

northern sentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 61 • ISSUE 09 | MINOT AIR FORCE BASE | FRIDAY, MARCH 3, 2023

WHATS INSIDE THIS WEEK:



MORE THAN A MAINTAINER

A3



VOTE NOW "BEST OF MAFB" IS HERE

B5



91ST MISSILE WING ANNUAL AWARDS

B8



MINOT B-52s DEPART FOR BTF 23-2

Aircrew with the 23rd Bomb Squadron board a 23rd Bomb Squadron B-52H Stratofortress before flying to Moron Air Base, Spain, where the 23rd BS will participate in Bomber Task Force (BTF) 23-2 at Minot Air Force Base, North Dakota, Feb. 23, 2023. BTF operations are U.S. Strategic Command's means of conducting Dynamic Force Employment in support of the National Defense Strategy. See more coverage on pages B1-B3.

U.S. AIR FORCE PHOTO | STAFF SGT. MICHAEL A. RICHMOND

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AFGSC Commander approves formal assessment to investigate missile community cancer concerns

COL. BRUS E. VIDAL, AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS

BARKSDALE AIR FORCE BASE, La. -- Gen. Thomas A. Bussiere, commander, Air Force Global Strike Command, approved a comprehensive study design by the U.S. Air Force School of Aerospace Medicine to conduct a formal assessment that addresses specific cancer concerns raised by missile community members across related career fields and also examines the possibility of clusters of Non-Hodgkin's Lymphoma at intercontinental ballistic missile bases.

"Air Force Global Strike Command and our Air Force takes the responsibility to protect Airman and Guardians incredibly seriously, and their safety and health continues to be my priority," said Bussiere. "We also continue to be committed to remaining transparent during this process and we pledge to continue to maintain an open dialogue with members, their families and stakeholders throughout this process."

The study will have two study teams and be divided into multiple pieces allowing for a better focus on specific needs, prioritization of the study focuses, and enables the best use of resources and time.

"Both parts of the study (evaluating NHL or multiple cancer sites) will follow a phased approach," said Col. Tony Woodard, USAFSAM commander. "Phase 1 is separated into three parts due to requests from different sources that house potential case identification data. Each of these sources is owned by different agencies that will have variable processing times."

This study design affords the shortest overall timeline while maximizing relevant information. This also ensures a comprehensive look across multiple Air Force Specialty Codes, locations and possible additional cancers.

"Once each study is completed, each team will then move to the next study in the sequence," Woodard said. "Some data overlap will occur potentially saving time with future study completion."

It is still too early to tell exactly how long the study will take, according to the AFGSC Surgeon General, Col. Lee D. Williams. He said phase one will include Department of Defense medical data, analyzed DoD and Department of Veterans Affairs Cancer Registry data/VA medical data. Phase two includes investigating mortality data and evaluate cancer registries.

In addition, there are different data sources for study phases, Williams said.

Data will be requested simultaneously, but analysis for each can be performed independently of each other, Woodard said.

Phase 2 of the study will be conducted if Phase 1 does not show an elevation in cancer incidence (occurrence) or mortality (death) risk, Woodard said.

"If, at any point, an elevation in either cancer incidence or in cancer mortality above expected rates is noted, further phase progression will end, leadership will be notified, and the study team will move to the next study," Woodard said.

Woodard also noted the team charged with this extraordinarily important responsibility is a highly experienced team that previously completed the USAFSAM's Fighter Aviator Cancer Study. In addition, he highlighted the existing synergy available to the team as USAFSAM already maintains access to DHA and AFPC databases, saving significant request processing time that could be accrued in working with outside agencies.

"Our top-notch professionals are uniquely positioned within the DoD and DHA enterprise to conduct this analysis efficiently and effectively," Woodard said, noting USAFSAM also has a number of critical pre-built relationships with outside partners who can assist in this vital effort including the Air Force Personnel Center, the Defense Health Agency Armed Forces Health Surveillance Division, the Uniformed Services

University of Health Sciences, and the Department of Veterans Affairs. "As we move through the various phases of assessment and review, we will continue to provide updates, including pertinent information, as and when such information is discovered or identified," Bussiere said. "While we continue to work through this process, service members, their family members and former service members who may have concerns or questions

are encouraged to speak with their healthcare providers."

If any Airman – past or present, Guardian, or family member has a question or concern, they are encouraged to speak to their medical provider or they can submit their question through the AFGSC Official Website at: <https://www.afgsc.af.mil/Contact-Us/> or via the Office of the Air Force Surgeon General at: [https://www.airforcemedicine.af.mil/Contact-](https://www.airforcemedicine.af.mil/Contact-Us/)

Us/.

In addition, a website specific to this issue is available as a resource at: <https://www.airforcemedicine.af.mil/Resources/Missile-Community-Cancer-Study/>

"It is my personal pledge to all Strikers, Airmen, Guardians and family members – past and present – to remain transparent throughout this process and we will continue to maintain an open dialogue," Bussiere said. "This is my priority."



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SENIOR AIRMAN ZACHARY WRIGHT, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

Tactical Response Force: the words themselves bring forth images of Security Forces Defenders clad in tactical gear, rushing to a missile alert facility in a UH-1N "Huey", prepared to do whatever it takes to defend the 91st Missile Wing's Airmen and assets. For Senior Airman Kody Uden, a missile and space facilities maintainer for the 91st Missile Wing, becoming a TRF assaulter was something he always wanted to do.

"I've always been interested in the tactical aspect of the military," said Uden. "TRF gives me an opportunity to try it out in case I didn't like it, but I thoroughly enjoy it."

Uden decided to undertake the difficult process of becoming a member of TRF and was presented with unique challenges. Most TRF candidates are former Security Forces Airmen who are more familiar with TRF's training requirements.

"Out-processing and in-processing to a new unit with a different culture was a shock, they just do things differently," said Uden. "You have to learn fast because all of the Security Forces guys have that base level through tech school, so I really had to pick up the pace."

Although he did not have prior training with Security Forces, Uden possessed a unique perspective that only a prior maintainer could provide

to TRF.

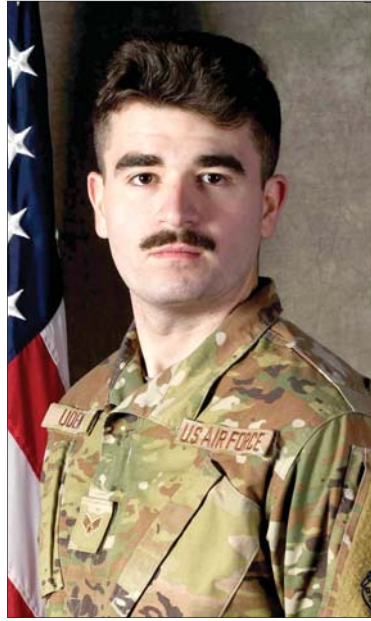
"I give them an insight on how launch facilities and missile alert facilities work, so I can adjust their tactics based on what I know of the functions of the facilities," said Uden.

During his time with the team, Uden found that his transition to TRF improved his performance as a leader and Airman.

"TRF has benefitted my career by giving me a lot of leadership opportunities and capabilities," said Uden. "Being put in situations where you have to lead a team in high-stress scenarios, I found that invaluable for me personally because I've never been in situations like that."

Uden admitted the path he took to TRF wasn't easy or fast, but persistence was the key for him to ultimately achieve his goal.

"Some advice I would give to prospective TRF candidates would be just keep trying," said Uden. "It took me a while to join because of admin issues,



Senior Airman Kody Uden

U.S. AIR FORCE PHOTO/
SENIOR AIRMAN CALEB KIMMELL

but never give up. Just keep pushin'."

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**A VIEW FROM
 OUR SIDE**

ROD WILSON

It is so common to do an interview and ask the question "So, where are you from?" and receive the response "Kind of from everywhere, I grew up an Air Force (or military) brat."

The friends we have had who have come to Minot courtesy of the U.S. Air Force share their life journey that may have started overseas in Germany, passed through a number of states and bases, and now they are in Minot. Favorite bases tend to be where you think they would be, Germany, Korea, Hawaii, or California. To be honest, when they list Malmstrom or Minot their tone of voice often drops in enthusiasm...but not always. Honestly as we have gotten older, we have met a growing number of couples who have come back to retire in Minot.

However, this article is not necessarily about the advantages of retiring in Minot, instead I am going to write the story about us "Small Town North Dakota Brats". Keep reading and learn about the journey that begins in Maddock, North Dakota, just down the road.

I never thought of myself as a Small Town Brat. I suppose mainly because I lived in the same house, on the same street, under the same elm tree, for nearly 20 years. My birth certificate would list Maddock, North Dakota as where I was born, my high school graduation certificate is from Maddock High School, and when queried about my hometown I say that I was born and grew up

One of Those Small Town Brats Growing Up In ND

in Maddock, but really Minot is really my hometown now, because I left Maddock in 1976. Except for a 4-year stint at the University of North Dakota, my adult life has been in Minot.

My only PCS was from UND to Minot, and well that's OK because I hate to move. That is the first characteristic of a Small Town Brat and probably won't surprise you that we purchased our home in NW Minot in 1978, and we are still in that same home, on the same street, under believe it or not, a large elm tree.

Our kids grew up in Minot, and you may expect me to say, they are all still living in Minot, but nope, to the contrary, they left Minot. 2 live in North Dakota, and one just purchased a home in California. He is the youngest, and definitely a vagabond. His places of residency could certainly rival any AF Brat that I have met. And, he has one thing in common with many of those kids who were forced to live in Minot (note: I don't say forced very often) I am pretty sure he will not be packing a U-Haul and moving back to Minot very soon. His wife is from California, born and raised, and does not tolerate the below zero wind chills very well.

As well defined as the term and life of an AF Brat is, Small Town Brat is too. In a crowd of 20 people, I am betting over half are Small Town Brats (really, there is no big town in North Dakota).

You may think there are no similarity between an Air Force and a Small Town brat, but there is. If you live on a base, you normally live within the security of a fence. A lot of the young couples that I know who live on Minot AFB talk about the safety and security of their kids. They can normally roam their neighborhood and be under the close scrutiny of the many parents who are residents.

Much is the same in small town North Dakota. I remember taking off after supper and meeting

friends at the local swimming pool. Later we would sit on the edge of the small creek that ran through town and skip rocks across the surface. As dusk took over the sky, there were the sound of frogs, crickets, and coyotes, yes coyotes. That was our cue to head for home.

I am pretty sure that Small Town Brat will never be as popular as an AF Brat in Minot, but it maybe should be. There is a bit of swagger when someone announces they are an AF Brat. It is more of an apologetic mumble when someone announces that he or she is from just up the road. I can certainly appreciate that all of those neat places to live comes with a pretty high price, the first being moving. In our small town school in Maddock, we knew exactly where the 4th grade classroom was, and 9 times out of 10, the teacher had been the 4th grade teacher for years. We often hear about the quality of the Minot schools, but we know that moving to a new town, and a new base will mean a new school. I have heard the kids learn to take it in stride. I can't imagine my Dad dropping me off at the school the next town over where I didn't know anybody, or where the lockers are, or how they do their lunch break, or, well you get the picture.

So, here's a salute, a salute to

Air Force and Small Town brats. We made it through, and we have lived to tell about it.

BEST KEPT SECRET

I am going to take a slight detour today and give you a few photos of the new Discovery Center. There was a media tour today, and we got a chance to look under the tent flap. WOW!! Before anyone PCS's out this summer, you will need to pay a visit. You will be amazed. It's not quite ready to open yet, but I am told they are very, very, close.

TODAY'S CHUCKLE

The indiscretions of youth were much more charming in the days before they were spread all over the internet.



**UPSIDE DOWN
 UNDER**

MARVIN BAKER

Ever since a recent Monday night football game in Cincinnati when Damar Hamlin collapsed and went into cardiac arrest, we've been seeing news segments of the team of first responders, doctors and nurses who worked a miracle to keep a 24-year-old from dying on the field.

That's all good and well. They absolutely deserve recognition because of life saving measures. This isn't something easy like buttering toast or taking out the trash. Saving a life is a difficult and often traumatic experience, primarily because the survival rate isn't 100 percent.

So yes, congratulations to Cincinnati first responders, but in my opinion, there are first responders, nurses, doctors, law enforcement and fire fighters all over this nation who do this every day. They too deserve to be recognized for their work.

I think being a first responder is similar to being a teacher. They don't get paid enough for what they do because of the importance of their work. It's really none of my business what they do receive in their paycheck, but it's not enough for saving someone's life or educating the lot of us.

I'm sure you've heard the phrase in the past, there's no amount of money worth someone's life?

But here they are, performing medical miracles more often than we rotate the tires on our car.

Some of us witness this in indirect ways. The farmers' market that I belong to is held on Trinity Hospital property in Minot. And there isn't a Saturday that goes by during the season that we don't see ambulances, fire trucks and/or life support helicopters taking off.

It's not just us, the vendors, at this market. It's the customers too. There have been times we've seen the life support helicopter take off from atop the hospital building and land three times during our three-hour farmers' market.

They are responding to heart attacks, farm accidents or car wrecks. Imagine jumping in that helicopter not knowing exactly

what you are going to see when you get to the scene of a farm accident? An arm ripped off in a baler, a leg caught in a power take off, getting burned in a combine fire? Or, in one situation several years ago in Ransom County, a man's entire body was sucked into his combine, killing him.

First responders see this all the time. Could you handle it? In 2006, I was involved in a combat lifesaver course at Fort McCoy, Wis. We spent more than a week in that class and we saw some gory details of what can happen on the battlefield.

None of us in my detachment had to deal with that during our 15-month mobilization, but many Soldiers do and it's very similar to the mental trauma that nurses and paramedics deal with, especially if they know who the victims are like many do here in North Dakota.

I think it's safe to assume that most of us would have difficulty dealing it. But, there are people who thrive on this activity, believe it or not.

Our oldest daughter earned a nursing degree from South Dakota State University and went into practice. Shortly after she left the

college campus, she found a job in the Williston hospital during the peak of the oil boom.

Heidi has seen a lot of what I mentioned in her young life. And even though she prepared for it in a classroom environment, it's never the same in the actual situation.

She told us one time that she became a nurse to treat the elderly and bring new babies into the world, not treat gunshot wounds. But that's what she did for a short time in her career... treat gunshot victims.

Again, is that something that you could handle? Most of us can't really answer that question until we are thrust upon it.

What I can tell you is that Heidi's salary as a registered nurse doesn't warrant what she and the tens of thousands of other nurses in this country receive in compensation.

Unfortunately, that's probably not going to change. What can change is that we give these people the recognition they deserve. Let a nurse, doctor, paramedic, firefighter, cop or even helicopter pilot or ambulance driver know that they are always appreciated for the difficult work they do.

Give recognition where recognition is due...



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was Peanut Butter Crunch Loaded with Calories and Sugar that You Won't Be Able to Set Down Until This Bag is Empty, or something quite similar. No matter. It said "Good Sense" right on the package.

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Well, no. Tasty indeed, but what was cleverly labeled Good Sense made no sense if you were trying to substitute a few handfuls for an otherwise healthy lunch. Not a good sense move at all.

Turns out that a serving size of the wonderful stuff, 160 calories worth, is a mere two ounces. Who eats two ounces of anything? That's 1/4 cup, basically the equivalent of the amount of dust that has settled into a cup that hasn't been used for a spell. I'd guess a few handfuls are close to 1,000 calories. Darn hard to stop there too. Impossible even.

The reality is, the "about 19 servings" listed on the bag is, in reality, maybe four or five. Maybe. But it's Good Sense! The perfect label to justify wolfing down a bunch of soy lecithin, carnauba wax, yellow No. 5, chocolate liquor, and a lot of other unrecognizable ingredients.

The more you eat the better. After all, it's Good Sense of which I claim to have in abundance. No

longer though, I suppose. I ate an entire bag of Good Sense and, soon afterward, went to the store in the hopes of finding more Good Sense, which is nonsense.

Now, I am not a person severely lacking in "will power. However, dear reader, as you will undoubtedly understand, even the most substantial defenses have a weak point. As I subsequently learned, Good Sense comes in larger packages than the one I first encountered.

As the larger package contains more Good Sense than even the most wicked of appetites can properly handle, it allows the consumer to put what remains of the larger package back in a cupboard or pantry shelf, thereby sparing the person the dark embarrassment that comes with eating too much of anything. But, alas, there's some left!

Therein lies another festering problem created by having too much Good Sense. That stuff calls to you wherever you are, awake or asleep. It makes even those with the greatest of will power cower and shake and shiver.

In conclusion, dear reader, the only logical determination is that Good Sense is sometimes nonsense. I think I'll run for some type of political office.



KIM FUNDINGSLAND PHOTO

There's common sense, good sense, nonsense, perhaps no sense. I like to think I have an abundance of the first two on that list, but there are those, in numbers I shall not reveal, that firmly adhere to the belief I am far more fittingly described by the latter two.

To that I say nonsense, and the finely written lines that follow, in my typical "no nonsense" fashion, will clearly demonstrate my infallible reasons why.

It happens to all of us. We get to a certain point in life when it's easier to gain weight than lose it. Labels and names on products don't help much either, usually quite the opposite.

We all know we should eat more vegetables and fruit, avoid fried foods, exercise regularly, and drink plenty of fluids. That's just for starters, but enough to grasp for most of us.

Sure. We check labels, at least occasionally, to see what we are really buying at the grocery store. There's lots of interesting reading on those packages, usually under the heading of "Nutrition Facts". However, many of us don't get that far.

Example? I recently purchased what I thought was a bag of mixed nuts, sunflower seeds, raisins, and other "gorp" that's usually meant for healthy snacking. Hey. The label on the front of the bag said "Good Sense". What else does a consumer need to know?

The real name of the product sold under the Good Sense brand

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Provider of the Month Feature
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AMANDA SENFT

What do you enjoy most about being an FCC Provider?

I enjoy that I am able to stay home with my children while providing reliable child care to other military families. I love seeing the kids running in each day excited to be at my house for another day in my program. I have met some amazing parents and children from our Minot AFB community through FCC.

What are your interests/hobbies?

Shopping at Target, spreadsheets for EVERYTHING, and bubble baths.

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

FCC or a career in child care was never on my radar before moving to Minot. Once we moved here and found how difficult child care was to locate, I looked into options for my own kids and found FCC. I'm so glad I stumbled upon FCC! It pushed me out of my comfort zone of the dental field, and I have found this job very rewarding in several aspects of life. It can be overwhelming at times, but the support from other providers has been amazing. If you're on the fence, try it!

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

Six leaders fired from Air Force nuclear base in North Dakota

Six leaders — including two commanders and four of their subordinates — were fired from a key Air Force nuclear base in North Dakota without explanation Monday.

Col. Gregory Mayer, who ran the 5th Mission Support Group at Minot Air Force Base; Maj. Jonathan Welch, the 5th Logistics Readiness Squadron commander; and four unnamed subordinates lost their jobs due to a “loss of confidence” in their ability to lead, Air Force Global Strike Command said in a release Monday.

“These personnel actions were necessary to maintain the very high standards we demand of those units entrusted with supporting our

nation’s nuclear mission,” said Maj. Gen. Andrew Gebara, the two-star in charge of Air Force nuclear units under 8th Air Force, in the release.

The Air Force declined to say what led to their ousters or what disciplinary action they may face.

Mayer held the support group’s top job for eight months after arriving at Minot last June. He has held leadership roles in the civil engineering community for the past several years of his nearly 25-year career.

At Minot, Mayer oversaw 1,900 airmen across six squadrons and a base portfolio worth \$4.3 billion. Minot is the Air Force’s only installation that houses two legs of the nuclear triad.

Mayer’s group supports daily operations of the base’s B-52H Stratofortress nuclear-capable bombers, Minuteman III nuclear-tipped intercontinental ballistic missiles and launch control centers, and UH-1N helicopters, according to an official biography that was removed from Minot’s website Monday.

The Air Force declined to provide more information about whether the other airmen were officers or enlisted, who will replace them, or whether they were all fired over the same incident.

“Our mission is foundational to our nation’s defense, and we remain committed to the success of that no-fail mission,” Gebara said.

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91ST MISSILE WING QUARTERLY AWARDS

Airmen from the 91st Missile Wing gathered at the Bully Dome to recognize Airmen for their outstanding work on Feb. 24, 2023, at Minot AFB, North Dakota. More photos can be found on Minot AFB PA Flickr page.

U.S. AIR FORCE PHOTOS
SENIOR AIRMAN CALEB S. KIMMELL

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Col Michael Maginness In New Position Assumes Command of 5th Mission Support Group

ROD WILSON, NORTHERN SENTRY

Colonel Michael Maginness has assumed command of the 5th Mission Support Group at Minot Air Force Base.

The 5th Mission Support Group is focused on delivering essential installation mission support and community service, securing resources, providing proper care of base facilities and infrastructure, while developing combat-ready airmen. The group's 1,600 military and civilian members serve the 5th Bomb Wing, 91st Missile Wing and other assigned tenant units -- approximately 12,000 people. The 5th MSG consists of the 5th Civil Engineer Squadron, 5th Communications Squadron, 5th Force Support Squadron, 5th Security Forces Squadron, 5th Contracting Squadron and 5th Logistics Readiness Squadron.



Col. Michael D. Maginness
5th Mission Support Group
Commander

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B-52 Stratofortresses deploy to Moron Air Base to collaborate, fortify relationships with NATO Allies and Partners

U.S. AIR FORCES AFRICA

RAMSTEIN AIR FORCE BASE, Germany --

Four B-52 Stratofortresses, assigned to the 5th Bomb Wing from Minot Air Force Base, North Dakota forward deployed to Moron Air Force Base, in support of the latest Bomber Task Force Feb. 24, 2023.

Bomber Task Force missions are routine operations across the globe that demonstrate U.S. commitment to collective defense and to also integrate with Allies and Partners.

“The 23rd Expeditionary Bomb Squadron is thrilled to be back in the European area of operations working alongside our NATO Allies and Partners to further bolster our partnership in the region,” said Lt. Col. Ryan Loucks, Commander, 23rd Expeditionary Bomb Squadron. “We are strongly committed to our long-standing relationship with our Allies and Partners, a relationship based on trust, respect and the common

goals of protecting our mutual security and strategic interests.

Before landing in Moron, two B-52s supported Estonia’s Independence Day with a flyby over Tallinn, Estonia.

While the aircraft are in theater they will integrate and train with Allies and Partners through various operations and exercises in the region.

BTF missions support the National Defense Strategy objectives of integrated deterrence and building enduring advantages, enabling strategic bombers to operate from a broad array of overseas and continental U.S. locations with greater operational resilience.

Since 2018, the strategic bomber missions have provided theater familiarization for aircrew members and opportunities for U.S. integration with NATO allies and regional partners.



Aircrew with the 23rd Bomb Squadron arrive at the flightline to begin B-52H Stratofortress start-up procedures before taking off to Moron Air Base, Spain, to participate in Bomber Task Force (BTF) 23-2 at Minot Air Force Base, North Dakota, Feb. 23, 2023. These BTF missions are representative of the U.S. extended deterrent commitment to allies and partners and enhance regional security.

U.S. AIR FORCE PHOTO | STAFF SGT. MICHAEL A. RICHMOND



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Vehicle maintenance tasks drivers don't want to overlook

Savvy drivers recognize that maintenance is essential to keeping their vehicles running strong for years on end. Such maintenance ensures vehicles are safe to take out on the road, and basic upkeep also protects drivers' financial investments in their cars and trucks.

Drivers who are not mechanically inclined tend to put their vehicles in the hands of a trusted mechanic to perform routine maintenance like oil changes. But there's a host of simpler vehicle maintenance tasks that drivers don't want to overlook, some of which can be performed without visiting the auto body shop.

• **Brake inspections:** Brake inspections are best left to the professionals, who can check the thickness of brake pads and look for other indicators of excessive wear. The automotive resource Cars.com recommends having brakes inspected during routine

tire rotations, which many automotive professionals suggest should be done every six months.

• **Car wash:** Car washes might not be the first task drivers associate with vehicle maintenance, but they can prevent long-term damage to cars and trucks. Damage from bird droppings and road salt and ice melt products in the winter can damage a vehicle's paint job and its undercarriage. Wash the car on your own at home or visit a professional car wash to perform this simple yet vital maintenance at regular intervals and whenever you notice significant buildup of dirt and grime on the car's exterior.

• **Air filter:** The air filter on a car or truck prevents debris, dirt and other contaminants from getting into the engine. The auto insurance experts at Allstate® advise drivers to inspect their vehicle air filters once a year.

Air filters in need of replacement may appear dirty, and reduced fuel economy, unusual engine sounds and reduced horsepower are some other potential indicators that an air filter needs to be replaced.

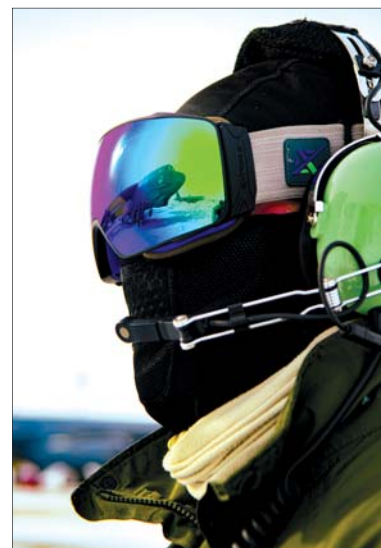
• **Windshield wipers:** Windshield wiper blades are easily overlooked, but various automotive experts recommend replacing wiper blades every six to 12 months. Old wiper blades won't perform at peak capacity, dramatically reducing visibility during heavy rain and snowstorms. Anyone can replace their own windshield wiper blades in a matter of minutes, and new blades won't break the bank.

Vehicle maintenance is not exclusive to tending to what's under the hood. Keeping a car running smoothly for years involves routine tasks that many drivers can perform without professional assistance.

BOMBER TASK FORCE 23-2

MINOT B-52S DEPART FOR BTF 23-2

U.S. AIR FORCE PHOTOS | STAFF SGT. MICHAEL A. RICHMOND



A U.S. Airman assigned to the 23rd Bomb Squadron (BS) boards a 5th Bomb Wing B-52H Stratofortress before flying to Moron Air Base, Spain, to participate in Bomber Task Force (BTF) 23-2 at Minot Air Force Base, North Dakota, Feb. 23, 2023.

A U.S. Airman assigned to the 23rd Aircraft Maintenance Squadron prepares to launch a 23rd Bomb Squadron B-52H Stratofortress to participate in Bomber Task Force 23-2 at Minot Air Force Base, North Dakota, Feb. 23, 2023.



Crew chiefs assigned to the 23rd Aircraft Maintenance Squadron run toward a 23rd Bomb Squadron B-52H Stratofortress to remove the chocks and launch the aircraft to Moron Air Base, Spain, to participate in Bomber Task Force 23-2 at Minot Air Force Base, North Dakota, Feb. 23, 2023. The U.S. maintains a strong, credible strategic bomber force that enhances the security and stability of allies and partners.

<p>EVERYDAY HAPPY HOUR • 3PM – 6PM</p> <ul style="list-style-type: none"> \$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 ½ Flat Bread Pizza 	<p>DAILY SPECIALS</p> <ul style="list-style-type: none"> Monday \$5 Moscow Mules (all day) Tuesday \$4 ND Breweries (all day) Wednesday ½ 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 	<p>FAMILY PACKS</p> <ul style="list-style-type: none"> Monday Pizza Pack Combo Tuesday Sandwich Pack Wednesday Chef Creation* Thursday Pasta Pack <p><small>*Changes Weekly – Check our Facebook Page</small></p>
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GREEN BEAN CASSEROLE

INGREDIENTS

- 1/2 STICK BUTTER
- 1 SMALL ONION, SMALL DICED
- 1/2 CUP BUTTON MUSHROOMS, SLICED
- 4 CANS GREEN BEANS, DRAINED
- 2 CANS CREAM OF MUSHROOM SOUP
- 1 TSP BBQ SEASONING SALT
- 1 CAN FRENCH FRIED ONION RINGS
- 1 CUP CHEDDAR CHEESE, GRATED

When ready to cook, set temperature too 375° F and preheat, lid closed for 15 minutes.

Melt butter in a cast iron skillet and add onions and mushrooms stirring occasionally until softened.

Add drained green beans, cream of mushroom soup and stir gently to combine.

Season with seasoning salt and pepper and sprinkle the top with the shredded cheddar cheese and onion rings.

Bake for 25 minutes. Serve warm, enjoy!

***Cook times will vary depending on set and ambient temperatures.**

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Bomber Task Force Begins with a Flyover of Estonia

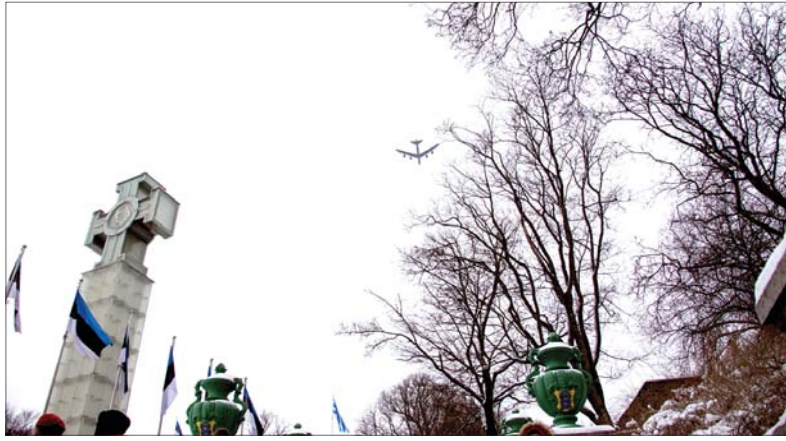
ALLIED AIR COMMAND
PUBLIC AFFAIRS OFFICE

RAMSTEIN, Germany – Two B-52 aircraft assigned to 5th Bomb Wing from Minot Air Force Base, North Dakota began their Bomber Task Force (BTF) mission by conducting a low approach flyby to help celebrate Estonia's Independence Day February 24.

During their stay in Europe, the BTF will build on the Trans-Atlantic bond between the US and European Allies. The B-52s will fly alongside numerous Allied fighters across differing platforms furthering Allied cohesion and interoperability. The B-52s will be conducting their missions out of Moron, Spain.

"Today we celebrate with our friends from Estonia 105 years of independence. The United States and Estonia are close Allies and share a strong partnership based on a common commitment to democracy, human rights and the rule of law. We remain steadfastly committed to the freedom and sovereignty of Estonia and all our Baltic allies as we deter and defend against any threats to our shared security," said U.S. Air Force Gen. James Hecker, Commander NATO Allied Air Command and U.S. Air Forces in Europe-Air Forces Africa.

BTF missions enable crews to maintain a high state of readiness proficiency and validate the U.S. Air Force's always-ready global strike capability.



United States Air Force B52s began their Bomber Task Force mission in Europe with a flyover of Tallinn in honour of Estonia's Independence Day. The BTF will train alongside NATO Allies during their deployment, building on the Trans-Atlantic bond between the US and European Allies and enhancing cohesion & interoperability.

U.S. EMBASSY TALLINN, ESTONIA



A U.S. Air Force B-52H Stratofortress assigned to the 23rd Bomb Squadron takes off from Minot Air Force Base, North Dakota, Feb. 23, 2023, to participate in Bomber Task Force (BTF) 23-2 at Moron Air Base, Spain. BTF missions enable crews to maintain a high state of readiness proficiency, and validate the U.S. Air Force's always-ready global strike capability.

U.S. AIR FORCE PHOTO | STAFF SGT. MICHAEL A. RICHMOND

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- Their hairs can be more than 9 inches in length.
- They have large flat footpads which help them navigate rocky terrain and shifting desert sands without sinking.
- They can go for long periods without water. An adult camel can drink up to 30 gallons in only 13 minutes.
- A Bactrian Camel can run at speeds of 10 – 20 mph.
- Nomads in Asia depend on Bactrian Camels for wool, meat, milk and for transporting people and goods.

Fact File

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A Living Piece of Minot History: Oak Park Theater

ERIN BEENE, NORTHERN SENTRY

The year was 1964. Those that were around could share some stories about The Beatles, the Civil Rights Act of 1964 and other major historical events that changed life and culture. But in one small town in North Dakota there was a tiny, yet significant, event took place. The Oak Park Theater, located at 1500 4th Avenue NW, opened on March 18 and premiered Elvis Presley's movie, Kissin' Cousins.

Since that date almost 60 years ago, the Oak Park Theater has shown thousands of movies and been through some pretty extensive changes and renovations. A quick look back into the history of the building itself will explain that in the 1960s & 70s the theater showed matinee showings for only \$.75 per ticket! They showed classic films like The Hindenburg, starring George C Scott and Anne Bancroft, and the animated The Phantom Tollbooth, directed by the venerable Chuck Jones of Looney Tunes fame.

Current Oak Park Theater owner, Al Schon, described the theater back then, saying, "Back in the late 60s, the Oak Park Theater would have all-night shows on Saturday nights in the summer. The all-night shows tended to get a bit rowdy causing the theater to stop having them." By 1980 the theater was shut down and converted into a pool hall. "In 2000, it was then remodeled back into a theater seating 500 showing sub-run movies. It showed two features a day with separate admissions for each film. There was also a party room for birthdays and special occasions," explained Schon.

Since 2000, Schon has managed and operated the Oak Park Theater with success due to his vast experience in the theater business. Unfortunately, that took a rough turn when the theater flooded out during the devastating Minot flood of 2011. The flood caused hundreds of millions of dollars in damages in the community and the Oak Park Theater was among the many businesses that were rendered useless after.

With much dedication, the Oak Park Theater reopened its doors in 2017 when Schon bought the place. The theater had a new smaller seating design but offered a new atmosphere. Since then, the theater has shown sub-run movies, which Schon explained to be movies that are, "lower cost by waiting until the terms (percentage per ticket) of the movie come down in price making it affordable to run at a reduced ticket price usually 45-60 [days] later than a first run picture." Schon said business was great for the first few years, but in 2020 and the pandemic onset, things again took a turn. He said, "Since then it has become a slow recovery because of the studio releases not being what they used to be and the new screening platforms that arrived during the Covid years."

Today the Oak Park Theater shows movies weekly and posts movie titles and show times on their Facebook page, <https://www.facebook.com/OakParkTheaterMinot>. They are also available for groups to rent out the entire theater and are often flexible on what movies can be shown for a very affordable price. According to Schon, the theater is also considered an art house venue, which means they present some other performances other than movies like Blues concerts,

festivals, church rentals, etc.

The Oak Park Theater is also a proud supporter of MAFB and its organizations by donating to many squadron Holiday parties, and base events. For the Month of the Military Child in April, Schon plans to work with the Northern Sentry and offer military kids a free movie event.

Schon has decades of experience operating movie theaters and has inquired on what it would take to acquire the use of the shut-down

movie theater on MAFB to offer movies to the base population. Talks are still in the works, but only time will tell what next great project Al Schon at the Oak Park Theater will accomplish.

Experience a little bit of Minot history and head over to the Oak Park Theater where you can take the whole family, get affordable movie snacks and maybe see Al Schon at the ticket counter smiling and saying hello.



In 1964 the Oak Park Theater officially opened their doors. They remain open today, nearly 60 years later.

Minot Air Force Base has been among our top volunteer groups for several years donating more than 2,500 hours of community service in the last five years. Thank you for making Roosevelt Park Zoo a premiere destination.

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Vote NOW "Best of MAFB" is Here

ERIN BEENE, NORTHERN SENTRY

The first annual "Best Of MAFB" is now open for your votes! The Northern Sentry gathered up your favorite places both on the base and around town and now you decide which is the best!

Spread some love and take a quick minute to vote for your favorite activity, restaurant and school today! Winners will be based solely on the popular vote so get as many votes in as you can!

The Categories and Nominations are.....

BEST LOCAL RESTAURANT

- Casa Jalisco
- Badlands Bar & Grill
- Starving Rooster
- JL Beers
- Culvers
- Mi Mexico
- Iron Horse
- Jamaican Vybz Kitchen
- Try Tai
- Wing and Rings
- Whiskey Nine
- Oshi Ramen

BEST LOCAL ACTIVITY/ RECREATION FOR FAMILIES

- Minotauros Games
- Mouse River Players
- Escape Point
- Tilt Studio
- Trails at Woodland Park
- High Air Ground

- Jack Hoeven Wee Links (Kids Golf Course)
- Roosevelt Park Zoo
- Oak Park Events
- Lake Metigoshe

BEST LOCAL ACTIVITY/ RECREATION FOR ADULTS

- International Artist Series of Minot
- Up Your Axe
- The Spot
- Souris Valley Golf Course
- The Drop Zone
- Chaos Games
- Trivia Night at Atypical
- ND State Fair Concerts
- Bottineau Winter Park

BEST PLACE TO GO ON BASE (RESTAURANT/HANG OUT)

- B-Fifty Brew
- Bomber Bistro
- Little Riders (Bomber Bistro Play Area)
- Rough Rider Lanes (Bowling Alley)
- The Turf
- McAdoo Fitness Center
- Rockers
- Son of a Brunch
- First Friday at JDC

BEST SCHOOL ON OR OFF BASE

- Dakota Elementary
- Memorial Middle School
- North Plains Elementary
- Bishop Ryan

VOTING IS NOW OPEN!

The first annual "Best Of MAFB" is now open for your votes! The Northern Sentry gathered up your favorite places both on the base and around town and now you decide which is the best!

Spread some love and take a quick minute to vote for your favorite activity, restaurant and school today!



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OUTDOOR

REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL



PATRICIA STOCKDILL



- Check on ice houses occasionally to make certain they haven't iced in after warming weather.
- Be mindful of parking when accessing area lakes; not blocking roadways or snow removal operations.
- 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.
- March 3: Souris Valley Mule Deer Foundation, Minot Sports on Tap, 5 p.m.
- March 11: Lonetree Rocky Mtn. Elk Foundation banquet, Harvey Eagles Club, 5 p.m.
- March 15: Permanent houses must be off area lakes but can be used if removed daily.
- March 17: Pheasants for the Future banquet, All Seasons Arena N.D. State Fairgrounds, 4:30 p.m.
- March 17: Bakken Muley Masters Mule Deer Foundation banquet, Watford City Eagles Club, 5:30 p.m.

TOURNAMENTS:

- March 4: Devils Lake, Minnewaukan Flats.

lakes, Scenic Sports, Williston: West end of Lake Sakakawea slowed. Best walleye bite remains around White Earth Bay towards dark hours. Decent pike activity just outside any of the larger bays using smelt. Spearing options are better east of White Earth Bay for water clarity. Rivers dropping with improving walleye and sauger success on both Yellowstone and Missouri rivers. Blacktail Dam has good water quality and producing some nice pike.

• Lonetree WMA area lakes, Harvey: Access remains an issue on many area lakes. Those going out with tracked vehicles are finding hit-and-miss walleye success or generally overall slow.

• North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Activity remains light throughout lakes.

Downhill skiing:

- Big Sky Ski Resort, Big Sky, Mont.: 66- to 69-inch powder, packed powder base with 31 lifts and 294 runs open.
 - Bottineau Winter Park, Bottineau: 36- to 40-inch base with good conditions. 2 Magic Carpets and 1 lift, 7 runs, and tubing and terrain parks open.
 - Huff Hills Ski Area, Mandan: 20- to 35-inch powder, packed powder base. All runs open along with 2 lifts, 1 tow, and Green Lift Terrain Park open. Donut Hole Hiking Area also open.
 - Terry Peak, Leads, S.D.: 26- to 36-inch base. 30 trails and 5 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.

Fishing:

Lake Sakakawea elevation, Feb. 27: 1,826.81 feet above mean sea level (MSL); 23,200 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.48 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.33 MSL.

• N.D. Game & Fish Dept. game wardens: Access deteriorated on Lake Audubon after late February snow. Limited activity throughout the Missouri River System. No Devils Lake reports.

• Devils Lake, Ed's Bait Shop, Devils Lake: Generally fair to good activity.

• Devils Lake, Woodland Resort, Devils Lake: Generally fair to good walleye success with occasional slower day mixed in. Best perch activity remains in East Bay.

• Lake Darling, Karma C-Store, Ruthville: Continued fair walleye activity on Lake Darling and around Grano. No Lake Audubon reports.

• Lake Metigoshe, Four Seasons, Bottineau: Improving walleye bite for a short period of time around sundown with some pike mixed in. Bluegill slow.

• Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Hit-and-miss walleye success on Lake Audubon. Try working a variety of depths. Steinke and Centennial bays also hit-and-miss for walleye on the east end of Lake Sakakawea.

• Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Slow walleye bite on the east end of Lake Sakakawea but pike anglers finding a few fish. No reports from Lake Audubon.

• Lake Sakakawea, New Town: Van Hook Arm remains slow for walleye.

• Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Limited activity on the Missouri River tailrace and Lake Sakakawea. Look for improving success with warmer, stable weather on the river and from the wing walls. No Lake Audubon reports.

• Lake Sakakawea/northwest N.D.

DAF hosts 3rd Virtual Women's Air and Space Power Symposium

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) -- The Secretary of the Air Force Office of Diversity and Inclusion will host the third annual Department of the Air Force Virtual Women's Air and Space Power Symposium March 8-10.

The symposium will be a virtual professional development series open to all, coinciding with Women's History Month and beginning on International Women's Day March 8. The symposium is planned and executed by a diverse group of total force Air and Space Force volunteers who shape the agenda – making this symposium a forum designed by the people, for the people.

Members of the DAF Barrier Analysis Working Group, including the Women's Initiative Team, collaborated with the volunteers and served as the symposium's advisory group.

This year's overall theme is "In the Room Where Decisions Are Made," with the first day focused on Finding Inspiration, the second day curated on Developing Skills, and the last day culminating with conversations on Leading Change.

"The symposium is sure to motivate and encourage attendees with speakers ranging from senior leaders across the Department of Defense and beyond," said Col. Jenise Carroll, Department of the Air Force Office of Diversity and Inclusion deputy director. "Panelists

will also include young Airmen and Guardians who will share their experiences leading change and being at the forefront of progression and advancement for women and minorities."

Hoping to build connections and share perspectives, the symposium planners were charged with creating an event that not only fuels inspiration, but also empowers Airmen and Guardians to chart their future, Carroll said.

"For our Airmen and Guardians to serve to their full potential, we have to foster a positive culture and continue to remove barriers," said Secretary of the Air Force Frank Kendall. "These efforts are part of my call for 'One Team, One Fight.' It is the only way we will recruit and retain the best and unrivaled talent, a necessity to maintain air and space superiority."

Encouraged by the idea that a strong sense of community and belonging enables people to overcome even the most challenging barriers together, the symposium further aims to develop skills needed to relate through authenticity and drive change. By sharing experiences, panels will discuss how to support Airmen and Guardians from varying backgrounds and life changes, including devastating moments like miscarriage, a pregnancy and infertility.

Organizers believe that talking



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DEPARTMENT OF THE AIR FORCE

VIRTUAL WOMEN'S AIR & SPACE POWER SYMPOSIUM 2023

MARCH 8-10

OPEN TO ALL TOTAL FORCE AIRMEN AND GUARDIANS, MILITARY AND CIVILIANS, MEN AND WOMEN!

Who: You! Open to All Total Force, Airmen and Guardians, Military and Civilians, Men and Women!

What: 2023 DAF Women's Air & Space Power Symposium

When: March 8-10, 2023

Why: Hear from Chief of Staff of the Air Force Gen C.Q. Brown, Jr, CMSAF JoAnne Bass and more! Over 12 Panels featuring our Airmen and Guardians!

Where: LIVE Streamed to you from Facebook. No registration required!

How: SAF/DI in collaboration with DAF Barrier Analysis Working Groups and volunteers!

Visit our website at <https://www.af.mil/Diversity/>

openly about difficult circumstances to better understand each other's perspective builds connections and trust, an essential aspect of creating cohesive teams among Airmen and Guardians, both military members and civilians.

Cohesive teams with diverse perspectives are force multipliers and warfighting imperatives that enable a competitive advantage against adversaries. The symposium is only one event for the Department of the Air Force's Office of Diversity and Inclusion to ensure the DAF remains adaptable to assist in recruiting, retaining and fostering a ready and stronger force.

"The results are clear: a diverse team is a stronger team. It enables us to leverage different perspectives formed from various life experiences and backgrounds—that is what we need to solve our Nation's toughest problems—and it is what our competitors lack," Kendall added. "We have made great strides with personnel policies and have shown getting the details right matters. It proves we value our people and respond when policies have grown outdated."

The Department of the Air Force

has a distinguished heritage built by highly skilled and dedicated Airmen and Guardians breaking barriers and leading air and space power dominance. As senior leaders call on the force to continue breaking barriers and changing policy, day three of the symposium will discuss how to lead change. Panelists will share vignettes, best practices, obstacles, and meaningful wins changing in their organizations, including perspectives from other branches of the military.

The 2022 WASP symposium attracted 3,400 registrants for the three-day event; this year's volunteers hope to more than double that number. The accessibility to the virtual platform should usher that, as total force members do not have to pre-register this year. Members can view and ask questions during the symposium via the event page.

This professional development opportunity is free to all Department of the Air Force civilian employees, cadets, and all active duty, Air Force Reserve and Air National Guard Airmen and Guardians. Sessions will run from 9 a.m. to 4 p.m. EST, according to the event agenda.

OPEN M-F 8-5:30

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NOTES ON BEING SAFE

Extension Cord Safety: What to Do and What to Avoid



SSGT JOE VERGARA
5TH BOMB WING
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Electrical hazards are an area of major safety concern in construction and account for a large number of injuries and fatalities. Even workers that aren't electricians are going to be using electricity every day to do their job, and something as seemingly harmless as an extension cord has its own hazards. Extension cords can be found in any location, safe use of extension cords is as important as safety training on electrical tool use.

In addition, office buildings, warehouses, and manufacturing plants are corporate and industrial environments where electrical equipment and outlets will definitely be found and can pose unique hazards to employees who work there.

Cable protectors offer a quick solution to protect cables and hoses from pedestrian and vehicle traffic. Consider light- to medium-duty cable protectors to prevent trip hazards in an office or warehouse, while heavy-duty cable protectors might be a better choice on job sites with construction equipment or heavy pedestrian traffic.

No one should take electricity for granted. No matter how small the task, how temporary the project or how trained the staff, everyone should be using safe work practices, especially when using electrical tools and equipment. Extension cords should be selected carefully and be approved by a laboratory such as Underwriters Laboratory (UL). The extension cord below shows the (UL) stamp clearly.

During the weekly safety meeting or morning safety huddle on electrical safety, the following tips on safe use of extension cords should be discussed:

- Always inspect your electrical tools and extension cords before use.
- Don't use an extension cord that

is wet and never plug an extension cord into an electrical device with wet hands.

- Never unplug an extension cord by pulling on the cord; pull on the plug only.

- Never use extension cords that have broken or missing ground pins - those are there for your safety!

- Use only properly rated extension cords for a construction site and UL (or similarly) approved

extension cords for use in all work environments.

- Never run cords through windows or doors where they could be pinched or damaged.

Ensure extension cords are kept out of walkways to avoid potential trip and fall hazards.

- Remove frayed, damaged, or severely kinked extension cords from use immediately.

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MINOT, ND

BABY GIRL BORN ON
TUESDAY, FEBRUARY 21, 2023 TO:
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MINOT, ND

BABY BOY BORN ON
THURSDAY, FEBRUARY 23, 2023 TO:
LUCAS AND CHARLEE LANEY
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Saturday: 2 a month by appt
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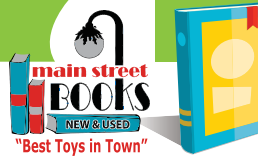


91ST MISSILE WING ANNUAL AWARDS

Team Minot members hosted the 91st Missile Wing annual awards at Minot Air Force Base, North Dakota, on Feb. 24, 2023. Airmen from the 91st Missile Wing received awards for demonstrating excellence to the Team Minot mission. More photos can be found on Minot AFB PA Flickr page.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN EVAN LICHTENHAN





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Thursday, March 9	12-9pm
Thursday, March 16	12-9pm

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YOUTH IN ACTION

Month of the Military Child (MOMC) Working Group



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



April is the perfect month to usher in Spring but it is also a great time to “Purple Up” for military connected students! The Month of the Military Child (MOMC) is celebrated in April and is a time to show our support for military connected students across the United States and also abroad. In North Dakota, there are more than 12,500 active duty, national guard and reserve military members. In addition, more than 8,500 military connected children in North Dakota have a parent or guardian serving in the military. Therefore, April is an incredible time to show appreciation for the strength and resilience of military connected students.

The School Liaison Office is beyond thrilled to lead the Month of the Military Child (MOMC) Working Group with stakeholders in our community. These stakeholders include 5th Mission Support Group, 5th Force Support Squadron Flight Chiefs, Child and Youth Programs Managers, the

Minot AFB Library, Key Spouses, and so much more! We are working together to orchestrate a month where our students are valued and appreciated.

The work of the MOMC Working group occurs at different levels to include coordinating the signing of the MOMC Proclamation with the State of North Dakota, connecting with the North Dakota leadership to advocate for legislation enhancing quality of life measures, partnering with agencies and businesses, building a comprehensive calendar for Minot AFB and organizing events with schools located on and off Minot Air Force Base. The School Liaison Office desires for this effort to be collaborative and engaging.

April will be bustling with activity and we would like to invite our community to take part in this special time. If you are interested in serving as a volunteer for MOMC, please send an email to MAFB.school.liaison@us.af.mil.

2022-2023 MPS CALENDAR

March 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		

March 8
P/T Comp Day - No School
March 9 & 10
Spring Day Break #1 & #2



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

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Upcoming Events

3-4 MAR MINOT HOME & GARDEN SHOW
FRI. MAR. 3 • 12 PM TO 7 PM
SAT. MAR. 4 • 10 AM TO 4 PM
North Dakota State Fair Center,
2005 Burdick Expy E. Minot

The MAB Home and Garden Show is the ultimate resource when planning your next home project in Western North Dakota. Whether you are building a new home, considering a kitchen remodel, or installing your dream outdoor living space, the MAB Home and Garden Show is the ideal venue for inspiration with over a hundred exhibits featuring landscape design, lawn and garden equipment, interior design, windows and window treatments, flooring, decking, outdoor living, home entertainment and automation, and much more. Admission is \$5/person, with children 12 and under free. Bring a canned food item to save \$1 off admission, or show your military ID to save \$1 off admission.



For more information:
www.minotab.com/homeshow/

9 MAR FUN ZONE
10:00 - 11:00 AM
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. Fun Zone is for children 10 & under. Children and adults will enter facility and play at their own risk. Children must be supervised at all times. They are not to be dropped off. There must be at least one adult present for every 4 children. YOU are responsible for the kids that you bring. You must maintain a close physical presence at all times. No outside equipment/toys will be allowed.



For more information:
www.minotparks.com

11 MAR FAMILY STORY TIME
10:30 AM - 11:15 AM
Minot Public Library
516 2nd Ave SW, Minot

Everyone is welcome! This story time is the 2nd Saturday of the month at 10:30 am. We will read books, sing songs, and do a craft with a community helper. We are hoping this story time will help start great conversations for families. This month, we welcome Travis Heil from the Roosevelt Park Zoo!



For more information: Facebook/Minot Public Library/Events

11 MAR KINDNESS KNIGHTS
1:00 PM - 2:00 PM
Minot Public Library
516 2nd Ave SW, Minot

We will help our community together and learn how to be Kindness Knights. During this program, we will meet at the Minot Public Library and help out Companions for Children. Kindness Knights is for children grades 2-6 on the second Saturday of the month at 1:00 pm.



This month we will help Companions for Children

19 MAR ROOSEVELT PARK ZOO
WILD ONE BIRTHDAY FOR TIGER CUBS
12:00PM- 1:00PM
1219 Burdick Expy E, Minot

Celebrate the tiger cubs at Roosevelt Park Zoo!
\$2 zoo members
\$3 non members
Funds: 1/2 conservation 1/2 capital campaign
Admission table will open at 11:00am
Enrichment (presents!) at 12:00 noon



For more information:
Facebook/ Roosevelt Park Zoo/ Events

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Minot State Fall 2022 President's List

MINOT STATE UNIVERSITY

Minot State University announced a total of 474 students were named to the Fall 2022 President's List, according to Minot State President Steven Shirley.

Students who earned a term grade point average of 3.8 or higher while enrolled for 12 or more credits during the Fall 2022 semester were named to the list. The honor will show on the student's transcript for the semester it was earned.

"We are proud to celebrate and recognize the achievements of our students earning

distinction by being named to the President's List," Shirley said. "The students honored with this acknowledgment deserve our heartiest word of 'congratulations!' for their outstanding academic accomplishment and their pursuit of excellence in the classroom."

PRESIDENT'S LIST MINOT AFB

Arleen Ayala, David Corredor, Kennedy McCain, Erik Menegay, Tylar O'Brien, Margaux Sedlik, Trinity Tucker

Minot State Fall 2022 VPAA and Engagement Honor Roll

Minot State University announced a total of 303 students were named to the Vice President for Academic Affairs' Honor Roll for Fall 2022 and nine students earned a spot on the Engagement Honor Roll.

Students who earned a term grade point average of 3.5-3.79 while enrolled for 12 or more credits during the Fall 2022 semester were named to the VPAA list. The honor will show on the student's transcript for the semester it was earned.

The Engagement Honor Roll is an opportunity for Minot State University undergraduate students to receive recognition for the engagement activities they participate in while a student at MSU, through inclusion of this distinction on their transcripts.

Students must complete a minimum of 50 hours, verified by supervisors, in any combination of engagement activities in order to be recognized during any given term.

"Congratulations to all the students on the Fall 2022 Vice President for Academic Affairs and Engagement Honor Rolls. These students showed up, put in the work, and earned the grades. Well done!" said Laurie Geller, Minot State vice president for academic affairs.

VPAA HONOR ROLL MINOT AFB

Erin Bradford, Jocelyn Garza, Ethan Henderson, Jessilyn Hudson, Nerisa Jeong, Alexis Phillips, Jacquelyn Tomford, Bryce Toro

Editor's Note: Due to space limits, we have only listed students from Minot AFB. For a complete list of honorees, please visit: <https://www.minotstateu.edu/pio/news/2023/01/Minot-State-Fall-2022-Presidents-List,-VPAA-and-Engagement-Honor-Roll.shtml>

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MAGNUM ADVENTURES

Patricia Stockdill

You can't make this stuff up – tall tales don't compare to real life "adventures", especially when they're of the Magnum variety. In this case Magnum is the now 8-month-old latest Hunting Maniac of the family. True to her breed as a Brittany, she's full of energy and ambition, playful and adorable.

With an attitude.

Granted, it's an attitude in a nice way, which will greatly enhance our future hunting experiences.

I'm amazed at how well the breeder assessed her personality even as a little pup spending a mere eight weeks of life along the Nebraska-Kansas border. "She's a pistol," Jennifer described. "You'll adore her and you'll cuss her."

Yup, Jennifer nailed Magnum's personality, probably even before the little liver-and-white "pistol" opened her eyes.

Part of the reason for her name is she truly is a Magnum pistol, packed full of power and energy.

Pheasants will not want to mess with her.

She packs a wallop and does everything at full speed.

Including demolishing her large MyPillow® dog bed made of shredded foam.

Shredded foam sticks to everything including the Magnum shredding it into even tinier pieces.

It sticks to everything in a house when the Magnum playfully runs throughout said house showing off her latest adventure.

It doesn't end there – that's just the beginning.

Magnum has called life along Lake Sakakawea home for six months now.

She's demolished six dog beds.

She prances throughout the living and dining rooms with dog bed covers in tow, gleefully tripping over them and begging someone to play hide-and-seek around the table, chairs, and couch.

She's now tall enough to reach to kitchen counters. She's mastered the art of not just looking over the counter, she's mastered the art of reaching out with both paws and literally pulling any item she desires off the counter.

Or she will bat it off the kitchen island, gleefully grab it – if it didn't break – and expect a game of hide-and-seek.

As a hunting dog, playing hide-and-seek isn't on the menu. We don't want her to hide a bird she's supposed to retrieve.

Nor do we want her to shred it.

So she, like any dog should, receives training sessions. Thankfully, she's extremely intelligent and a quick learner. She's mastered commands and loves to retrieve.

Being a typical canine "child" in age, she's not keen on the word drop because sharing isn't in her vocabulary yet. However she drops on command, especially when treats are involved.

She even dropped on command when her trainer – me – realized she ate my glasses. As in the glasses on my face that I need to see, read, write, and drive with.

Granted, I needed a new prescription but I'm still waiting to get into the optometrist for that new prescription and new

glasses.

So in other words, excuse any typos.

In addition, her field training was limited this fall and winter in part because of weather.

Another limiting factor is her trainer – me – had the fun of a complete lumbar spinal fusion making walking on snow, ice, and anything other than a flat, dry surface a bit challenging.

Here's a "note to self" as Magnum's trainer: Once out of the required spinal fusion back brace, do not – repeat to self – do not expect to take a Magnum out for walks and training sessions. Nope, not even if it's just walking on a lonely gravel road or neighboring wind-swept bean field and think breaking through a snowdrift won't happen.

It's also a bad idea when one doesn't realize just how deep some of the snowdrifts are – as in breaking through up to mid-thigh level - while a Magnum is happily working trees alongside of the snowdrift you just broke through.

My excuse is that I couldn't see how deep the drift was because Magnum ate my glasses and the ones I had on were an old, old prescription.

It flashed through my mind that walking on the snowdrift – and breaking through the snowdrift – was a really, really bad idea.

Then the realization hit – literally - that it wasn't going to be easy getting out.

Thankfully Magnum came to check out what I was doing in the snowdrift. At least I didn't have to wonder what she was up to. Instead, she looked at me as if to ask why I was stuck in the snow.

I managed to pull myself out, dust myself off – snow dusts off easier than shredded foam, by the way – and assess body damages.

Magnum, meanwhile, determined that all was well and returned to investigating the trees.

We continued on with our training session; this time her trainer gingerly walking the lonely gravel road.



Magnum, AKA 'the Pistol' provides numerous adventures for her family as the youngest Hunting Maniac.

PATRICIA STOCKDILL PHOTO



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 10:30 AM WORSHIP


WEDNESDAYS: 11:30 AM SOUP KITCHEN
 5:30 PM FAMILY SUPPER
 6:30 PM PRE-K/KIDS' CLUB /
 ABY & ADULT BIBLE STUDY



Christ Reformed Church

Worship 11:00 a.m. Sunday
 234 14th Ave SE
www.christreformedchurchminot.com

St. John the Apostle Catholic Church



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

Daily Mass Schedule:
 Tuesday 5:15 p.m.
 Wednesday - Friday 7:00 a.m.
 Saturday 5:00 p.m.
 Sunday 8:00 & 10:30 a.m.

Fr. David A. Richter, Pastor
 Parish website: www.stjohnminot.com




First Lutheran Church - ELCA
 120 5th Ave. NW
 852-4853

Sunday Worship
 9:30 am

www.firstlutheran.tv
 (Live Stream & Recorded)
 Radio Broadcast KRRZ 1390AM
 Sunday 9:30 am
www.flcminot.com

Pastor Brandy Gerjets • Pastor Ellery Dykeman



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9999 27th St NE
 4 miles south of MAFB
 James W. Henderson
 Anna B. Henderson

Church: 701-838-4492
Home: 701-838-5759
KHRT 1320: 9 a.m. Sunday

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.



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 ASSEMBLY OF GOD

1805 2nd St. SE
838-1111

Sunday Services
 9:00 AM & 11:00 AM

Wednesday
 6:30 PM

Minot Baptist Church

Sending the Glorious Light of Jesus Christ to a Dark and Needy World

Sunday School 9:45 a.m.
 Morning Worship 11:00 a.m.
 Evening Worship 6:00 p.m.
 Wednesday Evening..... 7:00 p.m.

Independent/Fundamental/KJV
500 46th Ave NE • 839-1351
 Pastor David Miller



Cross Roads Baptist

Southern Baptist Convention

Sunday School (all ages) 9:45 a.m.
 Sunday Worship 11 a.m. & 5:30 p.m.
 Wednesdays (Prayer & Missions) ... 6:30 p.m.

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

415 28th Ave SE (Behind Menards)
838-1873



West Minot Church of God
Family Worship Center

1105 16th St. NW • 839-1407

Sunday School 9:30 a.m.
 Sunday Worship 10:30 a.m.
 Children's Church & 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

westminot.com
facebook.com/westminot

First Baptist Church

200 3rd St. SW • 852-4533
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 a.m.
 Wed. AWANA (Sept. to May) 6:30 p.m.
 Fridays, Celebrate Recovery 7:00 p.m.

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

Apostolic Faith Church, UPCI

2929 19th Ave NW • Minot
 Located off Hwy 83 Bypass West
(701) 838-0609

Saturday School 2:00 p.m.
 Sunday Worship 3:30 p.m.
 Wednesday Bible Study 7:30 p.m.

Jesse Starr, Pastor



Grace Baptist Church of Minot
A Reformed Baptist Church

Sunday Service: 4:00 p.m.
Wed. Prayer: 5:30 p.m.
 at Living Word Lutheran bldg
 710 46th Ave NE, Minot

Web: gracebaptistminot.com
E-mail: gbcminot@gmail.com

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Rev. Heath Trampe
Rev. Brian Doel

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 9:30am Contemporary (w/ livestream)
 9:30am Sunday School & Adult Bible study
 11:00am Contemporary Service

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 OSKids (age 4-5th gr.)
 Bible Class (6th gr.)
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www.ourredeemers.org




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 Minot, ND 58701
info@orcsknights.org • 701-839-0772
www.orcsknights.org

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 Email: jschultz@orcsknights.org
 Website: www.orcsknights.org



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 701-839-0946

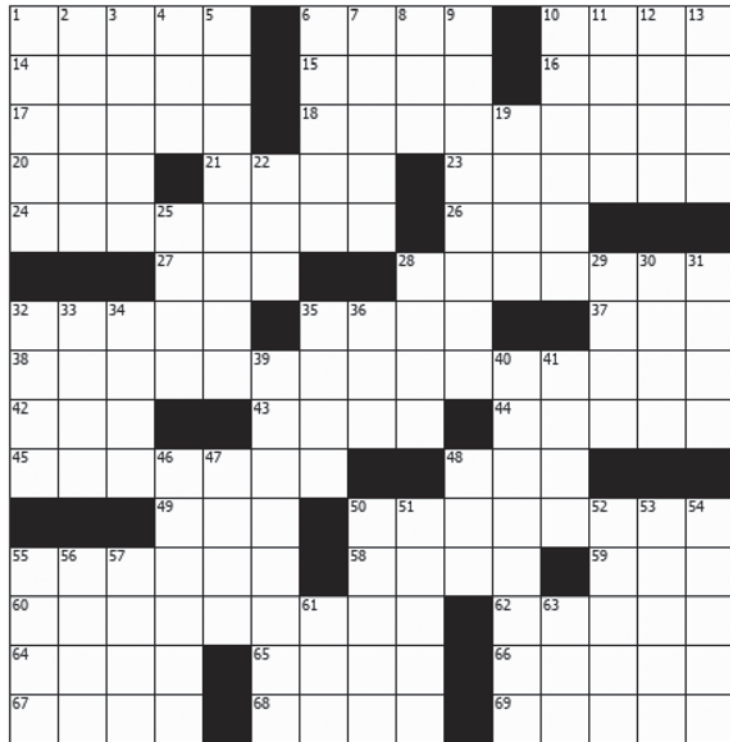
email
NSADS@SRT.COM

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CROSSWORD PUZZLE

Across

- 1. Amontillado holders
- 6. Arctic dweller
- 10. Scathe
- 14. Value system
- 15. Befuddled, metaphorically
- 16. Theater award
- 17. Reluctant
- 18. St. Bernard's beat
- 20. Street of horror
- 21. Feline film heroine
- 23. Accentuate
- 24. Awfully long time
- 26. Bundle of money
- 27. Factor in beauty?
- 28. Don Corleone, for one
- 32. Bide one's time
- 35. Trade punches
- 37. IRS shelter
- 38. Small at-home business
- 42. Quadri preceder
- 43. It may be irresistible
- 44. 6-Down feature
- 45. Emancipate
- 48. Brandi's one-time teammate
- 49. Occupational suffix
- 50. Blunt criticism
- 55. Arcade classic
- 58. Nautical start
- 59. Dylan's "I ___ Lonesome Hobo"
- 60. Vanilla-flavored drink
- 62. Boat launches
- 64. Cow accessory
- 65. Decorative liquid holder
- 66. Type of gas
- 67. Garage activity, perhaps
- 68. Cravings and Japanese coins
- 69. Ingemar Stenmark, e.g.

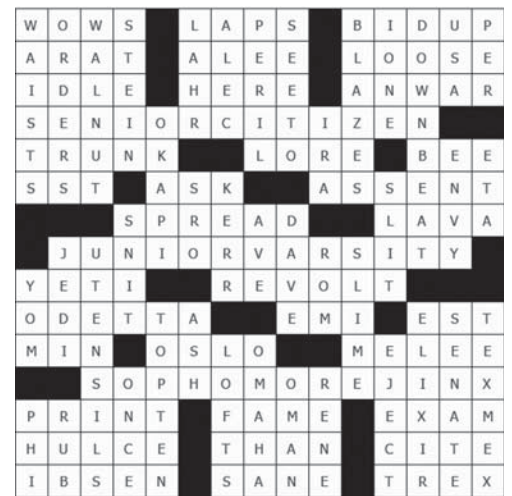


Down

- 1. Media phenom
- 2. Lagoon surround
- 3. Huge theme park attraction?
- 4. Young fox
- 5. Diagrammatic representations
- 6. Catch by the neck, in a way
- 7. African city near a dam
- 8. Chinese-born architect
- 9. Identity verifier
- 10. Stockpiles
- 11. Qualified
- 12. Splits sans scissors
- 13. Barracks break
- 19. Attempt
- 22. Cured salmon
- 25. Send forth
- 28. Gnu feature
- 29. Man who once backed Michael Jackson
- 30. Calls Mary Larry, e.g.
- 31. Comedian "Colonel Maggie" Martha
- 32. Legislative decisions
- 33. Modeled
- 34. Squabbling
- 35. Like leaves in late Autumn
- 36. Glutton
- 39. Cheese source
- 40. Mythical beasts
- 41. Overcharge mightily
- 46. Title IX beneficiary
- 47. Paper pack
- 48. Space outcast
- 50. Southwest area of Germany
- 51. Brings up, as a child
- 52. Animated film of 1942
- 53. Plentiful
- 54. Police weapon
- 55. EPA-banned chemicals
- 56. Square measure
- 57. Hive compartment
- 61. Be beholden to
- 63. NASA thumbs-up

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

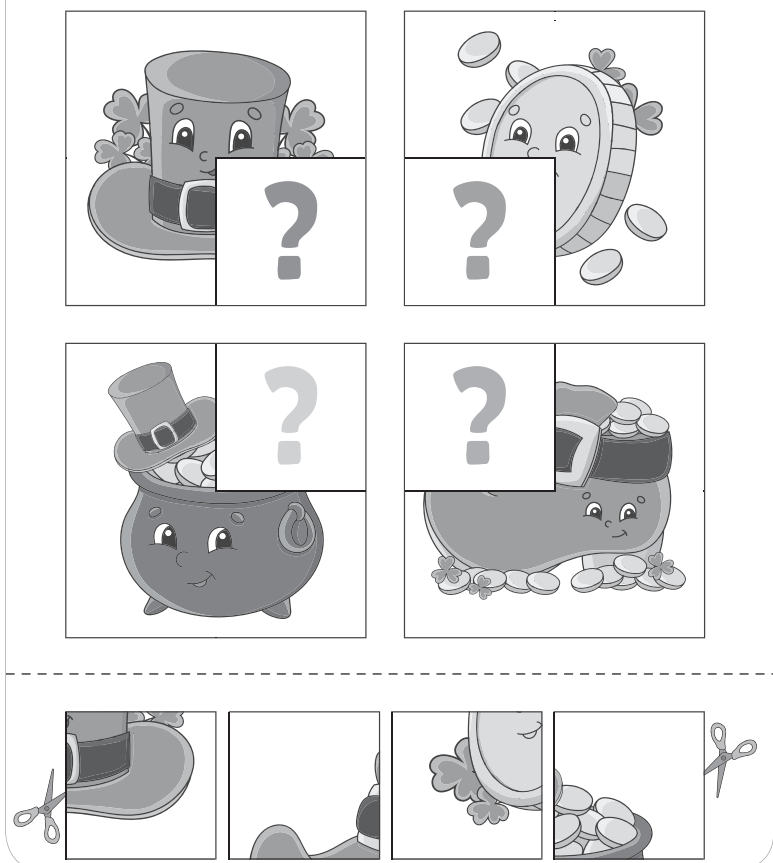


SUDOKU

Solution to puzzle on page B14

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

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A MAN CALLED OTTO
(2022) Comedy, Drama (PG-13)

Guillermo del Toro's
PINOCCHIO
(2022) Animation, Drama, Family (PG)

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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 701-852-1014.

tfm

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Or contact: Matt Mackey
By email or phone at 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.

tfm

SUDOKU SOLUTION

PUZZLE ON PAGE C12

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

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: 20 Mar-21 May. For more information, please visit us in Room 223 located in the Base Education Center Building (2nd floor), email: minot@erau.edu or call office phone: 701-727-9007 and/or Teams phone: 928-777-6342.

COLUMBIA COLLEGE

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

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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



VOLUNTEER OPPORTUNITIES

Women's History Month Volunteers

During the month of March, the Women's History Month events coordinators are seeking volunteers for the following events:
• March 11th (0730 and 1630): Yoga and Donuts/Coffee at the TURF
• March 15th (1530-1630): Women's Symposium at the JDC
• March 31st (1630-1830) WINGS Fly (Closing Event) at TURF.
If you have any questions or want to get more involved with WINGS (Women Inspiring the Next Generations Success), please let me know
POC: DIXIE L. SCOTT, SSgt, USAF, NCOIC, Mortuary Affairs
DSN: 701-723-4290
Mortuary Affairs Cell: 701-818-0192

The Prairie Warrior Auction Volunteers

(March 15-March 16)
The Prairie Warrior Auction is an annual auction designed to raise funds for Minot AFB private organizations. Each year local businesses and on base organizations donate gift baskets, services, goods etc., that will be auctioned at the event. A portion of proceeds is infused back into the Minot AFB community. The Prairie Warrior Association is looking for motivated volunteers to ensure this is the best auction to date! From set up, to tear down we need YOU!!
Wednesday, 15 March, 2023: Transportation Team - Staging Team
Thursday, 16 March, 2023: Reception Team - Security Team - Cashier Team - Display Team - Raffle Team -Tear down
POC/Sign Up: PWA Volunteer Coordinator, SSgt. Jamaal Taylor
jamaal.taylor@us.af.mil • 701-723-7767.

Minot Shrine Circus Volunteers

(May 11, 12, 13)
We are looking for volunteers to help with various tasks before, during, and after performances at the ND State Fair Center. Meals/snacks will be provided to volunteers.
POC: Minot Shrine Club Circus Director,
John Young at (701) 214-0928 or
jrchyoun85@gmail.com

Minot AFB AADD Volunteers

On behalf of the AADD council, it has been a privilege being your AADD Council. We enjoyed and took pride in keeping our Wingmen safe, but it is time to give the opportunity to new members. We are looking for motivated, passionate and caring individuals who value the Airmen Against Drunk Driving mission. I (VP) will join SSgt Decosse and continue as a Council Advisor for the upcoming year. Below and attached is an info gram with important details to clarify some common misconceptions and help you understand how AADD operates with our link to apply for open positions.
• APPLY FOR COUNCIL POSITION HERE:
https://form.jotform.com/230193776201048
• WEEKLY AADD SIGNUP:
https://volunteersignup.org/events/summary/446266

North Dakota State Fair Volunteers

(July 21-29)
The North Dakota State Fair is North Dakota's largest annual event with traditionally over 300,000 attendees. We need volunteers to help with various community groups performing services or leading projects during the annual North Dakota State Fair event held on July 21 -29. Projects involved might include working concerts, shuttling golf carts, cleaning stalls, security, grounds clean-up, or gate attendants.
POC: Daryl Fry at 701.857.7620 ex 803 or daryl@ndstatefair.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

Pride Month Volunteers

(June)
If you're interested in supporting the Minot AFB LGBTQIA+ community, including volunteering for June's Pride Month events, please contact SrA Edwin Washington. You can also join the Minot AFB LGBTQIA+ Support Club on Facebook at www.facebook.com/groups/930024054132263.
POC: SrA Edwin Washington, edwin.washington.3@us.af.mil
701-723-3011

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

To have your volunteer opportunity posted, please contact Military & Family Readiness Center (M&FRC)
5fss.family.support@us.af.mil

Local Cravings Restaurant Guide



Applebee's Grill & Bar

2302 15th St SW, Minot
Phone: 701.839.2130
www.applebees.com

Badlands Restaurant & Bar

1400 31st Ave SW, Minot
Phone: 701.852.7335
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

Culver's Restaurant

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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3 1st St. SE, Minot
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109 Central Ave, Minot
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www.whiskeynined.com

Minot Shrine Club Announces 2023 Northwest Shrine Circus Dates

THE MINOT SHRINE CLUB

The Minot Shrine Club Circus Board is pleased to announce that we will be having the Northwest Shrine Circus this year at the North Dakota State Fair Center.

Performance Dates – Times
Thursday, May 11th – 10:00AM and 7:00PM

Friday, May 12th – 10:00AM, 4:00PM, and 7:30PM

Saturday, May 13th – 2:00PM and 6:00PM

We would like to thank all the local businesses that have supported us in the past. Their sponsorship is tantamount to us being able to not only put on the Northwest Shrine Circus but to also continue our support of the Shriners Hospitals for Children and the services they are able to provide for children in need. We look forward to renewing our relationships with our sponsors over the coming months in order to produce this welcome family-friendly event.

The Northwest Shrine Circus has been a welcomed, recurring event for Minot and the surrounding community for 67 years. Having the opportunity to bring it back after taking a twoyear break brings joy and renewed energy to our Shrine Club members.

We are preparing for this event and can't wait to see your smiling faces at the 2023 Northwest Shrine Circus.

The Minot Shrine Club serves as the local representative body of Shriners International.

Shriners are a fraternity based on fun, fellowship and the Masonic principles of brotherly love, truth, and relief. Through our fundraising efforts, we support the Shriners Hospitals for Children and provide transportation for children going to or coming home from those hospitals.

A LOOK BACK THIS WEEK IN USAF HISTORY

FIRST BLACK AVIATORS GRADUATE FROM ARMY AIR SCHOOL AT TUSKEGEE, ALABAMA
MARCH 6, 1942



First 5 African American pilots (USAF Photo)

In the early 1940s, the United States War Department began training black pilots at Tuskegee Army Airfield in Tuskegee, Alabama. While the center was treated with hostility from many people at the time, it marked an important milestone for African Americans in the military. The first class at the school included

13 cadets of various experience. In the end, only five of those cadets would go on to graduate on March 6, 1942, making history as the first black Army Air Corps pilots. Those five pilots were:

- Capt. Benjamin O. Davis Jr., who would go on to become the Air Force's first black general and played a key role in the desegregation of the USAF
- 2nd Lt. Lemuel R. Custis, who became Hartford, Connecticut's first African American police officer in 1939
- 2nd Lt. Charles H. DeBow Jr., who commanded the 301st Fighter Squadron in Italy and flew 52 combat missions in the European Theater
- 2nd Lt. George S. Roberts, who became the first black officer to command a racially mixed unit at Langley AFB, VA
- 2nd Lt. Mac Ross, who became Group Operations Officer for the 100th Squadron

The desegregation of the Air Force didn't come about until 1949, but even in the face of hardships, these five pilots set an important precedent for future generations of African American pilots.

Information courtesy of: afhistory.org/ cafriseabove.org/ pioneersofflight.si.edu/ media.defense.gov

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WHAT'S GOING ON MAFB

FRIDAY 03

- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP (DoL) – Employment Workshop, 0800-1600, M&FRC
- Fish Fry Special Lunch, 1030-1330, Dakota Inn Dining Facility
- First Friday, 1600-2100, Jimmy Doolittle Center
- Friday Night Mixed No Tap League, 1800, Rough Rider Lanes

TUESDAY 07

- Registration Closes: DAF Gaming League Spring 2023 Season at airforcegaming.com
- HIIT Strength & Conditioning, 0500, Fitness Center
- Career & Certification Exploration Track, 0800-1600, M&FRC
- Game Day, 1000-1930, Minot AFB Library
- Acrylic Paint Pouring Class, 1730-1930, Arts & Crafts Center
- Magic The Gathering Commander Night, 1800, ESC
- Zumba, 1800, Fitness Center

FRIDAY 10

- HIIT Strength & Conditioning, 0500, Fitness Center
- First Duty Statin Officer Financial Course, 0900-1100, M&FRC
- Thrift Savings Plan For Military Members, 1300-1500, M&FRC
- Pizza Buffet, 1700-1900, Bomber Bistro
- Super Smash Brothers Tournament, 1800-2000, Youth Center
- Friday Night Mixed No Tap League, 1800, Rough Rider Lanes

SATURDAY 04

- Cycle, 0900, Fitness Center

WEDNESDAY 08

- HIIT Strength & Conditioning, 0500, Fitness Center
- Career & Certification Exploration Track, 0800-1600, M&FRC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Storytime, 1030, Minot AFB Library
- Yoga for Fitness, 1830, Fitness Center

SATURDAY 11

- Cycle, 0900, Fitness Center
- Dr. Seuss Day, 1300, Minot AFB Library

SUNDAY 05

- Zumba, 1400, Fitness Center

THURSDAY 09

- Short Notice Pre-Separation Counseling, 0830, M&FRC
- Family Zumba, 1000, Turf, hosted by Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Extramural Bowling, 1730, Rough Rider Lanes

MAR. SPECIALS

Bomber Bistro • Chicken Caesar Wrap
Grilled chicken, lettuce, parmesan cheese, croutons, and caesar dressing.

The B-Fifty Brew • Breakfast Burritos
A burrito stuffed with eggs, cheese, hash browns, and your choice of ham, bacon, or sausage.

Rockers Bar & Grill • Chicken Tender Basket
Tasty tenders served with our famous fries and your choice of dipping sauce.

MONDAY 06

- HIIT Strength & Conditioning, 0500, Fitness Center
- Bundles for Babies, 0900-1030, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Moving Out of the Dorms Budget Class, 1300-1500, M&FRC
- Yoga for Fitness, 1830, Fitness Center


Dr. Seuss Day


March 11th • 1:00PM
Minot AFB Library

Children of all ages are invited to our annual celebration of Dr. Seuss' birthday.

We will have stories, crafts, and games all related to the world famous works of this most influential of children's authors.

For details, call 723-3344 or visit our website at https://acc.ent.srl.net/client/en_US/minot



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