

# northsentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 61 • ISSUE 48 | MINOT AIR FORCE BASE | FRIDAY, DECEMBER 1, 2023

## WHATS INSIDE THIS WEEK:



RPP APPLICATION PROCESS OPEN THROUGH DEC. 9

**A9**



NORTHWEST NORTH DAKOTA GAINS TWO CAP COMMANDERS

**A11**



91ST MISSILE WING 3RD QUARTER AWARDS CEREMONY

**B1**

# Team Minot Gives Thanks



5th Security Forces Squadron defenders pose for a photo at Minot Air Force Base North Dakota Nov 18, 2023. The defenders and many other families received the turkeys as part of the Share the Joy program where First Sergeants and Minot AFB partners donated Thanksgiving meals to families in need. See more on page A7.

COURTESY PHOTO

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**Team Minot**  
*Airmen Cookie Drive*

Volunteer to unload and package cookies at the Jimmy Doolittle Center



**Bake and donate cookies to bring the holiday spirit to Team Minot's Airmen!**

*Drop Off Locations*

<p><b>Minot AFB</b> Dec 13, 8am-12pm Jimmy Doolittle Center 174 Summit Dr</p>	<p><b>Minot</b> Dec 11 &amp; 12, 8:30am-4:30pm Minot Area Chamber EDC 1020 20th Ave SW</p>
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Place your cookies in disposable packaging with a numbered count, and drop them off at the on-base or in-town locations above.





For questions email Jennifer Westphal at [jenniferwestphal@gmail.com](mailto:jenniferwestphal@gmail.com)

# Minot Air Force Base Investigating Deaths of Three Airmen In One Month

DAVID ROZA, AIR & SPACE FORCES MAGAZINE

Minot Air Force Base, N.D., is investigating the deaths of three of its Airmen in October. The base could not provide further details on the incidents, but officials said they worked with higher headquarters to make extra chaplains, counselors, and mental health professionals available for grieving Airmen and family members.

"This is not a topic that leadership teams take lightly, and there is considerable effort put in to prevent and respond to these tragedies," Col. Daniel Hoadley, head of the base's host unit, the 5th Bomb Wing, said in a statement sent to Air & Space Forces Magazine. "Over the last year we have also grown the Resiliency Training Assistant program to provide in-unit, peer-to-peer support for incidents just like this."

The deaths occurred despite base leadership attempts to improve quality of life at the installation, which is often maligned by Airmen for its remote location and long winters. Compounding those challenges is the fact that many Airmen at Minot are young. Col. Kenneth McGhee, head of the 91st Missile Wing, said Oct. 30 during a virtual AFA Warfighters in Action event that two-thirds of the base's security forces are below the age of 26. Feeling isolated can be particularly dangerous for young service members, who face a higher risk of suicide.

Hoadley said the Minot community tries to help out through efforts such as "Military Appreciation Days"



Airmen try to stay warm before launching an aircraft at Minot Air Force Base, N.D., Jan 26, 2017.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN J.T. ARMSTRONG

hosted by the North Dakota State Fair, free tickets to Minot State football games, and fundraising to pay for more than 100 Airmen's travel home for winter holidays.

Other challenges include the long distances to advanced medical care, and limited child care for children of security forces and missile crew members, who are often absent for a week at a time at the base's farflung missile fields. Hoadley said the Air Force works to reimburse families for medical-related travel and expensive stints of child care. But capacity at the base's child development center and

family child care program, where military spouses watch over each other's children, remains an issue.

"One thing we can't organically do is make more people come to work here," McGhee said. "So we're trying to find unique ways, different programs in order to increase the number of child care workers to support our men and women every single day."

Still, some say more needs to be done. Starting Nov. 16, a military spouse named Lisa Hermosillo stood on a bridge in Minot for three days holding a sign that read "3 Days for 3 Lives Lost" and "Break the stigma."



Airmen from the 705th Munitions Squadron transport AGM-86B ALCMs during Exercise Prairie Vigilance 24-1 at Minot Air Force Base, North Dakota, Oct. 23, 2023.

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

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Members of the 219th Security Forces Squadron shout instructions to a potential intruder during a training exercise at a missile alert facility in the Minot Air Force Base missile field complex, near Minot, N.D., June 15, 2017.

U.S. AIR FORCE PHOTO  
SENIOR MASTER SGT. DAVID H. LIPP

"How can we reduce the rate of this happening?" Hermosillo told the Minot Daily News. "That's why I wanted to do this now. ... The holidays are such a vulnerable time for people, where we have some of the highest rates of suicide in general. We lose more service members to suicide than combat alone. That's the real war here on American soil—with suicide and mental health, and the barriers that Airmen face just getting help. That needs to change."

Among the barriers Hermosillo pointed out was the personnel reliability program (PRP), a tool used to assess whether service members are mentally and physically able to work around nuclear weapons. An independent 2014 review commissioned by the Pentagon called PRP "enormously wasteful," saying it sets an unrealistically high bar which leads to many Airmen being declared unfit for duty. For example, security

forces Airmen could have their ability to carry a weapon revoked, which makes them effectively unable to perform most security forces jobs.

"They can't go out in the field and they have duties stripped from them," Hermosillo told the Minot Daily News about Airmen found unfit by PRP. "... Now the other Airmen have to pick up the rest of the work. That's why people don't say anything. 'I don't want to cause my co-workers or buddies any extra stress.'"

Minot public affairs office did not answer a query as to how many Airmen died by suicide at Minot in 2022 or so far in 2023. The Pentagon's annual suicide report, released in October, recorded 64 deaths by suicide among the total Active-Duty Air Force in 2022, for a rate of 19.7 per 100,000 Airmen. That's compared to 51 total and a rate of 15.3 in 2021.

When asked about mental health support, a Minot spokesperson said

several in-person military and family life counselors have been added recently, with one embedded in the squadrons affected by the recent deaths.

The base, which employs 5,494 service members, 677 civilians, and supports 5,453 dependents, has 162 Resiliency Training Assistants, 31 Master Resiliency Trainers, and a Disaster Mental Health program that "was activated to assemble multiple helping agencies in support Airman and their families," the spokesperson added.

Service members and veterans who are in crisis or having thoughts of suicide, and those who know a service member or veteran in crisis, can call the Veterans/Military Crisis Line for confidential support available 24 hours a day, seven days a week, 365 days a year. Call 988 and press 1; text 988; or chat online at VeteransCrisisLine.net/Chat.

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GLENBURN, ND

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MINOT AFB, ND

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SATURDAY, NOVEMBER 18, 2023 TO:  
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MINOT, ND

BABY GIRL BORN ON  
SATURDAY, NOVEMBER 18, 2023 TO:  
KAITLYN DEBILT  
DRAKE, ND

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SUNDAY, NOVEMBER 19, 2023 TO:  
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BABY BOY BORN ON  
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**5th Bomb Wing Deputy  
Commander:**

Col. Benjamin Jensen

**91st Missile Wing  
Commander:**

Col. Kenneth C. McGhee

**91st Missile Wing Deputy  
Commander:**

Col. George L. Chapman

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**SLICE OF LIFE**  
KIM FUNDINGSLAND

Minot is situated within a short drive of several National Wildlife Refuges, each with their own diversity of habitat. They are managed for wildlife and for compatible public use.

Upper Souris NWR has public use areas for shore fishing, maintains boat ramps for open water fishing on Lake Darling, allows for ice fishing and dark house spearfishing. There's a canoe route below Lake Darling Dam, hiking trails and, when the season allows, a scenic auto tour route that offers excellent views of the refuge and river valley.

While Upper Souris is the nearest NWR to Minot, others within an hour drive are Audubon, J. Clark Salyer, and Des Lacs. All have opportunities for public use, summer and winter. Hunting, fishing, hiking, driving are all ways to enjoy what our NWR's have to offer.

One of my "never forget" moments happened on a marsh below Lake Darling Dam on the Upper Souris NWR. I was doing a story for television on the purpose of marsh management on the

refuge. A biological technician used an airboat to take me on a tour, to show me life on the marsh.

It was fascinating. We encountered birds I never knew were in North Dakota. I saw my first, and only, Virginia rail. I was introduced to black-crowned night herons too and numerous other residents of the marsh.

Then, as the airboat turned toward an elevated nesting basket, we could see a Canada goose lying flat on top of it. We approached slowly. The goose stood up, then dropped down onto the water below. It feigned injury, an act we knew meant she hoped to divert us from the nest.

A moment later we stood up in the airboat to see inside the nesting basket. A couple of young geese had just hatched. More were pipping their way out of their eggs. Momma goose stayed with a few feet of us.

We watched as a yellow gosling, wet and soggy appearing, worked to remove the top of an egg and enter the world. The gosling did so. To our astonishment, still seated inside the bottom half of the shell, the gosling, not a minute old, snatched up a bug that was crawling on a piece of eggshell.

As we backed away after watching for only a few minutes the mother goose flew back up onto the nest. That is a slice of life I think about every time I drive past an NWR.

The presence of wildlife has changed at our refuges over the

**Our Wildlife Refuges**



KIM FUNDINGSLAND PHOTO

past several years. Sometimes more, sometimes less. But the value of having land set aside for wildlife is always there, even more so as more and more habitat essential for the survival of many species, large and small, seen and unseen, is changed forever.

Our refuges, once thought of as existing only for migratory waterfowl, are now recognized as "refuges" for diminishing varieties of shorebirds and songbirds, butterflies, native plants, and more. They serve as places of learning for students pursuing careers in biology, agriculture, land management, and more.

Now it's the winter season and seasonal species have moved out of North Dakota. The landscape gets that bleak and foreboding look, but it is the time of year when our NWR's often offer the only sanctuary available to wintering

wildlife.

This year our winter started with an early and deep dump of snow but, with the effect of El Nino, warmer temperatures led to the melting of the initial snowpack. While daytime temperatures have been quite mild for several weeks, there's no escaping winter's presence. Even in an El Nino winter we'll get our share of the fourth season.

Our refuges provide protective habitat necessary for wildlife survival during our challenging winter months, woodlands and grasslands providing shelter from icy winds. Then, in the spring, the land comes to life again. Migrating birds return. Deer give birth to fawns and birds of all kinds nest successfully. All illustrate the importance of our National Wildlife Refuge system.

**Cellular dead spots...**

If the signal is strong enough, it will penetrate anything. Unfortunately, there are two things to consider. No. 1, a boost in signal costs money for increased electricity. Powerful radio signals aren't cheap. No. 2, if the signal is strong enough and you are close enough to the tower, it could fry your SMART phone.

Several years ago a Winnipeg FM radio station was pushing out 360,000 watts of power. In the United States, the legal limit is 100,000 watts. So this radio station, CITI on 92.1 was more than three times the legal limit just 60 miles north of Pembina.

Back in those days, I traveled to Winnipeg a lot for various reasons. One day I was curious, so I parked as close as I could get to the CITI-FM tower... about 30 feet from the base... tuned into 92.1 and weird things started to happen to the radio save for catching fire.

CITI-FM blew all over the dial

and it even entered kilohertz space, meaning it was automatically retransmitting on several frequencies on the AM dial because the signal was so powerful.

A similar, localized thing would happen to cellular if the companies jacked the power of the transmitted signal. That means these companies are walking a fine line between satisfying all their customers and disturbing those who live right under a transmitter.

So what is the answer? Maybe they could increase their power just a bit. Maybe they could raise the tower just a bit. Maybe they could go to a slightly higher frequency to penetrate more objects.

I think most of us understand that if we are standing in the Badlands, the Pembina Gorge or parts of the Sheyenne River Valley, we'll lose signal.

But on the flat?

Another interesting problem with

cellular is for those living close to the Canadian border. Often times they'll get roaming charges off a nearby Canadian tower. Many try to dispute the higher charges and end up with nothing more than frustration.

This situation was featured on "The Current," a program on CBC Radio. They interviewed several people in North Dakota who have dealt with these roaming charges, even by calling neighbors just a few miles away.

One would think there would be a way to rectify that situation. We put people on the moon, we've created high definition television and radio and artificial intelligence is becoming a thing. But in some cases, a cell signal can't reach more than 5 or 6 miles.

If North Dakota wants to remain a leader in technology, broadband and communication, cellular will need some updates.



**UPSIDE DOWN  
UNDER**  
MARVIN BAKER

In this day and age you wouldn't think something so simple as cellular telephone coverage would be so spotty, but it is.

There are numerous "dead spots" across North Dakota, and depending on where you experience this, you sometimes have to shake your head because it really shouldn't be rocket science.

Joel Heitkamp talked about this on KFGO radio one day, but I'm not sure anything was ever done to rectify the situation. I personally don't remember where all the spots are in the state, but I do remember people calling in. One lost signal between Valley City and Fargo on Interstate 94, another near Hebron.

There are different perceptions on how far a cell signal will travel. Some companies say 5 to 7 miles, while others say up to 25 miles, with the caveat that depends on the height of the tower and the strength of the transmitted signal.

Most cell signals are in the 900 megahertz range and beyond. That means they won't travel beyond the line of sight, which explains why when you are in a deep valley or behind a large hill, or even certain buildings, you lose your signal.

But there are situations, such as in my own case, in which I'm 6 miles east of a tower and I lose contact. In another, I'm 13 miles south of the tower and lose contact temporarily until I'm 12 miles from a new tower.

One thing the cell companies could do is boost their transmitting power in areas where there are problems.

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# Sharing Is Part of the Holiday Season

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**A VIEW FROM  
OUR SIDE**  
ROD WILSON



From the stage of the Christmas Open House in downtown Minot, Mayor Tom Ross asked for a cheer from those in the audience that were from Minot Air Force Base. It was certainly hard to say exactly how many folks responded, but there were a significant number.

Joining the Mayor on stage were several of the command team and their families including Col Daniel Hoadley, Col Benjamin Jensen, Col George Chapman and CMSGT Josh Sanders.

Prior to the official lighting of the Downtown Christmas Tree, there were Christmas carols and other music from the holiday season.

The evening was a bit brisk, but everyone was dressed warm for the event, right down to little Jacob Jensen who was proud to show me his warm snow pants, jacket and gloves. There were certainly a lot of rosy cheeks and warm smiles as we waited for the Christmas Tree at the end of main street to finally come alive with lights.

The Downtown Business and Professional Association has always started the Christmas season with

the lighting of the tree, and we have shared the event with our neighbors to the north at Minot Air Force Base. Downtown Minot has always been a Christmas destination for events, eating and shopping. My first trip to downtown Minot was some 45 years ago when I, like many of the young adults at Minot Air Force Base, would experience that first year away from home and family. Downtown Minot seemed to have that "at home" feeling, albeit I came from a much small rural town, but the friendly welcome when you entered a store and the smile that gave you the warmth of Christmas as you walked between stores to complete your shopping list.

I think the message shared from the stage by Mayor Ross, Col Hoadley and the others who would take their turn welcoming the crowd to the event, was that of friendship and community. There isn't much we can do about the weather, and the day after Thanksgiving can definitely challenge those who may have arrived during the summer and only heard about the weather ahead, but we can always share the

warmth with each other.

## GREAT NEWS

The Barksdale Trophy is coming back to Minot. Established in 2017, the Barksdale is awarded for outstanding community support for the base and airmen. Minot first won the trophy in 2019. A community cannot win the trophy 2 years in a row, but communities can win it several times. To win the Barksdale Trophy a community must submit a 100 page application that highlights events sponsored by the community. One of those events was the annual Christmas Open House.

## HOME FOR THE HOLIDAYS

I caught up with Mayor Tom Ross who informed me that the Home for the Holidays campaign raised over \$120,000.00 and with those funds will send over 115 Airmen home for the holidays. Mayor Ross shares "What better way to showcase the very best of the Magic City and even the support from all of North Dakota. Tickets for Home for the Holidays were



Col. Daniel Hoadley addresses attendees of the Downtown Minot Christmas Open House and the official tree lighting ceremony.

DYESS MEDIA PHOTOS

sold in every corner of the state. The satisfaction of giving these Airmen the opportunity to be home with their families during the holidays is an opportunity many of us take for granted. I am very proud of our community, not surprised...very proud."

## BEST KEPT SECRETS

Many people ask me "what can I give my friends and relatives that is from North Dakota?" The best answer is to tell them about the web site [prideofdakota.nd.gov](http://prideofdakota.nd.gov) that

has a list of products that originate in North Dakota. There are several stores that feature many of these products, and yes, they are truly from North Dakota. Look for the Pride of Dakota seal and know you are giving quality for Christmas.

## TODAY'S "CHRISTMAS" CHUCKLE

How do you wish a dog Merry Christmas? Feliz Navi-dog.



One of the many highlights of the Downtown Christmas Open House was live reindeer at the Spot.

THE SPOT PHOTOS



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# Giving the Gift of an Experience

As you are making your list and checking it twice to decide what to get for all the people in your life, it can be difficult to know what to get for the person with everything or someone looking to declutter. This year, the perfect option is the gift of an experience.

What exactly does that idea mean? Here is an example from my own life. My mom is someone who lacks for nothing and truly just loves to spend time. She definitely ranks high on the love language of quality time and doesn't always get a lot of time with her grandkids, who are older and busy with many activities. Last Christmas, we gifted her with a surprise day of experience. It consisted of a trip to Bismarck/Mandan and a stop at a restaurant to eat in an igloo. From there we did a little shopping and then took a limo ride to look at Christmas lights. It was such a fun time and we have pictures and memories to last a lifetime.

The cool thing is, you don't even have to leave Minot to give the gift of experience. We have so many options right at our front door. Here are just a few ideas to get your creative ideas going to formulate a plan that will be just perfect for any person on your list.

**Margies:** Get your creativity going with an art class at Margie's located at 109 Main St S. They offer everything from stained and fused glass to watercolor painting. They have classes available for all age ranges and skill sets. Check out their website at [www.margiesartglass.com](http://www.margiesartglass.com) to find out more about their class offerings. Another option is to go to the Ceramic Cafe during store hours and paint any one of their ceramic options.

**Gourmet Chef:** For the foodie in your life, a Gourmet Chef cooking class might be just the ticket. They offer a wide variety of classes for all ages. From cookie baking for kids to Mexican comfort food and Southern comfort food to sushi making, you can find so many options. Find a list of classes at [www.shop.gfchef.com](http://www.shop.gfchef.com) or go to their store at 122 Main St S.

**Escape Point:** If you have never tried an escape room, it is a must do. An Escape Room is a live-action adventure game where players are locked in a room where they must find clues and solve a series of puzzles in order to escape the room within a set period of time. You can have up to 10 people participate at a time and pay a per person fee. Located at 18 2nd St NE, you can find out more on their website to book your time at [www.escapepointnd.com](http://www.escapepointnd.com)

**Up Your Axe:** If looking for an



HOPE ANDERSON

experience for 21+, Up Your Axe is it! Axe throwing is a one of a kind experience that you will never forget. Safety coaches will work with you to practice the art of axe throwing before you play a variety of games at your own pace. It is recommended that you book a lane ahead of time to ensure that you get a spot. You can do this by going to their website: [www.upyouraxe.bar](http://www.upyouraxe.bar)

**Putt District:** Located in downtown Minot at 17 S. Main St, the Putt District offer Blacklight Mini Golf, composed of 14 unique holes that challenge all age levels and is completely illuminated by blacklight. It's a great opportunity to take the whole family on an outing. While there, you can indulge in ice cream and other food items. Another fun opportunity includes the Clubhouse Board Game Cafe. Check out their website at [www.theputtdistrict.com](http://www.theputtdistrict.com) to learn more.

**Oak Park Theater:** Sit back and relax at a movie at Oak Park Theater. Get the best popcorn in town, a fountain drink, and some candy before picking your comfy seat in the theater. Check out their website: [www.oakparktheater.net](http://www.oakparktheater.net) to find out currently showings and times. You can even purchase a movie punch card so you can go to the movies many times.

**Downtown Ice Skating and a Meal:** Experience ice skating under the lights at the Aksal Skating Rink in the Alley behind Prairie Sky Breads. Bring your own skates or look for dates that they offer skate rentals. After ice skating warm up at a nearby restaurant such as the new, Don Tapatios, Ironhorse, Starving Rooster, or Ebenezers.

Get creative and think of an experience that you can gift while also enjoying time together. It is truly what the season is all about and the gift receiver will appreciate the time you spent organizing the experience and also the quality time you will get to spend when you go on your experience outing.



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**TEAM MINOT GIVES THANKS**



Members of Team Minot pose for a photo during the Share the Joy Program at Minot Air Force Base, North Dakota, Nov. 18, 2023. The Share the Joy Program was part of Operation Warm heart, which gave people the opportunity to donate thanksgiving meals to families stationed at Minot AFB.

COURTESY PHOTO



A parked truck sits with a bed full of frozen turkeys donated to families in need at Minot Air Force Base, North Dakota, Nov 18, 2023. The turkeys were donated as part of Operation Warm Heart, for Minot AFB families.

COURTESY PHOTO

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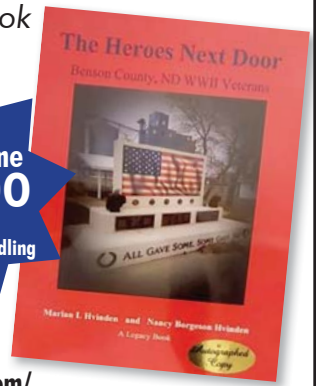
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**INGREDIENTS**

- 1 CUP BUTTER
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- 1 CUP SUGAR
- 2 TSP. VANILLA
- 4 EGGS
- 2 CUPS ALL-PURPOSE FLOUR
- 2/3 CUP COCOA POWDER
- 1 TSP. BAKING SODA
- 1 TSP. SALT
- 1 1/2 CUP SEMI-SWEET CHOCOLATE CHIPS, DIVIDED
- 3/4 CUP WHITE CHOCOLATE CHIPS
- 3/4 CUP NUTS (OPTIONAL)
- 1, 8-OZ. HOT FUDGE SAUCE
- 1-2 TBSP. GUINNESS

Coat the inside of a 10-inch pie plate with non-stick cooking spray.

When ready to cook, set the temperature to 350°F and preheat, lid closed for 15 minutes.

Melt 1/2 cup of the semi sweet chocolate chips in the microwave. Cream together butter, brown sugar and granulated sugar. Beat in the eggs, adding one at a time and mixing after each egg, and the vanilla. Add in the melted chocolate chips.

On a large piece of wax paper, sift together the cocoa powder, flour, baking soda and salt. Lift up the corners of the paper and pour slowly into the butter mixture.

Beat until the dry ingredients are just incorporated. Stir in the remaining semi sweet chocolate chips, white chocolate chips, and the nuts. Press the dough into the prepared pie pan.

Place the brownie pie on the grill and bake for 45-50 minutes or until the pie is set in the middle. Rotate the pan halfway through cooking. If the top or edges begin to brown, cover the top with a piece of aluminum foil.

In a microwave-safe measuring cup, heat the fudge sauce in the microwave. Stir in the Guinness.

Once the brownie pie is done, allow to sit for 20 minutes. Slice into wedges and top with the fudge sauce. Enjoy

**Ryan Davy - GM Minot**

[www.HofE.com/BBQH](http://www.HofE.com/BBQH)

# Peace Garden To Host Santa at the Garden

ROD WILSON, NORTHERN SENTRY



The International Peace Garden is known for the gardens that grace the beautiful plot of land that bridges North Dakota and Manitoba just north of Dunseith. Thousands of Americans and Canadians make an annual summer trek to spend a summer day in absolute awe of the beauty of this area.

However, the International Peace Garden extends an invitation, and a reason for a second trip, to attend their first ever Santa In The Garden event on December 9th from 11 AM to 5 PM. Kids will have the chance to get creative and bring home a deliciously decorated cookie for the "Cookie Decorating with Gerry" station. From Noon to 2 PM the Bottineau High School Choir under the direction of Jaque Marum, will lead Christmas Carols and those in attendance can enjoy a hot chocolate and a treat from the Sawmill Tea and Coffee shop.

But what about all the beautiful plants? This is winter. According to Peace Garden CEO, Tim Chapman, "we invite guests to take a sneak peek of the renovated Conservatory with the Don Vitko Cacti and Succulent collection. Our Curator of Living Collections and Conservatory Horticulturist will be available to discuss the extensive collection and more."

Also open from 11 AM to 4 PM

will be the North American Game Warden museum.

"The conservatory is one of the finest displays of its' kind in North America" according to Chapman "with the renovation we are up to over 20,000 square feet of indoor space, and with additional ceiling height the conservatory is truly a unique experience."

In addition to the Santa at the Garden event, the conservatory will be open on December 16th and 23rd. "We encourage people to watch the social media channels for more details."

The transformation of the Peace Garden area to a year round experience has included the ability to rent one of 3 cabins located on the grounds that are used for summertime staffing needs. These cabins are ready to occupy "you only need to bring food and your personal items. Everything else is included" according to Chapman.

The Peace Garden is located just minutes from other popular recreational venues including the Bottineau Winter Park on the U.S. side of the border, and Lake Adam on the Canadian side of the border in Manitoba. Popular family activities include skiing and tubing at Bottineau Winter Park, along with tubing and groomed cross country skiing and snowshoeing trails and

an outdoor family skating rink at Lake Adam.

Santa At The Garden will let people get a sneak peek at the newly renovated Conservatory, as well as experience beautifully decorated trees, Christmas Village and other Christmas themed exhibits.

For more information take time to view the Peace Garden web site at [peacegarden.com](http://peacegarden.com).

According to Chapman "Maybe summer doesn't work for folks to visit the Peace Garden, but now is their change to experience something really unique. The will have a chance to see and celebrate the Christmas season in a very different way."



## All About Pets

Bringing a new pet home



Bringing a new pet home can be a stressful but exciting time in any animal lover's life! Whether it is a cat, dog, guinea pig, or any other animal, every pet has its own needs to feel comfortable in a new situation. Here are a few tips to help make the transition smooth.

- Give your pet some space: it is always important to make sure that your pet has a safe space in your home so that they can relax away from some of their major stressors. Especially if adopting an animal from a rescue or rehoming from a long time residence, please keep in mind that your animal will probably be under a lot of stress and may want to hide or be alone. Try to give them a safe space, whether it is a secluded cat room away from your dogs, or a crate in a quiet part of the house (with proper crate training, of course). Many animals prefer to have designated burrow or hiding spots which are essential to their comfort. It's completely normal to want to snuggle up with your pet as soon as you bring them home, but be on the look out for any signs of stress such as lip licking, tense muscles, cowering low to the ground, showing the whites of the eyes, and of course trying to escape. Let your pet come to you on his own time; you can encourage interaction with food or other motivators, but do not force it.

- Prepare yourself: it seems pretty obvious that you would want to have all the supplies needed for your new pet when you bring it home, ex. food, bowls, toys. But it's also a good idea to prepare yourself for a new pet. Maybe you're bringing home your first ferret, or a bird, or an unfamiliar dog breed. Make sure you do some research on the needs of those unfamiliar animals so that you can adequately meet them. If not already established at one, go ahead and find a veterinarian in your area who can treat your type of pet. Also, depending on the animal, you should mentally prepare yourself for any problems that may arise. Potty training issues or destructive tendencies can start or get worse when some animals are put in extra stressful situations.

If your new pet is dealing with this, do everything you can to help them feel safe, comfortable, and be sure to handle any accidents with love and understanding.

- Prepare your other pets: bringing a new pet into a home with animals already living there is a whole other beast! More often than not, animals will need plenty of time to adjust to having a sibling. It's important to take introductions between animals slowly and cautiously to avoid the risk of someone getting hurt or having a lasting bad impression. With most animals, you will want to keep them separated for some time. Start off by allowing the new pet to roam alone and explore the new sights, sounds, and smells of its new home. After some time, put your animal away in a safe room and allow your other pet(s) back out to familiarize themselves with the scent of the new animal in the home. Over the course of the next days or even weeks, work your way up to an introduction by allowing the pets to sniff each other underneath doors, interact with a baby gate in between, and providing plenty of opportunities for your pets to feel comfortable in the presence of each other. When you think your pets are ready, closely monitor their interactions and look out for signs of aggressive or uncomfortable body language.

- The most important thing when introducing a new pet to your home is to make sure everyone is happy and healthy. There is no shame in things not working out between an old pet and a new pet, and everyone should be in a position where they are safe and loved. Remember, these things take time. There is no magical timeframe for when your pets will feel comfortable together, and some pets will become the best of friends and others will simply coexist. Having one pet is a big responsibility, but having multiple brings a whole new world of (wonderful) challenges. Don't get discouraged along the way because when it does work out, your family is going to be one happy animal bigger.

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# RPP application process open through Dec. 9

AIR EDUCATION AND TRAINING COMMAND

JOINT BASE SAN ANTONIO-RANDOLPH, Texas --

Active duty Air Force officers and enlisted Airmen who are interested in becoming rated officers can apply for the Spring 2024 Air Force Rated Preparatory Program now through Dec. 9, 2023.

The Rated Preparatory Program provides qualified Airmen an opportunity to gain and strengthen basic aviation skills in advance of testing for application to an Undergraduate Flying Training (UFT) board.

"Qualified RPP Airmen have an opportunity to receive hands-on aircraft and simulator training while working with certified pilots from Civil Air Patrol," said Kassandra Hall, Rated Diversity Improvement program analyst. "Since its inception, over 132 students have been selected for a rated career field through the UFT board, with an increase in scores by an average of 40%, improving the chances of selection for Air Force flying training programs.

Up to 60 candidates for the program will receive ground instruction, about 7.5 hours of flight time, and about 2.5 hours of time in Federal Aviation Administration-certified flight simulators. The program is designed for minimal interference in duties with the allowance of self-paced ground school and a one-week, hands-on flying class to introduce participants to aviation fundamentals.

Executed by CAP and Air Education and Training Command officials, RPP is not a commissioning program, nor does it guarantee participants will be selected for a particular rated Air Force specialty code.

U.S. Air Force rated career fields consist of pilots, combat systems officers, air battle managers and remotely piloted aircraft pilots.

Airmen who meet the requirements below are encouraged to apply.

Applying for RPP Applicants Must:

Be of high moral character.

Obtain group commander (or first O-6 in supervisory chain) approval and endorsement.

**CALL FOR APPLICATIONS TO RATED PREPARATORY PROGRAM (RPP) SPRING 2024**

Active-duty Air Force officers and enlisted personnel interested in becoming rated officers have until **Dec. 9, 2023** to apply for the Spring 2024 Air Force Rated Preparatory Program (RPP)

**APPLY NOW IN MYVECTOR!**

Active duty Air Force officers and enlisted Airmen who are interested in becoming rated officers can apply for the Spring 2024 Air Force Rated Preparatory Program now through Dec. 9, 2023.

U.S. AIR FORCE PHOTO | AETC PUBLIC AFFAIRS

Score at least minimum passing for the physical fitness test.

Have a Pilot Candidate Selection Method score prior to submitting the application (must take the Air Force Officer Qualification Test and Test of Basic Aviation Skills).

Applicants with five or less hours of flying time are preferred. Those with more than five hours will be considered on a space available basis.

Begin the process to obtain the appropriate Air Force flight physical commensurate with the rated interest. For example, Initial Flying Class 1 (IFC1) for pilots.

Meet Undergraduate Flying Training board requirements after completing RPP (IAW AFMAN 36-2100).

Enlisted requirements:

Complete a bachelor's degree by the program start date no exceptions.

Individuals are responsible for ensuring they meet the requirements for application to an Air Force Officer commissioning source. (AFMAN 36-2032, Military Recruiting and Accessions, AFMAN36-2100, Military Utilization and Classification, AFMAN 36-2664, Personnel Assessment Program, and AFRS SOPG).

Upon RPP graduation, apply to a commissioning source at the next opportunity.

Application Process:

Applications should be submitted via MyVector to include:

Completing all sections and answering all questions.

Submitting the official Pilot Candidate Selection Method score print-out.

Submitting college transcripts with conferred dates (unofficial is acceptable but must have conferred dates) only if the most current Single Unit Retrieval Format does not capture the degree.

Selection Process: AETC's RDI team will conduct the RPP selection process.

The RPP selection process will consider the following criteria:

Job performance as an Airman (last three performance evaluations through MyVector).

Demonstrated leadership potential.

Exemplification of Air Force core values.

Desire/motivation to serve in a rated career field.

Academic records.

Airmen interested in applying to the program can find additional information via the call for nominations on MyFSS HERE (CAC required).

For any questions, e-mail AETC.RDI.Workflow@us.af.mil with "Attn: Rated Prep Program" as the subject line.

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# Mission readiness starts with combating seasonal affective disorder

AIRMAN 1ST CLASS QUATASIA CARTER, JOINT BASE ELMENDORF-RICHARDSON PUBLIC AFFAIRS

With winter fast approaching, True North, a division within the U.S. Air Force that supports strengthening military members' resilience and their mental health, is taking the initiative to combat seasonal affective disorder, or SAD, with mood-boosting stations for the 673d Security Forces Squadron. "I've seen how the winter months can have an effect on people up here," said Tech. Sgt. Lance Brennan, a Security Forces flight chief. "Especially in December and January when it's super dark all the time. On the night shift, we won't see the sun for who knows how long."

Seasonal affective disorder is a type of depression that typically occurs during winter when daylight hours are short and outdoor weather is less than welcoming. The lack of sunlight can cause a sharp decrease in Vitamin D levels. The drastic change in the environment hits some harder than others.

"Getting outside helps," said Brennan. "For example, on my off days, I like to hunt, fish and shoot archery."

This winter, True North aims to coach arctic warriors on easy techniques to fight SAD through strategic exposure and social norming. Providing different mood-boosting stations throughout the Base Defense Operation Center allows service members easy access to some simple stress-relieving strategies between shift changes. True North representative Jennifer Frysz, hopes that through these programs, Airmen will adopt these habits in their self-care routines to battle SAD.

"Winter is here, so we are preparing ourselves for change," said Jennifer Frysz, a True North provider embedded in the 673d SFS. "One of the key factors in mission readiness is to understand, plan, and fulfill core responsibilities, so we can reduce emerging threats."

Set-ups included a centralized happy light station: composed of five to six lights, this area welcomed Defenders to sit comfortably at a table to socialize or relax while getting the benefits of phototherapy.

Happy lights mimic natural sunlight, which can help regulate your body's internal clock and boost mood. Exposure to bright light for a certain amount of time each day can combat the effects of seasonal affective disorder and alleviate symptoms of depression. They can also be borrowed from the Military and Family Readiness Center in Building 600.

A hydration and dark chocolate station provided free grab-and-go water and dark chocolate with more than 70% cacao. Proper hydration optimizes performance and endurance, and the high levels of cacao in dark chocolate are a known mood booster. Studies have shown

consuming 70% or more dark chocolate with the least amount of added sugar, in moderation, has some health benefits.

"Things like hydrating, processing a thought and letting it go, and sitting at the light stations can help with mood and energy, and a little piece of dark chocolate can also provide a mini boost of caffeine," said Frysz.

An aromatherapy station filled the 673d Security Forces Squadron's halls with citrus-scented essential oil. Scents like orange, peppermint, lemon, ginger, cinnamon, and rosemary can reduce anxiety and provide stress relief, Frysz said.

"When you think about all the senses needing to be on point, from the weight of the equipment they wear, to hearing the radio calls, a keen eye for anything that is a potential risk, and yes, even their sense of smell to assess if someone had been drinking, then readiness is essential," said Frysz.

A shred station provided the tools and space for Defenders to practice a grounding technique where disrupting thoughts are written down on paper and then shredded as a symbolic way of letting things go.

"If you are preparing for duty and you had a stressful moment on the way or you have something come up personally, it can be hard to turn on your work mentality and be ready for the public at the gates and visitor centers or even being on the phones ready for a call," said Frysz.

Combating SAD during the winter months can be a challenge, but with the right strategies and tools, it is possible for Defenders to uplift their mood and overall well-being.

"These stations are part one of ways to be ready before work," said Frysz. "We are modeling techniques to troops so they can practice on their own. It's easy to tell someone to do something that will help, but modeling and practicing together, allows the brain to get the experience, so you know what to do."

Another way to combat SAD is taking vitamin D supplements; the Family Health Clinic advises taking 2,000 units daily. For tailored guidance, consult your primary care provider.

Eating foods that boosts immunity and conducting healthy routines also strengthens mental resilience.

U.S. Air Force Maj. Jonathan Brown, installation director of psychological health, stresses the importance of sleep hygiene practices, staying connected to others, and staying active with low impact exercises.

By incorporating these strategies into their daily routine, service and family members can take proactive steps towards combating seasonal depression this winter. Remember to consult a healthcare professional if you are experiencing severe symptoms or if your condition worsens.



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# Northwest North Dakota Gains Two CAP Commanders

CIVIL AIR PATROL - U.S. AIR FORCE AUXILIARY

The Magic City Composite Squadron, Civil Air Patrol, held a Change of Command Ceremony at Avflight, Minot International Airport, on Thursday, November 16. The event commemorated 1st Lt. Joe Aho transitioning from Acting Squadron Commander in Minot to fulfilling a new commander role to establish a Civil Air Patrol squadron in Williston. Previous Minot commander, 1st Lt. Jon McLemore was unavailable for the ceremony due to commitments at work. The Magic City Composite Squadron will continue to serve the communities of North Dakota with the direction of their new commander, Maj. Jeffrey Slocum.

Missions provided by the Civil Air Patrol are Emergency Services, including 95% of US inland search and rescue; Aerospace Education for adults, cadets, and free STEM support for educators of all types; and Cadet Programs to positively shape future generations. Magic City's Civil Air Patrol employs a Cessna 172 for air missions plus ground team support - Williston will be equipped similarly as the squadron develops and equipment becomes available.

The Magic City's Civil Air Patrol squadron continued to develop their Emergency Services skills as the squadron flew their monthly proficiency missions on Saturday. Cadets received radio communication training from 1st Lt. Aho with Capt. Ben Conlin instructing General Emergency Services. Each cadet was able to communicate from the ground station to airborne co-pilot Wesley Woodside by the end of the training session.

Williston's new commander, Stanley resident 1st Lt. Aho, previously served in the prior Williston Civil Air Patrol squadron as well as the ND Army National Guard and joined the Magic City Composite Squadron in 2019. Minot's new commander, Maj. Jeffrey Slocum, served in the US Air Force for 21 years - with most of his service at Minot AFB starting in 2002.

Both Minot and Williston squadrons hold their meetings on Tuesday evenings, 6:30-8:30, starting

after the Thanksgiving break. Call 1st Lt. Aho at 701-240-0200 to find more information on the Williston Squadron. Visit the Magic City

Composite Squadron on Tuesday evenings, 6:30 at Avflight or call Maj. Slocum at 701-578-1755 for more information.

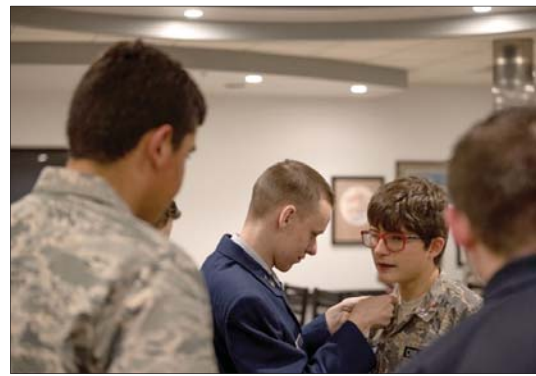


Magic City Composite Squadron Pilot, Capt. Jeremy Skalicky, visits with Capt. West and Maj. Slocum.



Acting Squadron Commander, 1st Lt. Joe Aho, passes the Magic City Composite Squadron guidon to Maj. Jeffrey Slocum, assuming command.

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# WINTER DRIVING TIPS

## HOW LONG CAN YOU GO IN BETWEEN GETTING AN OIL CHANGE?

Keeping up with vehicle maintenance sometimes can feel like a chore, especially when you can't exactly remember the last time you took your car into the auto shop. Periodic maintenance matters in the long run so you can avoid more costly repairs down the road.

An oil change is one of the more basic services your vehicle needs to perform at its best. Oil is specifically designed to lubricate your vehicle's engine. Fresh oil helps prevent your engine from using more energy and fuel than it needs and protects engine parts from wear and tear. We'll walk you through why oil changes matter for your vehicle and how long is too long to wait in between oil change services.

### WHAT HAPPENS IF YOU DON'T GET AN OIL CHANGE?

When life gets busy, it may be tempting to put things, like an oil change, on the back burner. Delaying important preventative maintenance could cost you overall. Without good engine oil, you are putting your car's engine in danger. Putting off an oil change for too long can:

- Worsen engine performance: Good engine oil keeps all the parts in an engine lubricated, but as it degrades it becomes more difficult for an engine to run at full capacity. As engine oil ages in service, acids accumulate in the oil. Additive performance and protection may also fade and the oil can thicken in viscosity.
- Cause costly engine damage: Neglecting an oil change long-term can have disastrous consequences. Old oil can eventually turn into sludge or deposits that can cause serious damage from a smoking engine to complete engine failure.

### HOW LONG CAN YOU GO WITHOUT AN OIL CHANGE?

Now that you know how important an oil change is for your vehicle, you may be wondering what's the best way to keep up with maintenance. A lot of this depends on your type of vehicle and how you drive. The best way to stay on top of maintenance intervals is to refer to your vehicle owner manual or the oil life monitor displayed on the driver information center of your dashboard or center console.

### DON'T MISS OUT ON YOUR NEXT OIL CHANGE

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- The call of the Southern Ground Hornbill is a very deep, reverberating booming sound that can be heard up to 3 miles.
- The Southern Ground Hornbill has acute eyesight.
- Their long eyelashes act as sunshades.
- As the Southern Ground Hornbill ages, their facial skin becomes entirely red.

**Fact File**

Life Span	40 - 50 years
Male Weight	7 - 13 pounds
Female Weight	5 - 10 pounds
Body Length	35 - 50 inches
Wild Diet	Omnivore (Carnivore) Herbivore Arthropods, Amphibians, Lizards, Snakes, Small rodents

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Nov. 25, 3 p.m.



**The Everly Set**  
*Everly Brothers  
Tribute*  
Dec. 1, 3 p.m.



**Forever Simon &  
Garfunkle**  
Dec. 1, 7 p.m.



**The Little Mermen**  
*Disney Tribute*  
Dec 2, 1 p.m.



**Yesterday- Beatles**  
Tribute  
Dec 2, 7 p.m.



**Woody & the Longboards**  
"Beach Boys Tribute"  
Dec. 8, 3 p.m.



**Heartache Tonight**  
"Eagles Tribute"  
Dec. 8, 7 p.m.



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# Native American Heritage Month mentoring event focuses on indigenous innovation, opportunity

MICHELE DONALDSON, AIR FORCE MATERIEL COMMAND

WRIGHT-PATTERSON AIR FORCE BASE, Ohio --

As part of the ongoing effort to bring diverse ideas and experiences forward through the mentoring process, Air Force Materiel Command Diversity, Equity, Inclusion, and Accessibility hosted a Native American Heritage Month Cross-Cultural Mentoring Panel Nov. 16.

Dennis D'Angelo, Executive Director, Air Force Life Cycle Management Center, facilitated the discussion. Panel members came from communities local to AFMC installations and included Dr. Johnny Poolaw, Director of Student Success for American Indian Science and Engineering Society; Dr. Maurice Godfrey, Professor, Munroe-Meyer Institute; Dr. Liliana Bronner, Clinical Education Manager and Director of Medial Pathways, University of Nebraska Medical Center; and Victor Cope, Title IX Indian Education for Tecumseh Public Schools and Pastor of the First Indian Baptist Church of Moore, Oklahoma.

Many of the panel members are educators and focus their efforts on introducing students who

live in remote areas of the United States to fields of study they might not have considered. Their efforts allow students to see what professions and opportunities are possible beyond their local communities.

They panelists emphasized how the rich indigenous culture can move science forward. For example, many Native American innovations in plant-based health and medicine contribute to today's pharmaceuticals, including the concept of vaccines.

"American Indian knowledge and all of the related innovations and goods and technologies have had a huge impact in medicine, engineering, astronomy and math," said Bronner, "I recently heard that more than 50 present-day medications were developed by examining the use of plant extracts that were used in traditional native medicine."

The panelists also answered questions from the field and spoke about how mentoring and being mentored by those with different viewpoints and values only strengthens and diversifies the organization.

"A student once told me that my

course in multi-cultural studies was the most important class he ever took as he went out into the world," said Cope. "I taught them about a world that is vast and how important it is to understand and dialogue with others in order to grow."

Cross-cultural mentoring events give different demographic groups a place to support each other while also educating Airmen and civilians on how they might seek a mentor or become a better mentor to someone who is unlike themselves.

D'Angelo closed the session with an African proverb appropriate to the topic of cross-cultural mentoring: If you want to go fast, go alone; if you want to go far, go together.

The recorded event can be viewed at: [dvidshub.net](http://dvidshub.net)

Additional information on mentoring, resources for learning and future panel events is available on the mentoring feature page of the AFMC website at <https://www.afmc.af.mil/careers/AFMC-Mentoring>. The next Cross-Cultural Mentoring event will be held in February 2024 and will feature Black History Month.

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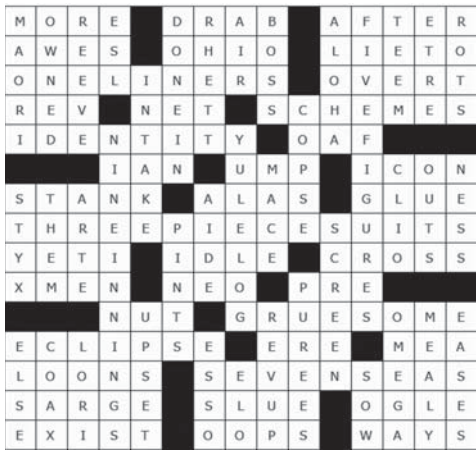
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**CROSSWORD SOLUTION**

Solution to last week's Crossword puzzle.



**SUDOKU**

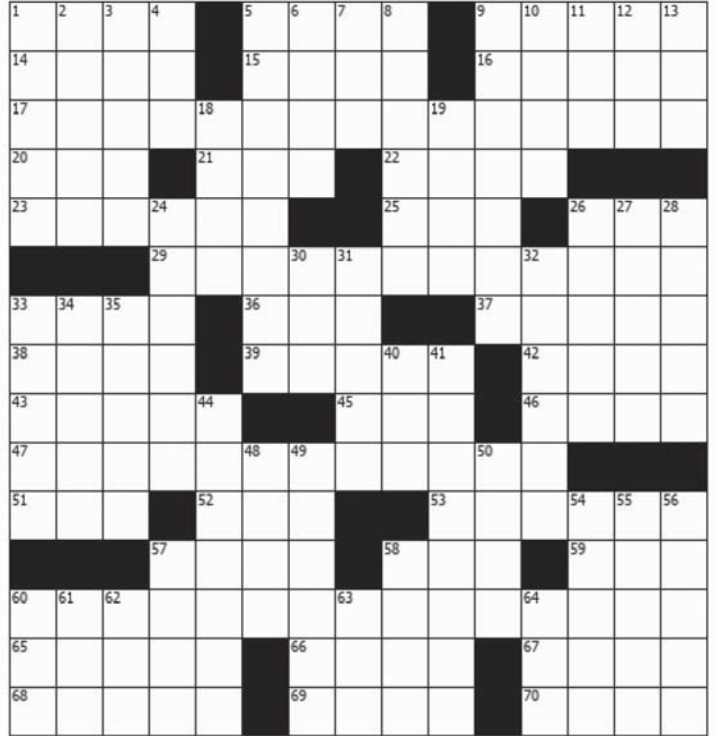
Solution to puzzle on page B9

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

**CROSSWORD PUZZLE**

**Across**

- 1. This has a big mouth
- 5. Just a thought
- 9. Montezuma, for one
- 14. Ditto
- 15. Hoagie maker
- 16. Nifty, in the '50s
- 17. C
- 20. Whatever amount
- 21. Rent out the flat
- 22. Western tie
- 23. Sycophant
- 25. Hustle or bustle
- 26. British rule in India
- 29. C
- 33. What many golf balls become
- 36. Boozer
- 37. Rube
- 38. Tiny pond plant
- 39. Reprimand
- 42. Liberty \_\_\_\_
- 43. Marilyn Monroe's real first name
- 45. Hall of Famer Durocher
- 46. Snack since 1912
- 47. C
- 51. Still
- 52. Modern forensic tool
- 53. Pictionary maker
- 57. Himalayan legend
- 58. Tug task
- 59. Sushi offering
- 60. C
- 65. Three, it is said
- 66. New Mexico art colony
- 67. Jamaican export
- 68. Corestates Center, for one
- 69. Verifiable
- 70. Start of North Carolina's motto



**Down**

- 1. "Civil Disobedience," e.g.
- 2. "True Grit" Oscar winner
- 3. Annual awards since 1949
- 4. One of Lee's men
- 5. Inactivity
- 6. Nimble
- 7. "Do Ya" rock grp.
- 8. Modern safety device
- 9. Similarity comparison
- 10. Abysmal test score
- 11. Keyboard key
- 12. D.D.E.'s command
- 13. Bamboozle
- 18. Norwegian saint
- 19. Software developer output
- 24. Butterfly, e.g.
- 26. Croupier, at times
- 27. An Astaire
- 28. Dessert for Bill Cosby
- 30. Mythical bird
- 31. Enewetak or Kwajalein
- 32. Some factory workers
- 33. Plant with buttonlike yellow flowers
- 34. Secretly unite
- 35. Plumed wader
- 40. Hula hoop?
- 41. Shepherd's home
- 44. Supplemental material
- 48. Not fooled by
- 49. Passes out
- 50. Benjamin portrayer
- 54. They go with the floe
- 55. Lively dances
- 56. Doo-wop number, e.g.
- 57. Sign of boredom
- 58. Norse god of thunder
- 60. Elvis' record label
- 61. 1967 NHL Rookie of the Year
- 62. Stooge name
- 63. Dijon water
- 64. Expected

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**Pastor Ken Mund**  
**701-838-1540**

Sunday School (All Ages): 9:45 a.m.  
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 Worship Services: Sunday 11 a.m.

## Cornerstone Presbyterian Church

**1000 NE 3rd Street**  
**852-0315**

**Sunday Schedule**  
 Contemporary Worship ..... 9:00am  
 Sunday School (All Ages) ..... 10:00am  
 Traditional Worship ..... 11:00am

**Wednesday Evening Schedule**  
 Community Dinner ..... 5:30-6:30pm  
 Contemporary Worship ..... 6:30pm  
 Youth Group & Small Groups.. 7:15pm  
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 9:15 AM SUNDAY SCHOOL  
 10:30 AM WORSHIP

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



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**839-7076**

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

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 Parish website: [www.stjohnminot.com](http://www.stjohnminot.com)



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**Wednesday**  
 6:30 PM

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Sunday School ..... 9:45 a.m.  
 Morning Worship .... 11:00 a.m.  
 Evening Worship ..... 6:00 p.m.  
 Wednesday Evening ..... 7:00 p.m.

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 Pastor David Miller



## Cross Roads Baptist

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 Sunday Worship ..... 11 a.m. & 5:30 p.m.  
 Wednesdays (Prayer & Missions) ... 6:30 p.m.

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 email: [minotcrbc@gmail.com](mailto:minotcrbc@gmail.com)  
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**838-1873**




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 Youth Center, Friday ..... 7:00 - 11:00 p.m.  
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**Home: 701-838-5759**  
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**Adult/Children Worship.. 11 a.m.**  
**Family Hour ..... 6:30 p.m.**  
**Evening Worship ..... 7:30 p.m.**  
**Bible Study/Child-Adult**  
**Children Worship (Wed).... 7 p.m.**  
**Prayer (Friday) ..... 7 P.m.**

## First Baptist Church

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

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

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

## Apostolic Faith Church, UPCI

**2929 19th Ave NW • Minot**  
 Located off Hwy 83 Bypass West  
**(701) 838-0609**

Saturday School ..... 2:00 p.m.  
 Sunday Worship ..... 3:30 p.m.  
 Wednesday Bible Study ..... 7:30 p.m.

**Jesse Starr, Pastor**



## Grace Baptist Church of Minot

*A Reformed Baptist Church*

**Sunday Service: 4:00 p.m.**  
**Wed. Prayer: 5:30 p.m.**  
 at Living Word Lutheran bldg  
 710 46th Ave NE, Minot

**Web: [gracebaptistminot.com](http://gracebaptistminot.com)**  
**E-mail: [gbcminot@gmail.com](mailto:gbcminot@gmail.com)**

**RADIO BROADCAST**  
 KFLK 95.9 LPFM 8:30 a.m./p.m. Sat/Sun



**OUR SAVIOR LUTHERAN CHURCH**  
 3705 11th St. SW  
 Minot, ND 58701  
 701-852-6404  
[www.oslcminot.com](http://www.oslcminot.com)  
**Rev. Heath Trampe**  
**Rev. Brian Doel**

**Sunday, Dec. 3**  
 8:15am Traditional Service  
 9:30am Contemporary Service  
 9:30am Sunday School & Adult Bible Study  
 11:00am Contemporary (w/ livestream)

**Wednesday, Dec. 6**  
 5:30pm Soup Supper Fundraiser  
 6pm Choir, OSKids, Confirmation, & High School Youth Group  
 7pm Advent "Hymnsing" Worship

9999 27th St NE  
 4 miles south of MAFB  
 James W. Henderson  
 Anna B. Henderson

**Church: 701-838-4492**  
**Home: 701-838-5759**  
**KHRT 1320: 9 a.m. Sunday**

**Sunday School ..... 9:45 a.m.**  
**Adult/Children Worship.. 11 a.m.**  
**Family Hour ..... 6:30 p.m.**  
**Evening Worship ..... 7:30 p.m.**  
**Bible Study/Child-Adult**  
**Children Worship (Wed).... 7 p.m.**  
**Prayer (Friday) ..... 7 P.m.**



## OUR REDEEMER'S CHURCH

*A Church of the Lutheran Brethren*

**Sundays:**  
 Worship ..... 9:00 a.m. & 11:00 a.m.

**700 16th Ave SE • 701-838-0750**

For more information visit us on the web at:  
[www.ourredeemers.org](http://www.ourredeemers.org)





**Our Redeemer's Christian School**  
 700 16th Avenue SE  
 Minot, ND 58701  
**info@orcsknights.org • 701-839-0772**  
**www.orcsknights.org**

# ORCS Preschool

Our Redeemer's Christian School's Preschool Program will be starting its 36th year the fall of 2023 and we would love to have your child be a part of it!

## NOW ACCEPTING REGISTRATIONS FOR THE 2023-2024 SCHOOL YEAR

**HIGHLIGHTS OF OUR PROGRAM**

- Time-tested curriculum including STEM and Language Arts activities as well as Free Play
- 2 and 3 day options available
- Kindergarten readiness skills practiced each session
- All teachers hold a North Dakota Professional Educator's License
- Christ-centered environment

Please contact our school office or visit our website for more information.  
**701.839.0772**  
**Email: [jschultz@orcsknights.org](mailto:jschultz@orcsknights.org)**  
**Website: [www.orcsknights.org](http://www.orcsknights.org)**



# ADVERTISE YOUR Church

**Advertise FOR ONLY \$9 PER WEEK**

**Revisions MADE UPON NOTICE FROM THE CHURCH**

**Deadline TUESDAYS BY NOON WEEK OF PUBLICATION**

**CONTACT US**

call  
 701-839-0946

email  
 NSADS@SRT.COM

VIEW OUR PAPER ONLINE AT  
**NORTHERNSENTRY.COM**





FCC provides valuable in-home child care services to support the families of Minot AFB

Provider of the Month Feature  
DECEMBER 2023



**KRISTY MORALES**

*What do you enjoy most about being an FCC Provider?*

The thing I enjoy most being an FCC provider is that I am able to create a special environment in my home for children to play, learn and make great memories.

*What are your interests/hobbies?*

My hobbies include painting, reading books, cooking and crafting whenever I'm able to. I love traveling and trying new foods/experiencing different cultures and meeting new people. *What advice do you have for new providers/those interested in being FCC Providers?*

My advice for new providers is- although it can be stressful when you first open, keep pushing through and stay organized until you find a good routine. Also remember to try and teach things you enjoy that are also developmentally appropriate. For anyone who wants to become a provider I would say take the leap and get the process started-also very important to stay organized-because in the end it'll be very rewarding and fulfilling.

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

# GIVE A \$50 GIFT CARD GET A \$10 BONUS CARD

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Eatin' Good in  
the Neighborhood  
Applebee's

## NOTES ON BEING SAFE

# HOLIDAY TRIP PLANNING CAN SAVE A LOT OF HARD ACHE

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.



**SSGT JOE VERGARA**  
5TH BOMB WING  
NCOIC, OCCUPATIONAL SAFETY



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!

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Community Credit Union

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with NFL Ticket

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Located only 3 Miles From Base in the Karma Plaza

# Christmas in the Park Lights up Minot

The Minot Sertoma Club lights up Oak Park in Minot through its display of Christmas-themed lights for the community to enjoy. "A drive through Christmas in the Park is sure to brighten your holidays," said Jenny Castro, Sertoma President. "We are excited to have several new displays this year to add to this holiday tradition for so many families."

The Christmas lights are displayed now until Dec. 31; hours are 5:30-10 pm Sunday through Thursday and 5:30-10:30 pm Friday and Saturday. Christmas in the Park is a way for Sertoma to earn money and give back to the community by supporting local businesses with beautifully lighted Christmas displays. You will see more than 60 displays as you make your way through the park.

The cost for a trip through the park is \$5 per car. If you pre-purchase tickets from any MarketPlace Foods, you can get 5 tickets for \$20. Tickets also are available at the gate.

Money to support Sertoma activities is raised through a variety of activities such as

Christmas in the Park. Money earned goes back into the community through the different activities sponsored by Sertoma.

Sertoma is a community service group with the ultimate purpose of meeting the needs of communities through service. Minot Sertoma, which is short for "SERvice TO MAnkind," has served the Minot community since 1959. Since then, Sertoma has donated more than \$1 million to the Minot community and surrounding area. Membership consists of more than 60 area businessmen and women who are committed to giving back to their community.

Minot Sertoma serves the Minot community in a variety of ways; areas of interest and service include speech and hearing disorders and youth-related activities. Sertoma supports local education through scholarships and supports organized activities such as STEAM T-ball league, Minot Family YMCA and MAYSA Arena; the Induction Looping at Ann Nicole Nelson Hall at Minot State University; and provides assistance to those with very specific needs.



## TRF ORIENTATION

Please congratulate the newest graduates of the TRF orientation course. This course is ten days designed to push candidates both physically and mentally. These Defenders passed every test and are ready to push themselves daily as the newest TRF members.

91ST SECURITY FORCES GROUP



## COINING

Congratulations to SSgt Brooks! He earned this coin from the 91st OG Commander for his excellence. Saddle Up!

791ST MISSILE SECURITY FORCES SQUADRON

# Birthday PARTIES

X-TREME OR OPEN BOWLING

**SUPER PARTY**

• 2 Hour Party for up to 10 People  
• Shoe Rental  
• Pop and Ice Cream  
**\$195**  
\$15 for each additional person

**MEGA PARTY**

• 2 Hour Party for up to 10 People  
• Shoe Rental  
• 2 - 16" Pizzas, Pop and Ice Cream  
**\$225**  
\$18 for each additional person

**ALL PARTIES INCLUDE:**  
Bowling, Shoe Rentals, Pop and Ice Cream

Additional \$10 for X-treme Bowling

1901 NORTH BROADWAY MINOT, ND  
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FOR RESERVATIONS PLEASE CALL **852-4108**

# LET'S PLAN YOUR PARTY!

**BOOK YOUR PARTY!**

**BIRTHDAYS, GAMING PARTIES, PRIVATE MOVIE EVENTS, FAMILY GATHERINGS**

Monday-Thursday  
Time Slots Available:

- 10 AM-12:30 PM
- 1 PM-4 PM
- 6 PM-10 PM

Email for details:  
[alatoakpark@gmail.com](mailto:alatoakpark@gmail.com)  
[WWW.OAKPARKTHEATER.NET](http://WWW.OAKPARKTHEATER.NET)

# High Air Ground

• TRAMPOLINE PARK •

1210 4th Ave NW / Minot, ND 58703  
701-837-JUMP

## FAMILY NIGHT

**\$55.00**

**Includes:**

- 4 Jumpers
- Marco's Pizza
- Four 16 oz. Drinks
- Additional Jumpers Only \$10!

[www.highairground.com](http://www.highairground.com)

# Party Room

FROM KID'S BIRTHDAY PARTIES TO GIRLS NIGHT OUT, OR TEAM BUILDING!

We have a party space available for all of your fun!  
Call for details!

109 South Main St. Minot **701.837.8555**

# NEW AT COOKIES FOR YOU BIRTHDAY PARTIES!

Your party will include: two hours of time which includes one hour of cookie decorating time with one of our talented decorators, up to 6 cookies to take home, and a drink for up to 8 kids for \$200. Available weekdays after 5:00pm and Saturdays after 3:00pm.

For more details or to schedule, call Cookies For You at 701-839-4975.

COOKIES FOR YOU® and cupcakes too  
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**YOUTH IN ACTION**

# Bus Safety at Minot AFB Schools



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



Safety reminders for Minot Air Force Base Parents and Guardians during parent drop off and pick up at Minot AFB Schools during Winter Busing:

The bus lanes and areas are designated for the safe drop off and pick up of students at each school.

At Memorial Middle School - Minot AFB, the main parking lot in front of the school is designated for bus drop off and pick up. As buses are staged in this area, please do not drive around the bus. This results in serious safety concerns especially if a child exits the bus.

At North Plains Elementary and

Dakota Elementary, as buses are pulling into the schools, please wait for buses to be staged before crossing the road to enter the school. Our goal is to ensure the safe arrival and departure of all students. Alternatives include utilizing the parking lots and parents/guardians escorting students to the school outside of the designated bus lanes.

Please be sure to use the cross walks outside of the designated bus lanes for students to cross safely.

Please share for increased awareness and assurance of the safety of students at Minot AFB.



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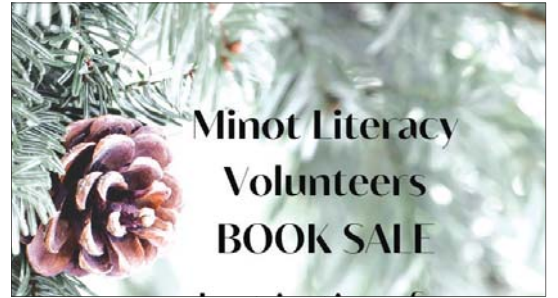


# Upcoming Events

**1-2 DEC** **BOOK SALE BY MINOT LITERACY VOLUNTEERS**  
**VARIOUS HOURS**

Minot Adult Learning Center  
1609 4th Ave NW, Minot

- Used BOOK SALE, just in time for holiday giving or keeping!
- \$5 to fill a bag FULL
- Reusable bags donated by Gate City Bank
- Teaching Resources, Romance, Suspense, Memoirs, DIY, Crafting, Children's Books—you name it, don't be surprised when we say we've likely got it!!
- Proceeds support the mission of the MLV to spread literacy through one-one-one, free, confidential tutoring/assistance with reading, writing, and speaking the English language.
- We are always accepting book donations!
- We are always looking for volunteers; ask for details!



**For more information:**  
Facebook / Minot Literacy Volunteers / Events

**8 DEC** **SANTA PICS, HOT CHOCOLATE FLIGHTS AND PIZZA**  
**9:00 AM - 12:00 NOON**

Prairie Sky Breads Minot  
3 1st SE Minot

Santa will be at PSB! Join us for Hot Chocolate Flights, Pizza by the Slice and Santa Picture Night! Pics are free! (Bring your phone). Santa will be hanging out from 5-8pm. Hot Chocolate flights will be \$15 and pizza will be \$3.50/slice.

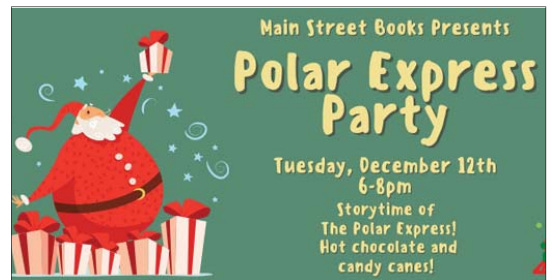


**For more information:**  
Facebook / Prairie Sky Breads / Events

**12 DEC** **POLAR EXPRESS PARTY**  
**6:00-8:00PM**

Main Street Books  
8 Main St S, Minot

ALL ABOARD! We're serving up hot chocolate and candy canes and storytime and more at Main Street Books! Join the Train Conductor and the Main Street Books staff for a night of Christmas magic and fun! And, if we all believe, Santa may even make an appearance!



**For more information:**  
Facebook / Main Street Books / Events

**1-31 DEC** **SERTOMA CHRISTMAS LIGHTS IN OAK PARK**  
**5:30-10:00 PM (SUN-THURS)**  
**5:30-10:30 PM (FRI & SAT)**

Minot Oak Park, 19th Ave SW, Minot

Take a drive through Oak Park this holiday season. \$5/car \$20/bus. Enjoy the lights while supporting our community. All proceeds from this event are invested back into our community through the Minot Sertoma Club. Running daily until December 31.



**For more information:**  
Facebook / Minot Sertoma Club

## NEW Community at the Northern Sentry

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



For more events visit our online Community Calendar at [www.northernsentry.com/calendar/](http://www.northernsentry.com/calendar/)

# NOTHING BEATS SUNDAY BRUNCH

SERVING FROM 10AM - 2PM

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# Enjoy Holiday Magic with your Minot Symphony Orchestra

THE MINOT SYMPHONY ORCHESTRA

The Minot Symphony Orchestra will celebrate the sounds of the season with an evening of live music by local musicians on Saturday, December 9th at 7 pm at MSU's Ann Nicole Nelson Hall.

Holiday Magic includes Christmas favorites featuring music from Babes in Toyland, March of the Toys by Victor Herbert, Benjamin Britten's Men of Goodwill, as well as Sleight Ride by Leroy Anderson. Other holiday classics include excerpts from Christus by Franz Liszt and a brass choir will perform Christmas Cantata by Daniel Pinkham. The choirs of Minot State University, directed by Dr. Emerson Eads, and Minot High School, directed by Lindsay Kerzmann, will join the symphony for the Christmas Cantata as well as Lucas Richman's Christmas Singalong which encourages audience participation. The symphony will also perform Hanukkah Festival Overture by Lucas Richman to celebrate the Jewish holiday.

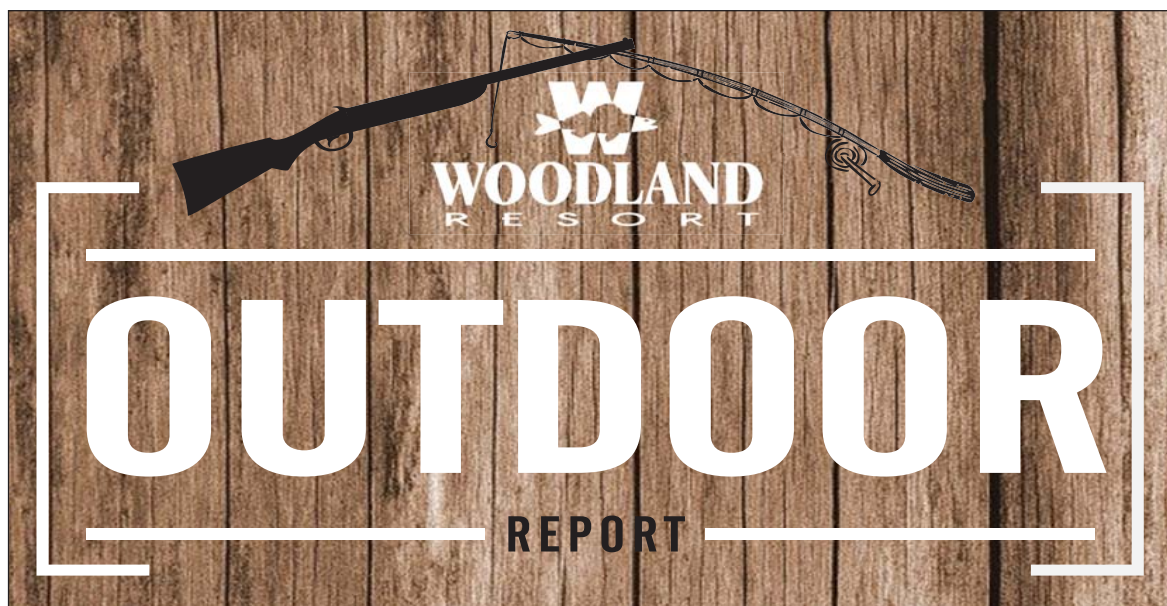
The Minot Symphony Orchestra is hosting the Minot Area Community Foundation Donation Station to collect items for the Lord's Cupboard Food Pantry. Products most requested include: Canned meats, peanut butter, jelly, macaroni and cheese, canned vegetables, canned fruits in juice (not syrup), and nutritional cereal. Items can be

brought to the symphony concert on December 9th at Ann Nicole Nelson Hall – MSU beginning at 6pm and placed in the Donation Station outside of Old Main or dropped off at Lien's Jewelry 107 Main St. South during regular business hours (M-F 10am to 6pm and Sat. 11-4). If 1,000 lbs. of food are collected, the food pantry will receive \$1,000 in addition to the food collected. Everyone is welcome to contribute.

Tickets for Holiday Magic start at \$25 for adults with active military, senior, and student discounts available. All tickets are available at [www.minotsymphony.com](http://www.minotsymphony.com) or through the box office at 701-858-4228. Patrons are encouraged to purchase tickets in advance.

The Minot Symphony Orchestra is a unique blend of student, community, and professional musicians from the Minot area. The symphony is directed by Maestro Efrain Amaya, Associate Professor of Performing Arts at Minot State University.

This project is supported in part by a grant from the North Dakota Council on the Arts, which receives funding from the state legislature and the National Endowment for the Arts. This project is also supported by the National Endowment for the Arts and the Minot Area Council of the Arts.



by Patricia Stockdill

### Fishing:

Lake Sakakawea elevation, Nov. 27: 1,839.98 feet above mean sea level (MSL); 17,200 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.22 feet above mean sea level (MSL). Stump Lake elevation: 1,449.21 MSL.

•N.D. Game & Fish Dept. game wardens: No activity on Devils Lake with just a few anglers fishing Lake Sakakawea's midsection. No reports from north-central area lakes with lakes developing a skim of ice but not enough for safe access.

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

•Devils Lake, Woodland Resort, Devils Lake: Some back bays have skim of ice but no access and could become open with wind and changing temperatures.

•Lake Darling, Karma C-Store, Ruthville: No new reports from Lake Darling.

•Lake Metigoshe, Four Seasons, Bottineau: No activity with anglers waiting for the transition to ice-fishing.

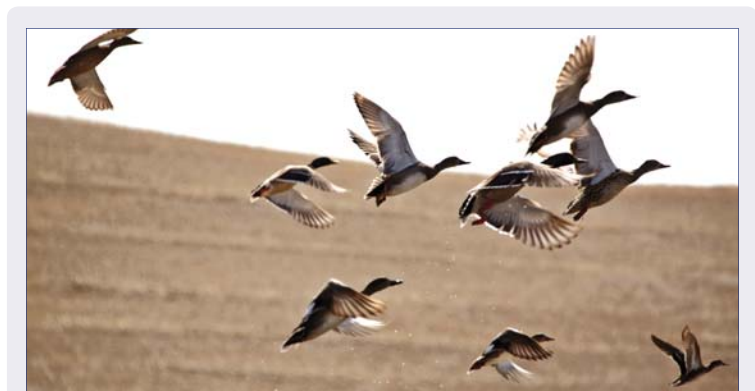
•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: No new reports.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: No reports from the east end of Lake Sakakawea but anglers continue working the midsection around the New Town area for walleye with fair success.

•Lake Sakakawea, New Town: Continued fair to good fall walleye bite using jigs and minnows in 14 to 30 feet, weather permitting.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Try the spillway channel from boats in the afternoon

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](http://www.woodlandresort.com)), Facebook at ([facebook.com/woodlandresortDL](https://facebook.com/woodlandresortDL)), telephone (701) 662-5996, extension 1, or email ([woodlandresort@gondtc.com](mailto:woodlandresort@gondtc.com)). They're located at 1012 Woodland Drive, Devils Lake, N.D. 58301.



•Current ice conditions on any lakes aren't conducive for access. Ice is never completely safe. Avoid areas with vegetation, moving water, pressure ridges, and springs. Check conditions as you go along on the ice and don't move around at night.

•Dec. 1 & 2: Fort Stevenson State Park Dickens Village Festival Geo-cache, Garrison. Contact the park, (701) 337-5576, for details and GPS coordinates.

•Dec. 1: Muzzleloader deer season opens.

•Dec. 2: Minot Curling Club learn to curl, 10 a.m.; Funspiel begins at noon, 2005 E. Burdick Expy.

•Dec. 3: High and Low Plains Duck seasons close.

•Dec. 8 & 9: Fort Stevenson State Park Dickens Village Festival Geo-cache, Garrison. Contact the park, (701) 337-5576, for details and GPS coordinates.

•Dec. 9: High Plains Duck season opens. Refer to N.D. Game & Fish Dept. regulations for open zone description.

•Dec. 9 & 10: Dakota Territory Gun Collector's Show, McKenzie Co. Sportsman's Club, Watford City.

and evening for walleye on the Missouri River using jigs and minnows. A few fish taken shore-fishing or from the wing walls. Overall limited angler numbers, though. Lake Sakakawea quiet.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Missouri and Yellowstone rivers continue producing some walleye activity but watch for potential floating ice. Open water remains on the upper end of Lake Sakakawea but some ice forming in the back bays, including Lewis & Clark State Park and Lund's Landing. However, conditions don't permit any access. Try White Earth or Little Beaver bays for potential open water fishing opportunities.

•Lonetree WMA area lakes, Harvey: No new reports from area lakes.

•North-central/central N.D. lakes, Towner Hdwe. Hank,

Towner: No activity on the Souris River or area lakes.

### Hunting:

•Deer: Late rut still lingering earlier in the week.

•Upland: Fair numbers remain in some areas.

•Waterfowl: A lot of ducks moved off Lake Sakakawea but Canada geese still lingering and scattered along the lake's open water around the midsection and east end. Few birds remain in the northwest and they moved out of north-central N.D. Most Canada geese and diving ducks moved out of east-central N.D. with a few scattered birds on Devils Lake.

### 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.

**EVERYDAY HAPPY HOUR • 3PM – 6PM**

- \$2 off All Apps
- \$3 House Wine & Domestic Pints
- \$4 Rail Drinks, ND Brewery Pints & 22oz Domestic Taps, 4 Lettuce Cups
- \$5 Moscow Mule
- \$6 Specialty Cocktails, Martinis & 22oz ND Breweries Taps
- ½ Flat Bread Pizza

**DAILY SPECIALS**

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

**FAMILY PACKS**

- Monday Pizza Pack Combo
- Tuesday Sandwich Pack
- Wednesday Chef Creation\*
- Thursday Pasta Pack

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Bring vehicles & title to auction yard

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All units sold AS-IS condition

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3035 Valley St., Minot, ND 58701

701-838-3733 or 1-800-210-8995

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Part-Time Retail sales 25-35 hrs/week occasional Sat. closed Sun. Apply in person at Aeroport Hobby Shoppe, 2112 N. Broadway.

**THE NORTH DAKOTA NATIONAL GUARD** have openings available in a variety of career fields across the state and in Minot. Continue your military career on a part-time basis. For more information call 420-5903 or 420-5904 in Minot.

**IMMEDIATE FULL AND PART TIME OPENINGS** for daytime and evening custodial positions cleaning buildings at the Minot Air Force Base. Pay is \$14.49/hour plus health & welfare benefit. Hours Days 8a or 9a-finish typically Monday through Friday, may include weekend work. Nights 5p-finish. Apply in person at: 605 27th St SE, Minot ND 58701 or contact: Matt Mackey By email or phone at mmackey@kalixnd.org 701-852-1014.

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**ADULT & TEEN BAGGERS NEEDED AT THE MINOT AFB COMMISSARY BAGGERS WORK FOR TIPS ONLY**

**•ADULT HOURS**  
Tuesday-Friday 7am-4pm  
• Later start times available but must be able to stay until 4pm & Sunday 11am-6pm

**• TEEN HOURS**  
Tuesdays-Friday 4pm-7pm & Saturday 7am-6pm  
• Morning start times rotate & vary

**IF INTERESTED SPEAK TO CHARLIE AT THE COMMISSARY OR LEAVE CONTACT INFORMATION WITH CUSTOMER SERVICE.**

## FLEA MARKET/THRIFT STORES

*Dakota Flea Market*  
- MINOT, NORTH DAKOTA -

**ANTIQUES, JUNK, OLD & NEW DAKOTA FLEA MARKET**  
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## SUDOKU SOLUTION

PUZZLE ON PAGE B3

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

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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 next upcoming term: 8 Jan-10 Mar. For more information, please visit us in Room 223 located in the Base Education Center Building (2nd floor), email: [minot@erau.edu](mailto:minot@erau.edu) or call office phone: 701-727-9007.

### PARK UNIVERSITY MINOT –

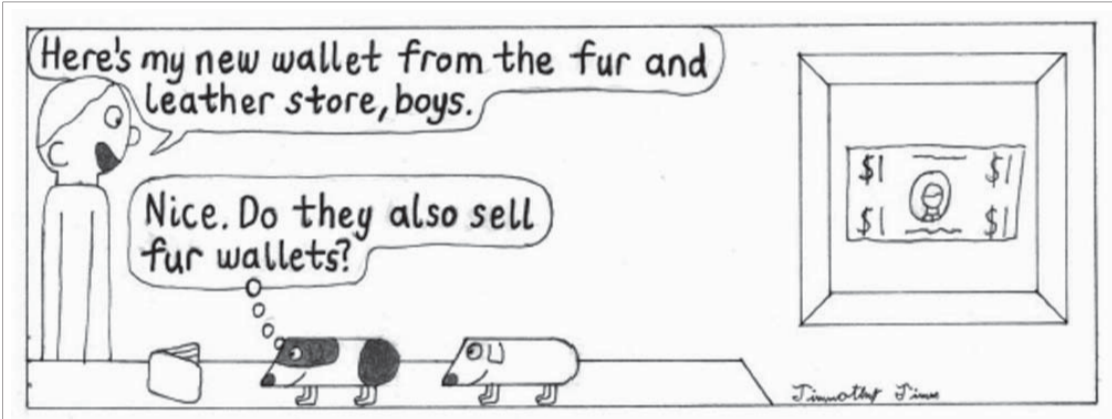
Your degree, Your way. Park University is enrolling now. Earn your CCAF credits, AU-ABC, and your Bachelor's degree with PARK. Let's maximize your military experience! Find how many credits you can get from your military experience by going to [military.park.edu](http://military.park.edu). and confirmed 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](mailto: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](mailto:Brigitte.mikula@minotstateu.edu)

## TITUS & PHILEMON

Everyday adventures of Titus and Philemon and their owner Joe.



TIMOTHY TIMM

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



# VOLUNTEER OPPORTUNITIES

### Frostival Volunteer / Darcy Mascot

On Saturday, 2 December 2023, "Darcy" (the 5th Force Support Squadron's mascot) will be appearing at Frostival. We have one shift we are looking to fill for this event. The shift is from 1400-1600 at the Turf. For this shift we are looking for someone to wear the mascot outfit and someone to act as an escort/spotter for Darcy. Ample breaks will be scheduled throughout this shift as well. Please respond as soon as possible if you are interested in volunteering to be Darcy or Darcy's escort. More details will be provided.

**POC:** Joshua Cortes, GS-07, Community Readiness Specialist, 5FSS/FSH  
[joshua.cortes\\_rodriguez.3@us.af.mil](mailto:joshua.cortes_rodriguez.3@us.af.mil)  
 DSN (personal): 453-6733 DSN (M&FRC): 453-3950  
 Comm (personal): 701-723-6733 Comm (M&FRC) 701-723-3950

### AADD Volunteers

AADD is seeking volunteers to support various event requests. \*Here is a link to our regular schedule for weekends, if interested, 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](mailto:kristal.cruz_leon@us.af.mil)

### Meals on Wheels Volunteers

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

### 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). The program entails for schools:  
 • The Airmen to Classroom connection is a live two-way 30-45min interaction between a classroom and an assigned Air Force Airman, scientist, engineer or researcher.  
 • Large-scale pre-scheduled live events will include a program link after registration.  
 • In-person engagements may be available depending on location and availability of local personnel.  
 Anyone can volunteer, and we especially encourage those who work in STEM-focused career fields!  
 This program is a great way to help us spearhead the efforts to reach General Brown's community outreach priorities related to STEM and youth engagement. I am in the process of reaching out to local schools to get them involved, and we'd love to have you and/or your Airmen too.  
 For Airmen sign-up and information/instruction - <https://forms.osi.apps.mil/r/fkmqNeYUlr>  
 Please feel free to reach out if you have any questions.  
**POC:** Abigail Kinder, Community Relations & Media Operations, Minot AFB PA, Comm: 701-723-6768, DSN: 453-6768

### 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

### 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](mailto:shelby.stuckey@caringedge.com)

### Volunteer Soccer Coaches

Minot AFB Youth sports is looking for volunteer coaches for the upcoming indoor soccer season. The season will run from 6 Nov. through 15 Dec. 2023. Coaching needs are as follows:  
 • Ages 3-4-year-old: 12 coaches needed. Practice schedule: Mondays from 1700-1730 at the Youth Center  
 • Ages 5-6-year-old: 12 coaches needed. Practice schedule: Mondays & Wednesdays from either 1730-1830 or 1830-1930 at the Youth Center  
 • Ages 7-8-year-old: 10 coaches needed. Practice schedule: Tuesdays & Thursdays from 1700-1800 or 1800-1900 at the Youth Center  
 • Ages 9-12-year-old: 12 coaches needed. Practice schedule: Tuesdays & Thursdays from 1800-1900 or 1900-2000 at the Youth Center  
 All coaches must complete a volunteer packet with the youth center as well as complete fingerprinting & background checks, regardless of military status. Coaches will also be required to complete online training (provided by youth sports) and attend coaches training prior to the season start.  
**POC:** Ms. April Lawrence, the Youth Sports Coordinator,  
 701-723-1477/2838 or email [april.lawrence.2@us.af.mil](mailto:april.lawrence.2@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.mclemore@ndcap.us](mailto:Jonathan.mclemore@ndcap.us)  
 701-720-6410 | <https://nd021.cap.go>

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



# 5th Force Support Squadron December Events

## PICTURES WITH SANTA!

Join us at the Turf on December 2nd for Minot AFB's annual holiday event! Frostival will run 2:00PM - 4:30PM and will include fun activities for the family!

The Chaplains will be serving cocoa & cookies inside the chapel during the event. Tree lighting will conclude the night's activities at 5:25PM.

Pictures with Santa will be taken 2:00PM - 4:30PM and ready for download on December 5th via our Flickr: <https://www.flickr.com/photos/145566477@N04/>

Sponsored by: Strata Corporation, Mowbray & Sons Inc, North Star Community Credit Union, USAA, & First Command. No Federal endorsement of sponsors intended.

For more information, visit [5thforcesupport.com](http://5thforcesupport.com)

## CREATE YOUR OWN HOLIDAY GIFT!

Grab your favorite drink and follow the steps to create a themed painting in our Paint & Sip class at the Arts & Crafts Center on December 8th, from 5:30PM - 7:30PM. The \$25 fee covers instructor guidance, paint supplies, and an 11x14 canvas. Minimum of 10 and maximum of 16 people per class, so make sure to sign up early. Open for ages 18 and up, those drinking must have ID.

For more information, call the Arts & Crafts Center at 723-3640

## WHO'S THE STRONGEST?

Show us what you got at McAdoo Fitness Center on December 9th in our base wide strongman competition, Frossen Krig: Bjorn's Wrath. (Frossen Krig means "Frozen War" in Norwegian).

Registration, warm ups, and weigh in will start at 8:00AM. The competition will follow starting at 9am. The events are Loading Race, Clean Ladder, Max reps Deadlift, Max Single Arm DB Press, Pull Event, & 1 on 1 Tug of War.

Weight Classes: Men - <200/200+ & Women - <145/145+

Sponsored by Ask Fitness and Total Nutrition. No Federal endorsement of sponsors intended.

Call the McAdoo Fitness Center at 723-2145 for details

## WIN PRIZES FOR READING!

Sign up for the Base Library's Winter Reading Program and stay warm with some good books! Everyone who logs their reading time will receive prizes and chances to win bigger prizes! Open to all ages!

Register and log your reading: December 1st, 2023 - March 1st, 2024

Sponsored by Caribbean Color. No Federal endorsement of sponsor intended.

For details, call the Minot AFB Library at 723-3344

Be sure to check us out on our website at [5thforcesupport.com](http://5thforcesupport.com) or Facebook.com/5thForceSupport for more exciting events and updates!

## A LOOK BACK THIS WEEK IN USAF HISTORY

### USAF AIR DROPS BRIDGE SECTIONS TO FUNCHILIN PASS DECEMBER 7, 1950



The blown-out bridge at Funchilin Pass. (USAF Photo)

After several days of unrelenting conditions and Chinese attacks, the U.S. Army's Tenth Corps and 1st Marine Division found themselves stuck on the wrong side of a bridge spanning the 1,500 foot gorge in the Funchilin Pass, Korea. 10,000 troops and 1,000 vehicles spent 38 hours maneuvering down the 11-mile mountain path to safety, only to find that the Chinese had blown out the bridge. Crossing the 16-foot gap

with vehicles, supplies, and exhausted soldiers seemed an impossible feat. However, Maj. Gen. Oliver Smith, commander of the 1st Marine Division, would not allow this setback to stop them. He requested an air drop of Treadway Bridge and plywood planks from Combat Cargo Command. On Dec. 7, 1950, eight C-119s from the 314th Troop Carrier Group deployed to the Pass. The planes carried one 2,900 pound bridge section each and dropped them in an unmarked zone. On the morning of Dec. 8, the stranded soldiers were able to rebuild the bridge and leave the Funchilin pass, escaping harm's way. The Air Forces involved in the mission also evacuated thousands of troops and tons of cargo, as well as dropping necessary supplies for the troops fighting.

Information courtesy of: The Air Force by The Air Force Historical Foundation / [littlerock.af.mil/](http://littlerock.af.mil/) / [defense.gov](http://defense.gov)

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# NORTHERN CELEBRATIONS

## EMBRACING OUR NORTH DAKOTA LIFESTYLE

## EIDER'S GIFT

Patricia Stockdill

It's become a personal tradition this time of year: Among the lists of "must get" Christmas gifts, holiday dinner menu planning, decorating, and trying to squeeze in everything that says "it's the holidays", comes the major challenge of deciding what gifts to get the family's four-legged Hunting Maniacs - all three of them.

In all honesty, they just want to hunt, even Eider. That's the best gift they could receive - the opportunity to hunt. At 14, Eider is the senior citizen Hunting Maniac but she's also a cardiology and oncology patient. She beat the odds after being diagnosed with a liver tumor a year ago. She still wants to hunt.

Just having her with us this long is a gift, so she "hunts". In her world, it's hunting. In reality, it's just a short outing in a nearby field edge laden with buffaloberries, a tall, worn-down old cottonwood tree, some straggly shrubs, and a mix of grasses. And there are pheasants. It's a perfect gift for an aging hunting dog who just wants one more day in the field.

Her Christmas gift arrived with the start of upland hunting season this fall. Her desire, like virtually any hunting dog, is so strong that for those few minutes the only indication of her deteriorating health is that her legs aren't real strong.

On cooler days she's enveloped in a fleece doggie vest - bright hunter orange so she's visible. The vest also conceals her weight loss, the result of her cancer.

Hunter and dog are only out about 15 minutes but in her world, she's hunting. She's on a mission, just like she has been for the past 14 years when she was just a bounding puppy.

Her tail wags as her nose, still working perfectly, scents a pheasant. She watches it flush, prances in delight, and returns to her work, nose to the ground.

She stumbles over buckbrush, picks herself up, and looks around as if to ask "what just happened?" She doesn't want help as her hunter rushes to her aid. Nope, she's hunting and any assistance is a distraction.

Don't interrupt her work. The hunter follows her and she unveils a partridge covey tucked in the corner of the field. She looks up as they scatter and prances onward, nose to the ground.

With a tap on her shoulder to get her attention - she's deaf, as well - she knows to turn in the direction back to the pickup and home. In her heart she wants to continue down to the creek and the thick grasses likely harboring more roosters.

But she also knows her limitations as she approaches the vehicle and waits for a boost inside.

She's asleep before reaching the garage. It could be argued that she shouldn't go afield with her physical limitations.

But she would argue back that going afield is what she lives for. Hunting has strengthened her leg muscles. It's something her "people" notice every time they lift her in a vehicle or onto her favorite chair. She's actually gotten stronger.

It's good for her ailing heart - after all, the heart is a muscle and muscles deteriorate and weaken if they don't get exercise. It's exercise but it's not over-exertion.

It's her life. It's that wagging tail.

That prance.

It's that retrieve, which she's still perfectly capable of doing with the birds she's gotten this fall.

It's that determination and desire that tells us she can have her 15-minute hunts, weather permitting. October's snowstorm made us wonder if she would get many "Christmas gifts" this fall. She would not have hunted had winter persisted.

Yet Eider has enjoyed several "hunts". Her hunter, admittedly, let her down a few times and missed. As much as she loves to retrieve, she didn't seem to mind, though, as she looked back - as if not surprised a bird didn't fall - turned, pranced, and put her nose back to the ground for a few more short minutes afield.

In all honesty, it's not us giving Eider the Christmas gift of hunts as long as she's physically able.

It's Eider giving us a gift - one more gentle opportunity to go afield with her.

Even if it's just a few minutes; a few hundred yards.

It's the best gift we can give her.

It's a gift she gave us.



At 14, Eider still wants to hunt despite health issues.



She may have cancer and heart issues but Eider, like most hunting dogs, treasures the opportunity to retrieve a rooster pheasant.

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# WHAT'S GOING ON MAFB

## FRIDAY 01

- Winter Reading Program Begins, Minot AFB Library
- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Zumba Strong Nation, 1730, McAdoo Fitness Center
- Friday Night Mixed League, 1800, Rough Rider Bowling Center
- Swerk, 1830, McAdoo Fitness Center

## SATURDAY 02

- Youth Bowling League, 1400, Rough Rider Bowling Center
- Frostival, 1400-1630, Turf
- Tree Lighting Ceremony, 1725, Turf Parking Lot
- R4R Free Bowling, 1700-2100, Rough Rider Bowling Center

## SUNDAY 03

- Zumba, 1400, McAdoo Fitness Center

## MONDAY 04

- Bubble Tea Boba Blast, Dakota Inn Dining Facility
- Junior Enlisted Foundations Course (Amn PES), 0800-1600, Professional Development Center
- JCM – Everyone Communicates, Few Connect, 0800-1600, Professional Development Center
- TAP Overview, 0800, M&FRC
- Reintegration Briefing, 1000, M&FRC, Zoom Meeting
- Zumba Strong Nation, 1730, McAdoo Fitness Center
- Writing Club, 1800, Minot AFB Library
- Yoga, 1830, McAdoo Fitness Center

## TUESDAY 05

- Bubble Tea Boba Blast, Dakota Inn Dining Facility
- Junior Enlisted Foundations Course (Amn PES), 0800-1600, Professional Development Center
- TAP (VA) Services and Benefits Briefing, 0800-1600, M&FRC
- Game Day, 1000-1930, Minot AFB Library
- Family Bootcamp, 1000, Turf hosted by McAdoo Fitness Center
- Summer BBQ In December, 1030-1330, Dakota Inn Dining Facility
- DIY Epoxy Cutting Board Class, 1730-1930, Arts & Crafts Center

## WEDNESDAY 06

- Bubble Tea Boba Blast, Dakota Inn Dining Facility
- Junior Enlisted Foundations Course (Amn PES), 0800-1600, Professional Development Center
- TAP (DoL) Overview, 0800-1600, M&FRC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Storytime, 1030, Minot AFB Library
- Top 3 Mentorship Hour, 1130-1300, Professional Development Center
- Brown Bag Book Talks, 1200, Minot AFB Library
- DIY Epoxy Cutting Board Class, 1730-1930, Arts & Crafts Center
- Zumba, 1730, McAdoo Fitness Center

## THURSDAY 07

- Bubble Tea Boba Blast, Dakota Inn Dining Facility
- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Pre-Separation Counseling, 0830-1130, M&FRC
- Family Bootcamp, 1000, Turf hosted by McAdoo Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Yoga, 1700, McAdoo Fitness Center
- Extramural Bowling, 1730, Rough Rider Bowling Center
- Zumba, 1800, McAdoo Fitness Center

## FRIDAY 08

- Bubble Tea Boba Blast, Dakota Inn Dining Facility
- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Paint & Sip, 1730-1930, Arts & Crafts Center
- Zumba Strong Nation, 1730, McAdoo Fitness Center
- Friday Night Mixed League, 1800, Rough Rider Bowling Center
- Swerk, 1830, McAdoo Fitness Center

## SATURDAY 09

- Frossen Krig: Bjorn's Wrath Strongman Competition, 0900, McAdoo Fitness Center
- R4R Free Snow Tubing, 1000-1700, Bottineau Winter Park
- Frosty & Friends, 1300, Minot AFB Library
- Youth Bowling League, 1400, Rough Rider Bowling Center
- R4R Free Bowling, 1700-2100, Rough Rider Bowling Center
- 9 Pin No Tap Tournament, 1800-2100, Rough Rider Bowling Center

**Frostival**  
December 2nd, 2023  
at the Turf • 2pm - 4:30pm  
Tree Lighting 5:25pm  
Pictures with Santa & activities for kids!

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**PAINT & SIP**  
ARTS & CRAFTS CENTER  
DECEMBER 8TH • 5:30PM - 7:30PM  
BRING YOUR OWN DRINK & JOIN US TO PAINT!  
SIGN UP BY CALLING THE ARTS & CRAFTS CENTER  
18+ AND ID REQUIRED FOR THOSE DRINKING ALCOHOL  
COST \$25  
723-9640

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## NOV SPECIALS

**Bomber Bistro Featured Item**  
**Build Your Own Pasta**  
Choose your noodles, sauce, and protein to build the perfect baked pasta dish for your meal.

**The B-Fifty Brew Featured Item**  
**Peppermint Mocha**  
Signature Starbucks Espresso Roast combines with steamed milk, sweet mocha sauce, and peppermint-flavored syrup, topped with whipped cream and dark-chocolate curls

**Rockers Bar & Grill Featured Item**  
**Chicken Tenders**  
Four tasty tenders served with crispy fries and your choice of dipping sauce!

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