

2019-2020

NORTH DAKOTA

Winter

GUIDE



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WELCOME TO **NORTH DAKOTA**

The North Dakota landscape changes 4 times every year, and perhaps the most dramatic change is the short transition between summer and winter, with only a couple of months between the warm, balmy days of summer, and the cooler, shorter days of winter.

Our 2019 Winter Guide is all about winter, whether it be your first or you are a veteran. Sure, there are tricks to dealing with winter weather, but then there are the vast array of sights and activities to keep you busy all winter long. Ice skating, cross country skiing, state park trails, skiing, snowboarding, winter biking, snowmobiling, ice fishing, snowshoeing, curling, hockey and many other events and attractions await you this winter.

We hope you will save this publication and use it as a guide throughout the winter months. We will also put the entire guide up on our website, www.northern Sentry.com and have it available all winter long on our news stands in surrounding areas and on base.

As always, please support the businesses that help support the Northern Sentry newspaper and our other publications like this guide. They show their support to our military and the base by continuing to advertise with us, which helps to make free publications like this possible. Be sure to thank them!

Happy winter adventuring!

- **northern Sentry**

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BE PREPARED FOR WINTER... BEFORE IT SETTLES IN

ROD KRAUSE
5TH BOMB WING OCCUPATIONAL SAFETY MANAGER

From chilling temperatures to slippery sidewalks, winter is a season that brings unique safety concerns. Here are some important safety tips to keep your family cozy and safe this winter.

To start with, winter comes with a few hazards for homeowners, however there are plenty of things you can do to protect your property and your family.

HOME HEATING INSPECTION

The fact that your central heating unit, space heater, or fireplace was working properly at the end of last season does not mean it's ready for this winter. Before the frigid temperatures set in, advise to hire a professional to conduct a safety inspection of your heating units, as well as your fireplace's flue and chimney. If any potential hazards are found, act immediately to remedy them. If you'll be using space heaters, make sure your rooms have proper ventilation and that the units are not placed near anything flammable. Using unsafe heating systems can result in fire, injuries, or carbon monoxide poisoning.

BE AWARE OF CARBON MONOXIDE POISONING

When is the last time you have replaced your carbon monoxide (CO) detector? CO detectors usually wear out in 5-7 years. Replace them with a "fuel-cell electro-chemical" sensor type and with a "peak" level memory to alert you to the highest level of CO present. According to the Centers for Disease Control and Prevention (CDC), more than 400 people die annually of carbon monoxide poisoning. Carbon monoxide is a colorless, odorless vapor that is sometimes produced by gas furnaces and space heaters. Symptoms of carbon monoxide poisoning include nausea, dizziness, severe headache, confusion, and unconsciousness. If you notice these symptoms in yourself or a family member, go to the emergency room right away.

CLEAR SNOW AND REMOVE ICE

According to the CDC, falls are the number one cause of injuries to adults. Many of these falls happen when sidewalks, driveways, and walkways are covered in snow and ice. Make sure any of these surfaces around your home are shoveled regularly and free from debris. Keep in mind that simply clearing the snow may not be enough to keep the area safe; ice is always a concern during the winter. Your regular routine for keeping access to your home clear should include adding sand or rock salt to slippery spots. Pay particular attention to stairs, since they can be hazardous and icy in colder months.

Always be careful when clearing snow and ice around your home, and keep a few snow removal safety tips in mind.

PREPARE FOR WINTER STORMS

If you live in an area prone to winter storms, it's important to plan for them early in the season. Stock up on the following supplies:

- Battery-powered radio
- Flashlights and lanterns, with spare batteries
- Drinking water
- Non-perishable food that doesn't require cooking
- Baby food and formula, if needed
- Pet food
- Prescription medications
- First aid kit

WINTER ACTIVITY SAFETY TIPS

In addition to making sure that your home is prepared and stocked to deal with the winter weather situations that you can expect as the days get shorter and the temperatures drop, it's also important to consider winter safety tips for the activities that you and the other members of your family are likely to participate in this time of year.

KNOW THE SIGNS OF HYPOTHERMIA

According to the National Institute of Health, anyone who spends extended periods outside in cold winter temperatures is at risk for hypothermia. Hypothermia can happen when your body temperature

drops from its usual 98.6 degrees. It is a medical emergency if a person's temperature is 95 degrees or less.

In addition to the lowered temperature, someone experiencing hypothermia may have the following symptoms:

- Confusion
- Dizziness and drowsiness
- Shivering
- Weak pulse and slow breathing
- Clumsiness and stumbling
- Apathetic mental state
- Slurred speech

DRESS APPROPRIATELY

When heading outdoors to participate in wintertime activities, whether you'll be hiking, skiing, shoveling snow from your driveway, or any other outdoor activity, make sure that you dress warmly. It's wise to dress in layers when you'll be exerting yourself in frigid temperatures so that you can start out properly insulated and then shed layers as your body temperature starts to rise as a result of your level of activity.

Make a point of wearing clothing made from synthetic materials to help conserve body heat. Avoid wearing clothing made from cotton fibers. If cotton gets wet, it takes some time to dry and during that time, you run the risk of becoming severely chilled and losing much-needed body heat.

USE CAUTION ON FROZEN LAKES AND RIVERS

According to the Minnesota Department of Natural Resources, it can be very difficult to tell whether ice is solid just from looking at it. The color or thickness of the ice will not necessarily tell you how much weight it can support. In general, new ice, which has formed in the last couple of weeks, is stronger than ice that has been there for months. Ice on moving water, such as rivers, is generally weaker than ice on lakes.

Always consult your local DNR about ice safety before heading out on the lake for ice fishing, ice skating, or other sports.

USE PROPER EQUIPMENT

Skiing and snowboarding can be enjoyable winter pastimes, but you still need to keep personal safety in mind when you venture out onto the slopes. Wearing a helmet will help to prevent head injuries. If you don't own the right equipment, rent it from the ski resort.

Many winter sports require specific equipment. Make sure that your equipment is in good condition and properly maintained. For example, snow skis need to be properly waxed, ice skate blades need to be sharpened, and snowmobiles should be serviced at the beginning of each season. It's also important to make sure that sized items, such as snow ski boots and ice skates, are properly fitted. Because children grow so rapidly, there's a good chance they'll need a larger size each season.

TAKE REGULAR BREAKS

Taking breaks at regular intervals is a good idea when you are enjoying the great outdoors in the winter. Go inside to warm up and get a snack and something to drink. While it may be tempting to go on one more run as the day winds down, a safer choice may be not to push yourself if you are already tired.

TELL SOMEONE ABOUT YOUR PLANS

Before you head out in the snow, tell someone where you are going and what time you will be coming back. That way, if you are overdue, someone can alert authorities to start searching for you.

It's also important to stay on well-marked trails. Take a trail map with you and keep track of where you are while snowmobiling or skiing.

WINTER DRIVING SAFETY

Winter also comes with driving hazards. Before you head out on the road this season, read up on winter driving safety tips. From choosing the right tires to controlling your car on ice, it's important to keep these items in mind.

STAY SAFE ALL SEASON LONG

These are just a few of the many important safety tips that need to be observed to enjoy a safe, healthy and enjoyable winter season.



FAMILY-FRIENDLY WINTER ACTIVITIES

Many people may run indoors when the temperatures outside approach or dip below freezing. But the truly adventurous see no reason why a little cold weather should keep them cooped up indoors for months at a time.

Sports and other physical activities can provide the perfect respite from the cabin fever that can settle in during long winters. Families looking to get some quality time outdoors together this winter can enjoy a host of activities in the great outdoors, even if the temperatures are a tad on the chilly side.

- **Sledding:** Sledding may remind adults of their childhoods and turn kids' snow days into fun afternoons they will never forget. Kids can seemingly ride their sleds and toboggans down snowy hills all day long, but even parents get a kick out of racing kids downhill or sharing a sled with their youngsters. While older kids can typically handle sleds on their own, parents should ride along with toddlers to prevent falls and handle steering duties. When sledding, keep a close eye for any signs that suggest kids might be getting too cold, such as shivering or clothes that are soaked through.

- **Snowshoeing:** Parents may not know that many retailers sell snowshoes for children. While snowshoeing can be physically demanding, it's also a fun way for families that like family walks to continue those traditions even if there are a few inches of snow on the ground. Make sure kids are bundled up, paying extra attention to their footwear. Kids will enjoy snowshoeing more if their boots are both comfortable and capable of keeping their feet warm.

- **Snowman building:** Perhaps no outdoor winter activity is more conducive to family fun than building a snowman. The season's first substantial snowfall provides the perfect opportunity for parents and their children to start building some snowmen. While "snowman building" is unlikely to find its way onto any gym schedules, building a snowman provides a great workout. Lifting snow is great strength training, while pushing snow to form Frosty's body is a great way to get in some cardiovascular exercise.

- **Skiing and snowboarding:** The earlier youngsters start skiing and/or snowboarding, the more likely such activities will prove second nature. Many resorts offer skiing and snowboarding lessons to kids and adults, so parents can book weekend getaways for the family to nearby resorts and foster a love of winter sports in youngsters.

While it's tempting to huddle up indoors when winter hits full swing, families who embrace the great outdoors when the temperatures dip can avoid cabin fever and enjoy one another's company along the way.

CROSS COUNTRY TRAILS

FORT STEVENSON STATE PARK
1252A 41st Ave NW,
Garrison, ND
3 miles (Groomed)

FORT RANSOM STATE PARK
5981 Walt Hjelle Pkwy,
Fort Ransom, ND
6.5 miles (Groomed)

LAKE SAKAKAWEA STATE PARK
781 42 1/2 Ave NW,
Hazen, ND
3 miles (Not Groomed)

ICELANDIC STATE PARK 13571 ND-5
Cavalier, ND
3 miles (Groomed)

CROSS RANCH STATE PARK
1403 River Rd,
Center, ND
10 miles (Groomed)

LAKE METIGOSHE STATE PARK
2nd St E, Bottineau, ND
8.5 miles (Groomed)

Visit parkrec.nd.gov for more cross country skiing trails.

BISON PLANT TRAIL
7801 54th Ave SE,
Minot, ND
3.1 miles

OAK PARK
1300 4th Ave NW,
Minot, ND

WOODLAND TRAIL
Souris Valley Golf Course
Minot, ND

ROOSEVELT PARK
1215 E Burdick Expy,
Minot, ND

RENTALS

Cross Country Skis are available to rent at the Corbett Field warming house starting December 15th.

Monday, Tuesday, Thursday, Friday
4:00-9:30pm
Saturday and Sunday
2:00-9:30pm
Wednesday
Closed

Located at 13th Street SE & East Burdick Expy (behind Corbett Field).

The cost for rental skis is \$7. Rental Skis are to be used on Minot Park District Property only. Trails are groomed at the Souris Valley Golf Course, Oak Park and the Bison Plant when snow conditions allow.



ICE SAFETY

NORTH DAKOTA GAME AND FISH DEPARTMENT

Before going onto a frozen lake, pond or river, it's important to take safety precautions to reduce the risk of falling through the ice.

Knowing how to judge ice conditions will also help you make more informed decisions while enjoying your outing. Look for clear blue ice. New ice is stronger than old ice. Remember you take a risk anytime you go onto the ice. Ice thickness is not consistent. Beware of ice around partially submerged objects such as trees, brush, embankments or structures. Ice will not form as quickly where water is shallow or where objects may absorb sunlight. When ice fishing, it is always a good idea to drill test holes or use an ice chisel as you venture onto a lake to help judge the thickness and character of the ice.

The general rule of thumb for ice: 2 inches - STAY OFF

- 4 inches of good ice for a walking individual
- 6 inches of good ice for a snowmobile or ATV
- 8-12 inches of good ice for a car or small pickup
- 12-15 inches of good ice for a medium pickup truck.

Beware of ice covered with snow. Snow acts much like a blanket, insulating thin ice and preventing the formation of clear, blue ice. Snow can also hide cracked, weak and open water. Daily changes in temperature cause ice to expand and contract, creating cracks and possibly pressure ridges which can affect ice strength.

Traveling in a vehicle early or late in the season is an "accident waiting to happen". Do not drive across ice at night or when it is snowing. You can easily become disoriented and end up in areas of the lake you never intended to be.

Carry a safety kit that includes:

- Ice chisel that you can check the thickness of the ice as you move out onto the ice.
- Ice picks or set of screwdrivers that you can use to pull yourself back on the ice.
- A cell phone to call for assistance.

What To Do If You Fall In

- Try not to panic.
- Turn toward the direction you came. The safest place to pull yourself back up on the ice is the last place you stepped before you went through the ice.
- Place your hands and arms on the unbroken surface of the ice.
- Work your way up by kicking your feet.
- Use your ice picks to assist in pulling yourself onto the ice.
- Once you are lying on the ice, roll away from the weak or broken ice, don't attempt to stand up.

What To Do If a Companion Falls In

- Keep calm, have a plan. Do not run out to assist the victim. You can go from rescuer to victim in a short second.
- REACH the victim with a long pole, board, rope, blanket or cables.
- THROW the victim a life jacket, empty water jug, or other buoyant object.
- Build a human chain in which rescuers lie on the ice with each person grasping the feet of the person in front.
 - Treat hypothermia victim by removing wet clothing and replacing it with dry clothing. Get medical assistance—people who have been in cold water may seem fine at first but may suffer potential life threatening effects when the cold blood starts to circulate through the body from the extremities.



ICE FISHING

DEVIL'S LAKE

Your number one place to go ice fishing in North Dakota houses large perch, walleye, northern pike, and white bass. There are also a couple places for lodging if you want to fish multiple days. The rooms do cost money to rent, though. But with over 16,000 acres to fish at, you can't pass this opportunity up.

LAKE METIGOSHE

This lake is located north east of Bottineau and holds tons of walleye, perch, and northern pike. You also have the option of renting a cabin or other accommodations. This park does have an entry fee and fees for staying overnight, though.

LAKE SAKAKAWEA

This lake a reservoir in the Missouri River basin in central North Dakota. It houses salmon, trout, perch, walleye, crappie, and northern pike and is located in Garrison. There's also a couple locations to lodge – one being a cabin.

LAKE AUDUBON

This lake is filled with smallmouth bass, perch, and walleye and has great lodging options if you want to stay for a couple nights. Head north from Coleharbor (about 20 minutes from Garrison) to find this lake.

LAKE DARLING

This lake is a reservoir located 16 miles north and 13 miles west of Minot. Fishermen will find a variety of fish including walleye, perch and northern pike here. Ice fishing on the refuge is accessible by car or truck from the Lake Darling Dam North to Dam 41 by designated access points only.

DARKHOUSE SPEARFISHING

Spearfishing is legal from December 1 through March 15. All waters open to hook and line fishing are open to darkhouse spearfishing EXCEPT the following waters:

- Braun Lake, Logan County
- East Park Lake, McLean County
- Heckers Lake, Sheridan County
- Lake Audubon, McLean County
- McClusky Canal
- New Johns Lake, Burleigh County
- Red and Bois de Sioux rivers
- Red Willow Lake, Griggs County
- Sweet Briar Dam, Morton County
- West Park Lake, McLean County

In addition to possessing a valid fishing license, all darkhouse spearfishing participants must first register on the North Dakota Game and Fish Department website, gf.nd.gov, or through any Game and Fish office.



Make this season on the slopes **SAFE AND SUCCESSFUL**

Skiing and snowboarding remain very popular among athletes and outdoor enthusiasts who refuse to be relegated to the couch upon the arrival of winter weather. For the millions of men, women and children who can't wait

to hit the slopes each winter, the thrill of racing down snow-covered mountainsides is a feeling unlike any other.

While skiing and snowboarding are popular recreational activities, they can still be dangerous. As a result, it's imperative that anyone who plans to hit the slopes this winter takes steps to ensure this winter sports season is as safe and successful as it is thrilling.

• **Start exercising.** If it's been awhile since you hit the gym or broke a sweat, it's best to start exercising before you hit the slopes. Your risk of injury is greater if you are out of shape upon returning to the slopes, so start exercising as the season approaches so you can regain any flexibility you might have lost since you last slipped on your skis or strapped into your snowboard. Some strength training exercises can reduce your risk of broken bones should you fall while on the mountain, and the better shape you're in the more energy you will have to stay on the slopes.

• **Reassess your gear.** Before your first skiing or snowboarding trip,

reexamine your gear to make sure it does not need to be replaced. If your gear has a bit too much wear and tear, the National Ski Areas Association recommends choosing gear that is resistant to wind and water and wearing gear that protects you from the sun, which can still do damage by reflecting off the snow and causing sunburn. In addition, inspect your equipment, including your skis and snowboard, to make sure they are up for another season of hitting the slopes.

• **Take lessons.** Novice skiers and snow boarders might want to take a refresher course at the onset of each ski and snowboarding season. Qualified instructors can reacquaint you with techniques you might have forgotten since last winter, and such instruction can reduce your risk of injury.

• **Ease yourself back in.** While it can be tempting to pick up where you left off last season, going too hard on your first trip can increase your risk of injury. Ease yourself back in on your first few trips down the mountain, warming up on easier slopes until you once again get the hang of things and feel comfortable tackling more difficult trails. If you do find yourself struggling on a slope, the NSAA advises that you always leave your skis and snowboard on and side step down the slope.

Many athletes and outdoor enthusiasts anxiously anticipate the day when they can return to the slopes to ski or snowboard. But it's important that skiers and snow boarders of all skill levels exercise caution so their winter sports season starts off on the right foot.

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WINTER HUNTING SEASONS



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MINK
NOV 25 - MAY 10



MUSKRAT
NOV 25 - MAY 10

PHEASANT
OCT 12 - JAN 5



WILD TURKEY
OCT 12 - JAN 5

**WHITE-TAILED
DEER**

NOV 8 - NOV 24



FOR SEASON SPECIFICATIONS
AND MORE INFO VISIT

ND GAME & FISH
GF.ND.GOV/HUNTING



COLD WEATHER VEHICLE STORAGE TIPS

GEORGE MASTERS
PRESIDENT, DAKOTA CRUISERS CAR CLUB OF MINOT

1. Drive the car and bring all fluids up to the normal operating temperature. This will burn off any water condensation from the engine, transmission and drive train as a whole. Good idea to change the oil at this point too. Now everything is warm.
2. If you are going to store your car in extreme cold and have it in storage for more than 3 or 4 months, you will probably want to add a fuel conditioner such as Sta-Bil or another brand to keep the gasoline fresh. Top off your gas tank to full. A full tank will prevent air from getting in the void area. Voids contain air which translates into water vapor which will condense into liquid. Over time, the water can contaminate the gasoline and corrode the fuel system.
3. Disconnect and plug the fuel source. Now run the car until all of the fuel is out of the carburetor. A dry carburetor will prevent fuel deposits from gumming up or clogging.
4. Spray a light mist of WD-40 or other penetrating oil into the intake while cranking the engine. Doing so will give the cylinders and intake valves some corrosion protection.
5. If your storage area is not heated, remove the battery and keep it in a warm and dry place. Use a 'trickle charger' to keep the battery topped off because a discharged battery will be destroyed by exposure to freezing temperatures.
6. Flush the coolant out of the system. Old coolant can corrode your engine, cooling system and the heater core. Now add the proper mixture to your system.
7. Next is the 'rodent protection' tip. Tape off your exhaust system to deter mice from climbing in and building nests. Moth balls will deter, Bounce dryer sheets, rodent poisonings, and good 'ol mouse traps work wonders.
8. Make sure it is good and clean and apply a good coat of wax that has 'carnauba' in it. This is especially useful for cars painted with base/clear coat paint jobs. Some people will place their vehicles on jack stands to prevent tire 'flat spotting' of the tires. This is your call. And if you have a really nice paint job, cover your car with a nice car cover.

GETTING READY FOR ANOTHER COLD MORNING



SSGT MARILYN SPENCER 5TH BOMB WING OCCUPATIONAL SAFETY

Winter driving can be trying on both the vehicle and its pilot. As with many other things in life, preparation is the key to success. A few cold-weather parts and preparatory procedures can make the difference between being stuck in a drift and making it home. There are a number of simple things you can do to help prevent some of the more common hassles that winter weather brings on. Some of these can be done by handy DIY'ers; others will need to be done by qualified auto mechanics. Note: Always follow vehicle owner's manual instructions for maintenance and upkeep of your vehicle, including recommendations for winter preparations. Routine vehicle care is the best way to keep from being left out in the cold. This includes tune-ups and inspection and replacement of worn belts and hoses. Cold weather makes pliable materials stiffer and more brittle. It also makes fluids thicker. With this in mind, people who live in extreme climates often use light-viscosity synthetic lubricants, which work across a wider temperature range than conventional oil. Those who don't want the added expense sometimes use lighter-weight oils in the winter, such as 5W30.

Antifreeze should be kept at approximately a 60:40 coolant-to-water ratio. In extreme conditions, too little antifreeze in the mix can allow the coolant to freeze and crack the engine block. Installing a higher-temperature thermostat, say 195 degrees, will help heater performance and help the engine burn off condensation.

Windshield Wipers -- Replace, if more than one year old -- consider the "winter blades" which are designed to prevent ice and snow buildup. The same goes for windshield washer fluids -- Fill all reservoirs (front and rear, if so equipped) with non-freezing washer solution. A good point to remember is to fill them when they get to the half-way point.

Tires -- Be sure your vehicle is equipped with tires that are appropriate for your climate. Many tire manufacturers have very decent "all-weather" tires which are adequate if snowfall is typically minimal. However, in areas where snowfall tends to be heavier, it might be necessary to install actual "snow-tires", which are designed with more aggressive tread for added traction in deeper snow. Also, you might want to consider "studded snow tires" if ice-storms are frequent in your area. Note: It is good idea to check your tire pressure at least once a week in the winter months, and be sure to check your spare tire as well.

Oil Change and other fluids -- If your vehicle has not had an oil change recently, prior to the really cold months is a good time to schedule that. When you have your oil changed ensure the other fluid levels such as the brake fluid, power steering fluid, cooling system fluid, transmission fluid are checked and "topped off" as required

Battery maintenance will also improve cold-weather performance. For batteries that require maintenance, make sure that all cells are full of water. Keep all battery terminals and cable ends clean, and make sure the battery is well grounded.

Several engine-block heating systems are available, both on the original equipment level and from the aftermarket. Most new vehicles sold in cold country come with factory-installed block heaters that replace one of the engine's freeze plugs or connect to the heater hose. A block heater warms an engine to increase the chances that the engine will start as well as warm up the vehicle faster than it normally would in extremely cold weather. The most common type is an electric heating element in the cylinder block, connected through a power cord often routed through the vehicle's grille. The block heater may replace one of the engine's core plugs. In this fashion, the heater element is immersed in the engine's coolant, which then keeps most of the engine warm. Research by the Agricultural Engineering Department of the University of Saskatchewan has shown that operating a block heater for longer than four hours prior to starting a vehicle is a waste of energy.

Before heading out, ensure you conduct a "pre-flight" check of your vehicle, especially if you plan on traveling long distances.

- Perform a general check of brakes, lights, defroster/heater, fluid levels, belts, hoses and exhaust system.
 - Check the condition of wiper blades and consider upgrading to winter/snow blades. Always "park" blades before turning off the vehicle to minimize chances of sticking to the glass. Better yet, lift blades off the glass overnight.
 - Keep the gas tank at least half full. This limits the amount of condensation that can enter the fuel system and also can improve traction, especially in rear-wheel-drive vehicles, by adding weight. Adding gasoline antifreeze to the fuel tank will help protect against fuel-line freezing.
 - Consider adding weight to the trunk or pickup bed in rear-wheel drive vehicles. Bags of sand both add traction-improving weight and can be dumped on ice to improve traction further. Make sure to secure the extra weight to the vehicle with motorcycle straps or other suitable restraints.
 - Before departing, scrape ice and snow from the roof in addition to every window, mirror and light. Never splash hot water on glass to melt ice.
 - Lube door locks and latches and coat weather stripping with silicone spray to help keep doors from freezing shut.
 - Prepare for the worst. Put extra winter clothes, blankets and even a sleeping bag in the trunk, take water and food (such as energy bars), pack a flashlight, extra batteries, matches and a first-aid kit. Take along a cell phone if possible.
 - Tune-up -- If your vehicle has not had a tune-up recently, or if it shows signs of needing one (i.e., rough idle, loss of power, skipping, etc.), it might be wise to schedule that.
 - Ballast -- If you drive a pickup truck (especially two-wheel drive), you might want to consider adding some ballast weight in the bed of the truck to ensure added traction and control in winter weather driving.
 - Sand/salt -- It's a good idea to carry a container of sand/salt mixture in your trunk. Be sure the container is one you can seal up, since the salt can have detrimental effects on metals.
 - Shovel -- Not that anyone wants to have to dig out from a snowbank, but if the need arises, a shovel can save the day. Small snow-shovels are available, if your trunk space does not allow for a standard shovel.
 - Extra Blankets -- Heaven forbid that anyone should be stranded away from home in a snowstorm! It does happen, however, and being prepared can mean a world of difference. A couple of extra blankets kept in your car might save your life if you do become stranded.
 - Cell Phone -- Most people today own cell phones, and they can be lifesavers if you become stuck or stranded. Be sure your cell phone is fully charged at all times, especially during winter driving season.
 - Non-perishable Foods -- It is a good idea to carry some extra non-perishable food items in your vehicle during the winter driving season, in the event you become stranded. Items such as packaged crackers, packets of condiments, dehydrated foods, even military ready-to-eat meal kits are good for starters.
 - First-Aid Kit and an emergency road kit -- Every vehicle should be equipped with one of these, during any season.
- There are other things you may choose to do in preparation for winter driving, and you should try to think about some of the things you, personally, would be concerned with, given your geographical locale, your vehicle condition, your driving abilities, your typical commuting route in relation to access for services (food, fuel, other necessities), your typical travel distance, and any other item more specific to your own needs.
- In closing, the 5th Bomb Wing Ground Safety office offers a winter driving/preparation course to all military member and their families and to all civilian employees. A 10% off on three or more winter items to be used at the Base Exchange is offered to all attendees. Let's all make this the safest winter season in Minot AFB history.



STAYING WARM IN THE WINTER

ROD KRAUSE
5TH BOMB WING OCCUPATIONAL SAFETY MANAGER

SNOW SHOEING

Snowshoeing is a great way to discover North Dakota State Parks during the winter months. It is inexpensive and easy to learn, providing easy access to areas covered in snow. It's a great cardiovascular exercise for adults and children and can be an entertaining group activity.

Without the dense foliage, it's easier to explore the parks and view the wildlife which is often hidden by the brush and trees. Park scenery is much different in the winter covered in a blanket of snow.

Snowshoes allow hikers to enjoy a stroll through the park without having to worry about the deep snow. Lake Metigoshe state park provides snowshoe rentals and occasionally provides guided tours.

Those wearing snowshoes in North Dakota State Parks are asked to refrain from using groomed cross-country ski trails, another popular winter activity. The snowshoes break up the ski trails making them difficult and even dangerous for skiers to traverse.

All North Dakota State Parks charge a daily vehicle entrance fee. 100 percent of entrance fees are used to fund the operation and maintenance of North State Parks. All trails are for non-motorized use. For more information on what winter activities are available at a state park near you, call the park directly. The park can usually provide trail maps which can guide snowshoeing enthusiasts during their excursions.

Trail use in State Forests, Recreation Areas and Natural Areas North Dakota's State Forests, Recreation Areas and Natural Areas also offer many opportunities for trail users.

Snowshoeing opportunities may be found at the following parks:

- Beaver Lake State Park
- Cross Ranch State Park
- Fort Abraham Lincoln State Park
- Fort Ransom State Park
- Fort Stevenson State Park
- Icelandic State Park
- Lake Metigoshe State Park
- Lake Sakakawea State Park
- Lewis and Clark State Park
- Little Missouri State Park
- Turtle River State Park

Did you know that cold stress or "hypothermia" could occur any time of the year? In fact, most cases of cold stress develop in air temperatures between 30 and 50 degrees Fahrenheit. People who are exposed to lower temperatures are at risk for injuries ranging from frostbite to serious loss of body heat to which could result in brain damage or death.

Knowing how to dress and keeping dry are the first steps to being prepared. Dress warm and in layers. Choose fabrics such as cotton and wool to which will insulate but also allow sweat to evaporate. Cover the head because over half of your body heat can get lost through it. Your limbs are especially important to protect since they're the furthest things from your heart. Keep extra clothing around in case you get wet, especially for your feet.

Take breaks frequently especially during strenuous activities. If you become fatigued during physical activity, your body loses its ability to properly retain heat. This causes rapid cooling to which can quickly lead to cold stress. During your rest period, it would be wise to replenish your body with liquids or food. Eating a healthy diet provides your body with the right nutrients it needs to withstand cold stress.

The buddy system in work or play should be used. Look out for one another and know what to look for. A person with hypothermia might not be aware they have it. The first signs of hypothermia are uncontrollable shivering and the sensation of cold. The heartbeat slows down and may become irregular and the pulse weakens. Severe shaking and rigid muscles may be evident and that would be the second sign that the condition is worsening. The victim may slur their speech, the memory lapses and may feel drowsy. Exhaustion, cool skin, slow, irregular breathing occur as the body temperature drops even lower. Immediate medical attention is needed.

With all of the cold winds we have here at Minot, frostbite can occur at any time especially if we're not paying attention to the time limit we are spending outside. Frostbite can happen without hypothermia present. Frostbite is a serious condition where the fluids around the affected area freeze. It can be an irreversible tissue damaging affect and requires attention immediately. The most vulnerable parts are the face, ears, hands and toes. Symptoms of this condition include coldness and tingling in the affected area, followed by numbness. The skin color may change to white or grayish-yellow. Pain may also occur in the affected area as the condition worsens and possibly blisters.

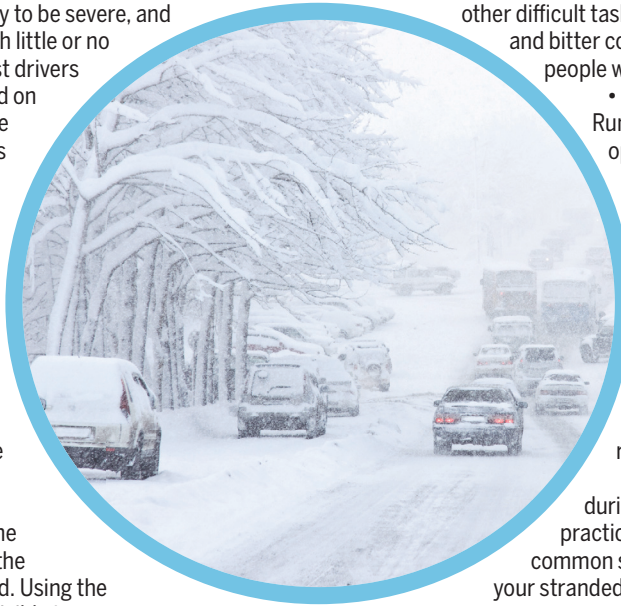
Whether you're working out on the flightline, riding an ATV or snowmobile, or just simply building a snowman, stay alert for the possibility of cold stress. Monitor your coworkers or your children, whatever applies to your situation and remember what to look for. Take these steps to protect yourself and others.

OKAY I'M STUCK, NOW WHAT?

ROD KRAUSE
5TH BOMB WING OCCUPATIONAL SAFETY MANAGER

North Dakota winters have a tendency to be severe, and bad weather can come on very fast, with little or no warning! Even the experienced and safest drivers can find themselves temporarily stranded on North Dakota roadways. The Safety Office offers the following life-saving tips drivers should remember if they're trapped in their vehicle during a blizzard or stranded on the road during severe cold weather.

- Stay in the vehicle. Don't leave the vehicle to search for help. The highway patrol advises to stay put. It is very easy for people to get disoriented when battling blowing and drifting snow. Being lost in open country during a blizzard is extremely dangerous. In a vehicle, people have shelter from the elements and are most likely to be found a lot faster.
- Be seen. Display a trouble sign on the vehicle. Hang a brightly colored cloth on the vehicle's radio antenna and raise the hood. Using the headlights also makes the vehicle more visible to emergency



- crews, but use them sparingly to avoid draining the battery.
- Avoid overexertion and exposure. Overexertion from trying to push a vehicle out of a snow drift, shoveling heavy drifts and performing other difficult tasks during strong winds, blinding snow and bitter cold may lead to a heart attack -- even for people who are in good physical condition.
 - Beware of carbon monoxide poisoning. Run the engine sparingly. Keep a window open for ventilation, and ensure the vehicle's exhaust pipe isn't blocked with snow.
 - Conserve your vehicle's fuel. Allow the vehicle to run only long enough for the interior to get warm.
 - Keep moving. Use minor exercises to keep circulation and stay warm. Try not to stay in one position for too long.
 - Make use of your winter survival kit. Remember if you have used it, replaced used items as soon as possible!
 - Always remember when traveling during the winter to use risk management practices as you would on the job, a little common sense goes a long way, especially when your stranded during a blizzard!



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STAY SAFE AND WARM DURING WINTER WORKOUTS

Athletes devoted to outdoor workouts do not abandon their routines when winter rears its chilly head. While it can be difficult to embrace the great outdoors when temperatures hover around the freezing point, maintaining your motivation at such times bodes well for your fitness goals the rest of the year.

Staying warm is a top priority for athletes who exercise outdoors during the winter months. While there's no guarantee winter winds won't test your willpower, there are some ways to stay warm when working out in colder climates.

- **Wear appropriate headgear.** For years, many people subscribed to the conventional wisdom that suggested people lose 40 to 45 percent of their body heat through their heads. But in 2008, researchers at Indiana University debunked that myth, suggesting that if humans lost that much heat through their heads, then they would be just as cold when going outside without a hat on as they would be if they left home without wearing any pants. But wearing headgear when exercising outdoors is still a good idea, as the head is more sensitive to changes in temperature than many other areas of the body. A wool hat you can pull down over your ears can protect them from getting too cold. Athletes may also want to consider ski masks or other facial covers that can protect their faces when winter winds are howling.

- **Layer correctly.** Layering has long been a reliable way to beat the cold when temperatures are at their lowest. But layering must be done correctly to be effective. When choosing your workout gear, choose an inner layer that will move moisture away from your skin. Cotton retains moisture, and that means your sweat will cling to your body and make you feel cold. Once you find a shirt made with moisture-wicking material to wear against your skin, look for a second layer that also wicks moisture so you can more effectively control your body temperature. Your outer layer should be capable of handling the elements, so look for something that is waterproof and wind-resistant.

- **Don't forget footwear.** Feet can easily succumb to cold temperatures when exercising outdoors, but you can employ the same strategy with your socks that you do with your layers. When choosing workout socks, avoid cotton socks that don't wick moisture away from your feet. Acrylic can be more effective at wicking moisture away from your feet than cotton.

- **Know your weather reports.** While it's admirable to stay on course with your outdoor workouts in the winter, don't allow your devotion to overtake your common sense. Check the forecast before beginning an outdoor exercise, paying particular attention to the wind chill. According to the Mayo Clinic, frostbite can occur when skin is exposed to wind chill levels below minus 18 F for 30 minutes. If need be, shorten outdoor workout routines and find ways to exercise indoors when wind chills get dangerously low.

Exercising outdoors in winter can be exhilarating, but athletes must prioritize staying warm and safe for the duration of their workouts.



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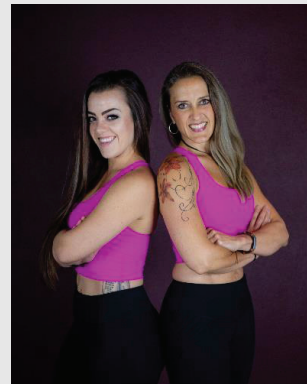
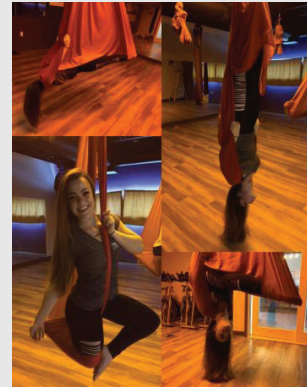
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THE ORIGINS OF POPULAR WINTER SPORTS

Many people spend winter huddled indoors. For winter sports enthusiasts, however, the arrival of snow and chilly temperatures means the start of a season of outdoor fun. Those who see winter as a time to embrace their love of sport may appreciate learning more about some of the sports that are most popular during the colder months of the year.

ICE HOCKEY

Hockey is one of the most popular winter sports. In 1994, Parliament passed the Canada's National Sport Act, which declared hockey the official national winter sport of Canada. The origins of ice hockey are somewhat uncertain, though some historians claim the first set of rules to govern the sport were written by students at Montreal's McGill University in the 1870s.

DOWNHILL (ALPINE) SKIING

SnowSports Industries America indicates that, in the 2014-2015 season, more than nine million American Alpine skiers took to the slopes, and the sport continues to attract new devotees each year.

Historians state that skiing evolved as a method to cross the landscape in the winter when marshlands froze over. Cave drawings suggest that man used skis during the last Ice Age in the Palaeolithic period. Yet the birth of modern downhill skiing is often traced to the 1850s when Norwegian legend Sondre Norheim popularized skis with curved sides and made skiing a sport instead of just a mode of transport. Skiing ultimately became quite popular in Russia, Finland, Sweden, and Norway. Today there are various types of downhill skiing, including mountain skiing, extreme cat skiing and heli skiing.

CURLING

Curling may now be seen as a largely Canadian sport, but it is widely believed to be one of the world's oldest team sports, tracing its origins to Great Britain. The World Curling Federation states paintings by the 16th Century Flemish artist Pieter Bruegel portrayed an activity similar to curling being played on Scotland's frozen ponds. The earliest known curling stones came from the Scottish regions of Stirling and Perth, dating all the way back to 1511.

ICE SKATING

Speed skating and figure skating are derivatives of early ice skating, which is believed to have started in Finland more than 3,000 years ago. Skates were sharpened, flattened bone strapped to the bottom of a shoe and glided on top of the ice. The Dutch added edges to steel blades around the 13th or 14th centuries. Eventually, skating was brought to England from the Netherlands.

Winter sports draw millions of participants each year, giving people a reason to leave the house even when temperatures dip below freezing.



SKATING RINKS

OUTDOOR RINKS

A total of 5 skating rinks, 3 pleasure and 2 hockey pens are now open. All rinks are supervised and located at the following sites.

ROOSEVELT
619 9th St NE
Minot, ND
701-852-1283

A place to be with friends play hockey, just ice skate or keep warm with card games. You can buy food and drinks and on weekends there is a special menu.

POLARIS PARK
712 26th Ave NW
Minot, ND
701-852-1081

Hockey and pleasure rink.

INDOOR RINKS

The Minot Recreation Commission (MRC) will sponsor lots of free indoor ice skating opportunities this winter. Everyone is invited and all ages are welcome. If you don't have your own skates, they can be rented at the All Seasons Arena, call them at 701-857-7620. Don't miss this great opportunity!!! Any questions call MRC at 701-857-4730.

MAYSA ARENA
2501 W Burdick Expy
Minot, ND
701-857-1544

Public Skate: \$4
Rent Skates: \$4
Adult Hockey: \$8

MUNICIPAL BALL PARK
600 13th St SE
Minot, ND

Hockey and pleasure rink.

PERKETT SCHOOL
2000 5th Ave SW
Minot, ND

Hockey rink only. When school is in session, rinks will be open: 4:00-9:30pm Monday, Tuesday, Thursday and Friday. 2:00-9:30pm Saturday and Sunday. Closed Wednesday.

ALL SEASONS ARENA
2005 Burdick Expy E
Minot, ND
701-857-7620

Free to public on select dates.



TIPS FOR A SAFER HOLIDAY SEASON

ROD KRAUSE
5TH BOMB WING OCCUPATIONAL
SAFETY MANAGER

The holidays provide a wonderful opportunity for family and friends to gather and celebrate. It is also a time of continuous activity, with errands to run and scheduled activities that demand attention and time. It's also a time when busy people can become careless and vulnerable to theft and other holiday crime. The following tips can help you be more careful, prepared and aware during the holiday season.

Already this holiday season there have been tragic incidents around the country; so it's a good time to remind everyone of the dangers that lurk out there if you don't follow some simple safety rules. Obviously, some crimes occur in busy areas during broad daylight, but thieves usually prefer more secluded areas that aren't well-lit. Many thefts occur because we're not paying attention to business. Women's purses are especially easy targets when they are left in a shopping cart. Thieves rely on the trust that good people place in others. Some people go Christmas shopping

and get very intrigued by items on the lower shelf. A person might never think that an older woman would steal something from them when their eyes are diverted for just a moment, but this type of theft occurs more often than people realize it does. Thieves can take on any type of personality and have any type of body style.

Here are some holidays shopping safety tips from various websites our office would like to pass along:

Stay alert at all times and pay attention to your surroundings.

Park in well-lit spaces, always lock your car, roll up the windows, and hide packages in the trunk or under a blanket.

Don't overload yourself with packages, have your car keys in hand before heading to the parking lot.

Do not leave your purse unattended, avoid carrying large amounts of cash. Whenever possible, use credit cards or checks instead. Carry only the credit cards you need.

When using public rest rooms, be cautious; avoid putting your purse on the floor.

Keep receipts separate from the packages; this will make it harder for the thief to refund the stolen items.

Remain alert in parking lots; don't carry so many packages that you aren't aware of your surroundings and personal safety and shop during the daytime, if possible.

Walk confidently, with your head up, and stay in well-lighted and well-traveled areas, and have your vehicle key in hand and ready when walking to your car.

Visually check the backseat before opening the door, and lock your doors immediately when

inside, when loading your purchases into your vehicle, place your purse in the vehicle first, so it's not in the cart while your back is turned.

Shopping with Children:

Teach your children to go to a store clerk or security guard if they get separated from you in a shopping mall.

Keep children under age 4 in a stroller or supervise them closely.

If you place your child in a shopping cart, always use the safety belt, and stay close to the cart and never let your child stand in or push a shopping cart.

Toy Safety:

Make sure the toys you give children are safe for them. Read the package labels and follow age recommendation.

Do not give children under the age of 3 toys that contain small or metal parts or toys that break easily and can be swallowed.

Do not give children under the age of 8 toys that have sharp edges, points, or heating elements.

Include helmets and other protective gear (such as elbow, knee, and wrist pads) when giving bicycles, skates, or skateboards as gifts.

Dispose of toy packaging properly (do not burn in fireplace). Keep packaging materials away from children because they can become a choking or suffocation hazard.

Keep batteries away from children. They are toxic if swallowed.

We realize this alert might put a damper on your holiday spirit, but being safe is much better than being sorry. By taking a few prevention measures can help keep your holiday season joyous!



CHEER SKATE UNPLUG & PLAY!

Visit minotparks.com to see all the fun activities and programs we have planned for this winter season!

  
#MINOTPARKS



BLACK ICE

A DANGEROUS WINTERTIME ROAD HAZZARD

ROD KRAUSE
5TH BOMB WING OCCUPATIONAL SAFETY MANAGER

Black Ice -- It is not the name of the latest rap group. What it really is, is an age-old winter phenomenon that has sent many a driver skidding and sliding down what looked like a dry road. Black ice can appear to be a spot of moisture on a road, or may have a slight glisten on black asphalt. Do not be mistaken: this thin ice is very slick, and your car can skid rapidly on it. Drive carefully on roads where snow banks have melted throughout the day, and exercise caution when driving under bridges and overpasses. If your car starts to skid, do not slam on your brakes unless your vehicle is equipped with an anti-lock braking system.

HOW TO PREPARE FOR BLACK ICE

Look for signs of ice other than on the roadway. That means looking for ice on windshield wipers or side view mirrors, on road signs, trees or fences along the highway. If ice is forming on any of those things, it's possible that it may be on the road as well.

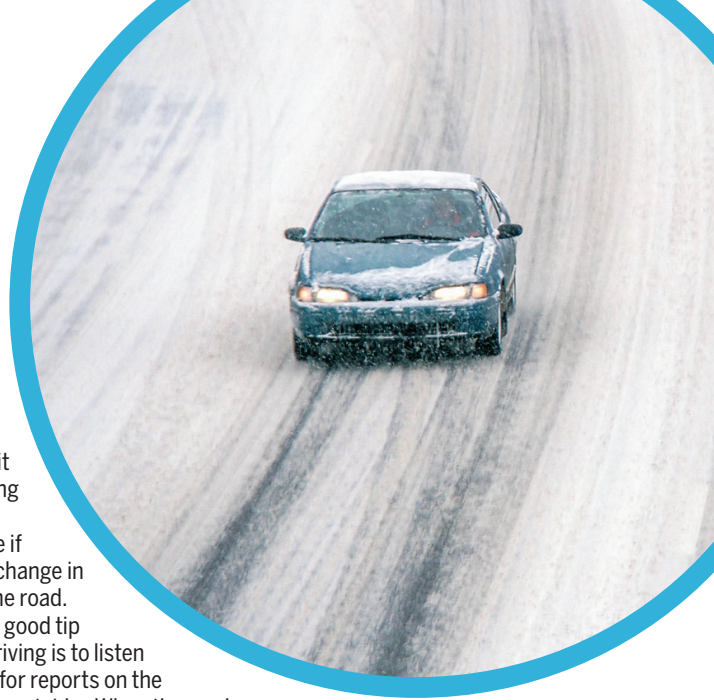
Then again, ice may not have formed on anything but the road. For example, it may have been a warm day during which the snow melted and then froze as ice after the temperature dropped at night. In other cases there will be ice in shaded areas, such as cuts through hills and along banks, before there will be ice on the open roads. If you suspect there could be black ice on the pavement, you may want to test for it by gently

wiggling the car a little bit or by applying the brakes lightly to see if there's any change in the feel of the road.

Another good tip for winter driving is to listen to the radio for reports on the temperature outside. When the roads have been wet and the temperature drops below freezing, ice can form quickly. If you are a person who must drive frequently in winter weather, it is a good idea to install an outdoor thermometer in the car, allowing you to monitor the outside temperature.

This is also the type of weather when it is especially important to watch for those signs that remind drivers that bridges freeze before roads. These signs tell you there is a bridge ahead and give you time to slow down so you have better control just in case there is ice on the bridge pavement.

If you live in an area where frost occurs, black ice is always a possibility. Use extreme caution when driving on cold mornings where there is evidence of frozen moisture on the roadway.



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ALWAYS BE PREPARED FOR **WINTER WEATHER CONDITIONS**



ROD KRAUSE
5TH BOMB WING OCCUPATIONAL SAFETY MANAGER

While killer blizzards are rare in North Dakota, the state does get its fair share of smaller storms and blizzards. In some cases, these storms could cut off electricity to the base and local communities for hours or maybe days. As we face another North Dakota winter, it's important to plan ahead and start storing emergency food and water supplies for the family before a crisis happens.

It's a good idea to store at least a two-week supply of water — about a gallon for each member of the family per day. Water is a necessity and it should be a priority when preparing for an emergency. We should also consider each person's age, physical condition, activity and diet, when storing water. Children, nursing mothers and ill people have special needs and often need additional water for food preparation and hygiene. Don't forget to include pets.

Prepare an emergency stockpile

Healthy people can survive on half their usual food intake for an extended period and without any food for many days, as long as they cut back on their normal activity. Unlike water, people may safely ration food for most adults, although children and pregnant women may still need their regular intake.

Avoid foods high in fat and protein, and don't stock salty foods since they make people thirsty. People should switch to salt-free crackers, whole grain cereals and canned foods with high liquid content.

You don't need to buy unfamiliar foods for emergency supplies. Instead, stock canned foods, dry mixes and other staples already on their cupboard shelves. In fact, familiar foods are important because they can lift morale and renew people's sense of security during stressful situations. Also, canned foods don't need cooking, water or special preparation.

The following are some recommended food storage plans:

Storage tips

- Keep food in the driest and coolest spot in the house — a dark place if possible.
- Keep food covered at all times.
- Open food boxes or cans carefully so you can close them tightly after each use.
- Wrap cookies and crackers in plastic bags and keep them in tight containers.
- Empty opened packages of sugar, dried fruits and nuts into screw-top jars or air-tight cans to keep pests out.
- Inspect all food containers for signs of spoilage before use.

What to stock

Though it's unlikely an emergency would cut off our food supply for days or weeks, it's a good idea to prepare supplies to last that long. A two-week supply can relieve a great deal of inconvenience and uncertainty until services are restored.

An easy way to develop a two-week stockpile is increase the amount of basic foods people normally keep on their shelves. We should compensate for the amount we eat from other sources, including restaurants. Those who already keep a two-week supply of food on hand should rotate their supply once or twice a year.

Special considerations to remember

When stocking food, consider your family's unique needs and tastes and include foods everyone enjoys that are also high in calories and

nutrition.

Foods requiring no refrigeration, preparation or cooking work best. Make sure you have a can opener and disposable utensils.

People with special diets and allergies as well as babies, toddlers and the elderly need special attention. Nursing mothers may need liquid formula in case they are unable to nurse. Canned dietetic foods, juices and soups may be helpful for the ill or elderly. Don't forget nonperishable foods for pets.

Cooking without power

In an emergency, use a charcoal grill or camp stove to heat up your food. Candle warmers, chafing dishes and fondue pots are also handy food warmers, but people who chose to heat food right from the can should open it and remove the label first.



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- 60-inch length string (cut into 3 equal pieces - used to suspend can)
- 3 large safety pins (tie string to safety pins and pin to car roof interior to suspend can over candle)
- 1 candle 2" diameter (place on lid under suspended can for melting snow). Canned Sterno will also work to heat water.
- 1 pocket knife, reasonably sharp (or substitute with scissors)
- 3 pieces of bright cloth 2" wide x 36" long (tie to antenna or door handle)
- Several packets of soup, hot chocolate, tea, bouillon cubes, etc. (mixed into melted snow to provide warmth and nutrition)
- Plastic spoons
- Packages of easy to eat, high energy foods like peanuts and candy or canned, ready-to-eat soups or fruit
- 1 pair of socks and 1 pair of gloves or glove liners; cotton is not recommended because it provides no insulation when wet).
- Extra clothing and a blanket or sleeping bag
- 2 packages of book matches
- 1 sun shield blanket or 2 large green or black plastic leaf bags (to reflect body heat)
- 1 flash light and batteries (keep separate)
- First aid kit
- Toilet paper and sealable container for bathroom purposes
- Fire extinguisher
- Small tool kit
- Ice scraper/snowbrush
- Shovel
- Sand or other traction aid
- Tow rope or chain
- Jumper cables
- Road flares or warning lights
- Gas line antifreeze
- Large plastic garbage bag
- Pencil stub and paper
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KNOW THESE WINTER TERMS



ROD KRAUSE
5TH BOMB WING OCCUPATIONAL SAFETY MANAGER

Watches and warnings for hazardous winter weather are issued by the National Weather Service. These weather statements should be listened to carefully since the weather affects all of us.

WINTER STORM WATCH

Hazardous winter weather is expected in the form of heavy snow, heavy freezing rain, or heavy sleet. Issued 12 to 24 hours before the event is expected to begin.

WINTER STORM OUTLOOK

Issued prior to a Winter Storm Watch, usually 3 to 5 days in advance of a possible winter storm.

WINTER STORM WARNING

This is issued when a dangerous combination of heavy snow, with sleet and/or freezing rain, will occur or has a high probability of occurring within the next 12 hours.

BLIZZARD WARNING

Issued for sustained or gusty winds of 35 mph or more, and falling or blowing snow creating visibilities at or below ¼ mile; these conditions should persist at least 3 hours.

WINDCHILL WARNING

Issued when windchill temperatures are expected to be hazardous to life within several minutes of exposure.

WINDCHILL ADVISORY

Issued when windchill temperatures are expected to be a significant inconvenience to life with prolonged exposure, and, if caution is not exercised, could lead to hazardous exposure.

HIGH WIND WARNING

Winds of at least 40 miles per hour are expected to last for at least one hour. In some areas, this means strong, gusty winds occurring in shorter time periods.

WINTER WEATHER ADVISORIES

Issued for accumulations of snow, freezing rain, freezing drizzle, and sleet which will cause significant inconveniences and, if caution is not exercised, could lead to life-threatening situations.

DENSE FOG ADVISORY

Issued when fog will reduce visibility to ¼ mile or less over a widespread area.

SNOW FLURRIES

Light snow falling for short durations. No accumulation or light dusting is all that is expected.

SNOW SHOWERS

Snow falling at varying intensities for brief periods of time. Some accumulation is possible.

SNOW SQUALLS

Brief, intense snow showers accompanied by strong, gusty winds. Accumulation may be significant. Snow squalls are best known in the Great Lakes region.

BLOWING SNOW

Wind-driven snow that reduces visibility and causes significant drifting. Blowing snow may be snow that is falling and/or loose snow on the ground picked up by the wind.

SLEET

Rain drops that freeze into ice pellets before reaching the ground. Sleet usually bounces when hitting a surface and does not stick to objects. However, it can accumulate like snow and cause a hazard to motorists.

FREEZING RAIN

Rain that falls onto a surface with a temperature below freezing. This causes it to freeze to surfaces, such as trees, cars, and roads, forming a coating or glaze of ice. Even small accumulations of ice can cause a significant hazard.

When bad weather is predicted, it is only common sense to take precautions. If you must travel, plan carefully and notify people of your plans. Otherwise, postpone the trip or delay your trip enroute and stay secure in a town along the way. Let others know of your plans when you decide to stop for the storm to prevent possibly life threatening searches for you.

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HOLIDAY SEASON DECORATING SAFETY

ROD KRAUSE
5TH BOMB WING OCCUPATIONAL SAFETY MANAGER

Yes, it's almost that time of year again: the holidays. Reindeer, Santa, fruitcakes, stockings, visions of sugar plumbs dancing in our heads, and, of course, Christmas lights. Adding a sense of essence to a neighborhood house, Christmas lights are hung from chimneys, and roof eaves, with cheer. But, remember, danger soon could appear.

In order to keep your holidays merry, keep these Christmas light safety tips in mind:

Watch for Ice: Whether you are climbing on a roof or looking for a place to set your ladder, ice is your enemy. Sometimes it's obvious, with a sidewalk or a rooftop being visibly slick, and sometimes it is black ice, ice you don't really notice until it's too late. Before you step anywhere or set a ladder down, be sure there is no ice in the vicinity. Check suspicious areas closely and lay down salt or sand when warranted. It's better to be safe than falling. Use assistance when needed to avoid a possible fall.

Check lights and unravel them on ground level: After sitting in your basement or attic for nearly a year, Christmas lights probably aren't in the best shape. Some lights are loose, some are burnt out, and some cords are tangled in a tight, but oddly well done, sailor's knot. Don't wait till you standing on top of a ladder to learn your lights need some work. Because getting them "roof top ready" can take some time, unravel and check them on ground level.

Make sure they are approved for outdoor use: There are indoor lights, there are outdoor lights, and then there are the switch hitters: lights that do

both. Before hanging lights up outside, make sure they are suitable for the outdoors (if they are, it will say on the box). It's also important to make sure the lights were checked by a legitimate testing laboratory, such as UL. Look for seals of approval before you approve them for your house.

The Smaller the Better: There was a time when all holiday lights were made of big, robust bulbs. Nowadays, many lights are much smaller. Some people prefer smaller lights because they look better, allow more variety, and are easier to hang, but they are also safer. The larger lights have a tendency to get much hotter, increasing the chances for a fire or a singed Christmas tree. For this reason, use smaller lights.

Turn them off when you go to bed or leave: Christmas lights surely add something to your neighborhood: glowing from afar, they make the holidays luminous. Still, any kind of lights have the potential for danger. Even if you want to keep them on from Thanksgiving to Valentine's Day, they need to be turned off when you aren't around. If you leave, shut them down and when you go to bed, pull the plug. If you have a tendency to forget, get a timer that turns them off automatically.



HOLIDAY TRIP PLANNING CAN SAVE A LOT OF HARD ACHE

ROD KRAUSE
5TH BOMB WING OCCUPATIONAL SAFETY MANAGER

It's hard to believe that the holiday season is fast approaching! Along with the holiday season, many base personnel and their families will be heading out of the local area and even out of state to spend time with their loved ones. Here are some important suggestions to keep in mind to help ensure your trip is a safe one.

- Map the route you are driving. Do not alter from the planned route.
- Discuss your plan with your supervisor and leave a contact phone number.
- Ensure your vehicle is in good mechanical condition. Check the oil, window washer fluid, tire pressure, and ensure you have packed a survival kit. Essentials in the survival kit are; flashlight, candles, matches, sleeping bag (1 per occupant of vehicle), non-perishable food stuffs that can be eaten with out preparation. An MRE is a good idea.
- Plan rest stops for about every 2 hours of drive time.
- Get adequate rest before starting trip. Altering normal sleep patterns may make you more susceptible to drowsy driving.
- Wear sunglasses to prevent eye strain caused by glare off snow and road way.
- While en-route to your destination, have planned contact times to let your contact person know every thing is still okay. Unless surprising

a person, it is best to use the person you are traveling to visit as the contact person. The contact person can inform you of current weather and road conditions, etc. The reason for this check in times is if you do not call, that person can notify the highway patrol of a potential stranded motorist. Remember to give the contact person details such as; color, make & model of the vehicle, license plate number, and number of persons in vehicle.

• If you get stuck in the ditch, stay with your vehicle. Having a cell phone would be helpful. Remember to run your engine for about ten minutes every half hour. The American Automobile Association recommends cycling your engine every hour for about 20 minutes. By using ten minute half hour cycles, you allow the oil in the vehicle to stay fluid, you also allow for less time to have vehicle lose the generated heat and now you can use the car radio to listen to weather updates and emergency broadcasts at the top and the bottom of the hour, instead of just one segment of the hour.

One last bit of advice: Drive for road conditions and your own capability. If you need additional information, please call the wing Safety office at ext 2259/3305.

Have a great Holiday Season and return safely!

SNOW SHOVELING

SAFETY TIPS

ROD KRAUSE
5TH BOMB WING OCCUPATIONAL SAFETY MANAGER

Shoveling snow... Everybody probably loves doing it as much as me right! Not really, however it is one of those "things" the majority of us need to encounter at least one winter season here at Minot. Every winter people hurt themselves shoveling snow, ranging from minor ache and pulled muscles particularly in the back and shoulders to fatal heart attacks. What people often fail to realize is that shoveling is more than just a chore. It puts a lot of stress on the body in a short period of time.

While shoveling snow can be good exercise, it can also be dangerous for optimistic shovelers who take on more than they can handle. The National Safety Council offers the following tips to help you get a handle on safe shoveling:

Individuals over the age of 40, or those who are relatively inactive, should be especially careful. If you have a history of heart trouble, do not shovel without a doctor's permission.

Do not shovel after eating or while smoking.

Take it slow! Shoveling (like lifting weights) can raise your heart rate and blood pressure dramatically; so pace yourself. Be sure to stretch out and warm up before taking on the task.

Shovel only fresh snow. Freshly fallen, powdery snow is easier to

shovel than the wet, packed-down variety.

Push the snow as you shovel. It's easier on your back than lifting the snow out of the way.

Don't pick up too much at once. Use a small shovel, or fill only one-fourth or one-half of a large one.

Lift with your legs bent, not your back. Keep your back straight. By bending and "sitting" into the movement, you'll keep your spine upright and less stressed. Your shoulders, torso and thighs can do the work for you.

Do not work to the point of exhaustion. If you run out of breath, take a break. If you feel tightness in your chest, stop immediately.

Dress warmly. Remember that extremities, such as the nose, ears, hands and feet, need extra attention during winter's cold. Wear a turtleneck sweater, cap, scarf, face protection, mittens, wool socks and waterproof boots.

If you fear you're unable to tackle this tiring task, look into spending a few bucks and having a neighborhood kid shovel after a storm; or having a contractor plow it when heavy snow falls. It's probably money well spent.



USING A SNOW BLOWER SAFELY

SSGT CHAS POTEAT
5TH BOMB WING OCCUPATIONAL SAFETY

Every year snowblowers are one landscaping tool that seem to virtually fly off the shelves; particularly as heavy snowfalls begin to land. While snowblowers may be a popular tool; ranging from light duty all the way up to heavy duty machines capable of clearing small parking lots, one consideration that many prospective snowblower owners do not take into consideration is safety. As the snow gets deeper, the number of snowblower-related injuries increases. Snowblowers are potentially dangerous machines that need to be used carefully and with respect for their moving parts.

There are two basic types of snowblowers. A single-stage blower whirls the gathering/blowing auger at a very high speed. The slower-moving gathering auger of the two-stage blower has more power. When a hand or foot is caught in any part of the snowblower, serious injury is likely. Keep all shields in place and keep hands and feet away from all moving parts.

The snowblower operator must be responsible for everything that comes out of the machine's chute, including the snow discharge and any object the blower may pick up. Objects other than snow will usually be thrown farther than the snow discharge, so be alert to where the discharge chute is directed. If a snowfall is predicted, inspect the area to be cleared of snow and remove objects that may cause personal injury, property damage or damage to the machine. Check the area again before

operating the blower.

The small engine that powers a snowblower is also a source of risk. It is powerful enough to inflict serious injury, it produces toxic fumes that can be fatal, and the fuel presents a fire hazard.

Electric snowblowers have their own hazards. The electric motor is powerful enough to cause injury, and the addition of electricity is another potential hazard. Always know where the cord is when using an electric snowblower. If the electric cord becomes caught in the machine and is severed, severe shock or electrocution can result.

To ensure optimum and safe performance, keep the snowblower in good condition. Check the engine oil level before starting. Check the adjustment and operation of the clutch, blower system, and chute positioning before each operating session. Even the tires need proper inflation for good performance. Be sure that the power cord of an electric snowblower is in good condition. Know how to stop the machine quickly and shut the engine off.

Before allowing a youngster to handle snow removal, carefully consider the young person's age and maturity. Physical ability to handle the machine is important, but so are maturity and the ability to make good judgment decisions. Personal injury and property damage can easily result from errors in judgment.

SNOW MOBILING SAFETY



SIMPLE RULES FOR A SAFETY ADVENTURE

SSGT STACEY EVANITUS 5TH BOMB WING OCCUPATIONAL SAFETY

Riding a snowmobile is an exciting recreational sport for the whole family to enjoy. It's been one of the most popular things to do during winter and its fun. However, accidents are bound to happen. The main factors proven to contribute to snowmobile mishaps and fatalities are:

- Impaired riding
- Excessive speeds
- Riding on highways/roads
- Riding on ice/unfamiliar terrain
- Riding after dark

Never consume alcoholic beverages or drugs of any kind before riding. These things can impair your judgment and slow reaction time. Alcohol also causes the body temperature to drop at an accelerated rate, which increases the likelihood of hypothermia.

Excessive speed is a contributing factor in all fatal snowmobile mishaps. Slow down especially if you don't know the trail. Stay at a comfortable speed enough for you to react appropriately for any situation. Always remember to drive defensively, especially after sun down.

When riding off base, it's highly recommended that you ride only on the trails meant for snowmobiles. Stay in the ditches or a marked trail. When crossing a road to get back to your trail, watch out for vehicles. Be alert of fences, tree stumps, and wire fences that may be concealed by the snow or blend in with the environment. Try to avoid riding on bodies of water when you are unsure of the thickness of ice. Especially running water and unpredictable weather as it changes all the time. They may affect the thickness and strength on lakes and ponds. Riding in the dark can also be a contributing factor to accidents. It can impair your vision and if you are unfamiliar with the environment, the snowmobile and the area it may be fatal. It's also highly recommended to carry a first aid kit. You never know when and where you'll need it.

In accordance with MAFB Instruction 31-116, a snowmobile may be operated to/from the operating area using the most direct route using the field area or within the right of way of any street or roadway on Minot AFB. Snowmobiles shall travel in the same direction as the direction of motor vehicles traveling on the side of the roadway immediately adjacent to the side of the right of way when conditions are such that no damage will be caused to seeded areas.

To operate a snowmobile on Minot AFB owners/operators must meet the following:

They must have an operational headlight and taillight, which must be illuminated while in operation and an operational brake light. Vehicles must have a properly installed muffler in good working order and a functional engine "kill" switch.

This is a list of required safety equipment for on-road use:

Headgear and impact resistant eye protection. Helmets will meet the standards of Snell Memorial Foundation (SMF), The American National Standards Institute (ANSI) or Department of Transportation (DOT).

Full finger gloves, long sleeve shirt or jacket, long pants, over-the-ankle boots.

Operators and passengers will wear brightly colored clothing or reflective and/or retro-reflective materials.

Operators must possess a valid drivers license or permit, carry

military identification, maintain current state registration, and vehicle insurance.

Operators under 16 years of age (YOA), but at least 12 (YOA), who do not possess a valid driver's license or permit, will not operate a snow mobile on Minot AFB unless the person has completed a state-sponsored safety training course as prescribed by the Director of the North Dakota State Parks and Recreation Department. The operator must then carry on their person and exhibit, upon demand to any law enforcement or safety official, the certificate of training. These persons must have adult supervision while operating the off-road vehicle

Snowmobiling is a fun and healthy recreation for people of all ages. Remember to follow and teach these tips to your children and be sure to have a safe and exciting time.



-Snowmobile North Dakota

North Dakota has 14 state snowmobile trails, totaling just over 2800 miles, that are maintained by members of Snowmobile North Dakota. Trails are open to snowmobiling enthusiasts from December 1 through April 1, providing that the trail has a minimum of four inches of packed snow.

Many of the trails are on trail easements through private land. Snowmobilers are reminded to respect private property and remain on marked trail segments.

Snowmobile trail maps can be obtained at the following:

- Snowmobile North Dakota—Website information on snowmobiling in North Dakota that includes a North Dakota snowmobile trail map and trail locations.
- North Dakota GIS Hub Snowmobile Trail Map—GIS layered mapping of all state snowmobile trails.

All snowmobiles operated on public land must be registered. Snowmobile registration is handled by the ND Department of Transportation at any licensing office statewide. The registration fee is \$40 for a two-year period. This fee is categorized into a \$5 registration fee and a \$35 trail tax fee and is used to properly maintain the state trail system. The fee must be paid in odd-numbered years.



NORTH DAKOTA SNOWMOBILE TRAILS

PEACE GARDEN TRAIL

Bottineau, ND
198 Miles

Includes Bottineau and Rolette counties. In the north-central part of the state, trail runs through the Turtle Mountains, creating a beautiful scenic ride. This trail system connects with the Canadian trail system at Carbury Port and at the International Peace Garden. The International Peace Garden and the Lake Metigoshe State Park are located on the trail system.

NORTH CENTRAL TRAIL

Rugby, ND
183 Miles

Includes Benson, McHenry, Pierce, Ramsey and Towner counties. The riding is 80% cross country with the other 20% ditch riding. The trail gives the rider a great cross section of terrain that North Dakota has to offer.

LAKE REGION TRAIL

Devils Lake, ND
216 Miles

Includes Nelson and Ramsey counties. The trail system is centered on the city of Devils Lake in the northeast part of the state. A day of riding may include tight twisting trails, wide open lake runs and long straight sections of country road ditches. Heated and lighted warming houses are located in strategic points on the trail system.

NORTHEAST TRAIL

Walhalla, ND
476 Miles

Includes Cavalier, Pembina and Walsh counties. Known as the Pembina Gorge Trail, it is located in the northeast corner of the state. The Gorge itself is a must-see natural phenomenon. This system ties into the Canadian trail at three major points and also ties into two major Minnesota trails. This trail offers miles of riding and usually has very good snow.

RED RIVER NORTH TRAIL

Grafton, ND
146 Miles

Includes Pembina and Walsh counties. The western half is mainly ditch and shelter belt riding and the eastern half follows the Red River and the woods from Park River to Hoople. This trail association provides many places to stay for travelers on a snowmobile trip. The Red River North Trail system has a lot to offer snowmobilers who are looking for fun and relaxing snowmobile trips with the variety of riding and many miles of trail.

RED RIVER SOUTH TRAIL

Fordville, ND
193 Miles

Includes Grand Forks and Walsh Counties. The Red River South Trail Association grooms miles of marked snowmobile trails in the northeastern part of North Dakota.

CAT TAIL TRAIL

Hope, ND
91 Miles

Includes Barnes, Cass, Steele and Traill counties. The Cattail Trail offers trail traveling through field, woods, lakes, prairie trails, sloughs and ditches. There are also fuel stops, restaurants and bed and breakfasts.

EAST CENTRAL VALLEY TRAIL

Fargo, ND
200 Miles

Includes Cass and Richland counties. The trail system is in the southeast portion of North Dakota and primarily covers Cass County. It is about 20 miles from two different points on the Mayville-Portland Trail System (21 miles from Hillsboro and 17 miles from Galesburg). This trail also connects to two Minnesota trail systems managed by the Clay County Trail Blazers and Felton Roughriders.

SOUTHERN VALLEY TRAIL

Wahpeton, ND
136 Miles

Includes Richland County. It has miles of groomed snowmobile trail kinking nearly every city in Richland County.

SARGENT COUNTY TRAIL

Milnor, ND
90 Miles

Includes Richland and Sargent counties. The trail offers miles of riding in the southeastern portion of the state. Each community has restaurants, gas stations, motels, grocery stores and snowmobile repair shops.

SHEYENNE VALLEY TRAIL

Lisbon, ND
286 Miles

The Sheyenne Valley Trail system includes Barnes, Dickey, LaMoure, Ransom and Stutsman counties. The Sheyenne Valley Trail is located south of Jamestown and Valley City. There is a wide variety of riding in this system. The trail follows the Sheyenne River bottom and the James River. It also has ditch riding, shelter belts, and wide open fields. This takes you through the Fort Ransom State Park and also a park called Little Yellowstone. Several other stops are located along the way.

MISSOURI VALLEY TRAIL

Linton, ND
213 Miles

The Missouri Valley Trail includes Emmons and Burleigh counties. The trailhead is located 1.5 miles south of I-94's Exit 61 on Bismarck Expressway. This trail runs east 22 miles along Highway 10 to Sterling, where food and gas are available. The trail then turns south to Moffit 10 miles south of Sterling along Highway 83. South of Moffit are the towns of Hazelton (15 miles) and Linton (20 miles) which have gas, food and lodging available. The trailhead is 60 miles north of Beaver Bay.

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IT'S YOUR NIGHT OUT!

ROD KRAUSE
5TH BOMB WING OCCUPATIONAL SAFETY MANAGER

It's 1:00 a.m. and you've got to be up and at 'em at 7:00 a.m. The problem is you're toasted. Uh huh, you've had the time of your life and enough alcohol to drink to keep you happy until 10:00 a.m. the next day! Somewhere in the fog reality strikes. You've got to get home. You look around. Your friends are toasted too. You draw sticks and hope for the best. Darn, you "won." You're thinking it's only a couple of "clicks" to the front gate and you don't feel THAT drunk. You toss a stick of chewing gum in your mouth and off you go. As you approach the gate you fumble for your ID. You're thinking if you could just get through the gate you'd be home free! You're hoping for that quickie ID check and a friendly wave to proceed. As you hand the guard your ID card he's observing your every move. He noticed the way you approached the gate - weaving (because you were fumbling for your ID card, of course). He notices your glossy pupils and the way your eyes fail to focus. He notices the slur of your speech when he asks you how you're doing this nice Okinawan evening. But all of your actions tell him to check you out a little closer. He can smell the alcohol emanating from your breath. He knows there's no such thing as Juicy Fruit alcohol-flavored gum. You're busted!

This is the scene over and over again. Night after night people are caught drinking and driving. Why? Because they fail to plan. They fail to assess the risks associated with drinking and driving. If you



take a minute or two to plan the evening you can save yourself great embarrassment, you can save your career, and most importantly, you can live to enjoy another of those great nights out.

While many of us have heard of Operational Risk Management, or ORM, many of us don't use it when we're off-duty. This common misconception is worth exploring. Let's see how we can apply ORM to the scenario above. The Air Force has a six-step process:

ORM - DRINKING & DRIVING	
1	Identify the Hazard Drinking alcohol and operating a motor vehicle is a hazard!
2	Assess the Risk - I could get caught, end up in jail, and destroy my career - I could get into an accident and kill myself or someone else
3	Analyze the Control Measures - I could walk - I could take a taxi - I could find a designated driver (hint: one who won't drink alcohol)
4	Make Control Decisions - Walk is too far. - Taxi costs money, but we could all pitch in and lower the cost. - Hey, Ken's ugly and can't get a date, but he's reliable. Let's see if he'll be our <i>designated driver</i> (but don't tell him he's ugly, okay?)
5	Risk Control Implementation Ken's the choice! He's free and reliable.
6	Supervise and Review Once you're sober. Evaluate how well your activity went. Adjust as needed and start the process again!

There are alternatives to drinking and driving. Just take a moment out and apply the ORM process. Drinking and driving is a choice. Don't you make the wrong one!



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Plan your excursion to Brandon - a city on the rise.



www.brandontourism.com

DON'T FORGET ABOUT YOUR PETS!

ROD KRAUSE
5TH BOMB WING OCCUPATIONAL SAFETY MANAGER

Pet owners should be made aware of winter's dangers, which include harsh weather; leaked antifreeze and road salt. Following are recommendations on steps you can take in order to ensure that the season is not marred by disaster.

One of the hazards a pet may face in winter is exposure to extreme cold. A pet's feet, ears and other areas of the body not covered by much hair get cold and can very well become frostbitten. Signs of frostbite include skin that is pale and cool to the touch and decreased sensation in the affected area. After thawing, there may be pain and the skin may look as though it was burned. If frostbite is suspected, gently thaw the area with warm water; then take your pet to a veterinarian.

The National Humane Education Society agrees with other humane organizations in advising owners of cats to keep them inside all year round. The cat can get enough exercise inside and won't get lost or injured. An enclosed "outdoor" environment such as a screened porch is certainly ideal for fresh air and sunshine but windows with a ledge or built-on perch can also provide much all-season pleasure.

During the cold weather, it is a good idea to knock on your car's hood or sound the horn before starting the engine, as cats permitted to run free can climb up inside the engine seeking warmth.

Deciding on whether to keep your dog outdoors depends largely on the dog's coat and the outside temperature. Ideally, the dog should live indoors, as part of the family. However, if the dog must live outdoors, adequate preparation for the cold months is essential. Be aware that large, long-haired dogs fare better outside during the winter than others.

HAZARDOUS SUBSTANCES

Ethylene glycol, the major ingredient in antifreeze, attracts both dogs and cats because of its sweet taste. But it is extremely poisonous. A tablespoon can kill a cat, and half a cup can be fatal to a 25-pound dog. Within two days, a fatal dose will cause prolonged vomiting, severe kidney pain, ulcers in the mouth and excruciating death from kidney failure. If your pet should swallow any antifreeze, call your veterinarian at once.

ROCK SALT UNDERFOOT

Rock salt is another substance to be wary of in winter. As it is abrasive, it may cut into an animal's paws and burn their mouths. Dogs may eat rock salt which will cause vomiting. When bringing in a pet from the outside during an icy-cold day, check its feet. Remove ice balls between the animal's toes and wipe its feet with a damp towel, especially after walking on heavily salted pavement.

Never let your dog off the leash on snow or ice, especially during a snowstorm--dogs can lose their scent and easily become lost. More dogs are lost during the winter than during any other season, so make sure they always wear I.D. tags.

Thoroughly wipe off your dog's legs and stomach when he comes in out of the sleet, snow or ice. He can ingest salt, antifreeze or other chemicals while licking his paws, and his paw pads may also bleed from snow or encrusted ice.

Own a short-haired breed? Consider getting him a coat or sweater with a high collar or turtleneck that covers the dog from the base of the tail on top to the belly underneath. While this may seem like a

luxury, it is a necessity for many dogs.

Never leave your dog or cat alone in a car during cold weather. A car can act as a refrigerator in the winter, holding in the cold. The animal can freeze to death. If your dog is sensitive to the cold due to age, illness or breed type, take him outdoors only to relieve himself.



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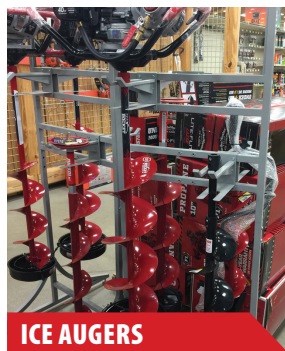
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