

# northern sentry

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## WHATS INSIDE THIS WEEK:



5 FSS  
AWARDED  
2023  
HENNESSY  
AWARD

A2



GROUP'S CHAT:  
CONVERSATION  
WITH  
COL & MRS.  
MCCARTY

A7



MONTH OF  
THE MILITARY  
CHILD:  
UPCOMING  
EVENTS  
AND MORE

B7-10

# WEATHER FORECASTER ENSURES MISSION SUCCESS



Senior Airman Christina Long, 5th Operations Support Squadron weather forecaster, checks wind speed and other data at Minot Air Force Base, North Dakota, April 7, 2023. This information is passed onto base leadership so they can have accurate data for mission planning. See page A9 for more on how the 5 OSS plays a vital role in the successful operations on Minot Air Force Base.

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

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# AFSVC announces winners of best dining facilities

DEBBIE ARAGON, AFIMSC PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-LACKLAND, Texas -- The Air Force Services Center recently announced the winners of the 2023 John L. Hennessy Trophy Awards for best dining facilities across the Department of the Air Force.

The annual awards program, established in 1957 and managed by AFSVC, recognizes the top dining facility operations in each of two regions, as well as the best in Air Force Reserve Command, small site award and missile feeding operation.

Earlier this year, four teams of Hennessy evaluators went on the road to get a closer look at the finalists to determine those that best demonstrate excellence in management, force readiness support, food quality and production, employee and customer relations, and training and safety awareness.

The three-person evaluation teams consisted of food service experts from the National Restaurant Association and AFSVC.

“While visiting this year’s finalists, we were extremely impressed with the caliber of personnel working in every dining facility. You could tell both military and contractor team members from the nominated bases take great pride in preparing and serving amazing, nutritious meals to the Airmen protecting our great nation,” said James Gill, Food 2.0 Portfolio Management chief and evaluation team member.

Congratulations to this year’s winners:

Region 1 (East): 39th Force Support Squadron, Incirlik Air Base, Turkey, U.S. Air Forces in Europe

Region 2 (West): 374th FSS, Yokota AB, Japan, Pacific Air Forces

Air Force Reserve Command: 512th Memorial Affairs Squadron, Dover AFB, Delaware

U.S. Air Force in Europe Food Service Small Site Award: 703rd Munitions Squadron, Volkel AB, The Netherlands

Air Force Global Strike Command Best Missile Feeding Operation: 5th Bomb Wing, Minot AFB, North Dakota

“The Hennessy Awards program is an important avenue for us to recognize the dedication, innovation and expertise of our Airmen, Guardians and contractor teammates in the culinary arts on behalf of the DAF,” said Brian Roush, AFSVC executive director.

“Whether at a smaller location or one of our larger operations, I continue to be impressed with the dining facility teams that serve our patrons every day.”

In addition to selecting the best units, evaluation teams chose individual superior performers to attend advanced training later this

year at the Culinary Institute of America campus in San Antonio, Texas.

“The individuals selected as a Hennessy Traveler go above and beyond in performing their duties. They exhibit tremendous dedication to their job and positively impact both their coworkers and DFAC guests through their commitment and dedication to the food service mission. They are the best of the best,” Gill said.

Following the training, one of these Airmen will be chosen as the overall 2023 Top Hennessy Traveler Award winner:

Region 1 HTA nominees: Airman 1st Class Vheronica Guevarra, Eglin AFB, Florida; Airman 1st Class Freddy Montenegro, Little Rock AFB, Arkansas; and Airman 1st Class Aminah Craig, Hurlburt Field, Florida

Region 2 HTA nominees: Staff Sgt. Randy Reel, F.E. Warren AFB, Wyoming; Airman 1st Class Kaleb Cook, Kadena AB, Japan; and Airman 1st Class Milan Lomibao, Yokota AB, Japan

MAFFO HTA nominees: Staff Sgt. Shaylynn Wisehart, F.E. Warren AFB, Wyoming, and Senior Airman Kevin Cooke, Minot AFB, North Dakota

Small Site HTA nominees: Staff Sgt. Malik King, Kleine Brogel, Belgium

“Working with industry restaurant professionals and culinary experts, not only with the Hennessy but also in various other lines of effort, is an invaluable



5th Force Support Squadron, Minot AFB, North Dakota was recently awarded the 2023 Hennessy Award for the Air Force Global Strike Command Best Missile Feeding Operation.



MAFFO HTA 2023 Top Hennessy Traveler Award nominee Senior Airman Kevin Cooke, Minot AFB, North Dakota



U.S. Airmen assigned to the 5th Force Support Squadron have a mentorship meeting with a member of the Hennessy Award committee at Minot Air Force Base, North Dakota, Jan. 31, 2023. Minot AFB was one of two finalists for the 2023 Hennessy Award.

part of our food and beverage program,” said Jim Krueger, chief of DAF Food and Beverage, Policy, Procedures and Strategic Initiatives Division at the AFSVC.

“It definitely helps our DAF food service evolve and keeps us ahead of the game by looking to industry and learning from their best practices.”

“It’s a winning partnership for our Airmen, Guardians and families.”

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# Air Force recognizes Lance P. Sijan Award winners

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

The Air Force recognized the Lance P. Sijan Leadership Award recipients from 2019 to 2022 during an award ceremony at the Pentagon, Arlington, Virginia, April 3.

Air Force Chief of Staff Gen. CQ Brown, Jr., spoke about the prestigious award, highlighting the accomplishments of the Airmen who embody Sijan's leadership and character in performance and standards of personal conduct.

"Your acts of courage and inspirational leadership is why we are all here today," Brown said during the ceremony. "You carry on a legacy of courage, resilience and dedication to duty that Capt. Sijan stood for."

The ceremony received a special legacy tribute as Sijan's younger sister Janine Sijan attended the event and accompanied Brown with the presentation of the awards.

"I thank you all so much from Sijans' past, present and future" Sijan said to the recipients. "You're my new family."

An Air Force Academy graduate and combat pilot, Capt. Lance P. Sijan was the first Air Force Academy graduate to receive the Medal of Honor, awarded posthumously, for his bravery and courage while evading capture and during captivity as a prisoner of war in Vietnam.

## THE 2019 AWARD RECIPIENTS:

Col. Carl F. Miller, Air Combat Command, distinguished himself while leading the combat advisory mission for a squadron of 20 joint and combined air advisors operating a fleet of 69 aircraft. He led the program execution and fielding of ten AC-208 aircraft, providing the first organic intelligence, surveillance and reconnaissance, and low-yield, precision-strike capability for the Afghan Air Force.

Maj. Justin L. Burrier, Air Force Special Operations Command, saved the lives of six aircrew and a \$98 million aircraft after experiencing a catastrophic dual-engine failure. He also directed two large-force exercises as AFSOC's lead planner, including U.S. Special Operations Command's largest exercise in history with over 60 aircraft and 2,500 personnel.

Master Sgt. (retired) Michael J. Hurley, Air Education and Training Command, directed security operations for 98 military and civilian personnel during 16 indirect fire rocket attacks, securing 250 aircraft. He also validated a \$4 million contract to integrate 36 civilian security guards into airfield defense and led security operations for the first joint airshow at Keesler Air Force Base, Mississippi.

Master Sgt. Jeffrey B. Fitzgerald, Air Force Global Strike Command, was instrumental to the rebirth of the 91st Security Forces Group's Tactical Response Force at Minot Air Force Base, North Dakota, which vetted 1,000 defenders for AFGSC. He also authored two chapters in the first-ever Security Force Nuclear Doctrine.

## THE 2020 AWARD RECIPIENTS:

Lt. Col. Steven M. K. Cooper, Air Force Special Operations Command, commanded a 525-person multi-national joint task force that spanned over five countries. His efforts eliminated terrorist safe havens within a 500-square mile radius.

Maj. Kasey Vaughn, Air Force Special Operations Command, led a team of intelligence specialists



Air Force Chief of Staff Gen. CQ Brown, Jr. and Chief Master Sgt. of the Air Force JoAnne S. Bass pose with Col. Carl Miller, second from left, Lt. Col. Justin Burrier and 91st Security Forces Group's Master Sgt. Jeffrey Fitzgerald, recipients of the 2019 Lance P. Sijan U.S. Air Force Leadership Awards, during a ceremony at the Pentagon, Arlington, Va., April 3, 2023. The award is named for Medal of Honor recipient Capt. Lance Sijan, who died while being held as a prisoner of war during the Vietnam War.

U.S. AIR FORCE PHOTO BY ERIC DIETRICH

supporting joint task force operations, and directed advanced digital forensics research and development for commercial and government applications for next-generation capabilities.

Senior Master Sgt. Jeremy D. Mapalo, U.S. Air Forces in Europe, led 78 warfighters while defending a nine-hour attack on Magogoni Airfield against 30 Al-Shabaab fighters. His actions allowed a joint-operator ambush that secured one missing soldier.

Master Sgt. Trevor J. Runyan, U.S. Air Forces in Europe, coordinated a reaction task for an urgent battlefield mass casualty evacuation, saving the lives of 30 coalition service members. He also oversaw the treatment of four special operations forces teams, treating 48 joint and Afghan partners.

## THE 2021 AWARD RECIPIENTS:

Lt. Col. Nicholas R. Wabeke, Air Force Special Operations Command, led 200 Air Force and Army members to provide security and airfield management ensuring the success of three aviation organizations. His efforts enabled 2,000 missions with over 36,000 hours and included a successful hostage rescue and the retrograde of American forces from Somalia.

Capt. Charles E. Aly, Air Combat Command, led more than 200 personnel from 12 Air Force Specialty Codes that enabled the rapid deployment capability of Immediate Response Forces. In addition, as the deployed director of operations at Air Base 201, Niger, he oversaw more than 150 personnel and over 30 programs supporting Operation Juniper Shield.

Chief Master Sgt. Jefferey J. Brown, Air Force Global Strike Command, led 291 military and civilian personnel while accomplishing 3,000 job orders, and his leadership was vital to sustaining 2,500 facilities and 27 aircraft at Minot Air Force Base. He also led 124 members and oversaw the successful completion of 6,000 jobs while deployed to Kuwait.

Tech. Sgt. Jennifer H. Weigl, Air Education and Training

Command, led the Department of Defense's largest microbiology department and managed a \$5.2 million equipment account while supervising 63 joint military members. She also fortified the Air and Space Force's Basic Military Training mission by shifting 110,000 Coronavirus tests to Brooke Army Medical Center, averting a \$1 billion training platform pause.

## THE 2022 AWARD RECIPIENTS:

Lt. Col. Morgan H. Laird, Air Force Special Operations Command, commanded forces assigned to the joint tactical exfiltration of Bagram Air Base, Afghanistan, that ensured the last 727 joint service members safely collapsed security and boarded 15 aircraft to depart. He led his squadron through three crisis response deployments, evacuating 1,100 American citizens and safeguarding a U.S. embassy.

Capt. Christopher T. Locke, U.S. Air Forces in Europe, was selected to lead one of five evacuee camps during Operations Allies Refuge at Ramstein Air Base, Germany. He managed 1,000 joint service members supporting a camp with over 9,000 Afghans.

Senior Master Sgt. Karla J. Pelavo, Air Combat Command, led nearly 600 Airmen and directed the largest logistics hub supporting operations Inherent Resolve, Spartan Shield and Enduring Sentinel. Her leadership was critical during the historic non-combatant evacuation of more than 57,000 personnel from Afghanistan directly supporting Operation Allies Refuge.

Tech. Sgt. Connor J. Hamilton, Air Combat Command, led nine joint teams and 50 members during Operation Inherent Resolve and Allied Refuge. He equipped senior leaders with courses of action that resecured Hamid Karzai International Airport enabling history's largest evacuation of 124,000 refugees. He also led a combatant command planning group fusing State Department and military strategy deploying 1,000 warfighters to rescue 5,000 personnel.

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MINOT AIR FORCE BASE NEWSPAPER  
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**Right On Time!**

It was Easter Monday, April 10th. It was a really nice day... we were in Bismarck in the afternoon, and it was 60 degrees. On the drive back we were commenting on how there were open fields loaded with geese. A week ago, this wasn't true. We seemed to miss the majority of the April snowstorm, but Bismarck was not so lucky.

I was unloading my pickup and there it was. The familiar chirp that tells you there is a robin in the area. Quickly turning around,

I caught the glimpse of the first robin of 2023; well, the first robin in my yard in 2023 anyway. I quickly called my wife, Sue, as the first robin of the spring is a big deal! By the time she got to the door, our red breasted friend was gone. Oh well, there certainly will be a lot more this summer. I predicted the first robin would arrive on April 11th. Instead, it was April 10th. Soon we will be watching for pairs of robins nesting in our yard. Could it really, really be spring?



Robin perched on bare tree branches.



**A VIEW FROM OUR SIDE**  
 ROD WILSON



**EASTER SUNDAY STARTS THE DIG OUT**

We drove to Hazen, ND, on Easter Sunday. As I alluded to before, it was snow drifts as far as the eye could see. Very little, if any bare grounds in most fields. On our return to Minot, we noticed a group of military vehicles, including a small loader, busy at work clearing snow in a missile site just south of Max. At last week's MAC meeting we learned that there would be a concerted effort to get to all of the missile sites with shovels and move snow away from the missile silos. There is more snow in some areas than others, but no matter what, it will certainly be a big job this spring. I can say, however, that I was surprised that the process began on Easter Sunday. But we have learned that there is a "whatever it takes" attitude at Minot AFB. Sunday was a warm day, and there was sure to be snow melt causing running water. Better to get ahead, than have to catch up... as my Dad would say.

**ONE POSITIVE FROM COVID**

A short chat with my Grandson last week was interesting, in that they were in the bullseye of the latest winter storm, and he was

going to be in school from 9 AM to 2 PM, in a virtual classroom of course. Not only did it give him something to do on a cold, snowy, winter's day, but it preserved his 4 day Easter/Spring break. In "the old days", Good Friday and Easter Monday were reserved as snow days, defined as days you missed school because of winter weather that blocked roads and made getting to school impossible. On this Wednesday, Carter, my grandson, would sign on to his virtual classroom, and his teacher would be able to monitor his presence through video and audio of his iPad, which is learning central for kids now days.

**BEST KEPT SECRETS**

May will be a very special month at Roosevelt Park Zoo as they plan a ribbon cutting for the new leopard habitat and unveil the new plans for their giraffe habitat. Watch for complete details on the Northern Sentry Community Calendar.

**TODAY'S CHUCKLE**

Astronomy follows the stars by calculation, astrology follows them by the zodiac and Hollywood follows them by reading the tabloids.

**North Dakota, more diverse than you think...**



**UPSIDE DOWN UNDER**  
 MARVIN BAKER

It seems that every time we see information about North Dakota agriculture, it's about the 11 crops that the Ag Department maintains as No. 1 in the nation.

In one sense it paints a good picture for us, but in another it's deceiving because anyone who farms or knows someone who farms, knows North Dakota is far more diverse than that.

What about those crops that are No. 3 or No. 6, or even No. 10 in the nation. If you dig deep into the United States Census of Agriculture, you'll find that even those crops or livestock we consider minor here in North Dakota, show sometimes far greater yield than other states.

One example is maple syrup. Vermont, New Hampshire, Minnesota, Michigan, yes, but maple syrup is being produced on four farms in Griggs and Eddy counties. There's a farm in Stutsman County that is growing dill for its oil not for pickles. Fifty-seven farms have llamas, 23 have elk and six have rabbits.

Following is a rundown of some of the crops and livestock that we don't often think about. Out of sight, out of mind, right. There are a lot of statistics, but 2017 is the the most recent year for complete

numbers across the board.

Thirty-nine farms grew buckwheat with the most, seven, in Golden Valley County. Dunn had five and Kidder had five. There were five farms in Divide County that grew emmer and spelt.

We often think of lentils as Idaho and Washington agriculture. In 2017, there were 462 farms that grew lentils in North Dakota. Leading the way was Williams with 167, followed by Divide with 96.

Twenty-nine farms grew safflower led by eight farms in Bowman County and seven in Divide. Six farms grew triticale. Mountrail, Ransom and Dickey all had the wheat type grain.

Somewhat surprising was winter wheat. Only 170 of some 26,000 farms grew winter wheat in a state in which winter wheat works well. Ward County led the state in that department with 18 farms.

Do you know what vetch is? It's normally a forage crop, but there was one farm in Dickey County that grew it for commercial seed

production in 2017.

Seven farms in Bottineau, Cavalier, Rolette and Ward grew asparagus commercially. Ten farms led by Cavalier and Kidder grew broccoli, 26 farms grew cabbage with Burleigh leading the way with five.

This one is a bit surprising. There were 30 farms in 2017 that grew cantaloupe and honeydew melons. Richland and Ward counties had three each, while Barnes, Cavalier and Dunn had two each.

Forty-two farms grew carrots, six being in Burleigh, five in Cavalier and four in Morton. Five grew cauliflower, two grew celery, 58 grew cucumbers, 11 grew eggplant and 13 grew garlic, with three in Burleigh and two each in Ward and Griggs.

It seems every farm has horseradish in their tree lines. As it turned out three farms; two in Cavalier and one in Ward grew horseradish commercially in 2017. Two farms grew parsley, one grew okra, 26 grew bell peppers and 43 grew onions with Ward having

nine farms that grew dry onions.

Continuing, 36 farms grew pumpkins led by Burleigh, six grew radishes, eight grew rhubarb, 30 grew watermelon led by Ward and 64 counties grew tomatoes including nine in Burleigh, nine in Ward and five each in Cass, Griggs and Morton.

I'll bet you didn't know that Cavalier County has five apricot farms, five pear farms and five plum farms. North Dakota had 43 farms growing apples, that's double from 2012 and 32 farms grew and harvested cherries.

Turning to livestock, we seem to have such a shortage of eggs, yet 743 farms grew layer hens in 2017. There were 191 farms that had meat goats, 164 had milk goats and 20 had angora goats.

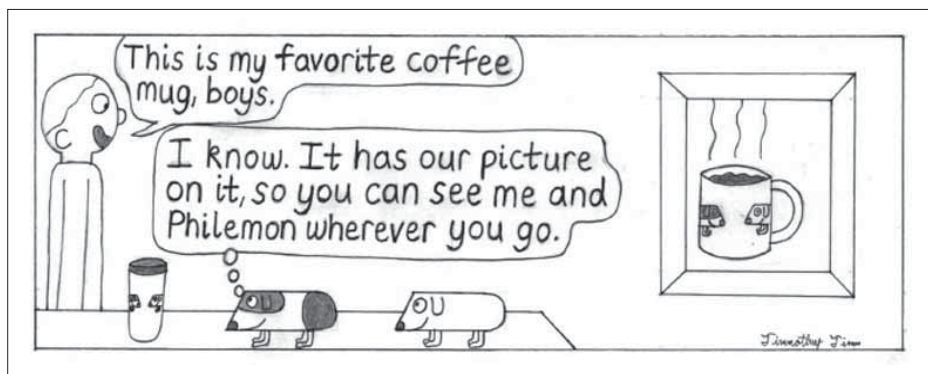
A total of 573 farms had sheep, not exactly on the Ag Department's radar yet sheep continue to be a major livestock in North Dakota.

There are numerous other aspects of agriculture and we'll get into some of those numbers next week.

**TITUS & PHILEMON**

Everyday adventures of Titus and Philemon and their owner Joe.

**TIMMOTHY TIMM**



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





**SLICE OF LIFE**  
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# The Silence of the Owl

Sometimes, I think, a person needs to listen to the silence. Much easier said than done. It takes some effort and some time, especially for those of us who are city dwellers. We've become so accustomed to hearing so many sounds every day that we don't even pay attention to most of them.

For many, silence, real silence, is somehow troubling. Scary even. We need sounds, from any source, and conversations too. Anything else is simply too removed from the norm, a change that is difficult to embrace.

Spring is a good time to give it a try though. Get outdoors, away from the sounds of everyday life. One of my favorite places to listen to the quiet is the shoreline of a frozen lake.

The silence can be deafening. Your ears strain to hear sounds that are not there. It's weird, but pleasant too. Think of it as yoga for the mind.

There will still be occasional sounds, of course, such as the

cracking of ice as spring breakup begins. Birds too. Not just delicate and pure bird songs, but the sounds made by their wingbeats. The goose flies with an easily recognizable "whoosh" of air pushed by its large wings. A sharptailed grouse flies with a snapping wingbeat followed by a glide.

Ducks, blackbirds, doves, robins, larks, birds of all kinds, have their unique sounds in flight too. It takes silence to hear them, if you can find it.

There's a notable exception in the bird world though. The owl flies in silence. There is no audible sound of air rushing through or over its wings. The owl is gifted with wing feathers that do not interlock tightly, allowing air to pass through quietly so as not to alert its prey.

Take the time to go outdoors and find a quiet place, even for a few minutes. It will be memorable, rejuvenating, and soothing. And, if you are fortunate, you'll hear the silence of the owl.



KIM FUNDINGSLAND PHOTO



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  - Hand Therapy
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  - Nephrology
  - Neurology
  - Neurosurgery
  - OB/GYN (formerly in Medical Arts)
  - Orthopedics/Sports Medicine
  - Podiatry
  - Pulmonology
  - Urology

- April 27**
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- May 1**
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# Finest




**SSGT EDWARD MARUNA**  
742ND MISSILE SQUADRON  
Staff Sergeant Edward Maruna serves as a Facility Manager of the 742nd Missile Squadron, Minot AFB, North Dakota. Sergeant Maruna manages a Missile Alert Facility, providing safe and reliable operations for his facility which supports 10 Minuteman III ICBMs. He has deployed for 145 days supporting missile operations, was elected as a Wolfpack Association treasurer and helped earn \$6.2K for annual morale events for the squadron.

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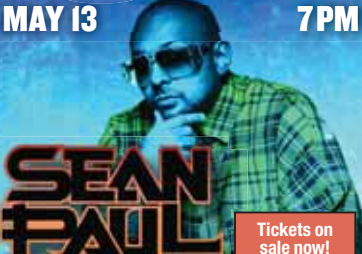
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## Group's Chat

That Minuteman Missile. Its role is pretty important on a global scale. Because of this, the three Groups in the 91st Missile Wing complete their daily mission: "to defend the nation with a combat-ready nuclear force." The Wing consists of the 91st Operations Group, 91st Maintenance Group and 91st Security Forces Group. In order to understand the essential functions of each group in the Missile Wing and get an in-depth life and career perspective from Team Minot's senior leaders, the Northern Sentry is running a series of articles talking to the people who understand the most about the importance of their group: the Group Commanders themselves.

The first in this series of interviews is Col Anthony McCarty, Commander, 91st Security Forces Group. In order to get a more personalized view of the mission, he and his spouse Dawn McCarty agreed to be interviewed and share some of the personal aspects of what the 91 SFG is about, why it's important and what they have both gone through to get to this position in their AF journey.

Col McCarty commands Security Forces Airmen, or Defenders, whose main responsibilities are to protect, secure and defend the intercontinental ballistic missiles assigned to Minot AFB. On any given day there can be between 150-250 Defenders committed to missile field operations by "posting out" to Missile Alert Facilities (MAF), executing convoy operations, directly supporting

missile maintenance activities, or on a standby alert status. Three of the four squadrons rotate missile complex security responsibilities, spending one of every three weeks posted out. The fourth squadron supports the other three with logistics and communications; postures Tactical Response Force (TRF) teams on-alert for a week at a time, teaming with helicopter crews from the 54th Helicopter Squadron to provide specialized, rapid response capabilities to the complex; and fueling the Convoy Response Force (CRF), which plans and executes overland movements across the 8,800 square miles of North Dakota to ensure the 91st Missile Wing meets the readiness levels set from US Strategic Command.

**NS: Please explain in your own words what the 91 SFG does and how each of the squadrons work together:**

Col McCarty: First and foremost, the Security Forces Group is composed of four squadron level organizations. [91st Missile Security Operations Squadron, 91st Missile Security Forces Squadron, 791st Missile Security Forces Squadron & 891st Missile Security Forces Squadron] We total over 1000 personnel. Our responsibilities are to provide security and protection for all the 91st Missile Wing nuclear assets and operations. It is literally required by policy to have security forces personnel and capabilities at the installation to support whatever is going on.

# Conversation with Col & Mrs. McCarty

ERIN BEENE, NORTHERN SENTRY

**NS: What would happen to the base if your group could not perform its functions?**

Col McCarty: We represent a pretty significant portion of the Missile Wing so we're about 2/3 of the enlisted forces here. The Missile Wing would not be able to function and would not be able to meet those wartime or peacetime missions. The SFG is absolutely a linchpin to the wing being able to accomplish its job.

**NS: What is the most important foundation of your command leadership philosophy?**

Col McCarty: People...I really try to focus on the human aspects because being a security forces member is very much a people business. I'm a firm believer in if you take care of the people and their families, if you take care of the Airmen, that they will take care of the mission.

**NS: Can you tell me more about what taking care of people means to you?**

Col McCarty: I work very very hard to make sure we've got connective tissues with our key spouses with the command teams in each of the squadrons. So that we can keep a very open dialogue about what is going on and what our airmen and their families need. Because if we are able to help support and balance some of these things, I think the Airmen then can focus a little better on what we're asking them to do in support of their nation. I try to be accessible. We have a very large organization and I like to hear what's on our families' minds. My door is wide open, come talk to me and that is the same to the families and spouses.

**NSy: When in your AF career did you realize being a group commander was a goal?**

Col McCarty: It was never really a goal. I always tried very hard to just do the best job that I could. Sometimes that had me doing jobs that I had no intentions of ever



Colonel Anthony S. McCarty  
91st Security Forces Group  
Commander

doing. I have had a vast career. I've done some things that are fairly unique in the Air Force, and I just try to do the best job I can possibly do. Then, as we came out on the Group Command list, we were actually really excited!

**NS: So, what comes next in your career?**

Col McCarty: We're not completely sure. As far as what I will do beyond Group Command, it's still very much up in the air. I don't know what I want to be when I grow up. I'm born and raised in Indiana, and Dawn has fallen in love with Indiana. We bought land there several years ago and that's where the forever home will go.

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“ We have a very large organization and I like to hear what’s on our families’ minds. My door is wide open, come talk to me and that is the same to the families and spouses. ”

-COLONEL ANTHONY MCCARTY

NS: *What do you want spouses and families in the 91 SFG to be aware of or prepare for when stationed at Minot AFB?*

Mrs. McCarty: To realize that it’s cold, but bloom where you are planted. A Wing Commander spouse gave me a flower one time and said, ‘bloom where you are planted’. It’s the people [that matter] so get out, meet people that are in your squadrons. Don’t just sit back and wait. Don’t be afraid to reach out and grab somebody in the community or ask questions because they are always willing to help.

Col McCarty: Embrace that it is ‘small town living’. It is different for many of our Airmen and their families from what they’ve never experienced before. Look at it as an opportunity and find what you really love about the area.

NS: *Looking back on your AF career, what is something that you wish you had known, personally or professionally?*

Mrs. McCarty: Don’t be afraid to talk to a senior leadership spouse. I was always told when I was an enlisted spouse ‘don’t ever approach a general!’ almost like it was a crime. But now I tell [younger] spouses to go and ask them questions. They want you to say ‘hey.’

Col McCarty: I think the thing that I didn’t have an appreciation for then, but have grown an immense appreciation for, is making your entire family feel like they are part of the AF family. You have to imbed your family in as much of the [AF lifestyle] as you humanly can. It’s their adventure too. Try and bring them into the AF fold as best you can and try to make them as comfortable about what they’re going through. I wish I would have had a better appreciation for how every PCS impacts the spouse and family. It wasn’t until our kids got a little bit older and you started to really understand after two or three assignments. I wish I had learned that a lot faster.

NS: *Can you explain some ways that Airmen can help do this for their families?*

Col McCarty: Don’t be nervous that your significant other or spouse is communicating with someone in the senior leadership chain and that it is going to bring some sort of negative light on you. I think when you’re young, you really think that. But I think the vast majority of AF leadership wants to make their families as comfortable as possible. For the young Airmen, what I would ask them to do is just be comfortable with the fact that it’s your family’s PCS too and it’s your family’s gaining squadron, group, and wing too. Try to make them as much a part of the PCS as possible.

NS: *What sacrifices have you made over your AF career? Personally, or professionally?*

Mrs. McCarty: Family Time. Not with our immediate family, but the extended family and grandparents and our parents. Our kids have sacrificed that a lot.

Col McCarty: I think Dawn and my family have sacrificed a lot whether it be deployments, to the missile field, or deployments downrange, moving every 2-3

years, trying to inculcate into a new base, environment and schools. All of that comes with an immense amount of sacrifice. There is a tremendous amount of selflessness and sacrifice associated with an Airman serving, but it goes much further than just the Airman. It’s the entire family that is impacted.

NS: *Has there been anyone in the past that has specifically influenced you for the better?*

Mrs. McCarty: Cathy Gathright. She was the deputy group commander spouse in Montana while we were a second lieutenant. She was probably my biggest supporter and mentor. She is phenomenal. She loves the troops.

Col. McCarty: So I will tell you I have had lots. Throughout my 30 years I’ve had coaches and mentors and people that really taught me a lot. I would highlight Dawn though as my key supporter because when I was enlisted, we raised our son when he was very young. I was a full-time student while on active duty trying to finish my education. I wouldn’t have been able to do any of that without Dawn. She’s constantly cheerleading and supporting me and she’s my sounding board. She’s constantly there and she’s absolutely the bedrock of the family.

As the scheduled interview questions ended, the conversation flowed naturally and freely. It is evident that both Col and Mrs. McCarty love the Airmen. It is their passion, joy and reason for being in this place. They both exude friendliness and approachability, which characterizes his leadership style serving the men and women of the 91 SFG as they daily strive to protect and defend our nation’s most powerful strategic assets.



Colonel Anthony McCarty and wife Dawn

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## 20TH AIR FORCE NO-NOTICE EXERCISE

U.S. Airmen with the 54th Helicopter Squadron (HS) and 91st Missile Security Operations Squadron (MSOS) respond to a 20th Air Force no-notice integration exercise at Minot Air Force Base, North Dakota, April 4, 2023. The no-notice exercise tested the 54th HS's and 91st MSOS's readiness and response time capabilities to a contingency situation.

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



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## Basic principals for safe lifting



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You would never use a jack without also using a jack stand right!

The vehicle lifts that are supporting a vehicle you are working or being stored can represent one of the most productive tools in your shop, or one of the most dangerous pieces of equipment for you if not used and maintained properly. You'd never drive a vehicle that hadn't had the brakes inspected in years. Here are some basic and common sense principles apply to vehicle lifts in your shop and daily inspections are part of your job.

Whether you're using two-post lifts, parallelograms, mobile column lifts, drive-on lifts or in-ground lifts for servicing vehicles, you should follow these basic safety rules.

#### 1. BUY CERTIFIED LIFTS

There's only one nationally recognized safety standard for vehicle lifts: ANSI-ALI/ALCTV/CE, administered by the Automotive Lift Institute (ALI/ETL). ETL testing labs verify that a manufacturer's lifts meet the national safety standard for vehicles lift. The Automotive Lift Institute working through ETL testing procedures involves rigorous third-party testing verifying lift manufacturers comply with current ANSI requirements for lifts as defined by the International Building Code, which mandates that lifts be third party tested to meet these safety requirements. To verify equipment status, look for the gold ALI/ETL verification tag next to the lift's controls.

#### 2. BUY CERTIFIED LIFT OPTIONS

A commonly overlooked mistake is using an uncertified option or accessory on a certified lift. Doing so will void the lift's certification. It's simple: If the optional accessory isn't certified then the lift isn't certified. ALI/ETL standards (&ANSI standards & building code standards), require all accessories, such as drive-on lifts, rolling jacks and truck adaptors, to be certified. Although certification is good for the life of the lift, older models may not meet the most current standards. Complying with American National Standards Institute (ANSI), Occupational Safety and Health Administration (OSHA) and Public Employees Occupational Safety and Health (PEOSH) requirements is the key to keeping vehicle lifts at the highest possible safety level.

#### 3. NO LOCKS ARE LIABILITY

Always raise the vehicle and then lower it onto the lift's mechanical locks as required by ANSI. Refer to ALI safety manual lifting it Right or the manufacturer's operating instructions for detailed information. An easy way to visually verify the locks are being used is to include a weight gauge (a pressure gauge calibrated to the lift's lifting capacity) on your lift. A weight gauge can also be a great diagnostic tool. If using an old in-ground lift that doesn't have locks, it's time for a new lift. While some in-ground lifts can be retrofitted with an aftermarket lock, it's not the most cost-effective option, and your lift will still not be ALI/ETL certified to be compliant with ANSI rules and building code laws.

#### 4. IT'S EASY TO OVERLOAD

Manufacturers of the most common two-post side by side lifts mandate that none of the four swing arms be overloaded. As an example: Some may think that a 15,000 pound rated lift that's loaded with a 14,200 pound

ambulance isn't near capacity. They're wrong! It's easy to see why two-post side-by-side lifts are often overloaded, even though the total lift capacity hasn't been exceeded.

#### 5. INSPECT EQUIPMENT ANNUALLY

ANSI/Automotive Lift Institute ALCTV Standard for Automotive Lifts-"Safety Requirements for Construction, Testing, and Validation" requires technicians to perform a daily operational safety check. The code also requires an annual inspection by a qualified individual. Failing to do so could expose your shop to liabilities that could be associated with an injury if an accident were to happen.

#### 6. TRAINING AND TESTING

Contact the Automotive Lift Institute, your lift supplier, or a local lift inspection company for a copy of the 20-minute lifting it Right video hosted by legendary. Like any product, lifts vary in style, type, capability, longevity and warranty.

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# Airmen of Minot: Senior Airman Christina Long 5th Operations Support Squadron

SENIOR AIRMAN CALEB S. KIMMELL, MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.

From frozen rain to scorching heat, Team Minot has a wide variety of different environmental challenges. Senior Airman Christina Long, 5th Operations Support Squadron weather forecaster, is the Airman responsible for making sense of the constantly changing North Dakota weather.

"I love when I get a correct forecast," said Long. "When I'm briefing the bombers, hueys, or security forces squadrons, it feels good to nail a forecast."

Weather can be our greatest ally or strongest adversary. That's why accurate weather forecasting plays such an integral part in the success and safety of missions at Team Minot. Air Force Weather and Environmental Services Officers perform, manage and direct weather operations that have a direct effect on the activities of U.S. military forces.

"We can forecast up to 10 days out accurately, but just one small change can drastically alter what actually comes our way," said Long. "It's frustrating when people don't understand that forecasting the weather is a testy thing."

A weather Airman's duties primarily involve integrating current and forecasted atmospheric and space weather conditions into operations and planning. Weather and Environmental Services Officers also develop, direct and coordinate meteorological weather studies and research.

"Personally I am a very black and white person," said Long. "I like to have yes or no answers in my life. However, the weather rarely works in certainties like that."



Senior Airman Christina Long, 5th Operations Support Squadron weather forecaster, poses for a photo in her office at Minot Air Force Base, North Dakota, April 7, 2023. A weather Airman's duties primarily involve integrating current and forecasted atmospheric and space weather conditions into operations and planning.

Countless factors can contribute to the outcome of a mission, including something as seemingly simple as the weather. It's the job of weather specialists to keep a constant watch over the forecast and conditions that can affect the safety of pilots and aircrew.

"This job would be perfect for curious people," said Long. "I have learned so much about the science behind the weather. I find it all so interesting."

Weather forecasters utilize the latest technology to predict weather patterns, prepare forecasts and

communicate weather information to commanders and pilots so that every mission goes as planned.

"The hardest part about being a weather forecaster is getting it wrong," said Long. "I have to struggle with people who are usually pretty upset at me. I've learned how to have confidence in myself and how to communicate."



Senior Airman Christina Long, 5th Operations Support Squadron weather forecaster, checks a weather radar at Minot Air Force Base, North Dakota, April 7, 2023. Countless factors can contribute to the outcome of a mission. It's the job of weather specialists to keep a constant watch over the forecast and conditions that can affect the safety of pilots and aircrew.



Senior Airman Christina Long, 5th Operations Support Squadron weather forecaster (center left), poses for a photo with her team at Minot Air Force Base, North Dakota, April 7, 2023.

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

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# Science & Music spectacularly combine with the Minot Symphony Orchestra in Gustav Holst's The Planets

THE MINOT SYMPHONY ORCHESTRA

The Minot Symphony Orchestra's 97th season will come to a close with *Space: The Final Frontier* on Saturday, April 29th at 7pm in Ann Nicole Nelson Hall located inside Old Main on the campus of Minot State University.

The Minot Symphony Orchestra, conducted by Efraín Amaya, along with Minot High School Women's Ensemble, directed by Lindsay Kerzmann, will present Gustav Holst's groundbreaking masterpiece, *The Planets*, accompanied by a spectacular film produced by Emmy-nominated astronomer and visual artist Dr. José Francisco Salgado, KV 265 Executive Director. This film with live music is the first of its kind in North Dakota.

On April 29th, science and music will beautifully combine in Holst's magnificent score accompanied by a spectacular large projection film featuring visuals from NASA and the European Space Agency (ESA), as well as historical illustrations. The

film takes the audience in a journey through outer space examining seven planets: Mars, Venus, Mercury, Jupiter, Saturn, Uranus, and Neptune along with the Sun and beyond. This *Science & Symphony* film, produced by Emmy-nominated astronomer and visual artist Dr. José Francisco Salgado, is renowned for its finely tuned choreography with the music, creating an overall stunning artistic experience. Dr. Salgado explains: "The film is not intended to be seen as a documentary but rather as an art piece that aims to inspire audiences and encourage them to learn more about our solar system and the Universe. It serves as a synthesis of what humans have achieved as solar system explorers."

The concert will also feature Haydn's *Overture to The World on the Moon*, Amaya's *Polaris*, *Star Trek® Through the Years* by Jerry Goldsmith arr. Calvin Custer, and *Close Encounters of the Third Kind* by John Williams.

The evening will start at 6pm with a 30-minute pre-concert talk as Dr. Erik Anderson and astronomer and visual artist, Dr. José Francisco Salgado discuss the music and the science behind the film. The talk is included in your concert ticket.

Tickets start at \$30 for adults with senior, military, and student discounts available. Live and

livestream tickets are available at [www.minotsymphony.com](http://www.minotsymphony.com) or through the box office at 701-858-4228. Patrons are encouraged to purchase tickets in advance.

The Minot Symphony Orchestra is a unique blend of student, community, and professional musicians from the Minot area. The symphony is directed by Maestro

Efraín Amaya, Associate Professor of Music at Minot State University.

This project is supported in part by a grant from the North Dakota Council on the Arts, which receives funding from the state legislature and the National Endowment for the Arts and the Minot Area Council of the Arts with funding by the National Endowment for the Arts.



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- 1st Place: 5th Civil Engineer Squadron
- 2nd Place: 5th Force Support Squadron
- 3rd Place: 91st Security Forces Group

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# Gen. Bussiere briefs senior leaders on missile community cancer study process

STAFF SGT. SHELBY THURMAN,  
AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS

Recently, Gen. Thomas A. Bussiere, commander, Air Force Global Strike Command, along with Col. Lee Williams, AFGSC Command Surgeon, briefed Secretary of the Air Force Frank Kendall, Chief of Staff of the Air Force Gen. C.Q. Brown, Jr., and other key U.S. Air Force and Space Force leaders on the ongoing study of cancer cases from the missile community.

“Our obligation to care for our Airmen and Guardians is sacred,” said Kendall. “We are committed to maintaining an open dialogue, remaining transparent, and continuously providing updates to our members and families throughout this study.”

The study, conducted by the U.S. Air Force School of Aerospace Medicine in coordination with the Department of Veterans Affairs, the American Cancer Institute, and other civilian academic institutions, covers all career fields within the missile community, past and present.

“The scope of this study is intentionally broad, looking over time, multiple locations, and career fields with similar exposure risks” Bussiere said. “We don’t want to miss any Airman or Guardian who might have been affected, or who could be affected in the future.”

That action has already begun, with previous studies at Malmstrom Air Force Base in 2004 and 2005 being cross-checked against new medical literature that may have emerged since those studies were completed. If the research teams find an increased incidence of cancer, the next step would then be to determine causation.

“The findings of the incidence study will be critical when looking at next steps,” Williams said. “It will create a roadmap for evaluation of cause and ultimately informed mitigation strategies.”

In addition to reviewing existing studies, the research teams developed plans to visit active intercontinental ballistic missile bases, orienting themselves to the day-to-day mission environment to be able to identify potential exposure concerns, while also working alongside local public health and bioenvironmental engineering members to develop a plan for long term monitoring going forward.

“Our Airmen, Guardians, and families -- past and present -- deserve the highest level of diligent attention to the specific cancer concerns raised by missile community members across related career fields and we are committed to the formal assessment that is underway to address and investigate those concerns,” said Kendall.

As the study progresses, updates and resources will continue to be posted online at: <https://www.airforcemedicine.af.mil/Resources/Missile-Community-Cancer-Study/>

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-Us/>



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U.S. AIR FORCE PHOTOS  
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Memorial Middle School Principal Dr. Steve Young accepts the Northern Sentry's Best of Minot AFB Award for Best School.

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# A LOOK BACK

## THIS WEEK IN USAF HISTORY

### THE DOOLITTLE RAID

APRIL 18, 1942

B-25 Bombers aboard the USS Hornet prepare to take off for the Japanese islands. (US Air Force Photo)

After the attack on Pearl Harbor, the United States Army Air Forces and Navy began formulating a plan for a reprisal attack on the Japanese Empire. They recruited Col. James H. "Jimmy" Doolittle to train the pilots who would be a part of the raid. On April 18, 1942, 16 B-25 Mitchell Bombers from the 17th Bombardment Group, led by Col. Doolittle, took off from the Navy's USS Hornet 650 miles off the coast and made a path towards Tokyo. The bombers hit targets in Tokyo, Yokosuka, Yokohama, Kobe, and Nagoya. On the way back, fifteen of the aircraft crash-landed or had crews bail out due to low fuel and one made it to Russia. Three crew members died and eight were taken as Japanese POWs. According to Pacific Air Forces, Doolittle thought that he would be court-martialed upon his return. However, the Doolittle Raiders received the Congressional Gold Medal in 2015 and Col. Doolittle received the Medal of Honor for one of the greatest surprise attacks of the time. While the damage left by the raid was not severe, it was a serious morale booster for the US.

Information courtesy of: [pacaf.af.mil](http://pacaf.af.mil) / [aetc.af.mil](http://aetc.af.mil) / [history.navy.mil](http://history.navy.mil)

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SEE BELOW  
North Dakota State Fair  
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Mark your calendars and come out to the ND State Fair Center on April 14th & 15th! There will be over 150 exhibitors filling 275+ booths with arts, crafts and baked goods that all have a touch of being hand made! The doors are open on Friday, April 14th from 10am-8pm and on Saturday, April 15th from 9am-5pm!  
Admission is \$5.00 at the door only. 12 and under are free!  
For more information on our shows, visit our website at [www.thebigone.biz](http://www.thebigone.biz)  
Admission: \$5.00  
Friday, April 14th, 2023 10am - 8pm  
Saturday, April 15th, 2023 9am - 5pm



For more information:  
[Facebook/ The Big One Art & Craft Fair/Events](https://www.facebook.com/TheBigOneArt&CraftFair/Events)

**15 APR** MAGIC CITY COLORING BOOK RELEASE PARTY WITH MAX  
10:00 AM TO 6:00 PM  
Main Street Books  
8 Main St. South Minot

Minot, North Dakota artist, writer, & musician MAX has a new book! Writer and Illustrator of The NoDak ABC's & Wild & The Animal Band - Max has created a brand new coloring book all about Minot! The Magic City Coloring Book celebrates everything that makes Minot MAGIC! Hip Cool Downtown - Cruisin' Broadway - The ZOO - The Library - Dala Horses - Beavers - magical bunnies - trains and much much more. The event: Come get a copy of the coloring book while they last! Chat with the writer and illustrator MAX - Bring the kiddos to do some coloring on some free Minot Coloring Sheets (while supplies last) AND - come celebrate everything Minot!



For more information:  
[Facebook/Main Street Books/Events](https://www.facebook.com/MainStreetBooks/Events)

**24 APR** ATYPICAL BREWERY SIP & PAINT  
6:00 PM  
Atypical Brewery & Barrelworks  
510 Central Ave East, Minot

As you sip on a delicious craft beer from Atypical Brewery, our artist will guide you through the steps to create your own unique painting. Whether you prefer to follow along with the provided design or put your own spin on things, our Sip and Paint event is all about having fun and enjoying the creative process.  
All of the materials you'll need are provided, including paint, canvas, brushes, and aprons to keep your clothes clean. Just bring your creativity and a sense of adventure, and we'll take care of the rest.  
Be sure to check your ticket for dates, times, and location. No Refunds - Credit for Future Classes Only.



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For more information and tickets:  
[www.imagiconnnd.com](http://www.imagiconnnd.com)

## NEW Community at the Northern Sentry



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# Minot Area Chamber EDC Celebrates Wins, Looks forward to Future at 2023 Annual Meeting

## Impact Awards presented to Four Minot Area Community Members

MINOT AREA CHAMBER EDC

The Minot Area Chamber EDC (MACEDC) looked back at an eventful 2022 and looked ahead to what's next at its 2023 Annual Meeting on Monday evening.

North Dakota Governor Doug Burgum delivered a keynote address to the roughly 250 attendees at the Grand Hotel. In his presentation, Gov. Burgum highlighted the state's efforts to bolster North Dakota's business climate — and celebrated what makes Minot special, including the Logistics Park of North Dakota.

"When you talk about engaged communities, Minot is always at the forefront," Gov. Burgum said. "The intermodal facility at the Logistics Park of North Dakota gives our region a port that can reach the while world. That's fantastic."

"With all this," Gov. Burgum continued, "Our economic outlook is really bright." Kevin Black, the Chair of the MACEDC Board of Directors for 2023, shared his optimism for the years ahead, citing the organization's newly developed five-year strategic plan.

"By clearly defining our organization's five key pillars — Economic Development, Community Development, Workforce Development, Member-Investor Services, and Military Support — we are in a better position than ever to fulfill our mission," Black said. "We strive to improve quality of life for all, and our team is well equipped to achieve its goals."

Outgoing Board Chair Randy

Hauck identified several highlights from 2022, including significant work done to expand rail access at the Logistics Park of North Dakota and the hiring of Brekka Kramer as President | CEO of MACEDC.

"The number one responsibility of a Board of Directors is to make sure we have the right person in charge of the organization," Hauck said. "Brekka has hit the ground running and has already proven that she is the right person for the job."

MACEDC President | CEO Brekka Kramer expressed gratitude for the community's support in her first year at the helm of the organization.

"It truly is Magic in Minot!" Kramer said. "On behalf of the team and board of directors, we are grateful to all who support and invest in the Minot Area Chamber EDC, so that we can in turn advocate for and invest in business activity by being a collaborative partner in our community."

As part of the 2023 Annual Meeting, the Minot Area Chamber EDC also presented its first-ever Impact Awards to four recipients. MACEDC received several nominations from the community in February and March.

The Impact Award for Outstanding Military Support was presented to Verendrye Electric Cooperative. "Verendrye Electric Cooperative has had ties to the military for decades," Kramer said while presenting the award. "From maintaining and operating electrical infrastructure at Minot Air Force

Base after its construction in 1955 to volunteering and serving food at countless military appreciation events in Minot. Verendrye has gone above and beyond in supporting our military."

Prairie Sky Breads received the Impact Award for Outstanding Small Business.

"Small businesses are a vital part of any community's identity," Black said. "Prairie Sky Breads has created a friendly environment in downtown Minot, support initiatives that keep our downtown and small business communities connected."

The Impact Award for Outstanding Leadership was given to Ron Merritt, Executive Director of the Minot Park District.

"Ron has humbly led the Minot Park District since 2005," Kramer said. "He has been a steadfast leader — a calm presence in the face of enormous challenges like the 2011 Mouse River Flood. He has done so much to make Minot a better place to live, work and play."

Finally, Hess Corporation was presented with the Impact Award for Outstanding Community Impact. The business was recognized for its efforts to shore up workforce shortages by creating a partnership with the North Dakota Tribal College system.

"Over the next four years, Hess Corporation is investing millions of dollars to provide tuition assistance and other support to establish apprenticeship programs for Native American students in a variety

of fields," Black said. "They are great corporate citizens making a significant positive impact on North Dakota."

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- 1/2 Flat Bread Pizza

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- Thursday \$1 up for all Tall Taps (all day)
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- \$12 Bottomless Mimosas
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# Minot's Newest Celebrities

## Hot Tots Bringing More Than Baseball to Corbett Field

THE MINOT HOT TOTS

The Minot Hot Tots have partnered up with Elison Assisted Living to add even more entertainment to their baseball games this summer. While most professional sports teams have typical dance teams and cheerleaders, the Hot Tots wanted to do something a little different for their fans.

This summer, fans can see residents of Elison Assisted Living taking the field as the new official dance team for the Hot Tots. These ladies will be known as the Elison Assisted Living Hot Totties and will be just one of the many extra entertaining elements that come with every Hot Tots game.

The team announced their new cheerleaders at a Business After Hours event, hosted at Elison Assisted Living. The team premiered a hype video for the ladies depicting them as the celebrities that they will be once the Hot Tots season gets rolling. The team is made up of 9 ladies who were able to attend the event and were met with cheers and applause as the team was announced.

Hot Tots General Manager, Monica Blake, was able to also attend the event and welcome the ladies to the team. She mentioned that the decision to work with Elison and provide a different type of cheerleader at home games came from the motto that the Hot

Tots follow which is using FUN to make a difference. Elison is always looking for exciting, fun, and new ways for their residents to be involved in the community and well as give them opportunities to just have fun and do things that they enjoy. The Hot Tots wanted to help provide an outlet to residents that would allow them to have fun and be fully supported by the community.

The Hot Tots then posted the Hot Totties hype-up video to social media, and the community of Minot did not disappoint. The video has garnered over 5,000 views and more than 100 likes on social media in under 24 hours. The Hot Tots and Elison Assisted Living are thrilled with the welcoming response that the ladies have received!

Fans looking forward to seeing the Hot Totties dance on the field with fans, and watching the Hot Tots play, can purchase tickets online at [www.hottotsbaseball.com](http://www.hottotsbaseball.com). Their current ticket package includes 5 tickets, free food, a free hat and jersey, as well as exclusive perks. These packages are only available until May and are almost completely sold out for 5 games. Fans looking for more information can also give the team a call at 701-838-8687.



## OUTDOOR NOTES:

PATRICIA STOCKDILL



PATRICIA STOCKDILL

### Fishing:

Lake Sakakawea elevation, April 10: 1,824.86 feet above mean sea level (MSL); 16,900 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.57 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.47 MSL.

•N.D. Game & Fish Dept. game wardens: Beware of rapidly deteriorating ice conditions with water and slush creating honeycombing action in the ice. Some activity on Makoti Lake but no reports of success. No reports from Lake Sakakawea, Devils Lake, or north-central area lakes.

•Devils Lake, Ed's Bait Shop, Devils Lake: Beware of slushy and muddy conditions accessing Devils Lake and moving around on the slush and water on top of the ice. Some activity in Pelican Lake for walleye. Look for some late season perch activity on the main lake but use extreme caution as ice deteriorates.

•Devils Lake, Woodland Resort, Devils Lake: Lots of slush on the ice as well as accessing the ice. Limited activity with anglers generally waiting for open water.

•Lake Darling, Karma C-Store, Ruthville: No much activity. No reports from Lake Darling.

•Lake Metigoshe, Four Seasons, Bottineau: Slush on the ice and along shorelines limiting activity.



•Paddlefish tags now available online from the N.D. Game & Fish Dept., ([gf.nd.gov](http://gf.nd.gov)).

•New fishing licenses are now required.

•April 14: Badlands Toms Nat'l. Wild Turkey Federation banquet, Outlaws Bar & Grill, Watford City, 5:30 p.m.

•April 17: N.D. Game & Fish Dept. public advisory meeting, Velva Wildlife Club, 1901 Hwy. 52, 7 p.m.

•April 24: N.D. Game & Fish Dept. public advisory meeting, Harvey City Hall, 7 p.m.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Not much activity on Lake Sakakawea with slushy shoreline conditions and water on top of the ice.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: No new reports but watch slush and water on the ice and beware of deteriorating conditions.

•Lake Sakakawea, New Town: A little more activity in the Van Hook Arm for walleye but beware of slushy and muddy conditions accessing the shorelines with warm weather creating walk-on access only. Parshall Bay slow for pike with occasional walleye with a few pike coming from Bears Den.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Minnow availability difficult with little activity. Watch slushy conditions along shorelines and the ice on Lake Sakakawea but look for potential pike activity as open

water shorelines emerge.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: White Earth Bay and Lund's Landing continue producing walleye in the evening on the upper end of Lake Sakakawea but walking access only with slushy shorelines and water on the ice and snow. Try back bays for pike. Short Creek producing some panfish activity.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No activity and no reports with slush throughout area lakes.

### Turkey hunting:

•Birds fairly active in some areas despite snow across much of the region.

### 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.

**Hotel REVEL Weddings for Warriors**

Revel Hotel, a newly renovated hotel next to Dakota Mall, will be giving away use of the Pilot's Bar and adjoining banquet space at its venue to Airmen.

The new giveaway, **Weddings for Warriors**, will honor the men and women who serve the United States by giving away use of the Pilot's Bar and banquet space once every month.

At least one partner must be serving or must be an active member of the U.S. Air Force.

For further information, please send a message to the hotel at [revelnd.com](http://revelnd.com) or contact Chelewa Springs or Ashley Cutler at 701-607-4557 or 701-306-3338.

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# Stories of Sacrifice

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**WILLIAM HART PITSENBARGER**

**DETAILS**  
**RANK:** AIRMEN FIRST CLASS (HIGHEST RANK: STAFF SERGEANT)  
**CONFLICT/ERA:** VIETNAM WAR  
**UNIT/COMMAND:** DETACHMENT 6, 38TH AEROSPACE RESCUE AND RECOVERY SQUADRON,  
**MILITARY SERVICE BRANCH:** U.S. AIR FORCE  
**MEDAL OF HONOR ACTION DATE:** APRIL 11, 1966  
**MEDAL OF HONOR ACTION PLACE:** NEAR CAM MY, REPUBLIC OF VIETNAM

**CITATION**  
 For conspicuous gallantry and intrepidity at the risk of his life above and beyond the call of duty. Airman First Class Pitsenbarger distinguished himself by extreme valor on 11 April 1966 near Cam My, Republic of Vietnam, while assigned as a pararescue Crew Member, Detachment 6, 38th Aerospace

Rescue and Recovery Squadron. On that date, Airman Pitsenbarger was aboard a rescue helicopter responding to a call for evacuation of casualties incurred in an ongoing firefight between elements of the United States Army's 1st Infantry Division and a sizeable enemy force approximately 35 mile east of Saigon. With complete disregard for personal safety, Airman Pitsenbarger volunteered to ride a hoist more than one hundred feet through the jungle, to the ground. On the ground, he organized and coordinated rescue efforts, cared for the wounded, prepared casualties for evacuation, and insured that the recovery operation continued in a smooth and orderly fashion. Through his personal efforts, the evacuation of the wounded was greatly expedited. As each of the nine casualties evacuated that day was recovered, Airman Pitsenbarger refused evacuation in order to get more wounded soldiers to safety. After several pick-ups, one of the two rescue helicopters involved in the evacuation was struck by heavy enemy ground fire and was forced to leave the scene for an emergency landing. Airman Pitsenbarger stayed behind on the ground to perform medical duties. Shortly thereafter, the area came under sniper and mortar fire. During a subsequent attempt to evacuate the site, American forces came under heavy assault by a large Viet Cong force. When the enemy launched the assault, the evacuation was called off and Airman Pitsenbarger took up arms with the besieged infantrymen. He courageously resisted the enemy, braving intense gunfire to gather and distribute vital ammunition to American defenders. As the battle raged on, he repeatedly exposed himself to

enemy fire to care for the wounded, pulled them out of the line of fire, and return fire whenever he could, during which time he was wounded three times. Despite his wounds, he valiantly fought on, Simultaneously treating as many wounded as possible. In the vicious fighting that followed, the American forces suffered 80 percent casualties as their perimeter was breached, and Airman Pitsenbarger was fatally wounded. Airman Pitsenbarger exposed himself to almost certain death by staying on the ground, and perished while saving the lives of wounded infantrymen. His bravery and determination exemplify the highest professional standards and traditions of the military service and reflect great credit upon himself, his unit, and the United States Air Force.

**ADDITIONAL DETAILS**  
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**AWARDED POSTHUMOUSLY:** YES  
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**DIED:** APRIL 11, 1966, NEAR CAM MY, REPUBLIC OF VIETNAM  
**BURIED:** MIAMI MEMORIAL PARK CEMETERY (43D-2), COVINGTON, OH, UNITED STATES  
**LOCATION OF MEDAL:** USAF PARARESCUE & COMBAT RESCUE OFFICER SCHOOL, KIRKLAND AIR FORCE BASE, NM

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<p><b>28 Tastes &amp; Taps</b></p> <p>1603 35th Ave SW Minot Phone: 701.838.2828 FB: 28 Tastes &amp; Taps</p>	<p><b>Culver's Restaurant</b></p> <p>3000 S Broadway, Minot Phone: 701.852.4800 www.culvers.com</p>	<p><b>Ironhorse Kitchen + Bar</b></p> <p>21 E Central Avenue, Minot Phone: 701.852.8183 FB: Ironhorse Kitchen + Bar Minot</p>
<p><b>Jamaican Vybz Kitchen</b></p> <p>Suite 200 315 Main Street S Minot Phone: 701-441-9309 FB: Jamaican Vybz Kitchen</p>	<p><b>Pink's Bar &amp; Grill</b></p> <p>102 128th Ave NW Minot Phone: 701.852-2385 FB: PinksBarGrill</p>	<p><b>Prairie Sky Breads</b></p> <p>3 1st St. SE, Minot Phone: 701.858.0612 www.prairieskybreads.com</p>
<p><b>Noodles &amp; Company</b></p> <p>304 4th Ave NW Minot 701.491.9103 www.noodles.com</p>	<p><b>Mi Mexico</b></p> <p>3816 South Broadway Minot Phone: 701.858.0777 www.mimexicominotnd.com</p>	<p><b>Primo Restaurant</b></p> <p>1505 N Broadway, Minot Phone: 701.838.7746 www.primominot.com</p>
<p><b>Souris River Brewing</b></p> <p>32 3rd St NE Minot Phone: 701.837.1884 www.sourisriverbrewing.com</p>	<p><b>The Starving Rooster</b></p> <p>30 1st St. NE, Minot Phone: 701.838.3030 www.starvingrooster.com</p>	<p><b>Whiskey Nine</b></p> <p>109 Central Ave, Minot Phone: 701.837.1090 www.whiskeyninend.com</p>





**CITY OF MINOT PROCLAIMS APRIL THE MONTH OF THE MILITARY CHILD**

City of Minot Mayor Tom Ross alongside Col. Chris Cain and Col. Jimmy Schlabach, shortly after signing a proclamation to make April the Month of the Military Child in the City of Minot.

MINOT AREA CHAMBER EDC PHOTO

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**YOUR LOCALLY OWNED VEHICLE  
MAINTENANCE SHOP**

Welcome to Minot AFB from Tires Plus, your locally owned vehicle maintenance shop. Yes, that is right, Tires Plus is locally owned. You may have become associated with Tires Plus shops in other parts of the country. They, like the Minot and Minot AFB Tires Plus locations are owned and operated by a local franchisee, one that is familiar with the challenges of maintaining a vehicle in their particular location.

It certainly would be fair to say that each geographical location certainly has different challenges in keeping vehicles properly maintained. That is why it is so important to establish a relationship with a locally owned shop like Tires Plus. And of course maintain that relationship so that they get to know you, and your car. So let's quickly review some of what is important in maintaining your vehicle.

1. Acquaint Yourself With Your Owner's Manual
2. Check Your Tires Monthly
3. Have Your Oil and Oil Filter changed on Schedule
4. Also Have Your Air Filter Replaced With Oil Changes
5. Let Tires Plus Inspect All Other Fluids
6. It's Important to Examine Belts and Hoses When You Change Your Oil & Filter
7. Always Listen and Feel for Brake Issues
8. Replace Wiper Blades as Needed
9. Know That Tires Plus Will Also Inspect Your Battery and Remove Battery Corrosion
10. Keep A Detailed Accounting So You Don't Forget Routine Maintenance

A simple trip to your locally owned Tires Plus is a great way to get started. We are proud to say that more often than not, if you ask around, Tires Plus is where the "locals" take their vehicle for routine maintenance.

**2 Winners Every Week!**

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1. Take a selfie photo showing this ad!
2. Like Badlands Restaurant & Bar on Facebook!
3. Send a message to the Badlands Facebook inbox.
4. In the message, provide your e-mail information and make sure to attach your selfie/photo.

**\$25.00 Gift Certificate From Badlands Restaurant & Bar**

**No Limit, Enter As Many Times As You Wish!**

By participating in the above contest, you give Badlands Restaurant & Bar and co-marketing partners permission to use your photo submission to announce you as a winner! Badlands Restaurant & Bar will not share your email information.

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- CHECKING BELTS AND HOSES
- INSPECTING TIRE PRESSURE
- CHECKING ENTIRE UNDERCARRIAGE

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Minot | 1301 20th Ave SW | 701-837-1301

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MINOT AIR FORCE BASE NEWSPAPER | WWW.NORTHERNSENTRY.COM



YOUTH IN ACTION

# Rain Gutter Regatta

ERIN BEENE, NORTHERN SENTRY

On Monday, April 10 while kids were out of school, Charlie Anderson led the 2nd Annual Rain Gutter Regatta boat race on Chevy Chase Rd. This race began last year when the snow melt created flowing streams of water down the sides of neighborhood roadways on base. 8th grader Charlie had the idea to get all the kids in the neighborhood to create boats and race down the running water run-off. This year's race and snow melt, coincided perfectly with the Easter holiday. Kids of all ages created different types of boats for the race but ultimately sisters Tyler and Haddie Danaher beat out the competition and came in first and second place among 15 or so boat entries.



The race contenders.



Neighborhood kids gather around Rain Gutter Regatta Organizer, Charlie Anderson, before the race begins.



First Place Winner: Tyler Danaher and Sister & Second Place Winner: Haddie Danaher



A boat as it sails down the rain water run-off.

Have your neighborhood kids done something similar? Tell us about it! We love to share the everyday stories and lives of those living and working at Minot AFB. <https://northern Sentry.com/submit-a-story/>

## BAKED CHEESY CORN PUDDING



### INGREDIENTS

- 3 CLOVE GARLIC, CHOPPED
- 3 TABLESPOON BUTTER
- 6 1/4 OUNCE WHOLE KERNEL CORN
- 8 OUNCE CREAM CHEESE
- 1 CUP CHEDDAR CHEESE
- 1 CUP PARMESAN CHEESE
- 1 TABLESPOON KOSHER SALT
- 1/2 TABLESPOON BLACK PEPPER
- 1/2 CUP PARMESAN CHEESE
- 1/2 CUP BREAD CRUMBS
- 1 TABLESPOON THYME, MINCED
- 1 TABLESPOON ROSEMARY, CHOPPED

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

In a large sauce pan, sauté the garlic with the butter over medium heat for 3 to 4 minutes. Add the corn, cream cheese, cheddar cheese, 1 cup of the parmesan cheese and salt and pepper. Heat until the cheese is melted then pour into a baking dish.

In a separate bowl, combine the remaining 1/2 cup parmesan cheese, bread crumbs and fresh herbs. Spread bread crumb mixture evenly over cheese and corn.

Place baking dish in the grill and cook for 25 minutes or until the cheese is bubbling. Serve warm. Enjoy!



Ryan Davy - GM Minot

[www.HofE.com/BBQHQ](http://www.HofE.com/BBQHQ)

SPONSORED BY



# NORTHERN CELEBRATIONS

EMBRACING OUR NORTH DAKOTA LIFESTYLE

## THINKING SPRING, DUCKS, AND NESTING

Patricia Stockdill

The winter of 2022-2023 seems to want to live on and on and on, even with an occasional hint of spring at times. Hopefully it arrives in full force and with it the marvel that is migration.

While waterfowl hunters likely focus on fall migration, spring migration signals the arrival of warm weather, the awakening of plants and trees, and arrival of our avian friends – some just passing over while others stay to entertain throughout the summer until they opt to head back south in the fall.

The big question this spring might be if migration will ever occur given what seems like a never-ending winter.

But in thinking positive, how about testing one's knowledge of spring duck migration and nesting? In other words – how well do you really know your ducks? Ponder this:

Question No. 1: What ducks arrive earliest in North Dakota each spring?

•Answer: Mallards and pintails return in late March and early April. Hmm, well, that didn't happen this year. Just remember, though, that's when they typically arrive. This isn't a typical spring – not that "typical" usually happens in North Dakota.

Question No. 2: How late into summer will mallards attempt to re-nest if it's destroyed by weather or predation?

•Answer: Mallards will attempt to re-nest as late as June, especially if their nesting area continues holding shallow water into late spring and early summer. This year we might still have ice in early summer. Or maybe even late summer. But back to the quiz...

Question No. 3: What species tend to arrive after mallards and pintails?

•Answer: Shovelers and blue-winged teal. Shovelers tend to be slightly ahead of blue-winged teal. However, maybe they'll look at the weather and let everyone else go ahead of them.

Question No. 4: How important are adequate water conditions to pintails when nesting?

•Answer: Pintails will almost give up nesting if water conditions aren't adequate. Thanks to replenishment of drier wetlands with this winter's snow, pintails might not have to worry about poor water conditions. At the very least those water conditions improved over a broad area of the state compared to last year.

Question No. 5: Do any duck species nest as late as August?

•Answer: Yes, gadwall and lesser scaup will attempt to nest that late into the summer. Heck, this year a lot more than gadwall and lesser scaup might be nesting in late summer. But, again, let's think positive...

Question No. 6: Most ducks nest in grass. Do any species nest over water in North Dakota?

•Answer: Yes, but it's generally just canvasbacks. Occasionally mallards will nest on a mound over water but they prefer grasslands. Hopefully by the time everyone arrives they will find it...but think positive.

Question No. 7: How far from where she nests will a hen duck take her brood to water?

•Answer: Those little ducklings had better be prepared to get their exercise and have their hiking boots securely laced. Documentation shows hens will take broods 1 1/2 miles from a nesting site to water. That's a lot of waddling on short little legs.

Question No. 8: How fussy are ducks about who nests nearby?

•Answer: Ducks tend to be more territorial with each other than other species. Usually, "home turf" is expressed on wetlands rather than nesting uplands.

Question No. 9: Are there any ducks that lay their eggs in other duck's nest?

•Answer: Yes, redheads. The practice is called parasitizing, when a species lays its eggs in another nest leaving unsuspecting "adoptive" parents to raise the ducklings. Redheads also tend to nest later in the spring.

And, finally, perhaps the most important question of all: What is it about North Dakota's Prairie Pothole Region that makes it so extremely important for ducks – and other wetland and grassland nesting birds?

•Answer: Its high wetland capacity and history of nesting habitat. The region historically had an abundance of native prairie grasslands coupled with grassland habitat through federal Farm Bill Conservation Reserve Programs.

One can only hope that abundance of nesting cover continues.

And that ducks and other grassland species will find grass – and not snow and ice – to nest this spring. It will come – think positive and be patient.



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# JR JOURNALISM PROGRAM

northsensentry

## Skate Night at the Youth Center

LUCAS REINHOLD, AGE 11

Once every month the Youth Center on base has a skate night. I like to go to it and ride around in circles on my roller skates. Some of my classmates also go, so I have fun with them. There they turn off the lights and turn on the disco lights which makes it fun to ride around with friends. They also have snacks there, so you can eat them after you ride around. They have two different skates, the roller skates, which have four wheels, and the roller blades that have three wheels in a straight line. I've already gone

there a lot of times and it is really fun so I can't wait for the next one that they will have. It costs \$3 to come alone, and \$5 for a family. I got my rollerblades for my birthday and now I love to go to the Youth Center and ride them. Also, if you have your own roller blades or skates, you can go to the indoor Turf on base and skate around there. It is really fun to roller blade or roller skate so hopefully you'll be able to come and I will see you at the next skate night.



Skating with friends.

Find specifics about Northern Sentry's Jr. Journalism Program and how your story can be featured



### PURPLE UP SKATE NIGHT

14 April 2023 • 6:00PM-8:00PM  
Youth Center

Come out in all of your purple to celebrate our military youth!

Register by 13 April 2023 in CYPBMS  
Members: \$3 per person  
Non-Members: \$5 per person

Keystone will be selling snacks! Cash only!

Youth under the age of 9 must have a parent present at all times. Bring your own skates or rollerblades or check out a pair from us! Helmets required for all skaters.

For details, call the Youth Center at 723-2838

# Celebrate Our Youth with These Month of the Military Child Events!

5TH FORCE SUPPORT SQUADRON

### FOOD, BINGO, AND MORE!

It's a new month which means it's time for another fantastic First Friday at the Jimmy Doolittle Center! Join us on April 21st from 4:00PM - 9:00PM for fun activities, games, bounce houses, and more! Enjoy a delicious selection of food for FREE as a Club Member (your family is included); Non-members pay just \$7 per person or \$20 for a family (3+ people). The buffet will include hot dogs, chicken nuggets, french fries, and mac & cheese!

Bingo cards are FREE for Club Members and \$5 for Non Members.

Call the Jimmy Doolittle Center at 723-3731 for more information.

### SPARE TIME FOR BOWLING!

Celebrate the Month of the Military Child with a Bowling Party at Rough Rider Lanes on Saturday, April 22nd from 5:00PM - 9:00PM. Kids can bowl for just \$1 per game, with free shoe rental! Additionally, the first 200 Deployed Affected family members and Single Airmen can bowl for FREE!

Call Rough Rider Lanes at 727-4715 for details.

### FAMILY FUN!

We are ending the Month of the Military Child celebrations with a Carnival at the Youth Center on

April 28th from 6:00PM - 9:00PM. Let the kids enjoy a night of inflatables, games, giveaways, and more! Grab your choice of a free hotdog, burger, or veggie burger! Keystone will be selling snacks and drinks, cash only!

Don't forget to wear purple to show your support and appreciation for our military kids!

Sponsored by North Star Community Credit Union, Prestwich Orthodontics, and USAA. No Federal endorsement of sponsors intended.

For more information, call the Youth Center at 723-2838.

Be sure to check us out on our website at [5thForceSupport.com](http://5thForceSupport.com) or [Facebook.com/5thForceSupport](https://www.facebook.com/5thForceSupport) for more exciting events and updates!

MONTH OF THE MILITARY CHILD  
**FREE MOVIE DAY**  
FOR MILITARY KIDS  
AT OAK PARK THEATER

**TUESDAY, APRIL 18**

**PUSS IN BOOTS: THE LAST WISH**  
11:00 AM & 4:30 PM

All military kids enter for **FREE!**\*  
Concession will be open for purchases  
\*Must show Military ID

This event brought to you by

**DOWNTOWN MINOT** **OAK PARK THEATER** **northsensentry**



# MoMC: The Dandelion

The average military youth will move six to nine times between their kindergarten and senior year. The dandelion is often used to represent military youth as the seeds of a dandelion are blown all over and yet, it blossoms wherever it lands. Like the hearty flower our military youth will find the means to thrive in each of their new locations, but not without struggle. "When we stood in our new, strange house it echoed. It didn't feel like mine. The base itself is surrounded for miles and miles on every side by open flat fields- isolated and desolate. School friends were hard to come by and I felt like a foreigner." Ryan Weed- North Dakota 2021 Military Youth of the Year. This feeling of being an outsider is normal for "the new kid;" military children will face it over and over again. As a community and in partnership with our local schools, youth sponsorship programs are available with the base Child & Youth Programs and within the local school districts. At Minot, both the Youth Center and several schools in the district offer a transition support program for new students. If you are new to Minot or soon to be PCSing, get in contact with the School Liaison for more information on youth sponsorship here in Minot and at your next installation. "I'm sure no matter how many times I move, it will never get easy. The weight may not get lighter, but I will get stronger... Roots take time to grow but they will- if we are willing to see each new experience as a chance to find something new. It may not be what you expect or hope but there is goodness if we are willing to look for it." Ryan Weed- North Dakota



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



2021 Military Youth of the Year. Moving is difficult, but for military children it also offers unique and invaluable experiences. Military children learn to adapt and often demonstrate their resilience through social skills such as the ability to maintain relationships over long distances. Military children also tend to be more open-minded as they experience diverse cultures and traditions. Like the dandelion

our military children will eventually flourish in their new environment, though it may take some time and care. If your child is to the area, having difficulty adjusting, or you are soon to be PCSing there are resources available to support a successful transition. The School Liaison is available to help at 701-723-1447 or mafb.school.liaison@us.af.mil.



## 2022-2023 MPS CALENDAR

April 2023							18 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	

May 2023							19 days
S	M	T	W	T	F	S	
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				

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

- April 6**  
Early Release Day - 1:15pm
- April 7**  
Good Friday - No School
- April 10**  
Vacation - No School
- May 10**  
Early Release Day - 1:15pm
- May 25**  
Last Day for Students if make-up days are not needed

- May 26 & May 30**  
Make-up day if necessary or PD Day if make-up day isn't used
- May 28**  
Graduation @ MSU Dome 2:00 pm
- May 29**  
Memorial Day
- May 31**  
Prof Devel Day (for teachers) - if make-up days are both used



**3816 SOUTH BROADWAY MINOT, ND**  
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**SUN 11 AM TO 9 PM**

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# April is MONTH OF THE MILITARY CHILD

Throughout the month of April, the Minot Downtown Business and Professional Association will be promoting the Month of the Military Child by offering specials at participating businesses. With a Military ID Minot Air Force Base families can get these "meant for kids specials" all month long.

**Free Kid's Drink\*** with the purchase of any medium or large drink at regular price.

\*Kids drinks are an 8oz drink of choice hot, iced, or blended and is topped with whip cream and sprinkles.

1407 South Broadway, Suite B, Minot, ND

**Free Kid's Meal** with the purchase of an adult entrée

304 4th Avenue NW, Minot, ND

**Free Child Pass\*** with the purchase of an adult military pass

\*Child between the ages of 2-12 years

17 South Main Street, Suite A, Minot, ND

With every military child sign up for kids class receive a **\$5 Gourmet Chef Gift Certificate**

122 South Main Street, Minot, ND

Buy a Gourmet Waffle Cone and get a **Free Big Kid Cone**

123 South Main St, Minot, ND

Use Your **Military ID** for In-Store Specials

117 South Main Street, Minot, ND

**Free Slushy** with purchase of military child jump pass

1210 4th Avenue NW, Minot, ND

**Free Admission For Kids\***

\*Under 18. April 18 Only. Showing Puss in Boots: The Last Wish 11:00 am & 4:30 pm (See details on previous page)

1500 4th Ave NW, Minot, ND

**Free Regular Child's Orange Creamsicle Cooler** with the purchase of an adult espresso drink

109 South Main Street, Minot, ND

Must show Military ID at these participating locations



# Month of the Military Child Proclamation Signing at State Capitol



The North Dakota MOMC Proclamation Signing held April 6, was a beautiful culmination of the efforts of stakeholders across the State to include the MIC3 State Council, the North Dakota MOMC Working Group, North Dakota National Guard and Reserves and the Minot AFB MOMC Working Group!

The Minot AFB School Liaison Office was privileged to be an integral part of the organization and implementation of this incredible day for our military connected students and families across North Dakota! We look forward to other incredible MOMCs in North Dakota in the years to come!

A very special thank you to our Minot AFB Leadership and Minot Public Schools for their support in this endeavor! Last but not least, thank you to all of our military connected students from our surrounding districts and schools who attended. You were incredible and your smiles brought immense joy!

GOVERNOR DOUG BURGUM PA PHOTOS



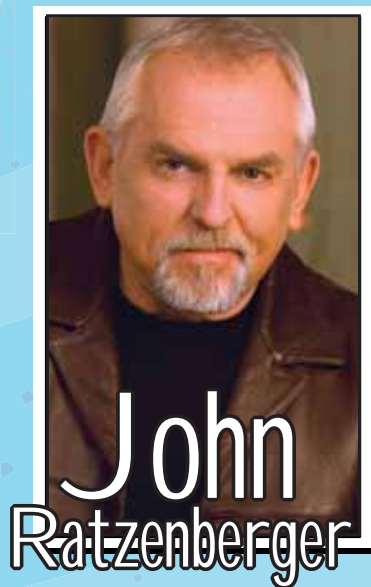
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April 28-30, 2023 • Minot Municipal Auditorium

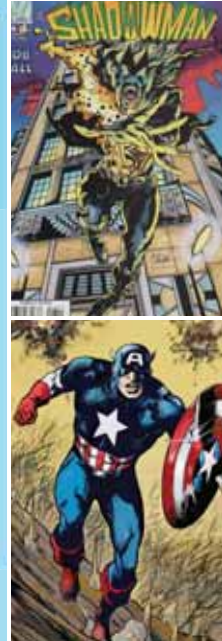
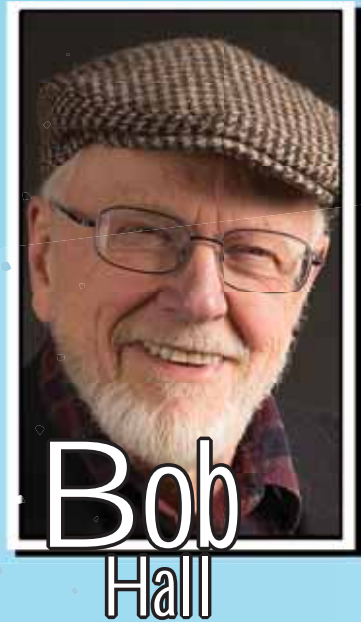
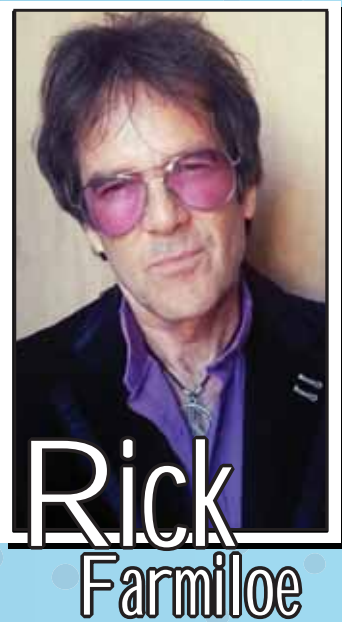
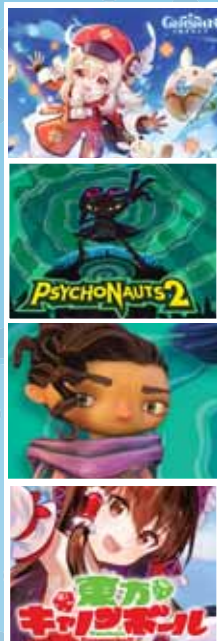
Early bird tickets on sale at [imagiconnd.com](http://imagiconnd.com)!

**MILITARY APPRECIATION DAY • Friday, April 28**

**\$10 General Admission for active-duty military card holders, courtesy of Northern Sentry (must bring ID for discount)**



Appearance only on Saturday & Sunday



Video Gaming Tournaments (with prize support) include Super Smash Bros Ultimate, Tekken 7, Dragon Ball Fighterz, NFL Madden 23, Mario Kart 8, & more! Panels • Cosplay • Escape Rooms • Vendors • Learn more at [imagiconnd.com](http://imagiconnd.com)



# CHURCH DIRECTORY


**Chapel Services at MAFB**

*North Plains Chapel in Base Housing*  
Protestant Liturgical Service  
**Christ Chapel**  
0900

*Protestant*  
**Sunday Community Service**  
1030  
(Holy Communion 1st Sunday)  
Children's Church during school year

*Wicca, Pagan, and Neopagan Services*  
**Open Circle**  
1000 on the 1st and 3rd  
Saturdays of every month

*Northern Lights Chapel across from Rockers*  
**Catholic Mass**  
Sunday ..... 1000  
Daily ..... Monday-Thursday at 1200



**St. Peter The Aleut Eastern Orthodox Church**

**109 6th St. SE Minot • 838-3094**

**Friday, April 14**  
3:30PM, Friday Afternoon Unnailing Vespers  
6PM, Friday Eve Lamentations At The Tomb

**Saturday, April 15**  
10AM, Morning Holy Liturgy  
11:30PM, Evening Resurrection Liturgy

**Sunday, April 16**  
No Services

**All Holy Week Services by Deacon Jason Ketz**



**Break Forth BIBLE CHURCH**

Wednesdays 7:00pm and Sundays 10:30am

**1821 W Burdick Expressway**  
For More Information:  
701.838.2665 | www.bfbc.tv



**An Evangelical Free Church**  
3500 4th St. SW • 839-5127  
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Sunday School & Fellowship ..... 9:00 a.m.  
Worship ..... 10:30 a.m.

[www.trinitychurchminot.org](http://www.trinitychurchminot.org)



Worship Service at 10:45am Sundays  
Sunday School at 9:45am

**1720 4th Ave NW, Minot 838-0916**  
[MinotBibleFellowship.org](http://MinotBibleFellowship.org)

**Immanuel Baptist Church**

**1615 2nd St. SE • www.ibcminot.org 701-839-3694**



**SUNDAYS:** 9:00 AM FELLOWSHIP  
9:15 AM SUNDAY SCHOOL  
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](http://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](http://www.stjohnminot.com)




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

Sunday Worship 9:30 am

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

Pastor Brandy Gerjets • Pastor Ellery Dykeman



**Gospel Tabernacle Community Church**

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.



**JOURNEYCHURCH**  
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.minotrcbc.org](http://www.minotrcbc.org)  
email: [minotrcbc@gmail.com](mailto:minotrcbc@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](http://westminot.com)  
[facebook.com/westminot](https://facebook.com/westminot)

**First Baptist Church**

200 3rd St. SW • 852-4533  
[www.fbcminot.org](http://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**



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*A Reformed Baptist Church*

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

**Web:** [gracebaptistminot.com](http://gracebaptistminot.com)  
**E-mail:** [gbcminot@gmail.com](mailto:gbcminot@gmail.com)

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Rev. Heath Trampe  
Rev. Brian Doel

Sunday Worship  
8:15am Traditional Service  
9:30am Contemporary (w/ livestream)  
9:30am Sunday School & Adult Bible study  
11:00am Contemporary Service

Wednesdays 6-7pm  
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Bible Class (6th gr.)  
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[www.orcsknights.org](http://www.orcsknights.org)

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Website: [www.orcsknights.org](http://www.orcsknights.org)



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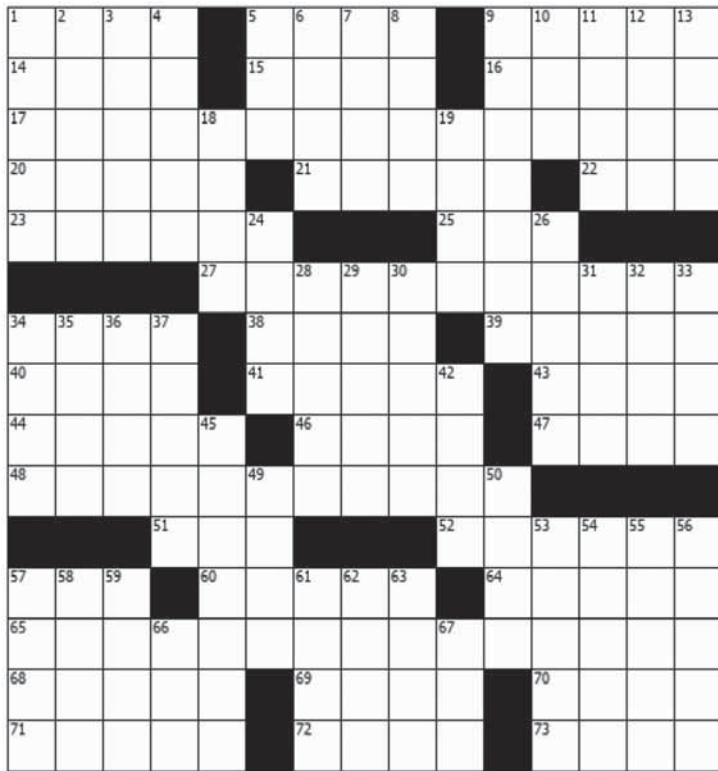
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# CROSSWORD PUZZLE

**Across**

- 1. Shoulder enhancers
- 5. Sign on a bargain
- 9. Like a downed sub
- 14. Indian tourist site
- 15. Young builder's unit
- 16. Carnival game lure
- 17. Cops on the corner
- 20. Hemmed without hawing
- 21. Attribute
- 22. Squealer
- 23. Salute-accompanying reply
- 25. Speed skater Jansen
- 27. Works like "Cosi fan tutte"
- 34. Slackens
- 38. Half of a classic TV duo
- 39. Spook
- 40. Circle
- 41. Get going
- 43. In apple-pie order
- 44. Foundation
- 46. Election Day lead-in
- 47. Banded quartz
- 48. Icy expanse
- 51. Blow it
- 52. You can get your kicks with this
- 57. TV Guide listing
- 60. Nixon's 1960 running mate
- 64. Shoot down, in a way
- 65. Doctor's vow
- 68. PONG developer
- 69. Radius neighbor
- 70. "Oh, OK"
- 71. Exorcist's quarry
- 72. Word with butter or jelly
- 73. Sly glance

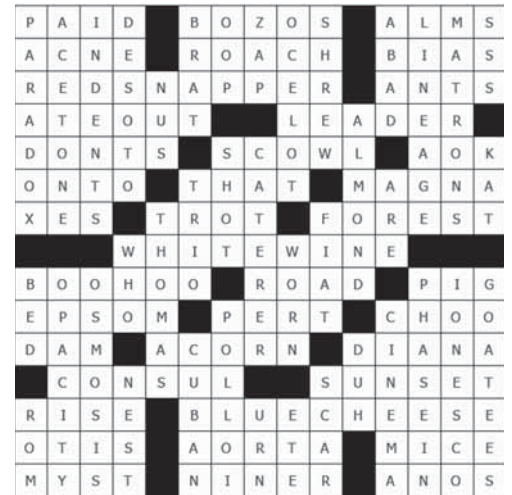


**Down**

- 1. Pushover
- 2. Give the OK
- 3. Entices
- 4. Secure locations
- 5. 2001 biographical film
- 6. Faction
- 7. Composer Stravinsky
- 8. Three-seater, often
- 9. "Rest in peace," e.g.
- 10. Parabolic shape
- 11. Level
- 12. Biblical priest
- 13. Word with love or empty
- 18. Bank acct. protector
- 19. Name on a dog tag
- 24. Lightning deflectors
- 26. "Awesome!"
- 28. Way around Montreal
- 29. Big name in the study of gravity
- 30. Ulysses' temptress
- 31. Downfall
- 32. Capp in the comics
- 33. Hades boundary
- 34. Famous exile site
- 35. Wild swine
- 36. Pear variety
- 37. Cattiness
- 42. Durable wood
- 45. Steakhouse order
- 49. "Peter Pan" ticker
- 50. Popeye Doyle was one
- 53. Apply more WD-40
- 54. Lower
- 55. One getting instruction
- 56. Common solvent
- 57. Central African nation
- 58. Take the bait
- 59. In-box woe
- 61. Clobber
- 62. Strong gust
- 63. Noted island peak
- 66. Authority
- 67. Writer Fleming

## CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



## SUDOKU

Solution to puzzle on page B13

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

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701.839.0946

## SUDOKU SOLUTION

PUZZLE ON PAGE B12

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



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## HELP WANTED

### OFFICE MANAGER / SECRETARY-TREASURER WARD COUNTY WATER RESOURCE BOARD

SCHEDULE: 24 hours per week (office hours: 8AM – 3PM M-Th.)

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Mail / email resume to Ward County Water Resource Board,  
PO Box 5005, Minot, ND 58702 | email: wardwater@srt.com,  
or apply in-person at 200 72nd St. SE, Minot, ND 58701

**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.

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## MINOT AFB ANNOUNCEMENTS

### EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

Embry-Riddle Aeronautical University is the world's pre-eminent university for aviation and aerospace education. However, our dynamic, hands-on programs will prepare you for careers well beyond the limits of the sky. Our Worldwide Campus has been working with U.S. military service members since 1970, helping them to earn a degree while on active duty or as veterans. And we do it at more than 90 military installations around the globe. The Embry-Riddle Minot Campus — located at Minot Air Force Base — offers associate, bachelor's, and master's degrees, as well as undergraduate and graduate certifications, that will help you whether you are an active-duty military service member, a veteran, or a civilian working at or around Minot Air Force Base, Embry-Riddle Worldwide is here to help you earn your college degree. A degree from Embry-Riddle Worldwide will help service members to become commissioned officers, will make veterans more desirable job candidates as they enter the civilian workforce, and will assist civilians with job advancement or career changes. Our modes of instruction are: Online, Eaglevision Home and Eaglevision Classroom. Our upcoming term: 29 May-30 Jul. For more information, please visit us in Room 223 located in the Base Education Center Building (2nd floor), email: minot@erau.edu or call office phone: 701-727-9007 and/or Teams phone: 928-777-6342.

### COLUMBIA COLLEGE

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

### PARK UNIVERSITY MINOT –

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### MINOT STATE UNIVERSITY

Minot State University is excited to again offer face-to-face classes at the Minot Air Force Base. Minot State University's Summer and Fall 2023 semesters registration will open for all currently enrolled MSU students beginning Tuesday, March 29 through to April 13. 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

### STARBASE Volunteers

(April 18)

STARBASE is DOD's premier youth outreach program focused on the mission of exposing our nation's youth to the technological environments and positive civilian and military role models. On April 18, STARBASE will be at Belair Elementary School from 1530 - 1715.

<https://www.starbasenorthdakota.com/>

<https://theconnectory.org/program/starbase-north-dakota>

<https://dodstarbase.org/>

POC: Joshua Dobbs, TSgt, USAF, 5 CES/CENM

DSN: 453-3926 Comm: 701-723-3926

Key Spouse, Mrs. Tara Sims

Chantara.sims@minot.k12.nd.us

### Volunteer Coaches

The new Youth Sports Coordinator at Minot AFB is looking for volunteer coaches for this upcoming soccer season. Right now, I'm seeking the following number of volunteers for each of the following age groups:

• Ages 3-4 - 8 Volunteers • Ages 5-6 - 2 Volunteers (Mondays and Wednesdays)

• Ages 7-8 - 2 Volunteers • Ages 9-12 - 2 Volunteers (Tuesdays and Thursdays)

• The season will run from 8 May - 15 June with 2 practices per week.

• All ages will practice 1730-1830. No experience with the sport is necessary to volunteer. All coaches will need to be background checked (different from any AD security clearances). For questions simply call the youth center directly or stop-by for more info.

POC: Ms. April Lawrence 723-1477 or Youth Center at 723-2838.

### Scouting Power 5k Color Dash Volunteers

(May 6)

Scout Troop 5401 are looking for volunteers, they're hoping for 40-50 people to help with a color run at Oak Park.

POC: RYAN J. McDERMOTT, MSgt, USAF, First Sergeant, 5th Medical Group

DSN: 723-5137 Cell: 701-240-5643

### Magic City Civil Air Patrol Composite Squadron Volunteers

Civil Air Patrol is the official, Congressionally chartered US Air Force Auxiliary open to all adults and children 12+. Its all-volunteer members serve in a multitude of roles in support of CAP's three primary missions: Cadet Programs, Aerospace Education, and Emergency Services. As adult opportunities include working as part of an Aircrew, sUAS operator, Aerospace and STEM instruction, and many other opportunities! Whether you are looking to bring your skills to a new venue, expand your experience, or learn something new, there's certainly a role for you! No prior experience or military affiliation is necessary. For more information about Civil Air Patrol, visit <https://www.govcivilairpatrol.com> or contact the POC below.

POC: 1st Lt Jon McEmore, CAP | Jonathan.mdemore@ndcap.us

701-720-6410 | <https://nd021.cap.gov>

Meeting location: AvFlight, Minot Airport, 2400 N. Broadway Suite E, 1830-2030 every Thursday

### 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

### 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](http://www.facebook.com/groups/930024054132263).

POC: SrA Edwin Washington, edwin.washington.3@us.af.mil

701-723-3011

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

### Winter Career Development Event Volunteers

The ND FFA Association need judges for our upcoming Winter Career Development Events (CDEs). We're seeking approximately 30 judges. We need 60 total! There are 239 FFA members registered. Students competing in the Agricultural Career Development Event (CDE) gain experience & skills essential to the production/marketing of agricultural products. There's a team component and an individual component that illustrates related careers and offers a firsthand look at developing product knowledge. Judges will be assigned to either the individual or team event. You do not need any agriculture experience! Details for the Day: If you sign up to judge, a confirmation email with more details will be sent to you. • Located at: ND State Fair Center, Magic Place • Judges Arrival Time: 7:45 am – ND State Fair Center Upper Atrium – Coffee and Donuts – \* You will receive a complimentary lunch ticket. • Judges Meeting Start Time & Location: 8:00 am – ND State Fair Center Upper Atrium • Event Start Time: 8:30 am • Event Materials: ND FFA. For those interested in serving as a judge, please go to Agricultural Judges Sign Up ([cognitiforms.com](http://cognitiforms.com)) to sign up. If you could promptly do this, it would be greatly appreciated as it helps us in finalizing our CDE arrangements.

POC: ERIN D. PARKER, MSgt, USAF, COMM: 701-723-2717 DSN: 453-2717

### 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

701-214-0928 or jrjyoung85@gmail.com

### AF K12 STEM-to-Sky Program Volunteers

Volunteers are needed to assist with the AF K12 STEM-to-Sky program; a new annual outreach effort connecting Airmen & Teachers enabling them to produce direct classroom engagement. The purpose of this effort is to directly engage Airmen with classrooms around the world to share experiences, emphasize the importance of STEM education, and create personal military-to-classroom connections. Within the classroom, Airmen will discuss their associated roles and emphasize the importance of STEM (connect); and create propensity for students to pursue STEM and Air Force fields (inspire). Anyone can volunteer, and we especially encourage those who work in STEM-focused career fields! For Airmen sign-up and information/instruction - <https://forms.osi.apps.mil/r/fkmqNeYulr>

POC: Abigail Kinder, Community Relations & Media Operations, Minot AFB PA

Comm: 701-723-6768, DSN: 453-6768

### AADD Volunteers

AADD is seeking volunteers to support our regular schedule for weekends.

• REGULAR 2023 WEEKLY SCHEDULE- <https://volunteersignup.org/FHLLR>

POC: SSgt Kristal A. Cruz Leon, 723-4633, kristal.cruz\_leon@us.af.mil

Minot AADD, MinotAFB2233@gmail.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

### Caring Edge Hospice Volunteers

Caring Edge Hospice is looking for volunteers to assist with a wide-range of support. It's an honor to be part of our patients' and their families' journeys. Making connections with our amazing hospice team is just one of the many personal and professional rewards you will experience through the gift of volunteering. Our team and our community would like to offer that gift to the Airmen at Minot Air Force Base.

POC: Shelby Stuckey, Volunteer Coordinator

(888) 223-4287

shelby.stuckey@caringedge.com



# Minot Hosts ND Wing Search and Rescue Exercise

CIVIL AIR PATROL, MAGIC CITY COMPOSITE SQUADRON

Civil Air Patrol members from all four corners of North Dakota Wing gathered in Minot, Saturday March 25, to participate in their largest search and rescue exercise (SAREX) since 2019. Operations included aerial search from one of the wing's Cessna 182 aircraft and ground search teams mobilized with CAP vehicles. Cadets from Minot and Bismarck practiced direction finding, with the instruction of senior members, to be able to find emergency locator transmitter (ELT) beacons. The beacons send a constant

radio signal from downed aircraft and/or some distressed hikers equipped with handheld beacons which allows CAP teams to triangulate and/or home in the beacon's location.

Crews earned valuable training throughout the day by integrating the air and ground portions of search and rescue in real time using radio and cellular communications. ND Wing Group 2 Commander, Maj. Noah Warren, acting as safety officer for the day said that he was glad to see, "We're able to perform ground team exercises

today. Which is a first here at Minot." Visit <https://ndwg.cap.gov/> to learn more about CAP's role in North Dakota communities.

Acting as a Total Force partner and official civilian auxiliary of the U.S. Air Force, Civil Air Patrol helps First Air Force rapidly respond to nonmilitary threats domestically in a Defense Support of Civil Authorities capacity to save lives, relieve suffering, prevent property damage, and provide humanitarian assistance.



Minot based aircrew completing ground operations prior to flying the second airborne search and rescue exercise mission of the day.



Cadets from Bismarck and Minot assembled for training and exercise search and rescue at Minot.



Lt. Col. Dean Reiter trains cadets on civilian and military direction finding to locate emergency locator transmitter beacons from highway, aircraft, and operations on foot.



Incident response team and aircrew prepare and review to launch the next aircraft search and rescue exercise mission.

## Birthday PARTIES

X-TREME OR OPEN BOWLING

**SUPER PARTY**

• 2 Hour Party for up to 10 People  
• Shoe Rental  
• Pop and Ice Cream  
**\$165+tax**  
\$12 for each additional person

**MEGA PARTY**

• 2 Hour Party for up to 10 People  
• Shoe Rental  
• 2 - 16" Pizzas, Pop and Ice Cream  
**\$195+tax**  
\$15 for each additional person

**Additional \$10 for X-treme Bowling**

**ALL PARTIES INCLUDE:**  
Plates, Cups, Napkins, Utensils, Invitations & Balloons.  
Birthday Child will receive a "Happy Birthday" Bowling Pin or a coloring T-Shirt.  
You bring the cake and the kids!  
*NO OUTSIDE FOOD OR BEVERAGES ALLOWED.*

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NORTH HILL BOWL.COM

FOR RESERVATIONS PLEASE CALL **852-4108**

# LET'S PLAN YOUR PARTY!

## BOOK YOUR PARTY!

**BIRTHDAYS, GAMING PARTIES, PRIVATE MOVIE EVENTS, FAMILY GATHERINGS**

Monday-Thursday  
Time Slots Available:

- 10 AM-12:30 PM
- 1 PM-4 PM
- 6 PM-10 PM

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**FAMILY NIGHT**

**\$55.00**

**Includes:**

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- Marco's Pizza
- Four 16 oz. Drinks
- Additional Jumpers Only \$10!

[www.highairground.com](http://www.highairground.com)

## Party Room

**FROM KID'S BIRTHDAY PARTIES TO GIRLS NIGHT OUT, OR TEAM BUILDING!**

We have a party space available for all of your fun!  
**Call for details!**

**109 South Main St. Minot**

**701.837.8555**

## New at Cookies For You Birthday Parties!

Your party will include: two hours of time which includes one hour of cookie decorating time with one of our talented decorators, up to 6 cookies to take home, and a drink for up to 8 kids for \$200. Available weekdays after 5:00pm and Saturdays after 3:00pm.

**For more details or to schedule, call Cookies For You at 701-839-4975.**

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# WHAT'S GOING ON MAFB

## FRIDAY 14

- HIIT Strength & Conditioning, 0500, Fitness Center
- Pizza Buffet, 1700-1900, Bomber Bistro
- Purple Up Skate Night, 1800-2000, Youth Center

## TUESDAY 18

- TAP (VA) Services and Benefits Briefing, 0800-1600, M&FRC
- Game Day, 1000-1930, Minot AFB Library
- Magic The Gathering Commander Night, 1800, ESC
- Zumba, 1800, Fitness Center

## FRIDAY 21

- Allied Forces Esports Invitational Registration Closes, [airforcegaming.com](http://airforcegaming.com)
- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP (DoL) – Employment Workshop, 0800-1600, M&FRC
- First Friday, 1600-2100, Jimmy Doolittle Center
- Epoxy Wine Cutting Board Class, 1730-1930, Arts & Crafts Center
- Master Chef Virtual Cooking Class, 1800, [forcesupport.awardsplatform.com](http://forcesupport.awardsplatform.com)

## SATURDAY 15

- Mystery at the Manor Escape Room Game Begins, Minot AFB Library
- Cycle & Strength, 0900, Fitness Center
- Zumba, 1100, Fitness Center

## WEDNESDAY 19

- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP (DoL) - Overview, 0800-1600, M&FRC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Storytime, 1030, Minot AFB Library
- Epoxy Wine Caddy Class, 1730-1930, Arts & Crafts Center
- Swerk, 1730, Fitness Center

## SATURDAY 22

- Cycle & Strength, 0900, Fitness Center
- Earth Day Special Lunch, 1030-1330, Dakota Inn Dining Facility
- Master Chef Virtual Cooking Class, 1100, [forcesupport.awardsplatform.com](http://forcesupport.awardsplatform.com)
- Zumba, 1100, Fitness Center
- MOMC Bowl Party, 1700-2100, Rough Rider Lanes

## SUNDAY 16

- Zumba, 1400, Fitness Center

## MONDAY 17

- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP Overview, 0800-1600, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Swerk, 1730, Fitness Center

## THURSDAY 20

- Global Thunder Extended Duty Care Ends, Family Child Care
- TAP (DoL) – Employment Workshop, 0800-1600, M&FRC
- Short Notice Pre-Separation Counseling, 0830-1130, M&FRC
- Transportation Day, 0900-1000, Child Development Center
- Family Zumba, 1000, Turf, hosted by Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Zumba, 1800, Fitness Center

## APRIL SPECIALS

### Bomber Bistro • Club Wrap

Sliced ham, pepperoni, lettuce, tomato, provolone cheese, with Italian dressing served on your choice of tortilla wrap.

### The B-Fifty Brew • Pineapple Passion Refresher

Tropical flavors of pineapple and passionfruit mix with diced pineapple to create an island escape--oh so refreshing.

### Rockers Bar & Grill • Smokin' Bomber Burger

Seasoned 1/3lbs burger layered with cheddar cheese, smoky bacon, 2 stacked crispy onion rings, and barbecue ranch on a bed of lettuce and tomato.

**MONTH OF THE MILITARY CHILD BOWL PARTY!**  
ROUGH RIDER LANES  
**APRIL 22ND**  
**5:00PM - 9:00PM**  
KIDS BOWL FOR \$1 PER GAME WITH FREE SHOE RENTAL!  
THE FIRST 200 SINGLE AIRMEN & DEPLOYED AFFECTED FAMILIES ARE FREE!

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WINNER OF MASTER CHEF SEASON FOUR

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A PRIVATE VIRTUAL COOKING CLASS WITH CHEF LUCA  
\$6 IN-PERSON DASH DINNER AT YOUR INSTALLATION COODED BY CHEF LUCA

04.07	@ 1800 CT	Beak night
04.08	@ 100 CT	Frico with Potatoes
04.21	@ 1800 CT	Musetta with Sea Scallops
04.22	@ 100 CT	Mushroom Crepes with Béchamel
04.28	@ 1800 CT	Chocolate with Creme Anglaise
04.28	@ 100 CT	Roasted Rack of Lamb
05.12	@ 1800 CT	Ran Tacos
05.13	@ 100 CT	Crispy Salmon Skin
07.21	@ 1800 CT	Brased Beef Short Ribs
07.22	@ 100 CT	Homemade Gnocchi

SIGN UP AT [FORCESUPPORT.AWARDSPLATFORM.COM](http://FORCESUPPORT.AWARDSPLATFORM.COM)

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**Mystery at the Manor Escape Room Game**  
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Minot AFB Library

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You are invited to participate in a hunt at Mortimer Manor. When the hunting party returns, you discover that your host, Viscount Montgomery Mortimer, has been murdered!

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