

YEAR IN REVIEW

WHATS INSIDE THIS WEEK:



BAKING
UP SMILES

A3



NORTHERN
SENTRY
GIVEAWAY

A2

AIRMEN SPREAD HOLIDAY CHEER



Airmen from the 91 Missile Wing exemplified true joy by organizing and delivering Angel Tree gifts to Dakota Boys and Girls Ranch over the Christmas holiday.

DAKOTA BOYS AND GIRLS RANCH PHOTO



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Training the Human Weapons System:

B-52 FTU adopts innovative CRAFT program

SENIOR MASTER SGT. TED DAIGLE, 307TH BOMB WING

BARKSDALE AIR FORCE BASE, La. --

It cost \$9.7 million to train a B-52 Stratofortress pilot, according to a 2019 RAND Corporation study.

But until recently, there was no scientific, holistic program at Barksdale Air Force Base designed to ensure that aircrew functioned at maximum cognitive and physical capacity.

That changed earlier this year when the 93rd and 11th Bomb Squadron, the two units running the B-52 Formal Training Unit, implemented the Comprehensive Readiness for Aircrew Flying Training program, also known as CRAFT.

Leadership at Air Force Global Strike Command initially brought CRAFT to Barksdale AFB to provide the best training possible for its B-52 aircrews, said Lt. Col. Aaron Bohl, 93rd Bomb Squadron commander.

The program melds cognitive function, physical fitness, and nutrition to maximize warfighting capabilities.

The B-52 FTU is the first Air Force Global Strike Command entity to use the program.

“It’s an investment in the aircrew as a human weapon system,” said Bohl. “CRAFT is about building the future B-52 warfighter that can operate in any environment

necessary.”

CRAFT is currently geared toward B-52 trainees in Initial Qualification Training and aircrew in the Flight Instructor Course.

A specialized team consisting of two cognitive performance specialists, Dr. Johannes Raabe and Dr. Tucker Readdy, Mandy Enloe, a strength and conditioning coach, and Heather McKenzie, a registered dietician, run the program.

The team collaborates closely, using best practices from the 19th Air Force CRAFT program to develop strategies and techniques specifically for the B-52.

“There are unique demands and responsibilities for B-52 aircrew,” explained Raabe about developing CRAFT for the B-52 community. “You wouldn’t train a basketball player like a football player or even a pitcher like an outfielder.”

To better understand those demands, the CRAFT team immersed itself in the B-52 world, interviewing subject matter experts, reviewing relevant research, analyzing data, and working in the B-52 simulator.

“Just being in the simulator helped me develop an appreciation of the level of stress aircrew might feel,” said McKenzie. “And analyzing the jet’s physical space helped me to understand best how

to incorporate proper nutrition and hydration into the program.”

All those efforts are helping them develop a curriculum where aircrew gain practical application of how to best work in stressful conditions, said Readdy.

“A session might involve reducing heart rate when completing a difficult task such as air refueling,” he said. “We’ll bring them to a state of stress and fatigue and teach them strategies and techniques that bring them to a physiological and psychological state where better decision-making can occur.”

The team explained that such lessons would be readily transferable to actual sorties. In addition, a deeper understanding of proper nutrition and hydration will underpin all the physical and cognitive efforts.

CRAFT in the B-52 community is in its early stages of development. But the team members agreed that leadership at AFGSC and the FTU had laid a strong foundation for success.

“They’ve given us the time and resources to do this right and make it successful,” said Raabe.

Readdy said the CRAFT curriculum is nearly ready for implementation, and the team should be able to measure the program’s impact in the coming months.

FCC provides valuable in-home child care services to support the families of Minot AFB

Provider of the Month Feature

JANUARY 2023

ODALIS MARTINEZ

What do you enjoy most about being an FCC Provider?

What I enjoy the most is working with the children. I could be having a bad morning and then they come and light my day with their warm hearts and silliness. It amazes me to see their creativity and personalities. I feel it so rewarding when I hear from parents that their children have improved since they started coming to my program. Specially because I can see how much of an impact I’m making on the children and our military families and it makes it all worthy.

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

I advise them to try it. You can set your own schedule, get guidance from the coordinators, and there is a lot of flexibility. To new providers, do not worry/stress to much at the beginning since there would be a few things you still have to learn and you will get there. Ask all your questions to coordinators and even current providers because we will all be happy to assist you and help you.

For more information about FCC, please check out the following website: <https://5thforcesupport.com/fcc/>.

\$100 Bottineau Winter Park Giveaway

ERIN BEENE, NORTHERN SENTRY

It’s a brand new year! That means new giveaways for our loyal readers and Minot AFB community. To start off 2023, we are giving away a \$100 gift certificate to the lovely and fully equipped ski and snowboard resort, Bottineau Winter Park. Only an hour and 15 minutes drive from MAFB and tucked in the beautiful Turtle Mountains, is this best little winter getaway for Minot Airmen and families!

This giveaway is open to all NEW Subscribers of the Northern Sentry email newsletter, the Weekly Post Brief.

To enter to win all you have to do is subscribe to our newsletter >>>>> <https://northernsentry.com/subscribe/>.

Good luck to everyone! But, even if you don’t win, Bottineau Winter Park holds a fantastic deal for Airmen and their families on Martin Luther King Jr Day, Jan 16 for Military Appreciation Day! Check it out.

*Giveaway will run from Jan 1, 2023, and close on Sunday, Jan 8, 9pm.



Military Appreciation Day.
BOTTINEAU WINTER PARK
FACEBOOK PHOTO

**Winners will be notified via email on Monday, Jan 9 and will have 24 hours to respond to the email or another winner will be chosen.

***Only open to Minot AFB Active Duty and Dependants. Must be able to prove MAFB affiliation.

****Gift Certificate only redeemable for lift tickets & equipment rentals, must be used in one day.

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Baking Up Smiles

A1C ALEXANDER NOTTINGHAM, 5 BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.

--

Volunteers from the Minot community came together to tackle an enormous task and deliver smiles to Airmen who are away from family this holiday season at Minot Air Force Base, North Dakota, Dec.14th, 2022.

“The goal of the cookie drive is simple yet means so much,” said Amy Maginness, a key spouse at Minot AFB. “Small things like this show our Airmen the support of the base and the local community, ensuring everyone has a taste of ‘home’ during this time of year, regardless of how far away from home they are.”

Minot AFB has one of the largest populations of first-term Airmen. Being a first-term Airmen, many may not be able to afford to go home for the holidays. Through the cookie drive, the local community shares a crumb of their heart with the Airman, letting them know they don’t need to feel alone this holiday.

“This event is a true team effort

between wing leadership, spouses, and the local community. Wing leadership spouses started the coordination, but the true work is done by those who graciously donated their time and skills to provide delicious home baked cookies for the Airmen,” said Maginness.

The volunteers provided their time and resources to bake approximately 9,000 cookies that would be delivered by the First Sergeants to the squadrons of the 5th Bomb Wing and 91st Missile Wing.

The holidays can be a tough time for any service member, but thanks to a group of spouses and volunteers from the Minot Area Chamber Economic Development Corporation (Minot EDC) who had came together to bake cookies for Airmen, they were able to bring smiles and a slice of home to those Airmen.

Some Airmen at the Missile Alert Facilities (MAF) are as far as two hours away from the base. For Airmen these times can be

an extra challenge, but due to the hard work from the volunteers, leadership from the 91st Security Forces Group were able to deliver well over 1,000 cookies to each MAF.

“I think it’s going to be awesome,” said Karen Gibson, key spouse mentor for the 740th Missile Squadron. “I think it’s going to improve the morale for people unable to see their families on Christmas Day.”

The holiday season, especially for a first-term Airman, can be a difficult time, but the outpouring of love and admiration from the local Minot community has hopefully warmed many new Airmen’s spirits.

“When leadership asks ‘do you want to take care of the Airmen?’ your initial thought shouldn’t be ‘does it fit in my schedule?’” said Lauren Shields, key spouse for the 891st Missile Security Forces Squadron. “You’re response should be ‘How can I do it?’, ‘Where do you need it?’, ‘When do you need it?’ and ‘We got you.’”



Key Spouses, Volunteers and the local Minot community came together to donate cookies for the Annual Cookie Drive this year, delivering over 9,000 cookies to Airmen on Minot Air Force Base, North Dakota, Dec. 21, 2022. These Airmen sacrifice time away from loved ones to ensure the strategic deterrence mission is carried out.

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

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**A VIEW FROM
OUR SIDE**
ROD WILSON, NORTHERN SENTRY

When we were kids there was a certain hill in town that was the host to almost every kid in town. Without the aid of social media, word would get out to meet at the hill just west of town with sled, or inner tube, in hand for an afternoon of fun for any age. Over the weekend I talked to several parents who took advantage of the Minot Park



**UPSIDE DOWN
UNDER**
MARVIN BAKER

Editor's note: This article is reprinted from the Jan. 20, 1997 edition of the Cavalier County Republican in Langdon. I wouldn't do this now, at my age, but back then, I was hell bent on getting my newspaper to its readers. Right in the middle of the fourth blizzard of the season, a decision had to be made. Usually the Republican is printed at 8 a.m., Friday in Grafton. But seeing how a blizzard with dangerous wind chills was howling through the state, I woke up Friday morning thinking we would be printing the paper on Saturday. About 10 a.m., on Jan. 10, I got a call from John Morgan at the Walsh County Record in Grafton. He said it was basically up to us, but his print crew would understand if Saturday became a work day. Following that conversation, I went out and shoveled the

I Hear That Tubing Is Awesome

District tubing hill at Souris Valley Golf course. There you can rent tubes if you wish or bring your own sled or piece of cardboard.

BOTTINEAU WINTER PARK
If you have time and want a little more adventure head north to Bottineau Winter Park where Dan says the tubing is "awesome". The hill is a little longer and so BWP has a rope tow that will bring you to the top of the hill rather than trekking up the hill by foot. BWP has both single and double tubes for rent. If you get tired and need a break head for the lodge where you can purchase hot chocolate and things to eat at the lunch counter.

THE FUN PART OF WINTER
Yes, I will agree that those 2 weeks before Christmas were a bit of challenge with temps and wind chills way below zero. But since then, temps has ranged near the 20 degree above on most days. Not

only does the Minot Park District maintain the Souris Valley Golf Course tubing hill, but a quick check of their web site will give you a schedule of other outdoor activities like cross country skiing & snowshoeing, along with 4 outdoor rinks and warming houses open most evenings until 9:30 PM for both adult and kids skating and hockey.

ARE WE DONE WITH THE COLD WEATHER?
A recent transplant to Minot asked me if I thought we were done the cold temperatures because he had heard that we only have a couple of weeks of really cold conditions every winter. Not wanting to sound like a long time resident trying to "sell" Minot to someone who had obviously not been through an entire, or many entire, winter(s), I said it just depends. There have been winters when we had

nice days in March, and then I have seen snow in June. There was a sigh, and the young man responded, "so you are telling me that it's a little early to put away my warm winter clothing". I shook my head and affirmed him that January 1st was a bit early to think about switching your wardrobe to shorts and t-shirts.

BEST KEPT SECRETS
Had a great time at the Minot Minotauros game on Friday night. Even though you may not completely understand hockey, the atmosphere and energy in the crowd was great. The Minotauros won in come back fashion, scoring 2 goals in less than a minute to take a 4-3 lead, and that was the final score.

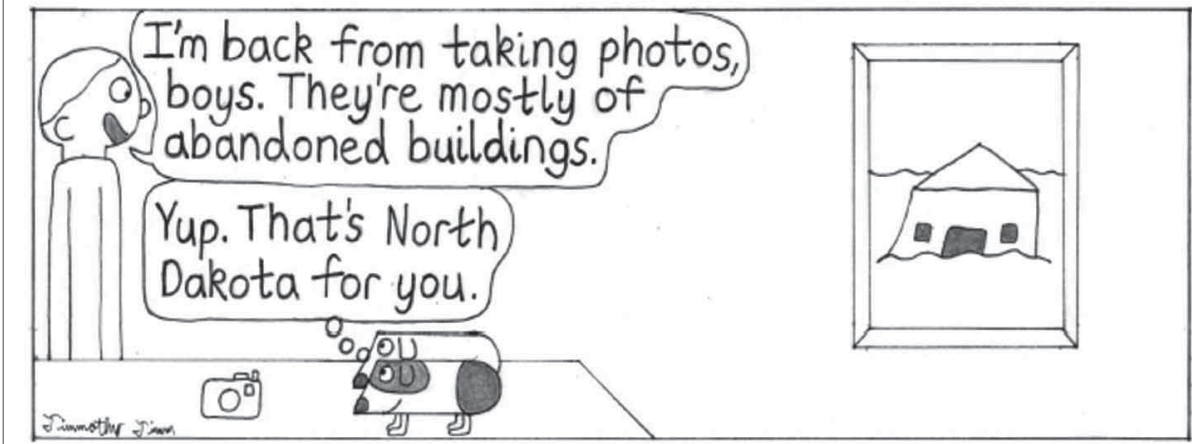
TODAY'S CHUCKLE
What do you call a line of rabbits hopping backwards?
A receding hare line....

*Another blizzard, another day
in North Dakota...*

sidewalk. I could see OK and I worked up a sweat shoveling. Thus, my decision was made to get the pages to Grafton to get printed on time, or at least on the same day. When a person feels they must travel during questionable weather conditions, there are several extra precautions that must be taken. So before leaving Langdon at 11:15, I contacted the Cavalier County Sheriff's Department and they told me flat out not to drive the 70 miles to Grafton because of the dangerous windchills that were hovering around -80 degrees Fahrenheit. I loaded extra clothing, food and gassed up. N.D. Highway 5 was clear of snow, but visibility was about 300 feet all the way to Cavalier, which is 34 miles.

Going south toward Grafton was a little different. The road was clear, if you could see it. Visibility in the Hoople area was next to nothing, but it improved south of town. The toughest part of that 70 miles was going east on N.D. Highway 17 into Grafton. There were some big drifts blocking the road and the only thing I could do was hit them at 50 miles per hour and hope to make it through. The snow was soft, but some of the drifts were three to four feet thick. That last 10-mile stretch into Grafton was a real challenge. Even though I called the Morgans before I left Langdon, they were still surprised to see me arrive. Anyway the paper was printed and while the presses were running, Shane Moen, one of the pressmen called out, "the mail can't get through, but I can still read the Republican." The return trip to Langdon was even more of a challenge because now I was bucking a 40-mile-per-hour wind in open country. John Morgan gave me his mobile in case I stalled on the route. Normally that drive is a pretty easy ride, but I had to stop in Cavalier to fill gas because one of the rules of driving in dangerous conditions is keep your gas tank full. The snowplows had gone on N.D. 17 and the storm was actually beginning to pass, so Grafton to Cavalier was OK. It was N.D. 5 that became the problem when I turned west. I encountered the

same size drifts as I did earlier on N.D. 17. I just hit them at a good speed and blew right through them. I got back to Langdon just before dark and unloaded Monday's edition at the post office. My lesson in all this was right at the Osnabrock corner. A mailbag blew out and onto the highway. I simply walked across the highway, picked it up and returned to the cab of my vehicle and my cheeks were numb. I couldn't have been out of my vehicle more than a minute. So when weather people tell us exposed skin can freeze within a minute, believe them. We also had trouble getting our grocery store fliers because the Super Valu truck was stranded in Fargo. As a result, the Republican was thin last week, but it was delivered on schedule. The key to dangerous winter driving conditions is preparedness. First, my vehicle was properly winterized and I had enough food for a full day. I took well-traveled roads thinking somebody might eventually find me if I stalled and believe it or not, there were people on the road that day.



TIMOTHY TIMM

TITUS & 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.



YEAR IN REVIEW

LET’S TAKE A LOOK BACK AT MINOT AFB IN 2022! THESE PHOTOS FROM LAST YEAR ENCAPSULATED SOME OF THE STAND-OUT MOMENTS, SPECIAL EVENTS AND HARD WORK FROM OUR AIRMEN LAST YEAR.

JANUARY 2022



KNIGHTHAWK THUNDER

69th Aircraft Maintenance Squadron Airmen prepare a B-52H Stratofortress for take off in participation of Knighthawk Thunder on Jan. 12, 2022 at Minot Air Force Base, N.D. Knighthawk Thunder is an exercise that tests the 69th Bomb Squadron’s decision making, response time and capabilities.

U.S. AIR FORCE PHOTO
SENIOR AIRMAN MICHAEL A. RICHMOND



5BW JOINS RED FLAG 22-1

A B-52 Stratofortress assigned to the 5th Bomb Wing, Minot Air Force Base, North Dakota, lands at Nellis Air Force Base, Nevada, Jan. 20, 2022, for Red Flag 22-1. This iteration of Red Flag is focused on confidence under fire, integrated leadership and the warfighter culture.

U.S. AIR FORCE PHOTO
WILLIAM R. LEWIS



8TH AIR FORCE COMMAND CHIEF VISITS MINOT AFB

Chief Master Sgt. Steve Cenov, command chief master sergeant of the 8th Air Force, toured a hangar and a B-52H Stratofortress while Airmen were training during his visit at Minot AFB, North Dakota, Jan. 24, 2022. While on the visit, Chief Master Sgt. Cenov was able to learn about the bomber missions and thank them for their continuous service, even during inclement weather.

U.S. AIR FORCE PHOTO
AIRMAN 1ST CLASS SAOMY SABOURNIN



MINOT AIRMEN AND B-52s KICK-OFF RED FLAG 22-1

Airmen with the 5th Maintenance Squadron and 99th Civil Engineering Squadron work together to replace a B-52H Stratofortress engine during Red Flag-Nellis 22-1 on Jan. 25, 2022 at Nellis Air Force Base, Nevada. The 5 MXS is one of 32 units from across the U.S. joint forces, United Kingdom (Royal Air Force) and Australia (Royal Australian Air Force) participating in Red Flag-Nellis 22-1.

U.S. AIR FORCE PHOTO
SENIOR AIRMAN MICHAEL A. RICHMOND

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FEBRUARY 2022



BLACK HISTORY MONTH PROCLAMATION
Leadership from Minot AFB gather to proclaim the month of February as Black History Month at Minot Air Force Base, North Dakota, Feb. 1, 2022.
U.S. AIR FORCE PHOTO
AIRMAN 1ST CLASS SAOMY SABOURNIN



BTF EUROPE 22-2
B-52 Stratofortress aircraft, support equipment, and personnel from Minot Air Force Base, arrived at RAF Fairford, England, February 10 to execute a long-planned Bomber Task Force rotation. Occurring since 2018, bomber rotations are part of a U.S. European Command (EUCOM) and United States Strategic Command joint mission series focused on sustaining peace through deterrence.
U.S. AIR FORCES IN EUROPE AND AIR FORCES AFRICA PHOTO



AFGSC TEAM VISITS TEAM MINOT
Security forces Airmen and Gen. Anthony Cotton, Air Force Global Strike Command commander and Chief Master Sergeant Melvina Smith AFGSC command chief, stand for a photo at Minot Air Force Base, North Dakota, Feb 24, 2022. While touring, Gen. Cotton learned about the many programs Airmen and spouses at Minot AFB have organized to foster a relationship between Airmen, and how the command could continue to support them.
U.S. AIR FORCE PHOTO
AIRMAN 1ST CLASS EVAN LICHTENHAN

MILITARY APPRECIATION NIGHT

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Upcoming Events

10 JAN

MINOT FUN ZONE
9:00 AM - 12:00 PM
Minot Municipal Auditorium
420 3rd Ave SW, Minot

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.

For more information:
www.minotparks.com

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

15 JAN

SKATE PARTY
5:30 PM - 8:30 PM
Roosevelt Rink
619 9th St NE, Minot

All ages and abilities are invited to our Winter 22-23 Skate Party Tour. Sharpen your ice skates and throw on a themed outfit to come enjoy our beautiful ice rinks located all around Minot. On this Skate Party Tour we will make stops at Perkett School, Corbett Field, Roosevelt School, and Polaris Park ice rinks. Lights will be hung at each location and themed music will be played creating a fun and family friendly environment. At this time, no rental skates are available at our outdoor rinks. Make sure to bring your own skates and come have a blast with us! All skate parties from 5:30 - 8:30 pm
January 15th- Roosevelt Rink, Cowboys and Rodeo Theme

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20 JAN

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MARCH 2022



WOMEN’S HISTORY MONTH

To begin the celebrations for Women's History Month, Team Minot hosted a ceremony and proclamation signing at the Base Exchange on March 3, 2022. Women's History Month is an annual celebration of the women's contributions to events in history and to today's society, and an important reminder of the progress that women have made in the U.S. military.

U.S. AIR FORCE PHOTO
AIRMAN 1ST CLASS SAOMY SABOURNIN



B-52’s OVER GERMANY

U.S. Air Force B-52H Stratofortress bombers support a routine, pre-planned Dynamic Targeting and Close Air Support training event at the Grafenwoehr Training Area, Germany, March 4, 2022 in support of NATO allies and regional partners. The B-52H's are manned by aircrew assigned to the 5th Bomb Wing from Minot Air Force Base, North Dakota. Bomber Task Force rotations demonstrate the U.S.' ironclad commitment to promoting regional security alongside our NATO allies and regional partners.

U.S. ARMY PHOTO
KEVIN STERLING PAYNE

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BOMBER TASK FORCE EUROPE 22-2

U.S. Air Force aircrew assigned to the 69th Expeditionary Bomb Squadron, RAF Fairford, England, stand in front of a B-52H Stratofortress for a crew picture before an integration mission with NATO Allies and partners, during Bomber Task Force Europe March 7, 2022. The U.S. is the only Allied nation that maintains strategic bomber capabilities and exercises their global reach on behalf of Allies and partners around the globe--anytime, anywhere.

U.S. ARMY PHOTO
TECH. SGT. CORBAN LUNDBORG



YOU MATTER WINTER GAMES 2022

5th Civil Engineer Squadron Airmen pose for a group photo after being crowned champions of the seventh annual You Matter Winter Games on March 18, 2022, at Minot Air Force Base, N.D. The You Matter Winter Games have been taking place since 2015, promoting physical health, camaraderie and competition.

U.S. AIR FORCE PHOTO
AIRMAN 1ST CLASS SAOMY SABOURNIN

A LOOK BACK THIS WEEK IN USAF HISTORY

B-52 STRATOFORTRESS FROM MINOT AFB PERFORMS RECORD-BREAKING OPERATION “PERSIAN RUG” JANUARY 11, 1962



Col. Clyde P. Evely with the crew of the record-setting B-52 from Minot AFB, ND. (USAF Photo)

On January 11, 1962, an eight man crew from Minot Air Force Base's 4136th Strategic Wing flew a record-breaking flight from Kadena Airbase, Japan to Torrejon Air Base, Spain. The flight, which was nicknamed Operation Persian Rug, broke several non-stop distance and speed records, some of which are still active. The B-52H Stratofortress and crew completed a nearly 22 hour non-refueled flight that spanned about 12,500 miles across the globe.

It traveled at approximately 604 miles per hour. This historic flight, which took place nearly a year after the B-52 Model H was first unveiled, demonstrated the continual power and mission-ready capabilities of the bomber. The crew received awards for their accomplishment and were invited to Washington D.C. to be personally congratulated by President John F. Kennedy.

Information courtesy of: Minot, North Dakota and Area History by Bruce Anderson / thisdayinaviation.com / defencetalk.com



EIGHTH AIR FORCE COMMAND TEAM VISITS MINOT AFB

Maj. Gen. Andrew Gebara, 8th Air Force and Joint-Global Strike Operations Center commander, and Chief Master Sgt. Steve Cenov, 8th Air force command chief and J-GSOC senior enlisted leader, speaks with A1C Stephanie MacKay, a 5th Civil Engineer Squadron firefighter assigned to Minot Air Force Base, N.D., Mar. 12, 2022. Maj. Gen. Gebara and Chief Master Sgt. Cenov used the visit as an opportunity to discuss the importance of Striker Airmen and the role they play in support of the global strike mission.

U.S. AIR FORCE PHOTO
AIRMAN 1ST CLASS SAOMY SABOURNIN

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APRIL 2022



2022 Jr. Youth of the Year
Taylor Doan



2022 Youth of the Year
Nathan Smith

YOUTH OF THE YEAR AWARDS & CYBER SUITE RIBBON CUTTING

Airmen and their families gathered to celebrate the Youth of the Year Awards and opening of the Youth Center's Teen Cyber Suite on April 1, 2022, at Minot Air Force Base, N.D.

NORTHERN SENTRY PHOTOS
ERIN BEENE



BLIZZARD HALEY SNOW REMOVAL EFFORTS

A snow plow operated by an Airmen assigned to the 5th Civil Engineering Squadron plows the flight line on Minot Air Force Base, North Dakota, April 17, 2022. Team Minot Airmen cleared the snow with heavy equipment after Blizzard Haley left Minot Air Force Based covered in over 36 inches of snowfall.

U.S. AIR FORCE PHOTO
AIRMAN 1ST CLASS EVAN J. LICHTENHAN



69 EBS COMPLETES HISTORIC BTF MISSION IN EUROPE

Airmen returning from Winter Break 2022 deployment load on to busses at Minot Air Force Base, N.D., April 19, 2022. These Airmen have been overseas for months participating in a BTF, an operation that is conducted with NATO partners and allies to demonstrate and strengthen our shared commitment to global security and stability.

U.S. AIR FORCE PHOTO
AIRMAN 1ST CLASS EVAN J. LICHTENHAN



CATM RIBBON CUTTING

Minot Air Force Base leadership and North Dakota elected officials cut the opening ribbon for the combat arms range at Minot Air Force Base, N.D., April 22, 2022. Approved in the Fiscal Year 2018 Military Construction budget, the new facility enables year-round use regardless of weather conditions. The previous facility, constructed in 1984, was primarily outdoors and did not offer Airmen a training environment out of the North Dakota winter weather.

U.S. AIR FORCE PHOTO
AIRMAN 1ST CLASS EVAN J. LICHTENHAN

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APRIL 2022



APRIL PROCLAMATION SIGNING

Colonel Michael Walters, Commander, 5th Bomb Wing, and Colonel Christopher Menuey, Commander, 91st Missile Wing, Minot Air Force Base proclaim the month of April 2022 to be the month of the Military Child, Child Abuse Prevention Month, Alcohol Awareness Month, and Sexual Assault Awareness and Prevention Month.

U.S. AIR FORCE PHOTO | MINOT AFB PA



5TH BOMB WING LRGF WINS AFGSC BEST FUEL FLIGHT AMERICAN PETROLEUM INSTITUTE AWARD

Senior Airman Conley, 5th Logistics Readiness Squadron fuels laboratory technician, analyzes fuel samples for impurities on Minot Air Force Base, North Dakota, April 27, 2022. Analyzing fuel plays a vital role in keeping the mission running properly.

U.S. AIR FORCE PHOTO
AIRMAN 1ST CLASS ALEXANDER NOTTINGHAM

MAY 2022



MERITORIOUS AWARD

Colonel Michael Walters, Commander, 5th Bomb Wing (center) presents Major Ryan "Cross" Taylor and Captain Pierre "Papa" Sutton, 5th Bomb Wing CCE, the Meritorious Award at Minot Air Force Base, North Dakota, May 26, 2022.

U.S. AIR FORCE PHOTO | MINOT AFB PA



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JUNE 2022



**91ST MISSILE WING
CHANGE OF COMMAND**
Col. Kenneth McGhee, incoming 91st Missile Wing commander, receives the guidon from Maj. Gen. Michael Lutton, 20th Air Force commander at Minot Air Force Base, North Dakota, June 06, 2022.

U.S. AIR FORCE PHOTO
MINOT AFB PA



PRESENCE PATROL
A U.S. Air Force B-52 Stratofortress, assigned to the 5th Bomb Wing, conducts a presence patrol mission with coalition and regional partners across the U.S. Central Command area of responsibility June 8, 2022. Presence patrol missions demonstrate the U.S.-led coalition's commitment to promoting regional stability.

U.S. AIR FORCE PHOTO
MASTER SGT. MATTHEW PLEW



**5TH BOMB WING
CHANGE OF COMMAND**
Col. Michael Walters (center) relinquishes command of the 5th Bomb Wing to Col. Daniel Hoadley (right) at Minot Air Force Base, N.D., June 23, 2022.

U.S. AIR FORCE PHOTO
AIRMAN 1ST CLASS ALEXANDER NOTTINGHAM



**91ST SECURITY FORCES GROUP
CHANGE OF COMMAND**
Col. Thomas Segars relinquishes command of the 91st Security Forces Group to Col. Anthony McCarty on June 28, 2022, at Minot Air Force Base, North Dakota. The 91SFG is responsible for safeguarding the 91st Missile Wing assets.

U.S. AIR FORCE PHOTO
AIRMAN ALYSA KNOTT



**5TH OPERATIONS GROUP
CHANGE OF COMMAND**
Col. Christopher G. Cain, incoming 5th Operations Group commander, accepts guidon from Col. Daniel S. Hoadley, 5th Bomb Wing commander, as he assumes command during a change of command ceremony at Minot Air Force Base, North Dakota, June 29, 2022.

U.S. AIR FORCE PHOTO
SENIOR AIRMAN CHINA M. SHOCK



**5TH MISSION SUPPORT GROUP
CHANGE OF COMMAND**
Col. Brett Black relinquishes command of the 5th Mission Support Group to Col. Gregory Mayer on June 30, 2022, at Minot Air Force Base, North Dakota.

U.S. AIR FORCE PHOTO
SENIOR AIRMAN MICHAEL A. RICHMOND

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All About Pets



Elmer Fudd, Dogs on Deployment Mascot 2019 with USAF Capt. Bryan Moore

As many Airmen and families already know, military life is not easy. Here are a few tips to help you make manage your busy Air Force life while also taking proper care of your pet!

- Get a low maintenance pet—snakes, certain varieties of fish, hamsters and other rodents, and turtles are just a few ideas of pets that are relatively low maintenance compared to your everyday dogs and cats. It's still important to provide adequate enrichment, environments, and food for them, but if you do all those things, these pets will be just fine during long work hours. Be sure to check with you housing authority first to make sure these pets are allowed.
- Find a "lazy" pet—high energy and working dog breeds are not recommended for owners who are away from home a lot and do not have the time, energy, and resources to keep their dogs fully enriched. You could consider bringing home a characteristically "lazy" breed instead. Basset Hounds, Boston Terriers, Bull Mastiffs, and Maltese are a few dog breeds that pop up often in the conversation around low-energy breeds. However, it's still important to note that all dogs are different. You may find a dog that is a couch-potato by nature, or you may find a "low-energy" dog that wants to go 24/7. Make sure you consider the needs of certain breeds and individual dogs (or cats) before adopting, and even if you have a low-energy dog, you still need to meet their basic requirements. Which is why working people should consider...
- Outside help—for shorter periods (a week in the field, a 12 hour day at work), it would

be beneficial to hire a pet sitter, dog walker, or even a neighbor or family member who is willing to help out. While some pets won't go crazy at home all day, they still need to be provided with socialization and enrichment. See if you can find someone to pop in every few hours to play with, feed, and let your pet outside! Doggy daycare is a great option for many canine parents, and while cats and other small pets are usually alright left alone, it's never a bad idea for them to have someone to play with. Don't be afraid to reach out to the base community through Facebook or your friends/family for help if you're feeling overwhelmed with your pet-parental duties. Chances are there is someone out there who is willing to help you and your pet out.

- For bigger challenges, consider finding a temporary foster home for your pet. Family members, close friends, and even willing community members are always options for long-term pet care instead of rehoming. There are also "deployed pet" help sites that can connect you with temporary fosters, such as Dogs on Deployment and Guardian Angels for Soldier's Pets. If you're thinking about rehoming your pet due to the cost of PCSing with them, consider applying for SPCA International's Operation Military Pets grant.

Taking care of pets is a big responsibility, but when we bring them into our home, it's our duty to treat them with the care and love that they give us as well. Military life can make it more difficult, but there are so many resources out there to help.

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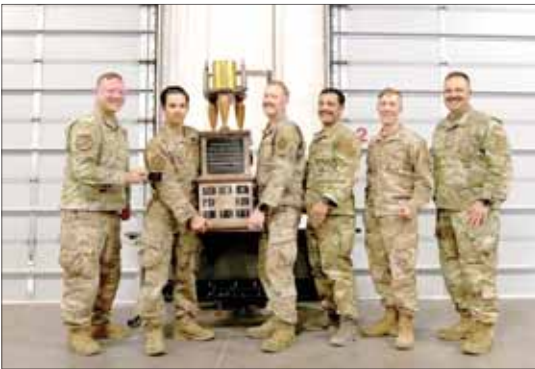
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JULY 2022



RED FLAG-NELLIS 22-3
A B-52 Stratofortress assigned to the 5th Bomb Wing, Minot Air Force Base, North Dakota, lands at Nellis Air Force Base, Nevada, July 11, 2022. Participants conduct a variety of scenarios, including defensive counter air, offensive counter air suppression of enemy air defenses and offensive counter air-air interdiction.

U.S. AIR FORCE PHOTO
MASTER SGT. MATTHEW PLEV



EOD TEAM OF THE YEAR
The Minot Air Force Base 5th Civil Engineer Squadron Explosive Ordnance Disposal Team competed at the Air Force Global Strike Command EOD Team of the Year competition on June 26th, 2022 at F.E. Warren Air Force Base, Wyoming. The team was tested on a number of skills, skills that range from safe practices to bomb disposal.

U.S. AIR FORCE PHOTO
AIR FORCE EXPLOSIVE ORDNANCE DISPOSAL



91ST OPERATIONS GROUP CHANGE OF COMMAND
Col. Kristen Nemish relinquishes command of the 91st Operations Group to Col. James Schlabach on July 12, 2022, at Minot Air Force Base, North Dakota.

U.S. AIR FORCE PHOTO
AIRMAN ALYSA KNOTT



20TH AIR FORCE COMMANDER VISITS NEW TOWN
Maj Gen. Michael Lutton, Twentieth Air Force commander and Three Affiliated Tribes Chairman Mark Fox exchange gifts at Fort Berthold Reservation New Town, N.D. July 19, 2022. The gesture is a tradition to show appreciation of the good will between each other.

U.S. AIR FORCE PHOTO
AIRMAN ALYSA KNOTT



UNDER SECRETARY OF STATE VISITS TEAM MINOT
Ambassador Bonnie Jenkins, Under Secretary of State, along with Maj. Gen. Andrew Gebara, 8th AF commander, visited 91st Missile Wing Airmen to see our mission and the amazing men and women that make it possible.

U.S. AIR FORCE PHOTOS
A1C ALEXANDER NOTTINGHAM

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- 4 EGGS
- 2 CUPS ALL-PURPOSE FLOUR
- 2/3 CUP COCOA POWDER
- 1 TSP. BAKING SODA
- 1 TSP. SALT
- 1 1/2 CUP SEMI-SWEET CHOCOLATE CHIPS, DIVIDED
- 3/4 CUP WHITE CHOCOLATE CHIPS
- 3/4 CUP NUTS (OPTIONAL)
- 1, 8-OZ. HOT FUDGE SAUCE
- 1-2 TBSP. GUINNESS

Coat the inside of a 10-inch pie plate with non-stick cooking spray.

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

Melt 1/2 cup of the semi sweet chocolate chips in the microwave. Cream together butter, brown sugar and granulated sugar. Beat in the eggs, adding one at a time and mixing after each egg, and the vanilla. Add in the melted chocolate chips.

On a large piece of wax paper, sift together the cocoa powder, flour, baking soda and salt. Lift up the corners of the paper and pour slowly into the butter mixture.

Beat until the dry ingredients are just incorporated. Stir in the remaining semi sweet chocolate chips, white chocolate chips, and the nuts. Press the dough into the prepared pie pan.

Place the brownie pie on the grill and bake for 45-50 minutes or until the pie is set in the middle. Rotate the pan halfway through cooking. If the top or edges begin to brown, cover the top with a piece of aluminum foil.

In a microwave-safe measuring cup, heat the fudge sauce in the microwave. Stir in the Guinness.

Once the brownie pie is done, allow to sit for 20 minutes. Slice into wedges and top with the fudge sauce. Enjoy

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AUGUST 2022



23RD EBS ARRIVES AT RAF FAIRFORD
Lt. Col. Ryan “Vapor” Loucks, Commander of the 23rd Expeditionary Bomb Squadron, welcomes fellow 23EBS aviators after landing at RAF Fairford, United Kingdom, Aug. 18, 2022. Four B-52H Stratofortresses, Airmen and equipment were deployed to RAF Fairford to support a Bomber Task Force mission across Europe to improve capabilities and interoperability with NATO partners and allies across Europe.
U.S. AIR FORCE PHOTO
SENIOR AIRMAN MICHAEL A. RICHMOND



2022 SUMMER GAMES
The Summer Games were recently held at Minot Air Force Base, North Dakota, Aug 19, 2022. Team Minot Airmen participate in multiple events throughout the day such as, dodgeball, basketball, tug-of-war and other activities.
U.S. AIR FORCE PHOTO
MINOT AFB PA



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**USSTRATCOM
COMMANDER
VISITS MINOT
AFB**
Adm. Charles Richard, United States Strategic Command commander, visits Minot Air Force Base, North Dakota, Aug. 17, 2022. Richard observed the take-off of three B-52H Stratofortresses and met with wing leadership to discuss Minot AFB's role in USSTRATCOM's global reach capabilities.
U.S. AIR FORCE PHOTO
AIRMAN ALYSA KNOTT

NOTES ON BEING SAFE

DON'T FORGET
ABOUT YOUR
PETS!



Pet owners should be made aware of winter's dangers, which include harsh weather; leaked antifreeze and road salt. Following are recommendations on steps you can take in order to ensure that the season is not marred by disaster.

One of the hazards a pet may face in winter is exposure to extreme cold. A pet's feet, ears and other areas of the body not covered by much hair get cold and can very well become frostbitten. Signs of frostbite include skin that is pale and cool to the touch and decreased sensation in the affected area. After thawing, there may be pain and the skin may look as though it was burned. If frostbite is suspected, gently thaw the area with warm water; then take your pet to a veterinarian.

The National Humane Education Society agrees with other humane organizations in advising owners of cats to keep them inside all year round. The cat can get enough exercise inside and won't get lost or injured. An enclosed "outdoor" environment such as a screened porch is certainly ideal for fresh air and sunshine but windows with a ledge or built-on perch can also provide much all-season pleasure.

During the cold weather, it is a good idea to knock on your car's hood or sound the horn before starting the engine, as cats permitted to run free can climb up inside the engine seeking warmth.

Deciding on whether to keep your dog outdoors depends largely on the dog's coat and the outside temperature. Ideally, the dog should live indoors, as part of the family. However, if the dog must live outdoors, adequate preparation for the cold months is essential. Be aware that large, long-haired dogs fare better outside during the winter than others.

HAZARDOUS SUBSTANCES
Ethylene glycol, the major ingredient in antifreeze, attracts both dogs and cats because of its sweet taste. But it is extremely poisonous. A tablespoon can kill a cat, and half a cup can be fatal to a 25-pound dog. Within two days, a fatal dose will cause prolonged vomiting, severe kidney pain, ulcers in the mouth and excruciating death from kidney failure. If your pet

should swallow any antifreeze, call your veterinarian at once.

ROCK SALT UNDERFOOT
Rock salt is another substance to be wary of in winter. As it is abrasive, it may cut into an animal's paws and burn their mouths. Dogs may eat rock salt which will cause vomiting. When bringing in a pet from the outside during an icy-cold day, check its feet. Remove ice balls between the animal's toes and wipe its feet with a damp towel, especially after walking on heavily salted pavement.

Never let your dog off the leash on snow or ice, especially during a snowstorm--dogs can lose their scent and easily become lost. More dogs are lost during the winter than during any other season, so make sure they always wear I.D. tags.


Thoroughly wipe off your dog's legs and stomach when he comes in out of the sleet, snow or ice. He can ingest salt, antifreeze or other chemicals while licking his paws, and his paw pads may also bleed from snow or encrusted ice.

Own a short-haired breed?

Consider getting him a coat or sweater with a high collar or turtleneck that covers the dog from the base of the tail on top to the belly underneath. While this may seem like a luxury, it is a necessity for many dogs.

Never leave your dog or cat alone in a car during cold weather. A car can act as a refrigerator in the winter, holding in the cold. The animal can freeze to death. If your dog is sensitive to the cold due to age, illness or breed type, take him outdoors only to relieve himself. Never shave your dog down to the skin in winter. Leave the coat longer for more warmth. When you bathe your dog, completely dry him before taking him out for a walk. Make sure your companion animal has a warm place to sleep away from all drafts and off the floor, such as in a dog or cat bed with a warm blanket or pillow in it.

Taking good care of your pets in winter and protecting them from the hazards of the season will bring a little warmth into the long, cold days of your own hibernation.







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AUGUST 2022



B-52S INTEGRATE WITH GERMAN AND BELGIAN AIR FORCES

U.S. Air Force 23rd Expeditionary Bomb Squadron Pilot Capt. Ryan “Clipper” Reers monitors his B-52H Stratofortress instrument panel while piloting a B-52H over Germany during a Bomber Task Force mission, Aug. 24, 2022.

U.S. AIR FORCE PHOTO
SENIOR AIRMAN MICHAEL A. RICHMOND



DENTAL OPERATIONS IN SUPPORT OF HEART 22

U.S. Air Force Maj. Rondre Baluyot, a Dentist assigned to 5th Bomb Wing, Minot AFB, North Dakota, deployed in support of Health Engagements Assistance Response Team 2022, (HEART 22), performs a dental exam and tooth extraction on a Guatemalan local on Aug. 26, 2022, at Hospital Regional de Occidente in Quetzaltenango, Guatemala, in support of HEART 22.

U.S. ARMY PHOTO
STAFF SGT. DUSTIN BIVEN



GROUNDBREAKING NATURALIZATION CEREMONY AT MINOT AFB

Airman 1st Class Jorge Peralta, a 5th Force Support Squadron classification technician, Tom Ross, mayor of Minot, Col. Daniel Hoadley, 5th Bomb Wing commander and, Airman Amin Ahmadi, a 5th Logistics Readiness Squadron traffic management office apprentice, pose for photo after a naturalization ceremony at Minot Air Force Base, North Dakota, Aug 31, 2022. Ahmadi and Peralta participated in the first naturalization ceremony held at Minot Air Force Base. For more than 200 years the oath has been recited by many Americans on their pathway to citizenship.

U.S. AIR FORCE PHOTO
SENIOR AIRMAN EVAN LICHTENHAN

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REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, Jan. 2: 1,830.23 feet above mean sea level (MSL); 20,900 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.43 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.29 MSL.

•N.D. Game & Fish Dept. game wardens: Limited activity on many northwest area lakes with poor access onto and moving around on the ice. No reports from Lake Audubon, Lake Sakakawea, Devils Lake, or north-central area lakes.

•Devils Lake, Ed’s Bait Shop, Devils Lake: No new reports with access difficult onto and around Devils Lake without tracked vehicles.

•Devils Lake, Woodland Resort, Devils Lake: Decent walleye success in morning hours in 15 to 25 feet with overall nice perch activity in deeper water. Access limited to tracked vehicles. Access trails plowed off Woodland Resort’s ramp.

•Lake Darling, Karma C-Store, Ruthville: Not many reports from Lake Darling or Grano. Fair walleye activity on Lake Audubon.

•Lake Metigoshe, Four Seasons, Bottineau: Scattered walleye and bluegill success with walk-on or tracked vehicle access only.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Access available at East Totten boat ramp on Lake Audubon but tracked vehicles needed to move around. Beware of major pressure ridges, as well. Limited reports so far.

•Reminder that it’s illegal to chase, harass, or pursue any wildlife species with motorized vehicle.

•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.

•Jan. 21: Berthold Sportsmen Club annual banquet and fundraiser, 5 p.m.

TOURNAMENTS:

•Jan. 7: Devils Lake.

•Jan. 14: Lake Darling, Makoti Lake, Lake Sakakawea (Lewis & Clark State Park).

•Jan. 21: Lake Sakakawea, (Tobacco Garden).

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Fair walleye success on Lake Audubon with best activity in low light around sunrise or sunset. Tough moving around on the lake itself but access is available off the East Totten boat ramp. Anglers accessing Steinke and Centennial bays on the east end of Lake Sakakawea. Try 28 to 35 feet for walleye in early morning or around sundown.

•Lake Sakakawea, New Town: Tracked vehicles needed to access Van Hook Arm with generally slow walleye success.

•Lake Sakakawea/Missouri River, Scott’s Bait & Tackle, Pick City: Missouri River tailrace remains quiet. Moving around on Lake Audubon difficult without tracked vehicles although access is available off the East Totten boat ramp.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Continued walleye success from Lewis & Clark State Park to Red Mike’s with some walleye activity around

White Earth Bay. Look for a mix of walleye and sauger on the Yellowstone River. Blacktail Dam producing perch and good pike number. McGregor Dam fair for trout.

•Lonetree WMA area lakes, Harvey: No new reports.

Downhill skiing:

•Big Sky Ski Resort, Big Sky, Mont.: 46- to 64-inch base with 34 lifts and 263 runs open.

•Bottineau Winter Park, Bottineau: 12- to 24-inch base with good conditions. 2 Magic Carpets and 1 lift, 3 runs, and tubing park open.

•Frostfire Ski Area, Walhalla: Closed for season.

•Huff Hills Ski Area, Mandan: 20- to 35-inch packed powder base with all runs, 1 tow, 2 lifts, and Green Lift open in Terrain Park.

•Terry Peak, Leads, S.D.: 24- to 34-inch base. All trails and lifts open.

Numbers to know:

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

•Report All Poachers: (701) 328-9921.

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SEPTEMBER 2022



FLAG PLACING CEREMONY

Members from the 5th Logistics Readiness Squadron prepare to place a flag during the Suicide Prevention and Awareness Flag Placing Ceremony Sept. 1, 2022 at Minot Air Force Base, North Dakota.

U.S. AIR FORCE PHOTO
SENIOR AIRMAN ZACHARY WRIGHT



A.W. MUMFORD STADIUM B-52H FLYOVER

Members of the 69th Bomb Squadron pose in front of a B-52H Stratofortress at Minot Air Force Base, North Dakota, Sept. 3, 2022. The aircraft participated in a flyover to help promote recruitment and highlight Air Force Global Strike's Tuskegee project.

U.S. AIR FORCE PHOTO
SENIOR AIRMAN EVAN LICHTENHAN



TEAM MINOT OBSERVES 9/11 REMEMBRANCE DAY

Team Minot personnel prepare to start a stair climb in honor of 9/11 Remembrance Day at Minot Air Force Base, North Dakota, Sept. 9, 2022. Each participant paid tribute to a New York City Fire Department firefighter by climbing or walking the equivalent of the 110 stories of the World Trade Center.

U.S. AIR FORCE PHOTO
SENIOR AIRMAN CHINA SHOCK



CHAPLAIN DALLAS LITTLE APPOINTED WING CHAPLAIN

Chaplain Lt. Col. Dallas Little is anointed as Wing Chaplain by Col. Dan Hoadley, 5th Bomb Wing commander, and Global Strike Command Chaplain Col. David Kelley, at Minot Air Force Base, North Dakota, Sept. 13, 2022.

U.S. AIR FORCE PHOTO
SENIOR AIRMAN ZACHARY WRIGHT



B-52 BOMBERS CONCLUDE MONTH-LONG DEPLOYMENT

The 23rd Expeditionary Bomb Squadron, left their forward deployed base at Royal Air Force Fairford and returned to Minot Air Force Base in North Dakota on 21 September. They were the second Task Force of B-52s to visit Europe in 2022.

U.S. AIR FORCE PHOTO
MINOT AFB PA



PRAIRIE VIGILANCE

Airman 1st Class Mathew Nolan, 5th Security Forces Squadron defender, stands guard at a B-52H Stratofortress during exercise Prairie Vigilance at Minot Air Force Base, North Dakota, Sept. 21, 2022. Prairie Vigilance tests the 5th Bomb Wing's ability to conduct strategic-bomber readiness operations.

U.S. AIR FORCE PHOTO
AIRMAN 1ST CLASS ALEXANDER NOTTINGHAM



AIRMAN SELECTED FOR COMMISSIONING PROGRAM

Airman Master Sgt. Stephaun McKinley, 791st Missile Security Forces Squadron operations and training superintendent, was chosen to join the ranks of the Air Force's commissioned officers on Sept. 26, 2022.

U.S. AIR FORCE PHOTO
AIRMAN 1ST CLASS ALEXANDER NOTTINGHAM



POW/MIA RUN

A flag is displayed during a POW/MIA commemoration run, Minot Air Force Base, North Dakota, Sept. 29, 2022. Volunteers from the 5th Bomb Wing and the 91st Missile Wing ran for 24-hours with the POW/MIA Flag and the U.S.

U.S. AIR FORCE PHOTO
AIRMAN 1ST CLASS ALEXANDER NOTTINGHAM

Local Cravings Restaurant Guide

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www.blgrill.com

Bone's BBQ Smokehouse & Grill

1412 2nd Ave SW, Minot
Phone: 701.838.9140
www.bonesbbqminot.com

28 Tastes & Taps

1603 35th Ave SW Minot
Phone: 701.838.2828
FB: 28 Tastes & Taps

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3000 S Broadway, Minot
Phone: 701.852.4800
www.culvers.com

Ironhorse Kitchen + Bar

21 E Central Avenue, Minot
Phone: 701.852.8183
FB: Ironhorse Kitchen + Bar Minot

Jamaican Vybz Kitchen

Suite 200 315 Main Street S Minot
Phone: 701.441.9309
FB: Jamaican Vybz Kitchen

Pink's Bar & Grill

102 128th Ave NW Minot
Phone: 701.852.2385
FB: PinksBarGrill

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The Starving Rooster

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www.starvingrooster.com

Whiskey Nine

109 Central Ave, Minot
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www.whiskeyninemd.com



VOLUNTEER OPPORTUNITIES

Base Library Volunteers

(January 14)
The Base Library is looking for volunteers to help with a kid's program.
When: Saturday, Jan. 14th at 1300
Where: Base Library
What: Helping with crafts and activities including lightsaber training
Volunteers can wear family-friendly costumes, if desired.
POC: Julie.ReitenSupervisory Librarian, Minot AFB Library
Julie.Reiten@us.af.mil

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

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 Heroeas, 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



OCTOBER 2022



AIR PARK IN MOTION

5th Logistics Readiness Squadron Airmen moved a model UH-1N Huey and a model T-38 Talon into place for static display at Minot Air Force Base, North Dakota, Oct. 5, 2022. The model aircraft were moved into place to showcase Minot AFB's proud heritage.

U.S. AIR FORCE PHOTO
SENIOR AIRMAN MICHAEL A. RICHMOND



FIRE PREVENTION WEEK 2022

Fire Prevention week is Oct. 9 - 15 in memory of the Great Chicago Fire that burned 3.3 square miles. Thank you, Col. McGhee and Col. Hoadley for showing their support to fire safety on our base.

U.S. AIR FORCE PHOTO
AIRMAN 1ST CLASS ALEXANDER NOTTINGHAM



BULLY VIGILANCE 22

A team of 91st Security Forces Group Defenders provide cover during Bully Vigilance, an exercise designed to test the 91st Missile Wing's readiness to respond to an outside threat at Minot Air Force Base, North Dakota, Oct. 13, 2022. Exercises like BV provide training opportunities for components, units and task forces to deter, and if necessary, defeat, a military attack against the United States and to employ forces as directed by the President.

U.S. AIR FORCE PHOTO
SENIOR AIRMAN ZACHARY WRIGHT



5TH AMXS WEAPONS LOADMASTER COMPETITION

Airmen from the 5th Aircraft Maintenance Squadron compete head-to-head in multiple categories in the 3rd Quarter Load Competition at Minot Air Force Base, North Dakota, Oct. 21, 2022.

U.S. AIR FORCE PHOTO
MINOT AFB PA



DIAMOND BIRTHDAY BASH

Airmen Eduardo Solana Trejo and Major Holly Black, alongside Minot Air Force Base leadership, join together for the official cake cutting honor at the 75th Air Force Ball held Oct. 29, 2022 at the Clarion Hotel, Minot, North Dakota.

GEMAR PHOTOGRAPHY PHOTO



MH-139 GREYWOLF LANDING

A Boeing MH-139 "Greywolf" lands at Minot Air Force Base, North Dakota, Oct. 29, 2022.

U.S. AIR FORCE PHOTO
MINOT AFB PA



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NOVEMBER 2022



20TH AIR FORCE COMMAND TEAM VISIT

Ashley Ogden, 54th Helicopter Squadron aircrew flight equipment lead, adjusts a flight helmet for Maj. Gen. Michael Lutton, 20th Air Force commander, at Minot Air Force, North Dakota, Nov. 3, 2022. Ogden's actions facilitated a helicopter flight for the 20 AF command team's installation visit.

U.S. AIR FORCE PHOTO
SENIOR AIRMAN ZACHARY WRIGHT



BOWLING ALLEY RE-OPENS!

Airman 1st Class Francesco Haydo, 5th Contracting Squadron, enjoyed a night of free bowling at Rough Rider Lanes on Friday, Nov. 4.

NORTHERN SENTRY PHOTO
ERIN BEENE



MINOT AFB AIRMEN BECOME U.S. CITIZENS

Airman 1st Class Jarious George from the 5th Force Support Squadron, Airman 1st Class Kojo Affainie and Airman Constanza De Puerta, from the 5th Logistics Readiness Squadron, earn their United States citizenship during a naturalization ceremony, Nov. 15, 2022, at Minot Air Force Base, North Dakota.

U.S. AIR FORCE PHOTO
SENIOR AIRMAN ZACHARY WRIGHT



THANKSGIVING 2022

Team Minot leaders served up a Thanksgiving feast at the DFAC, November 24.

U.S. AIR FORCE PHOTO
MINOT AFB PA



MINOT AFB LEADERSHIP LIGHTS UP DOWNTOWN MINOT

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

TERRY WILLIAMS PHOTO



NATIVE AMERICAN HERITAGE MONTH CEREMONY

Team Minot leadership proclaimed the month of November as Native American Heritage Month.

U.S. AIR FORCE PHOTO
MASTER SGT. RYAN BELL

presents

JUNGLE JENN

AFRICAN WARTHOG

CREATURE FEATURES

- A Warthog's disproportionately sized head has thick protective pads on both sides that look like warts. Their warts serve as a fat reserve and are used for defense when males fight.
- Their tusks are actually teeth. They use them for fighting, rooting, or digging.
- Warthogs do not have sweat glands. They must wallow in the mud to cool off.
- Lions and leopards are the Warthog's chief enemies. Warthogs protect themselves from predators by fleeing or sliding backwards into a hole, thus being in a position to use their formidable tusks in an attack.

Fact File

Life Span	7 - 18 years
Weight	100 - 300 pounds
Height to Shoulder	25 - 33 inches
Head and Body Length	3 - 5 feet
Top Speed	34 mph
Wild Diet	Ostriches, Camels, (Hornbills), Grasses, Roots, Tubers, Berries, Bark

letter C crossword

Across: 1. Crown, 2. Chick, 3. Castle, 4. Cat, 5. Cheek, 6. Coin
Down: 1. Chocolate, 2. Coat, 3. Cabbage, 5. Cowboy

CHECK OUR FACEBOOK PAGE FOR UPCOMING EVENTS

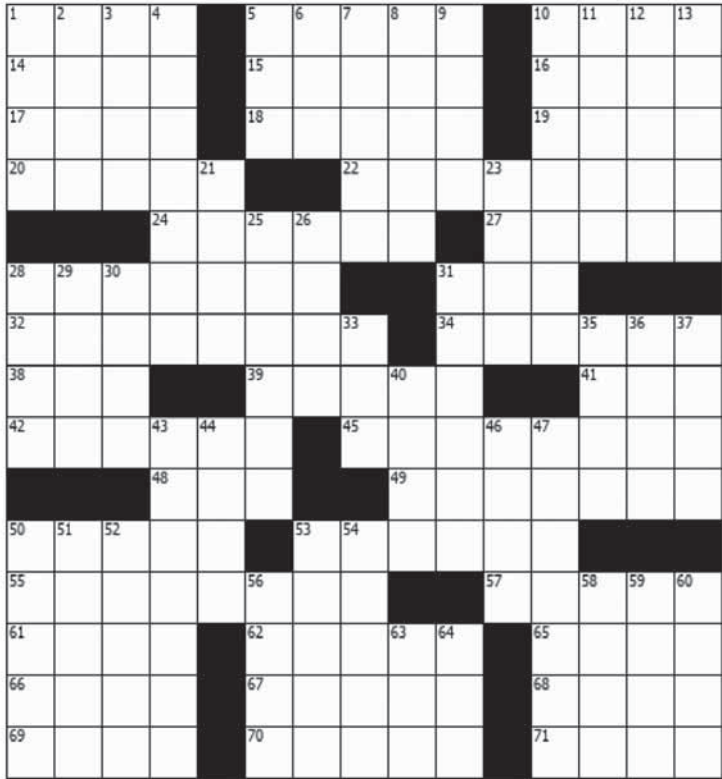
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CROSSWORD PUZZLE

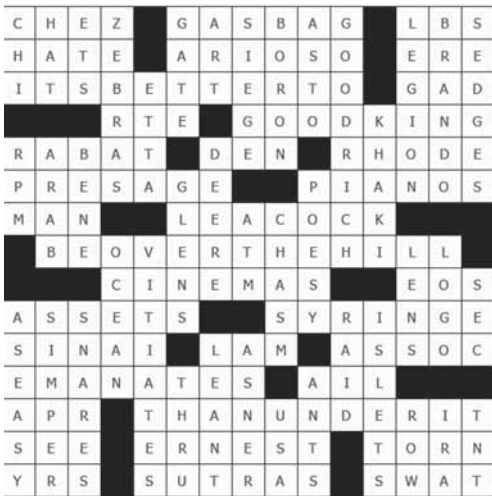
- Across**
- 1. Not nearby
 - 5. Hurt
 - 10. Cloth belt
 - 14. Artist Salvador ____
 - 15. ____ Witherspoon of "Walk the Line"
 - 16. Carry around
 - 17. Part of DJ
 - 18. Stop
 - 19. Famous canal
 - 20. Sailboat
 - 22. Paraphrased
 - 24. Contaminates
 - 27. Pile up
 - 28. Grazing ground
 - 31. Pub beverage
 - 32. High-minded one
 - 34. Skin abrasion
 - 38. Brewed drink
 - 39. Pierces
 - 41. Respectful title
 - 42. Shrewd
 - 45. More selfish
 - 48. Brother's sib
 - 49. In ____ (late with payment)
 - 50. Warning signal
 - 53. Soup bean
 - 55. Careful study
 - 57. Viola's kin
 - 61. Past due
 - 62. Beginning
 - 65. Squad
 - 66. Wallet fillers
 - 67. Proverb
 - 68. Roof overhang
 - 69. Monster's loch
 - 70. Synthetic fabric
 - 71. Reach



- Down**
- 1. Tallies
 - 2. Flunk
 - 3. Likewise
 - 4. Cottage cheese's kin
 - 5. Rainbow shape
 - 6. Third letter
 - 7. Valentine symbol
 - 8. Snaky letters
 - 9. Poor grades
 - 10. Cooking container
 - 11. Major artery
 - 12. Pigs' digs
 - 13. Obeys
 - 21. Actor ____ Newman
 - 23. Bath powder
 - 25. Showy flowers
 - 26. Robin's residence
 - 28. Mideast bread
 - 29. Summer coolers
 - 30. Throne
 - 31. Declare
 - 33. Children's game
 - 35. Largest continent
 - 36. Wharf
 - 37. Makes a mistake
 - 40. Muffin type
 - 43. Futile
 - 44. Very little
 - 46. Guitarist ____ Clapton
 - 47. Removes
 - 50. Beauty parlor
 - 51. Foolish
 - 52. Appraises
 - 53. Actress ____ Evans
 - 54. Student's assignment
 - 56. Skyrocket
 - 58. Bound
 - 59. Volcanic outpouring
 - 60. Warning sign
 - 63. Conceit
 - 64. Hamilton bill

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



SUDOKU Solution to puzzle on page C7

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



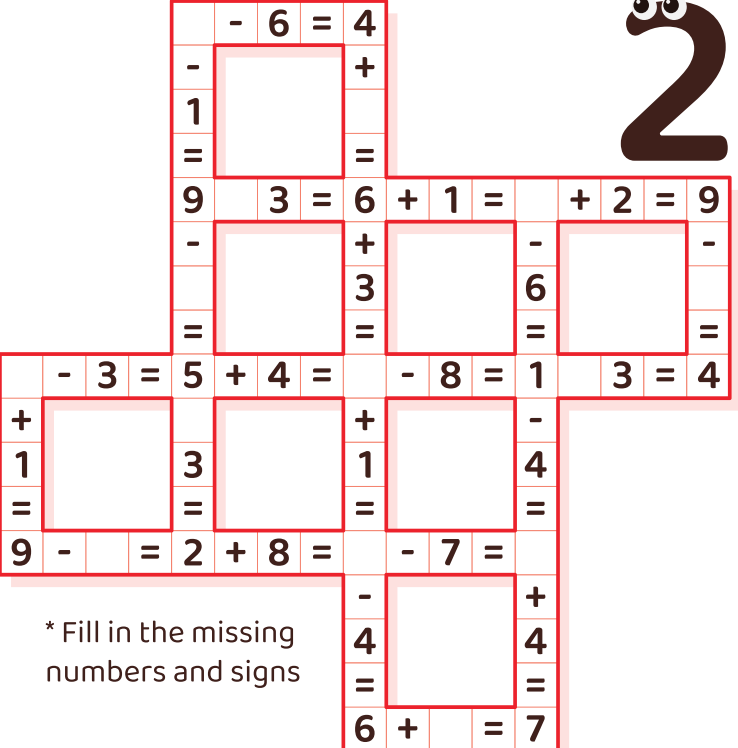
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* Fill in the missing numbers and signs





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DECEMBER 2022



69TH BOMB SQUADRON
CHANGE OF COMMAND

Lt. Col. Brandon Wheeler assumes command of the 69th Bomb Squadron from Lt. Col. Bryson Ayers at Minot Air Force Base, N.D., Dec. 2, 2022. The lineage of the 69th BS pre-dates World War II, originally titled the 69th Bombardment Squadron, which activated in September of 1941.

U.S. AIR FORCE PHOTO
AIRMAN 1ST CLASS ALEXANDER NOTTINGHAM



BASE CHRISTMAS
TREE LIGHTING

Colonel Daniel S. Hoadley, 5th Bomb Wing commander, and Colonel Kenneth C. McGhee, 91st Missile Wing commander help light Christmas trees outside of the Northern Lights Chapel December 4, 2022, at Minot Air Force Base, N.D.

U.S. AIR FORCE PHOTO
MINOT AFB PA



MINOT AFB AIRMEN COMPETE
IN STRONGMAN EVENT

Team Minot competes in three different weight divisions to see who is the strongest at Minot Air Force Base, North Dakota, Dec. 10, 2022. The Frossen Krig Event was comprised of six different events, the log press, axle bar dead lift, carrying medley, grip strength, sled push/pull, and the surprise event, one-on-one tug of war.

U.S. AIR FORCE PHOTO
SENIOR AIRMAN EVAN LICHTENHAN



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.

U.S. AIR FORCE PHOTO
MINOT AFB PA



ONE 'HELI' OF A STORM

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 in mid-December.

PROVIDED PHOTO

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Lawn, Leisure & Tools

Winter Storm

MAX BEENE, AGE 9

The first winter storm of December 2022 is named Winter Storm Diaz. The day started out with cloudy skies and then it became foggy. Around 1:30 am on Tuesday, the snow started falling lightly. Around 2:00 pm it started to get much heavier. After the wind started to pick up it almost snowed sideways! It was weird. By 9:30 pm it had snowed three and a half inches! The visibility was so poor, I could only see lights five houses down.

All of our Christmas projectors would have been covered in the snow, but we took them out before that happened. Sometimes I thought about the snow on people's roofs and wondered if it would cave in the roof? I really liked when all the snow blowers came by and threw snow on the sidewalks.

Sometimes my friend Garrison, who lives a few blocks away, would call me on his watch, and ask me to play during the winter storm. My friend Jackson, who lives on Ellsworth AFB, got a blizzard warning too! I barely went outside at all for three whole days except to play with friends. The storm gave me a lot of time to work on my LEGO project too.

When we finally got in the car I was kind of freaked out because there could have been black ice on the road. Because of the weather, my sister's reading to a



Max and friend Garrison brave the cold weather.

dog program at the base library was canceled. Something else that surprised me was when my mom said, "Kids still have school." Since I'm homeschooled, I only had a little bit of school to do. I looked outside at night, and it was still bright enough to see! That's because the moonlight reflects off the snow. My cat was pretty entertained by the snowstorm too. She would sit on the windowsill and watch the snow fall. I think if we brought our cat outside, she would probably like the snow.

An interstate was closed near Fargo and the weather continued

to get worse over the next few days. Around 7:30 pm on Wednesday the snow was about nine and a half inches deep! On Thursday around 12:00 pm me and my friend Garrison played in the powdery snow. The snow was about a foot deep then. The National Weather Service had issued a blizzard on Thursday night. By Friday morning it had snowed a little bit more, but it was mostly wind. The snow was about fifteen inches total on Friday in some parts. I like winter better than summer.



The snow plows are always captivating to watch.

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MIC3: Military Interstate Children's Compact Commission



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



Happy New Year! We are excited for what 2023 has to hold for our community especially with the Month of the Military Child approaching in April. However, I would like to reshare insights on the Military Interstate Children's Compact (MIC3).

There are unique needs for Prek-12 military-connected families Navigating educational systems across the United States is challenging as you prepare to relocate to a different community. As you prepare to PCS with your military-connected student, one available resource to ease this transition is the Military Interstate Children's Compact (MIC3).

MIC3 is an interstate compact across all 50 States and the District of Columbia. The compact addresses the challenges of the military children encounter on their frequent relocations stateside. It allows for the uniform treatment as military children transfer between school districts in member states. The Compact only applies to public schools and focuses on specific impacts on military connected children such as the transfer of records, course sequencing, graduation requirements, exclusion from extracurricular activities,

redundant or missed entrance/exit testing, kindergarten and first grade entrance age variances, and power of custodial parents while parents are deployed.

Military Interstate Children's Compact (MIC3) covers students of Active Duty Members of the Uniformed Services, including members of the National Guard and Reserve on active duty orders (Title 10), members or veterans who are medically discharged or retired for one year, members who die on active duty, for a period of one year after death, and uniformed members of the Commissioned Corps of the National Oceanic and Atmospheric Administration (NOAA), and United States Public Health Services (USPHS).

MIC3 is an incredible resource and is the policy ensuring consistency of the educational experiences of military connected student.

For more information on the compact, visit mic3.net. If you are due to PCS or have educational questions or concerns, now is a great time to contact a School Liaison! Please reach out to the Minot AFB School Liaison at mafb.school.liaison@us.af.mil or 701-723-1447.

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Fr. David A. Richter, Pastor
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Evening Worship 7:30 p.m.
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Children Worship (Wed).... 7 p.m.
Prayer (Friday) 7 P.m.


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www.fbcminot.org

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.

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

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SUDOKU SOLUTION
PUZZLE ON PAGE C2

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

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- Registration Ends: Biggest Loser/Gainer Competition at the Fitness Center
- HIIT Strength & Conditioning, 0500, Fitness Center
- First Friday, 1530-2000, Jimmy Doolittle Center
- New Year's Skate Night, 1800-2000, Youth Center
- Friday Night Mixed No Tap League, 1800, Rough Rider Lanes

SATURDAY07

- Cycle & Strength, 0900, Fitness Center
- Youth Bowling League, 1400, Rough Rider Lanes

SUNDAY08

- Zumba, 1400, Fitness Center

MONDAY09

- HIIT Strength & Conditioning, 0500, Fitness Center
- Cycle, 0900, Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Moving Out of the Dorm Budget Class, 1300-1630, M&FRC
- Swerk, 1730, Fitness Center
- Craft Club, 1800, Minot AFB Library
- Yoga for Fitness, 1830, Fitness Center

TUESDAY10

- HIIT Strength & Conditioning, 0500, Fitness Center
- Boots to Business, 0830-1630, M&FRC
- Game Day, 1000-1930, Minot AFB Library
- Magic The Gathering Commander Night, 1800, ESC
- Zumba, 1830, Fitness Center

WEDNESDAY11

- HIIT Strength & Conditioning, 0500, Fitness Center
- Boots to Business, 0830-1630, M&FRC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Storytime, 1030, Minot AFB Library
- Cycle, 1200, Fitness Center
- Swerk, 1730, Fitness Center
- Yoga for Fitness, 1830, Fitness Center

THURSDAY12

- Short Notice Pre-Separation Counseling, 0830, M&FRC
- Family Zumba, 1000, Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Bootcamp, 1200, Fitness Center
- Tie Blanket Class, 1630-1830, Arts & Crafts Center
- State Night, 1700-2100, Rockers Bar & Grill
- Extramural Bowling, 1730, Rough Rider Lanes
- Craft Club, 1800, Minot AFB Library

FRIDAY13

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

SATURDAY14

- Cycle & Strength, 0900, Fitness Center
- Star Wars Spectacular, 1300, Minot AFB Library
- Youth Bowling League, 1400, Rough Rider Lanes

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