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WANTED: YOUR THOUGHTS (MINOTAUROS TICKETS POSSIBLE!)

A3



MINOT AFB YOUTH AMONG 2023 AIR FORCE PHOTO CONTEST WINNERS

A7

YEAR IN REVIEW

2023 YEAR IN REVIEW

B1



U.S. Air Force Capt. Matthew Weaver, 54th Helicopter Squadron (HS) aircraft commander (left), and Senior Airman Daniel Barker, 54th HS special missions aviator instructor, pose for a portrait at Minot Air Force Base, North Dakota, Dec. 20, 2023. The 54th HS provides integrated rapid security response capabilities to Team Minot. See more on page A2.

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

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Minot Air Force Base



U.S. Air Force UH-1N Iroquois, assigned to the 54th Helicopter Squadron, sit inside a hangar at Minot Air Force Base, North Dakota, Dec. 20, 2023. The UH-1N has been in service with the Air Force since 1970.



A U.S. Air Force UH-1N Iroquois, assigned to the 54th Helicopter Squadron, takes off at Minot Air Force Base, North Dakota, Dec. 20, 2023. The UH-1N is a light-lift utility helicopter used to support a wide variety of missions.



A U.S. Air Force UH-1N Iroquois, assigned to the 54th Helicopter Squadron, conducts flight operations at Minot Air Force Base, North Dakota, Aug. 16, 2023. The UH-1N is a light-lift utility helicopter used to support a wide variety of missions.

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

54th Helicopter Squadron secures Team Minot's missile fields from above

AIRMAN 1ST CLASS KYLE WILSON, MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- Minot AFB hosts several tenant units that are critical to the success of our mission. These units all play a role in Team Minot's daily operations and provide unique capabilities to Team Minot's skill set. The 54th Helicopter Squadron is one of these units.

The 54th HS is a geographically separated unit from the 582nd Helicopter Group, headquartered at F.E. Warren AFB, Wyoming. Since 1993, the 54th HS has been assigned to Minot AFB where they provide helicopter response capabilities in support of 91st Missile Wing operations.

The support the 54th HS provides to the 91st MW includes contributing rapid security response capabilities to Team Minot's missile fields, providing overwatch security during convoy operations, as well as executing search and rescue and medical evacuation operations.

"The primary mission of the 54th HS is nuclear deterrence and nuclear surety," said Capt. Matthew Weaver, 54th HS aircraft commander. "We're heavily involved with the 91st MW and supporting their mission."

"We provide a skill set and dynamic support that only helicopters can provide," said Senior Airman Daniel Barker, 54th HS special missions aviator instructor.

The 54th HS also integrates with Security Forces units on the ground to provide comprehensive security throughout Team Minot's missile fields, which cover approximately 8,500 square miles of North Dakota. This includes Tactical Response Force, Convoy Response Force, and in-field Security Forces teams.

"The TRF, CRF, and in-field Security Forces teams all have Forward Observers out in the missile fields that communicate directly with us," said Barker.

"The assets that we control here

are extremely important to defend," said Weaver. "If anyone was to try to gain access to those, we're going to respond as quickly as possible."

The 54th HS currently employs the UH-1N Iroquois as its primary aircraft in daily operations. The UH-1N Iroquois, however, is slated to be replaced in the coming years by the MH-139 Gray Wolf.

"The UH-1N is a very reliable aircraft and it's worked well for our mission set," said Barker. "In the next few years, we're switching to the MH-139 which is going to enhance our capabilities into the far future."

The combination of capabilities that the 54th HS brings to table is an indispensable asset to Minot AFB. Their vigilance and determination in rapidly responding to and neutralizing potential security threats validate Team Minot's commitment to nuclear deterrence. They are Team Minot's eye in the sky.



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Wanted: Your Thoughts (Minotauros Tickets Possible!)

ERIN BEENE, NORTHERN SENTRY

2023 is now a thing of the past. Life moves us all forward and into 2024 we go. As with any year in the military community, last year we saw many goodbyes and welcomes, or otherwise known as "Hails and Farewells". We miss those who have left, but embrace the new editions to the base too. It's the way of the military. Hopefully we have all learned from our past mistakes, and embrace the future because it is now upon us all.

At the Northern Sentry, we hope to make the Minot AFB community even stronger this year by serving the Airmen and families in the best way possible. The Northern Sentry is a community newspaper, but what does that mean? It means that our main goal is to share your life,

your stories and things that affect YOU. It is less about breaking news -although we do that too sometimes- and more about the day to day life that makes up the people and community here on Minot AFB. We want to know about your life and what makes your Air Force story. We want to share YOUR Minot AFB Adventure.

For a little retrospect -and to give you an idea of what was most talked about last year- here were are most viewed stories published by the Northern Sentry online in 2023:

1. Minot Air Force Base Investigating Deaths of Three Airmen In One Month
2. 2023 Chief Master Sergeant Selects
3. Dear Minot, I Cried.

Each of these top stories are vastly different and cover different aspects of life realities here at Minot AFB. To read these top stories and lots more, go check out northernsentry.com.

We'd like to keep giving you articles and news sections that interest you in 2024, so please take just a few minutes and fill out our survey about your experience with the Northern Sentry publication. We promise it's fast; only 5 questions! <https://www.surveymonkey.com/r/G39GB7S>

We know time is super important, so as a way to say thank-you for taking the time to fill out the survey, you (if you provide an email) will be entered to win 4 general admission tickets to a Minotauros hockey game this 2023/2024 season! So please do it now! We're not sure how long the survey will be open and we want to get you those tickets!

Thanks for a fantastic 2023 MAFB. We can't wait to see what 2024 brings.



MINOT AIR FORCE BASE INVESTIGATING DEATHS OF THREE AIRMEN IN ONE MONTH

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

YEAR IN REVIEW

SEE SECTION B FOR A LOOK BACK AT MINOT AFB IN 2023!

northern sentry
community calendar

Events from Minot & Minot AFB in ONE PLACE!

welcome baby

BABY GIRL BORN ON MONDAY, DECEMBER 25, 2023 TO:
TANISHA AND DEVON REDDING
MINOT, ND

BABY BOY BORN ON TUESDAY, DECEMBER 26, 2023 TO:
JASMYNN AND RILEY HALVORSON
STANLEY, ND

BABY GIRL BORN ON TUESDAY, DECEMBER 26, 2023 TO:
ALIA AND ERIK JIMENEZ
MINOT AFB, ND

BABY GIRL BORN ON THURSDAY, DECEMBER 26, 2023 TO:
MEGAN AND BLAKE COLLINS
MINOT AFB, ND

If you wish to put a photo of your baby in the Northern Sentry, please send it to nsads@srt.com. Please include your name and the birth date of your baby. Baby listings will come from Trinity Health.

Help us have an even better **2024**

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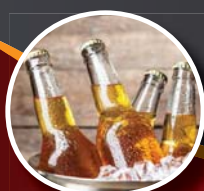
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**91st Missile Wing
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It's Fun To Look Back

You'll notice that this is our annual "Year in Review" edition. It's always fun to look back at the stories that made the Northern Sentry a great periodical in 2023. Take a few minutes to read and reminisce. Those of us who contribute regularly to the Northern Sentry, and our Weekly Post Brief email edition, take extra care in covering the stories that make up the every day history of Minot Air Force Base.

SEND IN A SUGGESTION

We've also tried to make it extremely easy for anyone to either contribute or suggest a story that you would like covered to the Northern Sentry editorial staff. You can go to our website, northern-sentry.com, and give us a brief description of the story facts, and a point of contact.

Want to write a story and send it our way? We are always open for stories that you submit. Of course, they need to go through the Northern Sentry editorial process, but we certainly welcome your input.

IS WRITING YOUR PASSION?

The Northern Sentry is looking for a part-time reporter to cover stories on the Minot Air Force Base. We have discovered that a person living on base is the best fit for this position, as stories can happen any day, any time. We aren't talking hard news, but more the traditional hometown news. We've always said that the Northern Sentry is like a hometown newspaper, and those personality-driven stories are key to fulfilling that goal.

A journalism degree is not needed for this position (although

that would certainly be helpful), we are looking for a desire to learn and a passion for writing and meeting people. If you are interested send me an email at sentrysales@srt.com.

MY FAVORITE STORY?

I was given the opportunity to cover the Change of Command ceremony at F.E. Warren Air Force Base in June. Col Johnny Galbert would assume command of the 90th Missile Wing, after spending 2 years at Minot Air Force Base as Deputy Commander of the 91st MW. First, you have to appreciate the ambience of F.E. Warren. The brick buildings, well established tree-lined streets and roadways and the large, open, parade field where the change of command took place; were all a great experience. We were also able to catch up with a lot of friends who had served at Minot AFB, and now had moved on to different assignments at different bases. It was a great day, and I was proud to stand in the reception line and shake hands with Col & Mrs. Galbert.

BEST KEPT SECRETS

Did you make any New Year's resolutions? OK, we all want to lose weight and get in shape. But how about learning something new, like cooking, or planning a party. The folks at Gourmet Chef in downtown Minot have great classes to teach you everything from charcuterie to knife skills. Give them a call, or check out their Facebook Page for their upcoming class schedule.

TODAY'S CHUCKLE

An optimist stays up until midnight to see the new year in...
 ...A pessimist stays up to make sure the old year leaves.

**northern
 sentry**

**A VIEW FROM
 OUR SIDE**
 ROD WILSON



Col. Johnny Galbert, 90th Missile Wing commander, salutes the Airmen of the 90th Missile Wing for the first time as commander during a change of command ceremony at Argonne Parade Field on F.E. Warren Air Force Base, Wyoming, June 22, 2023. A change of command ceremony signifies the change of authority from one commander to the next.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN SARAH POST



Get some hands on experience at Gourmet Chef with one of the many classes they offer.

Too small or just right?...

Bowbells where the Burke County Courthouse had 24 employees.

So that is what I'm basing that number on. It may or may not be true, but if it is, it's certainly an oddity in North Dakota.

But then, that's not the only town of less than 100 with a county seat. Go north from Amidon about a hundred miles and you'll find Manning, the Dunn County seat with more than double the population of Amidon with 47.

One would be hard pressed to find that many employees in the Dunn County Courthouse, so Amidon is most likely the only community with such a distinction.

Manning and Amidon are the only two of the 53 counties in North Dakota that have less than 100 population in the community, however there are three others that have fewer than 200 and one with fewer than 300 people.

The next smallest county seat is Medora in Billings County. I'm

guessing most of us think that Medora is probably bigger than it is. We usually go there in the summer and the town is just crawling with people.

The fact is, most of them don't live in Medora proper, but go there to work. Aside from that, there are many seasonal workers who come from all over the nation to work in Roosevelt National Park or the Medora Musical or in the service industry.

When it comes to conducting county business, the courthouse is in a community of 121 people.

The next smallest county seat is Fort Yates, in Sioux County. It has approximately 176 people and is not only the Sioux County seat, but is also home to the Standing Rock Sioux Tribal Administration.

From there it's Minneawaukan. According to the most recent census, Minneawaukan, the county seat of Benson County, had a population of 199.

If you don't know about Minneawaukan, it is on the west shore of Devils Lake and 40 years ago was much larger than it is today. Forty years is used as a benchmark because that is about the time Devils Lake began to rise rapidly, forcing a lot of people out of the community.

The Benson County Fairgrounds on the east side of town even took on water and was destroyed. So the community went from 461 in 1980, to the most recent of 199, mostly because Devils Lake rose some 40 feet in those 40 years.

Finally, Carson is the next smallest county seat with a population of 254, in Grant County.

The largest county seat is Fargo, in Cass County, with its population of 126,000, which represents roughly one-seventh of the entire state's population.



**UPSIDE DOWN
 UNDER**
 MARVIN BAKER

Because we aren't most people who go to Grandma's house for Christmas, it was a traveling holiday to Rapid City, S.D., and back.

It's a long trip, nearly 1,000 miles round trip and just to do something different, we took U.S. Highway 85 from Watford City to Spearfish, even though it's a little out of the way. We did that just to break up the monotony of the road, basically from Reeder to Sturgis.

Along the way, we came upon Amidon and there is a sign on the outside of town that says "Nation's smallest county seat."

OK, that's interesting because the most current population of Amidon is 22, and I don't think that is counting the mannequin mountie who sits in his car on Main Street looking for speeders.

What that basically means is, and correct me if I'm wrong, but the Slope County Courthouse has more people working in it than the population of the community it is in.

Having spent a lot of years in journalism, I became familiar with numerous county courthouses across the state and from what I remember, the smallest was in

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15 Hidden Gems and Secrets for your 2024 Bucket List



SHE'S NOT FROM AROUND HERE
AMY ALLENDER

If your newsfeed is anything like mine, it's filling up with lists of 2023's best/worst moments, and ways to improve your 2024. Maybe those lists have sunk into my subconscious, or maybe it's I've spent too many late nights scrolling BuzzFeed—but I've been inspired to create my own list for Minot Hotdishers only. Here are 15 things you may have missed, stuff you should check out, and places to see in 2024. Bookmark this one, because this could be your best Hotdish Year yet.

1. Skate outdoors. This winter has given us the gift of unseasonably warm temps. If you've never skated outdoors in Minot, do it now. Check out the parks department website for rinks and warming house locations.

2. Make 2024 the year you get tickets to the symphony. Show up early for the conductor lecture—it's always fascinating.

3. Check out the lesser-known live concert scene. I'm always amazed at how many residents aren't familiar with the Minot Brass Band, Minot Chamber Chorale, and Heritage Singers. These groups

offer top-notch performances, often with donation-based entry fees. Find details on their websites, and social media pages.

4. If reading more, or learning a new hobby is a goal for 2024, may this be the year you get your library cards. Just a quick reminder—Minot residents are eligible for a card at the Minot Public Library and the Ward County Library. In addition to books, both offer extras like ancestry research tools, eReading/audiobook apps, boardgames, clubs, tool rentals, access to movies/streaming, and more. Oh, and if you're military you can also access the base library for even more choices!

5. While we're talking about libraries, make this the year you get to at least one Minot Public Library book sale. You've got to experience the passive-aggressive tension first-hand to really appreciate this event.

6. If you've got a yard, but hate spending money on it, make this the year you take advantage of Minot's free mulch. Yard debris collected in allocated dumpsters through the year are mulched and can be picked up at the landfill. Also, the forestry department mulches trees that they remove, and residents can access those woodchips as well.

7. If being more active is your 2024 goal, be sure to hit the MSU dome. It's open through the cold months for walking and jogging—and it's free for the community to use.

8. For those that would rather be outdoors, hit up my favorite trails: Bison Plant Trail, Woodland Trail, and the trail at the Outdoor Recreation Area.

9. If exercising your green thumb is on your to-do list, look into renting a garden plot from Rainbow Gardens. Plots can be rented for as little as \$25 so you can grow veggies or hobby garden even if your yard doesn't have the space.

10. For those who want to eat more fresh veggies, but have not desire to grow your own, make 2024 the year you visit Angelic Gardens for U-pick options all season long.

11. I triple dog dare you to rescue a treasure from the curb during Clean Up Week (or as I like to call it, Trash Christmas.)

12. And if second hand is your jam, be sure to catch \$0.99 clothing day at the RSI Restore. All clothing drops to \$0.99 the day prior to their monthly "bag sale." Find sale dates on their website.

13. Make this the year you finally attend some local sporting events. Cheer on the Beavers, Minotauros, and Hot Tots, then decide which is your favorite.

14. The days may be short now, but make a point of staying up late this summer by attending an MSU summer theater performance, festival, movie in the park, or Midsummer festival when the days are long.



2023 is drawing to a close, here are some of my favorite secrets to check out in the new year.

AMY ALLENDER PHOTO

15. And finally, I personally challenge you to find someone who isn't from around here and share one of your favorite things about Minot with them.

Thanks for a great year, friends. May your 2023 draw to a close in peace, and your 2024 open with

joy, and abounding hope.

What are you looking forward to in 2024? What's your favorite little-known Minot secret? I'd love to hear from your! Connect with me on Instagram (@amy_allender or @heymint) or Facebook (@amyallenderblog).

Welcome Dr. Pessa Plastic, Reconstructive & Hand Surgery



Joel Pessa, MD, FACS

Trinity Health is pleased to welcome plastic, reconstructive and hand surgeon Joel Pessa, MD, FACS, to our surgical team. Dr. Pessa is board certified in plastic and reconstructive surgery and fellowship trained in hand surgery. He welcomes the opportunity to restore function and appearance to patients with conditions related to trauma or illness.

Advanced Plastic and Hand Surgery

A graduate of the University of Massachusetts Medical College, Dr. Pessa remained at UMass for his general surgery residency and went on to complete his fellowship in plastic and reconstructive surgery at Duke University. Later, he accomplished his hand fellowship at the prestigious Christine M. Kleinert Institute for Hand and Microsurgery. During his 30-plus years of practice, Dr. Pessa has served academic appointments at several teaching hospitals, including the University of Texas Southwestern Medical Center. He's been a leader in advancing research to enhance the safety of patients undergoing plastic surgery procedures. He is a Diplomate in the American Board of Plastic and Reconstructive Surgery and a Fellow of the American College of Surgeons.

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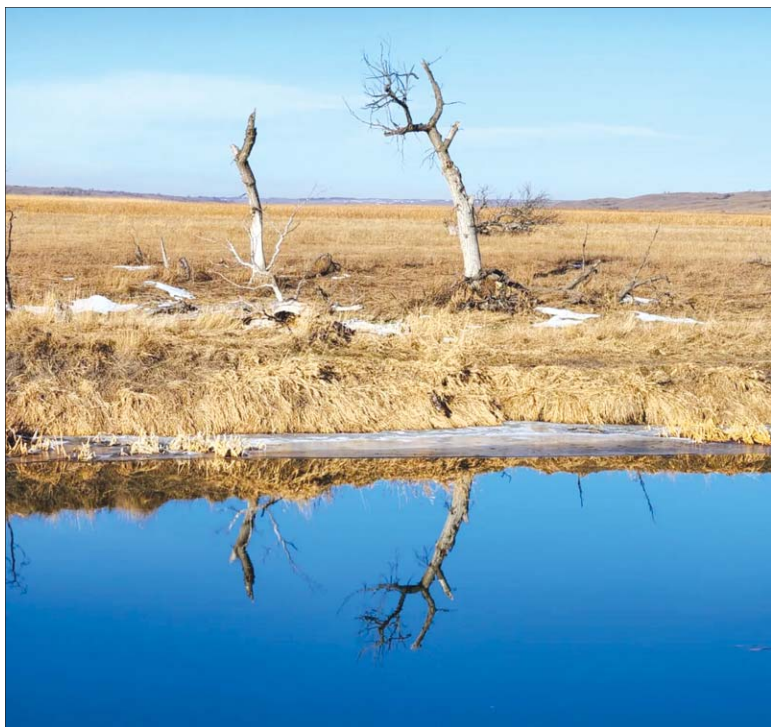
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Reflections



SLICE OF LIFE
KIM FUNDINGSLAND



KIM FUNDINGSLAND PHOTOS

When one year comes to an end and the other begins, it is a natural time to reflect on the year past and to hopes for what the new year may bring.

Of course, resolutions abound – lose weight, quit smoking, finally take that trip you’ve been promising yourself. There’s an infinite number of possibilities. I’ve found following up on them fades away almost as soon as I make them. I know others do better.

Reflecting on the past year, my best moments were spent with family and friends. Sometimes with a fishing rod in hand or during some other outdoor activity. Other times seated in a comfortable chair.

There are other moments too, like the solitude of taking a dog for a walk in the country on an agreeable day. Quiet times are good for the mind. Necessary, I think. And such times are wonderful for reflecting on any number of things a person should be grateful for. I place importance on that. I know other people do too.

As for those resolutions for the new year, which I cannot ever remember having complete success with, I’ve made one that I am endeavoring to achieve.

I won’t share it right now but rather wait until I accomplish it. A cover-up you say? Pretty much. Time will tell.

I figure if I achieve my resolution, I’ll have accomplished two goals. One will be the resolution itself and the other the act of accomplishing it. Yes, I will write about it, whether successfully achieved or not, at the appropriate time. Really.

To those of you who have made past resolutions for a new year and have followed them through – fantastic. For those making resolutions for 2024, good for you.

After what seemed like a lifetime of breaking New Year’s resolutions, and I’m very envious of those who can keep them, I came up with one several years

ago that I like.

I can’t say for sure whether or not it was a New Year’s resolution, can’t remember exactly. It probably was the result of one of those coveted quiet moments, like listening to the rustle of cottonwood leaves in a light wind or the creaking of lake ice on a calm, sunny day.

Maybe it’s more of a life philosophy than a resolution, or an axiom that many people follow anyway. It’s pretty simple, really. I try to be a better person today than I was yesterday.

I’m sure others may disagree as to the success I’ve had living up to that, but that’s okay. I’ve got a lifetime to prove them wrong, one day at a time.

YOUTH IN ACTION

Military Family Life Counseling Program



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



We are thrilled to welcome our Child and Youth Behavioral (CYB) Military and Family Life Counselors (MFLCs) supporting the Child and Development Center and Minot AFB Schools at Minot Air Force Base!

MFLCs are an incredible resource and provide confidential non-medical counseling services

for children and youth to age 18 in groups or individually. They offer support to families, staff, and support personnel.

The image below includes information about the program. For more information about the program, please send an email to mafb.school.liaison@us.af.mil.

SUPPORT FOR MILITARY CHILDREN



The Military and Family Life Counseling Program helps military families and children navigate challenges with free face-to-face support.

Child and youth behavioral military and family life counselors, or CYB-MFLCs, provide confidential non-medical counseling services to children and youth up to age 18 in groups and individually. They also offer support to families, staff and support personnel. Working with a counselor can help improve behavior, performance in school and relationships.

CYB-MFLCs are master's or doctorate-level licensed counselors who may:

- Provide consultation support to parents and caregivers, childcare providers, teachers and administrators on the healthy development of children and youth
- Model evidence-based intervention approaches
- Assist educators with strategies for cultivating a deeper understanding of the factors that shape social-emotional development
- Conduct classroom observations

Services are private and confidential except in situations that involve domestic violence, child abuse, sexual assault or otherwise necessitate a duty to warn.

CYB-MFLCs provide support on topics including, but not limited to:

- Feelings identification
- Bullying
- Self-esteem
- Separation from parents
- Problem solving
- Sibling and parent relationships
- Time management
- Deployment and reunification
- Divorce

Learn more by visiting or calling your installation's Military and Family Support Center.

Learn more about other helpful programs for military families: 800-342-9647 | www.militaryonesource.mil

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- Saturday: 2 a month by appt
- Sunday: Closed

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Minot AFB Youth Among 2023 Air Force Photo Contest Winners

AIR FORCE SERVICES CENTER

This year's theme "101 Days of Summer" invited photographers to capture the essence of Summer through their lenses and showcase their creativity, talent, and love for the vibrant season. The nearly 400 entries included joyful beach days, refreshing poolside moments, delightful family gatherings, captivating sunsets, thrilling outdoor adventures, and quiet moments in nature's embrace.

For the first time, the contest included both traditional and composite photography. Composite photography involves combining multiple images or elements to

create a final composite image. Photographers use image editing software to merge various elements such as different photographs, backgrounds, textures, or objects, to produce a new and often more elaborate composition. The addition of the new category empowered entrants to create cohesive and imaginative photo compositions of their own fantasy worlds and fictional scenes of their ideal summer that may not exist in reality.

All winners will receive Amazon gift card prizes: First place-\$500, Second place-\$400, and Third place-\$300

Congratulations to the winners:

TRADITIONAL PHOTOGRAPHY, ADULT ACCOMPLISHED

First Place — "Summer of Baseball" by Lenney Tangog, Hill AFB, Utah

Second Place — "Alight" by Tiffany Lewis, JB San Antonio, Texas

Third Place — "Monarch and Zinnia" by Sarah Luiggi, Robins, Georgia

TRADITIONAL PHOTOGRAPHY ADULT NOVICE

First Place — "The Arch" by Tina Dumaplin, Beale AFB, California

Second Place — "Summer Pollinators" by Donna Besley, Tinker AFB, Oklahoma

Third Place — "Canyon of Wishes" by Jacob Dudkowski, Yokota AFB, Japan

TRADITIONAL PHOTOGRAPHY, TEEN 13-17

First Place — "Mirror Lake" by Nicolas Epling, Edwards AFB, California

Second Place — "Liquid Poetry" by Audrey Hunsaker, Patrick SFB, Florida

Third Place — "Lighthouse Stairwell" by Collin Oler, Patrick SFB, Florida

TRADITIONAL PHOTOGRAPHY, PRE-TEEN 9-12

First Place — "Bloom Where You Are" by Macey Knowles, Fairchild AFB, Washington

Second Place — "Reflection" by Thor Winn, Minot AFB, North Dakota

Third Place — "Teddy Bear Picnic" by Lydia Brown, Mountain Home AFB, Idaho

TRADITIONAL PHOTOGRAPHY, YOUTH 6-8

First Place — "Flowers on the walk" by Zoey Richardson, Fairchild AFB, Washington

Second Place — "The Wave" by Ellie Oler, Patrick SFB, Florida

Third Place — "Summer Fun in Hawaii with Mickey" by Donavyn Pucci, Hill AFB, Utah

COMPOSITE PHOTOGRAPHY, ADULT ACCOMPLISHED

First Place — "Summer Nights" by Kandace Richardson, Fairchild AFB, Washington

Second Place — "City Shadowscape" by Jeana Ortiz, Andersen AFB, Guam

Third Place — "Seasons of Summer" by Michael Miko Borbon, Yokota AB, Japan

COMPOSITE PHOTOGRAPHY, ADULT NOVICE

First Place — "Lavender Haze" by Tory Cannon, Beale AFB, California

Second Place — "Full of Wonder" by Hattie Knowles, Fairchild AFB, Washington

Third Place — "Paw Prints in the Sand" by Amanda Schaefer, JB San Antonio, Texas

COMPOSITE PHOTOGRAPHY, TEEN 13-17

First Place — "Peeking Through" by Layne Knowles, Fairchild AFB, Washington

Second Place — "Reflecting Sunsets" by Elliott Erredge, JB Andrews, Maryland



Congratulations to Thor Winn, of Minot AFB, who won second place in the Traditional Photography, Pre-Teen category for the 2023 Air Force Photo Contest for this photo submission titled "Reflection".

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Operation Home for the Holidays

SENIOR AIRMAN EVAN LICHTENHAN, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

A new program, Operation Home for the Holidays, was recently instituted by U.S. Air Force Col. Daniel Hoadley, 5th Bomb Wing commander, U.S. Air Force Col. Kenneth McGhee, 91st Missile Wing commander, with the city of Minot Chamber of Commerce.

This program was put in place to raise funds for single Airmen to visit their families during the holiday season free of charge. Airmen were offered the opportunity to visit their families either during Thanksgiving, Christmas or New Year's Day.

The program raised approximately \$125,000 and was able to send over 115 Airmen from Minot AFB home for the holidays.

Airman 1st Class Bryce Conner, 705th Munitions Squadron nuclear weapons technician, chose to visit his family in Pennsylvania during Christmas and New Year's Day.

"I had to fill out a form with a few questions regarding why it would benefit me, what I was looking forward to the most, and then send it to the First Sergeant," said Conner. "I am looking forward to seeing my family and my girlfriend who has not moved out here yet."

Airman 1st Class Xavier Patton, 91st Missile Security Forces Squadron missile security operator, is looking forward to going back to Phoenix, Arizona, where he will catch up with his younger sister.

"I am excited to get back to the good weather and to see my family. I'm especially looking forward to seeing my little sister," said Patton. "She just started kindergarten and misses me a



lot. She is excited to tell me about what she has been learning in school."

Both Conner and Patton are

incredibly thankful for Operation Home for the Holidays, and look forward to seeing their families this holiday season.

Airman 1st Class Xavier Patton, 91st Missile Security Forces Squadron missile security operator (top) and Airman 1st Class Bryce Conner, 705th Munitions Squadron nuclear weapons technician (bottom) pose for photos at Minot Air Force Base, North Dakota, Dec. 20, 2023. Patton and Conner were recipients of a free airline ticket through Operation Home for the Holidays.

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

All About Pets

Teaching cooperative care



Cooperative care involves training animals to tolerate and even become willing participants in their own care procedures. Training pets in cooperative care is an effective way to make life easier and less stressful when it comes to vet visits, grooming, and other handling. When animals are put in situations where they are uncomfortable or fearful, it is not only traumatizing for the pet but it can be a dangerous situation for the humans involved. Here are some ways you can begin to teach your pet cooperative care!

- Pick an activity that your pet may not be fond of: this could include brushing, baths, handling paws, nail trimming, etc. As an example, many dog owners know how difficult nail trimming can be for certain dogs, so this is something they may want to work on. Dogs can be sedated or medicated to trim nails, and some may think it's easier for humans to just trim their nails and "get it over with", but if you can work with your dog to desensitize them and counter-condition (change a negative emotional response to a positive one) those reactions, then why not give it a try for their emotional wellbeing?

- Give your pet the opportunity to say no: many pets have different fear thresholds, meaning that there is a certain amount of exposure to their triggers that they can handle before it becomes too much. In the example of nail trimming, be sure to start desensitizing slowly with indirect motions, like touching your dog's paw or having your pet hold their paw still in your hand. If you leap right into the triggered activity, it can put your pet over their threshold very quickly and without the option to stop, it can set back your training progress. If your pet is showing signs of discomfort (pulling back a paw, yawning, lip licking, running away), stop the activity and try again later or find a less stressful way to begin. You can also teach your pet a "start button" cue, such as laying down on a mat in order to be brushed or offering a paw for nail trimming. Because we want our animals to offer consent and feel comfortable with these activities, training is often a lengthy process. You may only be able to train for 4 minutes before your pet is ready to be done for the day, but with time and persistence, you can work your way up.

- Mark the successful moments: high value rewards are KEY to cooperative care! When your pet performs even one action, such as offering a chin rest or sniffing the nail clippers that they may be scared of, mark the behavior with a clicker or a "yes" and give them a reward. I prefer to use hot dogs or freeze

dried treats for triggers, because they are the highest value to my dogs. But some animals are motivated by praise, others by toys. Find out what your pet likes best and reward them for even the smallest success.

- Be consistent: for some animals, cooperative care training is not an easy process. It may take months for your animal to make progress, especially if they already have prior negative experiences with the activities you are training for. Do not give up! Practice daily, and continue to mark their success even after they make significant progress. Also, practicing outside of the context of necessary situations is an important part of cooperative care. Train your pet to get in and out of the bathtub when it's time for grooming is just as important and stress-reducing as training for the actual grooming itself. Teaching my dogs to get in and out of the bathtub when it's time for grooming is just as important and stress-reducing as training for the actual grooming itself. Teaching my dogs to get in and out of the bathtub when it's time for grooming is just as important and stress-reducing as training for the actual grooming itself.

While cooperative care actually has a list of guidelines and even a certification course developed by Deborah Jones, Ph.D, I like to use it on a broader scale. For my dogs and I, cooperative care goes hand in hand with basic training. Teaching my dogs to get in and out of the bathtub when it's time for grooming is just as important and stress-reducing as training for the actual grooming itself. Teaching my dogs to get in and out of the bathtub when it's time for grooming is just as important and stress-reducing as training for the actual grooming itself.

- 1) Chin Rest (or Bucket Game)
- 2) Lie on Side
- 3) Restraint
- 4) Wear a Muzzle
- 5) Foot Handling
- 6) Mouth Handling
- 7) Taking Medication
- 8) Injection or Blood Draw
- 9) Eye Exam
- 10) Ear Exam

www.whole-dog-journal.com/training/cooperative-care-giving-your-dog-choice-and-control/ is a great resource for learning about cooperative care, as well as www.cooperativecarecertificate.com for the actual course. While these resources are meant for dogs, cooperative care principles can be applied to all sorts of animals from tigers to elephants in zoo settings! Cooperative care is a great way to strengthen the bond with your pets through training and trust building, and offers a healthy alternative to more stressful practices.

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January Events and More at Minot AFB!

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Club Members will enjoy a delicious, free buffet between 4:30PM - 6:30PM. Non-members pay just \$7 per person or \$20 for families.

Featured menu: beef stir fry, teriyaki chicken, pancit, gyoza, macaroni salad, chicken nuggets, mini corn dogs, macaroni & cheese, french fries, banana lumpia, butter mochi, brownies & cookies.

For more information, call the Jimmy Doolittle Center at 723-3731

EMPOWER YOUR WELLNESS

The McAdoo Fitness Center is hosting an Expo geared towards

your health on Friday, 5 January from 8:00AM - 11:00AM & 12:00PM - 4:00PM.

Stop by and see what they have to offer including various organizations from across the base who can help you reach your goals!

Register your spot today on our SignUpGenius link at: tinyurl.com/Newyearexpo

Call the McAdoo Fitness Center at 723-2145 for details

VOICE YOUR VIEWS

Take our 2023 and Beyond Survey for a chance to win a \$50 FSS Gift Card!

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To enter the 5 FSS gift card drawing, submit your email address at the end of the survey!

For more details, visit our website

www.5thforcesupport.com

CHEERS TO 2024!

Grab your favorite drink and follow the steps to create a New Year's themed painting in our Paint & Sip class at the Arts & Crafts Center on Thursday, 11 January from 5:30PM - 7:30PM.

The \$25 fee covers instructor guidance, paint supplies, and an 11"x14" 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 details, call the Arts & Crafts Center at 723-3640

BE SURE TO CHECK US OUT ON OUR WEBSITE AT 5THFORCESUPPORT.COM OR FACEBOOK.COM/5THFORCESUPPORT FOR MORE EXCITING EVENTS AND UPDATES!

Sleep Center Recruits Staff with Free Training

TRINITY HEALTH

With the competition for healthcare workers at an all-time high, the Trinity Health Sleep Center is offering free training and job opportunities to anyone interested in becoming a sleep technologist.

Sleep technologists are healthcare specialists who work in a sleep facility to provide comprehensive evaluation of patients undergoing assessment for a sleep disorder such as sleep apnea or narcolepsy.

Under Trinity's program, participants will have the opportunity to become a sleep technology trainee and, after successfully completing the training

program, begin a career as a sleep technologist working under the supervision of a medical director at a salary range of \$27 to \$38 per hour.

Jutta Schmidt, RRT, RPSGT, manager of Trinity's Sleep Center, says the hope is that laypersons or healthcare workers in other fields will take advantage of the opportunity to learn new skills.

"We're excited about this program," Schmidt said. "At our expense, participants will be able to attend a two-week immersion course that develops their knowledge base about sleep medicine and teaches

the professional skills required of a sleep technologist."

According to Schmidt, the training program involves a mix of online and hands-on instruction and adheres to standards set by the American Academy of Sleep Medicine. Participants who complete the program will take a national board exam to become a Registered Polysomnography Technologist.

Persons interested in registering for the training program may contact Trinity's Human Resources Department at 701-418-8050 or jobs@trinityhealth.org.



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<p>28 Tastes & Taps</p> <p>1603 35th Ave SW Minot Phone: 701.838.2828 FB: 28 Tastes & Taps</p>	<p>Culver's Restaurant</p> <p>3000 S Broadway, Minot Phone: 701.852.4800 www.culvers.com</p>	<p>Ironhorse Kitchen + Bar</p> <p>21 E Central Avenue, Minot Phone: 701.852.8183 FB: Ironhorse Kitchen + Bar Minot</p>
<p>Jamaican Vybz Kitchen</p> <p>Suite 200 315 Main Street S Minot Phone: 701.441.9309 FB: Jamaican Vybz Kitchen</p>	<p>Mi Mexico</p> <p>3816 South Broadway Minot Phone: 701.858.0777 www.mimexicominotnd.com</p>	<p>N.D. Asia</p> <p>3400 16th St SW, Minot Phone: 701.852.1240 www.ND-Asia.com</p>
<p>Noodles & Company</p> <p>304 4th Ave NW Minot 701.491.9103 www.noodles.com</p>	<p>Pink's Bar & Grill</p> <p>102 128th Ave NW Minot Phone: 701.852.2385 FB: PinksBarGrill</p>	<p>Prairie Sky Breads</p> <p>3 1st St. SE, Minot Phone: 701.858.0612 www.prairieskybreads.com</p>
<p>Primo Restaurant</p> <p>1505 N Broadway, Minot Phone: 701.838.7746 www.primominot.com</p>	<p>The Starving Rooster</p> <p>30 1st St. NE, Minot Phone: 701.838.3030 www.starvingrooster.com</p>	<p>Souris River Brewing</p> <p>32 3rd St NE Minot Phone: 701.837.1884 www.sourisriverbrewing.com</p>
<p>Whiskey Nine</p> <p>109 Central Ave, Minot Phone: 701.837.1090 www.whiskeyninennd.com</p>		

DOD Releases 2024 Basic Allowance for Housing Rates

DAVID VERGUN, DOD NEWS

Basic allowance for housing, or BAH, rates for 2024 will increase by an average of 5.4%. The new rates, which are paid to all U.S.-based active-duty members of the uniformed services when government quarters are unavailable, take effect Jan. 1.

“The proposed 5.2% basic pay increase plus the 5.4% increase in the basic allowance for housing build upon DOD’s support of military members and their families. These increases ensure the military compensation package remains strong and competitive with the private sector and supports the economic security of our service members and their families,” said Jeri Busch, DOD’s director of military compensation policy.

BAH is a valuable component of the overall pay package and is designed to help offset the rental housing expenses service members may face when living off base in local communities. BAH rates are aligned with the housing costs of civilians with comparable incomes to each pay grade (with and without dependents) to ensure the military community can afford to rent adequate, suitable and available homes in safe neighborhoods, wherever and whenever they may be assigned,” said Kevin Scott, a housing economist within DOD’s Military Compensation Policy Directorate.

“The Department pays about \$27.9 billion in BAH disbursements to over 1 million service members each year,” he said.

“Considering the large footprint and wide-ranging impact of BAH on the well-being of military families, the department is committed to ensuring BAH data collection and housing estimation processes are driven by industry-leading data sources, innovative methodologies and proven quality assurance techniques,” Scott said.

The 2024 BAH rates were determined directly from verified local housing listings collected in about 300 housing markets, including densely populated metropolises, suburban and rural duty stations, he said.

The BAH rate-setting process relies on a wide variety of data sources that include:

- U.S. Census Bureau survey data
- Bureau of Labor Statistics Consumer Price Index

- Industry-leading commercial subscription rental cost databases
- Trusted online rental listing websites with verified listings

- Local market expertise from the services and local military installation housing offices

Housing data include median market rents for a variety of housing sizes. Electricity, heat and water/sewer are also averaged in the computation.

BAH rates are then calculated for each pay grade, both with and without family members, based on the cost of adequate housing for civilians with incomes comparable to each service member pay grade grouping.

The goal is to obtain high-quality, accurate, current-year housing cost data.

An integral part of the BAH program is the provision of individual rate protection to all members. No matter what happens to measured housing costs – including the out-of-pocket expense adjustment – an individual member who maintains uninterrupted BAH eligibility in each location will not experience a BAH rate decrease unless the member receives a reduction in paygrade or change in dependency status. This ensures that members who have made long-term commitments in the form of a lease or contract are not penalized if the area’s housing costs decrease, according to the Allowance Division.

The actual impact of this year’s

BAH rate changes will vary depending on a member’s housing choices. Members who rent a median-priced property may have to pay a small amount above their BAH rate (because of the out-of-pocket rate adjustment). Members who choose to economize in their housing choices may have all their housing expenses covered by BAH.

BAH rates not only reflect geographic market variances between duty stations, but because BAH rates are re-evaluated each year, BAH is also responsive to recent market changes, Scott said.

“As housing markets nationwide soared in 2022, BAH rates kept pace, increasing by a historic 12% between 2022-2023 rates. This year, housing markets cooled from their unprecedented growth and reset to strong, but more typical, growth. As such, BAH rates followed these trends in lockstep, increasing by an average of just over 5% between 2023-2024. Viewed from a wider lens, BAH rates have maintained a robust average annual growth rate of 7%+ over the past three years, compared to typical average annual changes of 3 to 4%,” he said.

For more information on BAH, visit <https://www.travel.dod.mil/Allowances/Basic-Allowance-for-Housing/>. Service members can calculate their BAH payment by using the BAH calculator at: <https://www.travel.dod.mil/Allowances/Basic-Allowance-for-Housing/BAH-Rate-Lookup/>.

For more information about the BAH rate determination process, please see <https://media.defense.gov/2022/Jun/23/2003023204/-1-1/0/BAH-PRIMER.PDF>



Military housing at Seymour Johnson Air Force Base, N.C.

U.S. AIR FORCE PHOTO | AIRMAN SHAWNA L. KEYES

[gov/2022/Jun/23/2003023204/-1-1/0/BAH-PRIMER.PDF](https://www.travel.dod.mil/Allowances/Overseas-Housing-Allowance)

Members with housing needs overseas receive a separate allowance called the overseas housing allowance. While both allowances compensate members for housing costs, the policies of the two programs are different, requiring different data collection and rate determination techniques. More information can be found here: <https://www.travel.dod.mil/Allowances/Overseas-Housing-Allowance>

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4. In the message, provide your e-mail information and make sure to attach your selfie/photo.

No Limit, Enter As Many Times As You Wish!

\$25.00 Gift Certificate From Badlands Restaurant & Bar

By participating in the above contest, you give Badlands Restaurant & Bar and co-marketing partners permission to use your photo submission to announce you as a winner! Badlands Restaurant & Bar will not share your email information.

community calendar

Events from Minot & Minot AFB in ONE PLACE!



WINTERY PHOTO CONTEST



Sunset Ice fishing in 2022 on Lake Audubon.

Submitted by Jeremy Krause



Samantha Oki Ni on base in early December 2023, across the street from BX parking lot.

Submitted by Ming Ni

For full details on the Northern Sentry Wintery Photo Contest, see details to the right.

Scan the QR code to submit your photo for a chance to win a Family Pack to Bottineau Winter Park!



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MagicCityDiscoveryCenter.com
701-858-7529



MARTIN LUTHER KING JR. DAY IS
MILITARY APPRECIATION DAY
AT BOTTINEAU WINTER PARK!
Monday, January 15, 2024
Open 10am-5pm
Flag ceremony at 2pm

\$30/PERSON!
(\$85 VALUE)
**LIFT TICKET
RENTAL
2-HOURS OF TUBING**
valid for active, reserved and retired military, as well as their immediate family members! Must show military ID

Established in 1969
BOTTINEAU WINTER PARK
skibwp@srt.com
701-263-4556



WINTERY PHOTO CONTEST

DETAILS

Send us your winter-related or snow photos and you could WIN a FREE day on the slopes at Bottineau Winter Park!

Winter in North Dakota isn't lackluster after all! The frigid weather brings on snow activities, frozen experiments, unique outdoors activities and wacky weather too. We want to see the way you and your family experience the uniqueness of this North Dakota season.

Send us your photos of snowmen, snow angels, Northern Lights, sundogs, blizzards, snowmobiling, winter activities or anything that shows the way you choose to spend this season! Photos can be with or without people, but we'd love to see your smiling faces!

Each cold weather-related photo submitted could be displayed in the weekly newspaper and/or online too! Not only that, but each photo submitted secures you an entry to win a grand prize.

Winner will be chosen at random from the pool of entries and announced on March 8, 2024 on Facebook.

Additionally, our staff's FAVORITE overall photo could score a front page billing on the Northern Sentry FRONT PAGE!

**We can't wait to see all your photos!
Good Luck!**

HOW TO ENTER

1. Message our Facebook Page (Minot Air Force Base Northern Sentry) with your photo and description. Please tell us who/what/when/where.
2. Submit your photo and who/what/when/where description on our website (QR)



GRAND PRIZE

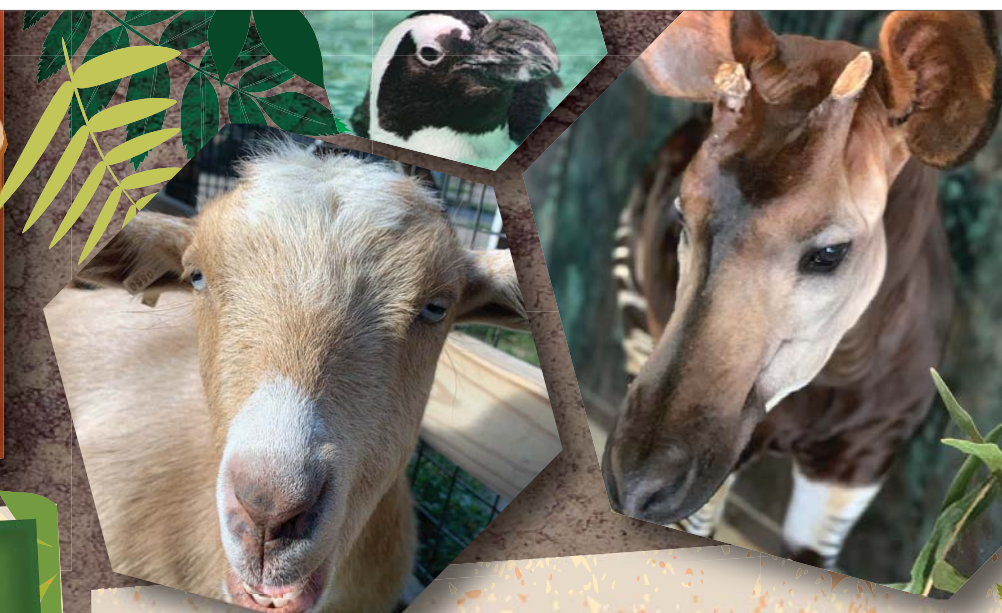
FAMILY 5-PACK* TO BOTTINEAU WINTER PARK!
The Bottineau prize is worth over \$300 & includes:
(5) Lift Tickets
(5) Ski OR Snowboard Rental Equipment for the day
(5) 2 Hour Tubing Passes

**This opportunity is too good to pass up!
Send us your winter photos now through February 28.**

RULES AND REGULATIONS:

- The Northern Sentry reserves the right to refuse to post any photos that are deemed to be inappropriate, dangerous or go against the safety or purpose of the U.S. Air Force.
- By submitting your photo to the Northern Sentry permission is given to the Northern Sentry to use the photos online, on social media and in the print versions of the newspaper.
- One entry per person/per day

- Contest is open to Minot AFB military personnel and their dependents, and the prize recipients are intended to be MAFB-affiliated personnel. Must be 18 years of age or older to win and be able to prove MAFB affiliation.
- Prize must be used in its entirety in one day. The winter park entry cannot be spread over several days.
- *Some restrictions may apply
- Contest will run from December 15, 2023 thru February 28, 2024
- Winner will be announced on March 8, 2024



ALPACA

CREATURE FEATURES

- Considered a treasure of the Andes Mountains for over 6,000 years, the oldest know records of alpaca are 1,000 years before the great pyramids of Giza.
- Their hair is called fleece or fiber rather than fur or wool. Alpaca fiber is softer than cashmere or angora and is warmer and lighter weight than wool.
- As a herd animal, they prefer companionship (safety in numbers).
- The main difference between a llama and an alpaca is their size and hair fiber.

Fact File

Life Span	18 - 20 years
Weight	150 - 185 pounds
Height to Shoulder	3 feet
Height to Shoulder	4 1/2 feet
Wild Diet	Omnivore Carnivore Herbivore Grasses, Shrubs, Weeds, Trees

Photo by Doug Kyle

ASSOCIATION OF ZOO & AQUARIUMS

CROSSWORD PUZZLE

1			2		3		4
			5				
6							
			7				
8							

ACROSS

1. Large hill
5. Used to measure
6. Warm food
7. Rule over
8. Certain

DOWN

1. Female parents
2. Care for
3. Can do
4. Feeding a baby

Answers: Across 1. Mountain 5. Ruler 6. Heat 7. Reign 8. Sure Down 1. Mothers 2. Nurture 3. Able 4. Nursing

HOURS: OPEN DAILY 9AM-3PM

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UPCOMING EVENTS
CANVAS, CORKS & CONSERVATION
JANUARY 18, 6:00PM

MILITARY DISCOUNT
\$5.00 off an Annual Family Pass

WINTER DRIVING TIPS

Minot AFB Tire Repair

Flat Tires may create the rim of the wheel to rest on the tire tread or on the ground possibly triggering in loss of control of the auto or irreparable damages to the tire. One of the most usual source for a flat tire is penetrating of the tire by a sharp object, such as a nail, allowing air escape. Depending on the size of the puncture, the tire could deflate slowly or swiftly. Which may lead to the following concerns:

- Failure of or damages to the valve stem;
- Allowing air to escape from the valve or triggering damages through intentional puncturing
- Rubbing of the tire versus the roadway, tearing the tire, or splitting up of tire and rim by collision with additional objects;
- Too much wear of the tire tread causing explosive tire failing or permitting roadway fragments to tear through it
- Some tires, particularly a slow leakage, may be fixed and re-inflated; others, particularly those from worn tread, have to be changed.

Here are some simple methods to catch tire troubles before they become pricey or unsafe. Take a good examination of each tire in a well lit atmosphere. Examine for uneven tire wear, which can easily be created by:

- Too much or insufficient air pressure
- Issues with tire alignment or tire balancing
- Troubles with the suspension
- Unequal tire wear could be an indicator that you may have to have your tires rotated

These could suggest you need brand-new tires-- soon. Driving with a flat tire, specifically at high speeds, may cause a fatal accident. These troubles have the possibility to create a blowout, causing a loss of control that may be incredibly harmful.

- Fracturing or bulging treads or sidewalls that may suggest there is wear or weak point
- Foreign items that pass through in to the tire (nails, screws, glass)
- Tread tearing away from the body of the tire

If you find any of these issues, come see us for a thorough and speedy tire repair. We'll inspect and adjust your air pressure and do an aesthetic tire check, and receive you on the road in no time at all. Call us now to book your next flat tire repair or auto repair service. Trusted Tire & Auto is proud to be your local Minot AFB auto repair center and provider of tires.



Auto Care - Valvoline Instant Oil - Tires
Minot AFB | 61 Missile Ave | 701-727-4141
Minot | 1301 20th Ave SW | 701-837-1301



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- CHECKING BELTS AND HOSES
- INSPECTING TIRE PRESSURE
- CHECKING ENTIRE UNDERCARRIAGE

\$10 off VALVOLINE OIL CHANGE

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JANUARY 2023



20 AF LEADERSHIP VISITS TEAM MINOT

Maj. Gen. Mike Lutton, commander of the 20th Air Force and Chief Master Sgt. Rudy Gamez, command chief of the 20th Air Force, visited defenders from the 91st Security Forces Group at Minot Air Force Base, North Dakota, Jan. 6, 2023. Lutton and Gamez visited Minot AFB to familiarize the new command chief with the 91st Missile Wing's mission capabilities.

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



69BS JOINS JUNIPER OAK EXERCISE

69th Bomb Squadron recently participated in Juniper Oak 23-2. Juniper Oak 23-2 is a bilateral military exercise designed to enhance interoperability between the U.S. and Israeli militaries. Forces from U.S. Central Command components and the Israeli Defense Force (IDF) participated. While this was the first iteration of Juniper Oak, it joins the long-standing "Juniper" series that the U.S. and Israel have conducted for more than 20-years.

IDF SPOKESPERSON'S OFFICE

YEAR IN REVIEW

LET'S TAKE A LOOK BACK AT MINOT AFB IN 2023! THESE PHOTOS FROM LAST YEAR ENCAPSULATED SOME OF THE STAND-OUT MOMENTS, SPECIAL EVENTS AND HARD WORK FROM OUR AIRMEN LAST YEAR.

FEBRUARY 2023



TRAINING SAVES AIRMAN'S LIFE

U.S. Air Force Staff Sgt. Nicholas Thompson, 5th Security Forces Squadron (SFS) response team leader (right), and Airman 1st Class Cedric Amoranto, 5th SFS defender, pose for a portrait at Minot Air Force Base, North Dakota. Thompson was awarded the Air And Space Achievement Medal at Minot Air Force Base, North Dakota, Feb. 10, 2023. Thompson was awarded the medal for taking heroic action that saved Amoranto's life.

U.S. AIR FORCE PHOTO

AIRMAN 1ST CLASS ALEXANDER NOTTINGHAM



791 MMXS AIRMEN PARTICIPATE IN GT 245

U.S. Airmen from the 791st Missile Maintenance Squadron (MMXS) pose for a photographer at Vandenberg Space Force Base, California. The 791st MMXS Airmen help ensure the Minute Man III meets operational standards.

COURTESY PHOTO

APRIL 2023



AFSVC ANNOUNCES WINNERS OF BEST DINING FACILITIES

5th Force Support Squadron, Minot AFB, North Dakota was awarded the 2023 Hennessy Award for the Air Force Global Strike Command Best Missile Feeding Operation.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN MICHAEL A. RICHMOND

MARCH 2023



MINOT B-52s DEPART FOR BTF 23-2

Aircrew with the 23rd Bomb Squadron board a 23rd Bomb Squadron B-52H Stratofortress before flying to Moron Air Base, Spain, where the 23rd BS will participate in Bomber Task Force (BTF) 23-2 at Minot Air Force Base, North Dakota, Feb. 23, 2023. BTF operations are U.S. Strategic Command's means of conducting Dynamic Force Employment in support of the National Defense Strategy.

U.S. AIR FORCE PHOTO | STAFF SGT. MICHAEL A. RICHMOND



WELCOME HOME BomBER BARONS

Airmen with the 5th Bomb Wing deboard a passenger jet upon return from a Bomber Task Force (BTF) mission on the flightline at Minot Air Force Base, North Dakota, March 29, 2023. The Airmen supported a BTF mission that took place primarily at Morón Air Base, Spain, over the course of five weeks.

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



GLOBAL THUNDER 23

U.S. Airmen with the 5th Security Forces Squadron patrol the flightline during Global Thunder 23 (GT23) at Minot Air Force Base, North Dakota, April 11, 2023. GT23 is an annual command and control exercise designed to train U.S. Strategic Command forces and assess joint operational readiness.

U.S. AIR FORCE PHOTO | STAFF SGT. MICHAEL A. RICHMOND

GOLDEN TICKET Winners

Jenifer Westphal
found a \$45 Golden Ticket in the Northern Sentry delivered right to her door in base housing.

Alex Buexjuahi-Silis
found his third \$45 Golden Ticket in the Northern Sentry he picked up at work! Thanks for reading Your Community Paper Alex!

Dan Matishek
found his second \$45 Golden Ticket in the Northern Sentry delivered to his work site on base.

Pick up a copy of the Northern Sentry for your chance to win!

APRIL 2023



SNOW REMOVAL EFFORTS

On Easter weekend, some members of the 91 MSFS, 5 CES, 91 MMXS and 791 MXS, as well as other teams from the 91 MW, participated in the yearly snow trenching effort in the missile field complex. Every year when the snow begins to melt, teams assemble to dig Y-shaped trenches around missile sites to prevent water damage.

MAJ. AARON TAYLOR, MMXS COMMANDER PHOTO

MAY 2023



MINOT AFB REPRESENTS AT FARGO MARATHON

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

COURTESY PHOTO



5 SFS CONDUCTS C-17 ANTI-HIJACKING EXERCISE

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

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

MAY 2023



8TH AIR FORCE LEADERSHIP VISITS MINOT AFB

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

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

JUNE 2023



AIRMEN RECEIVE RED CROSS LIFESAVING AWARDS

Zoe Wergeland Manstrom, Executive Director of the Western North Dakota Chapter of the Minnesota and Dakotas Red Cross, presents Airman 1st Class Damian Cordoba and Staff Sgt. Nicholas Thompson with the Red Cross Lifesaving Awards at Minot Air Force Base, N.D., June 12, 2023.

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



BOMBER TASK FORCE 23-3

A U.S. Air Force B-52H Stratofortress assigned to the 23rd Bomb Squadron at Minot Air Force Base, North Dakota, takes off in support of a Bomber Task Force deployment at Andersen Air Force Base, Guam, June 15, 2023.

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



NATIONAL POLICE WEEK 2023

Both U.S. Air Force 5th Security Forces Squadron & 91st Security Forces Group take a group photo, Minot Air Force Base, North Dakota, June 5, 2023. The 5th, and 91st came together to celebrate 2023 National Police Week

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



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Holiday Mountain

MOUNTAIN REPORT

Snow conditions of the groomed trails are excellent. Groomed trails are bunny hill, Ridley, Macoubrey, Groff and Turner.

10% OFF THE MILITARY TICKET PRICE WITH PROOF OF MILITARY IDENTIFICATION ON LIFT TICKETS, FOR JAN 12 AND FEB 16

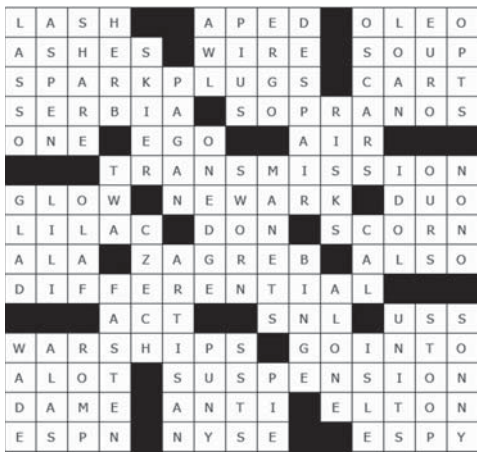
SATURDAY	9:30AM - 5:00PM
Night	7:00PM - 10:00PM
SUNDAY	9:30AM - 5:00PM
MONDAY	9:30AM - 5:00PM
TUESDAY	CLOSED
WEDNESDAY	9:30AM - 5:00PM
THURSDAY	9:30AM - 5:00PM
FRIDAY	9:30AM - 5:00PM
Night	7:00PM - 10:00PM

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CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



SUDOKU

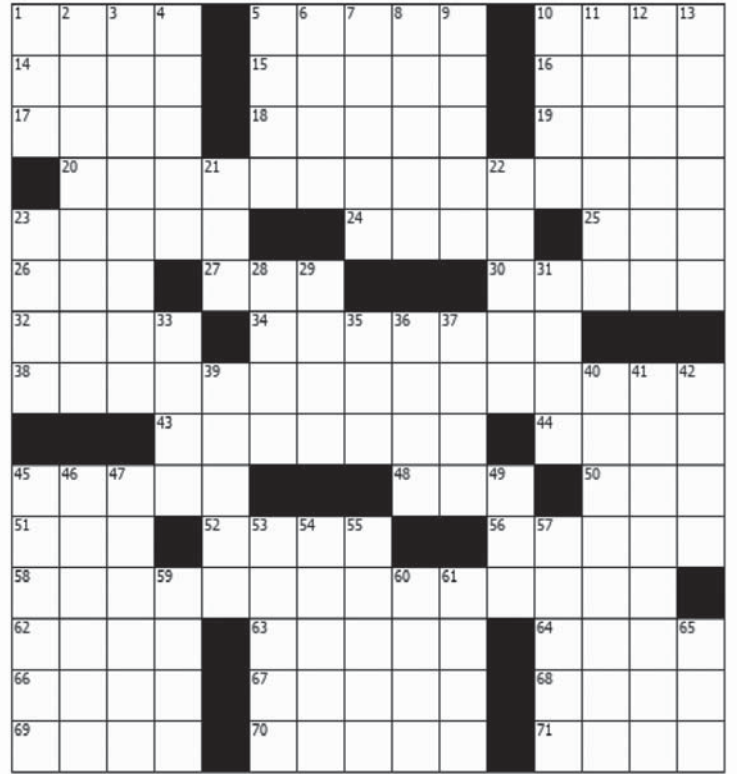
Solution to puzzle on page B9

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

CROSSWORD PUZZLE

Across

- 1. Some resistance
- 5. Beach confection
- 10. Stops wavering
- 14. Sock it to me?
- 15. In the know
- 16. Ill-gotten gains
- 17. Vapor
- 18. Gas discovered in 1898
- 19. Diarist Frank
- 20. I
- 23. "Walk Away ---" (1966 hit)
- 24. For men only
- 25. Before of yore
- 26. Toward the tail
- 27. Bloom-to-be
- 30. Catch, Western-style
- 32. What models need
- 34. "Titanic" director
- 38. I
- 43. Sensational speakers
- 44. Center's job
- 45. Impression of the fifties?
- 48. Aral or Ross
- 50. Hardly a guzzle
- 51. Fix a skirt
- 52. Multitude
- 56. "Across" word?
- 58. I
- 62. Skywalker cohort
- 63. Used the VCR
- 64. Light gas?
- 66. Romulus, to Remus
- 67. Improve text
- 68. Vera's intro?
- 69. Stocking problem
- 70. Bassoon's pair
- 71. Young 'un



Down

- 1. "They're ---!"
- 2. Common pest
- 3. Impetus
- 4. Stone monument
- 5. Street-corner call
- 6. Bowled over
- 7. Temples
- 8. Kind of runner
- 9. Gossipmonger
- 10. Norway's patron saint
- 11. Racehorses, informally
- 12. Salon products
- 13. Sound system
- 21. Shortest mo.
- 22. Frozen quarters
- 23. Precedent to riches
- 28. Home of the Bruins
- 29. Off one's rocker
- 31. "No ifs, --- or buts!"
- 33. Black, romantically
- 35. Milk delivery cry?
- 36. Muffs one
- 37. Get ready to shine?
- 39. Straight from the beginning?
- 40. In an absurd manner
- 41. Soft, lightweight muslin
- 42. "Love and Basketball" actor Omar
- 45. Uncredited writers
- 46. Like Les Brown's band
- 47. First name in aviation
- 49. It has many bills
- 53. Playful aquatic critter
- 54. "Tsk!"
- 55. Wild West shelter
- 57. Charged toward
- 59. Chinese association
- 60. Tear to pieces
- 61. Bet equalizer
- 65. Society-page word

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Protestant Sunday Community Service
1030
(Holy Communion 1st Sunday)
Children's Church during school year

Wicca, Pagan, and Neopagan Services
Open Circle
1000 on the 1st and 3rd Saturdays of every month

Northern Lights Chapel across from Rockers

Catholic Mass
Sunday 1000
Daily Monday-Thursday at 1200

St. Peter The Aleut Eastern Orthodox Church



109 6th St. SE Minot • 838-3094

Saturday, January 6
5PM, No Vespers

Sunday, January 7
10AM, Congregational Prayer Service



Break Forth Bible Church

Wednesdays 7:00pm
and Sundays 10:30am

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For More Information:
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An Evangelical Free Church

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Worship 10:30 a.m.

www.trinitychurchminot.org



Worship Service at 10:45am Sundays
Sunday School at 9:45am

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838-0916
MinotBibleFellowship.org



Vincent United Methodist Church

1024 2nd St. SE • 838-4425
Behind Town & Country Shopping Center
Come As You Are!

Sunday School 9:00 a.m.
Sunday Worship Service 10:00 a.m.
Fellowship 11:00 a.m.

Pastor Mark Ehrmantraut
www.vincentumc.com



Faith United Methodist Church

5900 Highway 83 N, Minot
www.faithumcminot.com

Pastor Ken Mund
701-838-1540

Sunday School (All Ages): 9:45 a.m.
Sunday Coffee Fellowship: 10:30 a.m.
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

All are Welcome!
www.cornerstoneminot.com

St. Mark's Lutheran Church

Missouri Synod



Sunday Divine Service
9:30 AM

Adult Bible Study and Sunday School
11:00 AM

Wednesdays Kid Connection
5:15 PM

Reverend Philip Beyersdorf
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SUNDAYS:
9:00 AM FELLOWSHIP
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



Christ Reformed Church

Worship 11:00 a.m. Sunday
234 14th Ave SE
www.christreformedchurchminot.com

St. John the Apostle Catholic Church



2600 West Central Ave • Minot, ND 58701
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.

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



First Lutheran Church - ELCA

120 5th Ave. NW
852-4853

Sunday Worship
9:30 am

www.firstlutheran.tv
(Live Stream & Recorded)
Radio Broadcast KRRZ 1390AM
Sunday 9:30 am
www.flcminot.com

Pastor Brandy Gerjets • Pastor Ellery Dykeman



Journey Church

1805 2nd St. SE
838-1111

Sunday Services
9:00 AM & 11:00 AM

Wednesday
6:30 PM

Minot Baptist Church

Sending the Glorious Light of Jesus Christ to a Dark and Needy World

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

Independent/Fundamental/KJV
500 46th Ave NE • 839-1351
Pastor David Miller



Cross Roads Baptist

Southern Baptist Convention

Sunday School (all ages) 9:45 a.m.
Sunday Worship 11 a.m. & 5:30 p.m.
Wednesdays (Prayer & Missions) ... 6:30 p.m.

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

415 28th Ave SE (Behind Menards)
838-1873



West Minot Church of God

Family Worship Center

1105 16th St. NW • 839-1407

Sunday School 9:30 a.m.
Sunday Worship 10:30 a.m.
Children's Church & Nursery
Wednesday Family Training Hour
Meal 5:30p.m.
Classes for All Ages 6:30 p.m.
Youth Center, Friday 7:00 - 11:00 p.m.
ABC Child Care Center 852-6352

westminot.com
facebook.com/westminot



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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.

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 am.
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
E-mail: gbcminot@gmail.com

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Rev. Heath Trampe
Rev. Brian Doel

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9:30am Contemporary Service
9:30am Sunday School & Adult Bible Study
11:00am Contemporary (w/ livestream)

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JULY 2023



NORTHERN EDGE 23

Departing from Andersen Air Base in Guam, this first joint flight between three Rafale, an A330 MRTT and three F-35s and a B-52H Stratofortress was an opportunity for French and American crews deployed on the Pegasus 23 mission to strengthen their interoperability.

THIERRY GERARD PHOTO / ARMÉE DE L'AIR ET DE L'ESPACE/ DÉFENSE



91 SFG AIRMAN EARNS NCO OF THE YEAR

Tech. Sgt. Jennel Edwards, 91st Security Forces Group evaluator, communicates via radio at Minot Air Force Base, North Dakota, July 14, 2023. Edwards was recognized by Air Force Global Strike Command as the NCO of the Year for 2022.

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



TEAM MINOT HOSTS USAF-WIDE EOD EXERCISE

U.S. Airmen, assigned to the 5th Civil Engineer Squadron explosive ordnance disposal (EOD) flight, perform area sweeps during a readiness exercise at Minot Air Force Base, North Dakota, July 27, 2023. The Airmen participated in Operation Frozen Peanut to test and enhance readiness.

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



OPERATION BULLY STICK

Airmen from the 91st Missile Security Forces Squadron, and the 219th Security Forces Squadron drive in a convoy to a missile silo at Minot Air Force Base, July 10, 2023. The convoy was used to protect the assets being delivered for Operation Bullystick. Operation Bullystick was an event held to test agile combat employment concepts using a Minuteman III intercontinental ballistic missile.

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

NOTES ON BEING SAFE

SLOW DOWN, AND BE CAREFUL



SSGT JOE VERGARA
5TH BOMB WING
NCOIC, OCCUPATIONAL SAFETY



Although it may seem a bit intimidating at first, it doesn't take much time for first-time winter drivers to learn to properly tackle snow-packed and icy roads in the local area. Patience is key when heading out on winter roads for the first time, many people end up in accidents each year because they drive too fast for the conditions. The following are things drivers should remember when the snow and ice starts to fall.

For maximum power when starting cars in cold temperatures, turn off all accessories, including the radio and heater, before turning the ignition key. For carbureted cars, depress the accelerator once and release it. For fuel-injected vehicles, don't touch the pedal. Turn the key and hold it for about 20 seconds. Don't over grind the starter; it can damage it. Let the engine run for at least a minute before driving. Don't accelerate too quickly for at least a mile or two.

Not all vehicles handle in winter weather conditions the same, and it's important for people to know how to handle their vehicle in demanding winter weather. It's a good idea for people to carefully practice slow-speed maneuvers on an empty snow- or ice-covered parking lot. The vehicle owner's manual also outlines handling characteristics.

Front-wheel-drive vehicles generally handle better than rear-wheel-drive vehicles on slippery roads because the engine's weight rests on the drive wheels to improve traction. The back end of rear-wheel drive vehicles, especially pick-up trucks, tends to slide from side to side when turning on icy roads. To compensate, people with rear-wheel drive should add weight in the trunk or truck bed to give the wheels more grip.

Even a little bit of ice and snow can turn a 2,000-pound car into an unguided bobsled. To avoid accidents, drivers should pay special attention when approaching intersections.

Slow down before approaching an intersection. Scan left, then right, then left

again for pedestrians and vehicles cars on cross streets. If you're having trouble stopping, they probably will too. Prepare for drivers sliding into intersections from the side, then decide if you can safely get through the intersection or stop to avoid hitting an oncoming vehicle. After stopping, press the accelerator slowly to get going again. Vehicles with manual transmissions should start in second gear to keep the wheels from spinning.

When approaching an icy hill, find a path with the best traction. Watch the cars ahead of you, and steer clear of spots where people are spinning their wheels or sliding backward. Try driving on unpacked snow; it sometimes offers better traction.

Build speed gradually while you're still on level ground. If you have shift-on-the-fly four-wheel drive, shift into it before you reach the hill. When you reach the crest, begin to decelerate slowly, shifting into a lower gear to allow engine drag versus your brakes to cut your speed.

Slow down before you enter an icy curve. Any sudden acceleration or deceleration in a turn could send you into a skid.

Controlled speed and smooth steering and braking helps prevent skids. If your wheels lose grip, gradually release the pressure from the pedal you're using. Smoothly steer in the direction you want the car to go.

People who get stuck in snow, ice or mud often do the wrong thing and stomp on the gas pedal and end up spinning their wheels and digging in deeper. To free your vehicle, try turning the steering wheel gently from side to side and use light foot pressure on the accelerator. Then rock the vehicle forward and backward while pointing the front wheels straight ahead. It's a good idea to check the owner's manual first because this procedure can damage the transmission on some cars. If you're still stuck, stay with your vehicle and make use of your winter survival kit until assistance arrives!

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JULY 2023



USAFSAM VISITS MINOT AFB TO CONTINUE CANCER STUDY

U.S. Air Force Staff Sgt. Oscar Ruiz-Camacho, 5th Operational Medical Readiness Squadron, Bioenvironmental Engineering Technician, digs a hole outside of a missile alert facility (MAF), near Minot Air Force Base, North Dakota, July 25, 2023. Ruiz-Camacho collected a soil sample at a MAFB to test for organic phosphates from pesticides.

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

AUGUST 2023



5 MDG HOSTS HEALTH FAIR

Members of the 5th Medical Group Pediatric Team, (Back Row: Lt Col Donna Eaton (5 MDG Chief Nurse), Lt Col Nicole Croley (5MDG Chief of Medical Staff), 1Lt Elizabeth Patten, TSgt Savannah Geske, Maj Julianne LeGierse, Ms. Amanda Cross Front Row: SSgt Alexandra Saint-Paul, SrA Olivia Hightower, SrA Tamia Davis, Not featured: Capt Natalie Thrasher, SrA Mariana Corio, Ms. Sylanie Schonauer) to organize the first ever Minot AFB walk-in sports physical exams on a Saturday.

COURTESY PHOTO



5AMXS COMPETES IN 2023 GLOBAL STRIKE CHALLENGE

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

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



GLOVE PROTOTYPES

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

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



54TH HELICOPTER SQUADRON GROUNDBREAKING CEREMONY

Civic leaders, government officials and senior leaders break ground at the groundbreaking ceremony for the 54th Helicopter Squadron's new facility Aug. 15, 2023 at Minot Air Force Base, North Dakota. The new facility will house the incoming MH-139 Grey Wolf which will replace the UH-1N Iroquois.

U.S. AIR FORCE PHOTO SENIOR AIRMAN EVAN LICHTENHAN

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AUGUST 2023



91 MSFS BRINGS THE THUNDER

Airman 1st Class Jermalie Rosario, 91st Missile Security Forces Squadron defender, fires 40mm high explosive rounds from an M320 Grenade Launcher Module (GLM) during Operation Frontier Thunder at Camp Guernsey, Wyoming, Aug. 29, 2023. The M320 GLM allows defenders to engage armored and soft targets at a range of up to 400 meters.

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

SEPTEMBER 2023



AIRMEN PLACE FLAGS IN REMEMBRANCE OF THOSE LOST TO SUICIDE

U.S. Air Force Staff Sgt. Alberto Villa, 91st Security Forces Group, evaluator, plants a flag at Minot Air Force Base, North Dakota, Sept. 6, 2023. More than 62 Airmen volunteered for the third annual flag planting event for Suicide Prevention Month.

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

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Upcoming Events

8 JAN

SIBSHOPS WITH PRAIRIE GRIT

6:00-7:00PM

Inside the YMCA
3515 16th St SW, Minot

Join us for a fun-filled day at Sibshops with Prairie Grit! This in-person event will be held at the Minot Family YMCA. Sibshops is a unique opportunity for siblings of individuals with special needs to connect, share experiences, and have a blast together. Our team at Prairie Grit has planned an exciting evening packed with games, activities, and chances to make new friends. Don't miss out on this fantastic event exclusively for siblings. Pizza will be provided by Papa John's. Register now and get ready for an evening of laughter, bonding, and unforgettable memories. See you there!
Sponsors: Qdoba and Papa John's



For more information:
Facebook / Prairie Grit Adaptive Sports / Events

10 JAN

MINOT FUN ZONE

9:00 AM

Minot Auditorium-Old Armory (east side of the building) - 420 3rd Ave SW

The Minot Fun Zone is being provided free of charge to all area residents through the Minot Park District. The bouncy castles are provided in partnership with the Minot Area Community Foundation. Tuesdays, Wednesdays, and Thursdays from 9:00am-Noon starting on November 28, 2023 and going through March 28, 2024 (** There will be a two week break for the Christmas holiday. The Fun Zone will be closed from Tuesday, December 19-Thursdays, December 28, 2023. We will resume on Tuesday, January 2, 2024.)



For more information:
Facebook / Minot Parks / Events

10 JAN

START IN ART AT THE TAUBE (WEDNESDAY SESSION)

9:00 AM - 12:00 NOON

Taube Museum of Art
2 Main Street North, Minot

Kids will be read a fun story by one of our teachers and get to create multiple related hands on art projects. The second session each month children will be visited by a mystery animal from the Roosevelt Park Zoo! Then, they will make art based around the animal. Open to ages 9 Months - 5 years old. Parent Participation required. There are 16 sessions in total. Program Fees: Members - \$100 | Nonmembers - \$120. Drop in rate - \$10.00 per class. Drop in rates can be paid at the door, but please call ahead and let us know you're coming!
January: 10th -Story with art project, 24th -Zoo animal visit with art project



For more information:
Facebook / Taube Museum of Art / Events

13 JAN

MPL CHILDREN'S LIBRARY GRAND REOPENING

1:00-3:30PM

Minot Public Library
516 2nd Ave SW, Minot, ND 58701, USA

The Minot Public Library wishes to invite all community members, big and small, to our Grand Re-Opening Party on Saturday, January 13, 2024. The party will begin at 1:00 pm with a ribbon-cutting ceremony, speeches, and the rollout of our new reading challenge "1,000 Books Before Kindergarten." Followed by a dance party for kids, story times throughout the event, and games. The party will come to a close at 3:00 pm. For more information, please contact Children's Librarian Randi Monley at 701-852-1045 or email at randi.monley@minotnd.gov.



For more information:
Facebook / Minot Public Library / Events

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SEPTEMBER 2023



NEW DEPUTY COMMANDERS AT MINOT AFB

U.S. Air Force Col. Benjamin Jensen, 5th Bomb Wing deputy commander (left), and U.S. Air Force Col. George L. Chapman, 91st Missile Wing deputy commander, pose for a photo next to their respective wing's shield at Minot Air Force Base, North Dakota, Sept. 11, 2023. Jensen and Chapman are Minot Air Force Base's newest deputy commanders.

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

OCTOBER 2023



OPERATION TUNDRA SWAN

5th Munitions Squadron Airmen load a Joint Air-to-Surface Standoff Missile during Operation Tundra Swan at Minot Air Force Base, North Dakota, Oct. 4, 2023. The JASSM is an armed, low-observable cruise missile with autonomous guidance, automatic target recognition, precision accuracy and a J-1000 warhead.

U.S. AIR FORCE PHOTO AIRMAN 1ST CLASS ALYSSA BANKSTON



PRAIRIE VIGILANCE 23-1

Defenders with the 5th Security Forces Squadron converse outside of their vehicles during Exercise Prairie Vigilance 24-1 at Minot Air Force Base, North Dakota, Oct. 23, 2023. Prairie Vigilance develops Airmen and aircrew, steadily increasing their skillset and improving mission readiness.

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

NOVEMBER 2023



TEAM MINOT WINS BARKSDALE TROPHY

Minot and Minot Air Force Base representatives with the Barksdale Trophy. The connection between Minot Air Force Base and the Minot community was recognized with the Barksdale Award from Air Force Global Strike Command (AFGSC)! After months of competition across the command, AFGSC honored the "Best of the Best" during the November 8 scoreposting event.

MINOT AREA CHAMBER EDC PHOTO



MYERS MARKET OPEN FOR BUSINESS

U.S. Air Force Col. Daniel Hoadley, 5th Bomb Wing commander (right), and U.S. Air Force Col. Kenneth McGhee, 91st Missile Wing commander cut the ribbon at the grand opening of Myers Market at Minot Air Force Base, North Dakota, Nov. 15, 2023.

U.S. AIR FORCE PHOTO AIRMAN 1ST CLASS LUIS GOMEZ

Home of ECONOMY

CITRUS SALMON

INGREDIENTS

- 2 TABLESPOON BUTTER, SOFTENED
- 1/2 TEASPOON LEMON ZEST
- 1 TEASPOON LEMON JUICE
- 2 TEASPOON FRESH CHOPPED DILL
- 1/2 TEASPOON SALT
- TO TASTE BLACK PEPPER
- 4 (8 OZ) SALMON FILLETS, SKIN ON
- 1 LEMON, THINLY SLICED

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

Meanwhile mix together the softened butter, lemon zest, lemon juice, dill, salt and pepper.

Generously slather the top of the salmon fillets with the lemon-dill butter and top with a slice of lemon.

Place the salmon fillets on the hot grill grate, skin-side facing down. Cook for 15 to 20 minutes, for a medium-rare salmon, or until the salmon is done to your liking.

Garnish with fresh dill. Enjoy!

(Recipe can also be baked)

Ryan Davy - GM
Minot

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OUTDOOR

REPORT



by Patricia Stockdill

Fishing:

Lake Sakakawea elevation, Jan. 2: 1,838.82 feet above mean sea level (MSL); 16,000 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.23 feet above mean sea level (MSL). Stump Lake elevation: 1,449.16 MSL.

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

•Devils Lake, Ed's Bait Shop, Devils Lake: Stink Lake west of Devils Lake producing good perch numbers with small walleye mixed in. Lots of activity around Hay Bale in east Devils Lake. Be cautious on the ice yet, however.

•Devils Lake, Woodland Resort, Devils Lake: Increasing activity on Devils Lake but still use caution regardless of where an angler is on the lake with most people walking or using ATVs for access. Overall walleye activity is good with nice perch success. Try the northern part of Creel Bay for a mix of walleye and perch.

•Lake Darling, Karma C-Store, Ruthville: Use caution on Lake Audubon but anglers finding some walleye success with better activity in the morning and evening. No reports from Grano and Lake Darling.

•Lake Metigoshe, Four Seasons, Bottineau: Increasing activity with some nice walleye success and improving bluegill numbers. Look for pike spearing activity as well.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Increasing activity on Lake Audubon but use caution with variable ice depths and conditions. Continued walleye success but it's spottier and less consistent. Some walleye success from boats in the Missouri River

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

- Roosevelt Park Zoo winter hours: 9 a.m. to 3 p.m. daily.
- 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.
- Jan. 5: Prairie Grit & Open Curling, Minot Curling Club, 6 p.m.
- Jan. 7, 2024: Grouse, partridge, pheasant, turkey, and archery deer seasons close.
- Jan. 20: Berthold Sportsmen annual banquet & auction, Sportsmen Club Building, Main St., Berthold, 5 p.m.

TOURNAMENTS:

- Jan. 13: Lake Darling; Lake Sakakawea, Lewis & Clark State Park; Devils Lake.
- Jan. 20: Lake Sakakawea, Tobacco Garden.

tailrace.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Lake Audubon is hit-and-miss for walleye but more anglers are out on the lake. Beware of multiple pressure ridges and extremely variable ice conditions in many locations.

•Lake Sakakawea, New Town: Poor ice preventing ice-fishing activity in the Van Hook Arm with best walleye success farther up river towards Williston.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace wing walls continue producing walleye with some ling now showing up. Look for slow to fair success from boats.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Continued fair walleye success on the upper end of Lake Sakakawea with improving activity around Red Mike's, Hofflund Island and Brubaker's. Activity slowed a little around Lewis and Clark State Park. Trenton Lake remains fair for a mix of crappie, walleye and pike.

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

•North-central/central N.D.

lakes, Towner Hdwe. Hank, Towner: Buffalo Lodge Lake producing some nice walleye. Some walleye and white bass activity on Devils Lake.

Downhill ski report (conditions can change; contact the facility for recent updates):

•Big Sky Resort, Big Sky, Mont.: 18-inch base with 102 runs open.

•Bottineau Winter Park, Bottineau: 12- to 24-inch base with Bunny and Pony hills open and 2 trails. 2 Magic Carpets and T-bar, and tubing park open.

•Frostfire Ski Area, Walthalla: Open for skiing and snowboarding. Contact (701) 549-3600 for more information.

•Huff Hills Ski Area, Mandan: Contact (701) 663-6421 for updates on snow conditions and snowmaking.

•Terry Peak, Leads, S.D.: 14- to 24-inch base. 8 trails and 4 lifts open.

Numbers to know:

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

•Report All Poachers: (701) 328-9921.

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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 or call office phone: 701-727-9007.

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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

★ Hotel ★
REVEL *Weddings for Warriors*

Revel Hotel, a newly renovated hotel next to Dakota Mall, will be giving away use of the Pilot's Bar and adjoining banquet space at its venue to Airmen.

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

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

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

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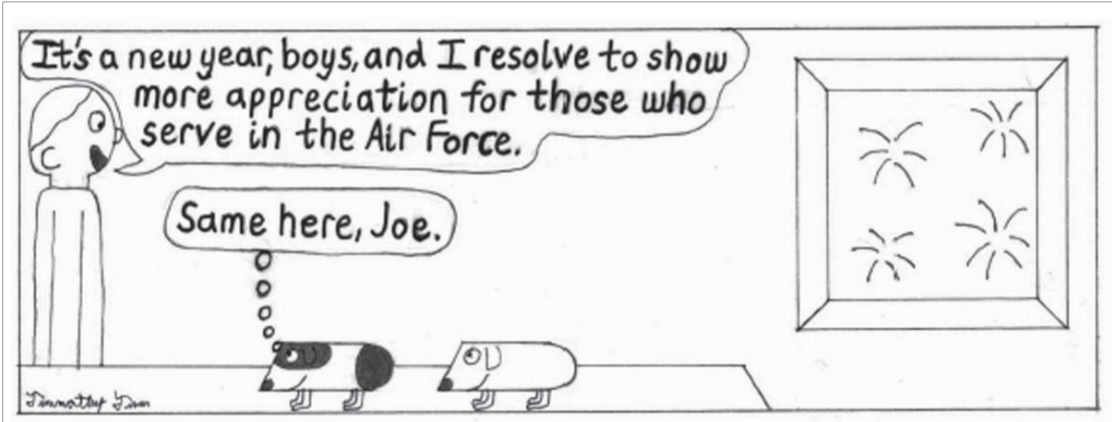
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TIMOTHY TIMM

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

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 2024 WEEKLY SCHEDULE- <https://volunteersignup.org/FHLLR>
POC: SSgt Kristal A. Cruz Leon
723-4633 kristal.cruz_leon@us.af.mil

Meals on Wheels Volunteers

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

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

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

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

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.gocivilairpatrol.com> or contact the POC below.
Meeting location: AvFlight, Minot Airport, 2400 N. Broadway Suite E, 1830-2030 every Thursday
POC: 1st Lt Jon McLemore, CAP, Jonathan.mclemore@ndcap.us
701-720-6410 | <https://nd021.cap.go>



DECEMBER 2023



SANTA TAKES FLIGHT WITH 54HS

Santa Claus waves to families as he flies in a UH-1N Iroquois at Minot Air Force Base, North Dakota on December 10, 2023. Every year Claus and his elf crew greet the children of Minot Air Force Base and Minot, N.D. from the sky.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS LUIS GOMEZ



MINOT AFB EXECUTES SURGE WEEK

Airmen assigned to the 5th Aircraft Maintenance Squadron prepare a B-52H Stratofortress for SURGE Week on the flight line at Minot Air Force Base, North Dakota, Dec. 13, 2023. SURGE Week benefits Airmen by providing a training opportunity to learn and showcase mission strengths.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS ALYSSA BANKSTON

A LOOK BACK THIS WEEK IN USAF HISTORY

B-52 STRATOFORTRESS FROM MINOT AFB PERFORMS RECORD-BREAKING OPERATION "PERSIAN RUG" JANUARY 11, 1962



On January 11, 1962, an eight man crew from Minot Air Force Base's 4136th Strategic Wing flew a record-breaking flight from Kadena Airbase, Japan to Torrejon Air Base, Spain. The flight, which was nicknamed Operation Persian Rug, broke several non-stop distance and speed records, some of which are still active. The B-52H Stratofortress and crew completed a nearly 22 hour non-refueled flight that spanned about 12,500 miles across the globe. It traveled at approximately 604

Col. Clyde P. Evely with the crew of the record-setting B-52 from Minot AFB, ND. (USAF Photo)

miles per hour. This historic flight, which took place nearly a year after the B-52 Model H was first unveiled, demonstrated the continual power and mission-ready capabilities of the bomber. The crew received awards for their accomplishment and were invited to Washington D.C. to be personally congratulated by President John F. Kennedy.

Information courtesy of: Minot, North Dakota and Area History by Bruce Anderson / thisdayinaviation.com / defencetalk.com

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ANCIENT FISHING

Patricia Stockdill

Darkhouse spearing for northern pike and nongame fish may be a uniquely northern winter activity, but for many decades that didn't include North Dakota.

While popular in states such as Minnesota and Wisconsin, it wasn't done in North Dakota until enough winter angling enthusiasts encouraged the state legislature to legalize it back at the turn of a new century in 2001.

In what might be the most ancient form of winter fishing – a spear – essentially darkhouse spearing involves a windowless enclosure with anglers using a large spear to catch a fish through an even larger hole cut in the ice. We're talking a very large hole – about two to three feet wide – so it's big enough to get a pike out.

Gear is pretty basic – a spear, ice auger, ice saw to cut the ice, fish decoys or any legal live bait, and big ice tongs to help remove those cut out ice chunks. Use the auger to drill several holes, and then the ice saw to cut it into manageable chunks to remove them from the water. It helps to saw inward to provide a better view of fish as they swim into view.

The enclosure is dark so it's easier to see underwater while patiently studying the scene beneath the ice.

Just as duck or goose decoys can be elaborate or simple when waterfowl hunting so, too, can fish decoys. For some anglers, making their wooden decoys is an art unto itself. Or it could be something basic like a wooden stick.

Clear water is essential when darkhouse spearing, which can vary from lake to lake and even from year to year on a particular lake. It needs to be clear enough at least a few feet down to see the decoy and clearly identify a pike.

Another key component to darkhouse spearing is patience. Think of it much like archery hunting where a hunter must have an understanding of their quarry, knowledge to put themselves in the right location, and patience to wait for the moment when the quarry arrives on the scene and within close range.

And then they have to control their adrenaline in order to make the right move for success.

It's like archery in another way, as well: Just as a hunter can quietly observe the natural world around

them, other wildlife, and the sounds of the outdoors, a darkhouse spearer can quietly observe the underwater life that open water anglers don't see: Things like small prey fish, aquatic vegetation slowly waving back and forth, and antics of fish of all types as they encounter a decoy.

Fewer than 30 lakes opened to darkhouse spearing when it was legalized. Nowadays, though, only 10 lakes with muskie, a species similar in appearance to northern pike, along with the McClusky Canal are closed. Those lakes are listed in the current fishing guide.

Anyone with a valid North Dakota fishing license can darkhouse spearfish but they need to register – it's free – on the N.D. Game and Fish Department website, (gf.nd.gov).

Some other basic rules: The same daily and possession pike limits apply for both spearing and traditional hook-and-line fishing. In addition, possessing a spear while darkhouse spearfishing is considered a hook-and-line. The spear has to be manually powered with a spear head no more than 12 inches wide with barbed points.

Only pike and nongame fish are legal and speared fish can't be released.

The exception is walleye can be taken from the Missouri River and Lake Sakakawea up to the first tributary bridges and the Stump Lake-Devils Lake system south of U.S. Highway 2.

While safety is paramount with any type of ice fishing, the large hole heightens the need for safety awareness. Anyone spearing should be tethered with a strong, unbreakable rope to something so they can pull themselves out if they fall into the water. The rope should be longer than the water depth, as well.

And, as with any outdoor adventure, provide someone with your location and anticipated departure time.

Holes must be marked when leaving a darkhouse spearing hole. Markers have to a natural object, such as wooden stick or branches and visible from at least 150 feet away so that others on the ice can see there is potential for thin ice or open water from the large hole.



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WHAT'S GOING ON MAFB

FRIDAY 05

- Biggest Loser Competition – Initial Weigh-Ins, 0500-2100, McAdoo Fitness Center
- JCM – 5 Levels of Leadership, 0800-1600, Professional Development Center
- Health & Fitness Expo, 0800-1600, McAdoo Fitness Center
- Club Membership Luau, 1600-2100, Jimmy Doolittle Center
- Friday Night Mixed League, 1800, Rough Rider Bowling Center

SATURDAY 06

- Winter STEAM Challenges, 1000, Minot AFB Library Facebook Page
- R4R Free Bowling, 1700-2100, Rough Rider Bowling Center

SUNDAY 07

- Zumba, 1400, McAdoo Fitness Center

MONDAY 08

- Moving Out of the Dorms Budget Class, 0900-1100, M&FRC
- Reintegration Briefing, 1000, M&FRC, Zoom Meeting
- Palace Chase/Front Briefing, 1400, Professional Development Center
- Zumba Strong Nation, 1730, McAdoo Fitness Center
- Craft Club, 1800, Minot AFB Library
- Yoga, 1830, McAdoo Fitness Center

TUESDAY 09

- Informed Decision Seminar, 0800-1200, Professional Development Center
- Boots to Business, 0830-1630, M&FRC
- Game Day, 1000-1930, Minot AFB Library
- Family Bootcamp, 1000, Turf hosted by McAdoo Fitness Center
- DIY Art Resin Charcuterie Board Class, 1730-1930, Arts & Crafts Center
- Zumba, 1800, McAdoo Fitness Center

WEDNESDAY 10

- Boots to Business, 0830-1630, 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
- Intramural Basketball Starts, 1715, McAdoo Fitness Center
- Acrylic Paint Pouring, 1730-1930, Arts & Crafts Center
- Zumba, 1730, McAdoo Fitness Center

THURSDAY 11

- Pre-Separation Counseling, 0830-1130, M&FRC
- Family Bootcamp, 1000, Turf hosted by McAdoo Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Retraining 101, 1130-1300, Professional Development Center
- Yoga, 1700, McAdoo Fitness Center
- Paint & Sip, 1730-1930, Arts & Crafts Center
- Extramural Bowling, 1730, Rough Rider Bowling Center
- Zumba, 1800, McAdoo Fitness Center

FRIDAY 12

- AFGSC Family Day
- For a full listing of Martin Luther King Jr. Day holiday facility hours, visit 5thforcesupport.com
- Zumba Strong Nation, 1730, McAdoo Fitness Center
- Friday Night Mixed League, 1800, Rough Rider Bowling Center

SATURDAY 13

- For a full listing of Martin Luther King Jr. Day holiday facility hours, visit 5thforcesupport.com
- Winter STEAM Challenges, 1000, Minot AFB Library Facebook Page
- Zumba, 1100, McAdoo Fitness Center
- Minecraft Party, 1300, Minot AFB Library
- R4R Free Bowling, 1700-2100, Rough Rider Bowling Center
- 9 Pin No Tap Tournament, 1800-2100, Rough Rider Bowling Center

JAN SPECIALS

Bomber Bistro Featured Item
Veggie Cauliflower Pizza
 Fresh veggies over melted cheese, on a cauliflower crust – a healthy alternative to a delicious classic.

The B-Fifty Brew Featured Item
Sugar Free Red Bull Burners
 Enjoy a delicious caffeine boost from sugar free Red Bull, your choice of flavor, and lemonade or club soda.

Rockers Bar & Grill Featured Item
Beef Bites
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