you key locations around base. The start of the morning was coffee and doughnuts and an information fair featuring; Minot Clubs, Chaplain services, Violence Prevention, Library, SAPR office, Resident Advocate, 5FSS Marketing and MFLC services.

For our third official Spouses Welcome on the Road on 9 November we changed it up a little bit for our spouses when it came to briefings. The first topic covered Key Spouses and how important they are here at MAFB. Next was the 5th Bomb Wing Commander Col Hoadley with the 5 BW Command Chief, Chief Jones and 91st Missile Wing Commander Col McGhee. In place of a typical briefing, we asked the commanders to be prepared for an open and amazing dialog about feelings, stressors, and needs! We got just that!! The commanders were able to address some concerns of newly arrive spouses and spouses were

able to ask about things that they found vital for the success of their families.

Next up on the agenda were representatives from Child and Youth Services who explained the many childcare options and support available for families. They also provided the contact numbers for these services.

An added topic to this Spouses Welcome was a lesson from the Air Force Resiliency program. Taught by one of our base Resilience Trainers, Ms. Alicia Thompson, and backed by a Master Resilience Trainer, SSgt Meghan Mitchell. The topic covered was gratitude. An important fact about this lesson is that practicing gratitude regularly can improve your mood and help build resilience.

Rounding off the morning was the team from the Medgroup consisting of Col Dixon, the Med Group Commander, Capt Langel, the incoming TOPA Flt Commander and Lt. Schiberl from HCOS. To discuss key information like the new prescription locker, TRICARE, and hours of operation.

Another change that we made was some of the locations we stopped at for the tour. Though we

wish we had time to stop in all the places that could be important for our spouses, we changed up some of the locations to highlight areas of interest per previous attendee's feedback. Our first stop was the Pride building, if you have never been in there it can feel like you should not be allowed to walk right in. Then once you are in it seems like a maze with no windows or directions, so this tour provided some basic navigation of the space. Though we could not possibly stop at every available office inside the pride building we did stop in to see finance and civilian personnel this time. Other places you could go include the DEERS office or legal. Just keep in mind that most of these locations required you to schedule an appointment through the AF Connect app.

After the Pride building, we headed to the Dakota Inn Dining facility for lunch where we talked M&FRC programs (you know we have to get our shameless plug somewhere!) and did a round of introductions. Though these wonderful spouses were already making friends and getting to know each other throughout the morning we wanted to give them time to

formally introduce themselves.

Once lunch concluded the fun continued with a quick trip to Arts & Crafts and Auto Hobby and a tour from the wonderful Marv (if you have not met him pop into Arts & Crafts and say hello). From there we hit up the gym for a quick tour – no time for a workout though we were on a schedule!! Next stop was the Airman's Attic/Cinderella Boutique/Thrift Shop at their new location inside the post office building.

We tired these ladies out quickly after lunch so from there it was a windshield tour of the base to the

91 MW building – down Missile Ave from one end to the other discussing each important service/program/building along the way. The long but fun day and ended at the Military and Family Readiness Center to round out the tour.

The M&FRC conducts a Spouses Welcome on the Road quarterly and the next one is scheduled for 15 February 2023. Childcare for this event is available, at no cost to the parents, through the Family Child Care office on a space available basis. Give the M&FRC a call at 701-723-3950 for more information or to register.



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Citizens Alley Ice Rink to offer outdoor skating under the twinkling lights in Downtown Minot

AKSAL GROUP

MINOT, N.D. – For the first time, residents and visitors to Downtown Minot will be able to enjoy outdoor skating under the twinkling lights of the Citizens Alley. A ‘pocket-sized’ ice rink is planned on the 1st & Central block, which provides the ideal, family-friendly venue for a festive, winter experience. The temperature-controlled ice sheet is sized for small-scale public skating, two mite hockey rinks, or two curling sheets; this winter experience will incrementally contribute to the evolution of downtown Minot as a four-season destination, thus expanding resident and visitor activities and amenities. With shops and delicious restaurants throughout the downtown neighborhood, it’ll be easy to make a day of it in Downtown Minot.

“Winter weather doesn’t mean outdoor activities have to come to a halt in North Dakota. People reside in and visit Minot during the winter months, and we need things for them to do,” shares Jessica Ackerman, Co-owner of Aksal Group. Aksal Group’s most recent project was the renovation of the buildings at the corner of 1st & Central where Prairie Sky Breads, Guilty Sweets, and Weekender are located.

Funds for the development of the Citizens Alley Ice Rink are provided by Aksal Group, a locally owned property redevelopment company. Aksal Group was also the recipient of a 2022 Main Street Tourism Outdoor Recreation Grant through the North Dakota Department of Commerce; matching funds from this grant will support this new attraction by providing equipment such as benches, skate mats, score boards, and hockey nets.

Visit Minot and the Downtown Minot Business & Professional Association are key community partners through cross-promotion of the ice rink as an add-on experience for people going downtown for a bite to eat or shopping.

“Together, we will continue enhancing Minot’s quality of life, social fabric, vibrancy, and access to four season recreation,” states Ackerman.

Citizens Alley will contribute to Minot’s list of attractions, especially for guests and visitors who see downtown as a top place to spend their time and to experience Minot’s local scene. One of Aksal Group’s goals is to help residents and potential residents find countless reasons why they are pleased to call Minot home



and to share local experiences with family and friends who come to visit, perhaps encouraging them to stay a bit longer to take it all in. Another goal is for Minot to have enough variety in attractions and activities that those passing through North Dakota or coming to town from the region or just across the Canadian border see Minot as a place to stay overnight for more than one day of shopping, recreation, and entertainment.

“With rich history, beautiful architecture, intimate streetscapes, high walkability, and ample parking, Downtown Minot provides a unique, outdoor recreation

backdrop. For Minot to take full advantage of the local revitalization momentum, the development of underutilized public spaces must compliment the private sector’s investment,” says Ackerman.

The Citizens Alley Ice Rink will be open for public skating beginning on Tuesday, December 6, 2022.

Aksal Group celebrates the rich history and vibrant future of downtown Minot through property redevelopment and renovation. Follow and like the Aksal Group’s Facebook and Instagram pages for information about the rink and upcoming activities.





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Local Cravings Restaurant Guide

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<p>Bone’s BBQ Smokehouse & Grill</p> <p>1412 2nd Ave SW, Minot Phone: 701.838.9140 www.bonesbbqminot.com</p>	<p>28 Tastes & Taps</p> <p>1603 35th Ave SW Minot Phone: 701.838.2828 FB: 28 Tastes & Taps</p>
<p>Culver’s Restaurant</p> <p>3000 S Broadway, Minot Phone: 701.852.4800 www.culvers.com</p>	<p>Ironhorse Kitchen + Bar</p> <p>21 E Central Avenue, Minot Phone: 701.852.8183 FB: Ironhorse Kitchen + Bar Minot</p>
<p>Jamaican Vybz Kitchen</p> <p>Suite 200 315 Main Street S Minot Phone: 701-441-9309 FB: Jamaican Vybz Kitchen</p>	<p>Pink’s Bar & Grill</p> <p>102 128th Ave NW Minot Phone: 701.852-2385 FB: PinksBarGrill</p>
<p>Prairie Sky Breads</p> <p>3 1st St. SE, Minot Phone: 701.858.0612 www.prairieskybreads.com</p>	<p>Noodles & Company</p> <p>304 4th Ave NW Minot 701.491.9103 www.noodles.com</p>
<p>Mi Mexico</p> <p>3816 South Broadway Minot Phone: 701.858.0777 www.mimexicomino.nd.com</p>	<p>Primo Restaurant</p> <p>1505 N Broadway, Minot Phone: 701.838.7746 www.primominot.com</p>
<p>Souris River Brewing</p> <p>32 3rd St NE Minot Phone: 701.837.1884 www.sourisriverbrewing.com</p>	<p>The Starving Rooster</p> <p>30 1st St. NE, Minot Phone: 701.838.3030 www.starvingrooster.com</p>
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Provider of the Month Feature

DECEMBER 2022



MANDY HANSON

What do you enjoy most about being an FCC Provider?

When I decided to take a break from working at the school, I didn't want to give up teaching preschoolers completely. Becoming a provider has given me the opportunity to still teach but still stay at home and be with my youngest and soak up those last baby moments. I am able to provide for families on the base given that it is so hard to find good, quality care.

What are your interests/hobbies?

Crafting is probably one of my biggest hobbies. I make cups, shirts, signs, digital prints. If

I find a new craft online, I will do everything to master it. I get really into making things and watching things come together AND WORK.

What advice do you have for new providers/those interested in being FCC Providers?

My biggest advice I can give to a new provider would be this. PATIENCE. The change is hard and you put a lot of work into your business. But once things get going and you establish those routines in the classroom and the business side of FCC, things calm down and fall into place.

BABY ANNOUNCEMENTS

BABY GIRL BORN ON THURSDAY, NOVEMBER 17, 2022 TO: NURI AND TYLER DUNN MINOT, ND

BABY GIRL BORN ON MONDAY, NOVEMBER 21, 2022 TO: RACHEL AND JACOB BERG MINOT, ND

LILIANA ANTONIE BORN TUESDAY, NOVEMBER 22, 2022 11:37AM, 7LBS 12OZ, 19 1/4" PROUD PARENTS: WHITNEY AND JIMMY MORELAND MINOT AFB, ND

BABY GIRL BORN ON SATURDAY, NOVEMBER 26, 2022 TO: REBEKAH AND JORGE SALGADO STANLEY, ND

If you want to put a photo of your baby in the Northern Sentry, send it to nsads@srt.com. Please include your name and the birth date of your baby. Baby listings will come from Trinity.

Upcoming Events

2-31 DEC SERTOMA CHRISTMAS LIGHTS IN OAK PARK
5:30-10:00 PM (SUN-THURS)
5:30-10:30 PM (FRI & SAT)
Minot Oak Park, 19th Ave SW, Minot

Take a drive through Oak Park this holiday season. \$5/car \$20/bus. Enjoy the lights while supporting our community. All proceeds from this event are invested back into our community through the Minot Sertoma Club.



For more information: Facebook / Minot Sertoma Club

3 DEC HOLIDAY TWILIGHT TOUR OF HOMES
3:00 - 7:00 PM
Taube Museum of Art
2 Main Street North Minot

'Tis the season for the Taube Museum of Art's Holiday Twilight Tour of Homes Fundraiser! The Taube Museum of Art is happy to present, the Holiday "Twilight" Tour of Homes for 2022 after a 2 year hiatus. It will be held on December 3, 2022 from 3pm-7pm, with tastefully decorated homes and cultural destinations for you to enjoy and delight in every detail. Enjoy a day of dazzling fun with your \$16 ticket. Day of the Tour tickets are \$20 and will be available at the Taube Museum of Art, as well as at each home. By purchasing a ticket, attendees will be supporting the Taube Museum of Art and have a delightful time viewing beautiful holiday decorations.



For more information: Facebook / Taube Museum of Art

5 DEC PET PHOTOS WITH SANTA
4:00 PM - 4:00 PM
Dakota Square Mall
2400 10th St. SW Minot

Bring your furry friends for photos with Santa during this special Monday evening series! From 4 to 7 p.m., pets are welcome these dates: Dec. 5, Dec. 12, Dec. 19. Pets must be on a leash or in a carrier, and pet owners are responsible for cleaning up after them. Photo packages will be available for purchase. Sponsored by Paradise Spa & Motorsports.



For more information: www.shopdakotasquare.com

6 DEC STORYTIME WITH MISS KRISTI AT MAIN STREET BOOKS
11:00 PM-12:00 PM
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For more information: Facebook / Main Street Books / events

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91st Security Forces Group Award Winners

Defenders, Chief B and I are proud beyond words at all you continue to accomplish in service to your nation! That said, some of your teammates have gone above and beyond during 2022. We are exceptionally proud to announce winners of the AFGSC 2022 Security Forces Functional Annual Awards and the 20 AF Outstanding Civilian of the Year Award. These awards are in recognition of their outstanding professionalism and individual accomplishments in support of Striker Nation!

OUTSTANDING SECURITY FORCES FLIGHT LEVEL AIRMAN OF THE YEAR (AFGSC):

• SrA Martya L. Jones, 791 MSFS

OUTSTANDING SECURITY FORCES FLIGHT LEVEL NCO OF THE YEAR (AFGSC):

• TSgt Shawn H. Daley Jr., 791 MSFS

AFA OUTSTANDING CIVILIAN OF THE YEAR (20 AF):

• Mr. Gregory Rector, 791 MSFS

Please join us in congratulating our winners and wish them the best as they represent the 91 SFG and compete at AFGSC and Air Force levels!

Defenders...Lead the way!

Col M



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NORTHERN CELEBRATIONS

EMBRACING OUR NORTH DAKOTA LIFESTYLE

GOIN' TO THE DOGS... FOR CHRISTMAS

Patricia Stockdill

The Christmas gift list got a little longer with the addition of the third four-legged Hunting Maniac into the family this summer.

It's tough enough to figure out gifts for two-legged family members and the two older Hunting Maniacs are becoming challenging as they grow not only into Doggie Adulthood, but Senior Doggie status.

Now there is the Little Hunting Maniac who isn't quite as little as she was when she joined the family the end of August.

Eider thinks toys are below her status as the Queen Hunting Maniac but she thinks treats are a direct delivery from Santa.

Garnet, now the middle Hunting Maniac, still loves toys but they're slipping on her list because she has to share them with the Little Hunting Maniac.

And Magnum is still learning the word "share".

She's got the usual words "come", "sit", "stay" - and for hunting dogs - our commands of "find the bird", "drop the bird", etc.

But "share" isn't a word she thinks she needs to bother to learn, which is why neither Magnum or Garnet will get toys for Christmas. Treats, however, rank high on their list, too.

Instead, the Christmas list options read something like this:

For starters, Magnum might get the doggie version of FitBit® - FitBark® or something similar such as PitPat®. It's really more for the human in the family; a fun way to track their activity levels and it works great whether the dog of the family is Snuggle Bunny family pet or hard working Hunting Maniac.

But for those with a Hunting Maniac, Ugly Dog Hunting, (www.uglydoghunting.com), has an array of high quality dog gear such as vests, leads, training collars, and accessories.

Besides, their catalog and website are filled with humor and a true passion and love for dogs, not just "ugly dogs", which really is an affectionate nickname for hunting breeds like German wire-haired pointers.

It's worth looking at just for a smile.

Gun Dog Supply is another great American company for quality gun dog supplies - and gifts - for the

family Hunting Maniac.

While we're not sure Eider and Garnet appreciated the Gun Dog Supply dog collars they got last year for Christmas, it was educational to read the information on their website, (gundogsupply.com) with suggestions on what to put on a metal nameplate for your Hunting Maniac.

Floppy, dangling name tags usually don't last long for hard-working Hunting Maniacs. A nameplate riveted onto a collar stays put. There is even room for two nameplates if one so chooses.

While a person would think the dog's name would be the first thing to put on a nameplate, that's really not what should go on it. The reason, Gun Dog Supply explains, is that if someone finds out the dog's name, it could easily be stolen when it responds to its name.

Instead, list the owner's name, at least one phone number, and city and state, which is handy if hunting out-of-state with a dog and it becomes lost.

Other information could include if it is microchipped, which will more easily allow a Hunting Maniac-owner reunion, and if it needs daily medication, which applies to Eider.

That's why having two nameplates is a great idea - it's hard to cram all of that information on one.

While the family Hunting Maniac - or any family dog - might not rate getting a quality dog collar with riveted nameplate right up there with getting, say for example, a stocking full of treats, chew toys, and snacks, it could ultimately be more valuable.

So a dog collar for Magnum when she's old enough to wear her "big girl" collar is definitely a Christmas list option.

Another shopping option is to cruise through stores such as Scheels and scope out their vast array of doggie items.

Actually as a puppy, Magnum's gift options are longer than the lists for potential things for Eider and Garnet. But they won't be forgotten because there will be special treats in their stockings, as well.

The trick, as always, will be convincing them that their gift is just as good as the other dog's gift.



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THANKSGIVING 2022
 Team Minot leaders served up a Thanksgiving feast at the DFAC, November 24.
 U.S. AIR FORCE PHOTOS | MINOT AFB PA



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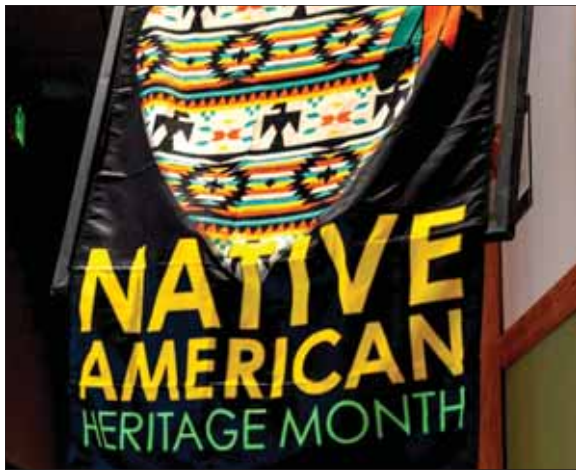
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NATIVE AMERICAN HERITAGE MONTH VETERAN'S PANEL

A Native American veteran's panel was held to celebrate Native American Heritage Month and it showcased how the military is a diverse force.

U.S. AIR FORCE PHOTOS | MASTER SGT. RYAN BELL



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A LOOK BACK
THIS WEEK IN USAF HISTORY

USAF AIR DROPS BRIDGE SECTIONS TO FUNCHILIN PASS
DECEMBER 7, 1950

The blown-out bridge at Funchilin Pass. (USAF Photo)

After several days of unrelenting conditions and Chinese attacks, the U.S. Army's Tenth Corps and 1st Marine Division found themselves stuck on the wrong side of a bridge spanning the 1,500 foot gorge in the Funchilin Pass, Korea. 10,000 troops and 1,000 vehicles spent 38 hours maneuvering down the 11-mile mountain path to safety, only to find that the Chinese had blown out the bridge. Crossing the 16-foot gap with vehicles, supplies, and exhausted soldiers seemed an impossible feat. However, Maj. Gen. Oliver Smith, commander of the 1st Marine Division, would not allow this setback to stop them. He requested an air drop of Treadway Bridge and plywood planks from Combat Cargo Command. On Dec. 7, 1950, eight C-119s from the 314th Troop Carrier Group deployed to the Pass. The planes carried one 2,900 pound bridge section each and dropped them in an unmarked zone. On the morning of Dec. 8, the stranded soldiers were able to rebuild the bridge and leave the Funchilin pass, escaping harm's way. The Air Forces involved in the mission also evacuated thousands of troops and tons of cargo, as well as dropping necessary supplies for the troops fighting.

Information courtesy of: The Air Force by The Air Force Historical Foundation / littlerock.af.mil / defense.gov

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Friday: 7:30am – 4:30pm
Saturday: 2 a month by appt
Sunday: Closed

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National Native American Heritage Day and Month celebrates respect, culture, education

JIM VARHEGYI, AIR FORCE LIFE CYCLE MANAGEMENT CENTER PUBLIC AFFAIRS

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFLCMC) --- In 2009, then President Barack Obama signed “The Native American Heritage Day Resolution” designating the Friday after Thanksgiving as “Native American Heritage Day.” The resolution had unanimous support in the U.S. House of Representatives and Senate.

When signing H.J. Res. 40 into law, President Obama stated, “I encourage every American to join me in observing Native American Heritage Day... It is also important for all of us to understand the rich culture, tradition, and history of Native Americans and their status today, and to appreciate the contributions that First Americans have made and will continue to make to our Nation.”

President George H.W. Bush had previously signed a joint resolution in 1990, designating November as National American Indian Heritage Month. Since that time presidents have issued annual proclamations celebrating the heritage and culture of Native Americans.

This year’s theme, “Celebrating Respect, Culture, and Education,” focuses on the celebration of respecting our fellow man and nature and embracing and educating ourselves on cultures different than our own.

Native Americans and Alaskan Natives have a unique relationship with the federal government because of historic conflict and subsequent treaties. To date, there are 574 federally recognized tribes and 324 Native American reservations across the U.S.

Twenty eight states and many cities, rivers and lakes have names derived from Native American heritage. Native Americans and Alaska Natives are people having origins in any of the original peoples of North, South and Central America, and who maintain tribal affiliation or community attachment. According to the U.S. Census, there were 5.2 million American Indians and Alaskan Natives living in the U. S. in 2010; 7.1 million American Indians and Alaskan Natives living in the U. S. in 2020; and there are projected to

be 10.1 million American Indians and Alaskan Natives living in the U.S. by July 2060.

Historically, American Indians have the highest record of military service per capita when compared to other ethnic groups. The reasons are deeply rooted in traditional cultural values that drive them to serve their country.

These include a proud warrior tradition, best exemplified by the following qualities said to be inherent to most, if not all, Native American societies: strength, honor, pride, devotion, and wisdom. These qualities closely correlate with military tradition.

The warrior depicted on the accompanying graphic is U.S. Army Technician 5th Grade Joseph Medicine Crow, the last Crow War Chief. Crow earned his distinction as a Crow War Chief while serving as a U.S. Army scout in the 103rd Infantry Division during World War II.

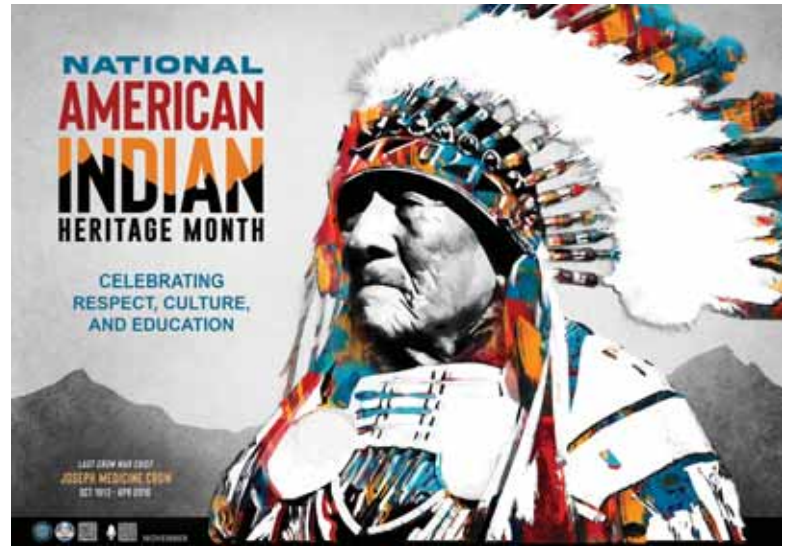
Crow was born in 1913 on the Crow Indian reservation in Montana. Raised by his elders in the tribe’s warrior tradition, he learned to master his fears, ride bareback, track game and withstand extreme cold. He also studied those who had previously distinguished themselves in battle. He became the first member of his tribe to earn a master’s degree, and he left his PhD program to volunteer for service in World War II.

During that conflict, he completed all four essential requirements to become a war chief: counting coup (touching an enemy without killing him), taking an enemy’s weapon, leading a successful war party and stealing an enemy’s horse.

Crow ran into a young German soldier during a combat operation, knocking him to the ground. The German soldier lost his weapon. Crow lowered his own weapon, and they began fighting hand-to-hand. As Crow was choking the German soldier, he heard the soldier call out for his mother. Crow released him and let him go. Later in the conflict, Crow led a successful war party and stole 50 horses from a German Nazi SS Camp. As he rode off he sang a traditional Crow war

song.

For his actions during WWII, Crow received the Combat Infantryman’s Badge and multiple service awards and ribbons, including the Bronze Star medal, French Legion of Honor and the Presidential Medal of Freedom. In 2009 he was awarded the Presidential Medal of Freedom, America’s highest civilian honor.



The 2022 National American Indian Heritage Month theme is, Celebrating Respect Culture & Education. The warrior depicted on the graphic is U.S. Army Technician 5th Grade Joseph Medicine Crow, the last Crow War Chief. Crow earned his distinction as a Crow War Chief while serving as a U.S. Army scout in the 103rd Infantry Division during World War II.

GRAPHIC COURTESY OF THE DEFENSE EQUAL OPPORTUNITY MANAGEMENT INSTITUTE

Month of the Military Child Volunteers

The Month of the Military Child (MOMC) occurs in April and underscores military connected students’ selflessness and sacrifice as they serve our country as part of a military family. The MAFB School Liaison Office is forming a committee for MOMC. The committee will plan, organize, coordinate, and execute meaningful local/statewide efforts in support of military connected children in April 2023. If interested in volunteering to serve on this committee, please email mafb.school.liaison@us.af.mil and expect an email in January with info on the 1st meeting.

POC: Joy-Nicole Smith, GS-11, MAT, DAF, School Liaison Program Manager
Comm- 701-723-1447 • DSN- 453-1447

Frostival Volunteers

(December 2 & 3)

We need volunteers for this year’s Frostival event at The Turf! The event begins at 1500 and ends at 1730. We would like to get as much set up on Friday and then on Saturday, when the event is over, we’d like to get things cleaned up since it won’t be too late and the more folks staying to help us, the better!

• Friday, 2 Dec, 1000

6-8 people to help get the tables/chairs from ODR and set up at The Turf, put tablecloths on tables, get Santa’s stage decorated, set up the Gift Shop, etc.

• Saturday, 3 Dec, 1415

4 people to help at Darcy’s Gift Shop & Gift Wrapping (the kids are wrapping their gifts)

4 people to help at the craft tables

2-3 helpers for Santa pictures (crowd control), and help the kids get their present

2 people to help with the coloring station

2 people to help the Library with their science experiment

POC: To sign up to volunteer, contact Lt Susan Pelechek at 723-4795 or susan.pelechek@us.af.mil

5th OSS Christmas Party Volunteers

(December 2)

We’re looking for 6 volunteers to help with childcare and 5 volunteers to be designated drivers for the 5th OSS Christmas party on 2 Dec 2022 at the Clarion hotel from 6- 11 pm.

POC: SHELBY N MEDFORD, SSgt, USAF
NCOIC Outbound Assignments/Enlisted Promotions
Comm 701-723-1337, DSN 453-1337

Minot AFB Library Volunteers

(December 10)

The Base Library is looking for volunteers to help with a kid’s arts & crafts program at the Base Library, Saturday, Dec 10th at 1300 hrs.

POC: Julie Reiten, Supervisory Librarian
Julie.Reiten@us.af.mil or 701-723-4554

Dragon Booster Club Holiday Party Planning/Volunteers

The Dragon Booster Club is looking for volunteers to help plan our upcoming Holiday Party. We intend to make this year’s celebration the biggest and best yet! If you’re interested, please show up with your ideas.

POC: DEVIN S. WIGLEY, TSgt, USAF, NCOIC, ICBM Feeding Operations
5 FSS/FSVFM
DSN: 453-3118 Comm: 701-723-3118(8)

Operation Hero Winter Edition Event Volunteers

(January 20-22)

Operations Heroes, a fun, kid-friendly event for children to interact and experience a little bit of what military life is like.

Friday, January 20th, from 1600-2000 at The Turf
Unit POCs: These volunteers will rally their unit for participants & craft a fun, kid-friendly interactive experience showcasing their career. Requesting unit POCs notify MSgt Bird (see contact info below) by Nov 7th to start planning meetings. Set-up: January 19 & 20, as needed. Setup will depend on the extent of each unit’s involvement/imagination. Tear down: January 20th-22nd, as needed. NOTE: this will be a strictly indoor event.

Want to volunteer, call or email

POC: MSgt Christian Bird at 723-6605 or christian.bird@us.af.mil.
Comm (M&FRC): 701-723-3950

Minot Minotauros Game Volunteers

HERE’S A SWEET DEAL... Volunteers will receive a FREE dinner, FREE entry tickets for you and your families and FREE flex tickets for future home games too for volunteering a bit of your time!

• Where: Maysa Arena Pepsi Rink

• When: at 6:00 pm Home Game Nights. Doors open at 6:35 pm.
(https://www.minotauroshockey.com/printable-schedule)

• Puck Drop is 7:05. We’re asking volunteers to be here by 5:30 PM.

• Check-in using the QR Coded Poster in the Volunteer Room. (Located below the concourse at the rink level). In order to get credit for volunteering, you must sign in.

• Wear the designated security blue coats.

• Enforce the Minotauro Community Standards.
(https://www.minotauroshockey.com/community-standards)

• Remain on post until 15 min. after the end of the game. Doors must be manned until the rink is empty of fans. No alcoholic beverages may leave the Pepsi Rink.

POC: V. Conner, Digital Content Manager,
Minot Minotauros Hockey Club
Cell: 302.682.1575, Office: 701.852.0101

To have your volunteer opportunity posted, please contact Military & Family Readiness Center (M&FRC)

5fss.family.support@us.af.mil

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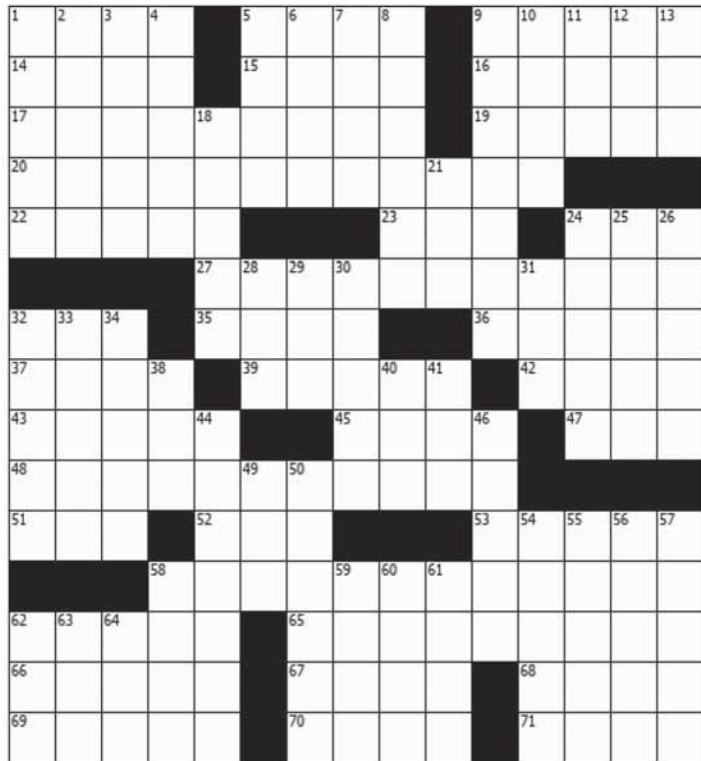
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CROSSWORD PUZZLE

Across

1. Heartfelt
5. One-spots
9. Dizzy Gillespie's genre
14. Shoppe sign word
15. Revolver inventor
16. Ooze
17. Obsolete math aid
19. Sought the bull's-eye
20. Head of some households
22. Japanese immigrant
23. Shape of the world
24. "The Eagle ___ landed"
27. Spy novel figure
32. Trusted one
35. "Duke of ___"
36. Unwieldy
37. On the road
39. Prepare for prayer
42. Bear's advice
43. 7:1, e.g.
45. Wide-eyed with expectation
47. It makes Ma mad?
48. Slugger's achievement
51. They're spent in the Ginza
52. Pipe joint
53. Port of old Rome
58. Nuclear plant employee of note
62. Go at a snail's pace
65. Say again
66. Studio sign
67. Greek diner order
68. Fed closing?
69. First name in sluggers
70. River to the North Sea
71. ___ quam videri

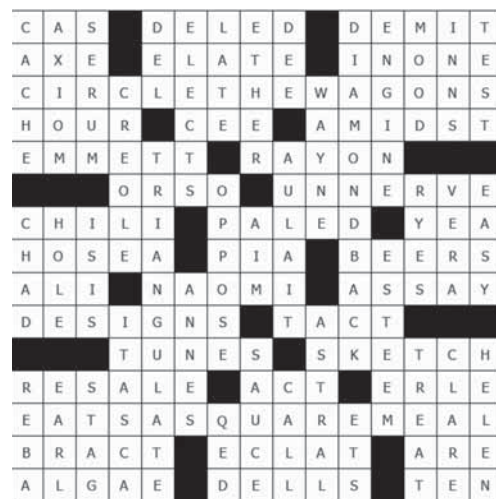


Down

- | | | |
|------------------------------|-----------------------------------|-----------------------------------|
| 1. "Lou Grant" reporter | 24. Shaped with an ax | 49. Tree in an O'Neill title |
| 2. Immigrants' island | 25. Place for a bracelet | 50. Ordained group |
| 3. Tennis scores after deuce | 26. Arrange hair | 54. Buying binge, e.g. |
| 4. Shelf | 28. Furniture material, sometimes | 55. Pre-Revolution leaders |
| 5. 6,272,640 square inches | 29. Pedestaled vessel | 56. Smidgins |
| 6. Stunning success | 30. Make indistinct | 57. Bless, old-style |
| 7. Jazzy Fitzgerald | 31. Something to burn | 58. One who's got it coming |
| 8. Unsaturated alcohol | 32. Where to find favors | 59. Actors Alejandro and Fernando |
| 9. Casual chair | 33. Au courant | 60. Father |
| 10. Noteworthy theater sign | 34. Catholic church language | 61. Like ___ not |
| 11. Word with steer or rap | 38. Kennel sound | 62. Stocky horse |
| 12. Plaint for Billie Joe | 40. Psyche section | 63. Genetic initials |
| 13. ___ Xing (sign) | 41. Word with down or key | 64. Acoustic organ |
| 18. Omit in pronunciation | 44. It's Grand in Nashville | |
| 21. Before, in poetry | 46. Pithy saying | |

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



SUDOKU

Solution to puzzle on page B11

	1		2		3	4		5
		4	6			7		
8		2	7					9
			5			3		
	2	1				6	9	
		7			1			
1					7	9		8
		9			6	2		
2		3	1		9			4

MATH MAZE

FROM 1 TO 16



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- **MINIONS: THE RISE OF GRU** (2022) Animation, Adventure, Comedy (PG)

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ALS CLASS PHOTOS

ALS Airmen pose for group photos with their class on Minot Air Force Base, North Dakota, Nov. 22, 2022. More photos can be found on Minot AFB PA Flickr page.

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STARBASE at North Plains Elementary

ERIN BEENE, NORTHERN SENTRY

STARBASE... it sounds like a science fiction concept. And in some ways it is; minus the fiction part. This DOD-sponsored program helps local 5th grade kids grasp STEM (Science, Technology, Engineering & Mathematics) theories and turn them into actual notions. STARBASE began here in Minot several years ago and found its way to its home base at North Plains Elementary. Although the program is DOD funded, it supports the entire surrounding area community, not just military-related students. Although this program has over 70 locations worldwide, this is the only one in the state of North Dakota, and last year the Minot chapter served 673 5th graders.

Program Director Jon Dawson allowed the Northern Sentry an inside peek on what the program does, who it serves, why and also a hands-on view to some of the child-created projects formed by the kids each year. Mr. Dawson said that every school year, one school at a time, 5th graders from around the district will be bussed into North Plains Elementary for a total of 25 hours of STEM activity and projects. He said, "You get five 5-hour days of hands-on STEM challenges per classroom." Mr. Dawson and his team of teachers

introduce a new concept every day to each group in a fun filled and exciting new way. The kids learn about something and then get to build or create or discover the concept through hands-on projects. Mr. Dawson said that the whole goal of the program is to "pique students' interest in STEM so that they can learn to appreciate STEM careers as they grow." Mr. Dawson explained that the lesson plans and objectives are the exact same for every school that comes in. He said, "It's the same curriculum for every class, it stays standardized throughout the school year."

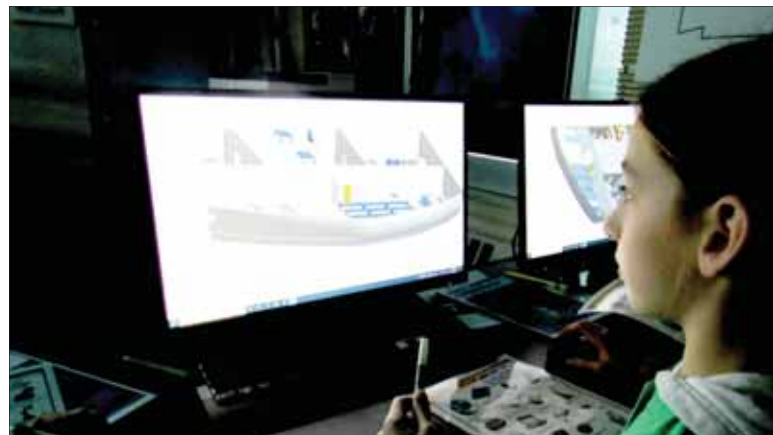
When asked why this program is geared specifically for 5th graders, Mr. Dawson replied, "It's designed primarily for 5th graders because that's when studies show students are starting to seriously think about what they want to do after they're done with school. And so that's the time where they want to pique the interest in a STEM career of those 10 and 11 year olds." On the day of the interview, 5th grader students from Sunnyside Elementary were working on designing their own version of Rube Goldberg machines. Mr. Dawson explained, "The whole point is to take something simple and make it complex on purpose, just for the engineering aspect, and to have a little fun." Throughout

the rest of the program, students complete other team projects which involve Newton's Second Law of Motion, physical and chemical changes and much more!

The teachers and students in the STARBASE program refer to each other in aircrew-themed code names to create an atmosphere of discovery, imagination and have fun with the Air Force location of the program since it is located on Minot AFB. Many students from the surrounding areas have never been on base before and the culture is new. A student from Edison Elementary said about the program, "STARBASE is a fun place that teaches about STEM. It lets me get out of my comfort zone and try new things. The teachers are kind, funny, and easy to work with. I think we could all say, we love STARBASE." A local teacher who attended STARBASE for the first time said, "This was my first year attending STARBASE and did not know what to expect. My students have absolutely loved coming and look forward to everyday they get to be here. This program offers much more of a hands-on experience than I could provide these students on my own in my school. The resources they have available to conduct the activities that they do have



STARBASE teachers Kalyn "Volume" McCowan and Katherine "Beaker" Heidt.



Students learning computer aided design.

really helped my students develop a deeper understanding for the concepts being taught. Myself and my students have thoroughly enjoyed our time at STARBASE." Overall, this "hands on, minds

on" program helps to develop STEM minded students and future adults become tomorrow's inventors, scientists and engineers.



Flash paper teacher demonstration of chemical changes.



Career investigations at the Minot AFB Fire Department.



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TAKE OUT OR DINE IN

NOTES ON BEING SAFE

Holiday Trip Planning Can Save A Lot of Hard Ache

It's hard to believe that the holiday season is fast approaching! Along with the holiday season, many base personnel and their families will be heading out of the local area and even out of state to spend time with their loved ones. Here are some important suggestions to keep in mind to help ensure your trip is a safe one.

- Map the route you are driving. Do not alter from the planned route.
- Discuss your plan with your supervisor and leave a contact phone number.
- Ensure your vehicle is in good mechanical condition. Check the oil, window washer fluid, tire pressure, and ensure you have packed a survival kit. Essentials in the survival kit are; flashlight, candles, matches, sleeping bag (1 per occupant of vehicle), non-perishable food stuffs that can be eaten with out preparation. An MRE is a good idea.
- Plan rest stops for about every 2 hours of drive time.
- Get adequate rest before starting trip. Altering normal sleep patterns may make you more susceptible to drowsy driving.
- Wear sunglasses to prevent eye strain caused by glare off snow and road way.
- While en-route to your destination, have planned contact times to let your contact person know every thing is still okay. Unless surprising a person, it is best to use the person you are traveling to visit as the contact person. The contact person can inform you of current weather and road conditions, etc. The reason for this check in times is if you do not call, that person can notify the highway patrol of a potential stranded motorist. Remember to give the contact person details such as; color, make & model of the vehicle, license plate number,

and number of persons in vehicle.

- If you get stuck in the ditch, stay with your vehicle. Having a cell phone would be helpful. Remember to run your engine for about ten minutes every half hour. The American Automobile Association recommends cycling your engine every hour for about 20 minutes. By using ten minute half hour cycles, you allow the oil in the vehicle to stay fluid, you also allow for less time to have vehicle

lose the generated heat and now you can use the car radio to listen to weather updates and emergency broadcasts at the top and the bottom of the hour, instead of just one segment of the hour.

One last bit of advice: Drive for road conditions and your own capability. If you need additional information, please call the wing Safety office at ext 2259/3305.

Have a great Holiday Season and return safely!



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On the Journey to College:

Part 2: Personal and Scholarship Essays



JOY-NICOLE SMITH
SCHOOL LIAISON PROGRAM MANAGER, GS-11
DEPARTMENT OF THE AIR FORCE SCHOOL
LIAISON PROGRAM



As we continue the "Journey to College", a very important aspect of applying to college includes personal statements and essays. With a competitive applicant pool, colleges and universities are searching for students with unique and varied educational and life experiences. Look no further than our military connected students! Our students are equipped with a dynamic background to share a dynamic essay.

Military connected students experience different locations, cultures, countries, schools, and environments. With this exposure, the perspectives of our students provides ample opportunity to share their stories from a unique point-of-view. Author Robin Moore shared, "Inside each of us is a natural-born storyteller, waiting to be released." In personal and scholarship essays for college, students need to communicate to their story, goals, and contributions to society to an admissions committee and scholarship grantee.

Below are a few questions to ask oneself while drafting a personal or scholarship essay:

- 1) How can I tell my story in a compelling way?
- 2) What is the purpose of this essay?
- 3) Who is my audience?
- 4) What are the criteria shared for the essay?
- 5) What educational, personal, or professional experiences can I draw upon to share a unique perspective?
- 6) Who can review, edit, and provide meaningful feedback for my essay?

Dr. Howard Gardener, Professor at Harvard University shared, "Stories constitute the single most powerful weapon in a leader's arsenal." I would exchange leader for student in this quote. Crafting personal and scholarship essays can be challenging. However, the Minot AFB School Liaison Office is here to provide help. Reach out to us at 701-723-1447 or at mafb.school.liaison@us.af.mil

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Magic City Discovery Center Launches Memberships

MAGIC CITY DISCOVERY CENTER

MINOT, N.D. – Give the gift of play, exploration, and discovery this holiday season with an annual membership to North Dakota’s world-class Magic City Discovery Center. Gifting STEAM (Science, Technology, Engineering, Arts, and Math) education provides hands-on learning experiences for the entire year.

The Magic City Discovery Center is excited to announce the release of their annual memberships to go on sale Monday, December 5, 2022. Annual memberships will be available for purchase at MagicCityDiscoveryCenter.com/membershipbenefits. There are four membership options available including Family, Family Plus, Grandparent, and Military. By

purchasing your membership prior to opening you will always be regarded as a Magic City Discovery Center Charter Member. Your charter membership will be valid from the opening date in early 2023 for one full year.

“What an amazing value for less than 15 dollars a month to provide fun and learning for the entire family,” said Wendy Keller, executive director for the Magic City Discovery Center.

Gift cards will also go on sale and may be used for purchases of daily admission, memberships, birthday parties, educational programming, and merchandise.

For more information call Maren at the discovery center at 701-858-7529.



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GUINNESS SHEPHERD'S PIE

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INGREDIENTS
 6 RUSSET POTATOES
 1 ONION, DICED
 4 CLOVES GARLIC, MINCED
 1 POUND GROUND BEEF OR LAMB
 1 1/2 CUP TOMATO SAUCE
 4 CUP MIXED VEGETABLES, FROZEN
 1 CUP GUINNESS EXTRA STOUT
 1 TABLESPOON WORCESTERSHIRE SAUCE
 1 TEASPOON FRESH THYME
 SALT AND PEPPER, TO TASTE
 BUTTER, STICKS
 1 CUP MILK
 1 1/2 CUP SHREDDED CHEDDAR CHEESE

Bring a large pot of water to a boil for the potatoes. Let this heat up while you cook the meat mixture.

In a large skillet, cook the onion, then add garlic. Add beef or lamb and cook until browned. Drain off grease.

Add tomato sauce and vegetables to meat. Cook for 4-5 minutes, stirring often. Add Guinness, Worcestershire sauce, thyme, and salt and pepper to taste. Boil until the liquid has reduced by half and thickened (about 15 minutes).

Add the potatoes to the boiling water and cook for 15-20 minutes or until soft but not mushy. Drain and cool. Mash the potatoes with butter, milk, salt and pepper to taste.

Once meat mixture is done cooking and the potatoes are mashed, divide the meat mixture between two dishes. Top with mashed potatoes then with the cheese.

When ready to cook, set the Traeger to 350 °F and preheat, lid closed, for 10 to 15 minutes.

Bake for 30-45 minutes or until potatoes are golden brown and cheese is melted. Serve hot. Enjoy!

Ryan Davy - GM
Minot

www.HofE.com/BBQHQ



How to make driving in inclement weather more safe

Impaired visibility can be a safety hazard while driving. Everything from sun glare to hail can affect a driver's ability to see the road and navigate it effectively. Before drivers get behind the wheel, they should make note of their local forecast and make a plan for what to do if rain, snow or other conditions make it challenging to drive.

The International Association of Traffic and Safety Sciences indicates that, based on an examination of crash test data conducted by the National Oceanic and Atmospheric Administration, the "likelihood of a crash increases during periods of low visibility, despite the tendency for less traffic and for lower speeds to prevail during these times."

Drivers can take several steps to improve their visibility when driving in poor weather conditions.

- Inspect and change windshield wiper blades. Wipers are instrumental in clearing precipitation away from the windshield.

If they're not functioning properly, wipers cannot do their jobs. Drivers should replace their wipers at the first indication that they are no longer effective. In some conditions, wipers can freeze or stick. Drivers should then pull over and clean the wipers manually.

- Clear obstructions. Always make sure the windshield is clear before driving. This can include removing ice and snow in the winter and cleaning off mud or bug splatter in the spring and summer. Use the front and rear defrost if condensation fogs up windshields and windows.

- Slow down. Foul weather can reduce drivers' ability to see far into the distance. Drivers should always drive slower in inclement weather in order to improve reaction time.

- Top off fluids. Always keep the windshield washer reservoir full and keep extra fluid in the trunk. In addition, look for a fluid that does not freeze in very cold temperatures.

- Learn how to drive in fog. Each year, more than 38,700 vehicle crashes occur in fog, states the Federal Highway Administration. Travelers Insurance recommends slowing down, staying focused and using regular headlights and not high beams when driving in fog.

- Go out only if necessary. In snowy or icy conditions, drive only if it's absolutely necessary, as snow and ice can impair visibility and make roads slick, says AAA.

- Avoid driving at dusk and dawn. The human eye can have trouble adjusting to rapidly changing light and darkness conditions, which are common at dusk and dawn. If possible, drivers should make trips during the heart of the day, especially if poor lighting conditions typically make it difficult for them to drive.

Drivers can take steps to improve visibility when inclement weather makes roadways hard to navigate.

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Protestant
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 Saturdays of every month

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 Daily Monday-Thursday at 1200

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MinotBibleFellowship.org


Faith United Methodist Church

5900 Highway 83 N, Minot
www.faithumcminot.com

Pastor Ken Mund
701-838-1540

Sunday School (All Ages): 9:45 a.m.
 Sunday Coffee Fellowship: 10:30 a.m.
 Worship Services: Sunday 11 a.m.

Cornerstone Presbyterian Church

1000 NE 3rd Street
852-0315

Sunday Schedule
 Contemporary Worship 9:00am
 Sunday School (All Ages) 10:00am
 Traditional Worship 11:00am

Wednesday Evening Schedule
 Community Dinner 5:30-6:30pm
 Contemporary Worship 6:30pm
 Youth Group & Small Groups.. 7:15pm

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Christ Reformed Church

Worship 11:00 a.m. Sunday
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www.christreformedchurchminot.com

St. John the Apostle Catholic Church


 2600 West Central Ave • Minot, ND 58701
839-7076

Daily Mass Schedule:
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 Saturday 5:00 p.m.
 Sunday 8:00 & 10:30 a.m.


Fr. David A. Richter, Pastor
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Evening Worship 7:30 p.m.
Bible Study/Child-Adult
Children Worship (Wed).... 7 p.m.
Prayer (Friday) 7 P.m.


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 Wednesday Evening..... 7:00 p.m.

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 Pastor David Miller


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Southern Baptist Convention

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www.minotcrbc.org
 email: minotcrbc@gmail.com
Dr. Bob Farmer- Pastor

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 Sunday Worship 10:30 a.m.
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 Wednesday Family Training Hour
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 Classes for All Ages 6:30 p.m.
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www.fbcminot.org

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 Sunday School (All Ages)..... 9:45 a.m.
 Contemporary Worship Service..... 9:50 a.m.
 Adult Sunday School 11:00 a.m.
 Contemporary Worship Service..... 11:05 a.m.
 Children's Church 11:05 am.
 Wed. AWANA (Sept. to May) 6:30 p.m.
 Fridays, Celebrate Recovery 7:00 p.m.

Rev. Kent Hinkel, Senior Pastor
Elaine Carlson, Children's Ministry Director

Apostolic Faith Church, UPCI

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 Wednesday Bible Study 7:30 p.m.

Jesse Starr, Pastor


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Wed. Prayer: 5:30 p.m.
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- ▶ Notify location and destination
- ▶ State the amount of people that need a ride
- ▶ Give a description on an easily identifiable article of clothing
- ▶ Verify member's military/ dependent status by showing identification

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 THURSDAY, FRIDAY & SATURDAYS
 (701) 727-AADD 10:00 PM – 03:00 AM

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MINOT AFB ANNOUNCEMENTS

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

Embry-Riddle Aeronautical University is the world's pre-eminent university for aviation and aerospace education. However, our dynamic, hands-on programs will prepare you for careers well beyond the limits of the sky. Our Worldwide Campus has been working with U.S. military service members since 1970, helping them to earn a degree while on active duty or as veterans. And we do it at more than 90 military installations around the globe. The Embry-Riddle Minot Campus — located at Minot Air Force Base — offers associate, bachelor's, and master's degrees, as well as undergraduate and graduate certifications, that will help you whether you are an active-duty military service member, a veteran, or a civilian working at or around Minot Air Force Base, Embry-Riddle Worldwide is here to help you earn your college degree. A degree from Embry-Riddle Worldwide will help service members to become commissioned officers, will make veterans more desirable job candidates as they enter the civilian workforce, and will assist civilians with job advancement or career changes. Our modes of instruction are: Online, Eaglevision Home and Eaglevision Classroom. Our next term is: 9 Jan-29 Mar. For more information, please visit us in Room 223 located in the Base Education Center Building (2nd floor), email: minot@erau.edu or call office phone: 701-727-9007 and/or Teams phone: 928-777-6342.

COLUMBIA COLLEGE

For nearly fifty years Columbia College has offered educational opportunities to the military and is proud to establish our newest location here, at Minot AFB. Founded in 1851, Columbia College is a private, nonprofit liberal arts and sciences college that serves approximately 18,000 students annually and is proudly recognized by numerous organizations as a Military Friendly institution of higher education. Check out our website (ccis.edu) for the list of organizations that recognize the hard work the college puts in to serve those who serve our country and their families. With 29 online degrees the college is working to offer classes this summer on the installation. In the meantime you can choose your mode of education from strictly online classes to in-person ZOOM synchronous classes. Chose from the many associate, bachelor, or master's degree programs available and know your degree can be completed at Minot or anywhere you have internet connectivity or explore in-seat opportunities if you re-locate near one of our 30 locations nationwide. Fully accredited by the Higher Learning Commission (HLC) we are delighted to establish this location at Minot. Come talk to us at the education center and explore your options for your next step down the path to your educational goal. We are located in Room 219 or call 701-714-0000.

PARK UNIVERSITY MINOT –

PARK UNIVERSITY MINOT – Your degree, Your way. Open enrollment for the 2022/2023 year starts August 15! Earn your CCAF credits, AU-ABC, and your Bachelor's degree with PARK. Let's maximize your military experience! Find how many credits you can get from your military experience by going to military.park.edu and confirmed your credits Or Ask Alexa! Enable the Park University skill on your Alexa device and say "Alexa, ask Park, How many credit hours can I get from my military experience?" She'll even tell you your graduation date! Minot AFB @ the Education Center RM 222 | 844-884-8612 | mino@park.edu PARK. YOU

MINOT STATE UNIVERSITY

Minot State offering face-to-face classes at Minot Air Force Base. Minot State University is excited to again offer face-to-face classes at the Minot Air Force Base. There is no application fee for active-duty military personnel. Military personnel can complete their Community College of the Air Force (CCAF) degree and earn a bachelor's degree from Minot State. For more information, contact Brigitte Mikula at 701-727-9044 or by email at Brigitte.mikula@minotstateu.edu

BUSINESSES & SERVICES



SUDOKU SOLUTION PUZZLE ON PAGE B4

7	1	6	2	9	3	4	8	5
9	5	4	6	1	8	7	2	3
8	3	2	7	4	5	1	6	9
6	9	8	5	7	2	3	1	4
5	2	1	8	3	4	6	9	7
3	4	7	9	6	1	8	5	2
1	6	5	4	2	7	9	3	8
4	8	9	3	5	6	2	7	1
2	7	3	1	8	9	5	4	6

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WHAT'S GOING ON MAFB

FRIDAY 02

- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP (DoL) – Employment Workshop, 0800-1600, M&FRC
- Friday Night Mixed No Tap League, 1800, Rough Rider Lanes
- Winter Wonderland Skate Night, 1800-2000, Youth Center

SATURDAY 03

- Cycle & Strength, 0900, Fitness Center
- Frostival, 1500-1730, Turf
- Family and Single Airmen Free Bowling, 1700, Rough Rider Lanes

SUNDAY 04

- Zumba, 1400, Fitness Center

MONDAY 05

- HIIT Strength & Conditioning, 0500, Fitness Center
- Cycle, 0900, Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Run for Fitness, 1630, Fitness Center
- Swerk, 1730, Fitness Center
- Yoga for Fitness, 1830, Fitness Center

TUESDAY 06

- HIIT Strength & Conditioning, 0500, Fitness Center
- Career & Certification Exploration Track, 0800-1600, M&FRC
- Game Day, 1000-1930, Minot AFB Library
- Acrylic Paint Pouring Class, 1730-1930, Arts & Crafts Center
- Single Airmen/Deployed Spouses Epoxy Cutting Board Class, 1730-1930, Arts & Crafts Center
- Magic The Gathering Commander Night, 1800, ESC
- Zumba, 1830, Fitness Center

WEDNESDAY 07

- HIIT Strength & Conditioning, 0500, Fitness Center
- Career & Certification Exploration Track, 0800-1600, M&FRC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Library
- Brown Bag Book Talks, 1200, Minot AFB Library
- Cycle, 1200, Fitness Center
- Moving Out of the Dorms Budget Class, 1300-1430, M&FRC
- Swerk, 1730, Fitness Center
- Yoga for Fitness, 1830, Fitness Center

THURSDAY 08

- Pre-Separation Counseling, 0830, M&FRC
- Family Zumba, 1000, Turf, hosted by the Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Bootcamp, 1200, Fitness Center
- DIY Sock Snowman or Santa Class, 1630-1830, Arts & Crafts Center
- Thursday Night Football, Doors Open at 1700, Rockers Bar & Grill
- Extramural Bowling, 1730, Rough Rider Lanes
- Beer Tasting Night, 1800-2100, Rockers Bar & Grill

FRIDAY 09

- HIIT Strength & Conditioning, 0500, Fitness Center
- Pizza Buffet, 1700-1900, M&FRC
- Friday Night Mixed No Tap League, 1800, Rough Rider Lanes

SATURDAY 10

- Frosken Krig (Strongman Event), 0800, Fitness Center
- Cycle & Strength, 0900, Fitness Center
- A Sense of the Season, 1300, Minot AFB Library
- Family and Single Airmen Free Bowling, 1700, Rough Rider Lanes

UPCOMING EVENTS

Frostival
 DECEMBER 3RD
 3:00PM - 5:30PM
 AT THE TAP (JOINT RECREATION CENTER)
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