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Tactical Response Force hosts commemorative "Murph" workout on Memorial Day. Read more on page A6.

NORTHERN SENTRY PHOTO | ERIN BEENE



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Three Contracting Officers Awarded Unlimited Warrant

SENIOR AIRMAN ZACHARY WRIGHT, MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

The United States Air Force's spending budget for the fiscal year of 2022 was 156.3 billion dollars. With such a tremendous amount of money and countless responsibilities to fulfill, the Air Force needs well-trained officials to ethically and effectively use this money for the betterment of the Air Force. By earning their Unlimited Warrant, Sara Chesser, construction flight chief, Carlan Taft, plans and programs flight chief, and Nikole Braddy, services flight chief with the 5th Contracting Squadron, can procure goods, services, and construction assets with no limits on the dollar amount.

"The Unlimited Warrant is not just getting to sign contracts for a certain dollar amount," said Braddy. "It's a true obligation that we're ethically spending taxpayer dollars and doing so legally."

The course, called the Contracting Officers Study Group, is a 10-week commitment where the contracting officers must study regulations, supplements and processes, as well as participate in scenarios to apply the knowledge they've learned. The warrant must be earned by contracting officers within one year of obtaining the GS-13 position and requires a bachelor's degree, a senior level endorsement and an Air Force level board.

"Study early, study often and take it seriously," said Taft. "Power through it and in the end, you and everyone else will see the benefits of earning the Unlimited Warrant."

"I would say it was probably the most humbling experience in my career, but then it was also the most rewarding experience when it was over," added Chesser.

The Unlimited Warrant capability allows contracting officers to handle actions in-house, alleviating the need to work through a third-party agency and avoid paying a premium for their support. This in turn puts money back into the Air Force to continue work like infrastructure on base.

Contracting officers like Taft, Chesser and Braddy play an integral role in the betterment of Team Minot's Airmen as well as the surrounding community. The contracting officers often contract to local companies, providing jobs and support to the surrounding area and serve as mentors and leaders to prospective warrant holders.

"Our job is not just to spend money but also help grow our Airmen and our other civilians to be future warrant holders, whether it be a limited amount or unlimited," said Braddy.

"We have so many new folks and that's definitely going to be critical to get them that mentorship and training so they can go on and do bigger and better things," added Taft.

Due to the short construction season available in Minot, Chesser and the construction flight benefit

from her Unlimited Warrant capability by reducing the time and costs of projects, allowing them to work as quickly and effectively as possible during their short window of opportunity.

"We do a lot of prep work in the winter so that in the summer, we can get all the construction stuff done to keep Minot Air Force Base going year-round," said Chesser.

Braddy and the services flight provide things like the public school bus contract, waste management, grounds maintenance and other essential support facilities that improve the morale of the base.

Taft along with the Plans and Programs flight manage the government purchasing card program, allowing individual squadrons and shops the ability to purchase mission essential items such as cold-weather equipment, as well as holding the contractors responsible through quality assurance.

"We have folks out there to go out and check on them every once in a while and make sure that they are absolutely doing what it is that they said they were going to do and what we paid them to do,"



Left to Right: Sarah Chesser, construction flight chief, Nikole Braddy, services flight chief and Carlan Taft, plans and programs flight chief, assigned to the 5th Contracting Squadron, present their designation patches after receiving their Unlimited Warrant at Minot Air Force Base, North Dakota, May 15, 2023. The Unlimited Warrant allows the contracting officers to procure goods, services and construction assets with no limits on the dollar amount.

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

said Taft.

The overwhelming responsibility of spending Air Force funds legally and effectively for Minot

Air Force Base lies primarily with the 5th Contracting Squadron. Professionals like Chesser, Braddy and Taft pursued that

responsibility and put in the countless hours of work to ensure the lives of Team Minot's Airmen and families are always improved.

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Hemp, CBD, THC8, THC9, and Marijuana

MINOT AIR FORCE BASE STAFF JUDGE ADVOCATE

The possession, distribution, and/or ingestion of hemp products, cannabidiol (CBD), delta-8-tetrahydrocannabinol (THC8), delta-9-tetrahydrocannabinol (THC9), and marijuana are illegal in the military and are cause for discharge from the United States Air Force. Use of these substances is preventable and has real consequences. This article focuses on THC8 and THC9 and is intended to provide transparency and education concerning its consequences.

WHAT IS THC8?

THC8 is an isomer (two molecules with the same formula but different structure) of THC9. THC9 is the molecule that is the source of marijuana's inebriating effect. THC8 exists naturally in the cannabis plant, but at very low levels. THC8, such as that available for purchase at local vape and smoke shops, is often produced through synthetic conversion of hemp-derived CBD. THC8 is a psychoactive cannabinoid that causes users to experience a level of euphoria like that of THC9; thus, is considered an intoxicating substance.

WHAT IS THC9?

THC9 is the cannabinoid molecule in marijuana. It is the main psychoactive ingredient that causes a user to experience a euphoric sensation. The use of THC9 stimulates the release of dopamine in the brain which causes effects on the user's body. Like THC8, it is also considered an intoxicating

substance.

LAW AND REGULATION

Article 112a, Uniform Code of Military Justice (UCMJ), codified at 10 USC 912a, prohibits the wrongful use, possession, and distribution of marijuana and its derivatives. Under Article 112a, UCMJ, "Use" means to inject, ingest, inhale, or otherwise introduce into the human body, any controlled substance. "Use" includes such acts as smoking, sniffing, eating, drinking, or injecting. "Possess" means to exercise control over something.

Similarly, DAFMAN 44-197, *Military Drug Demand Reduction Program*, dated 23 September 2022, paragraph 1.2.2.1, prohibits "the use of products containing, or products derived from hemp, including but not limited to delta-8-tetrahydrocannabinol (delta-8-THC) and cannabidiol (CBD)" and "Failure . . . to comply . . . is a violation of Article 92, UCMJ." Ingestion of hemp products, CBD, THC8, THC9, and marijuana can be punished under both Article 112a, UCMJ, and Article 92, UCMJ. Article 92, UCMJ, prohibits violations of lawful general orders, failures to obey lawful orders, and derelictions of duty. Moreover, lack of knowledge of general orders is not a defense: "Knowledge of a general order or regulation need not be alleged or proved as knowledge is not an element of this offense and a lack of knowledge does not constitute a defense."

CONSEQUENCES

Commanders retain full discretion over administrative, nonjudicial, and judicial action under the UCMJ and Air Force regulations.

Under Article 15 of the UCMJ, codified at 10 USC 815, a commander may impose nonjudicial punishment on members of their command for violations of the UCMJ. Nonjudicial punishment provides commanders with an essential and prompt means of maintaining good order and discipline outside of the court-martial process. It is intended to promote positive behavior changes in service members without the stigma of a court-martial conviction. The punishment reflects the commander's determination of an appropriate punishment after considering the circumstances of the offense and the member's record. The maximum punishment for an Article 15 action depends on the rank of the member being punished and the rank of the officer imposing punishment. Typical punishments include, but are not limited to, reduction in rank, forfeiture of pay, extra duty, restriction to base, or a reprimand.

Under Article 112a, UCMJ, the maximum punishment for wrongful use and possession of marijuana and its derivatives is a dishonorable discharge, 2-5 years of confinement, reduction to E-1, and forfeiture of all pay and allowances. Under Article 92, UCMJ, the maximum punishment for violations of lawful

general orders is a dishonorable discharge, 2 years of confinement, reduction to E-1, and forfeiture of all pay and allowances.

Finally, under DAFI 36-3211, *Military Separations*, dated 24 June 2022, paragraph 7.43, "Drug abuse is incompatible with military service and members who abuse drugs one or more times are subject to discharge for misconduct." In accordance with paragraph 7.43.1, "Drug abuse for purposes of this regulation is the illegal, wrongful, or improper use, possession, sale, transfer, or introduction onto a military installation of any drug . . . and any intoxicating substance, other than alcohol or tobacco." Thus, ingestion of hemp products, CBD, THC8, THC9, and marijuana is cause for discharge.

CONCLUSION

The bottom line is that possession, distribution, and/or ingestion of hemp products, CBD, THC8, THC9, and marijuana is illegal and carries serious consequences. While these products might not be illegal under state law, they remain illegal for military members. Thus, military members must exercise extreme caution with regard to the products they purchase and ingest. Just because a product can be purchased locally does not mean that product is legal for use by military members. In the past year, cases across team Minot involving drug abuse resulted in serious consequences: 40 resulted in discharge, 47 resulted in nonjudicial punishment, and 5 resulted in a court-martial conviction.



SRT Annual Meeting

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Registration and Dinner / 5:30-7:00 p.m.
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What It Takes

As a journalist writing a story, you sometimes are forced into situations that are at best, getting information to be knowledgeable enough to write a good story, one that gets and holds the attention of the reader.

Four years ago, I had the pleasure of accepting a job with the Northern Sentry. I would be in marketing and sales for the Northern Sentry, along with writing stories for the weekly editions of the paper. Doesn't seem too hard, right? The job description in itself was something I could handle. Little did I know, however, that covering a base with two nuclear missions would be such a challenge. Minot Air Force Base is a community with many moving parts. On any day you could probably have your choice of 3-4 stories.

Driving by Minot Air Force Base you can take inventory of the many B-52's that are parked on, or near the runway. More exciting though, is a take-off or landing of a B-52. The roar of the engines as they power to the sky those magnificent planes. A B-52 landing is also one of those lifetime events as they touch down on the runway and deploy the chutes that help bring them to a stop.

The missile side of the mission at Minot Air Force Base is just as amazing. Missile control structures and silos dot the prairie landscape around Minot. There are maps that show the locations of these structures. Ranging in a "C-like" formation, they cover an area from that ranges from 75

miles north and west of Minot, to 75 miles south and east of Minot. There are three missile squadrons, each in charge of 50 missiles. That's a total of 150 missiles staged in an 8600 square mile area.

Again, driving one of the missile silos, you have no understanding of the amount of work and skills that it takes to keep these "guardians of peace" on alert and ready 24 hours a day, 365 days a year. With each squadron there are maintenance and security forces. Perhaps you have seen a convey moving a nuclear warhead. With helicopters overhead and security vehicles on the roads below, the warheads are moved in all kinds of weather conditions.

I am only touching on the very tip of what it takes to keep Minot Air Force Base, the home of two of the three nuclear legs of the United States Nuclear Triad. Specialized equipment is certainly a key to the successful implementation of the missions



UPSIDE DOWN UNDER
 MARVIN BAKER

Often times when I'm involved with my radio hobby of DXing, I'll run across a radio station I'd never heard of before. When that happens, I look up the distance between my location and the radio tower. In so doing, I've come to realize that we are closer to many places than we realize.

I'm of course, using my home location, which is in Carpio, a small town in Ward County northwest of Minot. So, if you live in Wahpeton and read this, obviously the respective distances will be far different. But take a look at some of these comparisons using Carpio as the starting point; midway between Minot and Kenmare on U.S. Highway 52.

The best example of this is in comparing Bismarck and Devils Lake with the Canadian communities of Estevan and Weyburn, Saskatchewan. We live 90 miles southeast of Estevan, and are closer than our capital city of Bismarck, which is 155 miles southeast.

Likewise with Weyburn, which is northwest of Estevan, between there and Regina. We are 125 miles from Weyburn and are 150 miles west of Devils Lake.

In turn, taking Regina into account and comparing it with Grand Forks, we are actually 20 miles closer to Regina than we are to Grand Forks. Regina, the Saskatchewan capital, is 217 miles

northwest, while Grand Forks is 237 miles nearly straight east.

If you use Kenmare as a reference point, Regina is 192 miles while Jamestown, a place we often visit for sporting events or to visit friends, is actually 222 miles.

We travel to Grand Forks much more often than we go to Regina. Whether it's medical, to see friends, or to attend a hockey game at UND, we'll go to Grand Forks 10 times for each time we go to Regina, even though Regina has first-class medical facilities, friends and top-notch hockey.

Two other communities we don't often think about in this part of the state are Brandon, Manitoba and Jamestown. It's 169 miles driving distance northeast to Brandon, while it is 196 miles to Jamestown. As the crow flies, Brandon is just 112 miles, putting us on the fringe of radio and TV reception from the western Manitoba community.

Another good example of this distance "trick" is that we are actually closer to Winnipeg than we are to Fargo. When you tell people this, most of them don't believe it. And it seems to be the same mindset as with Regina and Grand Forks. Winnipeg seems so far away, but it is actually one mile closer to us than Fargo is, at 293 miles vs. 294 miles.

However, if you use Minot as a reference point, just 26 miles from here, Fargo is 17 miles closer to Minot than it is to Winnipeg.

Several years ago, before I wrote my first book, I had to make a trip to Medicine Hat, Alberta to interview a nun who had details about the person I wrote about. I was surprised at how close it seemed. It's 483 miles from Carpio to Medicine Hat, with most of that trip on the Trans Canada Highway.

But that's actually 42 miles closer than it is to Minneapolis and, this seems really weird, but Rochester,

where Mayo Clinic is located, is actually the same distance from here - 525 miles, even though Rochester is 90 miles south of Minneapolis.

Yet another comparison is with Denver and Calgary. We live 666 miles southeast of Calgary but it is 758 miles southwest to Denver, making Calgary 92 miles closer to us.

There could be numerous other comparisons such as us living closer to Toronto than we do to Los Angeles, by nearly 200 miles. And so it goes.

From here, the border is 40 miles straight north, so it's no wonder all of these Canadian communities are closer.

But, no matter what your location is in North Dakota, check for yourself. You might be surprised at some of the distances to other communities on either side of the international boundary.

northern sentry

A VIEW FROM OUR SIDE
 ROD WILSON



of the 5th Bomb Wing and 91st Missile Wing, but as in any business, people are always more important than equipment. In my four years of reporting on Minot Air Force Base, I have met and talked to hundreds of young men and women who are the backbone of Minot Air Force Base. As civilians we should take the time to appreciate and thank them for what they do, every day. Every job is important, and we are the benefactors of these young men and women who have what it takes to keep America free.

BEST KEPT SECRETS

Tours of the Garrison Dam Fish Hatchery, located just below the Garrison Dam, near Riverdale. Tours can be scheduled in

advance by calling the office or emailing request. We give tours to groups nearly year-round and have worked with everyone from preschool classes to retirement homes. Typically tour groups are led into several of our buildings that are closed to the public. Sometimes kids get a chance to touch a fish or other critters that call the hatchery homes. Groups typically visit our aquarium before or after their hatchery tour. The tours are about an hour long and the admission is free.

TODAY'S CHUCKLE

Kids might do better keeping on the straight and narrow if they got directions from someone who had actually traveled that road.



The sun rises behind a B-52H Stratofortress at Minot Air Force Base. The B-52 can carry nuclear-capable or precision-guided conventional ordnance more than 8,000 miles without refueling.

U.S. AIR FORCE PHOTO | MINOT AFB PA

It's not as far as you might think...

northwest, while Grand Forks is 237 miles nearly straight east.

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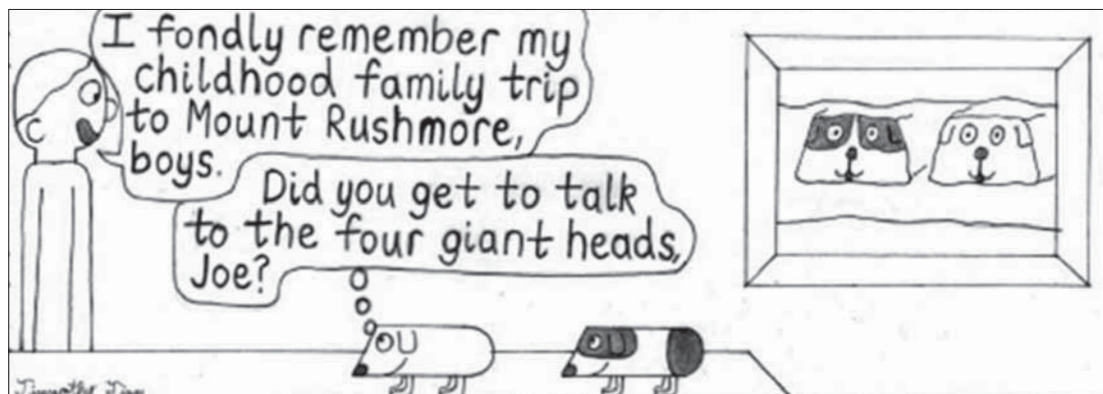
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TITUS & PHILEMON

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.

This May Be The Summer My Plants Survive



SHE'S NOT FROM AROUND HERE
AMY ALLENDER

up, my parents grew all the vegetables our family needed for the year. They still do this, and also grow the most beautiful annual containers and perennial beds you've ever seen. My sister has a knack for choosing perfectly suited landscaping plants.

Me? Every year I try really hard. I've tried pretty containers, window boxes, and hanging baskets. I've done veggies in giant pots on a deck and so called impossible-to-kill succulents in a windowsill. Each time the story is nearly the same. Things start off well, but by July things look pretty sad. Historically speaking, many of my attempted perennials have turned out to be only annual plantings.

Part of me firmly believes that I'm naturally ungifted. Another part of me believes my plant woes stem from chronically being "not from around here."

Trusty plants from my formative years in Indiana were no good in Florida. Tips for coaxing grass to grow in Oklahoma didn't translate to life in Louisiana. My first year in Minot gave me a rude awakening when I tried to put my plants out at the end of April and they all died of frostbite. Later I tried again, only to discover that the shrubs I'd chosen would likely not survive the depth at which the soil freezes.

They didn't.

I've finally hit some kind of stride, or at least formed some kind of gentleman's agreement with the plants in my yard. I promise not to put anything out before Mother's Day. The plants promise not to die until after the 4th of July. I promise to only expect the hostas and daylilies to return in the spring. The invasive weeds in my backyard flower beds promise to flower just enough to pass as "ground cover."

It's not great, but it's a start.

Then, last week I attended an event that completely blew me away. This was precisely what I'd been waiting for since moving to Hot Dish Land—and I didn't even know it. Now, I can't shut up about it.

My church hosted a DIY planter event with a horticulture and gardening representative from the NDSU Ward County Extension Office. Everyone brought their own pot, the church supplied potting soil and a variety of annuals. The program covered how to create an appealing container, and came complete with simple handouts listing NoDak-friendly plants for all types of landscaping and containers. Then at the end there was open Q&A time for us to ask all our most burning houseplant and gardening questions.

Why did my geranium stems



Moving from place to place means I have no idea what grows where, when to plant, or answers to why my landscaping always shrivels. Recently I got the answers I didn't even know I needed.

AMY ALLENDER PHOTO

turn red? Why are my houseplant's leaves turning brown at the tips? Should I be putting eggshells in the soil? How often should I be using plant food?

This may sound simple, but I just sat there with my jaw on the table. This was the exact information I have been craving in all of the places we've lived. In all the places I've lived and wanted to create a bit of curb appeal, this is what I needed.

I had no idea it existed until last week. And maybe you didn't either. Well, now we both do.

Here's my recommendation: If you need an easy event for a group

who isn't from around here, this is it. If you aren't from around here and want a few plants to help it feel more like "home," check out the resources at the NDSU Ward County Extension site.

Will my planter from the event survive the summer? I'd like to believe it will because I am more well informed. But only time will tell. You'll have to ask me in August.

For more stories about life in Hot Dish Land, and small ways to make a big difference in your mindset, join me on Facebook (@amyallenderblog) and Instagram (@amy_allender.)



SLICE OF LIFE
KIM FUNDINGSLAND

Minot Municipal Ballpark. In 1947 a roof was added over the grandstand. The facility took the name Corbett Field, named after the president of the Park Board, Victor Corbett.

Through the years the grand old ballpark has been a place where dreams came true for thousands of ballplayers. Kids who grew up watching games at Corbett Field idolized the players they hoped to emulate one day.

No one who ever stepped onto that field, bat over the shoulder and glove in hand, ever forgot the moment. It didn't matter if it was tryouts, practice, or game day. There was something unforgettable about being on the field where childhood heroes played, looking up into the stands, and feeling humble and honored.

As kids we rode bicycles to Corbett Field as members of the Knothole Gang to watch the minor league Mallards play. Large wooden bleachers were situated

along the first and third base lines. Pitchers warmed up in the bullpen just a few feet from fans pressing against chicken wire. Under the glow of light from the tall standards, it was a magical place to be whether a starstruck youngster or an older fan.

The list of professional ballplayers that played on that diamond is quite remarkable. One of my fondest childhood memories was ordering a hamburger in the grill beneath the grandstands. It was after a night game had ended and unusual that the grill was still open. I was the only person at the counter when a ballplayer walked from the clubhouse and sat down beside me. He was the reason the grill was still open.

I recognized him as Larry Stahl, an outfielder with the Mallards and a fan favorite. Stadium gossip that evening was that Stahl had gotten the call that he was headed to the major leagues. It was his last night in Minot. He went on to play

with the Kansas City Athletics, later the Oakland A's, then the New York Mets and expansion San Diego Padres.

In 1972 Stahl made major league history. He was called upon to pinch-hit in the 9th inning after hurler Milt Pappas retired the first 26 batters. Stahl was the last hope to break up the perfect game. He did too, with a walk. It marks the only time in major league history that a pitcher lost a perfect game by walking the 27th batter. No doubt Stahl sharpened his hitting eye while digging into the batter's box at Corbett Field.

A lot has changed, of course, over the years at Corbett Field. The sweet grass has been replaced by turf, the fence has been moved in, and better lighting installed. There are comfortable folding seats where fans used to sit on concrete, sometimes using cushions to soften the experience. The old scoreboard has been upgraded too.

Sunflower seeds, at one time a

mandatory snack for baseball fans, are no longer sold or allowed at the ballpark. Too messy to clean up. No arguing that.

While high school, college, and American Legion games are played at Corbett there's excitement about a new collegiate Northwoods League team, the Hot Tots, who are set to begin their inaugural season in Minot's cathedral of baseball.



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The Annual Memorial Day “Murph” Workout

ERIN BEENE, NORTHERN SENTRY

On this Memorial Day, carrying on an honoring tradition spanning more than a decade, people all over the world have participated in specific “hero workout of the day,” or WOD, to honor those who gave the ultimate sacrifice. A renowned hero WOD is named “The Murph” after LT Michael P. Murphy, US Navy, who died in 2005 in Afghanistan. The workout—consisting of: 1 mile run, 100 pull ups, 200 push-ups, 300 squats, 1 mile run all while wearing a weighted vest—was one of LT Murphy’s favorite workouts for his Navy SEAL teammates.

More information can be found about LT Murphy and his sacrifice at menshealth.com/fitness/a36163839/murph-workout-crossfit-challenge/.

Several Airmen at Minot AFB took this challenge to commemorate LT Murphy by participating in group or individual “Murph” workouts. The 91 SFG held their workout on Memorial Day morning, Monday May 29, at 8 am while many people were enjoying the day off to sleep in.

While it was the 91 MSOS Tactical Response Force (TRF) Defenders that organized the event, all SF units in both wings were invited to participate.

Master Sergeant Meldion Shehy, 91 MSOS, and Senior Airmen Heath Clement, 91 MSOS, were among the group who organized the event. Clement said that he has done this workout every year for at least 6-7 years and as far as he knows, the TRF unit has held one for themselves every year, but this year they decided to open it up to all Defenders on the base. Airman First Class Parker Lund, 91 MSOS, said that the yearly “Murph” workout was “a good way to work out and also pay respects.” Captain Kij Bennett, 891 MSFS, attended the workout with his two young sons, who he encouraged to complete the workout to the best of their ability.

The “Murph” is one of many ways that Airmen and their families took time out of their day on this Memorial Day to remember those who gave their lives for this country.



Group of mostly Security Forces members gathered on Memorial Day to complete the “Murph” workout.

NORTHERN SENTRY PHOTO | ERIN BEENE



SrA Heath Clement 91 MSOS helped organize the event.

U.S. AIR FORCE PHOTOS | SRA TAYLOR HENDRICKSON, 91 MSFS



Capt Kij Bennett, 891 MSFS completed the “Murph” with his two sons at his side.

U.S. AIR FORCE PHOTO | SRA TAYLOR HENDRICKSON, 91 MSFS

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MINOT AIR FORCE BASE, NORTH DAKOTA --

An Airman wakes up with excruciating pain in a tooth. They attempt to work through it, but it cripples their ability to perform, which has impeded their effectiveness and the shop they work for. Thankfully the group of highly trained dental professionals at Minot Air Force Base's 5th Medical Group see the Airman as soon as possible, and are able to get them back into the fight right away.

With approximately 188,800 teeth to watch over on Minot AFB, it can be a daunting job to ensure every Airman's health is overseen. One oral problem can lead to a wide array of other issues all over the body to include diabetes, heart problems and osteoporosis. It is for this reason dental professionals play a major role in the upkeep

of a well deployable strong force.

Senior Airman Thalia Morales-Diaz, a 5th Medical Group dental technician, assists the dentist in the delivery of dental care, receives patients, examines dental health records and prepares patients for treatment. This allows for a seamless dental visit that gets the patient back to work as quickly as possible, while also making sure that not a moment is wasted in the dental clinic.

"We make sure the doctor is okay and well set up, whether that is x-rays, cleanings or scheduling," said Morales-Diaz. "That way we have done everything we can do to ensure that they can do their job."

From x-rays to cleaning teeth, Morales-Diaz works in every part of the dental practice. She ensures that every patient receives top notch care so they leave the

clinic with the healthiest smile possible. Morales-Diaz has made it her goal to make sure patients are comfortable and happy from start to finish.

"I enjoy educating patients about their oral health and how to take care of their teeth," said Morales-Diaz. "Then giving them a clean, healthy smile. After the appointment seeing them smile is reassurance of a job well done."

After her shift at the medical clinic, Morales-Diaz goes back home to her two German Shepherd dogs and enjoys practicing Zumba. She not only practices Zumba but has recently achieved a certification that allows her to train others in her passion.

Most people dread the dentist, entering with a frown on their face. By the end of their visit, Morales-Diaz ensures they leave with a smile.



U.S. Air Force Senior Airman Thalia Morales-Diaz, 5th Medical Group dental technician, checks the gum health of a patient's mouth during a routine dental check-up at Minot Air Force Base, North Dakota, April 27, 2023. Dental technicians are responsible for aiding in every part of the practice from simple exams and taking x-rays to assisting in oral surgery.



U.S. Air Force Lt. Col. Jared Mason, 5th Medical Group dentist, examines a patient's mouth during a routine dental check-up at Minot Air Force Base, North Dakota, April 27, 2023. The Air Force Dental Service's mission is to provide innovative, expeditionary Airmen and Guardians to support global operations and ensure a dentally fit force through trusted care.



A patient's X-ray is displayed on a monitor in the 5th Medical Group building at Minot Air Force Base, North Dakota, April 27, 2023. Air Force Dental technicians help provide patient care in every procedure.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS NOTTINGHAM

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 MINOT AIR FORCE BASE NEWSPAPER
WWW.NORTHERNSENTRY.COM

Air Force's Enlisted Swap Assignment Program starts June 1

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) -- Announced at the September 2022 Air and Space Forces Association's Air, Space and Cyber Conference, the Air Force Enlisted Swap Assignment Program goes live June 1 for senior master sergeants and below with a current assignment. This new policy provides Airmen with more control and new flexibilities in their assignment process.

The Air Force Enlisted Assignment Working Group, which was charged with holistically reviewing the enlisted assignment program, recommended the program. This program applies only to Airmen, as the Space Force continues to explore flexible and tailored assignment options for Guardians.

Through the MyVector discussion forum, Airmen will be able to post their assignments and leverage discussions to determine interest in swapping assignments. Currently, Airmen will be able to apply through the My Application link on MyVector.

"The program application on MyVector isn't perfect, but it will evolve throughout the year," said Alex Wagner, assistant secretary of the Air Force for Manpower and Reserve Affairs. "We understand the frustrations with our IT infrastructure, which is why it's important for you to provide feedback to the team to make them better."

Airmen must initiate assignment swaps within 90 days from their assignment selection date. Additionally, both Airmen cannot have any adverse quality force indicators and must possess the same permanent change of station eligibility, such as time on station,

tour length and retainability.

Airmen must also be in the same career field with the same:

- Control Air Force Specialty Code
- Skill level
- Grade or projected grade
- Special Experience Identifier (as required)

- Vector (as required)
- Security Clearance (as required)

Once the application is submitted, it will flow to the Air Force Personnel Center for eligibility checks, consideration and processing. Applicants will be notified of approval/disapproval through MyVector.

"We aren't waiting for the perfect system to be built and I'm glad to see this program come to fruition," said Chief Master Sgt. of the Air Force JoAnne S. Bass. "Just like our recent policy change authorizing retraining, this is one of the many initiatives we are rolling out to ensure we are able to retrain the talent we need on the bench," Bass said. "Building the force of the future requires us to look at our personnel policies and balance them with an integrated approach to ensure we maintain the highest standards of readiness."

Airmen are advised to only use the MyVector discussion forum to arrange assignment swaps and are reminded not to use open online spaces to post assignment information, personal contact and other sensitive confidential information to maintain operational security.

AFPC will provide an updated Personnel Services Delivery Guide identifying program procedures, which will be available in myFSS.



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by Patricia Stockdill

Fishing:

Lake Sakakawea elevation, May 29: 1,832.08 feet above mean sea level (MSL); 21,600 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,450.69 feet above mean sea level (MSL).
Stump Lake elevation: 1,450.47 MSL.

- N.D. Game & Fish Dept. game wardens: Better walleye activity on Lake Sakakawea remains in the midsection from Pouch Point to the west. Fair to good walleye activity throughout Devils Lake, wind permitting. Some white bass activity working wind-blown shorelines. No reports from north-central area lakes or the Missouri River.
- Devils Lake, Ed's Bait Shop, Devils Lake: Continued good walleye activity throughout much of Devils Lake, including Howard's Bay on the main lake. Also try Golden Pond.

- Lake Sakakawea, Woodland Resort, Devils Lake: Nice walleye bite with fish still in their spring pattern of slip bobbers and vertical jigging. Work bridges and windy shorelines solid. Good white bass success from both boat and shore.

- Lake Darling, Karma C-Store, Ruthville: Improving walleye activity around Grano. Also try Lake Darling itself.

- Lake Metigoshe, Four Seasons, Bottineau: Look for a good evening walleye bite with continued pike activity. Scattered bluegill success along the weed beds but docks remain slow.

- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Some walleye activity along defrobriand and Douglas bays on the east end of Lake Sakakawea. Try live bait presentations in shallow water. Lake Audubon remains fair to good for walleye using nightcrawlers along with some smallmouth bass success.

- Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: East end of Lake Sakakawea producing good walleye activity pitching jigs with minnows or plastics. Lake Audubon hit-and-miss for walleye but fair smallmouth bass success.
- Lake Sakakawea, Indian Hills Resort,

Thanks to Woodland Resort, our Outdoors Report sponsor, for helping keep readers up-to-date on happenings throughout the region. For complete details about fishing Devils Lake and its array of recreational opportunities visit their website, (www.woodlandresort.com), Facebook at ([facebook.com/woodlandresortDL](https://www.facebook.com/woodlandresortDL)), telephone (701) 662-5996, extension 1, or email (woodlandresort@gondtc.com). They're located at 1012 Woodland Drive, Devils Lake, N.D. 58301

- Garrison Dam Nat'l. Fish Hatchery downstream of Garrison Dam open for free guided hatchery tours Memorial Day through Labor Day, Monday through Friday 9 a.m. to 3:30 p.m., weekends 10 a.m. to 3 p.m. and holidays.
- Garrison Dam Nat'l. Fish Hatchery downstream of Garrison Dam open for free guided hatchery tours Memorial Day through Labor Day, Monday through Friday 9 a.m. to 3:30 p.m., weekends 10 a.m. to 3 p.m. and holidays.
- Registration now open for Bike the Border Bicycle Tour June 16 - June 18. Register online, (www.bikereg.com/59393).
- June 3: Safe Day, Safe Play, Lewis & Clark State Park east of Williston, 7 p.m.
- June 3: Nat'l. Trails Day Hike, Fort Stevenson State Park, 2 p.m.
- June 3: Nat'l. Trails Day, Lake Metigoshe State Park.
- June 3 & 4: Free Fishing Weekend when N.D. residents can fish for free.
- June 4: 69th Annual Birdwalk, Theodore Roosevelt Nat'l. Park, Medora. Meet at South Unit headquarters, 7:30 a.m.

TOURNAMENTS:

- June 2 & 3: Missouri River tailrace.
- June 3: Lake Sakakawea, Sportsmen's Centennial; Devils Lake, East Bay.
- June 9 & 10: Lake Sakakawea, Van Hook Arm.
- June 10: Hiddenwood Lake, Lake Audubon; cabin sites, Devils Lake, Spirit Lake Casino.
- June 11: Devils Lake, Grahams Island State Park.

Garrison: Try the mouth of McKenzie Bay for walleye with fish trending towards moving east. Pitch jigs or Lindy rigs with minnows in 4 to 8 feet.

- Lake Sakakawea, New Town: No new reports.

- Lake Sakakawea, Van Hook Bait & Tackle, New Town: Van Hook Arm improving for walleye but still inconsistent with best success still in the main river channel. Try 14 to 18 with minnows. Pike success continues from shore using smelt with slip sinkers.

- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace remains slow for walleye with better success at night. A few catfish and smattering of trout and salmon showing up from boat and shore but overall the tailrace is still slow. East of Lake Sakakawea remains spotty with limited walleye numbers. Those taken are nice-sized, though. Better success is west from Beaver Bay to the west working windy shorelines. Good bass numbers on the east end with a smattering of pike.

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Continued good walleye activity from south of 4 Bears Casino by New Town to west to White Earthy Bay. Try nightcrawlers or crankbaits. Look for some lingering pike activity in the back bays from boats using larger spinners

or smelt from shore. Crappie starting to move into shallower water with the start of the spawn. Little Muddy or any areas with shallow water and vegetation experiencing increasing carp numbers for bow-fishing opportunities. Look for a little mix of panfish and walleye from Blacktail Dam.

N.D. river data:

- Des Lacs River, Foxholm: River stage, 7.46 feet.

- Little Missouri River, Long X Bridge: River stage, 9.05 feet; streamflow, 594 CFS.

- Missouri River, Williston: River stage, 21.59 feet.

- Missouri River, Washburn: River stage, 9.57 feet.

- Pembina River, Walhalla: River stage, 4.71 feet; streamflow, 1,100 CFS.

- Souris River, Foxholm: River stage, 8.53 feet; streamflow, 547 CFS.

- Souris River, Minot Broadway Bridge: River stage, 42.84 feet.

- Yellowstone River, Sidney, Mont.: River stage, 12.12 feet; streamflow, 44,300 CFS.

Numbers to know:

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

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101 Critical Days of Summer defending the human weapon system

LISA GONZALES, AIR FORCE SAFETY CENTER

KIRTLAND AIR FORCE BASE, N.M. (AFNS) --

The 101 Critical Days of Summer begins Memorial Day weekend and continues through Labor Day weekend. During this timeframe, Airmen and Guardians tend to participate in more outdoor activities, travel, barbeque, and explore new things over a season that has historically come with a higher risk of danger.

This year, the Air Force Safety Center is reinvigorating the 101 Critical Days of Summer with off-duty risk management materials created to educate Airmen and Guardians on the risks associated with summer activities. This year's theme will be "See Something, Do Something ... Live to be Lethal".

Risk management isn't only for on-duty but belongs in people's daily lives to defend the Human Weapon System, the Airmen, from unnecessary threats that could result in injury or even death.

Reaching the goal of zero mishaps and fatalities begins with every Airman and Guardian. Over the past ten summers, 2013-2022, beginning the Friday before Memorial Day through Labor Day, there have been 134 unnecessary fatalities off duty. The top three riskiest activities were four-wheeled motor vehicles (47), followed by motorcycles (41), and water-related activities & sports (19). One Airman or Guardian lost to a preventable mishap is one too many.

Additionally, a new trend shows a growing number of e-bike and e-scooter mishaps. E-scooters and e-bikes provide a convenient and easy way of getting around in a crowded city, they are compact, lightweight, and environmentally friendly, but they can also be dangerous if not used with the proper training and the right personal protective equipment. Just like any motorized vehicle, you should always follow the manufacturer's safety guidelines when it comes to use and PPE.

Summer is a time to enjoy the warm summer days with family and friends, not spend time in the emergency room or, worse, mourning the loss of a loved one, friend, or co-worker. It is a time to be committed to reducing the chance of disaster simply by speaking up before it happens.

According to the National Safety

Council, an average of 17,503 people died every summer between 2016 and 2020 on roadways across the U.S. Don't be one of those statistics; prepare for your trip by getting your vehicle checked out, plan ahead to combat inclement weather and fatigue, and ensure that an emergency kit is included with your bags stocked with vehicle supplies, extra water, food, batteries, and a phone charger.

Motorcycle riders should be 100% trained, prepared, and



equipped with the required skills and proactive mindset to ride safely. Unfortunately, in the first four months of FY23 alone, the Department of the Air Force experienced seven motorcycle fatalities. The leading cause of those fatalities pointed to the lack of risk management, speeding and alcohol.

"Enjoy your summer, but do it responsibly," said William Walkowiak, chief of Occupational Safety for the DAF. "I challenge each of you to make a risk assessment before participating in summer activities to prevent or mitigate injuries or deaths."

The World Health Organizations states that drowning is the third leading cause of unintentional injury-related death worldwide.

Water activities like boating, fishing, and swimming can cool a person off, but one wrong decision could mean injury or death. So remember to use a life jacket around the water, don't drink and boat or swim, always keep an eye on small children, and make sure they have life jackets on.

The summer days can become extremely hot, and heat cramps, stroke, or exhaustion can happen quickly. Be prepared to help someone in trouble. Get them out of the sun and cool them down by applying water, cool air, wet sheets, or ice on the neck, groin, or armpits. Seek medical attention immediately.

Stay hydrated this summer; the Centers for Disease Control and Prevention states that an average adult loses about two and a half quarts of water daily. Water helps your body lubricate and cushion joints, protects your spinal cord and other sensitive tissues, and gets rid of wastes through urination, perspiration, and bowel movements. Drinking approximately eight to twelve glasses of water throughout the day will help the body stay hydrated. If you plan to be outside in the sun, consider drinking more. Dehydration can happen before you know it; if out in the sun, know the signs, headaches, nausea, dry skin, and muscle or joint soreness are just a few.

It is imperative that Airmen and Guardians implement proper off-duty risk management in every activity they engage in during the 101 Critical Days of Summer and beyond.

Go to the Air Force Safety Center's summer webpage for more tips at <https://www.safety.af.mil/Divisions/Occupational-Safety-Division/Summer-Safety/>.

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Farmers market and growers elect new president

THE NORTH DAKOTA FARMERS MARKET AND GROWERS ASSOCIATION

The North Dakota Farmers Market and Growers Association has elected Marvin Baker of Carpio as their next president. Baker was elected to the board of directors a month ago during the annual meeting in Bottineau and was elevated to president during the association's most recent meeting which was held Tuesday night.

He replaces Mary Podoll of Bismarck who has held the spot for the past year.

Danielle Mickelson of Rolla was re-elected as vice president and will serve a one-year term as will the new president. Mike Pretzer of Taylor is the treasurer of the organization.

This is actually Baker's fifth term as president of the North Dakota Farmers' Market and Growers Association. He held the position four consecutive years from 2013 to 2016 and had been on the board of directors since 2005.

Following a kidney cancer diagnosis in 2018, Baker relinquished his director position until earlier this month when he was put back on the board of directors.

Because of personnel changes at Dakota College in Bottineau, which the association is closely affiliated, and the North Dakota Department of Agriculture, the association is also looking for an executive director to replace the late Holly Mawby, who was also director of the Entrepreneurial Center for Horticulture at Dakota College.

Those who may have questions or concerns about the North Dakota Farmers' Market and Growers Association may contact Baker at (mbaker@northstarorganic.com).



Marvin Baker, Carpio, digs Dakota Bliss beets for farmers' market in October 2022. On May 23, Baker was elected president of the North Dakota Farmers' Market and Growers Association.

welcome baby

BABY GIRL BORN ON WEDNESDAY, MAY 10, 2023 TO:
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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.

FREE Hot Tot's VIP Suite Seats for FOUR!

The Summer is here and that means baseball is here too! The Northern Sentry is making sure you make the most of the warm months by giving away (4) VIP Suite Seats for a Hot Tot's baseball game this season!

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 - *4 Reserved VIP Suite Seats
 - * VIP parking
 - * 5 innings of All You Can Eat Food
 - * 3 Adult beverages coupons per seat (Under 21 are welcome and will receive an alternative)
 - * A visit from the Hot Tot's mascot and a picture

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

Good Luck and we'll see you on the field!

*Giveaway will open on Friday, May 26, 2023, and close on Saturday, June 3, 9pm.

**Winners will be notified via email on Sunday, June 4 and will have 24 hours to respond to the email or another winner will be chosen.

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

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

*****Winner may use tickets for any (1) game in the Hot Tots schedule, subject to game availability.

Local Cravings Restaurant Guide

<p>Applebee's Grill & Bar</p> <p>2302 15th St SW, Minot Phone: 701.839.2130 www.applebees.com</p>	<p>Badlands Restaurant & Bar</p> <p>1400 31st Ave SW, Minot Phone: 701.852.7335 www.blgrill.com</p>
<p>Bone's BBQ Smokehouse & Grill</p> <p>1412 2nd Ave SW, Minot Phone: 701.838.9140 www.bonesbbqminot.com</p>	<p>28 Tastes & Taps</p> <p>1603 35th Ave SW Minot Phone: 701.838.2828 FB: 28 Tastes & Taps</p>
<p>Culver's Restaurant</p> <p>3000 S Broadway, Minot Phone: 701.852.4800 www.culvers.com</p>	<p>Ironhorse Kitchen + Bar</p> <p>21 E Central Avenue, Minot Phone: 701.852.8183 FB: Ironhorse Kitchen + Bar Minot</p>
<p>Jamaican Vybz Kitchen</p> <p>Suite 200 315 Main Street S Minot Phone: 701-441-9309 FB: Jamaican Vybz Kitchen</p>	<p>Pink's Bar & Grill</p> <p>102 128th Ave NW Minot Phone: 701.852-2385 FB: PinksBarGrill</p>
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Persistence Pays Off

MHA Interpretive Center Tells the Stories

ROD WILSON, NORTHERN SENTRY

As you cross the 4 Bears bridge west of New Town, you glance down at beautiful Lake Sakakawea, today active with countless fishing boats headed for favorite fishing spots, most looking to catch walleye or other sport fish. Ahead you can see the Island Girl, a large yacht that has been used for tours, still sitting on a trailer. To the north is the new River Willow Gaming boat owned by 4 Bears Casino. The nearly 80 foot boat will be a floating casino with 3 decks of fun.

The 4 Bears Casino is a prominent feature on the west bank. The casino is under major renovation as a smaller hotel building was destroyed making room for a new hotel tower. A water park was opened last summer to complete the family vacation experience.

Farther to the west you catch a glimpse of the beautiful building that houses the MHA Interpretive Center. Center director Delphine Baker. "My initial position started out to get this project going" according to Baker. The project originally had been thought about in 2005 "but that just died" says Baker. It would surface again in 2012. The original construction at the site was an earth lodge village, with the thoughts of building a cultural center, "but they never did get that far" says Baker.

When Baker began her journey of planning the cultural center, she did a lot of studying. She had no pre-conceived notion of what the building should look like. There

were drawing and old concepts or ideas, but that was all that Baker had to go on.

Before any construction could begin, or in that case before the approval of the MHA Nation Business Council, Delphine had to write a business plan. In that business plan would be the research that Baker did. What did the community need? What was out there to fill this new cultural center/museum? Where the center be built. The MHA Interpretive Center is on US Corps of Engineering land.

"So, there was just a lot of red tape just to get the project off the ground."

After an architectural firm had been chosen, and the concept had been decided on, there was the awarding of bids for the construction. "All of the construction on the structure was done by native contractors" according to Baker.

There was a steering committee that had the job of designing the museum portion of the MHA Interpretive Center. "The museum was designed four years prior to the construction. We met diligently and asked ourselves, how are we going to get this going? How are we going to tell our story, because this is us (The MHA Nation) telling our story not somebody coming in who studied us.

Baker continued that the one of the challenges was to let people know where their land was (before



the formation of Lake Sakakawea) and "how we are today." The final cost of construction and fitting of the center was \$34 Million dollars, paid for by the MHA Nation.

What do we want the final impression to be for people not familiar with the MHA Nation and the three tribes that are represented in the interpretive center?

"I want them to know who we are as people, that we've always been here since the beginning of time, and I want them to know that everything they learn here is backed by research, it's not just

some story" says Baker. "We have been here, well, since the ice ages. This is our original land. I want people to know we have a structure as a tribal community even before Columbus supposedly discovered America. Like city councils, we have society and clans, and even the Constitution of the United States is based off of the clanships and how they operated.

The MHA Interpretive center is very child friendly "because I wanted our children to be able to come in here and learn about their culture."

The center has exhibits and is designed for large-scale conferences, meetings, educational sessions, corporate events, weddings and private gatherings. The center features a museum, 500-seat amphitheater, catering services and special events.

The center is open Monday through Friday from 9 AM to 5 PM, Saturday from 10 AM to 4 PM and is closed on Sunday. For more information and photos of the center to their website at <https://www.mhainterpretivecenter.net>.



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VACATION READY CAR CARE

Car care checklist for summer road trips • Part 2

It's time for a drive vacation. You mapped a route, booked hotels, and made a checklist of things to do before you go. AAA reminds you to also make car maintenance part of your summer road trip preparation. Use this car care checklist to ensure your vehicle is ready for summer travel.

Check belts and hoses

Reinforced rubber drive belts power the engine water pump and accessories such as the alternator and air conditioning compressor so you should inspect and replace any that are cracked, glazed or frayed. Note that modern multi-rib or drive belt materials do not show easily visible signs of wear. As a general rule, replace drive belts every 60,000 miles. Inspect and replace worn, brittle, bulging or excessively soft radiator hoses. Check for leaks around hose clamps and at the radiator and water pump.

Keep the AC running cool

Take a test drive with the air conditioner running. If you notice a decrease in cooling capacity, take the car to an auto repair shop for diagnosis. Also have the cabin filter inspected and replaced as needed.



Replenish emergency kit supplies

AAA recommends keeping a well-stocked emergency kit in your vehicle. Include a flashlight and extra fresh batteries, first-aid supplies, drinking water, non-perishable snacks for people and pets, car battery booster cables, emergency flares or reflectors, a rain poncho, a basic tool kit, duct tape, gloves and shop rags or paper towels.

Plan ahead for vehicle service

In the event you should need vehicle maintenance, know ahead of time where to find an auto repair shop and technician you can trust. Use AAA.com/Repair to access AAA's network of nearly 7,000 Approved Auto Repair facilities. Each shop meets AAA's service and customer satisfaction standards. AAA members receive auto repair discounts, an extended 24-month/24,000-mile parts and labor warranty, and assistance in resolving repair-related issues.



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AMERICAN BISON



Fact File	
Life Span	18 - 22 years
Weight	1,000 - 2,000 pounds
Height to Shoulder	5 - 6 feet
Body Length	9 - 12 feet
Top Speed	35 mph
Wild Diet	Ondrogra Candora (Herbivore) Grasses, Sedges, Shrubs


CREATURE FEATURES


- Bison are the largest land animals in North America.
- They have adapted to extreme weather conditions. Bison use their heads and hooves to dig through deep snow to reach vegetation.
- Bison are good swimmers and can cross rivers over half a mile wide.
- They have poor eyesight but acute hearing and an excellent sense of smell.
- Both male and female bison have short black horns.
- Bison are among the most dangerous animals encountered by visitors in the U.S. and Canadian National Parks.


PUZZLE TIME


SUMMER

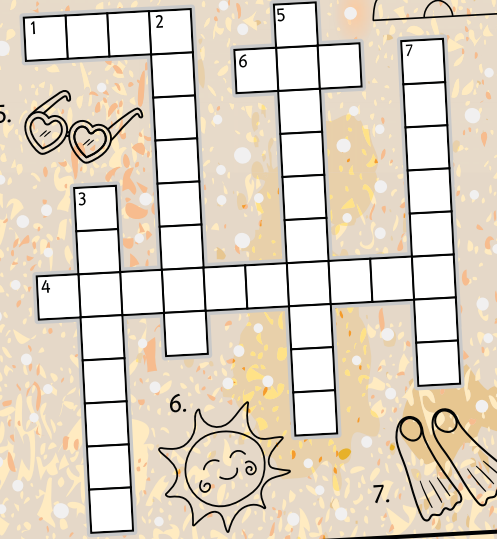
— crossword puzzle —

1. 

2. 

3. 

4. 



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 5. Sunglasses 6. Sun 7. Flippers

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Minot AFB Represents at Fargo Marathon

ERIN BEENE, NORTHERN SENTRY

They have done it! 26.2 miles is now checked off and completed by a group of hardcore Airmen athletes. The Minot AFB Running Group, primarily led by Chaplain Mark Bradshaw, 5th Bomb Wing, completed their goals of finishing the Fargo Marathon. While this race was not the first at this distance for several runners, it was the first for several and it will remain a successful memory for years to come. On Saturday, May 20th, 21 individuals from MAFB showed how a determined attitude and hard work can make any goal attainable.

The Running Group was created by Ch Bradshaw in spring of 2022. As an avid runner himself, he saw an opportunity to create a support system for fellow Airmen that would help build the four pillars of fitness (physical, mental, spiritual, emotional) for the AF and keep people committed and engaged during the long winter months. Their dedication and training has been documented in previous stages including last summer when training was kicking off, northern-sentry.com/2022/07/22/fitness-feature-marathon-training/, and after the completion of the Bismarck Marathon, northern-sentry.com/2022/11/23/airmen-compete-in-bismarck-marathon/.

This Fargo Marathon is an important milestone as it will be Ch Bradshaw's last with the group, as he departs on a short-tour assignment to Korea next month. Although he is sad to leave this

amazing community he helped build, Bradshaw knows they will continue to thrive and work hard. While firm plans are not yet set on who will take the reins for the group, he is confident the running and growing will continue even in his absence. He mentioned that his proudest part of the group is that he got to "see people from two wings and 15 different squadrons become friends and see the impact on personal growth. They had been introduced to a lifelong practice of healthy community." Ch Bradshaw plans to continue to communicate with the group with encouraging emails and also hopes to start a similar group at every base he lands in the future.

Every Airman who participated in this race had a different athletic journey and story. A few were Tech Sergeant Ming Ni 5 FSS & Airman First Class Jerred Kaufman 5 CES. Ni said that he has been running for about a decade and he loves to recruit other people to the group. He said that the first time someone decides to come to one running group, that is the most important and so he works hard to be encouraging and show people they can do it. He has competed in 21 marathons total now and has no plans to stop running. He self-admitted he can be very convincing to people, having eventually recruited Kaufman to join a few months ago. When Kaufman arrived at Minot AFB this past December, he was bored and cold so he spent a lot of time at the gym, where he saw Ni pretty



The Minot AFB Running Group on Wednesday, May 24 after their weekly training for the next race in September.

frequently. They got to chatting and then Kaufman ultimately joined the running group as well. Kaufman has been an athlete all his life and previously competed in three ultra marathons and two marathons, but is enjoying his time in the Minot AFB Running group because of the community of people. He said, "Chaplain Bradshaw is a really good motivator and is so inspirational and helpful. He's a great coach."

The Fargo Marathon also saw some personal goals come to fruition with Staff Sergeant Shamar Young 5 HCOS who beat the coveted four hour mark with a completed time of 3 hours and 50 minutes at Fargo. This is his second time running at this distance and said there was a woman at the Fargo marathon who was an amazing encourager. According to Young, the woman just kept appearing all over the race course and was super motivational to him. He said he will always remember that.

The Minot AFB Running Group has no plans to stop and will continue training. They meet every Wednesday evening at 5:30 pm at Bud Ebert Park. They are now currently training for the Bismarck Marathon in September and new runners are encouraged to join at any time!



A team of dedicated Airmen from Minot AFB completed the Fargo Marathon on May 20, 2023.



First time marathoners: Airman First Class Wyatt VanBuren 5 SFS, Airman First Class Chelsie Freeland 5 SFS, Airman First Class Brandon Carpenter 5 OSS, Senior Airman Miya Alger 5 OMRS & Staff Sergeant Geoffrey Manangan 5 OSS.

MINOT AFB RUNNING GROUP MEMBERS WHO COMPETED IN THE FARGO MARATHON:

Airman First Class	Bence, Sarah	5 CES	First Half
Senior Airman	Bui, Tai	5 OMRS	Half
Senior Airman	Burton, Ashton	791 MSFS	Full
Airman First Class	Carpenter, Brandon	5 OSS	First Full
Airman	Anciso, Forrest	91 MMXS	First Half
Airman First Class	Buexjuahi-Silis, Alexander	5 MUNS	Full
Airman First Class	Lund, Parker	91 MSOS	Full
Senior Airman	Alger, Miya	5 OMRS	First Full
Senior Airman	Royce, Brandon	5 CES	Full
Staff Sergeant	Manangan, Geoffrey	5 OSS	First Full
Airman First Class	Lalawi, Samuel	5 OMRS	Full
Airman First Class	Freeland, Chelsie	5 SFS	First Full
Staff Sergeant	Young, Shamar	5 HCOS	Full
Senior Airman	Barrera, Melisa	5 CES	First Half
Technical Sergeant	Ni Ming	5 FSS	Full
Mister	Wu, Bian	5 FSS	First Half
Airman First Class	Kaufman, Jerred	5 CES	First Full
Chaplain (Captain)	Bradshaw, Mark	5 BW/HC	Full
Airman First Class	Vanburen, Wyatt	5 SFS	First Full
Senior Airman	Benjamin Smith	5 MDG	10k
Chief Master Sergeant	Crider, Ernest	91 MW	Half



Staff Sargeant Shamar Young completed the marathon run in under 4 hours.



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Provider of the Month Feature

JUNE 2023



ABIGAIL DORYLAND

What do you enjoy most about being an FCC Provider?

I love that I'm able to plan a topic-based curriculum and explore some of my own interests with the children in my care. It's also great to be paid to watch my own 2 toddlers and give them freedom to play with!

What are your interests/hobbies?

My oldest passion is reading! Nowadays I love all things sci-fi and dinosaur related. Within the last year I have taken up cross-stitching, which I'm really enjoying as it forces me to

'unplug' as my brain can't do anything except count stitches when I'm sewing!!

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

This job definitely requires a lot of determination and patience; particularly as you're getting started; but it does get easier and more rewarding each day! Ask lots of questions and chat to other providers as they are really supportive of each other and a fount of knowledge!

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

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1/2 CUP BUTTER
1 PINCH SALT
2 TEASPOON VANILLA EXTRACT
2 TEASPOON GROUND CINNAMON
1/2 TEASPOON ALMOND EXTRACT
5 CUP OATS, STEEL-CUT
1 CUP SUNFLOWER SEEDS
1/2 CUP WHEAT GERM
1 CUP MIXED NUTS, TOASTED
2 CUP FRUIT, DRIED

Combine the honey, brown sugar, butter, and salt in a small saucepan. Bring mixture to a simmer over medium-low heat. Cook for 5 to 8 minutes, stirring occasionally.

Remove from the heat and stir in the vanilla, cinnamon, and almond extract. Let cool slightly.

Lightly butter the bottom and sides of a rimmed baking sheet.

Combine the oats, sunflower seeds, wheat germ and nuts (coarsely chopped) in a large mixing bowl.

Pour the warm syrup over the oat mixture. Butter your hands and mix well. Press the mixture into the prepared baking sheet.

When ready to cook, set the grill temperature to 300° and preheat, lid closed for 15 minutes.

Bake the granola until lightly browned, about 1 hour. Let cool, then break into chunks in a large mixing bowl.

Stir in the coconut and dried fruit. Store in an airtight container. Enjoy!

Ryan Davy - GM
Minot www.HofE.com/BBQHQ

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Upcoming Events

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<https://minotparks.com/events/movies-in-the-park/>



For more information:
Facebook/ Minot Parks / Events

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The Friends of the Minot Public Library are opening the "Hidden Treasures" Book Sale Room on Wednesday, June 7 for Friends of the Library members ONLY. Friends members can stop in for a preview of the sale between 5:00 pm and 8:30 pm. Not a member? That's ok - you can join AT the pre-sale for as little as \$10 per year or \$100 for a lifetime membership.



The Friends of the Library Book Sales are always a good time to stock up on your next reads. This is a free-will offering sale. Take what you want, give what you can. All proceeds will go to the Friends of the Library, whose aim it is to help the Minot Public Library. Open to the Public June 8 & 9.

For more information:
Facebook/ Minot Public Library / Events

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8TH AIR FORCE LEADERSHIP VISITS MINOT AFB



U.S. Air Force Maj. Gen. Andrew Gebara, Eighth Air Force and Joint-Global Strike Operations Center commander, and Chief Master Sgt. Ronnie Woods, Eighth Air Force command chief and Joint-Global Strike Operations Center senior enlisted leader, pose for a photo with 5th Security Forces Squadron (SFS) defenders during a visit to Minot Air Force Base, North Dakota, May 22, 2023. During the visit, 5th SFS defenders demonstrated the recapture and recovery of a weapons storage area facility.

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



U.S. Air Force Maj. Gen. Andrew Gebara, Eighth Air Force and Joint-Global Strike Operations Center commander, coins Staff Sgt. Nicholas Hartnett, 5th Aircraft Maintenance Squadron crew chief, and Senior Airman Travis Lancaster, 5th Aircraft Maintenance Squadron crew chief apprentice, during a visit to Minot Air Force Base, North Dakota, May 23, 2023. Hartnett and Travis ensured the B-52H Stratofortress Gebara piloted was mechanically ready for flight.

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



U.S. Air Force Chief Master Sgt. Ronnie Woods, Eighth Air Force command chief and Joint-Global Strike Operations Center senior enlisted leader (right), is given a capabilities brief by Col. Jeffrey Anderson, 5th Maintenance Group commander, during a visit to Minot Air Force Base, North Dakota, May 22, 2023. Woods visited the installation to familiarize himself with Team Minot's role in the Eighth Air Force mission.

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



U.S. Air Force Maj. Gen. Andrew Gebara, Eighth Air Force and Joint-Global Strike Operations Center commander, tests the fit of an oxygen mask before a B-52H Stratofortress flight during a visit to Minot Air Force Base, North Dakota, May 23, 2023. The oxygen mask is worn by Air crew during take off, landing, or any other significant in flight events.

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



U.S. Air Force Chief Master Sgt. Ronnie Woods, Eighth Air Force command chief and Joint-Global Strike Operations Center senior enlisted leader, speaks with Senior Airman Taylor Stoeffen, 5th Medical Group technician, about the Pediatrics and Immunizations flights during a visit to Minot Air Force Base, North Dakota, May 23, 2023. Woods toured the 5th Medical Group as part of his first visit to Minot Air Force Base since filling the Eighth Air Force command chief position.

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



U.S. Air Force Maj. Gen. Andrew Gebara, Eighth Air Force and Joint-Global Strike Operations Center (J-GSOC) commander (center), and Chief Master Sgt. Ronnie Woods, Eighth Air Force command chief and Joint-Global Strike Operations Center senior enlisted leader (left), speak with Airmen assigned to the 5th Operations Support Squadron (OSS) during a visit to Minot Air Force Base, North Dakota, May 22, 2023. During the visit, Gebara and Woods received mission briefs from Airmen assigned to various units around the base, including the 5th OSS and the 23rd Bomb Squadron.

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

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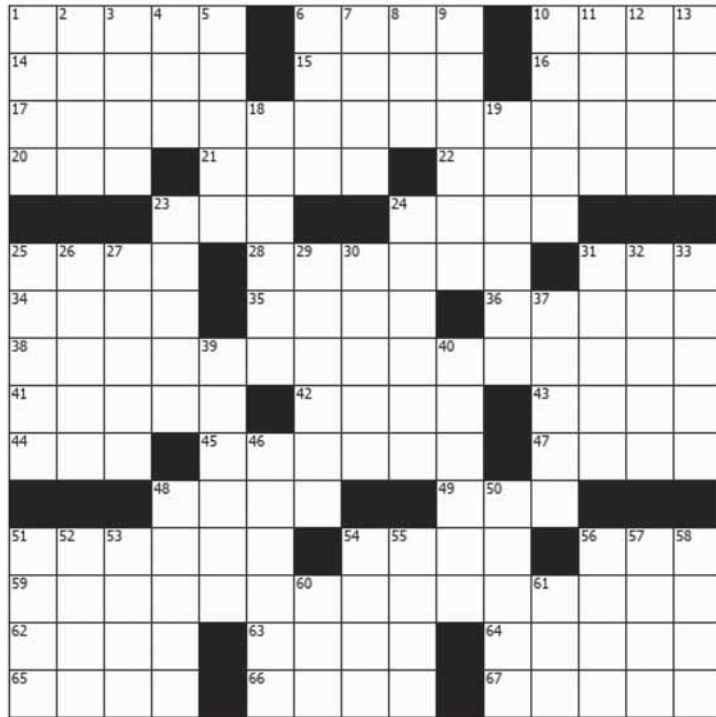
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- 62. Verdi spectacle
- 63. Laundromat unit
- 64. Upper crust
- 65. Meddlesome
- 66. Burden
- 67. Restrict

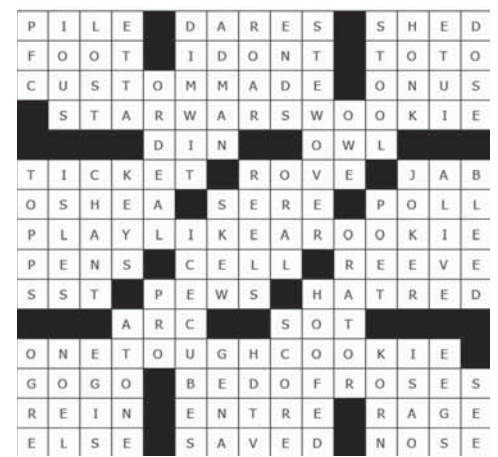


Down

- 1. Blubbers
- 2. "O Brother, Where Art ___?"
- 3. Dark, poetically
- 4. Just fine
- 5. Stories of the gods
- 6. Father's celebration
- 7. Inning ends
- 8. Aristotle, to Jacqueline
- 9. Dentist's concern
- 10. Reach home, e.g.
- 11. Slackless
- 12. Fit of fever
- 13. Dumbbell turns
- 18. Writer's lifetime work
- 19. Making a team, in a way
- 23. Important exam
- 24. Halftime cavorter
- 25. Faux pas
- 26. 1992-93 NBA Rookie of the Year
- 27. Fails miserably
- 29. Auto safety feature
- 30. Animal's trail
- 31. Spot for a toad?
- 32. Confound
- 33. Genres
- 37. Orderly grouping
- 39. Gigi and Lili portrayer
- 40. Aptitudes
- 46. Hopi home
- 48. Wander
- 50. Disgust
- 51. Trumpeter, e.g.
- 52. River that joins the Mississippi
- 53. Oscar-winning film for Beatty
- 54. Herr's helpmate
- 55. Tallies
- 56. Straitlaced
- 57. When the lights dim
- 58. Sharpen
- 60. Radiation result
- 61. Yalie

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



SUDOKU

Solution to puzzle on page B9

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

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Community VOICES

Where?

I live in Minot, North Dakota,
A place of particular note-a.
It's a magical town
'Cause the railroad laid down
Ties that made Minot un-remote a.

Minot's a magical coterie;
I "joined" for love and for soldiery.
I've made some lovely friends;
It's where I found my pen.
I like this frozen, hot dish country.

If I ever move from this city,
I'll take memories so, so pretty.
I'd miss Minot a lot;
It calls, "Forget me not."
In this place, I never feel empty.

-Martina Kranz

Do you have something you'd like to share with the world? Whether it's a pretty photo of Minot AFB, a fun piece of writing, or a picture of something your child made, send it to the Northern Sentry. Let us feature your creativity! Send all submissions to: nsads@srt.com

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NORTHERN CELEBRATIONS

EMBRACING OUR NORTH DAKOTA LIFESTYLE

TAKE A HIKE Patricia Stockdill

For some folks taking the path less worn – or no path at all – suits them just fine. Something such as meandering through a park looking at little things like trying to identify trees or plants; critters large or small.

For others, taking the path traversed by others is the way to go - perhaps seeing that journey, while the same ground, in a different light.

Whatever way one desires to travel by foot, National Trails Day is a way to celebrate getting out and enjoying Mother Nature, getting in some nice cardio, and perhaps meeting new friends or sharing time with family and friends – or solitude.

Fort Stevenson State Park south of Garrison is celebrating this year's June 3 2023 National Trails Day by hosting a guided hike at 2 p.m. Just meet at the park's Guardhouse Interpretive Center (daily entrance fee or annual pass needed, though). The trek through the park's native prairie area is an opportunity to learn about native grasslands, birds, and flora and fauna.

Granted, it might also be a chance to get a wood tick or two but wearing light-colored long pants and hiking boots can be a deterrent. It is, after all, part of being on or off a beaten path. Insect repellent is handy, as well, for other critters like mosquitoes.

The American Hiking Society takes National Trails Day beyond simply encouraging people to take a hike by sponsoring a contest for anyone signing up for the National Trails Day pledge: "In honor of #NationalTrailsDay, I'll leave the trails and the outdoor community better than I found them."

Just go to their website, (www.americanhiking.org/national-trails-day/), and take the pledge or a chance to win some amazing hiking gear. The reality is leaving someplace better than you found it is a mantra well worth adopting throughout the year. But a chance to win good stuff is a nice incentive.

Even though Fort Stevenson has a specific National Trails Day event, celebrating the day can be done on any trail: Like the ones nurtured by the Minot Parks and Recreation Department in a variety of lengths, locations, and amenities. Just check out the Minot Park District for details.

North Dakota Parks and Recreation Department State Parks have numerous trails. Fort Stevenson alone has about 10 miles of trails. Lake Metigoshe State Park north of Bottineau has about 11 miles of trails. Lewis and Clark State Park east of Williston has three trails trekking more than four miles.

And for those longing to experience the historic Missouri River before the coming of Garrison Dam and Lake Sakakawea, Cross Ranch State Park takes hikers on that journey with its 14-plus miles of trails.

While those trails help re-live the wooded river bottoms the nearby Nature Conservancy's (TNC) Cross Ranch Preserve Nature Trails bring the pre-settlement era to life across its native prairie and woody draws. One little – or actually, a large – caveat to the TNC's trail is that bison roam on the preserve. While they may appear to be some docile woolly animal, bison are massive, powerful wild creatures that move swiftly and will go wherever they want to go. Respect them.

Give them more than ample space,
Leave them alone.

That advice holds true when hiking North Dakota's premier trail, the Maah-Daah-Hey Trail in western North Dakota.

North Dakota is also part of the North Country Trail stretching across eight states and 4,800 miles – from Vermont to Lake Sakakawea State Park at Pick City.

North Country Central Flyway Chapter members are working hard to enhance portions of the western end of the trail, including segments trekking through the U.S. Fish and Wildlife Service Audubon National Wildlife Refuge south of Lake Audubon and the Garrison Dam National Fish Hatchery tucked downstream of the dam. Check out more information about the chapter at (northcountrytrail.org/fly).

The bottom line is "take a hike" is great idea June 3, 2023 to help celebrate National Trails Day.

And North Dakota has numerous trails – urban and rural, alike – to do just that.

But the reality, "take a hike" is great idea any given day of the year.

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NOTES ON BEING SAFE

Fall Protection at Work and at Home - Ladder Safety



SSGT JOE VERGARA
5TH BOMB WING
NCOIC OCCUPATIONAL SAFETY



As summer arrives, many people will be working outside of their homes or summer residences.

In an average year, 93,000 American are injured while using a ladder. In fact, falls are the second leading cause of accidental death for Americans after traffic collisions.

When working off the ground in any capacity you need the right mindset. Always think about safety and the safest way to accomplish the task at hand. Don't just jump on the ladder and go. Every time you use a ladder you need to inspect it, ensuring the base of the ladder is balanced and secure, the rungs are free from debris or liquids. If you are doing a high climb, it never hurts to have another person help balance the ladder - always error on the side of caution. Be sure to scan the work area for potential hazards especially if you're near electrical power lines. Never use a ladder if you are overly tired, injured or under the influence of drugs or alcohol. If you have any reservations about the climb - don't do it.

When you begin to climb a ladder make sure that you make a three point climb and always face the front of the ladder, never climb backwards or sideways! For a lot of you climbing a ladder may be "old-hat" but you never know the moment when you will catch your toe and if your hands aren't on the side rails, it will be nearly impossible to catch yourself. Lastly, keep your weight centered between the rails and walk one rung at a time. Climbing a ladder is all about balance and in addition

ladders are designed for the three point climb.

When climbing down a ladder the same three point climb applies. Balance is even more important on the decent. Make sure that you climb down one rung at a time and make sure that your foot is securely on the rung before moving the other foot. Visibility is more difficult on the way down and you may be carrying something that you weren't on the way up.

Over the years there have been many fatalities caused through negligent ladder

safety measures taken by the user. Because some people have successfully used ladders in the past without problems, they develop the attitude that "it can't happen to me". How wrong they are? This is when things do go wrong, and being over confident can be true folly. There is no place in the workplace for a slack attitude as it not only endangers the life of the person with that attitude, but fellow workers as well. If commonsense is used in regard to safety, ladders can be an asset in the workplace. Safety really depends on the user.

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NCUA LENDER

5 SFS CONDUCTS C-17 ANTI-HIJACKING EXERCISE



Senior Airman Douglas Cleaves, 5th Security Forces Squadron, alarm monitor detains an opposing force played by Staff Sgt. Quincy Costello, 5 SFS, security forces training instructor during an Inspector General level exercise for C-17 Globemaster III anti-hijacking operations at Minot Air Force Base, North Dakota, May. 23, 2023.

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



U.S. Airmen assigned to the 5th Security Forces Squadron are given a demonstration of how to disable the landing gear of a C-17 Globemaster III during an anti-hijacking exercise at Minot Air Force Base, North Dakota, May 23, 2023.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS KYLE WILSON



U.S. Airmen assigned to the 5th Security Forces Squadron receive training on how to secure the interior of a C-17 Globemaster III during an anti-hijacking exercise at Minot Air Force Base, North Dakota, May 23, 2023.

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



U.S. Airmen assigned to the 5th Security Forces Squadron receive training on how to secure the interior of a C-17 Globemaster III during an anti-hijacking exercise at Minot Air Force Base, North Dakota, May 23, 2023.



U.S. Airmen assigned to the 5th Security Forces Squadron receive training on how to breach the door of a C-17 Globemaster III during an anti-hijacking exercise at Minot Air Force Base, North Dakota, May 23, 2023.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS KYLE WILSON



Members of the 5th Security Forces Squadron provide perimeter security for a restricted area during an Inspector General level exercise at Minot Air Force Base, North Dakota, May. 23, 2023.

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



Senior Airman Douglas Cleaves, 5th Security Forces Squadron, alarm monitor directs ground forces while overwatching a suspect during an Inspector General level exercise for air anti-hijack operations at Minot Air Force Base, North Dakota, May. 23, 2023. Exercises involving aircraft require extensive planning and coordination to provide unique training opportunities for assigned units and forces.

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

Routine exercises like this one evaluate SF readiness and create the conditions for strategic deterrence against a variety of threats.

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A LOOK BACK

THIS WEEK IN USAF HISTORY

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JUNE 8, 1953

On June 8, 1953, the United States Air Force Thunderbirds performed their first demonstration flight at Luke Air Force Base, Arizona. The 29 person team, which was a part of the 3600th Air Demonstration Unit, was carefully selected from officer and enlisted ranks and was named after the Thunderbird from Native American legends. The original demonstration was comprised of 15 minutes of formation aerobatics expertly performed by Captains Charles Pattillo, Cuthbert Pattillo, Bob Kanaga, and Major Dick Catledge. Since its conception, the Thunderbirds have used several different planes including the F-100 Super Sabre, F-4 Phantom, and the current F-16 Fighting Falcon which has been in use since the 1983 season. Today, Thunderbird personnel and aircraft can be integrated into a fighter unit and can be combat-ready in 72 hours. They have performed in countries all over the world for millions of people and continue to embody the skill and professionalism of the USAF.

The first Thunderbirds were F-84G Thunderjets. (USAF Photo)

Information courtesy of: pocaf.af.mil / afthunderbirds.com / af.mil

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1000 NE 3rd Street 852-0315

Sunday Schedule
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Sunday School (All Ages) 10:00am
Traditional Worship 11:00am

Wednesday Evening Schedule
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Saturday 5:00 p.m.
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PUZZLE ON PAGE B4

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

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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. 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

Meals on Wheels Volunteers

On behalf of the Hispanic Allies organization, we would like to offer a volunteer opportunity to help our community. We're working with "Meals on Wheels" to help feed elderly members of our community. If you are interested in volunteering, please let us know. The Meals on Wheels delivery is every Tuesday & Friday. Volunteers can show up at the venue from 1045 to 11am. The route is simple, and it takes 45 min to 1hr, 2 members preferred. No supplies required. The address is 21 1st Ave SE B, Minot, ND 58701 at the Minot Commission On Aging. Please sign up using the following hyperlink: <https://volunteersignup.org/4E7QM>
POC: SrA Brian Bermúdez, brian.o.bermudezcartagena.mil@health.mil or 723-5184.

Juneteenth Volunteers

The African American Heritage Council is seeking volunteers for the Juneteenth Event at Oak Park on June 18-19. We have a lot of exciting events to include games, card tournaments, car show, raffle and much more! If you would like a chance to win a new PSS (\$5/ticket) or new Grill (\$3/ticket), reach out to any of the council members CC'd in this email. You do not have to be local to win!! NOTE: Every volunteer that signs up will receive ONE complimentary raffle ticket for a chance to win big prizes! If you or someone you know are car fanatics or have a nice car that you would like to showcase, we're looking for participants! Car Show POCs are SSgt Khenedye Fletcher-Wiley and SSgt James Robinson to assist you with entry and any questions. Both may be contacted at khenedye.fletcher@us.af.mil and james.robinson.77@us.af.mil. Car Show entry is \$25. Proceeds will go to the Dakota Hope Clinic.
POC: Mariah N. Fonville, Treasurer, African American Heritage Council
DSN: 453-3331 Comm: 701-723-3331

Heritage Day Festival Volunteers

(August 19)
The Team Minot Diversity, Equity, Inclusion, and Accessibility Team are looking for volunteers for this year's Heritage Day Festival (AKA 'The Culture Festival').
• This year we've partnered with the Minot Area Council of the Arts, Minot Chamber of Commerce, and Minot State University to make this bigger and better! The event is currently scheduled to begin at 1000, Saturday, 19 August at Oak Park.
We're looking for individuals to participate in one or more of the following roles:
• Planning & Coordination Team
o Resource Manager o Booth Manager
o Volunteer Manager o Entertainment Coordinator
o Food Truck Coordinator o Marketing
o Health & Safety
• Set Up/Tear Down • Security
• Vendors (sell art, jewelry, food, ect.)
• Heritage Booths (games, displays, educational materials, ect.)
• Performers (music, dance, poetry, skits, ect.)
We hope to build connections while celebrating the many unique cultures and heritages within our community.
POC: CHRISTINE A. CHERRY, TSgt, christine.cherry@us.af.mil and jan_mariel.decosse@us.af.mil

Flag Football & Volleyball Volunteer Coaches

The new Youth Sports Coordinator on Minot AFB is looking for volunteer coaches for this upcoming Flag Football and Volleyball Season. The season will run from 28 August-27 October 2023. Age Group for Flag football is 3-12 years old. We're currently looking for the following: 3-4-year-old coaches: 6. Practices will be Mondays from 1730-1800 5-6-year-old coaches: 8. Practices and hold games will be Monday's and Wednesday's from 1730-1830 7-8-year-old coaches: 8. Practices and hold games will be Tuesday's and Thursday's from 1730-1830 9-12-year-old coaches: 6. Practices and hold games will be Tuesday's and Thursday's from 1730-1830 (potential for a couple of Saturday morning games in town). For volleyball, the age group will be 9-12 years old and we are currently looking for 6 coaches. They'll practice and hold games on Tuesday's and Thursday's from 1730-1830. (Potential for a couple of Saturday morning games in town). As registrations open, we may increase the amount of coaches needed depending on the number of children participating. No experience with the sports is necessary, we will train you. All volunteer coaches for youth programs must get fingerprinting/background checked and will be required to attend a coach training closer to the season.
POC: Ms. April Lawrence, the Youth Sports Coordinator, 701-723-1477/2838 or email april.lawrence.2@us.af.mil

AADD Volunteers

AADD is seeking volunteers to support various event request. Below are a few upcoming volunteer opportunities we're hoping to support along with our regular schedule for weekends, please disseminate to your members.
REGULAR 2023 WEEKLY SCHEDULE- <https://volunteersignup.org/FHLLR>
POC: SSgt Kristal A. Cruz Leon, 723-4633, kristal.cruz_leon@us.af.mil

Magic City Civil Air Patrol Composite Squadron

The Magic City Civil Air Patrol Composite Squadron meets every Thursday at AvFlight, 1830-2030. Civil Air Patrol is the official, Congressionally chartered US Air Force Auxiliary open to all adults and children 12+. Its all-volunteer members serve in a multitude of roles in support of CAP's three primary missions: Cadet Programs, Aerospace Education, and Emergency Services. As adult opportunities include working as part of an Aircrew, sUAS operator, Aerospace and STEM instruction, and many other opportunities! The youth Cadet Program provides an opportunity to learn military structure while learning about Aerospace, Leadership, Flight, Cyber Systems, Outdoor Survival and much more! Whether you are looking to bring your skills to a new venue, expand your experience, or learn something new, there's certainly a role for you! No prior experience or military affiliation is necessary. For more information about Civil Air Patrol, visit <https://www.govcivilairpatrol.com> or contact the POC below.
Meeting location: AvFlight, Minot Airport, 2400 N. Broadway Suite E, 1830-2030 every Thursday
POC: 1st Lt Jon McLemore, CAP, Jonathan.mclamore@ndcap.us
701-720-6410 | <https://nd021.cap.gov>

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/rkmqNeYuLr>
POC: Abigail Kinder, Community Relations & Media Operations, Minot AFB PA
Comm: 701-723-6768, DSN: 453-6768

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 Panel Members

The LGBTQIA+ Council is putting together a panel in honor of Pride Month and is looking for additional panel members around the base to be a part of this discussion from 0900-1030 on 14 June 2023. The theme of the panel is Resiliency through Solidarity and questions will be oriented toward that. If you're interested in being a part of this panel and discussing your experiences and answering questions, please reach out to SSgt Kerigan Jenkins (kerigan.jenkins@us.af.mil) or ATC Levi Pierpont (levi.pierpont@us.af.mil) for more details.

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

WE ARE
HIRING
JOIN OUR TEAM

BASE REPORTER

We are looking for someone who has Minot AFB access and a firm grasp on the base community (or is willing to learn) and LOVES to write!

- No Journalism experience required, willing to train.
- Must be comfortable speaking with people from all walks of life and all ranks.
- Must be able to meet deadlines.
- Less than part time (4-6 flexible hours a week)

If interested, please send a resume to erin.beene@willowtreemarketing.com

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MINOT AIR FORCE BASE NEWSPAPER
WWW.NORTHERNSENTRY.COM

MAFB School Board

School Boards are responsible for the education of local children and address a wide array of issues to include establishing spending priorities, approving budgets, adopting school calendars, approving staffing changes, responding to changes in education law, and advocating for the needs of students, families, teachers and staff. Members work closely with the district superintendent and other administration and serve as public figures to support and respond to the needs of their communities.

For the Minot Air Force Base, School Board District #160 serves in this capacity. School board member duties include, using state and federal funds to ensure that the students on-base continue to receive the best education possible within the laws of the North Dakota Century Code, addressing concerns or questions from district

families, and voting on matters that affect schools both on and off the installation. The Minot Air Force Base School Board is a co-terminous school board that works alongside Minot Public Schools, School Board, District #1 with the mission of "Empowering all learners to succeed in a changing world".

Minot Air Force Base, School Board District #160 and Minot Public Schools, School Board, District #1 consist of five board members, each member serves a three-year term. For the Minot Air Force Base, School Board, District #160 there are three position requirements for members. These include 1) Member must reside on the installation 2) Member may be

active duty enlisted, a reservist, or a dependent family member. Officers are not eligible to serve as school board members pursuant DoDD 1344.10, Para 4.2.2.4. 3. Members cannot be an employee of Minot Public Schools.

The Minot AFB School Board often has to fill vacancies due to member resignations related to the military lifestyle. If a member of the board resigns that position is filled to serve out the remaining portion of that term. Currently, the Minot AFB School Board has an open position. Interested parties can contact the School Liaison at joy-nicole.smith.2@us.af.mil for more information and to receive an application.

YOUTH IN ACTION



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



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WHAT'S GOING ON MAFB

FRIDAY 02

- HIIT Strength & Conditioning, 0500, Fitness Center

SATURDAY 03

- Cycle & Strength, 0900, Fitness Center
- Zumba, 1100, Fitness Center

SUNDAY 04

- Zumba, 1400, Fitness Center

MONDAY 05

- Youth Flag Football and Volleyball Registration Opens, Youth Center
- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP Overview, 0800-1600, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Writing Club, 1800, Minot AFB Library

TUESDAY 06

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

WEDNESDAY 07

- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP (DoL) - Overview, 0800-1600, M&FRC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Storytime, 1030, Minot AFB Library
- Zumba, 1730, Fitness Center
- Yoga, 1830, Fitness Center

MAY SPECIALS

Bomber Bistro • Club Wrap

Sliced ham, turkey, bacon, tomato, swiss cheese, lettuce, and ranch served on your choice of tortilla wrap.

The B-Fifty Brew • Super Smoothies

Available in these refreshing flavors: Coco Freeze, Banana Cabana, Mango Colada, and Strawberry Colada.

Rockers Bar & Grill • Chicken Tender Basket

A basket of tasty fried chicken tenders served with our famous fries, a drink, and your choice of dipping sauce.

THURSDAY 08

- TAP (DoL) – Employment Workshop, 0800-1600, M&FRC
- Short Notice Pre-Separation Counseling, 0830-1130, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Big City Bites Philadelphia Special Lunch, 1030-1330, Dakota Inn Dining Facility
- Zumba, 1800, Fitness Center

FRIDAY 09

- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP (DoL) – Employment Workshop, 0800-1600, M&FRC
- First Friday, 1600-2100, Jimmy Doolittle Center

SATURDAY 10

- Summer Reading Program Starts, Minot AFB Library
- Summer Reading Program Squadron Contest Starts, Minot AFB Library
- Cycle & Strength, 0900, Fitness Center
- Summer Reading Program Kick-Off Party, 1300, Minot AFB Library

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If you can't make it to the Kick-Off Party, register for the Summer Reading Program at the library or online at 5thforcesupport.com/sum-read anytime between 10 June and 10 August.

To learn more about this year's Summer Reading Program, call the Minot AFB Library at 723-3640 or visit our website at 5thforcesupport.com/sum-read

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