


# northern sentry


FREE | WWW.NORTHERNSENTRY.COM | VOL. 60 • ISSUE 51 | MINOT AIR FORCE BASE | FRIDAY, DECEMBER 23, 2022

## WHATS INSIDE THIS WEEK:




U.S. STRATEGIC COMMAND CONDUCTS CHANGE OF COMMAND

A9



(MILITARY) CHRISTMAS VACATION

A7



AFGSC HIVE TEAM DEVELOPS INNOVATIVE STRATEGY PROCESS

A10



SSgt Simon Yue, SSgt Corey Anderson and other members of the 91 MSFS & 791 MS got a special Huey transport after being snowed in at a missile alert facility. See page A2 for more coverage.



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# Nothing Can Stop the U.S. Air Force (and families)

ERIN BEENE, NORTHERN SENTRY

Wow, what a shock to the system this last week has been! First the epic 3-day blizzard, then the heart stopping cold front which brought negative high temperatures. Phew, North Dakota is not for the faint of heart! Many people on the base are transplants from warmer climates and for a first timer here, this intense cold can come as quite an awakening. Dealing with the extreme weather at Minot AFB means extra time at home for some but also extra work for others.

Even though it is no secret that Minot suffers intense cold and deafening winters, even the seasoned North Dakotans can find it hard to cope when faced with situations like last week. That being said, roads were cleared, driveways were freed and neighbors were once again there for each other to borrow items or give away food to those in need.

Many of our base families enjoyed the extra time at home while schools were canceled. Families posted photos of playing in the snow with pets and families. Many also shared their exhausting and humorous shoveling driveway stories on social media. As always, when tough times hit the base, the true generous spirit of the neighbors always shines through. This storm was no exception.

However, military missions always have those who not only didn't get a break, but sometimes must work even more than expected. While there are likely many that had to face the

treacherous weather conditions, members of the 91st Missile Security Forces Squadron and 741st Missile Squadron extended their postings in the missile field due to weather conditions. For those that don't know, the missileers who man launch control centers and Defenders that help protect the nuclear weapons go out to various sites and locations around North Dakota and stay at Missile Alert Facilities, otherwise known as MAFs, for a week at a time. Because of the weather and road conditions, however, they were unable to return and switch out with their relief elements as planned, which means families at home were forced to endure the storm without spouses and, with the holidays quickly approaching, projected leaves taking an impact. While these base families are used to time away from spouses, the extra days for them at home and the Airmen in the field are just another way of life for the military families.

Although most of the roads were cleared sufficiently for missile crews and Defenders to change over, one MAF was socked in with snowed out roads that remained impassable despite the county's best efforts to plow them. With some rapid planning and teamwork, leaders from the 54th Helicopter Squadron, the 91st and 791st Missile Security Forces Squadrons, the 741st and 742d Missile Squadrons organized an airborne relief plan to that MAF to bring fresh personnel

and supplies and rotate out those who had been on extended field duty. Members of the 91 MSFS and 741 MS were happy to be home and got the unique perk of getting a helicopter ride in subzero temperatures.

When asked why helicopters were deployed in this particular situation, 54 HS Commander Lt. Col. Jared Hahn said, "One of our primary roles as Minot AFB's helicopter squadron is to support the 91st Missile Wing. The 91 MW asked for assistance due to poor road conditions around a specific MAF and we were able to easily transport missile crews and security teams to and from the MAF." He continued to explain the situation saying, "We had four pilots and two SMAs (Special Mission Aviators) doing the flying. However, we also had numerous support crews to include six maintenance personnel, two whole additional crews on standby to man aircraft if the process was prolonged, multiple individuals who showed up to the squadron extra early to clear snow from the walkways, and the 54 HS/DO on the ground coordinating each lift."

Once again North Dakota weather plays its games with the base, but the base always fights back. Hahn explained how Minot AFB handles tough weather when he said, "... we were able to bring our Airmen home and continue the mission without missing a beat."



MSgt Aaron McClellan, 91 OG, and son Ben ended up clearing their driveway of snow at least eight different times during the blizzard.



SSgt Jacob Day, 891 MSFS, wife Emily and daughter Emerson are experiencing their first winter here after moving from Texas this past summer.



UH-1N Iroquis also known as the "Huey" spent time relieving Missileers and Defenders at a missile alert facility.



Sophia, daughter of Matthew De Los Santos, 5 SFS and spouse Faith said she was captivated by the falling snow. "She'll sit at the window and just look outside for a long time."



Dogs of SSgt Thomas O'Neil, 5 SFS, and spouse Eveline love the snow! Frodo and Winston were both born in North Dakota and have seen snow since they were puppies. Their favorite things are to play in and just lay down to enjoy the cold!



SrA Kyliegh Lewis and A1C Brandon Lewis, both 5 SFS, said daughter Elizabeth loved the snow so much! "We put her on top of the snow and she was just kicking her little legs the whole time!"

**CORNHOLE**

**POOL**

**DARTS**

MONDAY - THURSDAY:  
11AM - 1AM  
FRIDAY - SATURDAY:  
11AM - 2AM  
SUNDAY: CLOSED

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# HO HO HO

MERRY CHRISTMAS & HAPPY NEW YEAR

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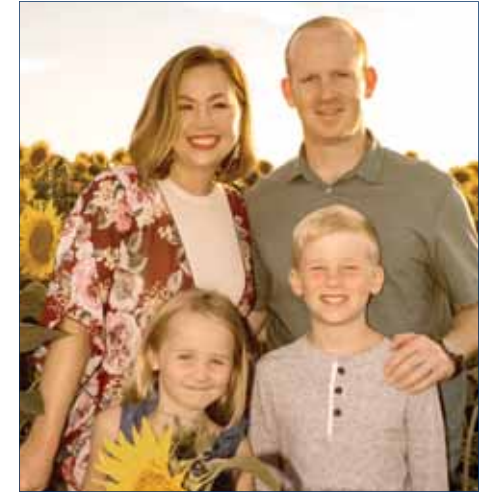
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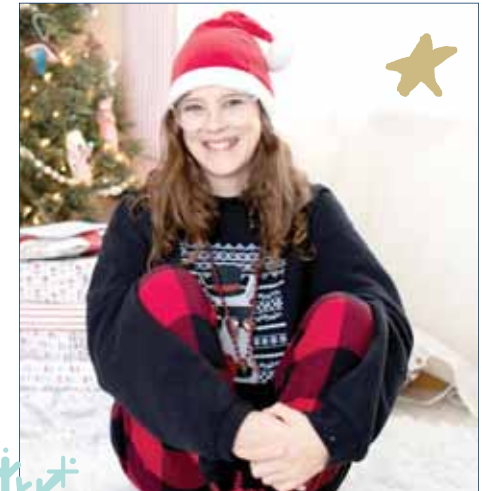
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A VIEW FROM  
OUR SIDE

ROD WILSON, NORTHERN SENTRY

I started to write my thoughts about Christmas during the recent snowstorm. Stuck at home like so many others, there was time to reflect and relate. Friends at the base were sending me photos and texts from base housing showing the piles of snow drifts across streets making transportation on base difficult, at best.

In Minot, the main roads and snow routes were plowed pretty well, but the side streets made getting in and out of driveways in residential neighborhoods almost impossible. There were those with large 4-wheel drive and all-wheel drive vehicles that managed to navigate the wintry conditions, making runs to the grocery store for necessary provisions.

So back to those warm Christmas thoughts. By the time the Northern Sentry is being distributed we all



**UPSIDE DOWN  
UNDER**

MARVIN BAKER

I was at my desk one day at The Kenmare News and the telephone rang. It was Karen Pauls of CBC-TV in Winnipeg. She was calling to ask me if I knew anything about some Nigerians who were hospitalized in Kenmare.

I hadn't heard about such a thing and my first question to her was, "how do you know that?" Karen's reply, "word gets around." Needless to say I was quite surprised, but then got to thinking she must know people in Canada Customs and Border Protection who mentioned it.

Regardless, I was a bit embarrassed. Here was a big story right under my nose, literally two blocks away, and I missed it. However, she filled me in on what she had reported on channel 6 in the previous couple of days.

would have endured what looks to be an entire week of below zero temperatures. Some of the high temps predicted for the days toward the end of the week were going to be well below zero; yes, even double digits below zero for the highs, and significantly more below zero for the lows. Uffda! (Norwegian for Uffda!)

So, North Dakota native, explain away these frigid temperatures and minus 50 degree wind chills. How is it that people are happy living up here? How can you talk about the warmth of the Christmas season?

Let me take you back about 60 years to the small town of Maddock, North Dakota. It was one of "those" winters. Snow, and more snow...and the talk on main street was about how cold it was. I was delivering my newspapers late one evening, and my Mom had never bundled me up so warm in my life. My Dad was a telephone guy and was out of town repairing downed lines (yes, telephone used to travel on lines...no cell phones). Our Chevrolet refused to start, so the only option I had for paper delivery was to walk the route and deliver some 50 papers.

It was so cold, that the snow cracked below your boots. I can remember walking by many homes with Christmas decorations adorning their trees and rooftops.

Geographically, we lived on the west edge of town. And after almost an hour of walking, I found myself on the east edge of town, knowing it was going to be a long trek home. I walked up to a home, opened the screen door and was placing the paper between the doors, when all of a sudden, the inside door burst open, and an elderly gentleman said, "Well Mr. Wilson, you look like you could use a bit of a warmup." I couldn't have agreed more. Soon the caps and scarves were loosened, and I was enjoying hot chocolate and Christmas cookies. Mr. Johnson did offer to start his car and give me a ride home, but I explained there were several papers to deliver, and I was most assuredly going to make it home, now that I was warm and full of hot chocolate.

That truly was "The Warmth of Christmas." Kind of sounds like a Hallmark movie, doesn't it?

I arrived home just about the same time as my Dad, and I told him about Mr. & Mrs. Johnson inviting me in. His answer, "not surprised, they're good folks."

Let's face it, these weeks of below zero temps are not fun. I can imagine that running Minot Air Force Base when it is 15 degrees below zero is a challenge. If there were a way to invite all of those on base downtown for hot

chocolate and Christmas cookies, and a chance to warm up, I would make it happen.

Instead, I ask each and every one of you to share the warmth of the Christmas Season however you can.

Maybe a smile, a thank-you, a Merry Christmas, and a lot of appreciation for those who serve our country, no matter what the weather conditions.

Yes, folks, we will get through this cold snap, as we always have. It won't necessarily be easy, and guess what, it won't be the last one this winter.

Take care, stay safe, and be sure to share the warmth of Christmas.

## BEST KEPT SECRETS

This morning I decided that it was going to be a "soup type" of day. Jamaican Vybz Kitchen has a couple of real homemade soups that are certainly worth sampling. They have a Knoephla Soup with a Jamaican Jerk seasoning, and a chicken Knoephla soup for those who really want to have a protein added to their soup. You can try a free sample of both of them, just ask Heidi or Steve. For those who may not know, Knoephla soup is a very hardy traditional German soup.

## TODAY'S CHUCKLE

What's every parent's favorite Christmas Carol? Silent Night.

## Clever... until they're caught...

We had a cordial conversation and we agreed to help each other.

She would get hold of me if something was happening on the Canadian side and I would contact her if there were developments here in North Dakota.

It turned out that Karen was following this beat because of Pembina's proximity to Winnipeg and that Nigerians were sneaking across the border there to get into Canada.

In the Kenmare Hospital situation, it was actually a child who was kept for observation but the parents were treated and released. They were left near the border, in early January and were seen by Border Patrol agents wandering near a port of entry.

The Border Patrol picked them up and took them to the hospital in Kenmare for treatment. That was the beginning of an interesting beat that lasted a couple of years.

The way Karen described it to me, "coyotes," or smugglers, would drive the Nigerian nationals from the Minneapolis airport to Pembina or St. Vincent, Minn., drop them off and they would walk across the border where someone would pick them up and take them to Winnipeg.

We never did find out exactly

who dropped the Nigerians off near the Portal port of entry, but we have a pretty good idea.

There was a married couple living in Regina, she Canadian and he Nigerian. He would drive into North Dakota to pick up Nigerian nationals and she would pick them up as soon as they walked across the border into Saskatchewan. He would then go through a port of entry by himself and nobody was the wiser.

The woman took the Nigerian nationals to Regina where they would blend in with society, seeing how Regina has a sizable Nigerian community.

At one point, the Royal Canadian Mounted Police was tipped off that this was going on. An undercover RCMP officer followed this man all the way to a Minot hotel where he surveilled nine Nigerians, including several children, getting into a van. The RCMP officer then followed the van into Burke County.

The Burke County Sheriff's Department had already been alerted that a smuggling operation might be going down. The man dropped the Nigerians off near Northgate, N.D. They walked across the border to Northgate, Saskatchewan where

the woman picked them up.

As soon as they began to drive away, RCMP and Canada Customs arrested her for smuggling people across the international boundary. When she was interrogated, they learned of her husband's whereabouts and arrested him too.

When the RCMP searched their home in Regina, they found tens of thousands of U.S. and Canadian dollars in cash, confirming that this wasn't an isolated incident.

Karen Pauls had already been reporting the same thing in the east, near Pembina and at St. Vincent, Minn., which is just a couple of miles from Emerson, Manitoba, where most of the Nigerian nationals entered Canada, but where many were also detained.

If it was the Regina couple who smuggled the Nigerian family that wound up in the Kenmare Hospital, then they were likely picked up in Minot, driven up U.S. Highway 52 into Burke County where they were dropped off.

The truly amazing part of this is how the Regina couple carried out this operation for the better part of two years without any red flags. None of us saw any clues until the Border Patrol picked up the Nigerian family.



TIMOTHY TIMM

## TITUS &amp; PHILEMON

*Everyday adventures of Titus and Philemon and their owner Joe.*

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.

# Asking Santa for a few Christmas gifts this year



Dear Minot:

I have been blessed in so many areas this year. My family has grown, my children have found careers – and my mother even moved back to Minot.

Of all the personal blessings, the highlight has to be the honor of being chosen to serve as your mayor. Honestly, there is nothing I want for myself this year, but I will ask Santa for a few gifts for others:

To the City Council: I would like Santa to bring us vision, collaboration, respect, and continued stewardship of the peoples' money. There are big things ahead for us to tackle in 2023 and beyond. We will need collective input and the ability to dig deep if we are to achieve our goals.

To the employees of the City of Minot: I wish for you to be empowered to grow, and to find new ways to use your talents. In addition, I wish for you to have a safe year. I want you all to be blessed with the gift of time, for yourself and your family. I am proud of all of you and the jobs you do every day to make life better for the residents of our community.

To the department heads at

the City of Minot: I wish for you to continue your leadership, creating a culture that encourages growth, communication, and collaboration. You are leaders in your chosen fields and are in your positions for a reason, but leadership is a gift that can't be given.

For our area legislative team: I wish for you to have the vision and confidence, along with the strength, to work for the betterment and protection of our community. Work hard during your session to invest our money wisely, and to continue the trend of making North Dakota's economy one of the strongest and fastest growing economies in the country.

For my neighbors at Minot Air Force Base: I wish only the best for you. I want you to make the best of your time in Minot. I want you to feel like Minot is your home, a place to explore, experience, and discover. I wish for you to have the strength to continue your critical mission that has a global reach and a direct impact on maintaining peace for our planet. You have given me and my family the gift of security. Thank you, and may you continue to be safe.

To my neighbors who live in



**DEAR MINOT**  
TOM ROSS, MAYOR  
CITY OF MINOT

and around the great Magic City: My wish for you is to be proud, strong, and have a vision for the future - a future that helps our community grow, a future that continues to spur investment and creates victories in our economy, our tourism, and our quality of life.

Minot is a wonderful place to live, work, and play, and is especially a great place to raise a family. The Christmas spirit is alive and well in our community, and it's visible if you look around. During this holiday season, my final wish is that we all take a moment to recognize the simple things that make our community truly the Magic City.

Merry Christmas.

You can find more about what's happening at the City of Minot at [minotnd.org](http://minotnd.org), or find us on Facebook and Twitter. We'd also encourage you to sign up for our monthly electronic newsletter on our website.

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# In New Year, BAH Rates Will Increase By Average of 12.1%

C. TODD LOPEZ , DOD NEWS

The Defense Department has released the basic allowance for housing, or BAH rates for 2023. Those rates have risen, on average, by 12.1%, said the Pentagon press secretary during a briefing today.

“The significant increase in average BAH rates is reflective of the unique market conditions experienced across many locations nationwide over the past year,” said Air Force Brig. Gen. Pat Ryder. “The department is committed to the preservation of a compensation and benefits structure that provides members with an adequate standard of living to sustain a trained, experienced and ready force, now and in the future.”

The BAH increase is not unexpected. In a memo dated Sept. 22, 2022, Secretary of Defense Lloyd J. Austin III outlined an array of efforts to address the needs of married service members and their families, as well as single service members.

“The Department of Defense has a sacred obligation to take care of our service members and families,” Austin wrote in the memo. “Doing so is a national security imperative. Our military families provide the strong foundation for our force, and we owe them our full support.”

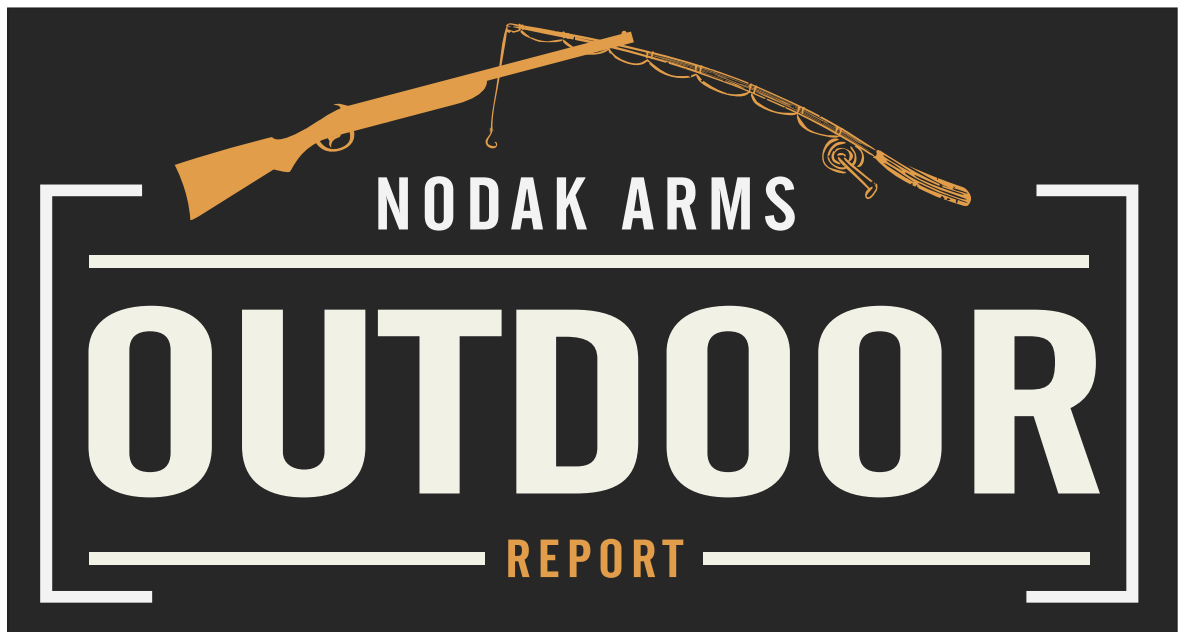
Part of that effort was a review

of the prospective 2023 basic allowance for housing rates to ensure they reflect unusual fluctuations in the housing market. Additionally, in the 28 areas DOD identified as having a more than 20% spike in rental housing costs above BAH, the secretary directed automatic increases in BAH, which took place in October.

According to a DOD release, the October rate increases were temporary and will expire Dec. 31, 2022. Those who had received the temporary rate increases will switch over to the new BAH rates in the new year.

In addition to increased BAH rates to help military families, the Defense Department is also working on other initiatives, including efforts to make military moves less onerous, make securing childcare less difficult, and expand military spouse employment.

“These actions reflect the department’s sacred obligation to honor and support our service members and families,” Austin said in his memo. “We remain profoundly committed to doing right by our military families, just as our military families remain profoundly committed to their loved ones and to the nation that they all do so much to defend.”



## OUTDOOR NOTES:

PATRICIA STOCKDILL

### Fishing:

Lake Sakakawea elevation, Dec. 19: 1,831.31 feet above mean sea level (MSL); 16,000 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.37 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.27 MSL.

•N.D. Game & Fish Dept. game wardens: Little activity throughout area lakes with difficult access across many areas. Be prepared with shovels and winter emergency gear.

•Devils Lake, Ed’s Bait Shop, Devils Lake: Tracked vehicles needed to get around on Devils Lake but those anglers who can move were finding some walleye and perch success. Try north end of 6-Mile Bay, East Devils Lake, or the towers in 20 to 22 feet. Carry survival gear and a shovel for winter snow preparedness.

•Devils Lake, Woodland Resort, Devils Lake: Storm slowed activity on Devils Lake with no new reports.

•Lake Darling, Karma C-Store, Ruthville: No new reports with snow making access difficult throughout area lakes.

•Lake Metigoshe, Four Seasons, Bottineau: Storm limiting activity with access difficult onto Lake Metigoshe.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Little to no activity on Lake Audubon and the east end of Lake Sakakawea with difficult to no access on both lakes depending on wind. Some anglers took their houses off to avoid having them stuck.



- 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 it’s illegal to chase, harass, or pursue any wildlife species with motorized vehicle.
- Dec. 30: Missouri River Canada Goose Zone season closes.
- Dec. 30: Light goose season closes.
- Dec. 31 & Jan. 1: Free fishing weekend. N.D. residents can fish for free.
- Jan. 1: Pheasant, grouse, partridge, turkey, and archery deer seasons close.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Access could change rapidly with recent snow on Lake Audubon, including the main access points at the east cabin site and East Totten. Be prepared with likelihood of getting stuck. No reports from Lake Sakakawea.

•Lake Sakakawea, New Town: No new reports.

•Lake Sakakawea/Missouri River, Scott’s Bait & Tackle, Pick City: Missouri River tailrace remains quiet.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Fair walleye success on the upper end of

Lake Sakakawea. Try slower presentations with small treble hooks around Lewis & Clark State Park to Hofflund Island. OK access but it could change with winds. Yellowstone River producing decent walleye and sauger. No reports from area small lakes.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Access difficult across area lakes.

### 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.

## the northern sentry Salute

### MSgt Edward Zilli

**US Army (Retired)**  
**Home Town: Minot, ND**

On June 6, 1944, 21 year old Edward Zilli was crossing the English Channel on an LST headed for Normandy France with the US Army’s 4th infantry division. Once his feet hit the beach, Ed spent the next twelve months in almost constant motion, involved in some of the most notable events of the war. After fighting his way off the beaches of Normandy and through the hedge rows of France, he helped liberate Paris. After liberating Paris and eastern France, it was on in to Germany, fighting in the Hurtgen Forest, and later the Battle of the Bulge in the frigid winter with only light jackets. He also remembers crossing the Rhine and so many other battles both named and unnamed. Ed was very proud to serve in General Patton’s 3rd Army during the war. He left Army in 1953 and returned home to Long Island New York with his beautiful German Bride. He worked as a police officer in Suffolk County and retired as a Captain.

On February 8, 2023 MSgt Ed Zilli will celebrate his 100th Birthday!

GAME SALUTE: DECEMBER 30

Recipients of the Northern Sentry Salute will be honored at the respective Minot Minotauros home game. In recognition, each recipient and three guests will receive V.I.P. seating to the noted home game, a \$25.00 Gift Certificate good for concessions at the game, and during the game they will be recognized by the Minotauros public address announcer as well as having their photo and nomination published in the Minotauros Magazine.

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# (Military) Christmas Vacation

ERIN BEENE, NORTHERN SENTRY

The drill is familiar. Another holiday season away from extended family and figuring out new short-termed traditions. Military families don't get the luxury of doing the same things year after year. With frequent moving, sometimes during the holidays themselves or with a deployed spouse, Christmas is sometimes spent in TLF, or in a lonely house, or in the company of the friends made at the current station. Like all seasons in life, some holiday seasons end up being sad, but some end up bringing lasting memories that bring smiles to faces throughout the years. Even though all holidays are different, Christmas Day has always been of importance to Minot families.

Minot is hard, cold and far away from so much. But families reflect on some Christmases that brought them joy. The now retired Rockwell family shared a story about how once a few years ago when they tried to fly out of North Dakota to Florida. The family was planning to fly out of Fargo but ultimately had that flight canceled on Christmas Day because of a freak Monsoon in Florida. When they finally made it back home in Minot, the weather continued to surprise them. Jennifer Rockwell said, "[We] Finally got home on the 28th to see two feet of snow had fallen in those two days we were gone and the drift was up to the top of the garage door. The kids (ages 9, 6 and 4) were asking if Santa came to the house while we were gone? We had no food, nothing was open. Thankfully, a neighbor had snow blown the driveway so we could get in - we couldn't even get in to get a shovel!" She also shared that, "A few years later we braved the drive to MN to see the Vikings game and there was so much snow in the dome, the roof collapsed and they moved the game to Detroit,

leaving us without a game to watch." Although Jennifer has since vowed to never make travel plans during the winter, she laughs about the memories now and still plans to try not to miss out on Christmasy things even though the weather here often doesn't cooperate.

Another Minot AFB family, the Tillerys, shared a memory of living overseas during Christmas and how that led to an unconventional yet memorable holiday season. Karlee Tillery explained that a few years ago when she and her husband, TSgt Dakota Tillery 91 MSFS, were living in Japan they decided to take a babymoon holiday vacation to Tokyo Disneyland and DisneySea.

She said it was a wonderful memory and a great way to spend that last holiday with just her and her husband before their first baby was due to be born that February.

Resilient: It's a bit of a buzzword, but it's also true. Military families are resilient. They adapt, make adjustments and make the most of situations. It's not always easy or fun but it is the way of the military family. And during the holidays, sometimes more than any other time of year that special connection to other Mil families is embraced, laughed at and enjoyed.

Merry Christmas and Happy Holidays to all the hard-working Airmen and their families on Minot AFB!



TSgt Dakota Tillery, 91 MSFS, and spouse Karlee spent one Christmas at Tokyo's DisneySea.

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## A LOOK BACK THIS WEEK IN USAF HISTORY

### LT. COL. EMIL BEAUDRY RESCUES 12 AIRMEN STRANDED ON THE GREENLAND ICE CAP DECEMBER 28, 1948



Lt. Col. Emil Beaudry (Air Force Mag Photo)

On December 7, 1948, a United States Air Force C-47 crashed on the Greenland Ice Cap. The seven passengers survived, but were stranded in temperatures of minus 45 degrees for nearly three weeks. Several rescue attempts were thwarted in the weeks after the initial crash, resulting in two downed aircraft, two crashed gliders, and a total of 12 people stranded in the remote Arctic wasteland. Lt. Col. Emil Beaudry, a USAF Arctic Rescue Operations expert, decided to take advantage of a break in the unpredictable Greenland weather and try for another rescue attempt in a ski-equipped C-47 with jet assisted takeoff. On December 28, he landed the plane on the ice cap and was able to bring the 12 stranded passengers to safety at Bluie West 8, an air base in central Greenland. For his heroic efforts, especially in the wake of other attempts, Beaudry was presented with the Mackay Trophy.



Photo of BW-8, Greenland. (Richard Rybak, 1942)

Information courtesy of: [media.defense.gov](http://media.defense.gov) / [airforcemag.com](http://airforcemag.com)

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# Mentoring minute: you have found a mentor... now what do you do?

TARA WHITE, AIR FORCE LIFE CYCLE MANAGEMENT CENTER PERSONNEL DIRECTORATE

When I think of mentoring, I am reminded of a quote from John C. Maxwell, "One of the greatest values of mentors is the ability to see ahead what others cannot see and to help them navigate a course to their destination." This summer the concentration was on "How do I find a Mentor." Now that you have found a mentor, what do you need to do to ensure you have a successful mentoring relationship?

## 10 STEPS FOR A MENTORING RELATIONSHIP

**Schedule the meetings.** Most of our leaders are very busy and have packed schedules. Make setting-up meetings easy on them. Provide dates and times you are available or work with their admin to set up the mentoring session.

**Set Expectations.** Be specific with your mentor on what you want to get out of the relationship. Your mentor should understand what you are looking for, or they will not be able to help you. Also, you need to know what your mentor expects to get out of the relationship.

**Be prepared.** You have scheduled the meeting, now make sure you are on time and ready for your session. Bring a notebook and pen for taking notes.

**Seek knowledge,** ask questions-soak up the mentor's knowledge. Think about what you want to accomplish for each session. Write down notes, questions, or topics you want to cover. Don't forget to write down what your mentor

says. It will be hard to reflect on the session if you forget what they say.

**Be you, don't fake it.** Your mentor needs to see you where you are, if you fake your knowledge, personality, or try to be someone you aren't. Then they are not helping the real you. The mentor can help you reach those goals, so be real, not fake.

**Ask for feedback.** This is a big one, mentors can help bring in different perspectives. Ask for feedback on problems/projects you are working on. Tell them your ideas and ask what they think about them.

**Take notes.** By taking notes you are bringing a piece of the conversation back with you to review again. If you have your notes and do not understand, you can reach out to your mentor and go over them again.

**Show progress.** Each mentoring session let your mentor know how you used information from the

previous session. This will show your mentor how you took their guidance and put it to use towards your goals.

**Commit to the Process.** Mentoring is a process of growth, and growth does not happen instantly.

**Not a good fit.** Sometimes the most prepared mentor and mentee are just not a good fit. Again, do not fake it if there is a problem. Be specific and clear, it may not work with the two of you, but they may be able to help you find a mentor that does meet your needs.

Mentors and mentees can create and or update their profiles in the MyVECTOR mentoring module at <https://myvector.us.af.mil/>.

If you have any questions, please contact the AFLCMC POC, Ms. Tara White, [tara.white.6@us.af.mil](mailto:tara.white.6@us.af.mil), AFLCMC/DPD. More information on Mentoring can be found at the AFLCMC Mentoring SharePoint, Workforce Development - Mentoring - All Documents (dps.mil).

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## All About Pets



**Treat your Pet with Fresh Food**

Most pet owners have to deal with food beggars at some point in their lives, and it's pretty easy to understand why. Some people opt to train their pets to leave them alone during mealtime, but for some of us, the big eyes are just too adorable to turn down. While small amounts of certain table scraps may not be immediately harmful to your pet, it's still not recommended to sneak Fido a taste. If you want to treat your furry friend with something off your plate, here are some great alternatives to this morning's bacon and pancakes.

- Green Beans
- Carrots
- Melon (Cantaloupe, Honeydew, Watermelon)
- Apples
- Bananas
- Pumpkin
- Berries (Blueberries, Strawberries, Blackberries, Raspberries)
- Kiwi
- Pineapple
- Mango
- Pears
- Peas
- Eggs
- Celery
- Sweet Potatoes
- Unseasoned, Boneless Meats (Chicken, Turkey, Lamb, Salmon, Beef)

Many of these can be fed fresh, frozen, or cooked and can be used in bones or stuffed toys, as well as for training treats. Cats and dogs can consume many of the same fruits, vegetables and meats, but it's important to do your research before handing out random foods, and the same goes for rodents and reptiles. Many fruits and vegetables need to be unseasoned, peeled and de-seeded before being given to your pet. Don't forget to monitor your pet's reaction afterwards. Keep an eye out for vomiting, diarrhea, itching, or other allergic reactions. If your pet has a sensitive stomach, be sure to ask your vet before handing out new foods. And of course, moderation is key as too much can still lead to health problems.

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# New commander- same mission as U.S. Strategic Command conducts change of command

U.S. STRATEGIC COMMAND PUBLIC AFFAIRS U.S. STRATEGIC COMMAND

OFFUTT AFB – U.S. Air Force Gen. Anthony J. Cotton relieved U.S. Navy Adm. Charles “Chas” A. Richard as commander of U.S. Strategic Command (USSTRATCOM) during a ceremony at Offutt Air Force Base today.

Cotton becomes USSTRATCOM’s 8th commander, highlighting the enduring stability of the nation’s strategic enterprise during a time of increased global pressure and reliance on a safe, reliable, and effective nuclear deterrent.

“A competition is underway among major powers to try to shape what comes next,” said Cotton. “In this new phase of competition, we face two near-peer adversaries simultaneously. U.S. Strategic Command must be ready for the complex challenges to deterring adversary aggression and coercion.”

As the new USSTRATCOM commander, Cotton takes responsibility for the nation’s nuclear triad, including ballistic missile submarines, long-range strategic bombers, intercontinental ballistic missiles, and nuclear command and control during a period of intense nuclear coercion and the unprecedented need to deter two near-peer nuclear adversaries at the same time.

“Everything we do is foundational to national and international security. It’s not just our nation that is counting on us. It is also our allies and partners,” Cotton said when discussing integrated deterrence. “NATO calls the strategic forces of the alliance, particularly those of the U.S. ‘the supreme guarantee of the alliance’s security,’ and we embrace that. We know what is riding on our shoulders.”

Secretary of Defense Lloyd J. Austin III presided over the ceremony, and he spoke about the importance of strong deterrence to defend the nation and our allies and partners during increased global pressure, including Russia’s war in Ukraine and China’s continuing strategic breakout.

“Today, STRATCOM faces new challenges. The U.S. is on the verge of a new phase. One where for the first time, we will face two major nuclear powers as strategic competitors,” Austin said. “The People’s Republic of China is expanding, and modernizing, and

diversifying its nuclear forces. And Russia is also modernizing and expanding its nuclear arsenal.”

Austin said that nuclear powers have a responsibility to avoid provocative behavior, lower the risk of escalation, and prevent escalation and nuclear war and that U.S. Strategic Command is the responsible custodian of America’s nuclear arsenal.

As the outgoing commander, Richard expressed his gratitude to the more than 150,000 Army, Navy, Air Force, Marines, Guardians, and Civilian personnel responsible for the success of USSTRATCOM’s global deterrence mission.

“We deterred great power conflict and nuclear war during the worst conditions in the last sixty years, but that didn’t just happen.... It’s the people,” said Richard.

He highlighted the accomplishments made by the command, including reporting China’s strategic breakout, developing a deterrence dynamic paradigm, and inventing the nuclear command and control platforms Gryphon and Black Glass.

USSTRATCOM is a unique

and special place that houses the last group of people who fully understand how to operationalize strategic deterrence, Richard said.

The ceremony capped a 41-year career for Richard, who led USSTRATCOM through the most stressful period of competition and potential crisis since the Cuban Missile Crisis, including China’s strategic breakout, Russia’s war in Ukraine, multiple North Korean missile launches, and the COVID pandemic.

Adm. Christopher Grady, Vice Chairman of the Joint Chiefs of Staff, presented the command with the Joint Meritorious Unit Award and Richard with the Defense Distinguished Service Medal. After the ceremony, Cotton addressed the state of U.S. deterrence efforts and his vision for the future of USSTRATCOM.

“We are positioning a 21st-century command for the future, and what we are doing is vitally important,” Cotton said. “We are again making it clear to any potential foe: the risks and costs of aggression far outweigh any conceivable gains.”



U.S. Strategic Command conducts change of command.

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Technical Sergeant Travis Krebill from the 5th Civil Engineer Squadron is currently serving as the Noncommissioned Officer in Charge of the Power Production Section, coordinating 17 craftsmen in maintaining a 12.5 million dollar inventory of facility and mobile generators providing an emergency power capability to Minot's facilities and recently rendered critical support that sustained the mission of a 3.9 billion dollar weapons storage area during two electrical outages. On top of being a superb military leader, he is a pillar of the Minot community organizing 20 volunteers for the Pheasants for the Future annual banquet and donating his own resources to provide guided fishing and hunting trips introducing over 25 Airmen to the outdoors. Travis has gone above and beyond to nurture the morale and well-being of his unit and the community, and he epitomizes the true spirit of North Dakota.

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# AFGSC Hive team develops innovative strategy process

LT. COL. SETH HOFFMAN, AFGSC A5P

BARKSDALE AIR FORCE BASE, La. --

To successfully deter conflict, assure allies and defeat adversaries, the Air Force must optimize its warfighting effectiveness and efficiency for the future high-end fight. Doing so will require strategic vision, critical thinking and creative solutions to maximize the volume of effects created from available resources. Understanding this challenging operating environment, AFGSC is maximizing the lethality, capacity and survivability of the bomber force through an integrated approach to long range strike capability development.

The "Hive" is AFGSC's strategic think tank, focused on cultivating holistic understanding of dynamic adversaries, an evolving geopolitical and threat environment, emerging capabilities, budgetary realities and projected mission requirements to formulate and communicate the command's strategy for the force design and capability development needed to compete and win in the future. Informed by strategic national guidance, commander's intent, the Operational Imperatives and the Joint Warfighting Concept, the Hive team leads a deliberate planning process that leverages subject matter expertise and scenario-based operational concept experimentation to rapidly identify capability gaps, determine warfighter requirements and match emerging technology solutions. By creating connective tissue directly between the operators in the field, the engineers in the lab and aerospace industry partners, this process streamlines coordination timelines and bureaucratic administration to significantly reduce the timeline to identify problems and develop data-informed solution proposals.

Over the past year, the Hive has developed the Integrated

Long Range Strike Strategy—a plan for AFGSC to develop the next-generation long range strike force and capabilities to maintain the strategic advantage across the competition continuum into the future. The strategy synergizes future force design and capability development efforts for AFGSC aircraft, weapons and concepts of operations, optimizing long range strike volume of effects and unlocking the Joint Force. It also unifies the command's messaging to guide all actions of the staff, and establishes effective and unambiguous advocacy positions from its senior leaders. Ultimately, the purpose of the strategy, and the mission for the Hive team, is to establish the goals and priorities for AFGSC's future—from aircraft modernization, to weapons development, to major campaign planning and nuclear deterrence. This integrated approach ensures AFGSC remains effective, efficient and narrowly focused on maintaining the competitive advantage over strategic adversaries, and sets the tone for the rest of the Air Force.



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## Local Cravings

# Restaurant Guide

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<p style="text-align: center; font-weight: bold; color: red;">Bone's BBQ Smokehouse &amp; Grill</p> <p style="font-size: 8px;">1412 2nd Ave SW, Minot Phone: 701.838.9140 www.bonesbbqminot.com</p>	<p style="text-align: center; font-weight: bold; color: red;">28 Tastes &amp; Taps</p> <p style="font-size: 8px;">1603 35th Ave SW Minot Phone: 701.838.2828 FB: 28 Tastes &amp; Taps</p>
<p style="text-align: center; font-weight: bold; color: red;">Culver's Restaurant</p> <p style="font-size: 8px;">3000 S Broadway, Minot Phone: 701.852.4800 www.culvers.com</p>	<p style="text-align: center; font-weight: bold; color: red;">Ironhorse Kitchen + Bar</p> <p style="font-size: 8px;">21 E Central Avenue, Minot Phone: 701.852.8183 FB: Ironhorse Kitchen + Bar Minot</p>
<p style="text-align: center; font-weight: bold; color: red;">Jamaican Vybz Kitchen</p> <p style="font-size: 8px;">Suite 200 315 Main Street S Minot Phone: 701-441-9309 FB: Jamaican Vybz Kitchen</p>	<p style="text-align: center; font-weight: bold; color: red;">Pink's Bar &amp; Grill</p> <p style="font-size: 8px;">102 128th Ave NW Minot Phone: 701.852-2385 FB: PinksBarGrill</p>
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<p style="text-align: center; font-weight: bold; color: red;">Mi Mexico</p> <p style="font-size: 8px;">3816 South Broadway Minot Phone: 701.858.0777 www.mimexicomino.nd</p>	<p style="text-align: center; font-weight: bold; color: red;">Primo Restaurant</p> <p style="font-size: 8px;">1505 N Broadway, Minot Phone: 701.838.7746 www.primominot.com</p>
<p style="text-align: center; font-weight: bold; color: red;">Souris River Brewing</p> <p style="font-size: 8px;">32 3rd St NE Minot Phone: 701.837.1884 www.sourisriverbrewing.com</p>	<p style="text-align: center; font-weight: bold; color: red;">The Starving Rooster</p> <p style="font-size: 8px;">30 1st St. NE, Minot Phone: 701.838.3030 www.starvingrooster.com</p>
<p style="text-align: center; font-weight: bold; color: red;">Whiskey Nine</p> <p style="font-size: 8px;">109 Central Ave, Minot Phone: 701.837.1090 www.whiskeyninennd.com</p>	

# Stay Active this Winter

The Minot Park District will now groom Cross Country Ski Trails at Oak Park and the area of Moose Park in partnership with the City of Minot. Trails at Oak Park have been groomed as well as three trails at Moose Park.

We have included maps of the Moose Park Trails below.

- The Moose Trail is a double track that allows you to ski side-by-side with a partner.
- The Crazy 8 is a more challenging single track.
- The Sprint Trail is set up for skate skiing at this time.

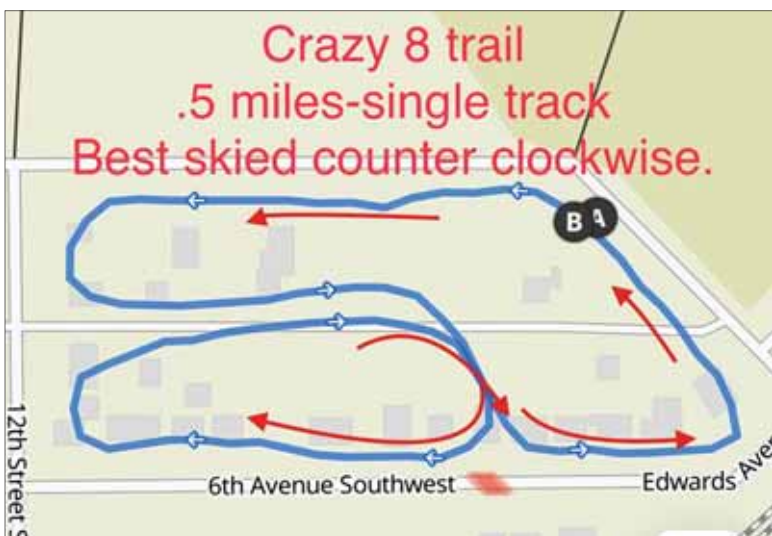
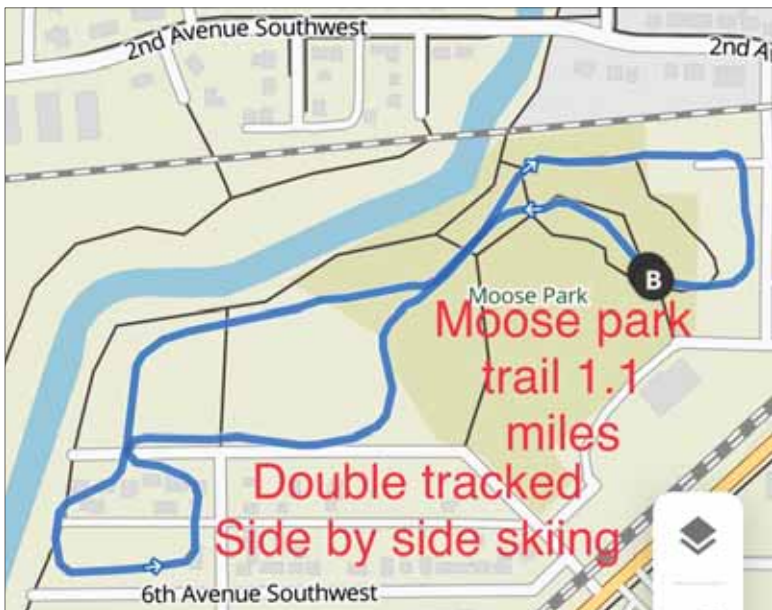
Please note we are working with area Cross Country Skiers to bring you the best trails possible. We do ask that sleds, snowmobiles, and walkers stay off the cross-country ski trails. We are working on signage for this area.

• Cross Country Skis and Snowshoes are available to rent at the Corbett Field warming house.

- Monday – Friday 4:00-9:30pm
- Saturday and Sunday 12:00-9:30pm
- Located at 13th Street SE & East Burdick Expy (behind Corbett Field)

The cost for rental skis and snowshoes is \$7. Rental skis and snowshoes are to be used on Minot Park District Property only. Trails are groomed at Moose Park and Oak Park when snow conditions allow.

For more information visit [www.minotparks.com](http://www.minotparks.com) or follow Minot Parks on Facebook for updates.



## Upcoming Events

**27 DEC** WINTER BREAK CAMP  
9:00 AM - 4:00 PM  
Minot Municipal Auditorium  
420 3rd Ave SW, Minot

Brrr!! It might be cold outside, but we are getting wrapped up in learning! Join us at the Minot Auditorium from 9 am to 4 pm on December 27th and 28th for two days filled with wintery excitement!



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

**TIL 31 DEC** SERTOMA CHRISTMAS LIGHTS  
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

**04 JAN** MINOT FUN ZONE  
9:00 AM - 12:00 PM  
Minot Municipal Auditorium  
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The Minot Fun Zone is being provided free of charge to all area residents through the Minot Park District. The bouncy castles are provided in partnership with the Minot Area Community Foundation. Tuesdays, Wednesdays, and Thursdays from 9:00am-Noon starting on November 29, 2022 and going through March 30, 2023 (\*\* There will be a two week break for the Christmas holiday. The Fun Zone will be closed from Tuesday, December 20-Thursday, December 29, 2022. We will resume on Tuesday, January 3, 2023.)



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

**07 JAN** FROZEN BIZON FAT TIRE BIKE RACE  
11:30 AM  
7801 54th Ave SE, Minot, ND,  
Registration Deadline: Tuesday, Jan 3, 2023.

Baby Bizon Fatbike race: This will be a 1.5-hour race located within the tight and twisty groomed Bison Plant trail. Race Starts immediately after the Frozen Bizon 3-hour race start.

Frozen Bizon Fatbike race: This is where it gets interesting, this will be a 3-hour race on the magnificent Souris river bottom trail we call the Bison Plant with technical sections to keep spirits high and bars turning. Race to start approximately 12pm/Noon

Snowshoeing Bizon: This will be held on the Bison Plant Main Trail, only crossing the race route in certain areas.

Full details online at: [www.bikereg.com/frozen-bizon-fatbike-racefestival](http://www.bikereg.com/frozen-bizon-fatbike-racefestival)



For more information: Call Carson at Vals Cyclery at (701) 839-4817

**14 JAN** KINDNESS KNIGHTS  
1:00 PM - 2:00 PM  
Souris Valley Animal Shelter  
1935 20th Ave SE, Minot

We will help our community together and learn how to be Kindness Knights. During this program, we will meet at the Souris Valley Animal Shelter to play with the animals. Kindness Knights is for children grades 2-6, on the second Saturday of the month at 1:00 pm.



For more information: Facebook / Minot Public Library / Events

## On Base



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



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# NORTHERN CELEBRATIONS

EMBRACING OUR NORTH DAKOTA LIFESTYLE

## SNOW TALES

Patricia Stockdill

The beauty of snow is that it allows a person to play like a child. Granted, adults are less likely to make snow angels or build a snow fort or snowman, but it's still great to do regardless of one's age.

Snow means a person can snowshoe, cross-country ski, downhill ski (OK, admittedly that's do-able with manmade snow), snowmobile, ride a fat tire bike, or even drive a kick-sled.

Snow also means a person can spend a quiet winter's day wandering paths less traveled by humans and more travelled by animals: Walking quietly along trails in North Dakota's state parks or walking paths in city parks when there is snow unveils the busy life of wildlife in the winter.

Wildlife isn't quiet in the winter, although many animals are less active as they strive to conserve energy.

Snow provides an opportunity for an inner glimpse into their lives: During the day several types of wintering birds may flit across the snowy ground searching for fallen seeds and vegetation to eat.

Tracks tell their story as they move about as if in a daze and when they fly off in haste. Their paths may cross those of a mouse scurrying along.

Another set of tracks reveals life and death in the winter as a set of dog-like tracks – a coyote – meanders in what appears to be a hap-hazard manner. In reality, the coyote likely has its nose to the ground hoping to pick up the scent of its pending meal.

Its tracks encounter those of the mouse and their story then becomes intertwined as the tiny tracks become mirrored by the coyote's.

Until a flurry of dog-like tracks appear in the snow.

And then there are no more tiny tracks and the coyote tracks walk off in a straight direction, their maker's appetite satisfied momentarily. That's the reality of nature.

Two sets of deer tracks appear further along the journey, one larger than the other. They intermingle, the tracks of a doe with her fawn

following behind. A short distance later, more deer tracks join the two.

One can only surmise that other does and fawns – and maybe some bucks – joined in the journey of the first doe and fawn as they traveled their well-worn snow trail to a nearby area to feed or curl up in sleep alongside a shelterbelt.

The snow on one side of the shelterbelt tells the story of how popular the area is for the deer with tracks upon tracks mingle in every direction. New tracks over old tracks; pheasant tracks over deer tracks and vice-versa as the birds venture out during the day sharing the same space as the deer.

The deer return that evening and throughout the night, silencing tracks made by the pheasants earlier in the morning.

The intriguing thing about the shelterbelt and all of the activity is that one side is so much busier than the other side of the tree rows. Looking around, the question as to "why?" is solved – the other side of the shelterbelt is closer to a road. Even though it's not immediately adjacent to where the deer and other wildlife are spending their winter's day and night, it's still closer to human disturbance.

The activity in the snow says the deer know where they are more sheltered and protected.

A winter's walk on the wild side changes daily depending on what Mother Nature offers. Some days the wind may scour nighttime activities away and evidence is lost almost immediately.

Other days, a shimmering sun – especially later in the winter as spring approaches – melts the story away before it can be told.

In years when additional snow falls the story book of life in the outdoors is hidden with a new blanket of snow.

That's OK; it simply means the beginning of another chapter will be available to the observer who takes the time to walk on the wild side.

Maybe those winter walks in search of the stories wildlife tracks tell is simply an adult version of playing in the snow?

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**NORTH POLE STROLL**

Children and adults both enjoyed a morning of fun thanks to multiple groups in the 91st Missile Wing who each hosted a different booth at Minot Air Force Base, North Dakota, Dec. 10, 2022. More photos can be found on Minot AFB PA Flickr page.

U.S. AIR FORCE PHOTOS | MINOT AFB PA



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# Steps You Can Take to Care for Yourself During the Holidays

STATE POINT MEDIA

With seasonal stressors like end-of-year work deadlines, gift shopping and hosting potentially weighing on you, plus all those extra sweets and indulgent foods to nibble on, the holiday season may be the happiest time of year, but it's not always the healthiest. Here's how to take better care of yourself to feel your best this holiday season.

## PROTECT YOUR SKIN

You may be aware that the more free radicals you have in your body, the more skin damage can accumulate over time. But did you know that exposure can be particularly high during the holiday season? There are a few reasons for this. One is that cooler temperatures are linked to sugar cravings, making sweet treats especially hard to resist at a time of year when there are so many to choose from. Increased sugar intake can boost the production of advanced glycation end products, and ultimately unwanted free radicals. In general, diets high in fat, sugar, and processed foods can contribute to free radical production, as can stress.

Fortunately, you can take steps to protect your skin from the inside out during the holidays and beyond. Fernblock PLE (Polypodium leucotomos extract), the natural antioxidant in the dietary supplement Heliocare Daily Use Antioxidant Formula, can help neutralize free radicals and the damage they cause. Dermatologist-recommended, Heliocare aids in eliminating free radicals to help maintain younger-looking, more resilient skin.

"Along with the cheer of the season comes skin hazards," says New York-based dermatologist, Rachel Nazarian, MD. "But the holiday season is the perfect time to gift your skin additional protection from the damaging effects of free radicals. You can do this by incorporating a supplement

like Heliocare into your routine in addition to using a topical broad spectrum sunscreen."

To learn more, visit heliocare.com. (These statements have not been evaluated by the Food and Drug Administration. Heliocare is not intended to diagnose, treat, cure or prevent any disease.)

## MOVE DAILY

Be sure to take time for yourself each day to receive the combined physical and mental health benefits of movement. Head outdoors for a morning or afternoon walk to get some fresh air, improved blood circulation and some mood-boosting sunlight during the short, dark days of winter. To promote agility, flexibility and relaxation, take a few minutes to unwind with some meditation or gentle yoga.

## PRACTICE HEALTHY HABITS

Holiday office parties and family gatherings often involve

indulging in the kinds of food and drink that can leave you feeling more dehydrated, bloated and fatigued than you might normally. Counteract these effects by adopting healthy habits now that you can carry into the new year. Drink plenty of water each day, and incorporate decaffeinated green tea, coconut water or smoothies into your routine for added electrolytes. Likewise, get high-quality sleep each night. It's especially important to do so if you're burning the candle at both ends. For better shut-eye, avoid caffeine and blue light exposure before bedtime, and keep your bedroom temperature comfortable and consistent.

While it can be hard to set aside time in your schedule when there's so much to do, a bit of daily self-care is sure to have a restorative effect that helps you refresh, reset and be more focused.



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<p><b>COST</b>                  \$10 a person a night</p>	<p><b>TEAMS</b>                  Min. team size is 4 persons                  Recommended to have 5-6 to account for scheduling issues</p>

**REGISTRATION**  
 Register at the McAdoo Fitness Center or e-mail 5.FSS.Fitness@us.af.mil to register for a team or submit your Letter of Intent by Wednesday, December 21.

**FOR MORE INFORMATION**  
 Contact Wesley Mason with Minot Curling Club @ 218-766-1988 or TSgt Clay Fisher @ 701-415-6063

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# Love in the Workshop

MARTINA KRANZ

The smell of pine wafted into her nose. It reminded her not of Christmas trees but of the cleaner used by the maintenance elf named Rose. Tina slapped her needle onto her workbench. She detested some of the couture styles from the French. She was tired of the finger pricks, and her head bowed. The other elves stared at her; their curiosity aroused.

"I need a break," Tina said, "because my back hurts and my head aches. I'm tired of constantly working for Santa and chugging that distasteful Mylanta. I hate making clothes all year round, for ungrateful and ravenous crowds."

"What will you do?" Edric asked. "Don't make your move too fast. You've worked for Santa your entire life. He houses and feeds us, although we are surrounded by endless snow and ice."

Tina stood and walked to the front of the room. "That's true, Edric, but we're workaholics, and this workshop is a tomb."

Their fellow elves lay down their tools too. Another elf stood; a young man called Drew. He looked around, raised his fist, and said, "Miss Tina, were with you! Just tell us what you want us to do."

"We're going to tell Santa," Tina said, "that we need more rest days, and if we don't get them, we're not going to stay. We can find our own castle where we could work and play."

Edric set his miniature carpenter's hammer onto his workbench. His Tina was something, the saucy wench. He had loved her for ages, but never engaged her in any serious exchanges. The time had come to tell his coworker how he felt about her. He must tell her now; that's for sure.

Edric stood in the noisy

workshop. "You're right, Miss Tina Murdoch. We elves have no life balance, toiling nonstop in Santa's palace. If you want me to, I'll speak to Santa for us. I'll raise a big fuss for all of us." He took a deep breath and felt like he was being put out to death.

"Tina, now I must tell you something that's been on my mind."

The other elves stood and closed in behind.

A sweat broke out on Edric's forehead, but what he had to say had to get said. His heart was pounding, and he swallowed hard, but now wasn't the time to wax the bard "Tina, my darling, you're a hard worker, funny, and clever. I love you dearly, always, and forever."

The crowd cheered and whistled. At that moment, not one elf bemoaned or bristled.

Tina looked at him with love in her eyes. Love no longer in disguise. She had loved Edric for ages in return. Love asks for love, she suddenly discerned. It's not good to live life unhappy and alone. She wanted to live as Mrs. Edric Jones.

Edric approached Tina and clasped her hands. The other elves looked on, which included an elf who was the Pastor Stan.

"Let's get married," Edric said and smiled. "Then we'll take a honeymoon and go a little wild."

Tina laughed and waved to Pastor Stan who wore the dog collar and was called the G-Man. "Will you marry us, Pastor? I need much more love and laughter."

Pastor Stan married them alright, in front of all those eager eyewitnesses and a Christmas tree, twinkling and bright. The elves made some punch and sandwiches

and danced to music played on the workshop's Alexa. Oh, they danced. You betcha!

When Santa and Nina heard the merry commotion, they went to see what the elves were celebrating with such devotion.

When he had a minute, Santa took Edric aside as Edric bristled with pride. "Edric, why didn't you tell me before? I adore my wife Nina, and I know the score."

"We decided to marry at the last minute. I finally realized that I wanted Tina for my wife because she's got lots of spunk and spirit." Edric shook his head and scowled at his CEO. "Why do you care anyway, Mr. HO HO HO? Everyone's unhappy about the situation at this elf station. You never, ever give us elves a break from all the presents we make. You make us work our fingers to the bone, and we never moan and groan. Well, not anymore. We want rest days, Santa, and maybe a little more."

Santa's face turned as red as his suit. The man didn't mean to act like a brute. "I'm so sorry! I'm so ashamed! Nina and I only thought about the world's Christmas cheer, and we forgot about our workers and the others we hold dear."

Santa then gave the newlyweds his blessing. He let them use the sleigh for the honeymoon about to be progressing. "Don't worry," he said to Edric and Tina before they took flight on that night. "I'll speak with the other elves while you're gone, and from now on, you'll get your rest. Nina and I won't ever again forget how much we've been blessed."

Edric drove the sleigh up, up, and away with Tina by his side. "Where should we go, my lovely bride?"

# Community VOICES

Tina looked at Edric, smiling at her groom. She waved her hand and said with aplomb, "Take me anywhere because I'm happy when I'm with you. Ring a ding do! We finally got some sobriety and without any more stress or anxiety." She snuggled against Edric as they flew through the starry sky. They honeymooned at a spa resort called Christmas in July. When Edric and Tina returned from their honeymoon, they found that Santa had kept his word. Along

with scheduled days off, they also received their own reindeer, newly trained from the herd.

"I'm glad to be back," Tina said. "I can't wait to use my machine to sew some new styles that I can't get out of my head."

Edric smiled. "It does feel good to be home. We've been gone for a while."

They joined the others in the workshop. Tina sewed and Edric hammered until 7:00 o'clock when it was time to stop.

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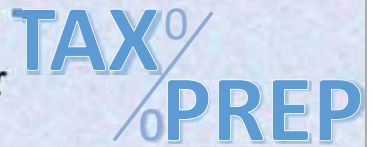
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Fact File	
Life Span	40 - 50 years
Male Weight	7 - 13 pounds
Female Weight	5 - 10 pounds
Body Length	35 - 50 inches
Wild Diet	Omnivore (Carnivore) Herbivore Arthropods, Amphibians, Lizards, Snakes, Small rodents

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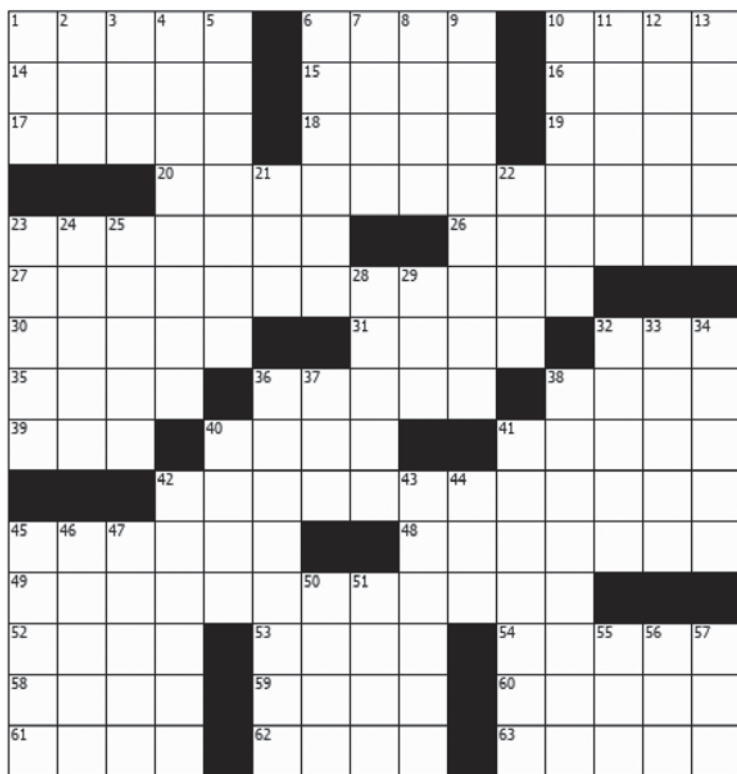
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# CROSSWORD PUZZLE

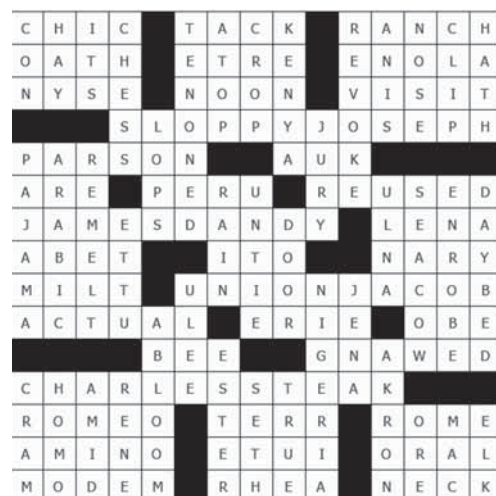
- Across**
- "The Sound of Music" family
  - Supervision
  - Pots partners
  - Hitherto unknown
  - Elaborate lie
  - Last words?
  - Pageant crown
  - Failed economy car
  - It gets flat when it's old
  - 1965 chart topper
  - Without end
  - Covered
  - Try it out
  - Live and breathe
  - Sub \_\_\_ (secretly)
  - Web address part
  - Slippery swimmers
  - Exodus origin
  - Movie
  - Retirement prog. overseer
  - Rob's dad
  - "As You Like It" forest attraction
  - State with conviction
  - Pertinent
  - Test drive
  - Pass by
  - Apiece
  - "Scooby-Doo" character
  - Expected result
  - End in \_\_\_ (require overtime)
  - Regions
  - Ferrara ruling family
  - Carmine and crimson
  - Pre-bar exams



- Down**
- Big bang letters
  - Lyon king
  - She played Sarah in "The Bible"
  - Sauciness
  - Strong praise
  - John Phillips' daughter
  - Juillet follower
  - Spaghetti sauce brand
  - 1973 horror classic (with "The")
  - Government service
  - Word before face or time
  - Kol \_\_\_ (Yom Kippur prayer)
  - Lemonade locale
  - Hogwash
  - Asta's mistress
  - S-shaped moldings
  - Puts the kibosh on
  - St. Teresa's town
  - With irony
  - Bobby-soxer's event
  - Prettied
  - Bridge call, informally
  - Baby-sits
  - Grin measurement
  - Terrier's audible warning
  - Crosby and Vallee, e.g.
  - "What's My Line?" panelist
  - Airport event
  - What to do "in St. Louis"
  - Deep cuts
  - Antonym (Abbr.)
  - Make reparation
  - Greek island
  - Evade, as an issue
  - Assign a PG-13
  - Hydrochloric \_\_\_
  - Pastoral expanse
  - "Welcome" site
  - Donkey's ancestor

## CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



## SUDOKU Solution to puzzle on page B11

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

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- OPENS DEC 23**
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# Minot Hot Tots Release Official Schedule

The Northwoods League team will welcome nine opponents to Corbett Field during their inaugural season

MINOT, ND - The Minot Hot Tots will open their Inaugural season on Monday, May 29, 2023 (Memorial Day) at 7:05 pm against the Saint Cloud Rox. The Hot Tots will play all of their 36 home games at Corbett Field.

Hot Tots head coach, Mitch Gallagher, is already in the process of recruiting players from across the country to play for the team this summer. Competitive collegiate athletes from near and far have started filling the Hot Tots roster. Roster announcements will begin in the new year.

"I'm really excited about the guys we have signed on already. A lot of high-level talent coming in from all parts of the country from some top baseball programs" Gallagher said. "Most importantly the players are excited about the opportunity to play in this league and eager to become part of the Minot community."

Northwoods League (NWL) regular-season play spans from May 29 to August 12 and consists of 68 games in 75 days for each of the 23 teams in the league. The Minot Hot Tots will face 9 different opponents in the Great Plains Division at Corbett Field next summer including the Bismarck Larks, Duluth Huskies, Eau Claire Express, La Crosse Loggers, Mankato Moondogs, Rochester Honkers, St. Cloud Rox, Willmar Stingers, and Minnesota Mud Puppies.

The sub-divisional playoff rounds will be played on August 13-15, the Division Championship on August 16, and the League Championship on Thursday, August 17. More information about the NWL playoff format and how the Hot Tots would see their way to the playoffs can be found on the NWL website.

One exciting matchup for the Hot Tots this summer will be against their only in-state opponent, the Bismarck Larks. Athletic superiority between Minot and Bismarck has been a long-standing battle at all levels of competition and now the Northwoods League is adding fuel to the fire. Fans can expect 12 total rivalry games throughout the summer, half to be played at Corbett Field in Minot and the other half at Bismarck

Municipal Ballpark. Each series against the Larks will consist of one game in Bismarck and one game in Minot.

"I've heard all about the other sports rivalries between Minot and Bismarck, and I can't wait to see Minot fans support the Hot Tots this summer," said Monica Blake, Hot Tots General Manager and Managing Partner. "The schedule, especially against the Larks, is super unique and it will be exciting to watch it play out throughout the entire season."

In addition to high-quality baseball on the field, the Hot Tots will provide fans with high-quality entertainment as well. Each game will consist of on-field games, unique player interactions, an epic family fun zone area, alcoholic beverages of choice, and more. Select games throughout the season will have a heightened level of entertainment including outside-the-box theme nights and national entertainment acts.

"I'm so excited for our first game to see fans fill the ballpark and experience what Hot Tots and the Northwoods League are all about, which is exceptional family entertainment and great baseball", said John Armstrong, Assistant General Manager and Director of Ticket Sales.

A promotional schedule announcing all experience additives will be released at a later date.

"While we're excited about the team that Mitch is recruiting on the field, much of what our front office works to accomplish leading up to the season takes place off the field," said Blake. "We can't wait to provide an unforgettable entertainment experience for fans, and to provide an opportunity for people in Minot to create memories with family and friends at Corbett Field."

The best way to guarantee a rivalry game and the best entertainment is by purchasing a 5 Game Hot Dish Membership. More information about 5 Game Hot Dish Memberships, internships, working at the ballpark, hosting a player, becoming a sponsor, and more fans can visit [www.hottotsbaseball.com](http://www.hottotsbaseball.com) or call 701-838-8687.



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SARA LAWYER, AGE 9

Have you ever been to Bismarck Museum? If you haven't, then you should go!

Your whole family can go to this exciting museum. There are lots of rooms with cool things in them like history, clothes that people wore in the past, dinosaurs, a gift shop, a tree house and more!

The fossilized dinosaur exhibit is my favorite. It has a T. Rex skeleton fighting a triceratops. It also has a pterodactyl nest and a giant turtle shell.

The treehouse is an indoor playground for kids! It has a party room with a disco light and

music to dance to. There is a slide that comes from the top of the treehouse and a wooden horse with a real saddle. There are also parts of a fire truck, airplane and train.

In the gift shop, you can find many different cool items to buy. There are post cards, toys, stuffed animals, and clothes. I love going in the gift shop. We also found the café the last time we went and we got a dinosaur cookie with sprinkles!

The most amazing thing is that the museum is FREE for all ages!



The tree house is in the indoor playground. You can see the slide going through the middle.

These dinosaurs are replicas of what the dinosaurs must have looked like back then.



This turtle is the largest turtle ever

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## POT ROASTED BEEF BRISKET

Home of ECONOMY

**INGREDIENTS**  
2 1/2 POUND FLAT CUT BEEF BRISKET  
TRAERGER PRIME RIB RUB  
1 LARGE YELLOW ONION, SLICED  
1 CLOVES GARLIC, MINCED  
2 1/2 MEDIUM CARROTS, CUT INTO 2 INCH SLICES  
1/2 STALK CELERY, DICED  
1/4 CUP DRY RED WINE  
1/2 TABLESPOON TOMATO PASTE  
1/2 TABLESPOON WORCESTERSHIRE SAUCE  
1/2 TEASPOON DRIED THYME  
1/2 CAN (14.5 OZ) DICED TOMATOES  
1 CUP LOW SODIUM BEEF BROTH  
1 BAY LEAF  
CHOPPED PARSLEY, FOR GARNISH

When ready to cook, set the Traeger temperature to 350°F and preheat with the lid closed for 15 minutes. Trim the fat cap on the brisket to 1/4-inch. Season all sides generously with Traeger Prime Rib Rub. In the bottom of a large roasting pan, add the onions, garlic, carrot, and celery.

In a small bowl, add the wine and whisk in the tomato paste, Worcestershire sauce, and thyme. Pour the wine mixture over the vegetables. Add the tomatoes and beef broth, and bury the bay leaves in the vegetables.

Lay the brisket fat-side up on top of the vegetables. Cover tightly with aluminum foil. Place the roasting pan directly on the grill grates. Close the lid and cook for 3 1/2-4 hours, or until the meat is fork-tender. Halfway through the cooking time, carefully lift the foil and turn the meat over. Replace the foil.

Remove the brisket from the grill, and let the brisket rest for 30 minutes. Remove and discard the bay leaves from the vegetables and skim any visible fat from the liquids. Transfer the brisket to a cutting board and slice into 1/4-inch-thick slices. Garnish with parsley, as desired. Enjoy!

Ryan Davy - GM  
Minot

www.HofE.com/BBQH



# VOLUNTEER OPPORTUNITIES

### Salvation Army Volunteers

(December 23)  
The Salvation Army is in dire need of volunteers during this time of the year. Help spread holiday cheer & raise donations for the Salvation Army. Let's help make Christmas merrier for those that are less fortunate.  
Where: Walmart Food Door; Walmart Home Door  
Date: December 23rd Friday  
Times: 1500-1600; 1600-1700; 1700-1800 hrs.  
Attire: Civilian cold-weather gear  
Goal: \$80k raised nationwide  
It'll be cold and the stations are placed outside at the entrances. Please dress appropriately and take breaks to warm yourself. If you must wear military issued cold-weather gear, please do not attach any name tapes, rank, or USAF identifiers.  
**POC:** JOSEPH G. VERGARA, SSgt, USAF  
NCOIC Occupational Safety  
Wing Staff Agencies UFPM, SBW  
818-472-2022 or 701-723-4262

### 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

### 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)

### Caring Edge Hospice Volunteers

Caring Edge Hospice is looking for volunteers to assist with a wide-range of support. It's an honor to be part of our patients' and their families' journeys. Making connections with our amazing hospice team is just one of the many personal and professional rewards you will experience through the gift of volunteering. Our team and our community would like to offer that gift to the Airmen at Minot Air Force Base.  
**POC:** Shelby Stuckey, Volunteer Coordinator  
(888) 223-4287  
shelby.stuckey@caringedge.com

### Minot ND Men's Winter Refuge Volunteers

(until April 30)  
The Men's Winter Refuge, is a non-profit homeless shelter that is looking for volunteers to assist with a wide-range of support. Our shelter provides assistance as well as a safe place for men in need during the coldest months. We now have a facility that features 12 beds in 4 bedrooms with 2 full bathrooms and large kitchen/dining and living room area. We provide support and assistance like transportation, clothing, and of course, lodging. We would like to humbly ask the Minot Air Force Base community to share with us their time by volunteering. We're in urgent and dire need of overnight attendants (7pm-5am). Bring a friend or colleague to volunteer, make connections, inspire and encourage people in the facility.  
**POC:** Mike Zimmer, Executive Director  
winterrefuge@srt.com • (701) 822-2585

### 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

# YOUTH IN ACTION

## DoDEA Virtual School: Expanded Eligibility Pilot Program



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



The Department of Defense Education Activity Virtual School is now accepting applications for the Expanded Eligibility Pilot Program (E2P2) Spring Semester. For students not already enrolled in the program, only single semester courses are available. However, for students that are transferring in the middle of the year, the DoDEA Virtual School may be able to help to continue courses that are not being offered at their new schools.

The Expanded Eligibility Pilot Program is for high school students that are dependents

of active duty servicemembers stationed in CONUS that do not have access to a DoDEA brick-and-mortar school. I've attached a flyer that can be used for this spring semester. You can also find more information and the application on our website at <https://www.dodea.edu/dvs/index.cfm>.

If you have any questions, please contact the DoDEA Virtual School at [e2p2@dodea.edu](mailto:e2p2@dodea.edu). If you have additional questions please reach out to the School Liaison Office at [mafbschool.liaison@us.af.mil](mailto:mafbschool.liaison@us.af.mil).

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## 2022-2023 MPS CALENDAR

December 2022							15 days
S	M	T	W	T	F	S	
				1	2	3	
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30	31	

January 2023							20 days
S	M	T	W	T	F	S	
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30	31					

**December 22**  
P/T Comp Day - No School

**December 23-Jan 2**  
Vacation - No School

**January 3**  
Classes Resume

**January 16**  
Martin Luther King Jr. Day - No School



- Vacation Days - not contracted day
- Holidays
- PD Days - contracted day
- Early Release Days - 1:15pm
- Parent/Teacher Comp Days
- Weather Make-up Day

**EVERYDAY HAPPY HOUR - 3PM - 6PM**

- \$2 off All Apps
- \$3 House Wine & Domestic Pints
- Bavarian Pretzels with Beer Cheese Sauce
- \$4 Rail Drinks, ND Brewery Pints & 22oz Domestic Taps, 4 Lettuce Cups
- \$5 Moscow Mule
- \$6 Specialty Cocktails, Martinis & 22oz ND Breweries Taps
- 1/2 Flat Bread Pizza

**DAILY SPECIALS**

- Monday \$5 Moscow Mules (all day)
- Tuesday \$4 ND Breweries (all day)
- Wednesday 1/2 Price Wine by the glass/bottle (all day)
- Thursday \$1 up for all Tall Taps (all day)
- Sunday BRUNCH (11am-2pm)
- \$7 TSR Bloody Mary & Caesars
- \$12 Bottomless Mimosas
- \$6 Breakfast Shots

**FAMILY PACKS**

- Monday Pizza Pack Combo
- Tuesday Sandwich Pack
- Wednesday Chef Creation\*
- Thursday Pasta Pack

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### NOTES ON BEING SAFE

## Tis the Season for Toy Safety



ROD KRAUSE  
5TH BOMB WING  
OCCUPATIONAL SAFETY  
AND HEALTH MANAGER



Tis the season team Minot! When you are spreading the holiday cheer and in a giving spirit, keep in mind, toy safety! There are hundreds of toys on the market today, which are produced from all over the world. However, not all of them are made with quality. While shopping you may not be thinking of safety but this is something that is often overlooked. According to the U.S. Consumer Product Safety Commission more than 120,000 children are treated in the hospital emergency room for toy related injuries. When selecting a toy, the following things need to be considered: One, the age of the child should be the primary key, so that they are getting something that is appropriate for their group and skill level. Two, inspect the toy by looking for quality design and construction. Avoid items that have sharp points, glass, exposed metal edges, and small attachments. This will help reduce the chance of accidental hazards as choking and cuts. And three, read the label! We often neglect to read the warnings and precautions listed. This notice can be the deciding factor also if the toy will be a good idea as a gift. Remember, a toy for sale does not mean that the product is safe. If you encounter a toy that you feel is unsafe ensure you report your concern to the U.S. Consumer Product Safety Commission.

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# Holiday safety and security tips

DON BARTLETT, CHIEF, DLA INSTALLATION MANAGEMENT  
RICHMOND VIRGINIA'S SECURITY OPERATIONS BRANCH  
DLA INSTALLATION MANAGEMENT RICHMOND VIRGINIA

Unfortunately, criminals love the holidays just as much as we do. The holiday hustle and bustle can sometimes cause us to lower our defenses, but here are some tips on how we can leverage good holiday safety and security practices:

**IF YOU ARE TRAVELING:**

Get automatic timers for your interior and exterior lights.

Ask a neighbor to watch your home, pick up your mail and park in your driveway from time to time.

**IF YOU ARE OUT FOR THE EVENING:**

Turn on the lights and a television or radio so it looks like someone is home.

Be extra cautious about locking doors and windows when you leave, even if it's just for a few minutes.

Do not display gifts where they can be seen from the outside.

**IF YOU ARE OUT SHOPPING:**

Stay alert and be aware of your surroundings.

Park in well-lit areas, and be sure to lock the car, close your windows, and hide all gifts in the trunk.

Avoid carrying large amounts of cash.

Carry your purse close to your body and put your wallet in an inside pocket or front pants pocket.

Have your keys ready to enter your vehicle when you approach it. Use your "panic button" on your key fob if you become nervous or think you are being followed.

Lock your doors immediately upon entering your vehicle.

**IF YOU ARE HOME:**

Always use caution when answering your door for strangers because criminals often use disguises and pose as couriers during the holiday season.

Ask for identification from those soliciting donations because fraudsters often prey upon generous people.

Consider donating only to trusted charitable organizations.

If you have any questions regarding holiday safety and security practices, please contact John A. O'Kleasky, Installation Antiterrorism Officer, via telephone at (804) 279-1740 or via email at John.Okleasky@dla.mil

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# CHURCH DIRECTORY

<p><b>Chapel Services at MAFB</b></p> <p><i>North Plains Chapel in Base Housing</i></p> <p><i>Protestant Liturgical Service</i> <b>Christ Chapel</b> 0900</p> <p><i>Protestant</i> <b>Sunday Community Service</b> 1030 (Holy Communion 1st Sunday) Children's Church during school year</p> <p><i>Wicca, Pagan, and Neopagan Services</i> <b>Open Circle</b> 1000 on the 1st and 3rd Saturdays of every month</p> <p><i>Northern Lights Chapel across from Rockers</i></p> <p><b>Catholic Mass</b> Sunday ..... 1000 Daily ..... Monday-Thursday at 1200</p>	<p><b>St. Peter The Aleut Eastern Orthodox Church</b></p> <p> <b>109 6th St. SE Minot • 838-3094</b></p> <p><b>Saturday, Dec 24</b> 5 PM, No Vespers</p> <p><b>Sunday, Dec 25</b> 10AM, Congregational Prayer Service</p>	<p> <b>Break Forth BIBLE CHURCH</b></p> <p>Wednesdays 7:00pm and Sundays 10:30am</p> <p><b>1821 W Burdick Expressway</b> For More Information: 701.353.9337   <a href="http://www.bfbc.tv">www.bfbc.tv</a></p>	<p> <b>An Evangelical Free Church</b> 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School &amp; Fellowship ..... 9:00 a.m. Worship ..... 10:30 a.m.</p> <p><a href="http://www.trinitychurchminot.org">www.trinitychurchminot.org</a></p>	<p> <b>Bible Fellowship Church</b></p> <p>Worship Service at 10:45am Sundays Sunday School at 9:45am</p> <p><b>1720 4th Ave NW, Minot</b> <b>838-0916</b> <a href="http://MinotBibleFellowship.org">MinotBibleFellowship.org</a></p>
<p><b>Immanuel Baptist Church</b></p> <p><b>1615 2nd St. SE • <a href="http://www.ibcminot.org">www.ibcminot.org</a></b> <b>701-839-3694</b></p> <p></p> <p><b>SUNDAYS:</b> 9:00 AM FELLOWSHIP 9:15 AM SUNDAY SCHOOL 10:30 AM WORSHIP</p> <p><b>WEDNESDAYS:</b> 11:30 AM SOUP KITCHEN 5:30 PM FAMILY SUPPER 6:30 PM PRE-K/KIDS' CLUB / ABY &amp; ADULT BIBLE STUDY</p>	<p></p> <p><b>Christ Reformed Church</b> Worship 11:00 a.m. Sunday 234 14th Ave SE <a href="http://www.christreformedchurchminot.com">www.christreformedchurchminot.com</a></p>	<p><b>St. John the Apostle Catholic Church</b></p> <p> 2600 West Central Ave • Minot, ND 58701 <b>839-7076</b></p> <p>Daily Mass Schedule: Tuesday ..... 5:15 p.m. Wednesday - Friday ..... 7:00 a.m. Saturday ..... 5:00 p.m. Sunday ..... 8:00 &amp; 10:30 a.m.</p> <p><i>Fr. David A. Richter, Pastor</i> Parish website: <a href="http://www.stjohnminot.com">www.stjohnminot.com</a></p>	<p> <b>First Lutheran Church - ELCA</b> 120 5th Ave. NW 852-4853</p> <p>Sunday Worship 9:30 am</p> <p><a href="http://www.firstlutheran.tv">www.firstlutheran.tv</a> (Live Stream &amp; Recorded) Radio Broadcast KRRZ 1390AM Sunday 9:30 am <a href="http://www.flcminot.com">www.flcminot.com</a></p> <p>Pastor Brandy Gerjets • Pastor Ellery Dykeman</p>	<p></p> <p><b>Gospel Tabernacle Community Church</b></p> <p>9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</p> <p>Sunday School ..... 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour ..... 6:30 p.m. Evening Worship ..... 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) ..... 7 P.m.</p>
<p> <b>JOURNEYCHURCH</b> ASSEMBLY OF GOD</p> <p><b>1805 2nd St. SE</b> <b>838-1111</b></p> <p><b>Sunday Services</b> 9:00 AM &amp; 11:00 AM</p> <p><b>Wednesday</b> 6:30 PM</p>	<p><b>Minot Baptist Church</b></p> <p> Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School ..... 9:45 a.m. Morning Worship .... 11:00 a.m. Evening Worship ..... 6:00 p.m. Wednesday Evening..... 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> <b>500 46th Ave NE • 839-1351</b> Pastor David Miller</p>	<p> <b>Cross Roads Baptist</b></p> <p><b>Southern Baptist Convention</b></p> <p>Sunday School (all ages) ..... 9:45 a.m. Sunday Worship ..... 11 a.m. &amp; 6:30 p.m. Wednesdays (Prayer &amp; Missions) .. 6:30 p.m.</p> <p><a href="http://www.minotcrbc.org">www.minotcrbc.org</a> email: <a href="mailto:minotcrbc@gmail.com">minotcrbc@gmail.com</a> <b>Dr. Bob Farmer - Pastor</b></p> <p><b>415 28th Ave SE (Behind Menards)</b> <b>838-1873</b></p>	<p> <b>West Minot Church of God</b> <i>Family Worship Center</i></p> <p><b>1105 16th St. NW • 839-1407</b></p> <p>Sunday School ..... 9:30 a.m. Sunday Worship ..... 10:30 a.m. Children's Church &amp; Nursery Wednesday Family Training Hour Meal..... 5:30p.m. Classes for All Ages ..... 6:30 p.m. Youth Center, Friday..... 7:00 - 11:00 p.m. ABC Child Care Center ..... 852-6352</p> <p><a href="http://westminot.com">westminot.com</a> <a href="https://facebook.com/westminot">facebook.com/westminot</a></p>	<p><b>To Advertise your Church on this page,</b></p> <p><b>Call 839-0946</b></p> <p><b>Only \$9.00 a space / per week</b></p>
<p><b>First Baptist Church</b></p> <p> <b>200 3rd St. SW • 852-4533</b> <a href="http://www.fbcminot.org">www.fbcminot.org</a></p> <p>Classic Worship Service..... 8:30 a.m. 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.</p> <p><b>Rev. Kent Hinkel, Senior Pastor</b> <b>Elaine Carlson, Children's Ministry Director</b></p>	<p><b>Apostolic Faith Church, UPCI</b></p> <p><b>2929 19th Ave NW • Minot</b> Located off Hwy 83 Bypass West <b>(701) 838-0609</b></p> <p>Saturday School ..... 2:00 p.m. Sunday Worship ..... 3:30 p.m. Wednesday Bible Study ..... 7:30 p.m.</p> <p><b>Jesse Starr, Pastor</b></p>	<p> <b>Grace Baptist CHURCH OF MINOT</b></p> <p><b>Sunday Service: 4:00 p.m.</b> <b>Wed. Prayer: 5:30 p.m.</b> at Living Word Lutheran bldg 710 46th Ave NE, Minot</p> <p><b>Web:</b> <a href="http://gracebaptistminot.com">gracebaptistminot.com</a> <b>E-mail:</b> <a href="mailto:gbcminot@gmail.com">gbcminot@gmail.com</a></p> <p><b>RADIO BROADCAST</b> KFLK 95.9 LPFM 8:30 a.m./p.m. Sat/Sun</p>	<p> <b>oslc</b> where faith &amp; life meet</p> <p><b>OUR SAVIOR LUTHERAN CHURCH</b> 3705 11th St. SW Minot, ND 58701 701-852-6404 <a href="http://www.oslcminot.com">www.oslcminot.com</a></p> <p><b>Rev. Heath Trampe</b> <b>Rev. Brian Doel</b></p> <p><b>Sunday Worship</b> 8:15am Traditional Service 9:30am Contemporary (w/livestream) 9:30am Sunday School &amp; Adult Bible study 11:00am Contemporary Service</p> <p><b>Wednesdays 6-7pm</b> Adult Choir OSKids (age 4-5th gr.) Bible Class (6th gr.) High School Youth Group (6-8pm)</p>	<p><b>To Advertise your Church on this page,</b></p> <p><b>Call 839-0946</b></p> <p><b>Only \$9.00 a space / per week</b></p>

  
**OUR REDEEMER'S CHURCH**  
*A Church of the Lutheran Brethren*

**Sundays:**  
Worship..... 9:00 a.m. & 11:00 a.m.  
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For more information visit us on the web at:  
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[info@orcsknights.org](mailto:info@orcsknights.org) • 701-839-0772  
[www.orcsknights.org](http://www.orcsknights.org)

**ORCS Preschool**

Our Redeemer's Christian School's Preschool Program has started its 35th year the fall of 2022 and we would love to have your child be a part of it!

**NOW ACCEPTING REGISTRATIONS FOR THE 2022-2023 SCHOOL YEAR**

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Email: [jschultz@orcsknights.org](mailto:jschultz@orcsknights.org)  
Website: [www.orcsknights.org](http://www.orcsknights.org)

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# CLASSIFIEDS

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 By email or phone at  
[mmackey@kalixnd.org](mailto:mmackey@kalixnd.org)  
 701-852-1014

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**THE NORTH DAKOTA NATIONAL GUARD** have openings available in a variety of career fields across the state and in Minot. Continue your military career on a part-time basis. For more information call 420-5903 or 420-5904 in Minot. tfn

**IMMEDIATE FULL AND PART TIME OPENINGS** for daytime and evening custodial positions cleaning buildings at the Minot Air Force Base. Pay is \$14.49/hour plus health & welfare benefit. Hours Days 8a or 9a-finish typically Monday through Friday, may include weekend work. Nights 5p-finish. Apply in person at: 605 27th St SE, Minot ND 58701 or contact: Matt Mackey By email or phone at [mmackey@kalixnd.org](mailto:mmackey@kalixnd.org) 701-852-1014. tfn

**ADULT & TEEN BAGGERS NEEDED AT THE MINOT AFB COMMISSARY**  
 Baggers Work for Tips Only • Adult Hours Tuesday-Friday 7am-4pm • Later start times available but must be able to stay until 4pm & Sunday 11am-6pm • Teen Hours Tuesdays-Friday 4pm-7pm & Saturday 7am-6pm • Morning start times rotate & vary. Please speak to Charlie at the commissary if interested or leave contact information with customer service.

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# CLASSIFIEDS

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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](mailto: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](http://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](http://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](mailto: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](mailto:Brigitte.mikula@minotstateu.edu)

# BUSINESSES & SERVICES



### SUDOKU SOLUTION PUZZLE ON PAGE B4

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

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58703

# WHAT'S GOING ON MAFB

## FRIDAY 23

- AFGSC Family Day
- For a full listing of Christmas holiday facility hours, visit 5thforcesupport.com
- 12 Jingle Bowling Days of Christmas, 1700, Rough Rider Lanes

## TUESDAY 27

- HIIT Strength & Conditioning, 0500, Fitness Center
- Game Day, 1000-1930, Minot AFB Library
- Newbery Book Club, 1600, Minot AFB Library
- Magic The Gathering Commander Night, 1800, ESC

## FRIDAY 30

- AFGSC Family Day
- For a full listing of New Year's holiday facility hours, visit 5thforcesupport.com
- Gingerbread House Contest Ends at the Dakota Inn Dining Facility
- Friday Night Mixed No Tap League, 1800, Rough Rider Lanes

## SATURDAY 24

- Christmas Eve
- For a full listing of Christmas holiday facility hours, visit 5thforcesupport.com

## WEDNESDAY 28

- HIIT Strength & Conditioning, 0500, Fitness Center
- Right Start, 0800-1030, Jimmy Doolittle Center, hosted by the M&FRC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Story Time, 1030, Minot AFB Library
- Swerk, 1730, Fitness Center

## SATURDAY 31

- New Year's Eve
- For a full listing of New Year's holiday facility hours, visit 5thforcesupport.com
- Registration Closes: Youth Basketball at the Youth Center
- Winter STEAM Challenges begin at the Minot AFB Library
- Family New Year's Eve Party, 1100-1600, Rough Rider Lanes
- Rockers New Year's Eve Party, 2100-Close, Rockers Bar & Grill

## SUNDAY 25

- Christmas Day
- For a full listing of Christmas holiday facility hours, visit 5thforcesupport.com
- Holiday Meal - Lunch, 1030-1330, Dakota Inn Dining Facility
- Holiday Meal - Dinner, 1630-1800, Dakota Inn Dining Facility

## MONDAY 26

- Christmas Day Observed
- For a full listing of Christmas holiday facility hours, visit 5thforcesupport.com

## DEC. SPECIALS

### Bomber Bistro • Italian Hoagie

Ham, pastrami, pepperoni, lettuce, provolone cheese, tomato, Italian dressing on a demi baguette!

### The B-Fifty Brew • Peppermint Mocha

Espresso with steamed milk, sweet mocha sauce and peppermint-flavored syrup, topped with whipped cream and dark-chocolate curls.

### Rockers Bar & Grill • Shrimp Basket

Corkscrew shrimp lightly battered and fried golden brown, served with fries and cocktail sauce.

## THURSDAY 29

- Pre-Separation Counseling, 0830, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Family Bootcamp, 1200, Turf, hosted by the Fitness Center
- Cycle & Strength, 1700, Fitness Center
- Thursday Night Football, Doors Open at 1700, Rockers Bar & Grill
- Extramural Bowling, 1730, Rough Rider Lanes

## UPCOMING EVENTS

**ROCKERS NEW YEAR'S EVE PARTY**  
ROCKERS BAR & GRILL  
DECEMBER 31ST • 9:00PM - CLOSE  
COST \$10  
FIRST 15 PEOPLE GET IN FREE PLUS FUN PRIZES!  
HORS D'OEUVRES, DRINK SPECIALS, & LIVE DJ!  
MUST BE 21 & UP TO ATTEND



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at the B-Fifty Brew

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Nov 28th - Dec 28th



Treat the office  
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## NEW YEAR'S EVE!

ROUGH RIDER LANES

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