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WARBIRD READY

Airman 1st Class Joseph Wozniak, 5th Security Forces Squadron defender, provides perimeter security for a B-52H Stratofortress during Warbird Week at Minot Air Force Base, North Dakota, Aug. 8, 2023. Security Forces personnel are responsible for ensuring the safety of all base weapons, property, and personnel. See page A2 for more on the exercise.

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



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5th Bomb Wing Conducts Base-wide Readiness Exercise

SENIOR AIRMAN EVAN LICHTENHAN
5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.

From Aug. 7-11, 2023, the 5th Bomb Wing conducted Warbird Week, an exercise that stress tests the overall capabilities of 5th BW units, and how effectively they perform their missions.

“The intent of exercises is to prepare our Airmen for their worst day. When you exercise you are reinforcing training,” said Donald Hoobler, Inspector General exercise program specialist. “It links that baseline training that every Airman gets, and exercises are validating whether that training really took. It also gives confidence to our Airmen whenever they receive that training, they implement that training and they can really judge their performance on ‘did I do that correctly’. When you deploy down range, you see the value of exercising. When you’re in the heat of a response, whether it’s a natural disaster or you’re in combat operations, you don’t want to figure this out for the first time, when you’re in the heat of it. It is sort of like football, you don’t want to go out there and your first game is the Super Bowl.”

The exercise included simulations of a nuclear generation, natural disasters, an active shooter event, and other scenarios to test multiple facets of the Wing to measure overall response.

“When it comes to planning the exercise, it is us three as the leads, and we use all of the wing inspection

team (WIT) members to liaison back and forth with the office,” said Hoobler. “When it comes to the inspection time, I believe I used 56 WIT members across the 5th Bomb Wing to help us to implement the inspection and make sure all of the injects flowed into the units and we were able to observe as much as we did.”

Although Warbird Week had a broad focus on testing the 5th Bomb Wing as a whole, the 5th Medical Group also conducted their own exercise: Ready Eagle. Ready Eagle calibrated the 5th MDC’s focus on medical training requirements based on scenarios presented by Warbird Week.

“During Ready Eagle Capstone, our first responders, Bioenvironmental team and Field Response team recovered victims of the tornado who were exposed to hazardous materials,” according to Tech. Sgt. Sarah Wilson, 5th MDG Medical Readiness & Commander’s Support Staff Flight Chief. “We also had Military Treatment Facility operations in the Medical Group, which consisted of triage, decontamination, patient movement, patient tracking and treatment of casualties.”

Exercises like Warbird Week and Ready Eagle are crucial to ensuring Team Minot’s response to worst-case scenarios are as proficient as they can be and, ultimately, save as many of our most important assets, our Airmen.

U.S. Air Force Airman 1st Class Benjamin Lo, 5th Operations Support Squadron weather forecaster, monitors the weather during Warbird Week at Minot Air Force Base, North Dakota, Aug. 11, 2023. The 5th OSS weather flight is responsible for forecasting and monitoring changes in weather to protect aircraft and assets from severe weather. Warbird Week is a multi-exercise event conducted by the 5th Bomb Wing to enhance training on generating nuclear-capable bombers capable of striking globally anytime, anywhere.



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



First Responders from 5th Bomb Wing at Minot Air Force Base, North Dakota, prepare to enter a training facility during an active shooter exercise Aug. 8, 2023. The exercise was part of Warbird Week, a series of simulated crises designed to test the 5th Bomb Wing’s operational readiness.



5th Medical Group Patient Decontamination Team first responders assess a patient during Exercise Ready Eagle at Minot Air Force Base, North Dakota, Aug. 10, 2023. Exercises like Ready Eagle are crucial to ensuring our response to the worst case scenario is as proficient as it can be and ultimately save as many of our most important assets, our Airmen



Firefighters from the 5th Civil Engineer Squadron aid a simulated-injured Airmen during the Ready Eagle exercise at Minot Air Force Base, North Dakota, Aug. 10, 2023. Ready Eagle was created to assess the response time and effectiveness of Team Minot’s first responders during a crisis.



Senior Airman Olivia Hightower, first responder with the 5th Medical Group, treats a simulated injury to an Airman during an active shooter exercise at Minot Air Force Base, North Dakota, Aug. 8, 2023. Law Enforcement, Firefighters, Emergency Medical Technicians and the Air Force Office of Special Investigations all played a role in the response.

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Glove prototypes heat up innovation at Minot AFB

AIRMAN 1ST CLASS ALEXANDER NOTTINGHAM, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.

The weather isn't the only thing heating up this summer. The Minot Air Force Base innovation cell, also known as Atomic Spark, the IGNITOR working group and the 5th Contracting Squadron partnered with the 54th Helicopter Squadron, maintenance and security forces units from the 5th Bomb Wing and 91st Missile Wing to bring another innovative solution to Team Minot. "Innovation can start with any Airman; they are the subject matter experts and know how to solve the problems," said Capt. Matthew Matuszak, 91st MW director of Atomic Spark. "Atomic Spark helps refine and elevate the Airman's idea so that it can be seen by a decision maker."

Atomic Spark is an agency that accelerates grassroots innovations within Minot, providing both a voice and conduit to turn powerful ideas into operational capabilities. What is the newest innovative solution brought forward to the cell? Gloves.

With frigid winter temperatures that can reach 50 below zero, Airmen working outdoors are exposed to extreme weather. This makes gloves an essential item in the winter. The standard-issue gloves currently used by many Airmen may protect them from the elements, but don't offer the dexterity and movement needed to perform some duties more easily. A custom heated glove was identified as a potential solution by the 54th HS during a recent IGNITOR outreach project with their unit. This is because no glove that was commercially available offered the right amount of dexterity, comfort and warmth the squadron was looking for.

"You can't effectively employ your weapon system or the hoist

if you can't feel your fingers in the winter," said Staff Sgt. Mathew Brown, 54th HS flight engineer. "The previously-issued version had some limitations, so it was determined that an improved glove was needed."

These issues were brought to the IGNITOR group, a working group whose goal is partnering with Team Minot units to identify feasible contractual, facilities or process improvement solutions to tactical problems.

The group saw the need for a custom heated glove opportunity that spanned several career fields across both the 5th BW and the 91st MW. Atomic Spark brought the idea for custom heated gloves to base leadership and assisted with drafting the required documents to request innovation funds at the Air Force level. As a result custom heated gloves are now being developed to not only help Airmen assigned to the 54th HS, but all base personnel working in extreme weather conditions.

"It can be difficult to get good training in ambient temperatures of 20 below zero or lower if you're only thinking about how cold you are, so anything that can help you focus on the task you're accomplishing in the aircraft only makes you and your squadron better," said Brown.

Team Minot's custom glove proposal was selected by Gen. Brown, Chief of Staff of the Air Force, as the recipient of a portion of his Momentum Innovation Fund. The next step in the process involves 5th CONS soliciting and awarding a contract for gloves to be delivered to the base prior to winter for the Airmen that need them most.

"This is something we began with the help from IGNITOR," said Matuszak. "Basically, IGNITOR takes a problem statement and

we work with the unit, as we have multiple different avenues for acquiring new technology or creating a custom solution."

The award winning Atomic Spark and IGNITOR teams at Minot AFB have shown no signs of stopping their streak of innovation, having acquired over \$45 million in Small Business Innovation Research funding in just under two years. These funds allow Minot AFB to identify small businesses that can provide solutions to the warfighter in a faster, more efficient manner.

"Atomic Spark is critical to Team Minot's innovation goals, having been extremely successful obtaining Department of Defense innovation funds," said Lt. Col. Stephen Kroft, 5th CONS commander. "The partnership between Atomic Spark and IGNITOR has been a key factor in turning Team Minot into a hotbed for innovation."

With more than 40 projects currently in the works amongst both Atomic Spark and IGNITOR, Team Minot Airmen are not short of new ideas to improve the Air Force. Custom heated gloves won't be the last innovation coming from Minot AFB as Airmen work hard to improve not only the base but the Air Force as a whole.

If you are a Team Minot Airmen who wants to accelerate change with an idea, you can get in contact with the Atomic Spark directly at Atomicsparkminot@gmail.com. If a unit commander would like to partner with IGNITOR to identify viable contractual, facilities, or process solutions for your tactical problems, please contact Lt. Col. Stephen Kroft at stephen.kroft@us.af.mil or the IGNITOR Program Manager, Master Sgt. Samuel Lopez, at samuel.lopez.4@us.af.mil.



U.S. Air Force Staff Sgt. Dylan Metcalf, a 54th Helicopter Squadron flight engineer, poses with a pair of heated glove prototypes being tested by Team Minot at Minot Air Force Base, North Dakota, July 28, 2023. The 54th HS can work up to approximately 10,000 feet where temperatures can be extremely low, requiring the highest level of cold weather equipment to stay warm and offset hypothermia.

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



Members of the 5th Contracting Squadron hold a meeting with other squadron leaders to discuss new heated glove prototypes for base personnel at Minot Air Force Base, North Dakota, July 17, 2023. This equipment will be beneficial to the 54th HS and other Team Minot Airmen, as they experience extreme cold weather.

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Welcome To Minot

In recent days I have run into quite a few people who just arrived in the Magic City. After exchanging names and a bit of history, the conversation will soon move into one of several common topics.

Schools- If they have kids they will ask about the schools. I am always very positive about the school systems in, and around Minot. We had three boys go through the Minot Public School system, all with positive results. In addition, there are several other options including Bishop Ryan, Our Redeemers and Nedrose, just to name a few.

Activities- The Wilson family wore out three vehicles running to and from various activities. Soccer, hockey, piano lessons, band, karate...you just have to take your pick. Just down the street in Oak Park is a dance studio. I explain that I have heard a lot of positive comments about the studio and the instructors. Once again, my comments are positive.

Must Do's- I have always been a cheerleader for the Roosevelt Park Zoo. It is a great zoo. The new "cat" exhibits are world class. Next year the zoo will start to undergo a transformation to make way for flood mitigation. Better put, some of the exhibits will be moved to make room for dikes and flood walls. It will be exciting to

see all of the new exhibits that are constructed.

The Magic City Discovery Center has recently opened, and it's a great family destination. You aren't going to get through the entire center in one day, but that's OK. There are several options for family passes, and military discounts.

Berry Pumpkin Patch- It's a few weeks away, but a google search will put you on their website or Facebook Page. What started out as a pumpkin patch and corn maze, is now another great family destination. We are planning to take our grandkids out and get a photo for our Christmas card. Once again, plan on spending at least a couple of hours.

Oak Park Theater- With the closing of the theater on base, Oak Park Theater has become a great option. They are a second run theater and have great movies for adults on those date night opportunities. Saturday and Sunday there are usually a couple of kid friendly movies. The have a great website that lists all of the show times.

High Air Ground- On your way out the door of Oak Park Theater you will see High Air Ground, Minot's Jump Park. If the kids have a lot of energy, this is a great place to "wear them down". Besides

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**A VIEW FROM
OUR SIDE**
ROD WILSON



jumping, there is dodge ball and other activities.

It is always a pleasure to share my knowledge about Minot and the area. No conversation would quite be complete without a short chat about the weather, and the upcoming winter weather. I tell them that North Dakota has four distinct seasons, and three of them are great. I had to laugh the other day when the conversation turned to plugging in your car in the winter. "Is that to charge the battery, somewhat like an electric car?" the Mom I was talking to asked. Well, no, I explained. It's to warm the car's motor so it will start easier." Her middle school son quickly explained that he had read that it could get to zero some days in Minot. "I bet that is when you need to plug in your car" he quickly added. Knowing that they would get into the winter culture soon enough, I agreed. "Yep, it certainly does get to zero, and that's when we put away our short pants" I laughed. He looked at me

with one of those "where did this guy come from?" looks.

Welcome to Minot...the Magic City. Remember, Only The Best Come North.

BEST KEPT SECRETS

Hit The Lakes! Most of the lakes have warmed up to the point where a visit to the beach is a great way to spend a day. Pack a picnic lunch as most have nice picnic areas. There is Lake Metigoshe, Ft. Stevenson State Park, Lewis and Clark State Park, just to name a few. Enjoy one last trip before school starts.

TODAY'S CHUCKLE

The hotel guest called room service, "I want a breakfast of two eggs burned black around the edges, undercooked bacon, weak coffee, watery orange juice, and cold, hard, unbuttered toast."

The room service clerk asked, "Why in the world would you want a terrible breakfast like that?" "I'm homesick."

What happened to ethanol?...



**UPSIDE DOWN
UNDER**
MARVIN BAKER

There was a time not so long ago that you could easily get ethanol (alcohol fuel) in North Dakota, but now you have to search for it and sometimes when you find an E-85 refueler, the place is "out of stock."

Why is this the case? The availability of ethanol is definitely lacking across the state. In fact, to the best of my knowledge, there are 14 (E-85) locations in North Dakota and eight of them are in Fargo and two are in Grand Forks.

You used to be able to fill with ethanol as far west as New Town and Richardton. In fact, there is an ethanol plant across the road from Cenex in Richardton, where ethanol was available. Now, it's not available at all in Richardton.

If you look at our neighbors, Minnesota and South Dakota, there are plenty of places to get E-85. In Minnesota, there are more than 400 locations in which you can purchase E-85. I've never counted the number in South Dakota, but there are numerous places in Rapid City, Pierre, Aberdeen and Mobridge, that I know of, that sell E-85, E-30 and even E-15.

But in North Dakota it's hard to find, even though about 30 percent of the vehicles on the road today are flex fuel vehicles.

One of the things critics continue to talk about is ethanol is no good because you lose gas mileage. Yes, you do lose gas mileage, but you gain the equivalent amount of torque in the process.

My own example is with a 2007 Ford F-150 I drive. Gas mileage is poor in any 4-wheel drive, but when I put E-85 in the tank, it provides plenty of giddy up... hard to quantify... but the zero to 60 easily compares with my 1985 Pontiac Trans Am.

Right now I'm paying \$1 less for E-85 than I am for gasoline. I'm losing 2 miles per gallon so that translates to about 40 miles for a tank of fuel. So when you put a pencil to it, my gas tank holds 22 gallons. Filling with gas costs \$81.18 cents right now. A tank of

E-85 is \$61.38.

Now, translate that to those 40 fewer miles. Sure, I'm losing mileage, but I'm saving \$20 on a tank of fuel and gaining enough torque to accelerate quickly when passing on a two-lane highway, plus, I'm putting less pollution into the air.

E-10 is easily available just about anywhere in North Dakota. But on a recent trip through Devils Lake, I found a place that advertises "no ethanol."

Here's the talk about E-10. It's no good for your seals. It eats rubber seals and gums up your carburetor, if you still have one.

My testimonial to that is I've been commercial gardening for the past 18 years. I've had numerous small engines; lawn mowers, irrigation pumps, chain saws, rototillers and a woodchipper. I've always used E-10 in those engines and I've never had a problem.

In fact, I have two irrigation pumps that I purchased in 2009. They both have Briggs & Stratton engines. At the end of the season, I drain the water and put them in storage, but I don't drain the gas.

When I set them up the following spring, either one will start on the first or second pull.

Those pumps have been running flawlessly for 15 years. Gee, it sure

hasn't eaten the seals or gummed up the carburetor. I'm not sure where that myth comes from, but it sure hasn't affected my bottom line.

As long as the price of ethanol is reasonable, I'll continue to use it because it's better for the environment, it doesn't destroy engines and it supports farmers who raise corn. And, you can use marginal corn to produce ethanol. You can't always use it to feed your livestock.

I think the real problem is the price. I noted this several years ago at a downtown Minot E-85 location. The refueler quit selling it because "customers weren't buying it." It's no wonder, the price was 10 cents less than gas. At that point, it isn't economical.

Sixty cents is the benchmark and as long as it stays below that price point, it's saving me money. Alcohol might eat your rubber seals and gum up your carburetor, but it hasn't bothered mine.

And let's not forget the bitter cold of winter. I just chuckle when I see people adding isopropyl alcohol to keep their gas line from freezing. It's irrelevant. Most gas already has enough alcohol in it to prevent that. Even at 40 below zero, your fuel won't crystalize.

TITUS & PHILEMON

Everyday adventures of Titus and Philemon and their owner Joe.

TIMMOTHY TIMM



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

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talk wasn't about fishing, but rather about sleeping in fresh air, maybe a laugh about someone's unfortunate hand of cards from the previous night.

Pancakes. Sausage. Coffee. Good friends, morning smiles, and friendly conversation. Pleasant. Enjoyable. Wonderful. I knew when I got home and someone asked about fishing, a very logical question, that a simple "really good" would be my response, knowing there was so much more to a fly-in trip than casting, setting hooks, and reeling in fish.

Because gear for six guys for a week must be loaded on a float plane, packing light for such a trip is important. There's clothes, fishing tackle, sleeping bags, food, gasoline – all making for a huge pile of gear on the loading dock. Somehow the pilot secures it all inside the plane, along with six passengers. Then he taxis away from the dock, turns into the wind, races across the water, and the plane lifts off from the gentle waves.

The hour-long flight to our chosen lake takes us over the amazing Saskatchewan wilderness. Rivers and streams and lakes of all sizes dominate the landscape. Large swaths of land are blackened due to fires too remote to threaten any homes or communities.

The pilot banks the plane to the left on his approach to what will be our island home for five nights. The floats skim the

water effortlessly and we're soon unloading our gear and setting up camp. As we are doing so the plane lifts off and the noise of the engine fades away.

No cell service. No internet. Just a promise that the pilot will return at a designated time several days later, if the weather permits. Serenity. Solitude. Nature at its finest.

The fishing is unmatched. All caught hundreds of fish, walleye and northern pike, big and small, in many different ways. As evening approached, we'd return to our island and share a few tales from the day. The friendly chatter was about bears walking the shoreline or swimming near one of our boats, bald eagles fishing and caring for young in a nest, and the ever-present loons.

On our island home the smell of pine trees was overtaken by our small campfire, then gave way to the aroma of mouth-watering barbecued ribs. A delightful salad didn't last long as the big stack of ribs was placed at the center of the table. Wilderness?

How was the fishing? Perfect in every way.



Loading a float plane at Points North, Saskatchewan.



Rob Holm, Riverdale, with a northern pike caught on a homemade bucktail.
KIM FUNDINGSLAND PHOTOS

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Airmen, assigned to the 5th Aircraft Maintenance Squadron, compete in the Global Strike Challenge at Minot Air Force Base, North Dakota, Aug. 3, 2023. The Global Strike Challenge tested weapons load crews' ability to load weapons systems onto a B-52H Stratofortress as safely, quickly, and efficiently as possible.

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



Senior Airman Antonio Mutt, 5th Aircraft Maintenance Squadron weapons loader, moves an inert precision guided munition at Minot Air Force Base, North Dakota, Aug. 3, 2023. Mutt and his team competed in the Global Strike Challenge to test performance and readiness.

5AMXS competes in 2023 Global Strike Challenge

AIRMAN 1ST CLASS KYLE WILSON, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- The 5th Aircraft Maintenance Squadron competed in the Global Strike Challenge here, Aug. 2-4.

The Global Strike Challenge is an annual competition between units in Air Force Global Strike Command, Air Combat Command, Air Force Reserve Command, and the Air National Guard consisting of several events assessing innovative thinking, teamwork, and competencies central to the AFGSC mission.

Beginning in 2010, the Global Strike Challenge has given the top security forces, bomber, missile, and helicopter maintenance and operations crews the opportunity to compete head-to-head with each other in a best of the best competition.

"The Global Strike Challenge puts us head-to-head with crews from other bases," said Senior Airman Antonio Mutt, 5th Aircraft Maintenance Squadron weapons loader. "They take the best crews and let us compete against and challenge each other."

Evaluators from AFGSC headquarters travelled to Minot Air Force Base to administer the competitions and assess competitor performance. They evaluated teams based on how safely, efficiently, and quickly they were able to complete

events within the competition.

As with any team competition, cooperation and teamwork are crucial elements of the Global Strike Challenge which helps foster esprit de corps amongst the crews participating.

"Teamwork is very important in this competition," said Mutt. "Having that camaraderie and communication with your crew plays a huge factor."

In addition to fostering esprit de corps and collaboration, the Global Strike Challenge also contributes to overall mission readiness and inspires innovation within the units who compete.

"This competition definitely drives you and your team to be better," said Mutt. "Every time we take part in this, we're trying to set new records and be the best."

Overall, the Global Strike Challenge enhances mission readiness, teamwork, camaraderie, and inspires a competitive spirit in crews across the Air Force who want to be recognized as the best in their field of expertise. The old saying, "If you want to be the best, you've got to beat the best" rings true for the Global Strike Challenge, as it gives Airmen the opportunity to do just that.

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Airman 1st Class Noah China (left) and Senior Airman Ariana Fernandez, 5th Aircraft Maintenance Squadron weapons loaders, position an inert precision guided munition for loading onto a B-52H Stratofortress during the Global Strike Challenge at Minot Air Force Base, North Dakota, Aug. 3, 2023. The Global Strike Challenge fosters esprit de corps through rigorous competition and teamwork amongst the units that participate.



U.S. Air Force Staff Sgt. Lewis Hafner, 5th Aircraft Maintenance Squadron weapons team chief, secures an inert precision guided munition onto the wing pylon of a B-52H Stratofortress at Minot Air Force Base, North Dakota, Aug. 3, 2023. Hafner provided directions to his team throughout the weapons loading process.



Senior Airman Dawson Hollien (left), 5th Aircraft Maintenance Squadron crew chief, and U.S. Air Force Staff Sgt. Randy Davis, 5th Aircraft Maintenance Squadron maintenance apprentice, inspect the engine of a B-52H Stratofortress during the Global Strike Challenge at Minot Air Force Base, North Dakota, Aug. 4, 2023. The Global Strike Challenge is the world's premier bomber competition that includes units from Air Force Global Strike Command, Air Combat Command, Air Force Reserve Command, and the Air National Guard.



U.S. Air Force Staff Sgt. Randy Davis, 5th Aircraft Maintenance Squadron maintenance apprentice, moves a ladder during the Global Strike Challenge at Minot Air Force Base, North Dakota, Aug. 4, 2023. Davis performed a series of maintenance checks on a B-52H Stratofortress while competing in the Global Strike Challenge.



Airmen, assigned to the 5th Aircraft Maintenance Squadron, inspect the intake of a B-52H Stratofortress engine during the Global Strike Challenge at Minot Air Force Base, North Dakota, Aug. 4, 2023. Each of the B-52H Stratofortress' eight engines can produce up to 17,000 pounds of thrust.



U.S. Air Force Staff Sgt. Randy Davis, 5th Aircraft Maintenance Squadron maintenance apprentice, gives hand signals to his team during the Global Strike Challenge at Minot Air Force Base, North Dakota, Aug. 4, 2023. Davis directed his team during the precision towing portion of the Global Strike Challenge.

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Only The Best Come North: Serving in the Minot Air Force Base Honor Guard

AIRMAN 1ST CLASS TRUST TATE, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- What does it mean to go above and beyond?

Most people say they joined the Air Force to serve their country, and some say joining the Honor Guard is a way to go beyond that.

The United States Air Force Honor Guard is a special duty bestowed upon those who truly exemplify personal and professional excellence.

No matter what Air Force base you go to, the standard of the Honor Guard is nothing short of brilliance.

The ceremonial guardsmen are composed of Airmen, non-commissioned officers and officers on the same base but serve in different career fields.

Ceremonial guardsmen must possess integrity, good reputation, and limitless devotion in order to continue being a part of the Honor Guard legacy.

Technical Sgt. Lance Vandervoort, Minot Air Force Base honor guard program manager, says the most rewarding part of the ceremonies are the funerals.

"Most times, the last military person the family sees at the funeral of their loved ones are the Guardsmen," Vandervoort states. "Handing out the flag to the next of kin, the firing party, and the bugler leave such a huge impact on the families."

As guardsmen, their duty is to perform military honors for those who have served our country.

The responsibility of being noble doesn't stop when you clock out of work Vandervoort acclaims.

Vandervoort said that the Honor Guard is very involved in the Minot community and do their best to give back.

"We do a lot around the local area such as Minot state football and basketball games, performing at the Nodak Speedway, 4th of July parades, and now we're recognized whenever we go out," Said Vandervoort.

As the program manager, he had to attend trainings to make sure he was properly trained on the movements so he could effectively teach the Guardsmen.

"We practice every day, and to break up the monotony, we'll do colors one day, fire party the next, we'll do pall bearing after that, always doing something," Vandervoort said.

Vandervoort says that the application list for Honor Guard is always full, and that he has

some advice for those trying to get accepted to fulfill the coveted spot.

"Get with your leadership, express that you're interested in Honor Guard, and work hard," Vandervoort said.

Even when Guardsmen finish their time serving this special duty, they go back to their assigned duties.

Vandervoort states that even though an Airmen may be done with Honor Guard, Honor Guard is not done with the Airmen.

"When the Guardsmen go back to their unit, they'll notice an increase in their attention to detail, and everyone will treat them as the subject matter expert on uniform codes, regulations, and courtesies," Vandervoort said.

One thing is sure, if you want to join the Minot Air Force Base Honor Guard, you'd better aim high Airman.



Minot Air Force Base Honor Guardsman pose for a photo after a ceremony at Minot Air Force Base, July 7, 2023. Honor Guardsman are responsible for performing military honors at ceremonies and funerals.



Airman 1st Class La' Pere Francis, 5th Communications Squadron ceremonial guardsman, lead rifle, performs at Minot Air Force Base, July 5, 2023. Honor Guard is composed of non-commissioned officers, officers, and Airmen who have the honor of fulfilling this special duty.



Minot Air Force Base Honor Guardsmen perform at the North Dakota State Fairgrounds during a racing event at Minot, North Dakota, July 9, 2023. The Honor Guardsmen presented the colors while the national anthem played before the race.

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

A LOOK BACK THIS WEEK IN USAF HISTORY

MINOT B-52 CREW COMPLETES HISTORIC FLIGHT

August 21, 2011



Airmen from the 5th Bomb Wing who performed the first B-52 flight over the North Pole pose at Minot AFB. (USAF Photo)

Between Aug. 16-21, 2011, Airmen from the 23rd Bomb Squadron at Minot Air Force Base, N.D., embarked on a historic flight to Russia. Taking off from Minot AFB, the B-52 Stratofortress crew flew over the geographical North Pole on their way to the 2011 Moscow International Air and Space Aviation Salon in Russia, becoming the first B-52 bomber to fly over the top of the world. The distance to Moscow was actually shortened by flying over the North Pole versus taking typical routes, and while the B-52 was made to withstand those types of conditions, the route had never been attempted before. Once they made it to MAKRS 2011, the air crew noted that the Russians were especially impressed by the B-52's age and superb condition. Aircraft, crews, and support personal from United States bases all over Europe and the U.S. were in attendance at the Salon.

Information courtesy of: minot.af.mil



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Health Fair Success

BRIANNA LOW, NORTHERN SENTRY

As soon as parents start to see “Back to School” everywhere, an alarm goes off in our heads saying “it’s time for appointments!”. Thankfully, the 5th Medical Clinic was on our side this year with a Health Fair that included sports physicals. As a mama myself, this took a huge stress off of me trying to ensure I got an appointment on time for the due date and it looks like I am not alone in that! A total of 263 families came to the health fair on Saturday, August 5.

The fair was full of resources and activities for the whole family. “We had great support from our public health flight, dental clinic, health promotions office, base library, legal affairs, youth center, and MFRC”, Maj. LeGierse, of the 5th Medical team shared. Attendees were given pamphlets of services offered from the various offices and my kids were given candy and treats. There was a static vehicle display from base fire, security forces, and ambulance services and the kids were able to take a turn at spraying the fire hose from the truck!

The organization of how the walk-in appointments were handled was fantastic. Forms were given when you walked into the clinic to have filled out for check in. The form stayed with you up until you were with the provider for them to easily fill out after checking your child. “We had a total of nine physicians, physician assistants, and nurse practitioners who volunteered their time and their talents to meet the needs of the community”, Maj. LeGierse confirmed. It was a quick and easy process to get in and get out with the documents needed for

sports.

When asked about the success of the event Maj. LeGierse said, “As a provider team, we conducted 128 visits over a four hour period. These were 125 sports physicals and three women’s health appointments. We walked in 93 sports physicals the same day”. As a community we are thankful to the medical team who put on this event and I am thrilled to say that Maj. LeGierse shared that this will not be the last Health Fair with walk in physicals for Minot AFB!



Members of the 5th Medical Group (MDG) Dental Flight pose for a photo at the 5th MDG Health Fair Aug. 5, 2023, at Minot Air Force Base, North Dakota.



Firefighters from the 5th Civil Engineer Squadron, demonstrate how to use a fire engine’s hose during the 5th Medical Group Health Fair Aug. 5, 2023, at Minot Air Force Base, North Dakota. The Health Fair was an event that allowed parents to bring their children to get free sport physicals and to learn about different organizations at Minot AFB. Above, Cameron Low takes his turn spraying the fire house.

NORTHERN SENTRY PHOTO
BRIANNA LOW



Members of the Minot Air Force base Youth Program pose for a photo at the 5th Medical Group Health Fair Aug. 5, 2023, at Minot Air Force Base, North Dakota.

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



A member of the 5th Medical Group (MDG) paints faces at the 5th MDG Health Fair Aug. 5, 2023, at Minot Air Force Base, North Dakota.

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Double D-Haw - Minot's Biggest and Best Breast Cancer Fundraiser happening this Friday

DOUBLE D-HAW

The Blue Rider Bar is proud to announce that it will again be hosting Double-D Haw—Minot's biggest and best breast cancer fundraiser! This year's event will take place on Friday, August 18th, 2023, from 5:00-11:00 p.m. at The Blue Rider. All proceeds from this event will once again go to the Trinity Health Cancer Fund to help patients and survivors in their fight against breast cancer.

"Double D-Haw was such a great event last year," says Dusty Zimmerman of the Trinity Health Foundation; "we were thrilled that the Blue Rider crew wanted to do it again, and we're looking forward to another great night of fun and fundraising!"

Just like last year, Double-D Haw will be a fun and lively night of delicious food, signature drinks and beers, a Double-D inspired fine art auction, and live music.

Patrons of Double D-Haw will enjoy an authentic seafood boil—a food experience you don't want to miss! "We wanted to do something different than other fundraisers," says Terry Peterson, owner of The Blue Rider. "You don't see a seafood boil very often in North Dakota and Ryan Ackerman of Ackerman-Estvoid Engineering does an amazing job with the boil—it's fun to watch and the seafood is off-the-charts good!"

Our friends at Atypical Brewing and Barrelworks have brewed another pink beer for especially for Double-D Haw and breast cancer awareness. For the whole

month of August, \$1.00 from the sale of every pint of Pink Drink sold at Atypical and at The Blue Rider will go to the Trinity Health Cancer Fund.

Nick Holwegner of Atypical Brewing says, "We're happy to continue to support Double D-Haw and happy as well to be able to donate to the Trinity Health Cancer Fund. It's always fun to brew a pink beer—and this one goes to a great cause!"

This year, Double D-Haw will offer two new fundraising opportunities. One is a vintage lingerie pop-up shop called "Second Hand Thrills." It's a pretty amazing collection—all in excellent condition, and all reasonably priced! The other is a 50/50 paddle raffle—and fun and easy way to raise money for the Cancer Fund, and win some dough for yourself!

And just like last year, Double D-Haw will feature some great music! We're closing down 1st

Ave in front of The Blue for a good old-fashioned street dance with music by the Little Chicago Funk band. So get out your boogie shoes and be prepared to dance the night away at Double D-Haw!

Anyone familiar with The Blue Rider knows that art is an essential part of the vibe at the bar, and art will be a key part of Double D-Haw. Several local artists have created a variety of Double-D inspired artworks that will be auctioned off at the event. "So many artists have given generously of their time and talent for us," says event organizer ShaunAnne Tangney; "you're going to have a chance to bid on some really amazing artwork at Double D-Haw!"

And there's more art: your Double D-Haw crew is going to turn the entire Blue Rider into a work of street art. Starting on August 1st, we're going to cover the entire building head

to toe in bras...come check us out—the Blue will be a sight to see!

Tickets for Double-D Haw are \$50.00; each ticket includes the seafood boil, two free drinks, and some really cool Double-D Haw swag. Tickets are available on-line at https://commerce.arryved.com/location/BYKhVv1_, in advance at The Blue Rider, and at the door.

So mark your calendars for Double-D Haw at The Blue Rider—August 18th, 2023, 5:00-11:00 p.m.! A great night of food and drinks, art and music, and lots and lots and lots of bras! It's going to be the most fun you can have with your clothes on—and all for a great cause: breast cancer awareness and the Trinity Health Cancer Fund!



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- They use their roar to communicate and declare territory. A lion's roar can be heard over several miles.
- Lions sleep or rest about 20 hours a day.

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- Aches and _____
- Large vehicle (abbr.)
- Gaining knowledge

DOWN

- Education building
- Things to read
- Flow into a stream
- Person, place or thing

Answers:
 Across: 1. Safety, 3. Heavy
 Down: 1. School, 2. Books, 3. Learning, 4. Pains, 6. Limo, 7. Learning, 8. Noun, 9. Pour

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Wheel Alignment Tips

Have your Wheel Alignment checked every other tire rotation and always when installing new tires. Wheel alignment sometimes referred to as tracking, is part of standard automobile maintenance that consists of adjusting the angles of the wheels so that they are set to the car maker's specification. The purpose of these adjustments is to reduce tire wear, and to ensure that vehicle travel, is straight and true (without "pulling" to one side). Alignment angles can also be altered beyond the maker's specifications to obtain a specific handling characteristic. Motorsport and off-road applications may call for angles to be adjusted well beyond "normal" for a variety of reasons.

Primary Angles
 The primary angles are the basic angle alignment of the wheels relative to each other and to the car body. These adjustments are the camber, caster and toe. On some cars, not all of these can be adjusted on every wheel.

These three parameters can be further categorized into front and rear, so summarily the parameters are:

- Front: Caster (right & left)
- Front: Camber (right & left)
- Front: Toe (left, right & total)
- Rear: Camber (left & right)
- Rear: Toe (left, right & total)
- Rear: Thrust angle

Secondary Angles
 The secondary angles include numerous other adjustments, such as:

- SAI (left & right)
- Included angle (left & right)
- Toe out on turns (left & right)
- Maximum Turns (left & right)
- Toe curve change (left & right)
- Track width difference
- Wheelbase difference
- Front ride height (left & right)
- Rear ride height (left & right)
- Frame angle

Setback (front & rear) is often referred as a wheel alignment angle. However setback simply exists because of the measuring system and does not have any specification from car manufacturers.

Measurement
 A camera unit (sometimes called a "head") is attached to a specially designed clamp which holds on to a wheel. There are usually four camera units in a wheel alignment system (a camera unit for each wheel). The camera units communicate their physical positioning with respect to other camera units to a central computer which calculates and displays how much the camber, toe and caster are misaligned.

Often with alignment equipment, these "heads" can be a large precision reflector. In this case, the alignment "tower" contains the cameras as well as arrays of LEDs. This system flashes one array of LEDs for each reflector whilst a camera centrally located in the LED array "looks for" an image of the reflectors patterned face. These cameras perform the same function as the other style of alignment equipment, yet alleviate numerous issues prone to relocating a heavy precision camera assembly on each vehicle serviced.



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FCC Providers Grand Opening

BRIANNA LOW, NORTHERN SENTRY

Boasting the most extensive FCC network in the Air Force, Minot AFB has now held the grand opening for four more FCC providers on Monday, August 14th. With MSG leadership presenting each provider with a framed license and cutting a ceremonial ribbon at each location, these four new providers are ready to open their doors to these families!

Leadership expressed their utmost gratitude to each provider, knowing that this is a crucial factor in the success of the base's mission. These providers will offer standard hours, after-hour care, deployment, and PCS care. In touring their houses,

each provider has taken great care in ensuring their space is a welcoming and safe environment for the kids they will be watching.

Kristen Hallman, a mother of four, is excited to open her home and serve her passion for childcare. She aims to provide a fun, safe, and flexible environment that helps the kids on their developmental journey.

Kristy Morales, a former employee of multiple CDCs throughout the Air Force, is thrilled to open her home to these kids. She plans to teach a curriculum to help the children grow and learn daily!

Jade Coria has become an FCC provider for the base to follow

her passion for nurturing and supporting the development of children's minds. She hopes to offer a flexible schedule, giving everyone peace of mind throughout all hours of the day and helping to support the mission.

Gemma Willette will be a provider for kids on base and her daughter. She wants to focus on planning fun activities for the kids to enjoy at her home, such as gardening, arts and crafts, and reading.

It is fantastic news to see the base provider network grow, and with a promise of continued growth, the support for families on base will continue.



Kristen Hallman and Family during their ribbon cutting ceremony.



Kristy Morales being presented her licensed by Col. Ottinger.



Gemma Willette and her family during their Ribbon Cutting Ceremony.



Jade Coria and her husband being presented her framed license from Col. Ottinger.

NOTES ON BEING SAFE

The Second impact is often the deadliest



SSGT JOE VERGARA
5TH BOMB WING
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SAFETY



Americans love football, hotdogs, apple pie and wearing seat belts. Well, maybe Americans aren't too thrilled about wearing seat belts.

In fact, according to statistics compiled by the Department of Transportation, in 2017 (the most current data year) there were 17,452 fatalities in which restraints were not used, or an average of 349 deaths annually per state.

What many people fail to realize is that during most vehicle accidents, occupants experience two separate impacts. First, there is the initial impact. This occurs when the vehicle hits another object, but this impact alone may not be enough to cause serious harm. The second impact is the culprit behind most car injuries.

Sir Issac Newton's first law of motion comes into play here. Simply put, the law states that every object will remain in motion until acted upon by an outside force, and the results can be deadly.

The second impact occurs inside the vehicle after the force from the initial impact turns the occupants into flying projectiles, slamming them into the dashboard, windshield, or other hardened parts of the interior. Imagine this: A car traveling at 50 miles per hour (MPH) hits a stationary object and comes to a complete and sudden stop. An unbelted occupant and everything inside the car not secured will continue to travel at 50 MPH. Go a step further and compute the force with which the occupant will hit a stationary object inside the car - the vehicle's dash for instance. An occupant weighing 160 lbs traveling at a speed of 50 MPH, the force generated at the point of impact will be 8,000 pounds! Not too many bones in the body can withstand that kind of punishment; you can only imagine the damage to internal organs and soft tissue from a blow of 4 tons. Unlike a vehicle that can be repaired or replaced, the human body isn't easily repaired and is impossible to replace.

Nothing can prevent the second collision; it's a law of physics. The only thing that can be done is to reduce severity. Fortunately, there is a device inside your car that is designed for just that purpose: your seat belt.

The seatbelt wraps across the torso and waist of the driver and passenger to give the body something softer to absorb the impact. It also helps protect your body from being injured by the unyielding hard surfaces of metal and plastic on the inside of your car.

Seatbelts keep you behind the

wheel where you can continue to drive and possibly take further evasive action, and also prevent you from being ejected from the vehicle - one of the biggest causes of motor vehicle fatalities.

Many new cars come with airbags and this feature gives some motorists a false sense of security. Airbags are passive devices, not active systems like seatbelts that require your action to latch. Passive can be good, because it's easy, but may not necessarily be as effective. Statistically, fewer injuries and fatalities occur in crashes of vehicles equipped with airbags, (overall, airbags reduce driver deaths by 14 percent and passenger deaths by 11 percent) but the deployment of an airbag alone during a high-speed collision may not be enough to save the life of an unbelted occupant.

Although some new cars offer side airbags, many do not. Dash mounted airbags offer no protection at all from side or rear collisions, only from the front. Supplemental don't offer during roll-overs, either. Wearing a lap belt keeps you anchored to the car seat and your shoulder belt keeps your upper body

from pitching forward and hitting the airbag as it deploys. Remember, airbags are designed to compliment seatbelts, not replace them.

According to the National Highway Traffic Safety Administration, seat belt usage across the United States is on the rise and recently topped 80%. Seat belt compliance rates on most bases is over 99%, but the fact that Airmen continue to lose their lives off base by failing to buckle up suggests that off-base use still has massive room! for improvement. Supervisors are often faced with a tough job changing the ingrained habit patterns of Airmen who may have spent 18 or more years of their lives not wearing seatbelts. Persistence, sincerity, example, and constant awareness are the keys to success.

What choices do we have? Without the belt, people can look forward to skull fractures, facial lacerations, broken teeth, ribs and other nasty internal injuries and in the worst case, even death. The final decision is up to you. I know the choice I'll make. Remember, if the first impact doesn't get you the second one just might.

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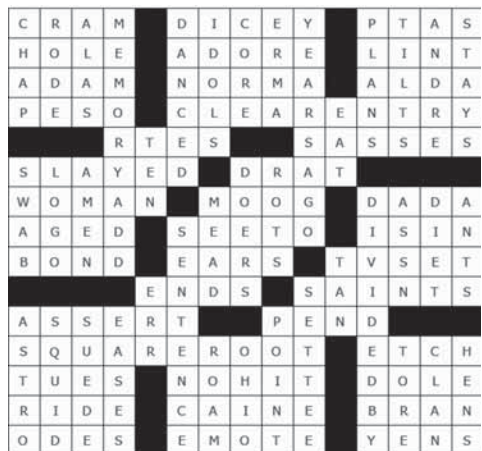
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CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



SUDOKU

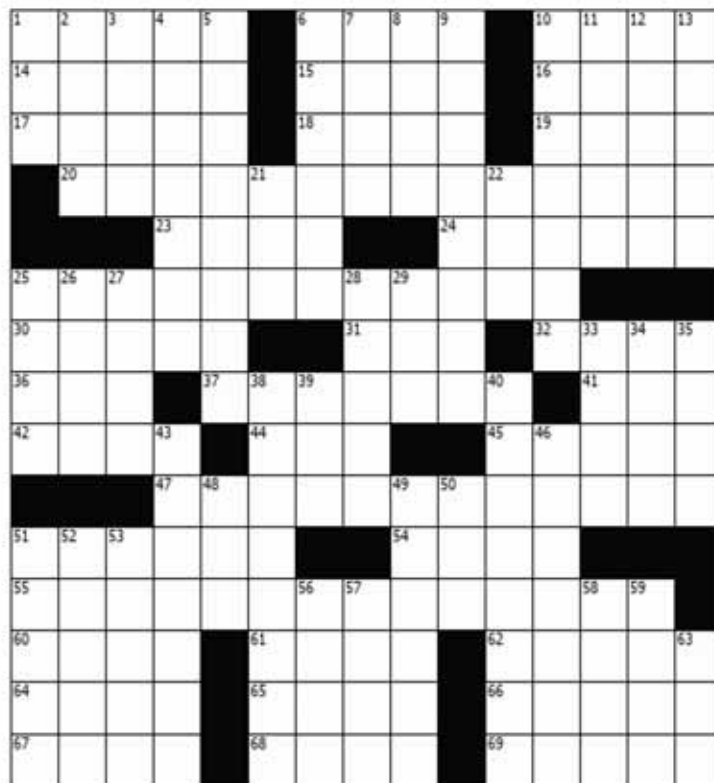
Solution to puzzle on page B9

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

CROSSWORD PUZZLE

Across

- 1. Playfully mischievous one
- 6. Ones of a kind?
- 10. Wild, desperate guess
- 14. Union station?
- 15. Use a lot?
- 16. Cabbage family member
- 17. Big name's small part
- 18. 1953 Pulitzer playwright William
- 19. Otherwise
- 20. Commitment minus one year?
- 23. Of majestic proportions
- 24. Con's preoccupation, perhaps
- 25. Marilyn Monroe film minus one year?
- 30. First letter of "census," e.g.
- 31. From point __ point B
- 32. Caterwaul
- 36. Middle Eastern org. founded in 1964
- 37. Like some expensive shoes
- 41. John, to Ringo?
- 42. Muralist Jose Maria
- 44. Bean counter, for short
- 45. ML pitchers that hit
- 47. Time for some to vote, minus one year?
- 51. Nobel laureate Sakharov
- 54. Group standard
- 55. Certain work force, minus one year?
- 60. Vesuvius relative
- 61. First in a string of popes
- 62. Dropped off
- 64. Pine nut, e.g.
- 65. Aykroyd and Fogelberg
- 66. Like a lot
- 67. __ buco (veal dish)
- 68. Editorial notation
- 69. Votes in favor



Down

- 1. Biological cavity
- 2. Kinship group
- 3. "Look __, I'm Sandra Dee"
- 4. "My Little Chickadee" co-star
- 5. Candidate
- 6. Per person
- 7. Six-pack units
- 8. "Cogito, __ sum"
- 9. Type of key
- 10. Type of details
- 11. A co-star of Sylvester
- 12. Columnist brothers Joseph and Stewart
- 13. Designer Geoffrey
- 21. Mo. or Ohio, e.g.
- 22. Pac-10 campus
- 25. Letters on measuring spoons
- 26. Moth's legacy
- 27. Get an __ effort
- 28. Birth-related
- 29. Japanese Prime Minister Hirobumi
- 33. Dairy case spread
- 34. Like bald tires
- 35. Casualty, e.g.
- 38. "My Little Chickadee" co-star
- 39. "O Henry, __ thine eyes!" (Shakespeare)
- 40. Where to come in
- 43. Destructive funnel
- 46. Citrus drink
- 48. Word with spoon, well or force
- 49. Join up
- 50. Dove's murmur
- 51. "You __ Beautiful"
- 52. Lecture souvenirs
- 53. Desert features
- 56. Ravioli filling, perhaps
- 57. Corn cake
- 58. Baseball's Slaughter
- 59. In desperate need of water
- 63. __ Moines

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We Couldn't Discover It All!

ROD WILSON, NORTHERN SENTRY

Grandkids arrived from West Fargo, and as is normal with grandparents, we have their day booked with lots to do. We want them to go home amazed at how fun it is at Grandma and BePa's house in Minot. Their ages? Carter is 12, Charlie is 9, Addely is 6 and Silas is 3. Yeah, that's a pretty big age span...what can you do that can keep them all occupied and interested for a couple of hours, at the minimum.

Having toured the Magic City Discovery Center on several occasions, it was first on our list of destinations, and the Discovery center certainly did not disappoint. We'll sum it up quickly, we discovered, but we didn't have time to discover it all. Walking in the door the energy level went from zero to a 10, well maybe a 10+. Kids and adults, of all ages, were busy jumping from exhibit to exhibit. The young man at the front desk welcomed us and promoted the 4 floors of exhibits, and be sure not to miss the water exhibits downstairs. Having been on a couple of tours of the MC Discovery center, I was wise to the water exhibits. How is that? We had adults get absolutely soaked on one of our tours, so the water exhibits would be our last stop.

We started with mirrors. Our 3 year old grandson was just amazed. Soon he drug grandma through the exhibit. Over here BePa (my granddaughter's name for me) as I felt a tug on my hand. Look at this. She had made an airplane and now was trying to fly it into a target. Then

there was the parachute game. Hook the parachutes to a pulley system and lift them to the ceiling where they are released and float softly to the ground. My oldest grandson, Carter, soon mastered the art of hooking up 3 or 4 parachutes and watching them race to the ground.

To our right was what you see from the outside as you head north on Broadway, the now famous Climber exhibit. Now back in the days of the VIP tours, it was an oil derrick, a wind mill and a B 52. Makes perfect sense, oil, agriculture and the Minot Air Force Base. All very important to Minot. However, one could never imagine the activity level of the kids as they conquer the various climbing challenges of this exhibit. Carter is normally afraid of heights, but was amazed when he climbed into the B52 and could overlook Minot. Each kid was able to experience a different level of climbing, and that is what makes the Magic City Discovery Center so special.

I thought we would spend the most time at the water exhibits, but I can honestly tell you that the Air Force area with their silk-multicolored kerchiefs and the soft balls that would move around a ginormous tube, held all 4 of the kids' attention for at least 30 minutes. As kids will do, they stretched the boundaries a bit. I watched kids gather a handful of kerchiefs and fling them into the blower that pushed them up, up and over the glass. We all laughed together as they came back to earth on top of someone's head.

WATER-WATER EVERYWHERE

So down we go, to the glass, stainless steel and puddle area referred to as Water World. I just can't explain everything that happens here, except that the Magic City Discovery Center has wisely provided water proof aprons for the kids. I helped a youngster with one of the exhibits that I call the plumbers world. Getting water from point "A" to point "B". He was doing real well until he turned the water pressure up, and well I got soaked. Out of the corner of my eye I caught my youngest grandson about ready to pour a scoop of water onto his sister's head. Hey, it's only water, I guess. Roughly 30 minutes later, we had a very tuckered 3 year old that was ready for his afternoon nap (heck grandpa was ready for an afternoon nap, too). So we bid the Magic City Discover "farewell", with a promise that we would, for sure, have to return and spend another 3 hours there.

Having worked in Minot and raised my family here, I am always happy when I catch accolades from out of state visitors about something special in the Magic City. I know there are other discovery type exhibits in other cities, but as one lady from Canada said on our short elevator ride to the top floor, "What a fun place, even for people our age, eh?" Yes, what a fun place, for people of any age. The Magic City Discovery Center, a tribute to the vision and tenacity of those who have worked hard to bring this dream to reality.

YOUTH IN ACTION



Charlie discovers the amazing world of swirling water.



Silas watches as a ball disappears into the swirl.



So much to do at the water area.



Addely pumps the water into a large tube.



Addely & Silas watch silk neckerchiefs disappear into a vacuum.

NORTHERN SENTRY PHOTOS
ROD WILSON

All About Pets

Handling Picky Eaters



Having a dog who is a picky eater can be one of the biggest challenges for pet owners. Like all pets, dogs have specific nutritional needs that must be met and if they are fussy eaters, fulfilling those needs can be difficult. Here are a few tips to help you find the right solution for your pet.

- **Health problems:** If your dog has suddenly developed an aversion to certain food or you have been dealing with pickiness for a while, try speaking with your veterinarian. Your dog may have an underlying health issue that could be creating the pickiness. In that case, your vet may be able to recommend the best food for your dog's situation. Some dogs also have food allergies, and your vet can perform tests or offer suggestions to help you identify what they are.
- **Stick to a routine:** Domesticated dogs are creatures of habit. Stick to a set routine to avoid messing up your dog's schedule. For example, feed at 7 a.m. and 4 p.m. every day and take uneaten food away after some time. However, it is important to keep in mind that some dogs do actually prefer to graze throughout the day. Free feeding works great for some dogs, so monitor Fido closely to figure out what works best.
- **Boredom:** Some dogs will simply refuse to eat if they are bored of what they're getting. Eating the same food out of the same bowl every day can be monotonous, and humans wouldn't want to do that either. If your dog doesn't seem interested in its food, try switching up the method of feeding. For normally food-motivated dogs, kibble can be used during training sessions to make it more fun. You can also try other more mentally-stimulating methods of feeding such as scatter feeding, snuffle mats, puzzle toys, etc.

Believe it or not, some dogs actually like to work for their food! You can also encourage your dog to eat by adding in supplements such as fresh or frozen fruits and vegetables, canned pumpkin or yogurt, wet food, no salt added, plain chicken broth, eggs, or if you're into it, freeze dried or raw meat supplements. Some dog owners even prefer to feed entirely raw diets. It should be noted that you should consult your veterinarian before making any major changes to your dog's diet, and when it comes to feeding raw, consulting a nutrition specialist is very important to make sure your dog is getting all of the necessary nutrients.

• **Stress:** Picky eating can also be caused by stress and anxiety. Especially in changing environments, such as rehoming situations, moving, or bringing another pet into the home, your pet may not feel like eating. If you suspect your pet is not eating due to stress, try returning your routine back to normal as much as you can. You can try to reduce stressors by allowing your dog to eat in a quiet, calm space in the home, or by separating them from whatever they are triggered by. In some instances, all it takes is time and trust building to get your pet to start eating. This is where it can be especially important to try different foods and toppers to encourage your dog to eat, even just a little bit. Some dogs are just picky eaters by nature, similar to how humans have preferences in what they eat. If your dog has recently developed pickiness, it may be time to visit the vet to figure out the cause. Otherwise healthy dogs can go several days (with water) without food, but the best practice is to solve the problem before ever getting there.

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Kicking Off the School Year: Back-to-School Backpack Brigade

On August 4, 2023, the Minot Air Force Base School Liaison Office partnered with national nonprofit Operation Homefront to host the annual Back-to-School Backpack Brigade at the Minot AFB Youth Center. The event was filled with pomp and circumstance!

With representation from the 5th Bomb Wing and the 91st Missile Wing, the School Liaison Office was delighted to welcome Colonel Daniel Hoadley and his spouse Joyce and Colonel Chapman and his spouse Erin. In addition, we were thrilled to welcome over 25 agencies from Minot Air Force Base and Minot to share information and resources to support military families as preparations are made to return to school.



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



At the Back-to-School Backpack Brigade, there were interactive components to include games, STEM activities, and free vision screenings provided by the Magic City Lions! A special appearance by the American Red Cross for North Dakota helped students be prepared for emergency

situations with the facilitation of the "Pillowcase Workshop."

A very special thank you to our Minot AFB leadership, families, parents, and organizations for their involvement and participation! We are ready to kick off the school year!

2023 BACK-TO-SCHOOL BACKPACK PARTICIPATING ORGANIZATIONS:

- Minot AFB Library
- Minot AFB Exchange
- 5 BW Integrated Prevention and Resiliency Team
- 5 MDG Family Advocacy
- Minot AFB Youth Center
- Family Child Care
- North Dakota Military Outreach
- Military and Family Readiness Center
- Magic City Discovery Center
- Minot Symphony Orchestra
- Magic City Lions
- STARBASE North Dakota
- Minot AFB Spouses Club
- Dakota Elementary
- Operation Homefront
- 5 FSS Marketing
- Glenburn School District
- Memorial Middle School
- Minot AFB Homes
- Minot AFB Chaplains
- Columbia College
- American Red Cross
- Minot State University
- Bishop Ryan Catholic School
- Minot and Minot AFB Headstart
- YMCA
- Minot AFB CGO Council



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BACK-TO-SCHOOL BACKPACK BRIGADE 2023



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Upcoming Events

21 AUG BACK TO SCHOOL COMMUNITY GIVEAWAY
12:00 PM - 7:00 PM
202 3rd Ave SE, Minot

We're changing it up in August! Instead of 'just' a diaper giveaway, we're teaming up with the Salvation Army and MyMamaMadell to giveaway diapers, backpacks, and clothing—just in time for school!
Sign up for the backpack giveaway: https://docs.google.com/forms/d/e/1FAIpQLSeVPq0qfEmQ3c7Yup6PSH45q1g_jExNpNGIZmubaThE2yFhYw/viewform
Sign up for the diaper giveaway: <https://docs.google.com/forms/d/1U7gc1XdtNzIob4hjTuc4eBQnOUuL7Rt8TS10IkXSk0/edit>
Firefighters and hot dogs will also be there!



For more information: Facebook/Project BEE/ Events

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

Friday, August 25th at the Oak Park Amphitheater – showing Lightyear
All movies begin at sunset (around 9:30 pm).
Sponsored by: First International Bank & Trust
*This movie is rated PG so please plan accordingly.



For more information: Facebook/ Minot Parks/ Events

26 AUG OPEN MIC NIGHT
11:00 AM - 1:00 PM
The Putt District
17 South Main Street, Suite A
Minot

Open mic night at the Putt District is every fourth Saturday of the month, and we couldn't be more excited! Whether you're a budding star waiting to be discovered or just looking for a night of entertainment, this is the place to be! Musicians, comedians, poets - you never know who might take the stage and capture your heart! So mark your calendars, gather your friends, and come down to the Putt District for a night of fun and excitement!
<https://theputtdistrict.com>



For more information: Facebook / The Putt District / Events

26 AUG LADIES NIGHT
1:00 PM - 4:00 PM
Minot State University Summer Theater
Minot

\$50 all seats, with \$25 per ticket going directly to one of four partners for this summer show: Prairie Grit Adaptive Sports, Project BEE, Roosevelt Park Zoo, and the Minot Symphony Orchestra. Buy directly from these organizations or through the CR website, where you will be prompted to choose an organization.
5:30pm Food trucks and beverage sales, gates open
7:30pm Concert begins (3 sets, with breaks for food/drink)
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Tate's Spotlight: Fan Highlight

Meet the Cuerveas Family

HANNAH EKWALL

What truly makes our games so special is all of the support we get from our fans. We love seeing new and old faces in Corbett on game days! The Cuerveas family have been loyal spec-taters since our first game at Corbett.

This family of 4 could not wait to come to games when they heard that the Hot Tots were coming to town. As a military family they are always looking for new entertainment around their new town. After adding the Hot Tots on social media Patricia got her family excited for when the season would begin.

The Cuerveas family can always be found having the most fun on game days. Not only do their kids get to participate in games but Patricia and her husband also love to participate in on field activities too! What is the most fond memory of the summer for Patricia is definitely the experience her children have had as batboy and batgirl. She says "Ezra's experience as bat boy in that

first game we went to is why we are fans for life. The way that the team, promo conductors, and all of the administration treated my son and my family was phenomenal. Some of the players and coaches

have even gone out of their way to give my son pointers to be a better baseball player. "The Cuerveas family also loves the energy at games and the opportunity to create such special family memories. "The memories that my family is making with the Hot Tots will stick with them for life. Every game that we have gone to feels like we are

visiting family. The atmosphere is electric whether it is a sold-out game on the weekend or a lighter crowd during the week."

We are so grateful for the Cuerveas family and all of their continued support. Families like these spud-tacular people help to create the most amazing energy at Corbett field night after night.



by Patricia Stockdill

Fishing:

Lake Sakakawea elevation, Aug. 14: 1,842.56 feet above mean sea level (MSL); 22,000 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.87 feet above mean sea level (MSL). Stump Lake elevation: 1,449.9 MSL.

•N.D. Game & Fish Dept. game wardens: North-central area lakes remain slow. No Missouri River System or Devils Lake reports.

•Devils Lake, Ed's Bait Shop, Devils Lake: No new reports.

•Devils Lake, Woodland Resort, Devils Lake: Continued fair to good walleye success in 18 to 25 feet using spinners and bottom bouncers. Also try vertical jigging. Work Pelican Lake or the west side of the Minnewaukan Flats.

•Lake Darling, Karma C-Store, Ruthville: No new reports with fewer anglers on area lakes and overall slower success. •Lake Darling, Upper Souris Nat'l Wildlife Refuge, Foxholm: Decent walleye activity on Lake Darling with some nice-sized fish showing up. Limited shore-fishing activity, however. The refuge is open to archery deer hunting when the season opens Sept. 1 with closed areas with 1/4-mile of any occupied building.

•Lake Metigoshe, Four Seasons, Bottineau: Try morning and evening hours for walleye. Some nice-sized bluegills showing up along the docks and shallow water.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Work deep on the east end of Lake Sakakawea for walleye although occasionally a few fish are showing up shallow in the evening. No reports from Lake Audubon.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Continue working 30 to 40 feet on Lake Sakakawea using jigging Raps or slow death hooks with nightcrawlers working from Douglas to Berthold bays along the north shore. Try chasing muskie on Lake Audubon but all muskie less than 48 inches must be released. Move around in deep water to locate muskie and fish suspended.

•Lake Sakakawea, Indian Hills Resort, Garrison: Some walleye starting to

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

•Fish don't survive when coming up from 25 feet and deeper and the N.D. Game & Fish Dept. advises anglers keep those fish.
•N.D. Dept. of Environmental Quality blue-green algae reports: Low toxin levels – Blacktail Dam, Williams Co.; Buffalo Lodge Lake, McHenry Co.; Carbury Dam, Bottineau Co.; Carpenter Lake, Rolette Co.; Coal Lake, McLean Co.; Devils Lake, Black Tiger Bay; East Park Lake, McLean Co.; East Slump Lake, Nelson Co.; Heckers Lake, Sheridan Co.; Lake Upsilon, Rolette Co.; McGregor Dam, Williams Co.; Nelson-Carlson Lake, Ward Co.; Rice Lake, Ward Co.; South Hoffer Lake, Sheridan Co.; Lake Sakakawea west of Hofflund Island, Williams Co. Advisories – Epping-Springbrook Dam, Williams County; Harvey Dam, Wells Co.; Lake Darling, Renville Co. Go to the agency website, (deq.nd.gov) for more information and safety precautions.

•Aug. 19: Sensory Hike Evening Hike Series, Fort Stevenson State Park, Garrison, 9:30 p.m.

•Aug. 26: Minot Rifle & Pistol Club Buffalo Match, 8 a.m.; Steel Challenge, 9 a.m.

•Aug. 27: Minot Rifle & Pistol Club Multi-gun Shoot, 9 a.m.

•Sept 1: Dove, archery pronghorn (lottery license holders only), archery deer, and mountain lion seasons open.

•Sept. 2: Living History Weekend, Fort Union Nat'l. Historic Site, Williston.

•Sept. 2: Evening Hike Series, Sunset Hike, Fort Stevenson State Park, Garrison, 8 p.m.

TOURNAMENTS:

•Aug 19: Lake Sakakawea, Sakakawea State Park; Lake Sakakawea, White Earth Bay; Upper Missouri River, Lewis & Clark Bridge.

•Aug. 26: Lake Sakakawea, Beulah Bay; Devil Lake, Woodland Resort.

•Aug. 26 & 27: Lake Sakakawea, 4 Bears.

move into a little shallower water. Try 20 to 25 feet using jigging Raps or nightcrawlers. Also try crankbaits working deeper water. Work along the south shore from McKenzie Bay to Independence Point.

•Lake Sakakawea, New Town: No new reports.

•Lake Sakakawea, Van Hook Bait & Tackle, New Town: Walleye activity slowing but anglers still finding some success. Better success farther south in the Van Hook Arm in 30 feet and deeper. Look for a shift to jigging Raps or deep-diving crankbaits but some fish are still coming with spinners and nightcrawlers.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace remains slow from boats with occasional success at best during the day. Try the spillway channel but walleye are small. Some calfish from the wing walls but river is slow. Try using crushed smelt or small minnows. A few walleye taken at night from shore or from boats working the chutes. Lake Sakakawea fair for walleye on the east end with best success in 40 to 50 feet. Keep those fish when taken from deep water, however. A few coming from 20 to 22 feet but not many. Better success with slow death hooks in deeper water. Try 85 feet over deeper water with flashers and squids for salmon on the east end of Lake Sakakawea. Basically

work within 10 feet of the thermocline.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Upper end of Lake Sakakawea slowed somewhat for walleye with water dirtier in some locations. Anglers still catching fish but working harder.
•Lonetree WMA area lakes, Harvey: No new reports.
•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Not much activity on area lakes.

N.D. river flows:

•Des Lacs River, Foxholm: River stage, 5.77 feet; streamflow, 15.8 CFS.

•Little Missouri River, Long X Bridge: River stage, 8.97 feet; streamflow, 664 CFS.

•Missouri River, Williston: River stage, 15.95 feet.

•Missouri River, Washburn: River stage, 9.76 feet.

•Pembina River, Walhalla: River stage, 2 feet; streamflow, 119 CFS.

•Souris River, Foxholm: River stage, 4.98 feet; streamflow, 0.99 CFS.

•Souris River, Minot Broadway Bridge: River stage, 40.65 feet.

•Yellowstone River, Sidney, Mont.: River stage, 4.62 feet; streamflow, 9,480 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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Cajun Bacon

INGREDIENTS

- 2 lb. Thick Cut Bacon
- 1 lb. Brown Sugar
- 1½ tsp Cayenne Pepper

- 1) In a small mixing bowl, blend brown sugar and cayenne pepper and set aside.
- 2) Place a layer of bacon in a large disposable aluminum pan. Using a sifter, lightly dust with the brown sugar/pepper mixture.
- 3) Add another layer of bacon and repeat until all bacon has a light dusting of sugar mixture. Can be done ahead and refrigerated overnight. A syrup will form.
- 4) Place on grill and smoke/bake at 350° for 20-30 minutes. Flip bacon halfway through and watch carefully as bacon will go from perfect to burned and ruined in a minute or two. Do not allow fat to drip onto an exposed flame.
- 5) Carefully remove and allow sugar to cool before serving.

Oven baking: place bacon on a cooling rack and place rack in a lined jelly roll pan.

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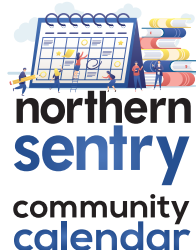
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2	3	4	1	5	7	9	8	6
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9	4	3	7	2	8	5	6	1
1	6	8	4	9	5	2	7	3

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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

Flag Placement Volunteers

Every day we lose service members and veterans to suicide. In a way to honor those lives the Integrated Primary Prevention Office is placing flags along Missile Ave on 6 September. The flags will remain there for the month of September as a reminder of those that we have lost and that help is available. We are looking for volunteers to help place the 328 flags representing the number of active-duty service members that were lost to suicide in 2022.

Date is 6 September 2023 @ 0930. We will place flags along Missile Ave @ 1000. We anticipate being completed with this task NLT Noon.

If you would like to volunteer to be a part of this opportunity. In your response, please include your name, a good contact number, and your squadron.

POC: Alicia Thompson GS-12, SBW/Integrated Prevention Analyst
alicia.thompson.30@us.af.mil

24 Hour Run & Reading Event Volunteers

Volunteers are needed to help support the *Prisoners Of War * Missing In Action 24 HOUR RUN & READING EVENT*

Who: Military, Civilian, Contractors & Dependents

What: 24 hours of the POW/MIA flag in continuous motion during a reading of POW/MIA names.

When: September 14-15, 2023, ~ 1400 to 1400

Where: The Flag will start at the main gate with a motorcycle escort and proceed to Bud E. Park Outdoor Track for the remaining 24 hours.

Why: To reflect on, appreciate, and honor the sacrifices of those men, women, and their families who came before us and paid the ultimate cost while serving our country.

Participant Sign Up Location:

<https://usaf.dps.mil/sx/t/2023POWMIAEventCommittee14-15September/ERNHBPQ829FsZAAfgufadDgBnsDmXVieoZektikFmOkv2tA7e=vFWFL5BW&91stMWRunner/ReaderSignUp> - Copy and paste the link above into your browser then select a time for runner or reader and email your preferred time to michael.shaw.14@us.af.mil

POCs: MSgt Michael Shaw- 723-6407 - 5th BW (5 MUNS)

MSgt Juan Gonzalez - 723-6118 91ST MW (791 MSFS)

YMCA Referee Volunteers

The sports director at The Minot Family YMCA is looking for coach and referee volunteers. Most of the youth football games are played on Saturdays from 9:00am to 3:00pm and each game is an hour long. Anyone interested, please contact the YMCA Sports Director.

POC: Shane Christiansen, Youth Sports Director, Minot Family YMCA
701-852-0141

5th FSS Booster Club BBQ Volunteers

The 5th FSS Booster Club will be hosting a Squadron BBQ/Picnic that will be held on August 18th, from 1100-1600, at the JDC (Jimmy Dolittle Center). I am the POC for volunteers, for this event. We are asking for participants to help with set-up, Cooking, or tear-down. The event will be held on August 18th, 2023 from 1100-1600, at the JDC (Jimmy Dolittle Center). These events could not be possible without the support from our FSS Family (volunteers), and I cannot be more excited to work along with all the personnel that will be participating. If you have any questions, suggestions, or would like to volunteer, please feel free to contact:

POC: Toomey Manyee P, SrA, USAF, 5 FSS/FSVFM
manyee.toomey@us.af.mil or 701-723-3118.
DSN: (701)723-3118 Cell: (916) 465-1146

Heritage Day Volunteers

The Minot Diversity, Equity, Inclusion, and Accessibility Team in collaboration with the Minot Area Council of the Arts are hosting a Heritage Day Festival (formally known as The Culture Festival) on Saturday, 02 Sep 2023 at Oak Park.

The committee is currently looking for individuals and/or organizations who are interested in setting up and hosting Heritage Booths for the event. When setting up a Heritage Day booth, it is essential to showcase elements that represent and celebrate the heritage you are focusing on. Remember to design the booth in a culturally appropriate manner, utilizing colors, patterns, and decorations to represent the heritage. The goal is to create an immersive and informative experience for visitors, allowing them to appreciate and learn about the heritage you are showcasing. Sign up: <https://www.signupgenius.com/go/70A0B4BAFAD2EA1F94-heritage>

POC: SSgt Jacqueline E. Tolson, Jacqueline.Tolson@us.af.mil

AF Ball Childcare Volunteers

The AF Ball Committee are calling for volunteers for to assist with childcare.

When: 16 Sep 2023

Times: 1630-2000 hrs. and 2000-2300 hrs.

POCs: 2nd Lt. Genesis Berry, 701-723-5239

Genesis.a.berry.mil@health.mil

Kaitlin Reyna, 907-854-9559

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 DSN: 312.453.2838

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.

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 Mondays and Wednesdays from 1730-1830 7-8-year-old coaches: 8. Practices and hold games will be Tuesday's and Thursdays from 1730-1830 9-12-year-old coaches: 6. Practices and hold games will be Tuesday's and Thursdays 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 Thursdays 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.mclmore@ndcap.us

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

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/fkrmqNeYUlr>

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

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

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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.

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



TEAM MINOT'S 5TH LOGISTICS READINESS SQUADRON IS PREPARED FOR ANYTHING, ANYTIME, ANYWHERE!



U.S. Air Force Staff Sgt. Janie Maitland, 5th Logistics Readiness Squadron non-commissioned officer in charge of scheduling, opens the dock gate at Minot Air Force Base, North Dakota, Aug. 3, 2023. The 5th LRS mission is to professionally, proactively, and proficiently provide exceptional logistics readiness to assist the MAFB mission.



Tech. Sgt. Sean Mick, 5th Logistics Readiness Squadron air transportation function section chief, helps transport cargo from the B-52H Stratofortress to the dock at Minot Air Force Base, North Dakota, Aug. 3, 2023. Teams of highly skilled aircraft maintainers work around the clock to ensure the B-52H Stratofortress can safely and reliably meet mission requirements.



Airman 1st Class Fletcher Brown, 5th Logistics Readiness Squadron outbound cargo technician, secures cargo that arrived from Guam at Minot Air Force Base, North Dakota, Aug. 3, 2023. The deployment marked the first time a U.S. B-52H Stratofortresses landed on and operated from Indonesian soil. Bomber task force missions demonstrate the credibility of USSTRATCOM forces to address a global security environment that is more diverse and uncertain than at any other time in recent history.



Airman 1st Class Lisbeysi Rodriguez 5th Logistics Readiness Squadron traffic management (left), and Airman 1st Class George Francis 5th Logistics Readiness Squadron air transportation function (right), pose for a photo at Minot Air Force Base, North Dakota, Aug. 3, 2023. Teams of highly skilled aircraft maintainers work around the clock to ensure the B-52H Stratofortress can safely and reliably meet mission requirements.

U.S. AIR FORCE PHOTOS
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UNLEASH THE MAGNUM
Patricia Stockdill

It doesn't seem possible that hunting season starts in exactly two weeks.

Granted, the Early Canada Goose season began Aug. 15 but in all honesty, that doesn't quite seem like a traditional hunting season opening date. There's something about September that just feels right when it comes to the start of autumn, hunting, school, and things like fall sports.

Yup, September is when it all begins.

There's a Magnum in the household that begins her first official hunting season Sept. 1, the opening of North Dakota's dove season. True, she dove hunted in 2022 as an 8-week-old pup fresh from her home state as a Nebraska Cornhusker,

However, in all honesty, the hunt consisted of carrying her through waist-high cover on a N.D. Game and Fish Department Wildlife Management Area to set dove decoys in a lonely tree.

She played with blades of grass.

She slept.

She played with pebbles and small rocks.

She slept.

She romped along the muddy shoreline so someone – me – didn't have to carry her, decoys, and a shotgun back to the pickup, reveling in her first life experience of soft, squishy mud between her toes.

Notice there is no mention of carrying any doves.

That was her first hunt.

And I'm convinced she loved every second of it.

She tagged along as best she could on her first sharp-tailed grouse hunt.

She played with blades of grass.

She slept, not in the field on my lap as she did on her dove hunt, but in the pickup on my lap on our journey home.

And, oh how she pointed little birds, which I'm convinced in her world where grouse or perhaps a glitzy rooster pheasant, not grassland sparrows, meadowlarks, and blackbirds.

She ate grasshoppers – or tried to.

As weeks progressed, Magnum - AKA The Pistol (short for .357 magnum pistol), so nicknamed for her feisty attitude – found herself stretching her horizons. Tagging behind wasn't for this little Pistol. She was growing and gaining strength and confidence.

She was beginning to become a hunter.

She sniffed grouse and as September moved into October, she discovered the joys of ducks and giddiness of smelling roosters.

She looked at a Canada goose in wonder, uncertain if she wanted to come near a creature so much bigger than herself. But curiosity and instinct prevailed and she bravely inched closer to inhale her first scent of the prize.

The Pistol tip-toed into the chill of her first snowfall and then reveled in its white, pillowed mounds with the same

enthusiasm as she did with the soft, squishy mud. She learned that even with snow she could still run and point, and sniff birds, and even retrieve them as she got bigger.

She learned that she can't hunt 24/7 but still doesn't understand why.

She eagerly took advantage of any and all walks she coerced us to take her on, exploring not with puppy trepidation but with the drive and desire of a young hunting dog about to be unleashed on her first full season.

She embraced training, albeit disguised as "playtime". She embraced learning commands but like a vast majority of teenagers occasionally doesn't quite understand the need for discipline and obedience.

Yet we know that as she grows into a "big girl" dog, she is another treasure of a hunting companion.

We also know she will possibly – probably – encounter a skunk... or a porcupine. And we're prepared because, after all, her predecessors all shared those same experiences. It's part of growing up as a hunting dog. Thankfully it only took those before her once to understand there are critters that are best avoided.

We're hoping she's that wise, as well.

On Sept. 1, a hunter will be sitting somewhere along a fence line adjacent to a few scruffy dead trees with a handful of dove decoys clipped to its branches. Alongside will be a Magnum waiting to be unleashed for a lifetime of hunts and memories.

It will be a great year for the both of us.



Magnum is about to embark on her hunting career as a versatile dog in pursuit of waterfowl and upland birds when the 2023 hunting seasons begin. PATRICIA STOCKDILL PHOTO

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WHAT'S GOING ON MAFB

FRIDAY 18

- Minot AFB Murder Mystery Game 1989 Ends, Minot AFB Library
- SNCO Professional Enhancement Seminar, 0800-1630, Professional Development Center
- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Monthly Fitness Challenge, 1800, Fitness Center

TUESDAY 22

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

FRIDAY 25

- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- 2023 Summer Games, 0800-1630, Fitness Center
- JCM - Developing Leaders Around You, 0800, Professional Development Center
- Summer Games Call of Duty 4v4 Tournament, 0900-1600, ESC

SATURDAY 19

- Summer Reading Program Ends, Minot AFB Library
- Summer Reading Program Squadron Contest Ends, Minot AFB Library
- Club Championship, 0800, Rough Rider Golf Course
- Zumba, 1100, Fitness Center
- Summer Reading Program Wrap-Up Party, 1300, Minot AFB Library

SATURDAY 26

- Zumba, 1100, Fitness Center

SUNDAY 20

- Zumba, 1400, Fitness Center

WEDNESDAY 23

- 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
- SAPR Brief, 1400-1600, Professional Development Center
- Zumba, 1730, Fitness Center
- Fighting Game Night, 1800, ESC
- Yoga, 1830, Fitness Center

THURSDAY 24

- Cycle, 0600, Fitness Center
- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Informed Decision Seminar, 0800-1200, Professional Development Center
- Pre-Separation Counseling, 0830-1130, M&FRC
- Family Bootcamp, 1000, The Turf, hosted by the Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Big City Bites New Orleans Special Lunch, 1030-1330, Dakota Inn Dining Facility
- Doggy Dive, 1700-1900, Outdoor Pool
- Paint & Sip, 1730-1930, Arts & Crafts Center
- Zumba, 1800, Fitness Center

MONDAY 21

- TAP Overview, 0800-1600, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Writing Club, 1800, Minot AFB Library
- Yoga, 1830, Fitness Center

AUG SPECIALS

Bomber Bistro **Chicken Alfredo**
Grilled chicken enveloped in creamy alfredo sauce and parmesan cheese with a slice of garlic bread.

The B-Fifty Brew **Hello Kitty Frappuccino**
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Rockers Bar & Grill **Carolina Pulled Pork**
House smoked tender pulled pork served with coleslaw and a side of bbq sauce.

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2023 SUMMER GAMES
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AUGUST 25TH
8:00AM - 4:30PM

TO VOLUNTEER, SIGN UP, & FOR AF GAMING INFO PLEASE SCAN HERE OR VISIT

FOR MORE INFO VISIT 5THFORCESUPPORT.COM/2023-SUMMER-GAMES

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