

northern sentry

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WHATS INSIDE THIS WEEK:



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GLOBAL THUNDER 23



U.S. Airmen with the 5th Security Forces Squadron patrol the flightline during Global Thunder 23 (GT23) at Minot Air Force Base, North Dakota, April 11, 2023. GT23 is an annual command and control exercise designed to train U.S. Strategic Command forces and assess joint operational readiness. See more on GT23 on page A2-A3 & B4-B5.

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

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GLOBAL THUNDER 23

MINOT LRS AIRMEN FUEL GLOBAL THUNDER 23



A U.S. Airman with the 5th Logistics Readiness Squadron petroleum, oil and lubricants shop refuels a government vehicle during Global Thunder 23 (GT23) on the flightline at Minot Air Force Base, North Dakota, April 11, 2023. Strategic deterrence is the top priority for U.S. Strategic Command (USSTRATCOM). Exercise GT23 is an annual command and control and field training exercise designed to train Department of Defense forces and assess joint operational readiness across all of USSTRATCOM's mission areas, with a specific focus on nuclear readiness.



Left: A U.S. Airman with the 5th Logistics Readiness Squadron petroleum, oil and lubricants shop (left) and a defender with the 5th Security Forces squadron refuel an armored vehicle during Global Thunder 23 (GT23) on the flightline at Minot Air Force Base, North Dakota, April 11, 2023.

Top Right: U.S. Airmen with the 5th Logistics Readiness Squadron petroleum, oil and lubricants shop refuel a government vehicle during Global Thunder 23 (GT23) on the flightline at Minot Air Force Base, North Dakota, April 11, 2023.



U.S. Airmen with the 5th Security Forces Squadron patrol the flightline during Global Thunder 23 (GT23) at Minot Air Force Base, North Dakota, April 11, 2023. GT23 provides training opportunities for components, units and task forces to deter, and if necessary defeat, a military attack against the United States and to employ forces as directed by the president.

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



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Annual Nuclear Command and Control Exercise Begins at Minot

U.S. STRATEGIC COMMAND

U.S. Strategic Command commenced its annual nuclear command and control exercise, Global Thunder, April 11, 2023.

Global Thunder 23 (GT23) involves personnel throughout the strategic enterprise including USSTRATCOM components and subordinate units. The purpose of GT23 is to enhance nuclear readiness and ensure a safe, secure, and reliable strategic deterrence force.

This is an annual exercise and is not in response to actions by any nation or other actors.

In addition to U.S. personnel, GT23 will involve key allied personnel and partners, including United Kingdom personnel, who will integrate into senior leadership teams and work across a broad spectrum of areas offering policy support and operational insight.

USSTRATCOM has global responsibilities assigned through the Unified Command Plan that include strategic deterrence, nuclear operations, joint electromagnetic spectrum operations, global strike, missile defense, and analysis and targeting.

As in previous years, Global Thunder 23 will include an increase in bomber aircraft flights throughout the exercise.

For more information, contact the USSTRATCOM Public Affairs Office at 402-912-0020 or USSTRATCOMPA@mail.mil or visit www.stratcom.mil.



A B-52H Stratofortress assigned to the 2nd Bomb Wing at Barksdale Air Force Base, L.A., lands at Minot Air Force Base, North Dakota, during the Global Thunder exercise, April 7, 2023. Airmen and aircraft from the 2nd Bomb Wing at Barksdale AFB, LA integrated with 5th Bomb Wing personnel at Minot AFB, to conduct combined B-52H Stratofortress planning, maintenance, security, logistics, and operations in support of GT23.

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



U.S. Air Force B-52H Stratofortresses assigned to the 2nd Bomb Wing from Barksdale Air Force Base, Louisiana, sit on the flightline during Global Thunder 23 (GT23) at Minot AFB, North Dakota, April 11, 2023. GT23 is an invaluable training opportunity to exercise all U.S. Strategic Command mission areas and create the conditions for strategic deterrence against a variety of threats.

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

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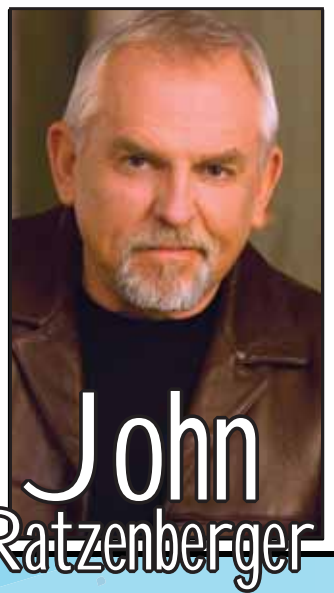
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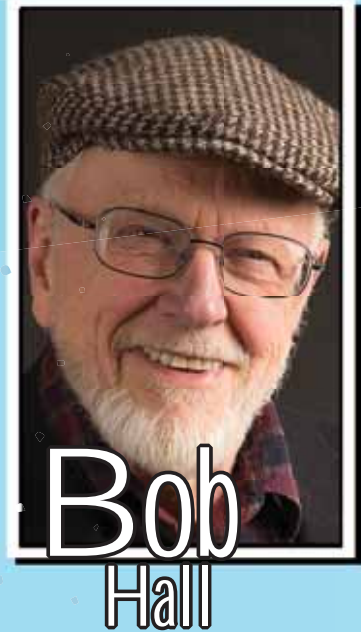
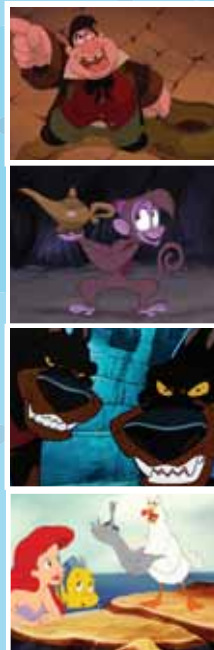
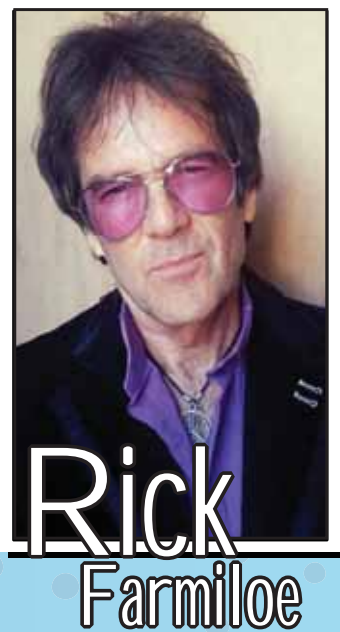
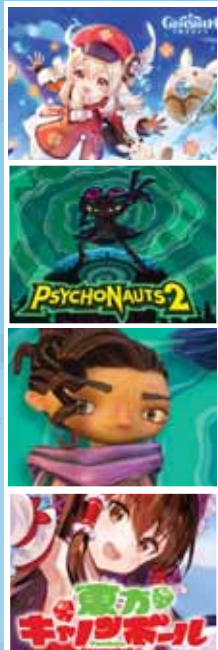
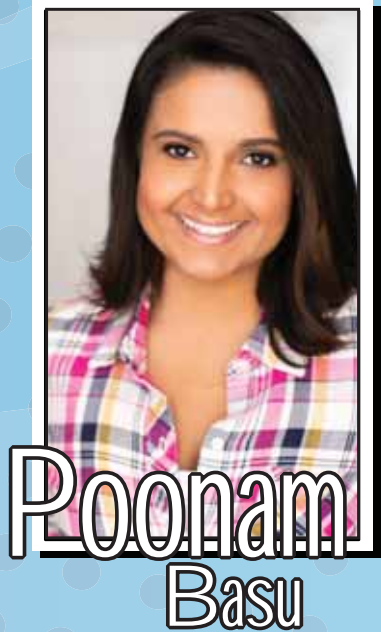
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 MINOT AIR FORCE BASE NEWSPAPER
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You Said Onions?

A friend of mine, Marvin Baker, has a garden in Carpio. In North Dakota having a garden would certainly not make him unique, except that Marvin runs North Star Farms where he raises and sells naturally grown prairie produce.

Marvin and I met some years ago as he used to be the weekend editor of the Minot Daily News. I was a weekend news producer at KMOT-TV. We would cover some of the same stories and give each other a "hello, how are you doing" nod.

Our paths did not run parallel for very long. I would alter my course to doing television production. Marvin would eventually become the editor of the Kenmare News.

But it was when Marvin picked up the phone one day and called the Northern Sentry, and I answered. Long story short, Marvin wanted to run an ad for North Star Farms in the Northern Sentry. He wanted to let people know about Community Supported Agriculture. More plainly explained; Marvin would raise a lot of vegetables in his garden in Carpio and market them to people, like me, in the Minot area, including Minot Air Force Base. On his website, northstarorganic.com, it says that he has been raising produce, not

only for delivery to folks who sign up for his Community Supported Agriculture program, but Marvin is one of several vendors at North Prairie Farmers Market. You can find them every Saturday late June through early October (dates will vary according to weather of course) on the corner of Broadway and 2nd Street SW, near the Big M building, in downtown Minot. You may also recognize Marvin's name as one of our columnists in the Northern Sentry. He writes Upside Down Under. If you haven't read one of his columns, check him out in this edition of the Northern Sentry.



I didn't grow up on a farm, but in North Dakota you will, or a majority of North Dakotans will, work on a farm, or in a business that is directly attached to agriculture. So, here's the rest of the story. I have had the pleasure of writing a couple of stories on Marvin and North Star Farms. My very first story was scheduled a couple of years ago at his garden plot. It was a nice, warm, spring day. Marvin and I had a quick trip down memory lane, you know those catch-up moments. Marvin had just recently retired as editor of the Kenmare News. I had just accepted my position at the Northern Sentry. If you haven't



SLICE OF LIFE
 KIM FUNDINGSLAND

A horse drawn wagon, flannel shirts, floppy eared caps, smiling faces, the smell of fresh pancakes, and sweet maple syrup.

Vermont?

Nope. Fort Stevenson State Park a few miles south of Garrison.

Standing under one of the park's most reliable box elder trees, Park Manager Chad Trautman, was talking to park visitors.

"I know. We're crazy," said Trautman. "We just really enjoy the tapping of trees and trying to take advantage of the opportunity nature has to offer us. Fort Stevenson has box elder trees. You can tap box elder trees to make maple syrup."

Darned if those North Dakota trees don't produce some great syrup too. Visitors to Maple Sugaring Day on April 8 showed their skepticism, and their surprise, when sampling syrup derived from trees within the park.

"We tap two different kinds of trees, the box elder and the silver maple," explained Terry Smith, Ft. Stevenson State Park. "We're happy to have both those kinds of trees in the park and share the experience with people that come out for it. It's pretty unique."

Yes it is, and pretty sweet too. The silver maple trees produce syrup with a higher sugar content than the box elders, one syrup a bit darker than the other, but both wonderfully flavorful and a perfect complement to the outdoor pancake and sausage breakfast that is a popular attraction at

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**A VIEW FROM
 OUR SIDE**
 ROD WILSON



met Marvin, I can tell you that his smile and personality are truly North Dakotan. On the bucket of his tractor were trays, of something. Are those onions, I would ask. Marvin answered, yep, about 10,000 of them. And you are going to plant them by hand? Of course, right over there, as he pointed to a plot of land that had just recently been tilled. I was amazed, well probably more dumfounded than amazed, but you can choose the word for hand planting 10,000 onions.

We have been customers of Marvin's for the past 2 years. If you remember, 2021 was a dry year, and we were in the midst of COVID. Still, every week Marvin would deliver produce to us, and yes, there were onions. Last year with better growing conditions and more rain, the onions were larger, and we had more varieties. In general, last year we had great, garden fresh produce every week.

So, the story kind of ends like this. Marvin and I have re-kindled our friendship and we have signed up for year 3 of his Community Supported Agriculture program. We have coffee once in a while during the winter months, as he is way too busy during the summer to drive to Minot for

coffee and conversation. One day in a casual conversation we got around to talking potatoes and onions for the upcoming season. Marvin chuckled as he said that he had ordered his onions for the season, all 24,000 of them. What? 24,000? Marvin is a great journalist, and gardener, and public relations professional. But in his words, "My wife is the one who is good with numbers. I didn't quite get my figures right when I ordered the onions." We both laughed, and I walked away from the conversation wondering, just what are you going to do with 24,000, give or take a few thousand here and there, onions?

BEST KEPT SECRETS

It might seem a bit commercial to say that North Star Farms is a best kept secret, but it really is. Take time to look at their website northstarorganic.com and watch for the Northern Sentry for the announcement of the opening of North Prairie Farmers Market.

TODAY'S CHUCKLE

The problem with building a relationship is that too many people use a hammer in the construction.

Maple Sugaring Day

Maple Sugaring Day.

Inside a large tent, families were comfortably seated near large heaters that kept away the slight chill of the morning. Of course, the real treat was the topping on the pancakes – maple syrup tapped from nearby trees.

It was Trautman who first attempted drawing sap from the park's trees and boiling it down to syrup. That was in 2014, but even he had his doubts about the results.

"We thought, we can't invite the public out here and find out this stuff tastes like mud or something. So, we sampled it ourselves," recalled Trautman. "The proof was in the pudding. After the first sample I knew this was some really good stuff and we should be sharing."

Since that first Maple Sugaring Day hosted by Fort Stevenson State Park the event has grown considerably. The clippety-clop a team of horses pulling a wagon load of park visitors attests to that, several of whom attend the event to learn more about the process of tapping trees and making syrup.

"This does draw a lot of people.



KIM FUNDINGSLAND PHOTO

What I really enjoy is other people experiencing it, boiling down their own syrup," said Trautman. "It's really fun to hear they are enjoying it and taking part in the process as well."

At the time of this year's event the trees in the park were not running any sap. The late spring didn't produce warm enough daytime temperatures, a situation Trautman called "disappointing". However, the park staff had saved plenty of syrup from the previous year to have enough on hand for

everyone to enjoy.

"That's how the maple syrup process goes. We can't do anything about that," explained Trautman.

No matter. Visitors were able to see trees that were tapped, waiting for warm days and cool nights to get the sap running. And there were sweet samples, those pancakes in the fresh air, and a friendly atmosphere that brought a festive feel to an April day outdoors in North Dakota.

TITUS & PHILEMON

Everyday adventures of Titus and Philemon and their owner Joe.

**TIMOTHY
 TIMM**



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



SHE'S NOT FROM AROUND HERE

AMY ALLENDER

The snow is gone—for now. The streets are dry—for the most part. That crazy ice dam near Jersey Mike's and Noodles & Co has melted.

Signs of winter are fleeting—although the forecast still insists on including a chance of snow flurries, just to keep us on our toes. And while many of us are joyously soaking up the sun, grateful to be on the brink of golden summer days—negativity is always knocking.

A wise friend once told me it's always easy to find something to complain about. She said people are uniquely gifted at identifying ways to improve. While this can be an asset, it also means it's often easier to find something to criticize than to see what's good right here and now.

This is especially true for me. Pessimism is a "skill" that comes quite naturally to me. For much of my life I was chronically waiting for something better, instead of enjoying the beauty of life that was all around.

I've put a lot of effort into creating a different mindset. And

I discovered that a more positive outlook, a more content perspective, is obtainable with practice, patience, and intentionality. The more a person can practice reshaping negativity, the more natural positivity becomes.

What we think matters. The words we use matter.

Spring ushers in a lot of good things. But, clear roads reveal a winter's worth of potholes. Warmer, more dependable weather opens construction season, and road closures. My newsfeeds are already filled with opinions on how many potholes are in the streets. Hot takes on road closures and construction projects are soon to follow.

Potholes. Road work. They are so easy to gripe about. This, has turned them into two of my favorite topics for practicing using more positive language—usually because my two young sons are a captive audience. These are perfect and precious moments I use to teach my children that we have the power to create our outlook, and the ability to see dignity and good all around.

When we swerve to avoid a pothole, or are delayed because of roadwork, I have a chance to help them practice putting a positive spin on a common inconvenience. If they can learn to reframe the little things, in time they'll be able to reframe the big things.

Instead of bemoaning the hold up, I remember that these are real people, with real skills, offering a real service to our community.

They are doing work I am incapable of, in weather I often wouldn't care to be out in. And it's not just the people doing the manual labor. Someone planned this project, ordered the materials, decided how many people would be needed.

These projects are carried out for the good of our town—not with malice in mind. No one is out to derail your commute, or your weekend plans.

Here are some things I say, when faced with the temptation to complain. I say the words out loud to my children, but also to my own ears—because I also benefit from keeping my humility intact.

"Look at all those tools! Isn't it cool that there are people who know how to use those machines? What a big job."

"This project is taking a long time. They are working really hard. It'll be fun to watch the progress."

"It'll be so nice when it's finished."

"Don't you think it would be complicated to take on such a big project?"

"This road is bumpy, but I saw a crew out filling potholes. I bet it's hard to decide which roads should be fixed first."

"Keeping our roads safe takes so many people. All the people working, and a lot of other people who planned the project. Think of all those different jobs. It's great that we live in a place where people work so hard to keep our town nice."

"Construction crews are community helpers."

"This is slowing us down, but it's important work that makes our roads safer."

"These people have very important jobs. I'm so glad they work in our town."

If we feel entitled to complain about the little hardships, we'll have a harder time reining in our perspective on the really hard things. How we talk about potholes may seem trivial, but it might be

the start of something big. Maybe this will get your wheels spinning on how you can reframe the things you are most tempted to grumble about.

Summer is coming. Don't let a pothole, or a closure steal that sunshine.

For more stories of life in Hot Dish Land and positive perspectives, join me on Instagram, @amy_allender, Facebook, @amyallenderblog, or online at amyallender.com

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as a weight estimator, moving entitlements listing, packing tips and more! Visit the website or call a Military One Source consultant 24/7 for support 800-342-9647. Peak PCS season is 15 May through 30 September and our local TMO office will be busy! If you are PCSing, separating and/or retiring, please log into DPS to start your shipment prior to going into the TMO office. With peak season approaching, full participation from Team Minot will enable TMO to be more efficient and be able to assist more members, which will decrease appointment time. Appointments are M-W-F and walk-ins are T-T from 0800-1200. To book an appointment please use the following link: <https://booking.setmore.com/scheduleappointment/7b8f1d66e39592990a455f7575d5ba7a3f30246b>.



Northern Sentry Publisher Ted Bolton awards ND State Fair General Manager Renae Korslien with the Best of Minot AFB Award for Best Adult Activity (concerts).

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IRMC Profile

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FINALLY... SPRING AND MIGRATION

Patricia Stockdill

It's a month past the official beginning of spring but little tidbits of inspiration that it has arrived are trickling in.

As daylight inches longer and longer, the sun stretches higher in the sky, and gentle warmth filters through one's body, each passing day brings more reminders that spring really can arrive each year.

Its rebirth of flowers, warmth, and greenery signals that life goes on in a joyous way. For many birds, it means focusing on their single most important mission – simply getting back home to nest.

It means an arduous mission of flight that for some entails a trek of a thousand miles or more. For those, migration is essential to life. It means life or death, not just for themselves, but for an entire species if they can complete their mission.

Yet given the intensely critical nature of that mission, for the humans on the ground privileged to observe spring and fall flights, it's simply a marvel.

And a reminder that spring is finally here.

Spring and migration is joyful. Perhaps after what seems like a never ending winter of cold and snow – even with a January reprieve - migration is more than an observation of the marvel of flight. It's an observation that life goes on – humans and birds alike made it through another winter.

Plus, checking out spring migration is a darn good diversion and a way to get outside.

Migration observations may start slowly, usually with the arrival of Canada geese. However, for observers along the Missouri River System Canada geese can be treasured throughout the year providing there is open water in the tailrace below Garrison Dam, that is.

Even this winter Canada geese hunkered down on the waters below the dam, gutting out a flight across ice-encased Lake Sakakawea and snow-laden ground to eke out food, scratching and clawing to expose morsels in a field.

Soon reports of a wide array of hawks and other raptors begin. And meadowlarks.

Perhaps one of the most treasured and eagerly awaited reports are sightings of the much beloved bluebird.

While some bald eagles also opt to call the Missouri River tailrace their winter home others who preferred

warmer weather are making their way along the open waters of rivers, soaring, gliding, and weaving their way to a meal they detect on the ground or even in flight.

Ducks and mergansers are now trickling in.

Reports of killdeers are increasing.

Soon sandhill cranes will be arriving, sometimes with their rare cousin, the endangered whooping crane.

North Dakota is smack in the heart of the whooping crane migration between their southern Texas wintering grounds and northern Canadian breeding grounds. Every single whooping crane in North America with the exception of a resident Florida flock and Wisconsin colony fly over North Dakota.

Every one of them.

They're a joy for anyone fortunate enough to see one. They provide yet another opportunity to appreciate the extreme toil that is migration.

Other birds will be arriving, with gulls and terns moving through now, as well.

Some birds will stay, calling North Dakota home for the summer, including many duck species. After all, North Dakota is also heart of the Lower 48 breeding duck population for species such as mallards and gadwalls.

Other birds will simply fly over the state, not even pausing. Light geese will likely take that option given the delay in their northward journey this year because of abundant snow cover across the state.

Oh, some might stop to rest, perhaps feed a little, and then move north to Canada. The energy boost and brief respite in flight will help bolster them towards their journey's end, the farthest northern points of the Canadian Arctic tundra.

Look to the sky this spring. Go outside and listen. Observe trees and the prairie. Spring is here and so, too, are birds. It is in indeed a joyous time of year.

In addition, go online and search some of North Dakota's major U.S. Fish and Wildlife Service National Wildlife Refuges, such as J. Clark Salyer near Upham and Upper Souris near Foxholm, to download their list of bird species to help with identification.

Bird identification guides and apps can also be found online simply by googling.



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Part II: North Dakota, more diverse than you think...



UPSIDE DOWN UNDER
MARVIN BAKER

When looking at farm and ranch statistics from the USDA Census of Agriculture, a person could take all day picking apart the various numbers, crops, livestock and even ag processing.

There are farms themselves, which in 2017 totaled 26,374 that included 39.3 million acres. The average size of a North Dakota farm was 1,492 acres with the median size at 564 acres. We had 10,568 farms that exceeded 12,000 acres; 3,184 were from 500 to 999 acres; 4,549 were listed between 180 and 499 acres; 4,988 were between 50 and 179 acres; 2,514 totaled 10 to 49 acres and finally 571 farms were 1 to 9 acres.

A total of 8,245 farms had beef cattle and only 156 had dairy cattle. Likewise, 156 grew hogs and 85 meat-type chickens.

In 2017, 764 farms had irrigation on 263,885 acres of cropland.

Here are some interesting statistics. In 2017, 112 farms across the state were listed as having agri-tourism and recreational services that produced \$1.47 million. That was actually a considerable drop from 2012 when 167 farms considered themselves agri-tourism, however, the income generated was \$1.1 million.

In 2017, 29,423 horses were living on 4,138 North Dakota farms. The highest number was 2,650 horses on 322 Burleigh County farms. Also in 2017, 979 mules, burros or donkeys lived on 386 farms and again, Burleigh County led the state with 57 of the animals on 35 farms.

Seventy-one farms in 2017 raised 575,322 turkeys. In addition, 233 farms had ducks and geese, but a population wasn't listed. There were four farms that had 50 emus, 90 farms had guineas, 23 had peacocks, 15 had pheasants, two had quail and six actually had pigeons.

Aquaculture is another rising agricultural star in North Dakota that is just getting its footing. A total of six farms reported aquaculture sales in McLean and Barnes counties. The sales included trout, baitfish and sport or game fish.

Nineteen farms had 249 alpacas, 69 farms had 12,127 bison, with 1,310 head alone in Benson County. There were 580 deer held in captivity on three farms; two in McLean and one in Ransom county.

In 2017, North Dakota had 78 orchards that totaled 123 acres. Cass County had 10 orchards that totaled 51 acres. Eighteen of the orchards were irrigated totaling 37 acres.

Most of what is being presented here is from 2017. However, I ran across a statistic from the 2012 census that I felt needed to be added and that was citrus fruit. Four farms had citrus fruit and two had pomegranates. Unfortunately, the information isn't more specific.

There were 13 acres of nuts on seven farms in 2017. They included two farms in Cass and

Burleigh counties each and one each in Benson, Bottineau and McLean. The McLean County farm had chestnuts, Benson and Cass County farms had Hazelnuts and Bottineau County had a farm growing walnuts. Two farms were listed as having "other nuts."

Berries were another interesting set of numbers. When we think of berries, we think of raspberries. And yes, 17 farms had 7 acres of raspberries with five in Ward and three in Pierce. But that is only part of the berry collection.

Eighty-eight acres of aronia berries are grown on 24 farms. Nine farms are in Cass, five in Wells, three in Pierce, two in Williams and one each in Benson, Foster and Steele counties.

Contrary to what most people think, there are blueberries in the state. Three farms, all of them in Pierce County, grow blueberries, while 11 farms grow currants.

Eighteen farms had a total of four acres of strawberries. The largest number is Pierce County with three farms, followed by Bottineau, Cavalier, Foster, Hettinger, Sioux and Ward with two each.

And finally, 14 North Dakota farms in 2017 had 44 acres of cultivated Christmas trees. They included three in Griggs, three in Pembina, two each in Richland and Steele, and one each in Bottineau, LaMoure, McLean and

Ramsey counties.

There, you see, North Dakota is more diverse than we tend to think, and I didn't get into greenhouse production, cut flowers or mushrooms. The list is just endless.

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Calling First Time Car Buyers: Tips & Tricks for Financial Success

ERIN BEENE, NORTHERN SENTRY

Everyone has to start somewhere in the game of life. Every adult has been a first-time buyer with little to no credit. Venturing out into life can be confusing and really stressful for some. Adulthood is not an easy business and the first few steps a person makes in their financial journey can be the difference between positive outlooks or fiscal fears.

Fortunately, the North Star Community Credit Union, right here on Minot AFB, is here to help with this exact conundrum. On Saturday, April 29, from 1-2:30 pm they will be hosting a "First Time Car Buying Seminar" open to new/young Airmen, teens and their parents looking to the future, military spouses looking to invest or anyone interested in advice about the most responsible way to purchase a vehicle.

The seminar will discuss the differences between dealerships and private sellers, down payments, credit scores, loan insurance rates, insurance costs and how to budget a monthly payment. North Star Community Credit Union states that, "We believe everyone deserves, and can achieve, financial wellness. No matter where you are in your journey, you will always have the ability to enhance your financial future."

North Star Community Credit Union Branch Manager, Randie Ova, said that this seminar is a way to empower people in their financial journeys and make the best possible decisions for their lives. She also mentioned that the credit union is able to assist with all types of financial advice and they love to help Airmen and their families on Minot AFB.

"Anyone can build credit back up. We can work with them. We have loan officers able to help," said Ova. "We are here to help whoever reaches out and Credit Unions nationwide have a philosophy of 'People Helping People'." North Star has been living this mission since 1940. It is our belief that one way to help is through educating and empowering members in our communities."

To attend the First Time Car Buyers Seminar, please RSVP by using the QR Code below.

North Star Community Credit Union's Mission Statement: To deliver financial solutions, one person at a time.

Outreach Team Mission Statement: To build community relations and provide positive educational experiences for businesses, students, interns and members.



Intro to:
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Set your GPS to 'Success' with North Star! Join us to learn more about:
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NOTES ON BEING SAFE

How To Read Safety Data Sheets



SSGT JOE VERGARA
5TH BOMB WING
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Chad was applying an epoxy sealer to the floor of a small production room when he started feeling nauseous and dizzy. He thought back to his supervisor's last words: "Remember to check the SDS, Chad, and be sure you take the right precautions." And he had checked the SDS. But the technical jargon was too much to sift through, so he thought he'd just take his chances with gloves and safety glasses. Unfortunately for Chad, he needed to wear a respirator for this particular job—he was informed of that when he came to. He had passed out from breathing toxic fumes.

TRAINING IS THE KEY

The safety data sheet (SDS) is the key to communicating hazards and safe handling procedures of chemicals your workers use on the job. But, this information is only helpful if your employees are trained to comprehend the sometimes technical information. As OSHA puts it: "Giving an employee a data sheet to read does not satisfy the intent of the standard with regard to training." It is therefore your job to make sure the SDS is understandable.

HAVE A LESSON PLAN

Before you begin your training session, you will need to organize the information and develop appropriate handouts. Since most companies use large numbers of chemicals, it is virtually impossible to train your employees on each one. Instead, group the chemicals by categories that make sense for your operation, such as solvents, acids, bases, gases, etc. Then you can deal with additional information about individual substances within each group. Make copies of sample SDSs for each chemical group and highlight the important information. Have on hand a corresponding container label. Have a second handout that provides a glossary of terminology used on SDSs. If you can, make overheads of these handouts.

CRUCIAL INFORMATION

Start off by explaining what the SDS is and why it is so important. Tell employees that these sheets contain vital safety and health information about each chemical in the workplace, such as:

- Exposure limits
- Health effects of overexposure
- Safe handling procedures
- Emergency procedures
- Personal protective equipment
- Engineering controls

Explain that the chemical manufacturer is required to provide an MSDS with each chemical that arrives in the workplace. Tell your employees where these sheets are located and how to access them (additional training may be needed if your MSDSs must be retrieved from a computer database).

SECTION BY SECTION

Next review the sample SDS that you have just handed out. Ask what each term means and have employees look it up in the glossary handout. The following is a section by section description of the basic terminology that can help you develop your definitions:

SECTION I

Contains contact information about the chemical manufacturer, which can be important in the event of an emergency.

SECTION II - HAZARDOUS INGREDIENTS/IDENTITY INFORMATION

Both the scientific name and the common name of the chemical are listed here. Also, the following exposure limits are covered:
OSHA PEL—OSHA's "Permissible Exposure Limit" - The maximum amount of the chemical that an employee can be exposed to without danger over a typical 8 hour day.
ACGIH TLV—"Threshold Limit Value" - Another safe exposure limit set by the American Conference of Governmental Industrial Hygienists. (Explain how you monitor exposure limits at your worksite)

SECTION III—PHYSICAL/CHEMICAL CHARACTERISTICS

- What the chemical normally looks and smells like and possible danger signs
- Boiling Point—Temperature at which the liquid turns into a gas
- Vapor Pressure—How easily the chemical evaporates (the higher the number, the faster it evaporates which can cause dangerous vapors in the air)
- Vapor Density—If the vapor will rise (below 1) or sink (above 1) in the air
- Evaporation Rate—Another measurement of how quickly a liquid or solid turns into a gas (the higher the number, the faster the rate)
- Specific Gravity—Whether the chemical will sink in water (above 1—will sink; below 1—will float)
- Solubility in Water—How much of the chemical will dissolve in water

SECTION IV—FIRE AND EXPLOSION HAZARD DATA

What might cause a fire or explosion and how to put out a fire. Flash Point—The lowest temperature at which the vapors could catch fire if ignited by a spark or some other source
Flammable Limits—The minimum and maximum percent of vapor in the air that could catch fire if ignited

LEL and UEL—Lower and upper explosive limits - The minimum and maximum percent vapor in the air that could explode if ignited

(Review safety procedures for minimizing risk of ignition, such as sparks)

SECTION V—REACTIVITY DATA

Describes what could happen if the chemical mixes with water, air or other chemicals.
Stable or Unstable—How easily the chemical changes or breaks up
Incompatibility—If the substances listed here are mixed with the chemical, a hazardous reaction will occur.
Hazardous Decomposition or By-products - Dangerous chemicals that can be formed when the substance breaks down or reacts

SECTION VI—HEALTH HAZARD DATA

How the chemical enters the body (such as inhaling, swallowing or through the skin) and what health problems it could cause.
Acute—A reaction that shows up right after exposure, such as a rash
Chronic—A reaction that develops over time, such as cancer
Carcinogen—Substance known to cause cancer at certain exposure levels

SECTION VII—PRECAUTIONS FOR SAFE HANDLING AND USE

Explains how to properly handle, store and dispose of the chemical. Also, what steps to take if there is an accidental spill or release.

SECTION VIII—CONTROL MEASURES

Describes what type of respirator to use and how to maintain proper ventilation. It also recommends appropriate personal protective equipment, such as safety eye gear, gloves, and other protective clothing. This section should be emphasized and covered thoroughly.

INFORMED EMPLOYEES

Encourage your workers to take the time to read the SDS and label before using any chemical. The detailed information will help them feel confident that they can safely handle these substances without harming themselves.

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SNOW REMOVAL EFFORTS

On Easter weekend, some members of the 91 MSFS, 5 CES, 91 MMXS and 791 MXS, as well as other teams from the 91 MW, participated in the yearly snow trenching effort in the missile field complex. Every year when the snow begins to melt, teams assemble to dig Y-shaped trenches around missile sites to prevent water damage. Maj Aaron Taylor, 91 MMXS said, " It truly is a 91 Missile Wing team effort and It's also a lot of fun!"

MAJ. AARON TAYLOR, MMXS COMMANDER PHOTOS



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Minot AFB SFS officer receives top level award

NORTHERN SENTRY

The North Dakota Air National Guard's (NDANG), 119th Wing, known as the "Happy Hooligans," recognized the organization's top officers, noncommissioned officers and Airmen of the Year last month, during a ceremony at the Hilton Garden Inn, Fargo, N.D.

Airmen were nominated for the awards based on their military and civic service throughout 2022. The Outstanding Airman Program annually recognizes officers and enlisted members for superior leadership, job performance, community involvement, and personal achievements.

"We are extremely proud of these Airmen and their continued

dedication to excellence and service to our state and nation," said Col. Mitch R. Johnson, 119th Wing commander. "Their contributions to the NDANG ensure that the Happy Hooligans' outstanding reputation is maintained and enhanced throughout the U.S. Air Force and Department of Defense."

1st Lt. Cody Chick, operations officer for the 219th Security Forces Squadron at Minot Air Force Base, was honored by the North Dakota Air National Guard's 119th Wing as Company Grade Officer of the Year.

Prior to his current role, Chick served as a fire team leader, training instructor, training

noncommissioned officer in charge, and support operations officer.

His 2022 accomplishments include successfully leading 80 Airmen in performing 24/7 nuclear security operations for Global Strike Command at Minot Air Force Base. Chick is the only ANG member certified as a Nuclear Convoy Commander and only one of six in the entire U.S. Air Force. During this time, he commanded 25 nuclear weapon convoys and securely transferred over \$672M worth of nuclear war assets over a combined distance of 1,700 miles. He participated in the 119th Wing Strategic Planning Team, developing goals and

objectives to support the Wing's priorities. He volunteers his time and home as a host family sponsor for the Minot State University Women's Hockey Team, providing a home and support for non-local women to play college hockey and get an education.

Chick was born and raised in Colorado. He resides in Minot with his wife, Kaley, and their three children. He received a degree in Quality Systems Management from the New England College of Business and Finance in 2018. Chick enjoys golf and watching his kids' sporting events.



Company Grade Officer of the Year:
1st Lt. Cody Chick
119th Mission Support Group



Gov. Doug Burgum, left, stands with 1st Lt. Cody Chick, 119th Mission Support Group, at the Governor's Military Ball, March 18, 2023, Bismarck, N.D. Chick was named the North Dakota Air National Guard Company Grade Officer of the Year. From left Burgum, Chick, Maj. Gen. Al Dohrmann, adjutant general and Command Sgt. Maj. Jason Magnuson, senior enlisted leader. About 220 North Dakota National Guard members, spouses, friends and other civilian guests attended this formal event.

U.S. NATIONAL GUARD PHOTO | SGT. 1ST CLASS CHARLES HIGHLAND, NORTH DAKOTA NATIONAL GUARD PUBLIC AFFAIRS OFFICE/RELEASED

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Governor's Military Ball Recognizes Achievement

NORTH DAKOTA NATIONAL GUARD

The 2023 North Dakota Governor's Military Ball was held on in March at the Radisson Inn in downtown Bismarck. About 220 North Dakota National Guard members, spouses, friends and other civilian guests attended this formal event.

The formal portion of the program included remarks by Gov. Doug Burgum, commander in chief of the North Dakota National Guard, and presentation of awards.

"The incredible work that is being done, both here and abroad, by our North Dakota National Guard doesn't go unnoticed," Gov. Doug Burgum said. "We're grateful that night after night, day after day, the call to duty by this group and our communities across the state who support them has always been met, and met at the highest level."

The 188th Army Band Brass Quintet provided patriotic music before the formal portion of the event. The Bismarck Mandan Northern Lights Chorus performed the national anthem as well as each military branch's official service songs. The emcee led traditional military toasts which included a tribute to POW/MIAs and a rendering of Taps. After dinner, awards were presented by Burgum and Maj. Gen. Al Dohrmann, North Dakota National Guard adjutant general, along with recognition of achievements.

"The Governor's Military Ball is great event allows us to bring our entire team together and celebrate a great year of accomplishments," said Dohrmann during his remarks. He also mentioned the great support provided by North Dakota state legislature and by members of the military affairs committees. He thanked the Guard's honorary commanders as well as the support provided by the great employers all across the state.

AWARDS AND RECOGNITION

North Dakota Army National Guard's 2022 Best Warrior Competition

NONCOMMISSIONED OFFICER (NCO) CATEGORY:

Winner: Sgt. Dayton Slama, 817th Engineer Company.

Runner-up: Sgt. Benjamin Snyder, 818th Engineer Company.

SOLDIER CATEGORY:

Winner: Sgt. Sean Jones, North Dakota Army National Guard Recruiting and Retention Battalion.

Runner-up: Spc. Gannon Miller, 818th Engineer Company

NORTH DAKOTA AIR NATIONAL GUARD'S OUTSTANDING

AIRMEN OF THE YEAR

Airman of the Year: Senior Airman Maria Sornsins, 119th Mission Support Group.

NCO of the Year: Master Sgt. Taylor Wolford, 119th Operations Group.

Senior NCO of the Year: Senior Master Sgt. Erica Carruth, 119th Mission Support Group.

2023 NATIONAL GUARD ASSOCIATION OF NORTH DAKOTA AWARDS

Warrant Officer of the Year: Chief Warrant Officer 2 Michael Mahon, 835th Engineer Utilities Detachment.

Air National Guard Company Grade Officer of the Year: 1st Lt. Cody Chick, 119th Mission Support Group.

Army National Guard Company Grade Officer of the Year: Capt. Connor Kelley, 426th Signal Company.

Air National Guard Field Grade Officer of the Year: Maj. Daniel Sly, 119th Mission Support Group.

Army National Guard Field Grade Officer of the Year: Maj. Alan Roerich, 1st Battalion, 188th Air Defense Artillery Regiment.

Roughrider Award: Sgt. 1st Class Chuck Votava.

NORTH DAKOTA NATIONAL GUARD FAMILIES OF THE YEAR

Air National Guard: Master Sgt. Taylor Wolford and Master Sgt. Laura Wolford Family.

Army National Guard: Sgt. Kristy and Ryan Mahoney Family.

YOUTH VOLUNTEER AWARD

Hailey McEvers. In addition of serving as the president of the North Dakota National Guard's Teen Council, logged over 158 volunteer hours assisting military families as a junior camp counselor.

LEGENDARY AWARD

Josie Stockie. Served as leader of the Family Readiness Group during the 2021-2022 deployment of about 225 Soldiers of the 1st Battalion, 188th Air Defense Artillery Regiment to the National Capital Region.

NORTH DAKOTA NATIONAL GUARD BRIDGE BUILDER AWARD

Kramer Chevrolet and Subaru. Presented in recognition of more than a decade of support to the North Dakota National Guard Foundation's Emergency Relief Fund which directly benefits Guard Soldiers and Airmen in need.

ALWAYS READY, ALWAYS THERE AWARD:

Mrs. Connie Sprynczynatyk. Presented in recognition for her exemplary support to the military to include serving as North Dakota's Civilian Aide to the Secretary of the Army from 2011 to 2021.

ESGR (EMPLOYER SUPPORT OF THE GUARD AND RESERVE) FREEDOM AWARD

A Gate City Bank representative was present with the 2022 ESGR Freedom Award. This is ESGR's highest honor with only 15 employers nation-wide recognized by this award.

The Governor's Military Ball concluded with a dance.



Gov. Doug Burgum, left, stands with representatives of Kramer Chevrolet and Subaru, at the Governor's Military Ball, March 18, 2023, Bismarck, N.D. The Mandan, N.D. car dealership was presented with the North Dakota National Guard Bridge Builder Award in recognition of more than a decade of support to the North Dakota National Guard Foundation's Emergency Relief Fund which directly benefits Guard Soldiers and Airmen in need. About 220 North Dakota National Guard members, spouses, friends and other civilian guests attended this formal event.

U.S. NATIONAL GUARD PHOTO | SGT. 1ST CLASS CHARLES HIGHLAND, NORTH DAKOTA NATIONAL GUARD PUBLIC AFFAIRS OFFICE/RELEASED

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GLOBAL THUNDER 23

5TH AMXS



U.S. Airmen assigned to the 5th Maintenance Group inspect tools during Global Thunder 23 (GT23) at Minot Air Force Base, North Dakota, April 11, 2023. U.S. Strategic Command's fundamental mission is to deter, detect and prevent strategic attack against the United States and its allies and partners.



Maintenance members with the 5th Bomb Wing discuss loading operations during Global Thunder 23 on the flight line at Minot Air Force Base, North Dakota, April 11, 2023. Exercises like GT23 involve extensive planning and coordination to provide unique training opportunities for assigned units and forces.



A U.S. Airman assigned to the 5th Maintenance Group pulls tools to a B-52H Stratofortress during Global Thunder 23 (GT23) at Minot Air Force Base, North Dakota, April 11, 2023. U.S. Strategic Command holds the annual nuclear command and control exercise to test and validate the nuclear operation process, and demonstrate the readiness of the nation's nuclear capabilities.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN CHINA M. SHOCK

MUNITIONS AIRMEN ARM B-52S



U.S. Airmen assigned to the 5th Bomb Wing inspect a weapons package during Global Thunder 23 at Minot Air Force Base, North Dakota, April 12, 2023. Global Thunder is an annual command and control exercise designed to train U.S. Strategic Command forces and assess joint operational readiness.



A U.S. Air Force B-52H Stratofortress assigned to the 5th Bomb Wing is prepared for loading of weapons packages during Global Thunder 23 at Minot Air Force Base, North Dakota, April 12, 2023. Global Thunder holds a specific focus on nuclear readiness to enable the command's global operations to coordinate with other combatant commands, services, appropriate U.S. government agencies, and allies to deter, detect and, if necessary, defeat strategic attacks against the United States and its allies.



U.S. Air Force B-52H Stratofortress aircraft are guarded and maintained by Airmen assigned to the 5th Bomb Wing during Global Thunder 23 (GT23) at Minot Air Force Base, North Dakota, April 12, 2023. Airmen and aircraft from the 2nd Bomb Wing at Barksdale AFB, Louisiana, integrated with 5th Bomb Wing personnel at Minot AFB, to conduct combined B-52H Stratofortress planning, maintenance, security, logistics, and operations in support of GT23.

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



B-52HS TAKE OFF



U.S. Air Force Capt. Michael Smith, B-52H Stratofortress pilot (left), and Capt. Zachary Haun, electronic warfare officer, both assigned to the 69th Bomb Squadron, rush to their alert vehicles following an aircraft generation order during Global Thunder 23 at Minot Air Force Base, North Dakota, April 16, 2023. Exercises like Global Thunder involve extensive planning and coordination to provide unique training for assigned units and forces.

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



U.S. Air Force B-52H Stratofortress flight crew members assigned to Team Minot's 5th Bomb Wing and the 2nd Bomb Wing at Barksdale Air Force Base, Louisiana, run to their alert vehicles following an aircraft generation order during Global Thunder 23 (GT23) at Minot Air Force Base, North Dakota, April 16, 2023. Exercises like GT23 support U.S. Strategic Command's fundamental mission, which is to deter, detect and prevent strategic attack against the United States and its allies and partners.

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



A U.S. Air Force B-52H Stratofortress assigned to the 5th Bomb Wing takes flight in support of Global Thunder 23 at Minot Air Force Base, North Dakota, April 16, 2023. Exercises like GT23 support U.S. Strategic Command's fundamental mission, which is to deter, detect and prevent strategic attack against the United States and its allies and partners.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS TRUST TATE

FLIGHTLINE NIGHT OPS



U.S. Airmen assigned to the 5th Logistics Readiness Squadron prepare to refuel support vehicles on the flightline during Global Thunder 23 (GT23) at Minot Air Force Base, North Dakota, April 13, 2023. Airmen and aircraft from the 2nd Bomb Wing at Barksdale AFB, Louisiana, integrated with 5th Bomb Wing personnel at Minot AFB, to conduct combined B-52H Stratofortress planning, maintenance, security, logistics, and operations in support of GT23.



Airman 1st Class Jarred Mack, 5th Force Support Squadron food service specialist, hands out meals to Airmen participating in Global Thunder 23 (GT23) at Minot Air Force Base, North Dakota, April 13, 2023. Exercises like GT23 support U.S. Strategic Command's fundamental mission, which is to deter, detect and prevent strategic attack against the United States and its allies and partners.

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



U.S. Airmen assigned to the 5th Logistics Readiness Squadron pose for a photo as they prepare to refuel support vehicles on the flightline at Minot Air Force Base, North Dakota, April 13, 2023. Exercises like Global Thunder involve extensive planning and coordination to provide unique training for assigned units and forces.

GLOBAL THUNDER 23


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On behalf of the Twentieth Air Force Commander, we are extremely proud to announce the following as Twentieth Air Force nominees.

For the 2023 Airlift/Tanker Association Young Leadership Award:

TSgt Zackery Vaught – 91 SFG, Minot Air Force Base, ND

For the 2022 Secretary of the Air Force/International Affairs Award:

MSgt Victor Guillen – 341 MMXS, Malmstrom Air Force Base, MT

For the 2022 Air Force Language Capable Airman of the Year Award:

Capt Nazariy Melnychuk – 341 OSS, Malmstrom AFB, MT

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Upcoming 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.



For more information and tickets:
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28-30 APR **2023 iMAGICON**
11:00 AM
Minot Municipal Auditorium
420 3rd Ave SW, Minot

iMagicon is a fan-driven pop culture convention that blends a variety of genres and fandoms together under one roof. From cosplay to anime to sci-fi to gaming, there is plenty to explore at the 3-Day event. Special guests to be announced later in the fall. Learn more at imagiconnd.com



For more information and tickets:
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28-29 APR **DAKOTA FLEA MARKET
SPRING FEST**
SATURDAY 8 AM - 4 PM
SUNDAY 10 AM - 3 PM
North Dakota State Fair Grounds

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\$10 table rental. Call/Text Gar 701-550-1318. Abbey 701-278-0866



Facebook/ Dakota Flea Market/ Events

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Set your GPS to 'Success' with North Star. Join us to learn more about: Tips for buying a vehicle, building your credit and more! Seminar is open to the public. No membership required. Limited spots available. Grab your seat fast! More details can be found on page A8 of this weeks Northern Sentry.



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AFNWC Senior Leader Profile: Col. Kristen Nemish

AIMEE MALONE, AIR FORCE NUCLEAR WEAPONS CENTER

KIRTLAND AIR FORCE BASE, N.M. -- Creating and fostering cohesive teams has been an important goal throughout the career of the Air Force Nuclear Weapons Center's vice commander.

Col. Kristen Nemish has served in a variety of intercontinental ballistic missile (ICBM) operations positions, including combat crew evaluator, wing emergency war order planner, and flight commander for two student squadrons. She was also the personal adviser on the nation's nuclear war plan to the commander of U.S. Strategic Command, Offutt AFB, Nebraska; chief of Senior Leader Management and senior executive officer to the commander of Air Force Global Strike Command, Barksdale AFB, Louisiana; and a senior Air Force fellow at Los Alamos National Laboratory, Los Alamos, New Mexico. She has also served as commander of the 10th Missile Squadron, Malmstrom AFB, and the 91st Operations Group, Minot AFB, North Dakota.

Every assignment has taught her something new, Nemish said.

"Every assignment I have had in my 20-plus years in the Air Force has had its highlights," Nemish said. "I have had two opportunities to command. Command is a unique experience, and it is an honor for all of us who get to do it. But any job that forced me out of my comfort zone and to grow professionally and personally are the jobs that I really enjoyed."

While her leadership style has changed throughout the years as she has gained more experience, Nemish said she has always considered herself a people-focused leader. She wants to help any team she is part of grow more efficient and achieve greater success.

"Since I've started my career, I've been part of a team, and I find that cohesive teams are the most successful," she said. "Part of my job and responsibility is to help people grow into the professionals they want to be, whether it is here at AFNWC or somewhere else."

As vice commander, Nemish serves in a variety of roles supporting the commander and the center, including working personnel actions, serving as a liaison between execution directorates and command, and assisting with ICBM-related projects due to her background in operations. However, she considers her role as a mentor and coach to be an extremely important and interesting aspect of her job.

"First and foremost, I want to be helpful," she said. "I'm genuinely interested in people's careers and their goals. I'm generally interested in who people are and

why they chose service as part of what they want to do with their life because everybody that works here is working in a service capacity. We're serving our nation."

Another important aspect of her leadership philosophy is providing second chances and helping people learn from their errors.

"I strongly believe in second chances," Nemish said. "I do not think that the Air Force should be a 'one strike' kind of Air Force. I think some of our best leaders have made mistakes early on in their careers that they grew from and shared with those around them. They have grown into incredible leaders because of some of the mistakes that they have made early on, and I think younger Airmen should have the chance to learn from their mistakes, too."

She said she has learned a great many lessons from both her mentors and teammates throughout the years, but one of the most important was learning to be flexible.

"Rarely is anything a yes-or-no or a black-or-white answer," Nemish said. "Problems are complicated, and there are often different solutions to the same problem set. Learning to be flexible is one of the biggest lessons that I've learned in my career."



Col. Kristen Nemish
Air Force Nuclear Weapons Center
Vice Commander

Former 91st Operations Group
Commander

She plans to continue to apply her leadership approach at AFNWC by working with each directorate to remove roadblocks and achieve the mission, ensuring our nation's most powerful weapon systems are never doubted, always feared.

"At the end of the day, what we really want is for people to be the best versions of themselves professionally in order to accomplish our mission," she said.

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INGREDIENTS

4 TABLESPOON SALTED BUTTER, SOFTENED
1/2 MEYER LEMON, ZESTED, JUICED
1 CLOVE GARLIC, MINCED
1 TABLESPOON FRESH HERBS SUCH AS TARRAGON, PARSLEY, BASIL, OR CHIVES
2 TRAEGER SALMON SHAKE

When ready to cook, set temperature to High and preheat, lid closed for 15 minutes.

Compound butter: Combine butter, lemon zest and juice, the garlic, herbs, and the Traeger Salmon Shake. Refrigerate if not using right away.

Use a tablespoon of the butter to grease a heat-proof baking dish.

Arrange the cod fillets in a single layer in the baking dish. Dot evenly with bits of the compound butter.

Bake for 12 to 15 minutes, or until the fish is cooked through.

Spoon sauce over each serving. Enjoy!

Ryan Davy - GM
Minot

www.HofE.com/BBQHQ

All About Pets

**Budget
Friendly
Enrichment**

ASPCA Photo

With the huge selection of fancy toys, puzzles, and enrichment items available to pet owners, it can be a daunting task finding the right activities on a budget. But there are many ways to DIY your pet's enrichment sitting right around your home! Here are a few ideas to get you started on budget friendly enrichment:

Cats
Cat owners know it doesn't typically take much to enrich their pets. Many cats will play with anything and everything, so one enrichment could be as simple as giving your cat a new (to them) household item as a toy, such as a hair tie, a shoelace tied to a doorknob, or that cardboard box that you were going to throw in the trash. Some cats also enjoy scent enrichment, so if you have any cat friendly plants already growing in the house (thyme, basil, rosemary, even fresh catnip), try letting your cat sniff and explore them. Most households have at least one tv, computer, tablet, or smartphone laying around. You can do a quick Youtube search and find cat tv, bird videos, and even moving object games that your cat can enjoy right on the screen!

Dogs
DIY dog enrichment can be so much fun. One easy, budget-friendly idea is shown in the photo above. Use your dog's kibble or favorite treats and place it in a muffin pan, then cover the holes with various balls (you can get tennis balls for only a few dollars or less at your local Pet Supplies Plus). As long as your dog doesn't eat everything in sight, you can try putting food in a cardboard box or an open (clean) soda bottle and let them kick it around and figure out how to get to the food. You can also do this with paper towel rolls by folding the ends to close them! Have any extra towels or blankets around? Lay them flat, scatter some food, and twist and fold them to make a homemade snuffle mat. Got a pile of socks with holes in them? Tie them together and make a DIY tug toy. If your dog has a habit of eating things it shouldn't, try a dog-safe option. Frozen whole carrots, celery stalks, or a head of lettuce can make for great chew toys/shredding opportunities, but only in moderation as eating too much can cause gastrointestinal upset!

Rodents/Guinea Pigs/Ferrets, etc.
We can't forget about our small friends! Tunnels and other nooks are a great way to let pets like these hide and explore. You can build a tunnel out of wood scraps, use a paper bag with the bottom cut out, or for really small rodents, you can use paper towel rolls. You can also combine these ideas with other household objects like stacked pillows, blankets, and books to make a challenging obstacle course filled with treats. Guinea pigs and rodents can use plain cardboard as chew toys, which is great for their enrichment and for keeping teeth healthy!

Enrichment is incredibly important to our pets' wellbeing. Getting new enrichment items from the store is so much fun for everyone, but if you're ever in a pinch and need some new ideas, don't be afraid to DIY!

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Minot Small Business Expo

MINOT SMALL BUSINESS ASSOCIATION

The Minot Small Business Association is announcing the inaugural Minot Small Business Expo. The event will be held at the North Dakota State Fair Center, June 3rd and 4th, from 10 a.m. to 4 p.m. It is open to the public. There is an open call for small business owners to register for the event. Employers can find resources, collaborations, and staff, while the public will be able to see a wide variety of products and services offered right here in town. "You're guaranteed to see something you didn't know existed before. We believe it's

human nature to want to give back to your community. A lot has changed in the past one hundred years, much of it in the past twenty years alone. We also need to be conscious of who we spend our money with. We need to emphasize community over convenience, while helping the community to become a more efficient producer of goods and services." Calum Kinstler, Marketing Manager for the Minot Small Business Association.

For more information please visit www.minotsba.com or email: admin@minotsba.com



A LOOK BACK THIS WEEK IN USAF HISTORY

LT. JAMES OBENAUFG LANDS A BURNING B-47 AND SAVES CREW MEMBER

APRIL 28, 1958



Lt. Obenauf received a Distinguished Flying Cross for his heroic actions. (USAF Photo)

On April 28, 1958, a 341st Bombardment Wing B-47 performed a routine flight out of Dyess AFB, Texas. After about 3 hours and at an altitude of 34,000 feet, one of the engines exploded and the crew proceeded to bail out. As he was about to crawl out the navigator's escape hatch following the pilot, 1st Lt. James E. Obenauf noticed the instructor-navigator, Major Joseph Maxwell, unconscious and missing his

helmet. Obenauf was unable to revive him and made the brave decision to risk death and remain in the burning aircraft in an attempt to save his fellow officer. He flew the plane to a lower altitude from the backseat position and at 450 mph in freezing temperatures, he set a course back to Dyess. Due to the elements, Lt. Obenauf's vision faltered while navigating the aircraft. He was able to perform a safe landing with the support of air traffic control and his own skill. Obenauf and Maxwell made full recoveries, and for his heroism and bravery, Lt. Obenauf received the Cheney Award, Aviator's Valor Award, Koren Kolligan Trophy, and a Distinguished Flying Cross.

Information courtesy of: Dyess AFB Memorial Museum and Linear Air Park FB / safety.af.mil

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CREATURE FEATURES

- The Southern Ground Hornbill is the largest hornbill in the world. They are named for their habit of walking on the ground as it feeds.
- The call of the Southern Ground Hornbill is a very deep, reverberating booming sound that can be heard up to 3 miles.
- The Southern Ground Hornbill has acute eyesight.
- Their long eyelashes act as sunshades.
- As the Southern Ground Hornbill ages, their facial skin becomes entirely red.

Fact File	
Life Span	40 - 50 years
Male Weight	7 - 13 pounds
Female Weight	5 - 10 pounds
Body Length	35 - 50 inches
Wild Diet	Crustaceans, Carnivora, Herbivora, Arthropods, Amphibians, Lizards, Snakes, Small rodents



CROSSWORD PUZZLE

1	2	3	4	5	6
4	5	6	7	8	9
6	7	8	9	10	11

ACROSS

- Long journeys
- Strong desire to achieve something
- Quality of being orderly

DOWN

- Break from work or school
- Against
- Vacation properties
- Runs on rails

Answers:
Across: 1. Voyages 4. Ambition 6. Neatness
Down: 1. Vacation 2. Anti 3. Rentals 5. Train

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**** Winners will be notified via email on Monday, April 24 and will be given 24 hours to respond, or another winner will be chosen.

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Vehicle maintenance tasks drivers don't want to overlook

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

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

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

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

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

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

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

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

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

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Let The Events Start

Downtown Minot Schedules a Busy Summer

ROD WILSON, NORTHERN SENTRY

Even though winter held on a little longer than what we would have wished for, they recent days of 50 plus, and even 60 plus degree weather has given us hope that warm summer days and evenings will soon be the norm.

EVENTS IN MAY

May 13 the Downtown Business and Professional Association will sponsor Mimosas and Mocktails for Mom. The event starts at 11 AM with participating businesses featuring drink specials for Moms who take a few minutes off to come downtown to relax, shop and enjoy. Tickets are available on downtownminot.com.

Flip the calendar ahead one week to May 20 when the second annual Straight Up & Toasted event takes place at The Spot. We are proud to bring back Royce and Bekka Neeley from Neeley Distillery in Sparta, Kentucky. Bekka Neeley is from Minot and will return to help us host the event which features award winning bourbon, cigars for those who wish to participate, and plated hors d'oeuvres from Whiskey Nine and Starving Rooster. The event starts at 5 pm and goes until 10 PM. A live auction which includes a guided tour of the Neeley Distillery in Sparta, will start at 9 PM.

Tickets are on sale right now on downtownminot.com.

EVENTS IN JUNE

June 8 will be the opening night of Thursdays in Downtown Minot sponsored by the Minot Area Council of the Arts. In their third year, MACA brings a stage full of talent, food trucks, bounce houses and much more to Downtown Minot. There is no admission

charge to enjoy the evening's festivities, which normally start at 6 PM. For more information, check out the MACA website, minotarts.org.

June 8 will also be the Woof & Wine Walk starting at 5:30 PM. Bring those 4 legged friends to downtown Minot and enjoy a wine trail through downtown, stopping at various participating merchants for a taste of featured wine, and

featured hors d'oeuvres. And yes, there will be dog friendly treats at each location for those who want to share.

LOOKING AHEAD

- Keep watching the DBPA website on information on these upcoming events.
- Fall Festival-September
- Antique Car Show- September
- Silobration-September

MORE HAPPENINGS DOWNTOWN
EVENTS, SALES, PROMOTIONS, AND MORE!

- LADIES NIGHT OUT**
Location: Gourmet Chef
- OLIVE OIL AND VINEGAR TASTING**
Location: Gourmet Chef
- RIEDEL WINE EVENT**
Location: Gourmet Chef

Find Downtown Minot events listed on their website at www.downtownminot.com/events.



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Saturday 8:00 am - 2:00 pm
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www.capitalrv.com

★ 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 or contact Chelewa Springs or Ashley Cutler at 701-607-4557 or 701-306-3338.

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margiesartglass.com

Local Cravings Restaurant Guide

Applebee's Grill & Bar

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

Badlands Restaurant & Bar

1400 31st Ave SW, Minot
Phone: 701.852.7335
www.blgrill.com

Bone's BBQ Smokehouse & Grill

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

28 Tastes & Taps

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

Culver's Restaurant

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

Ironhorse Kitchen + Bar

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

Jamaican Vybz Kitchen

Suite 200 315 Main Street S Minot
Phone: 701-441-9309
FB: Jamaican Vybz Kitchen

Pink's Bar & Grill

102 128th Ave NW Minot
Phone: 701.852-2385
FB: PinksBarGrill

Prairie Sky Breads

3 1st St. SE, Minot
Phone: 701.858.0612
www.prairieskybreads.com

Noodles & Company

304 4th Ave NW Minot
701.491.9103
www.noodles.com

Mi Mexico

3816 South Broadway Minot
Phone: 701.858.0777
www.mimexicominnod.com

Primo Restaurant

1505 N Broadway, Minot
Phone: 701.838.7746
www.primominot.com

Souris River Brewing

32 3rd St NE Minot
Phone: 701.837.1884
www.sourisriverbrewing.com

The Starving Rooster

30 1st St. NE, Minot
Phone: 701.838.3030
www.starvingrooster.com

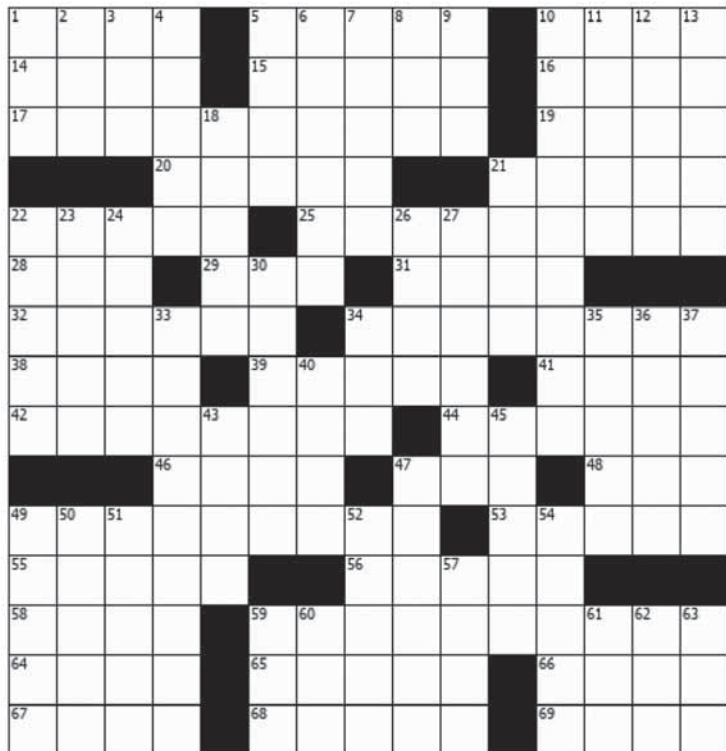
Whiskey Nine

109 Central Ave, Minot
Phone: 701.837.1090
www.whiskeynined.com

CROSSWORD PUZZLE

Across

- 1. Damage
- 5. Spills the beans
- 10. Math course
- 14. Soft spread
- 15. Gaucho's tools
- 16. Scope
- 17. Football reserve groups
- 19. Schnozz
- 20. Shellac ingredient
- 21. Minister's residence
- 22. "Not __ out of you!"
- 25. Bonneville feature
- 28. Eats
- 29. Legal org.
- 31. Mil. problem
- 32. With 44-Across, they're found at the ends of 17-, 25-, 49- and 59-Across
- 34. Member of a '60s Hall of Fame girl group
- 38. Not aweather
- 39. Oak, once
- 41. Hobart hoppers
- 42. Made less dangerous, as a perp
- 44. See 32-Across
- 46. King Faisal's brother
- 47. Lawyer's request
- 48. Soup veggie
- 49. Instructions to a printer
- 53. Like oboe music
- 55. Selassie of Ethiopia
- 56. __ self-defense
- 58. Her, to Henri
- 59. Available to anyone
- 64. Disapproving cries
- 65. Deceive
- 66. Two-tone treat
- 67. Role for Nastassja
- 68. Flavorful
- 69. Dregs

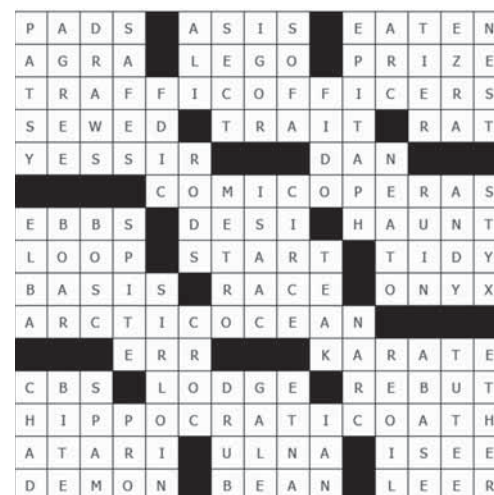


Down

- 1. On a roll
- 2. Mobile home: Abbr.
- 3. T. __
- 4. Fabric with a rippled appearance
- 5. Times to enjoy dogs?
- 6. Author __ May Alcott
- 7. Rod Stewart's ex
- 8. Sort of seed
- 9. Draft org.
- 10. Spanish gentleman
- 11. Where the action is
- 12. Smallest
- 13. Bakery buys
- 18. Calyx part
- 21. "Dial __ Murder"
- 22. Rashad of football
- 23. St. __ Girl: beer brand
- 24. Tough curves
- 26. He once played a lion
- 27. Pang
- 30. "Mr. Scott, two to __"
- 33. Unending
- 34. Lawn layer
- 35. Jeweler's magnifier
- 36. Ran easily
- 37. Bacon product
- 40. Give up
- 43. Tear down, in Taunton Deane
- 45. Adjust, as sails
- 47. Contemporary of Stephen Vincent
- 49. It may be grand
- 50. Eli
- 51. Chip arrangements
- 52. Alfresco eateries
- 54. Join
- 57. Paris's domain
- 59. Max.
- 60. Actress Zadora
- 61. "__ You Sincere?": Andy Williams hit
- 62. School contest
- 63. Call for assistance

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



SUDOKU

Solution to puzzle on page C9

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

NOW SHOWING AT OAK PARK THEATER
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HELD OVER **END OF THE ROPE**
(2023) Crime, Mystery (PG)

HELD OVER **JESUS REVOLUTION**
(2022) Drama (PG-13)

HELD OVER **PUSS IN BOOTS: THE LAST WISH**
(2022) Animation, Adventure, Comedy (PG)

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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.

Month of the Military Child CARNIVAL
Youth Center • 28 April 2023 • 6PM - 9PM
Free Family Fun!
Inflatables • Games • Giveaways
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!
For details, call the Youth Center at 723-2838
5THFORCESUPPORT.COM

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



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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.

MAGIC BEAN BREWING CO.
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

noodles & COMPANY
Free Kid's Meal with the purchase of an adult entrée
304 4th Avenue NW, Minot, ND

THE PUTT DISTRICT
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

Gourmet Chef
With every military child sign up for kids class receive a \$5 Gourmet Chef Gift Certificate
122 South Main Street, Minot, ND

MAGIC CITY SWEETS
Buy a Gourmet Waffle Cone and get a Free Big Kid Cone
123 South Main St, Minot, ND

COOKIES FOR YOU
and cupcakes too
A Cookie Gift + Bouquet Company
Use Your Military ID for In-Store Specials
117 South Main Street, Minot, ND

High Air Ground TRAMPOLINE PARK
Free Slushy with purchase of military child jump pass
1210 4th Avenue NW, Minot, ND

OAK PARK THEATER
10 Movie Punch Card for \$30
*\$50 Retail Value
1500 4th Ave NW, Minot, ND

MAG STUDIO **Black Iguana**
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

JR JOURNALISM PROGRAM

northsensentry

Our visit to Assiniboine Park Zoo

MOLLY AND JULIE SULLIVAN (AGES 11 & 9)

Recently, our family visited Winnipeg. Winnipeg is the capital of Manitoba, Canada. We had a lot of fun! Our favorite thing that we did in Winnipeg was visit the Assiniboine Park Zoo. The Zoo is open year-round. It was a bit chilly the day we went, about 20F, so we wore our snowsuits to stay warm. One of the things the Assiniboine Park Zoo is known for is its arctic exhibit, called Journey to Churchill. It had polar bears, seals, arctic fox, snowy owls, reindeer, muskox and a movie! We walked through a glass tunnel in the polar bear exhibit and saw

a polar bear swimming right above our heads! It was playing with a ball. We really liked the Arctic Fox. It was very fluffy and cute, with a long puffy tail. We watched it get fed a huge hunk of meat. We enjoyed watching the energetic Goeldi Monkeys play in their exhibit. During our visit those were our three favorite animals. We learned there are over 150 animals from all over the world at Assiniboine Park Zoo. We had a lot of fun visiting Winnipeg! If you get a chance to go there, be sure to visit Assiniboine Park Zoo!



Arctic Fox



Polar Bear.

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



Birthday PARTIES

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SUPER PARTY

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

MEGA PARTY

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Additional \$10 for X-treme Bowling

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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**

Saturday, April 22
 5PM, Great Vespers

Sunday, April 23
 10AM, Holy Liturgy

V. Rev. Fr. Paul Hodge


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Wednesdays 7:00pm
 and Sundays 10:30am

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www.trinitychurchminot.org


Bible Fellowship Church

Worship Service at 10:45am Sundays
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1720 4th Ave NW, Minot
838-0916
MinotBibleFellowship.org

Immanuel Baptist Church

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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

St. John the Apostle Catholic Church


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

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


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


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

Sunday Worship 9:30 am

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

Pastor Brandy Gerjets • Pastor Ellery Dykeman



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9999 27th St NE
 4 miles south of MAFB
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 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.minotcbbc.org
 email: minotcbbc@gmail.com
Dr. Bob Farmer- Pastor

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


West Minot Church of God
Family Worship Center

1105 16th St. NW • 839-1407

Sunday School 9:30 a.m.
 Sunday Worship 10:30 a.m.
 Children's Church & Nursery
 Wednesday Family Training Hour
 Meal..... 5:30p.m.
 Classes for All Ages 6:30 p.m.
 Youth Center, Friday..... 7:00 - 11:00 p.m.
 ABC Child Care Center..... 852-6352

westminot.com
facebook.com/westminot

First Baptist Church

 **200 3rd St. SW • 852-4533**
www.fbcminot.org

Classic Worship Service 8:30 a.m.
 Sunday School (All Ages)..... 9:45 a.m.
 Contemporary Worship Service..... 9:50 a.m.
 Adult Sunday School 11:00 a.m.
 Contemporary Worship Service..... 11:05 a.m.
 Children's Church 11:05 a.m.
 Wed. AWANA (Sept. to May) 6:30 p.m.
 Fridays, Celebrate Recovery 7:00 p.m.

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

Apostolic Faith Church, UPCI

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 Sunday Worship 3:30 p.m.
 Wednesday Bible Study 7:30 p.m.

Jesse Starr, Pastor


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A Reformed Baptist Church

Sunday Service: 4:00 p.m.
Wed. Prayer: 5:30 p.m.
 at Living Word Lutheran bldg
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Web: gracebaptistminot.com
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Rev. Heath Trampe
Rev. Brian Doel

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

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 Bible Class (6th gr.)
 High School Youth Group (6-8pm)

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www.ourredeemers.org


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

www.orcsknights.org

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- Kindergarten readiness skills practiced each session
- All teachers hold a North Dakota Professional Educator's License
- Christ-centered environment

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



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Revisions MADE UPON NOTICE FROM THE CHURCH

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email NSADS@SRT.COM

VIEW OUR PAPER ONLINE AT NORTHERNSENTRY.COM

Minot State's 33rd annual Spring Honor Dance & Powwow Celebration Friday and Saturday

MINOT STATE UNIVERSITY

MINOT, N.D. – The Minot State University Native American Cultural Center is proud to bring the 33rd annual Spring Honor Dance and Powwow Celebration to the MSU campus April 21 and 22.

The Spring Honor Dance and Powwow Celebration is hosted by the Native American Cultural Center and the Native American Cultural Awareness Club and is sponsored by the Minot State University Diversity Council and the MSU Student Activity Fee.

Doors open to the public for drum and dancer registration at 3 p.m. on Friday with Grand Entry scheduled for 7 p.m. Saturday, the doors open at 10 a.m. and Grand Entries are featured at 1 and 7 p.m. The event is free and open to the public.

“Aaniin, hello! I invite you to join us in celebrating our 33rd Annual Spring Honor Dance & Powwow Celebration this coming this Friday and Saturday,” said Tambraye L. Trotter, Native American Club president and

biology major. “The Native American Cultural Awareness Club at Minot State encourages you to take this opportunity to attend and learn about Indigenous people’s culture and to help honor the 2023 graduates. Aside from drummers and dancers, we will have a food booth and vendors for you to enjoy! Miigwetch (thank you).”

The Friday Grand Entry will feature a special Joe McGillis memorial, men’s traditional.

There will be an on-site raffle with ticket drawing immediately following the Grand Entry on Saturday. The event will also feature a contest for men (Traditional, Grass, Fancy, Chicken 18+) and women (Traditional, Fancy, and Jingle) and will include golden age, adults, teens, juniors, and tiny tots (6 years and under).

For more information, see flier below or contact the Native American Club by e-mail nacaclub@minotstateu.edu or phone at 701-858-3365 or 800-777-0750 ext. 3365.

33rd Annual Spring Honor Dance & POWWOW CELEBRATION
 APRIL 21 & 22
 MINOT STATE UNIVERSITY DOME
 Hosted by the Native American Cultural Center and Native American Cultural Awareness Club
 Sponsored by the Minot State University Diversity Council and the MSU Student Activity Fee

SCHEDULE OF EVENTS

FRIDAY, APRIL 21

- 3:00 p.m. Dancers & Drum Group Registration Opens
- 7:00 p.m. Grand Entry (Parade of Dancers)
- SPECIAL "Joe McGillis memorial, men's traditional"

SATURDAY, APRIL 22

- 10:00 a.m. Dancers & Drum Group Registration Opens
- 12:30 p.m. Dancers & Drum Group Registration Closes
- 1:00 p.m. Grand Entry (Parade of Dancers)
- 7:00 p.m. Grand Entry (Parade of Dancers)
- 8:00 p.m. Honor Parade for MSU Graduating Classes of 2023

On-site raffle ticket drawing immediately following.
 Registration opens Friday at 3 p.m. and Saturday at 10 a.m.

FREE AND OPEN TO THE PUBLIC
 See facebook event page for hotel list.
 Primitive camping available north of the dome.
 For information contact nacaclub@minotstateu.edu or call 701-858-3365 or 800-777-0750 ext. 3365

CONTEST DETAILS:

Mens (Traditional, Grass, Fancy, Chicken 18+)
 Womens (Traditional, Fancy, Jingle)

Golden Age: 1st Place - \$550.00, 2nd Place - \$400.00, 3rd Place - \$300.00

Adults: 1st Place - \$550.00, 2nd Place - \$400.00, 3rd Place - \$300.00

Teens: 1st Place - \$250.00, 2nd Place - \$200.00, 3rd Place - \$150.00

Juniors: 1st Place - \$150.00, 2nd Place - \$100.00, 3rd Place - \$60.00

Tiny Tots (6 yrs and under): Day Money

Drum Money for the first ten drums registered.

NO ALCOHOL OR DRUGS PERMITTED - MINOT STATE UNIVERSITY IS NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS OR ACCIDENTS.
 MUST PRESENT SOCIAL SECURITY NUMBER TO RECEIVE WINNINGS. NO EXCEPTIONS
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OUTDOOR

REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL



PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, April 17: 1,827.07 feet above mean sea level (MSL); 16,700 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.61 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.6 MSL.

•N.D. Game & Fish Dept. game wardens: Deteriorating ice conditions on Devils Lake and area lakes but look for some potential pike activity on small lakes as shorelines open up. No north-central area reports.

•Devils Lake, Ed's Bait Shop, Devils Lake: No new reports but watch poor ice and shorelines.

•Devils Lake, Woodland Resort, Devils Lake: Open water along the bridges on Devils Lake with rapidly deteriorating ice conditions, especially with water along the shorelines.

•Lake Darling, Karma C-Store, Ruthville: Little activity with poor ice conditions and muddy shorelines. No reports of pike activity from Lake Audubon.

•Lake Metigoshe, Four Seasons, Bottineau: No activity with anglers waiting for open water shorelines.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Not much activity on Lake Sakakawea or Lake

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

•New fishing licenses are now required.

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

•May 1: Paddlefish snagging season opens. See Game & Fish Dept. website for specific regulations.



TOURNAMENTS:

•April 30: Lake Sakakawea, New Town Marina.

Audubon with deteriorating ice conditions.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Pike moving into the back bays of Lake Sakakawea with some creeks running hard, including Douglas Creek, early in the week. Use extreme caution, however, with rapidly deteriorating ice and water along shorelines.

•Lake Sakakawea, New Town: No new reports with deteriorating ice along shorelines. No reports of pike in the back bays of the midsection yet.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Increasing activity on the Missouri River tailrace but limited success. Minnow availability remains challenging, at best. Wait for open water along Lake Sakakawea with deteriorating ice and increasing lake elevations.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Little Muddy River is open and back within its banks, producing some walleye and pike activity. Missouri and Yellowstone rivers open but both are muddy with runoff. Look for catfish activity, at the

most, with muddy conditions. No activity on the upper end of Lake Sakakawea with deteriorating ice conditions.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Dangerous conditions on the Mouse River with open water, heavy runoff, and floating ice.

Migration and hunting:

•Snow geese starting to move over much of N.D. Look for a quick migration.

•Turkey: Birds becoming increasingly active.

N.D. rivers (conditions can vary rapidly):

•Little Missouri River, Long X Bridge: River stage, 10.21 feet; streamflow, 1,730 CFS.

•Missouri River, Williston: River stage, 19.09 feet.

•Missouri River, Washburn: River stage, 9.23 feet.

•Souris River, Bantry: River stage, 1.34 feet; streamflow, 6.64 CFS.

•Yellowstone River, Sidney, Mont.: River stage, 6.53 feet; streamflow, 16,700 CFS.

Numbers to know:

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

•Report All Poachers: (701) 328-9921.

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8	5	4	7	2	9	3	1	6
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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 –

Your degree, Your way. Park University is enrolling now for Spring II Term. Classes start March 13, 2023! Earn your CCAF credits, AU-ABC, and your Bachelor's degree with PARK. Let's maximize your military experience! Find how many credits you can get from your military experience by going to military.park.edu. and confirmed your credits Or Ask Alexa! Enable the Park University skill on your Alexa device and say "Alexa, ask Park, How many credit hours can I get from my military experience?" She'll even tell you your graduation date! Minot AFB @ the Education Center RM 222 | 844-884-8612 | mino@park.edu PARK. YOU

MINOT STATE UNIVERSITY

Minot State 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

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

Volunteer Coaches

The new Youth Sports Coordinator on 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

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 jrilyoung85@gmail.com

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, sJAS 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.gocivilairpatrol.com> or contact the POC below.

POC: 1st Lt Jon McLemore, CAP | Jonathan.mclemore@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.

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

701-723-3011

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 (cognitofarms.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

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

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

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

Magic City Discovery Center Announces Grand Opening

MAGIC CITY DISCOVERY CENTER

The public is invited to the grand opening of the new Magic City Discovery Center located on Minot's North Hill on Friday, May 5, 2023. The center's doors will be open at 10 a.m.

Executive Director Wendy Keller shared, "This discovery center is a world class facility and one of a kind. The signature Magic Climber complete with a B-52 bomber atop an oil derrick is sure to captivate the young minds that will be visiting the center to discover, create, explore, and learn in our 12 unique galleries and over 150 hands-on learning exhibits."

The initial dream of building a children's museum in Minot

emerged in 2013 when the Give 360 group brought forth the concept. The dream is now a reality after the completion of the \$20 million dollar project which was funded by private donations, the Department of Defense Community Infrastructure Pilot (DCIP) Program, Minot Parks, City of Minot, and the ND Department of Public Instruction.

The mission of the MCDC is to engage children and families in the magic of lifelong learning through discovery, creativity, and play.

Information regarding annual and corporate memberships, admission, and hours can be found at MagicCityDiscoveryCenter.com and the center's Facebook page.



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WHAT'S GOING ON MAFB

FRIDAY 21

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

TUESDAY 25

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

FRIDAY 28

- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP (DoL) – Employment Workshop, 0800-1600, M&FRC
- Red, White, & Blue Parade, 1500-1700, Child Development Center
- Month of the Military Child Carnival, 1800-2100, Youth Center
- Master Chef Virtual Cooking Class, 1800, forcesupport.awardsplatform.com

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
- Zumba, 1100, Fitness Center
- MOMC Bowl Party, 1700-2100, Rough Rider Lanes

WEDNESDAY 26

- HIIT Strength & Conditioning, 0500, Fitness Center
- Right Start, 0730-1230, Jimmy Doolittle Center, hosted by M&FRC
- TAP (DoL) - Overview, 0800-1600, M&FRC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Storytime, 1030, Minot AFB Library
- Swerk, 1730, Fitness Center

SATURDAY 29

- Mystery at the Manor Escape Room Game Ends, Minot AFB Library
- Cycle & Strength, 0900, Fitness Center
- Master Chef Virtual Cooking Class, 1100, forcesupport.awardsplatform.com
- Zumba, 1100, Fitness Center

SUNDAY 23

- Zumba, 1400, Fitness Center

THURSDAY 27

- TAP (DoL) – Employment Workshop, 0800-1600, M&FRC
- Short Notice Pre-Separation Counseling, 0830-1130, M&FRC
- Family Zumba, 1000, Turf, hosted by Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Art Resin Charcuterie Board Class, 1730-1930, Arts & Crafts Center
- 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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Month of the Military Child CARNIVAL

Youth Center • 28 April 2023 • 6PM - 9PM

Free Family Fun!
Inflatables • Games • Giveaways

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!

For details, call the youth center at 723-2838

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2023 AIR FORCE ART CONTEST

MARCH 1 - APRIL 30

WE'RE GOING 360
ENTER YOUR 2D & 3D ARTWORK AT FORCESUPPORT.AWARDSPLATFORM.COM

PRIZES IN EACH CATEGORY

1st: \$100
2nd: \$50
3rd: \$25

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QUALITY HEALTHCARE FOR ALL

Non-emergency walk-ins welcome Monday-Friday 1-4 p.m.

- Ob/Gyn Care
- Newborn Care
- Well Child Visits
- Pediatrics
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