


northern sentry


FREE | WWW.NORTHERNSENTRY.COM | VOL. 61 • ISSUE 25 | MINOT AIR FORCE BASE | FRIDAY, JUNE 23, 2023

WHATS INSIDE THIS WEEK:



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DEAR MINOT, I CRIED.

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LIONS FROM THE ROOSEVELT PARK ZOO

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Buffs Takeoff

BOMBER TASK FORCE 23-3




A U.S. Air Force B-52H Stratofortress assigned to the 23rd Bomb Squadron at Minot Air Force Base, North Dakota, takes off in support of a Bomber Task Force deployment at Andersen Air Force Base, Guam, June 15, 2023. U.S. Strategic Command forces are on watch 24/7 globally, operating in all domains, while supporting other commands, to defend the nation and its allies. See page A3 for more details on BTF 23-3.

U.S. AIR FORCE PHOTO | TECH. SGT. ZADE VADNAIS



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RETIREE DAY 2023

Minot Air Force Base hosted a Retiree Day on June 9, 2023. The day consisted of a base tour, an information fair with valuable resources for retirees, and a Q & A session with base leadership.

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B-52 Returns to Indo-Pacific for Bomber Task Force Deployment

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JOINT BASE PEARL HARBOR-HICKAM, Hawaii -- More than 200 Airmen and four B-52 Stratofortresses assigned to the 23rd Bomb Squadron, Minot Air Force Base, North Dakota, arrived at Andersen Air Force Base, Guam June 14 in order to conduct Bomber Task Force—or BTF—missions.

BTF deployments and operations support U.S. Indo-Pacific Command's missions by integrating strategic bomber capabilities in a joint and coalition environment.

"Being here in the Indo-Pacific

with the Bomber Task Force allows our forces to showcase our ability to deploy anytime, anywhere in support of the combatant commander's objectives," said U.S. Air Force Lt. Col. Ryan Loucks, BTF commander. "Training and operating in the priority theater allows us to demonstrate our continued readiness, willingness and commitment to our Allies and partners."

The B-52H Stratofortress is a long-range, nuclear and conventional heavy bomber which can perform

a variety of missions. The B-52H can fly at high, subsonic speeds at altitudes reaching 50,000 feet, with an unrefueled combat range in excess of 8,800 miles, and can carry precision-guided ordnance with worldwide precision navigation.

The U.S. maintains a strong, credible strategic bomber force that enhances the security and stability of Allies and partners. BTF missions enable crews to maintain a high state of readiness and proficiency, and validate our always-ready, global strike capability.



U.S. Air Force Capt. Collin Whitney, a B-52H Stratofortress pilot assigned to the 23rd Bomb Squadron at Minot Air Force Base, North Dakota, performs pre-flight procedures prior to taking off in support of a Bomber Task Force deployment at Andersen Air Force Base, Guam, June 15, 2023. The B-52H Stratofortress is a long-range, nuclear and conventional heavy bomber which can perform a variety of missions.



Two U.S. Airmen assigned to the 5th Aircraft Maintenance Squadron run toward a B-52H Stratofortress assigned to the 23rd Bomb Squadron at Minot Air Force Base, North Dakota, during pre-flight procedures in support of a Bomber Task Force deployment at Andersen Air Force Base, Guam, June 15, 2023. Strategic bomber missions like this enhance the readiness and training necessary to respond to any potential crisis or challenge across the globe.



A U.S. Air Force B-52H Stratofortress assigned to the 23rd Bomb Squadron at Minot Air Force Base, North Dakota, prepares to take off in support of a Bomber Task Force deployment at Andersen Air Force Base, Guam, June 15, 2023. U.S. Strategic Command BTF missions help maintain global stability and security by demonstrating the ability to operate in different environments and locations while building ally and partner military capabilities.

A U.S. Air Force B-52H Stratofortress assigned to the 23rd Bomb Squadron at Minot Air Force Base, North Dakota, takes off in support of a Bomber Task Force deployment at Andersen Air Force Base, Guam, June 15, 2023. The lethal, long-range strike capabilities provided by strategic bombers influence the decision-making of the nation's competitors and adversaries by ensuring they know the cost of military aggression would outweigh any potential gain.

U.S. AIR FORCE PHOTOS | TECH. SGT. ZADE VADNAIS

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What's in a name?

Rod Wilson and his wife, Sue, are visiting family in California, consequently the responsibility to write "A View from Our Side" falls to me this week. As publisher, I generally handle the business side of running the paper so writing a column is not something I normally do. Nonetheless I'm happy for this opportunity.

As a member of the Chamber of Commerce's Military Affairs Committee, one of the perks is participating in the "Honorary Commander Program." This program connects members of the committee to a squadron commander. As Honorary Commander of the 91st Missile Maintenance Squadron, I had a busy week last week. Wednesday was our change of command ceremony where we bid a farewell to Maj. Aaron Taylor and welcomed Maj. Kevin Shannon as the new commander of the "Norsemen." On Friday night and Saturday, many squadron members, including myself, attended the Midsummer Festival at the Scandinavian Heritage Park. I have lived in Minot for 46 years. I can remember when the park was first built, yet I have never attended this "Nordic" themed event. What changed? Well, I'm a Norsemen now!

Our amazing First Sgt., Master Sgt. John Silva, has worked over the last few months to develop a better understanding behind the squadron's identity as "the Norsemen." To that end, he established a relationship with the folks at the Scandinavian Heritage Center. The Heritage Center features the only outdoor museum in the world showcasing all five Nordic countries:

Denmark, Finland, Iceland, Norway and Sweden. The Scandinavian Heritage Park is located right in the heart of Minot, on Hwy 83 next to First Western Bank. MSgt. Silva sought input from the folks at the center to educate him and subsequently the entire MMXS about the history, customs and traditions of the Nordic people. In doing so, bonds have been made between the two organizations that benefit both. Earlier this spring the center needed to do its annual cleaning of the beautiful falls and water feature that runs through the park. This is normally a weeklong chore for the Heritage Center volunteers. However, this year the word went out to the 91st MMXS, and a hoard of Norsemen rallied from the North and the job was done in hours rather than days. Why? Well, because they are Norsemen now, (and we would expect nothing less).

As the years progress, commanders, first sergeants, and Airmen will come and go from the 91st MMXS. But I believe identifying as the "Norsemen" will endure, in large part to the work of MSgt. Silva.

BEST KEPT SECRETS

The Scandinavian Heritage Park is truly one of Minot's best kept secrets. A tour of the park will take you past a Finnish Dalla Horse, a Norwegian Stav Church, a beautiful rock waterfall and a Scandinavian Flag display, just to name a few of the displays on the ground. Take a few hours and a picnic lunch and enjoy the Scandinavian Heritage Park, located at 1020 South Broadway.



Norsemen patch



UPSIDE DOWN UNDER
 MARVIN BAKER

Believe it or not, there are people out there who still don't know what's causing the "mysterious" death of honeybees. I thought this was old news, but apparently not.

For a time, that was the case. Nobody knew what was killing honeybees. But research in France during the 1990s proved that a class of chemicals called neonicanoids was the culprit. In 1999, France began banning neonicanoids.

There are seven chemicals known as neonicanoids. They include imidacloprid, acetamiprid, thiacloprid, dinotefuran, nitenpyram, thiamethoxam and clothianidin.

Products that include imidacloprid are Confidor, Admire, Gaucho, Advocate. Those containing theamethoxam are Actara, Platinum and Cruiser. Clothianidin is found in Poncho, Dantosu, Dantop and Belay. Mospilan, Assail and Chipcotristar contain acetampiprid. Thiacloprid is found in Calypso. Dinotefuran is found in Sparkle, Safari and Venom. Finally, Capstar and Guardian are brand names that carry nitenpyram.

Also referred to as neonics, these insecticides are derived from nicotine. And if you go back in history to the Jamestown Colony in Virginia, those colonists weren't growing tobacco to smoke, they were growing it as a pesticide because of the nicotine, which is

toxic to certain insects including honeybees.

When bees are exposed to sublethal levels of neonicanoids, they can experience problems with flight and navigation, reduced taste sensitivity and slower learning of new tasks, all of which impact foraging ability and hive productivity.

Additionally, one proposed mechanism for these negative effects is impairment to bees' ability to learn floral associations.

A lethal dose of neonicanoids bind with high affinity to acetylcholine receptors, altering neuronal signals which cause paralysis and death of the insect.

About the same time France was considering bans on neonics, Germany was doing it's own independent research that came to the same conclusion. As a result, Germany started banning neonics in 2001. But in the United States, it remained a mystery for several more years. In fact, this was one of the things I wrote about when I was ag reporter at the Minot Daily News.

Starting in 2010, University of Saskatchewan biology professor

Christy Morrissey did her research on neonics. The results were largely the same as France and Germany, however, she found issues in certain birds from exposure to neonics.

What she also wrote about in her research was that 99 percent of the canola in western Canada was treated with neonicanoids, approximately 474,000 pounds of insecticide. In the United States, it was much higher. Neonic use exceeded 4.4 million pounds.

According to Morrissey, through 2015, neonics were widely used on corn, soybeans, cotton, vegetables and fruits, orchards and grapes, wheat, rice, pasture hay and other crops.

Morrissey's research indicates there was heavy use of neonics in the Red River Valley as well as the James River Valley with small pockets of heavy use south and west of Minot.

There were also spots in North Dakota that included no use at all. Those areas included the Medora and Beach areas as well as a good portion of Burke and Mountrail counties.

The heaviest use in the nation was in Iowa, eastern South Dakota,

western Minnesota, as well as Illinois and parts of Ohio.

Morrissey's four-year research project was so compelling that by June 2016, Canada stopped issuing registrations for neonics. In 2017, Ontario and Quebec rolled out enforcement for 80 percent reduction. And, at the end of 2016, Health Canada announced a five-year phase out of imidacloprid.

Here in the United States, neonics continue to be widely used. Fifteen percent of non-organic fruits and vegetables in 2020 had detectable residue of at least three neonics.

Thus far, only Maine and New Jersey have banned neonics with New York working on active legislation to ban the insecticides. Maryland, Oregon, Pennsylvania, California and Colorado have discontinued retail use.

Closer to home, in 2019 South Dakota State University research indicated that neonics are likely causing serious birth defects in white-tail deer. Ongoing research in Brookings is looking at whether ring-neck pheasants could also be harmed by neonics.

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**A VIEW FROM
 OUR SIDE**
 TED BOLTON

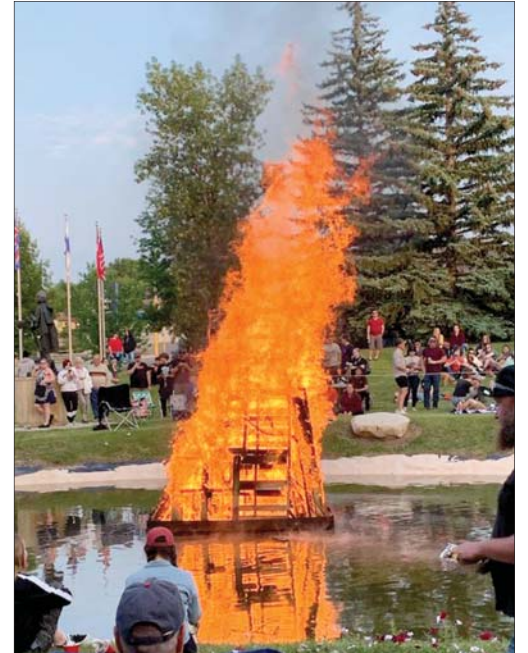


TODAY'S CHUCKLE

Ole (Norwegian) and Sven (Swedish) went on a fishing trip to Canada and come back with only three fish.

Ole says, "The way I figger it, Sven, each of them fish cost us \$400.

Well, at dat price it's a good ting we didn't catch any more of em than we did," says Sven.



91st MMXS NORSEMEN had the honor of lighting the Bonfire both nights.

What's killing the honeybees?...

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.

Summer Fire Safety

According to the U.S. Fire Administration, over half (57%) of grill fires on residential properties occur in the four months of May, June, July and August. Grill fires on residential properties result in an estimated average of 10 deaths, 100 injuries and \$37 million in property loss each year. To ensure a safe grilling experience, consider the following recommendations: 1. Use grills outside only, away from siding, deck rails and overhanging branches. 2. Clean grills regularly to remove grease buildup. 3. Never add charcoal starter fluid to fire. 4. Never use gasoline or any flammable liquids other than starter fluid. 5. Check the gas cylinder hose for leaks. 6. Keep children and pets at least three feet away from the grill. Your Minot AFB Homes Resident Guide lists the rules and expectations for



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residents; fire pits and grills can be found on page 36. Both, fire pits and grills are permitted as long as all safety guidelines are followed. Fireworks, however, are strictly prohibited. The manufacturing, sale, storage, possession, transporting and/or use of fireworks and all incendiary devices are expressly prohibited in the community.

Violation of the fireworks policy is cause for immediate termination of your Resident Responsibility Agreement/Lease and eviction. For more information on safety guidelines or other community expectations, review your Resident Guide. A copy of the guide is also available on the resident portal. For questions contact Minot AFB Homes, 701-727-0007.

T-ball Explained, Sort of



SLICE OF LIFE
KIM FUNDINGSLAND



A T-ball team photo.

KIM FUNDINGSLAND PHOTO

T-ball rule. Which hand the glove is placed on is apparently optional too. From what I've witnessed, it might depend on what inning it is. Then again, there are no innings. Teams just take turns doing things until the old ballgame comes to an end and everyone celebrates crazily.

Afterwards the teams line up to shake hands, but no one really knows what a line is or how to shake hands or fist bump or whatever. Which line a player is in doesn't seem to matter either. Nevertheless, it is a remarkable display of sportsmanship. Good stuff!

Then comes the team picture. I'm not sure if this is a one-time-a-season thing or not. I can say getting a bunch of little T-ballers to stay in one spot long enough to take an organized team photograph is quite challenging. Futile, actually. Somehow a photograph is taken, give or take a few players who have grasshoppers to chase or dandelions to pick.

Anyway, everyone has to start somewhere in sports and T-ball is a wonderful place to do that. Kids smile, laugh, cry, run, and enjoy the whole experience. Again, good stuff!

Oh, my goodness! What sport is it where the jersey is the same length as a bathrobe and players from both teams are as mixed as a bag of marbles at the same time?

The answer is T-ball, which apparently includes kids from birth to a year or two older. No knowledge of the rules, if indeed there is any, is necessary or encouraged. And, I suppose because players generally don't run bases in any particular order, no score is kept. No one makes an out either.

Fielders wear caps placed at funny angles, which they sometimes swap for over-sized batting helmets. I guess to continue the "look". There's no pitching. Players take swings, which sometimes causes them to fall down, at a ball placed on a tee. Contact is optional, at least on the first try or two.

Teams don't actually take the field, as in running to a position. They gather in a cluster in the middle of the field, a few yards in front of the batter. When a ball is hit one of the little fielders who is not playing in the dirt or visiting with a teammate, picks up the ball and throws it. Anywhere will do.

The little person who hits the ball is told to "run" by coaches and excited parents, and grandparents, but doesn't necessarily know where to run. Anyway, runners are always safe. Eventually. Wherever they go.

Fielders wear gloves, some quite over-sized, which I believe is a

All About Pets



Protecting pets from springtime pests

As the weather begins to warm up in North Dakota, people, pets, and wildlife are emerging from the comfort of home and springing into action. However, with springtime comes another nuisance for pet owners: bugs. There are a variety of pests that can be detrimental to your furry friend's health, and it's important to take the proper precautions to be sure no unwanted critters are making it into your home or on your pet! Some of the most common bugs that can cause harm to your pet include ticks, mosquitoes, spiders, and fleas. And just like humans, some animals can be highly allergic to stings and bites from everyday bugs.

Here are a few measures you can take to help protect your pet:

- Prevent fleas and ticks with one of the many veterinarian-approved products available. There are a variety of applications, including collars, shampoos, topical treatments, and even pills/chewables. Consult a specialist to determine which method is best for your pet.
- Check your pets! It's especially important to give them a once-over after they've spent time in grassy or wooded areas, but even a trip to the dog park or trail can warrant a look. Be sure to check in all the nooks and crannies, feel for abnormal bumps, and keep an eye out for itching, swelling, or lethargy.
- Regularly clean your house and keep your yard mowed and maintained to prevent bugs from nesting. If your pet has a hypersensitivity to bee stings, it may be best to keep any flowers, fruits, or vegetables in an area away from where your pet goes.
- When in doubt, contact your vet. If you notice symptoms of an allergic reaction (itching, swelling, difficulty breathing, vomiting, etc.) be sure to call immediately. It's important to have an emergency veterinarian set up just in case your pet is having a severe reaction. Some clinics that offer emergency services nearby include: Pinkerton Animal Hospital, Core Veterinary Clinic, and Rugby Veterinary Services. Due to the amount of pets in Minot versus the number of emergency vets available, it's imperative to catch any reactions as soon as possible to give yourself time to drive to an emergency clinic further away, if need be. Early detection can also prevent worse conditions that can seriously harm your pet if left untreated.

In North Dakota, the most common types of ticks are the Black Legged (or Deer) Tick, the American Dog Tick, and the Brown Dog Tick. Venomous spiders include the Western Black Widow and Brown Recluse, but they are not seen too often in household settings. Fleas are often transmitted from other carriers such as other pets or wild animals. And as many residents know, North Dakota is full of mosquitoes and other biting/stinging bugs, so it's never a bad idea to stay vigilant, not only for the health of your pet, but for your home and family as well!

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INDONESIAN F-16s FLY ALONGSIDE US AIR FORCE B-52s

COURTESY PHOTOS



Indonesian Air Force F-16s fly alongside a U.S. Air Force B-52H Stratofortress assigned to the 23rd Bomb Squadron at Minot Air Force Base, North Dakota, over Indonesia, June 19, 2023. U.S. Pacific Air Forces looks for every opportunity to train and exercise alongside allies and partners to demonstrate interoperability and bolster collective ability to support a free and open Indo-Pacific.



An Indonesian Air Force F-16 flies alongside a U.S. Air Force B-52H Stratofortress assigned to the 23rd Bomb Squadron at Minot Air Force Base, North Dakota, over Indonesia, June 19, 2023. Enhancing interoperability between the U.S. and Indonesian air forces contributes to the long-term advancement of the nations' shared interests.



Indonesian Air Force F-16s fly alongside a U.S. Air Force B-52H Stratofortress assigned to the 23rd Bomb Squadron at Minot Air Force Base, North Dakota, over Indonesia, June 19, 2023. Through bilateral training, the U.S. and Indonesian air forces work together to promote interoperability, thus furthering investments and strengthening relationships.

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Chief Master Sgt. Ernest Crider, 91st Missile Wing command chief, delivers a speech at the First Sergeant Symposium at Minot Air Force Base, North Dakota, June 13, 2023. Crider emphasized the importance of emotional intelligence to effectively perform as a first sergeant.



Master Sgt. John Silva, 91st Missile Maintenance Squadron first sergeant, gives remarks during a domestic violence briefing at the First Sergeant Symposium at Minot Air Force Base, North Dakota, June 13, 2023. Silva reiterated that the Air Force has a zero-tolerance policy on domestic violence.

TEAM MINOT HOSTS FIRST SERGEANT SYMPOSIUM

U.S. AIR FORCE PHOTOS
AIRMAN 1ST CLASS KYLE WILSON



Master Sgt. Earnest Franks, 91st Missile Security Forces Squadron first sergeant, answers questions during the First Sergeant Symposium at Minot Air Force Base, North Dakota, June 13, 2023. Franks spoke about the different qualities needed to be an effective first sergeant.



Chief Master Sgt. Ernest Crider, 91st Missile Wing command chief, gives remarks at the First Sergeant Symposium at Minot Air Force Base, North Dakota, June 13, 2023. The First Sergeant Symposium allowed Minot Airmen to effectively learn tools and resources to step in as a first sergeant for their unit if needed.



Master Sgt. Renee Helgeson, 91st Missile Security Operations Squadron first sergeant, responds to questions at the First Sergeant Symposium at Minot Air Force Base, North Dakota, June 13, 2023. Helgeson stated that being a first sergeant is a challenging yet rewarding duty.

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Minot AFB Women's Volleyball Team participate in 2023 Open National Championship

This year's Nationals were held in Dallas, Texas, from May 26 to the 31st. The women's team lost three players within two weeks before the tournament, two of which were due to injuries. Even though the team had to make last minute player/position changes due to the loss of players, they were able to finish with 4 losses and 3 wins, ranking

33 out of 65 participating teams from all around the US including teams from other countries like Brazil, Venezuela, Peru and Canada. They were also able to watch and meet the US Volleyball National seating team that has won the past Olympics as they were also competing at Nationals this year.



From top left to right bottom, civilian Yorgelys Raimondi (outside hitter), military spouse Keturah Schwarzrock (back row setter), civilian Cami Ruiz (middle blocker), military spouse Lindsey Thurston (right side hitter), SrA in 5 BW O'lessa James (middle blocker), Second Lieutenant in the 891 MSFS Abby Humphrey (setter), military spouse Odalis Jones Martinez (outside hitter), recently enlisted Rocio Santiago (libero), and Minot Army Reserves and military spouse Michaela Martin (outside and ds) with her baby Caroline.

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A WIN-WIN FOR FISHING

Patricia Stockdill

A vast majority of anglers fishing the array of North Dakota lakes don't remember or may be unfamiliar with the days when bullheads and northern pike were kingpin in the state.

Instead, many of today's anglers focus on walleye, while others diversify their catches with crappie, perch, and bass, species that wouldn't be anywhere near their present day abundance if it weren't for stocking.

Plus, today's anglers can catch trout and salmon – two species not naturally found in North Dakota waters.

It all seems so routine – fish spawn, lakes are stocked, and anglers catch fish.

But it wouldn't happen without a fish hatchery. However, North Dakota doesn't own a state fish hatchery.

Yet the N.D. Game and Fish Department still provides anglers with a vast array of fishing opportunities – including species that aren't typically found in some of the lakes where they're available as a potential catch of the day.

It's through a unique relationship with North Dakota's two U.S. Fish and Wildlife Service National Fish Hatcheries and the Game and Fish Department that make a majority of North Dakota's fish stocking and management a possibility.

Years ago, the Game and Fish Department stepped up to work with the hatcheries, filling the gap for lack of a state-owned hatchery. It's win-win for all.

Game and Fish Department fisheries biologists do the work of collecting eggs and then Valley City and Garrison Dam National Fish hatcheries take over, hatching eggs and rearing fingerlings such as walleye and pike. The Game and Fish Department then stocks lakes.

Through the unique arrangement, the Game and Fish Department provides seasonal staffing at both the Valley City and Garrison Dam hatcheries. The agency also pays one-half of Garrison Dam Hatchery's operational expenses, as well as doing all work involved with egg collections and stocking transportation.

Extended years of wet conditions beginning in the mid-1990s allowed former wetlands to grow in

depth and habitat capable of supporting sustainable fisheries. That increased the number of lakes managed by the agency so that today that number exceeds more than 400 lakes.

Yes, dry weather and drought over the past couple of years may have dropped water levels on some lakes but in general the agency continues ensuring fisheries are available today that weren't a few decades ago.

Missouri River flooding in 2011 took out Garrison Dam Hatchery's water supply to fill its rearing ponds. The Game and Fish Department financed the cost of renting pumps to fill ponds in 2012 and 2013 until a permanent fix was possible.

Only a little more than a couple of decades ago the Game and Fish Department stocked less than 100 lakes with walleye fingerlings from the two federal hatcheries in North Dakota. With the Game and Fish Department now managing more than 400 lakes, stocking is an important aspect to that overall management.

It's that working agreement with the two state and federal agencies that allows the state to meet the increased demands of managing additional lakes – plus, the ability of the hatcheries to successfully rear the fish numbers.

Without the unique working relationship with the Fish and Wildlife Service and its two national hatcheries in North Dakota and the Game and Fish Department, North Dakota's statewide fisheries would likely have a different look and the ever-popular walleye wouldn't be the king fish in the state.

For example, the winter of 2022-2023 resulted in some lakes suffering fish mortality due to low oxygen levels. Stocking those lakes will help them rebound with catchable species quicker than simply relying on natural reproduction.

So as anglers head throughout the state this summer and the upcoming 4th of July holiday, they need to thank the visionaries who long ago established the working agreement between the two agencies, a blend of federal and state personnel working together to benefit the greater good.

And they need to be thankful the agreement is still in place to provide opportunities that likely wouldn't be available without it.

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AFGSC celebrates Juneteenth

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

BARKSDALE AIR FORCE BASE, La. --

Juneteenth became a federally mandated holiday June 17, 2021.

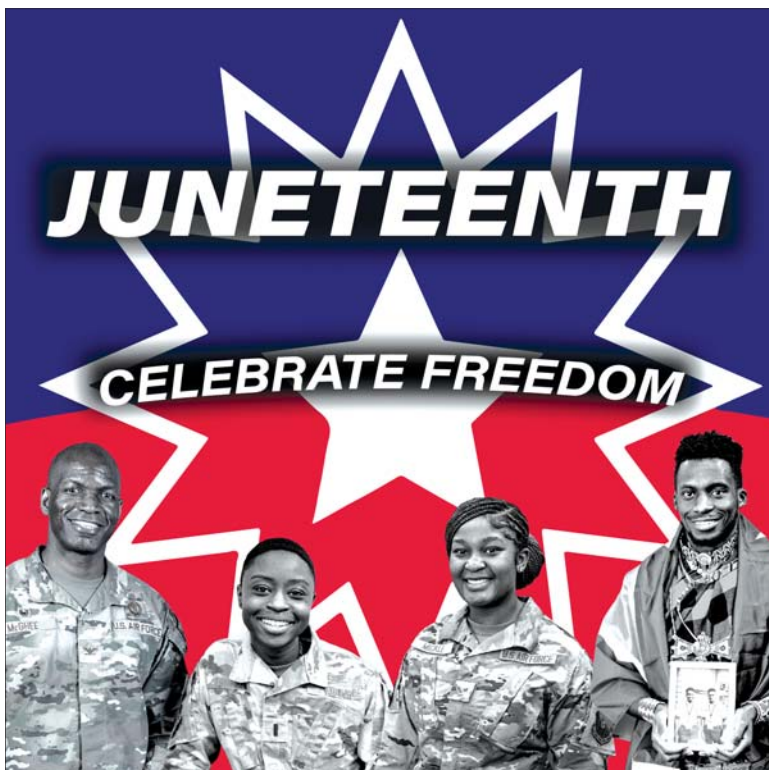
Often called America's Second Independence Day, Juneteenth marks the day in 1865 when more than 250,000 enslaved people in Galveston, Texas, finally received word from Union General Gordon Granger that they were freed from bondage - more than two years after President Lincoln signed the Emancipation Proclamation.

In 2021, the Senate unanimously passed the Juneteenth National Independence Day Act. The bill went on to be approved by the House of Representatives and was subsequently signed into law by President Joe Biden.

While Juneteenth celebrations are often celebrated by using the red, black, and green colors of the Pan-African Flag, the Juneteenth Flag was specifically designed by activist Ben Haith in 1997. According to Haith, "The Juneteenth flags represent the history and freedom for American enslaved people and their descendants."

The flag depicts a bursting "new star" on the horizon, which represents "a new freedom, a new people, a new star." The red, white, and blue colors illustrate that the former slaves and their descendants were all Americans.

"The historical legacy of Juneteenth shows the value of resiliency and celebrates freedom," said Capt. Lena Singleton, public affairs representative for the



June 19th marks the day in 1865 when enslaved people in Galveston, Texas, finally received word that they were freed from bondage, fulfilling President Lincoln's Emancipation Proclamation edict of abolishing slavery in the U.S. The Juneteenth Flag was designed by activist Ben Haith, who said that the bursting star represented "a new freedom, a new people, a new star." Join us in celebrating freedom!

U.S. AIR FORCE GRAPHIC | STAFF SGT. SHELBY THURMAN

AFGSC African American Heritage Committee. "It should also be a time for education, to learn from history, and to remember that all Americans

have the inherent freedom of, 'Life, Liberty, and the pursuit of Happiness.'"

Minot Shrine Club Announces 1st Annual 4th of July Parade

The Minot Shrine Club is pleased to announce that we will be hosting a parade on July 4th, 2023.

Parade Timing Information:

8:00AM - Start of lineup and placement of parade units at Starting Location

9:30AM - Parade units in place for final inspections and ordering

10:00AM - Parade starts

12:00PM - Parade ends

Parade Route:

Starting Location - North Dakota State Fair Grounds

Direction from Starting Location - Parade heads west on Burdick Expressway

Turn Off Ending Location - South onto 9th St SE, next to Coca-Cola Bottling Co.

We are currently looking for organizations that would like to participate in our parade by entering their parade unit. At this time, we are not charging a fee for parade units, however, we would accept donations to cover the cost associated with facilitating this parade.

For information on entering a

parade unit, please contact our Minot Shrine Club President, Steve Belcher at (701) 838-7388.

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

Shriners are a fraternity based

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

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- \$3 House Wine & Domestic Pints
- \$4 Rail Drinks, ND Brewery Pints & 22oz Domestic Taps, 4 Lettuce Cups
- \$5 Moscow Mule
- \$6 Specialty Cocktails, Martinis & 22oz ND Breweries Taps
- ½ Flat Bread Pizza

DAILY SPECIALS

- Monday: \$5 Moscow Mules (all day)
- Tuesday: \$4 ND Breweries (all day)
- Wednesday: ½ Price Wine by the glass/bottle (all day)
- Thursday: \$1 up for all Tall Taps (all day)
- Sunday: BRUNCH (11am-2pm)
- \$7 TSR Bloody Mary & Caesars
- \$12 Bottomless Mimosas
- \$6 Breakfast Shots

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 MEDAL OF HONOR ACTION DATE: AUGUST 5, 1950
 MEDAL OF HONOR ACTION PLACE:
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Revel Hotel, a newly renovated hotel next to Dakota Mall, will be giving away use of the Pilot's Bar and adjoining banquet space at its venue to Airmen.

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

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

For further information, please send a message to the hotel at revelnd.com or contact Chelewa Springs or Ashley Cutler at 701-607-4557 or 701-306-3338.

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PET THE JET

On June 9, Team Minot hosted Pet the Jet! Airmen and their families got the opportunity to get up close and personal with B-52H Stratofortress and UH-1N Huey aircrafts as well as witness a K-9 unit demonstration.

U.S. AIR FORCE PHOTO | MINOT AFB PA





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- True brachiators, gibbons are believed to be the fastest of all the primates and most agile tree dwelling animal. They use their long arms to effortlessly navigate through the trees.
- The White-Handed Gibbons arms are longer than its legs, which allow the gibbon to move nearly 10 feet with each pendulum swing of its body.

Fact File

Life Span	25 - 30 years
Weight	16 - 25 pounds
Height	16 1/2 to 23 inches
Wild Diet	Cambodia, Thailand Fruit, Leaves, Flowers, Small birds, Eggs

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VACATION READY CAR CARE

Why is tire rotation so important?

Vehicle owners need to keep maintenance on the mind to ensure their cars and trucks are operating at peak capacity. Various components should be checked and serviced at key intervals. Oil changes and fluid top-offs are part of routine maintenance, but it can be easy to forget about other important parts of the vehicle, including tires.

Rotating tires is vital to their upkeep. Bridgestone Tires advises that tire rotation involves routinely repositioning a vehicle's tires in specific patterns from front to back and side to side. According to Big O Tires, the front tires tend to wear on the outside edges because the tire leans over when a driver turns a corner. The rear tires just follow the front ones, so they usually wear more evenly. By leaving tires in place, the outside edges on the front tires will wear down much faster than the rest and those tires will need to be replaced sooner. Rotation may be required by tire warranties. Rotation also keeps the tires working properly.

Experts generally advise tire rotation every 6,000 to 8,000 miles, even if they do not show any signs of wear. It is challenging to determine if weather treads are uneven or how much wear has been sustained just by looking at them. Rotating tires can prolong the life of tires and decrease how frequently they need to be replaced.

Rotating tires keeps the tread depth uniform and helps maintain traction and consistent handling across all four tires. Bridgestone says the tire rotation pattern that is best for a particular vehicle depends on the type of tire being used. Patterns are recommended by the standardizing body of the tire industry, called The Tire and Rim Association, Inc. Individuals can consult with professional mechanics about the proper way to rotate tires. Many tire manufacturers or automotive stores that have sold customers tires also will do tire rotations - some free of charge.

In addition to proper traction, minimizing uneven tire treads causes the vehicle to be more balanced, advises Wrench, a mobile auto repair and maintenance company. This enables the driver to have more control even when roads are slippery. Many auto service centers will then align and balance tires after they have been rotated. At this time the mechanic will likely check brakes as well, since it is easy to see and reach them when the tires are off.

Tire rotation is an important component of vehicle maintenance. Check with a qualified automotive professional to see if it's time to have your vehicle's tires rotated.



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Dear Minot, I Cried.

ERIN BEENE, NORTHERN SENTRY

I cried when I found out we were moving to Minot. I broke down when I found out we had orders out of here.

I get it; Minot has a lot of downsides. We all know what they are. Also, it's easier to ignore the disadvantages in the energetic summer months rather than in the midst of the claustrophobic winter months. So, on one hand, I wish we had left here in the winter. Then I could pretend that I despised it here like so many others. But the truth is: I don't hate it here.

I don't want my farewell to feel like a cheerleader article about Minot, because I know it's easier to remember the good times when faced with the reality of leaving. I know it's also hard here for so many people, for legitimate reasons too. It was for me at times too. But, in the last 14 years of being a mil spouse, I have learned a few ways to make it through the challenging times and difficult bases/situations. Maybe it will help a few of you that are struggling with Minot life.

1. It's okay to miss home or another way of life. It's okay to grieve for a life you could have had in a different place. Almost everyone had dreams or plans dashed that could have led somewhere else. But, everyone is placed here for a reason. It often presents you with challenges you probably never wanted to have. Appreciating where you are, for the time you are there is part of the Air Force journey, even if all the circumstances are not ideal.

2. False positivity can be just as detrimental as negativity. It is important to understand the difference between realism and pessimism. Acknowledge the negative, then move on with what you have. Gratitude can go a long way in establishing a content life no matter where you live. Being determined to hate somewhere only hurts you in the long run. Finding the best in life really is in your best interest, even if it does sound cheesy.

3. Get involved somewhere. Find a church, a sports team, a book club, a place to volunteer or anything. This goes for anywhere you live. Anywhere can be made to feel like home once you find your people. Everyone needs people with similar goals or interests to feel like they are a part of something bigger than themselves. It can be challenging at first. You might try several clubs that just don't "fit" but you have to keep trying. If you are going to make it in the constantly rotating life of the military, learning to put yourself out there and find groups to get involved with, is non negotiable. If you don't, it doesn't matter where you live, you're going to hate it there. Friends are what is

really important at any assignment. And trust me, they are always out there. Go find them.

As we roll out of an empty house and into our last few days here in Minot AFB, my stomach clenches with what I know what comes next. This is our 6th move in 14 years and the sadness of the friends left, opportunities missed mixed with the scary unknown anticipation of what's to come fills me with melancholy.

I've heard other seasoned military spouses say that moving gets easier with time. But, what I think they mean is that it gets more routine. You know what to expect, what paperwork to fill out, the order of events and so forth. It's not the crazed confusion of the very first PCS in which all the military jargon, offices to visit and what is and what isn't covered on your travel voucher feels overwhelming. Which I remember fondly.

However, it doesn't get easier in terms of missing friends, and gathering up enough emotional energy to say goodbye and start over once again. I think those things, at least for myself, have drained over the years because I know to expect that my life is about to change forever. And as adventurous as that is, it is also extremely scary and exhausting. Both of which I have found to be harder to face the older I get, instead of easier.

Living our lives for the military and with very little control over our personal circumstances is not the easiest way to live. We,

as mil spouses, give up careers, opportunities and sometimes a life near family. It's hard. Leaving is hard. Starting over is hard. Yet we do it.

We experience life in places and with people that we never would have met otherwise. We see new things, have new adventures and get to expand our worldview beyond anything that staying in our home town could have done.

This is military life and it's time to say goodbye yet again.

Goodbye Minot. I am going to miss you so much. The last two years have filled me with friendships that I will have for a lifetime. You brought challenges and tears, but also smiles and memories.

I'll see you around the Air Force.
~Erin

P.S Being a part of the Northern Sentry team has given me such a gift here in Minot! Thank-you to Rod and Ted for giving me this opportunity and sticking with me. You both have taught me a lot and I appreciate you guys taking the time to read my long email complaints and helping me work through frustrations. Also, thanks for listening and often humoring my new ideas. Nikki, what you do every week in putting the paper together with super short timelines... just wow! You are a rockstar! I don't know how you remain calm every week amidst deadlines. The Northern Sentry team is amazing!



Camping and North Dakota go hand in hand. We got to enjoy the lovely summer weather and see the leaves change in the Autumn. Camping was one of my family's main occupations while living in Minot. It brought us closer to nature and I will miss it terribly! Photo taken early October 2022 at Turtle River State Park.



While I have talked at length about the 91SFG and the community it fosters within the units, I have not mentioned the group of 91 MSFS Key Spouses, Jocilynn Culver and Karlee Tillery. They both helped bring the 91 MSFS spouses together and were invaluable parts of my time here in Minot. We became friends, and I am so immensely grateful that you ladies stepped up the plate for the squadron! Photo taken at what became the annual SFG Easter egg hunt in the snow, 2023.



As a homeschool family, we always search out friends. Both moms and kids need people to learn from, vent to and be there for each other or we all go crazy. I found the most amazing group of not just mom-friends, but friends-friends in our homeschool group at Minot AFB. They were/are my people. Homeschooling life will not be the same without my tribe. I miss y'all already. Photo taken at our end of year wrap up event, April 2023.



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U.S. Airmen acting as opposing forces (op-for) search for simulated downed aircrew during a personnel recovery exercise at the Air National Guard training grounds in Garrison, North Dakota, May 24, 2023. The op-for team provided a simulated enemy presence against which exercise participants could test their survival, evasion, resistance and escape skills..



Airmen assigned to the 54th Helicopter Squadron perform personnel recovery training with aircrew at the Air National Guard training grounds in Garrison, North Dakota, May 24, 2023. The 54th HS provides a rapidly-deployable, combat rescue and reaction force response utilizing UH-1 Huey helicopters.



U.S. Airmen acting as opposing forces (op-for) search for simulated downed aircrew during a personnel recovery exercise at the Air National Guard training grounds in Garrison, North Dakota, May 24, 2023. The op-for team provided a simulated enemy presence against which exercise participants could test their survival, evasion, resistance and escape skills..



U.S. Air Force Airman Keegan Leary, a simulated pararescue member, assists in a personnel recovery exercise by throwing smoke grenades at the Air National Guard training grounds in Garrison, North Dakota, May 24, 2023. Survival, Evasion, Resistance and Escape training involves learning to adapt and survive in various captivity and rescue situations.



U.S. Air Force Airmen Keegan Leary, simulated pararescue member, puts face paint on to blend into the area during a personnel recovery exercise at the Air National Guard training grounds in Garrison, North Dakota, May 24, 2023. Face paint plays an important role in evasion as it provides an extra layer of camouflage.

GOLDEN TICKET WINNER!

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Fabian Madrid found a \$45 Golden Ticket in the Northern Sentry he picked up at the Fire Department. Thanks Fabian for reading the Northern Sentry!

NOTES ON BEING SAFE

Protect yourself from Carbon Monoxide Poisoning



SSGT JOE VERGARA
5TH BOMB WING
NCOIC OCCUPATIONAL SAFETY



WHAT IS CARBON MONOXIDE?

Carbon Monoxide (CO) is a colorless, odorless, tasteless, and deadly gas! When exposed to, CO inhibits your blood's capacity to carry oxygen throughout the body, actually suffocating your tissues and organs. CO can escape into your home's air through a faulty furnace, wood-burning stove, range, water heater, fireplace, or any device that burns combustible fuel.

WHAT ARE THE SYMPTOMS?

Carbon monoxide poisoning symptoms can often be confused with flu symptoms but can become much more serious. They include:

- Headache
- Fatigue
- Nausea
- Dizziness
- Irregular breathing
- Mental confusion
- Unconsciousness
- Ultimately death

WHAT IS THE SOLUTION?

The key to protecting yourself and your family is prevention and the use of a quality carbon monoxide detector. Prevention is always the first and foremost important step to protecting your family from CO poisoning, but sometimes prevention tactics don't always prevent a problem. Thus, having the life-saving backup of a reliable, quality CO detector is extremely important. It can warn your family when nothing else will save them.

WHERE SHOULD I INSTALL A CO DETECTOR AND HOW MANY?

CO detectors should be installed near bedrooms, and homes with more than one living level should have at least one detector on each level. CO detectors should be installed between outlet level

and 6-7 feet high. CO Detectors should not be installed in garages, kitchens, furnace rooms or humid areas. Appliances in these areas can cause a detector to emit false alarms.

Always install detectors at least 15 feet away from a furnace or gas appliance and avoid installing detectors close to a fan, swamp cooler or other fresh or turbulent air sources as this may deter the unit from taking accurate readings. Practice Prevention! Prevention can be both easy and life-saving. Remember to follow these steps:

- Have your furnace and heating system inspected and serviced annually.

- Never run an automobile in the garage or any other type of enclosed space.
- Have your chimney and flu cleaned professionally.
- Make sure that the burner flames on your furnace and stove burn blue, not yellow-orange, and never use your gas range or oven for heating.
- Never use grills or hibachis inside your home.
- Never operate gas burning appliances in a closed room.

REMEMBER:

Carbon Monoxide detectors should never be used as a replacement for prevention, only as a back up.

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Christ Chapel
 0900

Protestant
Sunday Community Service
 1030


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 Daily Monday-Thursday at 1200

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Sunday, June 25
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MinotBibleFellowship.org

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701-839-3694




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



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www.christreformedchurchminot.com

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839-7076

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 Wednesday - Friday 7:00 a.m.
 Saturday 5:00 p.m.
 Sunday 8:00 & 10:30 a.m.


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


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 852-4853

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 James W. Henderson
 Anna B. Henderson

Church: 701-838-4492
 Home: 701-838-5759
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 Adult/Children Worship.. 11 a.m.
 Family Hour 6:30 p.m.
 Evening Worship 7:30 p.m.
 Bible Study/Child-Adult
 Children Worship (Wed).... 7 p.m.
 Prayer (Friday) 7 P.m.


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Wednesday
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 Pastor David Miller


Cross Roads Baptist

Southern Baptist Convention

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 Wednesdays (Prayer & Missions) ... 6:30 p.m.

www.minotcrbc.org
 email: minotcrbc@gmail.com
Gabe McCormick- Pastor

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 Wednesday Family Training Hour
 Meal..... 5:30p.m.
 Classes for All Ages 6:30 p.m.
 Youth Center, Friday..... 7:00 - 11:00 p.m.
 ABC Child Care Center 852-6352

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

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

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 Elaine Carlson, Children's Ministry Director

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 Email: jschultz@orcsknights.org
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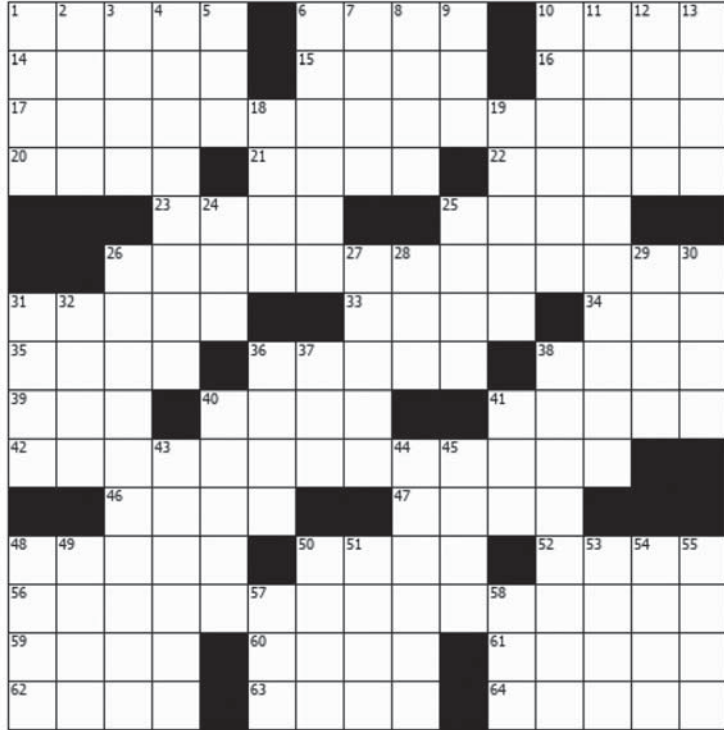
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CROSSWORD PUZZLE

Across

- 1. Not at ease, perhaps
- 6. All there
- 10. Thick slice
- 14. ___ plexus
- 15. Walk heavily
- 16. Hawaiian port
- 17. "Why can't you see what you're doing to me ..."
- 20. Coup d' ___
- 21. Metals in the rough
- 22. Intestinal
- 23. Content of cognition
- 25. Supercilious one
- 26. "Your love is worth all the gold on earth ..."
- 31. Northern inhabitant
- 33. ___-dieu (kneeling bench)
- 34. So-so mark
- 35. They were cast for some notable clothes
- 36. Union Pacific stop
- 38. Three-player card game
- 39. Volcanic residue
- 40. Surrender
- 41. Wagner specialty
- 42. "Kiss me my darling, be mine tonight ..."
- 46. Word in a counting-down rhyme
- 47. Kind of thermometer
- 48. Death ___ (poisonous plant)
- 50. Knock or social attachment
- 52. Phyllis Lindstrom's TV hubby
- 56. "... and the desk clerk's dressed in black ..."
- 59. Long-winged sea eagle
- 60. Feldman role
- 61. Surpass
- 62. ___ the line (obeyed)
- 63. Gaunt
- 64. Certain musical composition

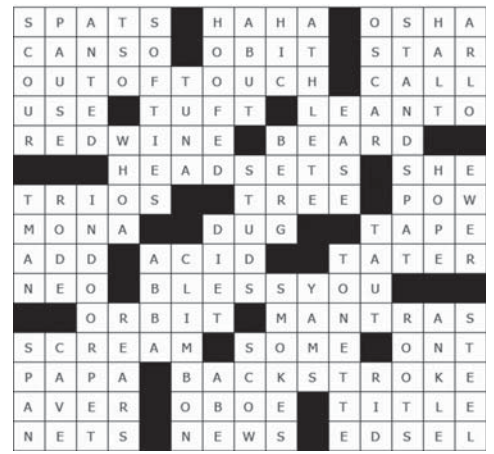


Down

- 1. ___ quam videri
- 2. Beat soundly
- 3. Movie lioness
- 4. Faultfinding
- 5. Prefix with ode or pod
- 6. Type of staircase
- 7. Burn soother
- 8. Entre ___
- 9. Bradley and McMahon
- 10. Civil War battle site
- 11. Defensive stalwart
- 12. Benjamin Franklin Pierce portrayer
- 13. Bartlett kin
- 18. Admitting both sexes
- 19. Recipe directive
- 24. Semi-colon?
- 25. It's a put-on
- 26. Where Jesus was arrested
- 27. Type of hand
- 28. ___-Magnon man
- 29. Emulate a mother
- 30. "I never ___ man I didn't like"
- 31. End of a court game name
- 32. Befuddled
- 36. Like morning grass
- 37. Ancient Tokyo
- 38. Don't abbreviate
- 40. Building business, for short
- 41. Fertilization sites
- 43. Entered shouting distance
- 44. Signatory certifier
- 45. Actor Estrada
- 48. Guitar legend Atkins
- 49. Dynamic start
- 50. Seagoing vessel, in myth
- 51. Gaseous element
- 53. Island off Alaska
- 54. Famous Foxx
- 55. Fruit for flavoring gin
- 57. Item in a baby's wardrobe
- 58. Cultivation tool

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



SUDOKU

Solution to puzzle on page B9

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

MONTHS WORDS SEARCH PUZZLE

Q	S	E	P	T	E	M	B	E	R	L	N	W
A	Z	G	O	S	Z	Y	D	M	A	Y	O	O
U	M	N	T	C	A	S	T	A	F	X	V	K
G	D	J	B	H	T	I	A	E	Z	N	E	J
U	E	C	Y	A	A	O	B	A	O	P	M	X
S	C	A	X	N	J	R	B	A	I	L	B	L
T	E	B	V	T	U	A	A	E	A	M	E	A
H	M	A	Z	A	N	V	Y	A	R	A	R	P
Y	B	A	R	X	E	A	R	F	G	T	Z	R
J	E	Y	R	C	A	X	A	Y	P	L	M	I
S	R	T	Z	C	V	J	K	B	R	M	K	L
Y	L	S	C	Y	H	F	G	H	K	Z	N	P
G	Z	X	L	P	O	G	B	J	U	L	Y	H

- JANUARY
- FEBRUARY
- MARCH
- APRIL
- MAY
- JUNE
- JULY
- AUGUST
- SEPTEMBER
- OCTOBER
- NOVEMBER
- DECEMBER



(The words may be hidden vertically, horizontally and diagonally.)

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Soldiers and their families can visit ShopMyExchange.com/PCS to view resources and manage their move. For more information on the MILITARY STAR card, visit aafes.media/MilStarPA.

A LOOK BACK THIS WEEK IN USAF HISTORY

OPERATION WOUNDED WARRIOR
JUNE 26, 1954



Brig. Gen. Chester McCarty piloted a C-124 from Clark AB to Tachikawa AB on June 28, 1954. He salutes next to Maj. Gen. Henri Jacobs, Surgeon General of the French Air Force. (USAF Photo)

On June 26, 1954, Operation Wounded Warrior began with the first flight out of Saigon, Vietnam. The 315th Air Division and 6481st Medical Air Evacuation Group (USAF) transported over 500 wounded French and Foreign Legion troops to Clark Air Base, Philippines, and then Tachikawa Air Base, Japan. The operation took two weeks and five flights in total. From Japan, the critically wounded troops were flown to the United States by Military Air Transport Service and then on to France and North Africa. Wounded Warrior was carried out by C-124 Globemasters and many of those transported were survivors of the siege of Dien Bien Phu. Two French generals and

the ambassador to the US met the first Military Air transport flight to reach Westover Field, Massachusetts to praise the USAF for the mission.

Information courtesy of: media.defense.gov

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by Patricia Stockdill

Fishing:

Lake Sakakawea elevation, June 19: 1,836.57 feet above mean sea level (MSL); 21,800 cubic feet per second (CFS) Garrison Dam average daily releases.

Devis Lake elevation: 1,450.48 feet above mean sea level (MSL).

Stump Lake elevation: 1,450.38 MSL.

- N.D. Game & Fish Dept. game wardens: No new reports.

- Devis Lake, Ed's Bait Shop, Devis Lake: Try East Bay for nice-sized perch using jigs and minnows. Look for continued good walleye activity throughout much of the lake working structure.

- Devis Lake, Woodland Resort, Devis Lake: Continued walleye success working structure in 10 to 20 feet, especially on the west end of Devis Lake using a variety of presentations with bright colors.

- Lake Darling, Karma CStore, Ruthville: Lake Darling and Grano producing good walleye activity. Also try Baker's Bridge. Van Hook Arm on Lake Sakakawea remains good for walleye, as well.

- Lake Metigoshe, Four Seasons, Bottineau: Overall fair to good success for walleye with increasing bluegill numbers in shallow water.

- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: East end of Lake Sakakawea producing nice walleye success in 8 to 20 feet. Warmer water temperatures starting to move fish deeper but try a variety of depths and presentations. Best success seems to be with lindy rigs and portion of a nightcrawler. Try the east of Lake Audubon, as well, for walleye.

- Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Work the mouth of Steinke or Centennial bays on the east end of Lake Sakakawea for walleye in 8 to 14 feet using bottom bouncers and leeches. Also try deTrobriand Bay, around Mallard Island, and west in Douglas Bay.

- Lake Sakakawea, Indian Hills Resort, Garrison: Good walleye activity throughout the area around the resort. Try 10 feet with lindy rigs and a variety of bait.

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), telephone (701) 662-5996, extension 1, or email (woodlandresort@gondtc.com). They're located at 1012 Woodland Drive, Devils Lake, N.D. 58301

- June 24 & 25: N.D. Geocache Association, Caching & Camping, Lake Sakakawea State Park, Pick City.
- June 24 & 25: Frontier Military Days, Fort Stevenson State Park, Garrison, noon to 4 p.m. daily.
- June 25: Visitor Appreciation Day, Fort Stevenson State Park, free daily admission.

TOURNAMENTS:

- June 23: Devils Lake, Grahams Island State Park.
- June 24: Lake Sakakawea, McKenzie Bay; Missouri River, Washburn.



- Lake Sakakawea, New Town: Continued good walleye bite throughout much of the Van Hook Arm and either side of the New Town bridge area.

- Lake Sakakawea, Van Hook Bait & Tackle, New Town: Van Hook Arm remains good for walleye. Try 15 to 24 feet with water temperatures warming so look for increasing activity in deeper water soon. Try a variety of presentations. Continued shore-fishing success for catfish and pike.

- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace still somewhat slow from shore during the day with better success from boats. Look for shore success to improve, however. Try jigs or lindy rigs and nightcrawlers from boats around the spillway channel and stumps. Use caution, though, depending on river levels. Good numbers of walleye with some sorting for keepers. Also try the rocks at night from shore. Not many trout, salmon, or catfish yet, however. Work the north shore with best walleye success in the morning on the east end of Lake Sakakawea. Most consistent activity is from Douglas Bay to the west. Try 10 feet but look for fish to move deeper as water temperatures warm. Some success along the south shore, as well, working west and deeper in 18 feet. Some salmon mixed in with the walleye.

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Rivers starting to drop with Missouri and Yellowstone producing decent

catfish numbers. Best success on Lake Sakakawea is around Van Hook Arm with best success on leeches or nightcrawlers. Also try south of the New Town bridge area. Blacktail Dam producing a mix of pike and bass. Try walleye in the evening.

- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Continued fair walleye success on Buffalo Lodge Lake with a lot of anglers going to Devils Lake and Lake Sakakawea.

N.D. river data:

- Des Lacs River, Foxholm: River stage, 7.33 feet; streamflow, 180 CFS.

- Little Missouri River, Long X Bridge: River stage, 8.2 feet; streamflow, 294 CFS.

- Missouri River, Williston: River stage, 21.66 feet.

- Missouri River, Washburn: River stage, 9.84 feet.

- Pembina River, Walhalla: River stage, 3.37 feet; streamflow, 523 CFS.

- Souris River, Foxholm: River stage, 5.65 feet; streamflow, 16.1 CFS.

- Souris River, Minot Broadway Bridge: River stage, 41.77 feet.

- Yellowstone River, Sidney, Mont.: River stage, 12.05 feet; streamflow, 44,800 CFS.

Numbers to know:

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

- Report All Poachers: (701) 328-9921

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JR. JOURNALISM PROGRAM

northnersentry

Lions from the Roosevelt Park Zoo

CAROLINE HOWSE, AGE 7

The Roosevelt Park Zoo is a cool place to visit to see animals. Our family has lived in Minot, North Dakota for almost four years and we have visited Roosevelt Park Zoo many times. Every time I've been there it's always fun and adventurous. My family and I last visited on June 2nd during the awesome event for military families. Even though I've gone many times, this was Peyton Thompson's first time ever coming to the zoo. Her family said they came from far out of town and Peyton told me, "My favorite animal is the gibbon." There are many different types of animals at the zoo including otters, chicken, bison, giraffes, and lions. One of the ones I like to see are the lions.

The lions from the Roosevelt Park Zoo have interesting names. Kiota is the first lion from the zoo and three more came to live with him; The new lions' names are Asani, Tadala, and Ilola. I got to talk to Jeff Bullock, the director of the zoo who keeps the animals safe and fed: "Kiota is a favorite for a lot of the zookeepers. He's really handsome for a lion with his big mane!" A male lion's mane makes them look bigger

and fierce. I asked Jeff about what the lions eat and he said, "They eat meat! We get our meat from a company that specializes in big cat meat. They get extra vitamins added to their diet."

The lions at the Roosevelt Park Zoo are very playful. Ellie, a new staff member as a zookeeper, explained that they play with each other as well as toys. There are many opportunities for you to see them playing with each other

too! Jeff said that the zookeepers "let Kiota out for part of the day and then swap them around - Asani and the girls will go out for the second half of the day that way everybody gets to spend time outside." The zoo is open all year and is currently open from 9-8 every day in the summer. On June 29th, you can go to the zoo for free! Going to the zoo makes me feel happy and excited for the next time that we go.



Kiota, King of the Pride Lands.

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- Do you love your school or teacher? Tell us why they make your life better.
- Do you enjoy a specific base playground? Tell us why and what you do there.
- Have you had a unique experience being a military kid? Tell us about it!
- Did you go to a cool base event (ex. Rock Concert, Library Camp)? Tell us about it from your perspective.
- Where have you lived and which base has been your favorite and why?

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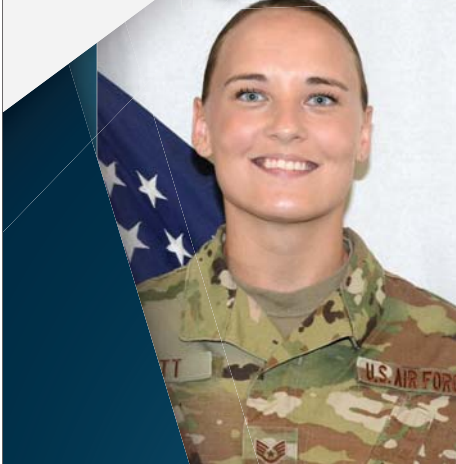
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Military One Source: An Invaluable Resource

In the middle of May, I was privileged to be invited to present to the Office of the Under Secretary of Defense (OUSD), Military Community and Family Policy (MC&FP) Team. The MC&FP Team hosted a professional development summit at the Pentagon in Alexandria, Virginia with a focus of "Taking care of those who take care." It was an opportunity for the team to collectively engage in professional learning and reflect on their work and impact in our DoD Community.

With scale and impact at the forefront, behind every program there are people and relationships key in achieving objectives. As a guest speaker for the MC&FP Professional Development Symposium, my presentation focused on building and strengthening partner relationships. It was an honor to share professional insights with senior executives with extensive oversight of over programs such as Military One Source.

When was the last time you visited Military One Source. Military One Source is a resource critical to the support of our military connected families across the Department of Defense. Military One Source is not just a website but an engaging platform from the Department of Defense that is a 24/7 "gateway to trusted information, resources, and

confidential help." The goal of this platform is to provide resources right at one's "fingertip" for various facets of military life. This includes but is not limited to the following:

1. Confidential Counseling: Military OneSource offers free, confidential counseling services to help individuals and families navigate personal and relationship issues, stress management, grief, deployment-related challenges, and more.

2. Financial Guidance: Military OneSource provides financial education and resources to assist with budgeting, debt management, tax preparation, retirement planning, and other financial matters.

3. Relocation Assistance: Military OneSource offers information and resources to support service members and their families during relocations, including assistance with housing, schools, childcare, and settling into a new community.

4. Spouse Employment Support: Military OneSource provides resources and tools to help military spouses overcome career challenges, find employment opportunities, and enhance their professional skills.

5. Education and Career Support: Military OneSource offers education guidance, tuition assistance information, and career exploration resources to help service members

and their families pursue their educational and professional goals.

6. Health and Wellness Resources: Military OneSource provides information and resources related to physical and mental health, including assistance with finding healthcare providers, managing chronic conditions, and accessing counseling services.

7. Specialty Consultations: Military OneSource offers specialized consultations on topics such as special needs support, elder care, adoption, and legal matters.

Spending time with the Military Community and Family Policy Team at the Pentagon was invaluable. It provided perspective on the people behind the programs, facilities, and services crucial in upholding our total force. It was also an opportunity share professional insights gleaned in my time at Minot Air Force Base, North Dakota and beyond. Take a moment to visit Military One Source and know there are people who "take care" in ensuring our total force is supported.

For more information about Military One Source, please visit <https://www.militaryonesource.mil/>. In addition, if there are questions pertaining to the School Liaison Office, please email mafb.school.liaison@us.af.mil or call 701-723-1447.



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



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Get heard: Take the Federal Employee Viewpoint Survey today

AIR FORCE MATERIEL COMMAND

WRIGHT-PATTERSON AIR FORCE BASE, Ohio --

The Federal Employee Viewpoint Survey, administered annually by the Office of Personnel Management, serves as a vital tool for assessing the organizational climate within federal agencies. Designed to gather valuable feedback from civilian employees, the survey aims to understand experiences, perceptions, and opinions regarding various aspects of the work environment, agency, and leadership.

What is the FEVS? The FEVS, formerly known as the Federal Human Capital Survey (FHCS), was first conducted in 2002. As an organizational climate survey, the FEVS assesses how employees collectively experience their agency's policies, practices, and leadership

and offers essential information for driving organizational change and development initiatives.

Why is FEVS important? The information gathered by the survey plays a valuable role in improving the work environment for all employees. Through sharing perceptions and insights, participants contribute by identifying areas for suggested improvement.

Within Air Force Materiel Command, previous survey feedback led to the creation of several initiatives, including new recognition programs, AcqDemo flexibilities, a revamped supervisory development course, AFMC Connect, and more.

Who is eligible to participate and how do you take the survey?

Civilian employees who were onboard with Department of the Air Force as of Nov. 30, 2022, are eligible and encouraged to take part in the FEVS. Participants will receive survey invitations and reminders via email, containing a unique survey link. If employees don't see the invitation, they should check their Outlook Inbox and Spam/Junk folders for emails from "OPM Federal Employee Survey." Those who believe they are eligible but have not received the survey invitation may contact the OPM FEVS Helpdesk at EVAF@OPM.gov for assistance.

The DAF 2023 FEVS administration period concludes at 11:59 p.m. EST on June 23, 2023. Although participation is voluntary it is highly encouraged.

The Federal Employee Viewpoint Survey is an opportunity to make your voice heard.

Local Cravings Restaurant Guide

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28 Tastes & Taps 1603 35th Ave SW Minot Phone: 701.838.2828 FB: 28 Tastes & Taps	Culver's Restaurant 3000 S Broadway, Minot Phone: 701.852.4800 www.culvers.com	Ironhorse Kitchen + Bar 21 E Central Avenue, Minot Phone: 701.852.8183 FB: Ironhorse Kitchen + Bar Minot
Jamaican Vybz Kitchen Suite 200 315 Main Street S Minot Phone: 701-441-9309 FB: Jamaican Vybz Kitchen	Pink's Bar & Grill 102 128th Ave NW Minot Phone: 701.852.2385 FB: PinksBarGrill	Prairie Sky Breads 3 1st St. SE, Minot Phone: 701.858.0612 www.prairieskybreads.com
Noodles & Company 304 4th Ave NW Minot 701.491.9103 www.noodles.com	Mi Mexico 3816 South Broadway Minot Phone: 701.858.0777 www.mimexicomintd.com	Primo Restaurant 1505 N Broadway, Minot Phone: 701.838.7746 www.primominot.com
Souris River Brewing 32 3rd St NE Minot Phone: 701.837.1884 www.sourisriverbrewing.com	The Starving Rooster 30 1st St. NE, Minot Phone: 701.838.3030 www.starvingrooster.com	Whiskey Nine 109 Central Ave, Minot Phone: 701.837.1090 www.whiskeyninen.com

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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

Volunteer Pianist and a Guitarist

Lights Camera Actions Youth program is looking for a volunteer pianist and a guitarist for the week of August 7-12, 2023, to help with the Missoula Childrens theatre! Must be able to read music. We Youth programs will be doing a production of The Little Mermaid. The time needed would be 0900 -1315 for practice and Saturday (TBD) for the grand performance.

POC: Shavana Jones 701-723-2838

Cheer Camp Volunteers

Youth program is looking for volunteers to help with cheer camp **NO EXPERIENCE NEEDED** the camp will be the week of July 17-21, 202 at the youth Programs.

Times will be:

Tiny Squad: 3-5yrs 11:00am-11:45am

Pompom squad: 6-8 yrs. 9:00am-9:45am

Spirit squad: 9-12 yrs. 10:00am- 10:45am

POC: April Lawrence 701-723-2838 & Shavana Jones 701-723-2838

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

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.

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

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

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.mclemore@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/fkmqNeYUlr>

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

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

**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



MINOT AIR FORCE BASE NEWSPAPER
WWW.NORTHERNSENTRY.COM

TEAM MINOT AIRMEN CELEBRATE LGBTQI+ PRIDE MONTH

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Team Minot Airmen participate in a 2023 Pride Month panel at Minot Air Force Base, North Dakota, June 14, 2023. Pride month is held to commemorate the LGBTQI+ community.



Sierra Beaton, a Team Minot member, speaks at a 2023 Pride Month Panel, at Minot Air Force Base, North Dakota. During the panel discussion, Beaton shared her experience as a parent to an LGBTQI+ child.



Members of Team Minot speak during a 2023 Pride Month Panel at Minot Air Force Base, North Dakota, June 14, 2023. During the event members of the panel shared their experiences and the impact of the LGBTQI+ community.

SALMON WITH SPRING VEGETABLES AND PESTO



- INGREDIENTS**
 4 (4 OZ EACH) SALMON, SKIN-ON, PIN BONES REMOVED
 2 TABLESPOON OLIVE OIL
 KOSHER SALT AND FRESHLY GROUND BLACK PEPPER
 2/3 BUNCH ASPARAGUS, BOTTOM THIRDS OF STALKS REMOVED AND SLICED INTO 1 INCH PIECES ON THE BIAS
 2/3 POUND SUGAR SNAP PEAS, ENDS TRIMMED AND SLICED INTO 1/2 INCH PIECES ON THE BIAS
 6 2/3 OUNCE CHERRY TOMATOES, RINSED AND HALVED
 1 1/3 LEMONS, HALVED
 1/3 CUP FRESH PESTO
 2/3 LEMON, ZESTED
 FRESH BASIL LEAVES, FOR GARNISH

When ready to cook, set Traeger temperature to 500°F and preheat, lid closed for 15 minutes. Place a piece of parchment paper on a large baking sheet or in a roasting pan. Rinse the salmon and pat dry. Brush all sides of the salmon with olive oil, and sprinkle generously with salt and black pepper on all sides. Place the salmon pieces skin-side up on the sheet tray leaving 2 inches between each piece. Place the asparagus, snap peas, and cherry tomatoes in a bowl. Gently mix the vegetables with the remaining tablespoon of olive oil, 1/2 teaspoon salt and a fresh grinding of pepper. Scatter the vegetables evenly onto the sheet pan. Place the sheet pan on the grill. In addition, place the lemons cut-side down directly on the grill grate towards the front of the grill. Close the lid and cook for 5 minutes. After 5 minutes, remove the lemons from the grill and stir the vegetables. Close the lid and cook for 5 more minutes, or until the fish reaches an internal temperature of 140°F and can be flaked with a fork. Remove the sheet pan from the grill. Place the fish and vegetables on a serving platter and drizzle with the pesto. Squeeze the grilled lemon over the top of the fish and vegetables. Sprinkle the lemon zest over the fish and add a few basil leaves for garnish. Serve immediately. Enjoy!



Ryan Davy - GM Minot

www.HofE.com/BBQHQ



Upcoming Events

23 JUNE **LIVE AT OAK PARK**
 7:00 PM – 11:00 PM
 Minot Oak Park
 11th to 14th Block of 4th Ave. NW, Minot

Minot Parks is excited to be hosting Tripwire for our Live at Oak Park series! Join us Friday, June 23rd from 7:00 pm - 11:00 pm for music, food and fun. This event is free to attend. Food Trucks available for purchase. Cash Only Beer garden (for 21+)
 **Recommended for ages 18 and over



For more information:
 Facebook/ Minot Parks/ Events

28-29 JUNE **KID'S DAY CAMP WITH KAREN**
 12:00 AM – 2:00 PM
 Gourmet Chef
 122 Main St S, Minot

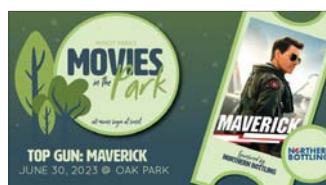
\$60 per child
 Join us for our two day kids camp! We'll be making camping inspired meals, and doing fun crafts! This class will feed your child lunch, so bring a friend and get ready for the great outdoors!
 Sign up at <https://www.gchef.com/kids-classes-2023>



For more information:
 Facebook/ Gourmet Chef/ Events

30 JUNE **MOVIE IN THE PARK**
 9:30 PM
 Oak Park Amphitheater
 11th to 14th Block of 4th Ave. NW, Minot

Showing Top Gun: Maverick. All movies begin at sunset. Sponsored by: Northern Bottling
 *This movie is rated PG-13 so please plan accordingly.



For more information:
 Facebook/ Minot Parks/ Events

JUNE JULY AUG **MSU SUMMER THEATRE**
THEATRE UNDER THE STARS
58TH SEASON
VARIOUS SHOWS & TIMES

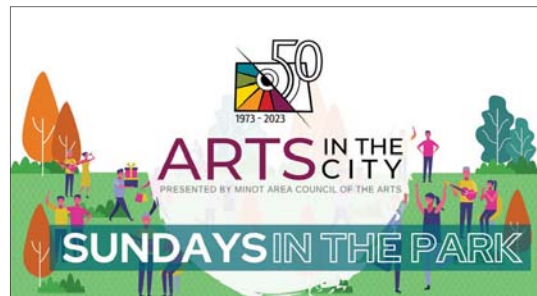
Located behind the MSU Dome, MSU Summer Theatre performs multiple plays and musicals each June and July.



For more information:
<https://msusummertheatre.universitytickets.com/>

JUNE JULY AUG **ARTS IN THE CITY - SUNDAYS IN THE PARK!**
 12:00 AM – 2:00 PM
 Oak Park
 11th to 14th Block of 4th Ave. NW, Minot

Join us in the park for live music, art demos, and our famous MACA Popcorn! Two concerts every Sunday from June 4th through July 30th @ 4:00 and 7:00 PM. Gather your people, your picnic blankets, and lawn chairs and come hang out in the park on Sunday evenings! Sundays in the Park are free to attend and open to the public, EVERYONE is welcome! These events offer a casual atmosphere to get together with friends and family to enjoy great music, discover local artists, and enjoy the park each summer! Summer 2023 Concert Schedule:
 June 25th: Minot City Band, July 2nd: Paul Imholte, Stringman
 July 9th: Minot City Band, July 23rd: Heather Rae
 July 30th: 4pm- The Minot Swing Band 7pm- Jessie Veeder



For more information:
 Facebook/ Minot Area Council of the Arts/ Events

NEW Community at the Northern Sentry

It's more than Minot and more than Minot AFB, it's a Shared Community.



For more events visit our online Community Calendar at www.northernsentry.com/calendar/

ALL YOU CAN EAT GARDEN FRESH SALAD BAR

EVERY DAY

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WHAT'S GOING ON MAFB

FRIDAY 23

- HIIT Strength & Conditioning, 0500, Fitness Center

TUESDAY 27

- Cycle, 0600, Fitness Center
- TAP (VA) Services and Benefits Briefing, 0800-1600, M&FRC
- Game Day, 1000-1930, Minot AFB Library
- Newbery Book Club, 1600, Minot AFB Library
- Magic The Gathering Commander Night, 1800, ESC
- Zumba, 1800, Fitness Center

FRIDAY 30

- Biggest Loser/Gainer Competition Final Weigh-in Ends, Fitness Center
- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP (DoL) – Employment Workshop, 0800-1600, M&FRC
- Red, White, & Blue Color Run, 0800, Fitness Center
- Firecracker Scramble, 0900, Rough Rider Golf Course
- Freedom Fest STEAM, 1100-1400, Minot AFB Library
- Freedom Fest Outdoor Pool Activities, 1400-1600, Outdoor Pool
- EFMP Zoo Series – Compare & Contrast Zoo Animal Adaptations, 1600-1700, Roosevelt Park Zoo, hosted by M&FRC
- Bike Rodeo, 1600-1700, Outdoor Recreation
- Freedom Fest, 1700-2300, Rockers Bar & Grill and the Turf

SATURDAY 24

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

WEDNESDAY 28

- HIIT Strength & Conditioning, 0500, Fitness Center
- Right Start, 0730-1230, Jimmy Doolittle Center, hosted by M&FRC
- TAP (DoL) - Overview, 0800-1600, M&FRC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Storytime, 1030, Minot AFB Library
- Cycle, 1630, Fitness Center
- Zumba, 1730, Fitness Center
- Fighting Game Night, 1800, ESC
- Yoga, 1830, Fitness Center

SATURDAY 01

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

SUNDAY 25

- Sunday Escapes Books Club, 1330, Minot AFB Library
- Zumba, 1400, Fitness Center

MONDAY 26

- Biggest Loser/Gainer Competition Final Weigh-in Begins, Fitness Center
- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP Overview, 0800-1600, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Cycle, 1630, Fitness Center

THURSDAY 29

- Cycle, 0600, Fitness Center
- TAP (DoL) – Employment Workshop, 0800-1600, M&FRC
- Pre-Separation Counseling, 0830-1130, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- April – June ESM Birthday Meal, 1715-1815, Dakota Inn Dining Facility
- Zumba, 1800, Fitness Center

JUNE SPECIALS

Bomber Bistro **BBQ Pulled Pork Sandwich**
BBQ pulled pork topped with bacon and coleslaw on a Kaiser roll with your choice of chips and a drink.

The B-Fifty Brew **Nitro Cold Brew**
Small-batch cold brew infused with nitrogen to create a sweet flavor without sugar, topped with velvety crema. Can be served with or without sweet cream cold foam.

Rockers Bar & Grill **Fish & Chips Basket**
A basket of crispy cod served with our famous fries, tartar sauce, and a drink.

FREEDOM FEST 2023
JUNE 30TH • 5PM – 11PM
ROCKERS PARKING LOT
FOOD • FESTIVITIES • FIREWORKS
FEATURING THE BMX PROS TRICK TEAM
HOSTED IN THE TURF PARKING LOT • 5PM – 6PM

FOR MORE INFO & FULL DAY ACTIVITY ITINERARY SCAN HERE OR VISIT
5thforcesupport.com/event/freedom-fest/

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FORCE SUPPORT SQUADRON 5THFORCESUPPORT.COM

BIKE RODEO
30 JUNE 2023
4:00PM – 5:00PM
PARKING LOT ACROSS FROM OUTDOOR RECREATION

Kids! Decorate your bike and enter a contest for your chance to win prizes!
Attend a bike safety class and navigate through the maneuvering course!

Scan the QR Code for the full day's events!
5thforcesupport.com/event/freedom-fest/

For details, call 723-3648

SPONSORED BY: ENBRIDGE, HESS, BASE UTILITIES, North Star, prestwich, USAA, PREMIER MAX BASSIN

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FORCE SUPPORT SQUADRON 5THFORCESUPPORT.COM

Freedom Fest Outdoor Pool Fun
Outdoor Recreation
June 30th • 2:00pm - 4:00pm

- Frozen T-shirt Challenge & Wet Shirt Relay
- Watermelon Push Relay
- Pool Noodle Surfing
- Floaty-Boat Relay/ In the Pool Without a Paddle
- 100 Meter Freestyle

FOR MORE INFO & FULL DAY ACTIVITY ITINERARY SCAN HERE OR VISIT
5thforcesupport.com/event/freedom-fest/

Plus, fun prizes for the winners!

SPONSORED BY: ENBRIDGE, HESS, BASE UTILITIES, North Star, prestwich, USAA, PREMIER MAX BASSIN

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- Newborn Care
- Well Child Visits
- Pediatrics
- Free Pregnancy Tests
- Geriatric Care
- Preventive Healthcare
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