

northern sentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 62 • ISSUE 10 | MINOT AIR FORCE BASE | FRIDAY, MARCH 8, 2024

WHATS INSIDE THIS WEEK:



91ST MW ANNUAL AWARDS

A2



PREPARING AIRMEN FOR LEADERSHIP SUCCESS

A7



BEST OF AWARDS: VOTE NOW!

B7



While her Dad snapped this adorable winning photo, Samantha Oki Ni enjoyed a day out in the snow back in December 2023. See page B2 for more on the Northern Sentry's Wintery Photo Contest!

MING NI PHOTO



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91 MW ANNUAL AWARDS 2024

U.S. AIR FORCE PHOTOS | MINOT AFB PA



Airman of the Year
SrA Nicholas Grimsley



Noncommissioned Officer of the Year
TSgt Jeniffer Turner



Senior Noncommissioned Officer of the Year
MSgt Douglas Spangler
Accepted by Maj Olson



91st Missile Wing Commander Colonel Kenneth McGhee (L) and Chief Master Sergeant Ernest Crider, Command Chief Master Sergeant (R) pose with the 91 MW Annual Award Winners.



Company Grade Officer of the Year
Capt Hunter Pace



Field Grade Officer of the Year
Maj Anthony Ferrelli



Professional Team of the Year
91 OSS Codes Flight



Key Spouse of the Year
Mrs. Jennifer Black
(pictured with Mrs. McCarty, Mrs. Baum, and Mrs. Schlabach)



Volunteer of the Year
SSgt Richard Arias
Accepted by MSgt Edwards



First Sergeant of the Year
MSgt Earnest Franks

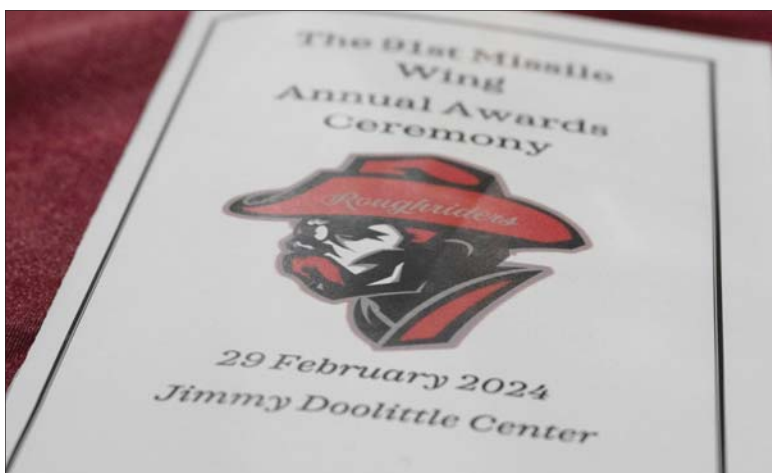


Civilian Category I of the Year
Ms. Tawana Hixon



Civilian Category II of the Year
Mr. Tylon Ellis
Accepted by Lt Col daMota

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WOMEN'S HISTORY MONTH



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Exciting Times Ahead

Yeah, I know, just when we think we've escaped winter's fury, seven inches of snow with below zero temps. The snow shovels and snow broom were just about put away for the winter. I had a hunch there was going to be at least one more "snow event" as the weather guy called it on Sunday night, so they were handy as we headed out the door this morning to find our driveway and sidewalks. There was good news, we had plenty of room for the pending piles of snow. Normally this time of year we can barely clear the snowbanks from the 2-3 feet of snow that has accumulated. Even if we get the extra 1-3 inches of snow predicted for this week, the warm temperatures will soon make winter melt away...

YOU'VE GOT TIME

There are years when Bottineau Winter Park has almost a perfect year. I don't know, but I think 2024 will go down as not perfect for snow conditions, but pretty close. They have a 28 inch base and were just the recipients of another eight inches over the weekend. With all that snow, and warmer temps predicted, there's still time for a skiing, snowboarding or tubing trip to BWP. General Manager Daniel Fett appreciates the traffic that the Minot Air Force Base creates,

91ST MW ANNUAL AWARDS

The Northern Sentry would like to congratulate all of those who received awards at the annual award ceremony last week. Minot Air Force Base Public Affairs took photos, and we have them in the Northern Sentry this week. Only the Best come North, and these award winners are the best of the best. Again, congratulations.



**UPSIDE DOWN
 UNDER**
 MARVIN BAKER

Do you remember the TV show The Incredible Hulk? It was a weekly series about a muscle-bound guy who would suddenly completely change into some sort of a green monster.

As the narrative stated in the show, a strange metamorphosis occurs that transforms this man into the incredible hulk. It seems weeds are like that.

This past week I was cleaning the greenhouse to get it ready for the spring season and discovered some interesting finds, that quite frankly, I can't believe are possible.

To fully explain this, I have to first provide some background.

We are completely done in the greenhouse by the end of May, so it's largely left alone other than completely closing it up in July and August to essentially sterilize it and push out insects and vermin.

That's done totally by design and I often make light of the fact that on a hot, sunny day in July or August, the temperature has reached 165 degrees Fahrenheit. That's hot enough to fry a hamburger.

But weeds will survive in that environment. How is that even possible?

As I mentioned, we're done at the end of May, so from that point forward, there is no longer water in

AS I SEE IT

I don't know if it is just by accident or purpose, but the past two weeks I have had a number of people comment on my weekly article in the Northern Sentry. Most of them seem to appreciate the information I pass on about community events and activities. Of course, I live in Minot, and one would think that I would communicate a majority of the information on events and destinations of note. But that isn't always the case. Someone will tell me about an event that happened over the weekend that was not on my radar. One of those events is the Martini Masquerade hosted by Companions for Children. I have never attended the event, but I plan to this year. Want to know more? Go to their website, companionsforchildren.org, and click the Fundraisers tab.

More of an outdoors type of person. There are very few places in North Dakota that plan outdoor activities better than Fort Stevenson State Park. Their Maple Sugar day is an absolute "gotta see to appreciate" event. For more



Horse drawn carriage rides from 11 AM to 3 PM
 FORT STEVENSON STATE PARK PHOTO

**northern
 sentry**

**A VIEW FROM
 OUR SIDE**
 ROD WILSON



information on Maple Sugaring Day and other events at Fort Stevenson, go to <https://capture.dropbox.com/eVYjU7MbKiUzE0C3>. It's a link to the Fort Stevenson newsletter. Note that Military Appreciation Day is June 1st at Fort Stevenson.

WANDERING THOUGHTS

This is one of those stories that you maybe don't like to tell, but you have to chuckle a bit...This morning on my way to a breakfast appointment I was pleasantly surprised that the Highway 83 Bypass was cleared of snow. I had been on that same stretch of road on Sunday, and it was difficult to see, and the road was covered with snow. Looking ahead I could see a ND DOT (North Dakota Department of Transportation) plow and thought, I'll wave to him,

so he sees how much we appreciate his good work.

As I got closer, I could sense that not all was right. Soon, I was able to see what the problem was. The snowplow, all 10 wheels of it, was stuck. As we used to say on the farm "Up to the axles in trouble". I remember when I used to get a truck, or tractor, stuck on the farm, the one thing I didn't want was for the neighbors to know. I am sure that is the way the ND DOT snowplow driver felt.

But, those snowplows are out in absolutely the worst conditions. They help hundreds of stranded motorists. So I figure it was just one of those days. The day can only get better, right.

BEST KEPT SECRETS

Cookies for You in downtown Minot has started a Soup Flight lunch on Mondays and Tuesdays. Casey and the gang cook up four different soups, and with the Soup Flight you can choose three of the four, along with some bread for dipping into your bowls of soup. So far, Casey tells me, they have determined that after eating three bowls of soup, with the bread, customers are leaving "full". So if you are looking for a "Souper" lunch. Head to Cookies for You in downtown Minot.

TODAY'S CHUCKLE

A parent's job is to raise a child and then send them off into the world to live their own life. Ideally before the kid reaches the age of 45.

How is this possible?...

the greenhouse so everything dries up completely. But the weeds keep growing.

Having been a gardener the past 19 years, I understand that weeds can have a deep root system, so they can draw moisture from much deeper in the soil than say an onion or a tomato plant.

But the plants themselves seem to not only grow, but thrive in some cases. Field bindweed, affectionately known as creeping jenny, is a good example.

How can it survive 165 degrees? I've stepped into the greenhouse at that temperature just to experience it and I have to tell you that it hurts just to breath. And I've never been in there longer than 20 seconds.

So you can imagine how that would drive mice out and when you look on the empty shelves, there are dead flies all over the place because they perish in the intense heat. Nor

can spiders, mold or other fungus overcome that obstacle.

Twenty seconds isn't long, and it's unbearable to the human body. Those weeds are sitting there in the same position the entire day. Anything else would most likely bake before your eyes.

These weeds are super resistant to this heat and dry condition. It just baffles me that they can overcome this and I was reminded of that again last week when I cleaned all the dead weeds out of the greenhouse.

It's a good thing they can't survive the winter and finally die off. But again, in many of those cases, they will survive down to 28 and sometimes 25 degrees. It's just bizarre.

On Aug. 16, 2021, we reached 106 degrees outside and yes, it was 165 in the greenhouse. The reason I remember it so well is because I had to pick produce that day for the CSA.

The most striking thing I recall about that day was watching a 280-foot row of bell peppers just wilt before my eyes. And those peppers were in the open air.

Yet, some of the weeds inside the greenhouse didn't flinch, while I could see some wilting in others, depending on the leaf structure.

Are there any plant scientists who can explain how weeds are able to flourish in an environment that is considerably harsher than Death Valley? Are there any explanations other than the deeper root system?

I'd like to know because I didn't think there were too many things that would surprise me at my age. But this one is completely baffling.

I should also point out that the entire floor in that greenhouse is black to absorb the heat from the sun in the early spring. That makes ground level just as intense.

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SLICE OF LIFE
KIM FUNDINGSLAND

Dogsitting Riley

I held the door open, waiting for me to give her the okay. Outside she went.

Good, I thought, though not 100% convinced as to Riley's intentions or her further compliance with my gentle requests. So, in slippers, sleep pants, and a tee shirt I went outside to block the opening to the backyard to ensure Riley would return to the house.

It was winter. Far too cold for slippers and such but, shivering as I was, I knew this was a teaching moment that would greatly enhance Riley's training. About the same time that thought entered my mind Riley bolted past me about 100 miles per hour. I slipped on packed snow trying to grab her collar and she disappeared up the driveway and into the night.

Of course, thinking she would listen to me, shivering and shaking from the cold as I was, I went to the front of the house in time to see Riley running beneath the streetlight at the end of the block. I called to her in a voice I thought loud enough for her to hear but not wake the neighbors. Riley never broke stride. Uh-oh.

I went back inside, grabbed a coat, gloves, flashlight, dog treats, and keys to my vehicle. Off I went in pursuit of Riley. My shivering from the cold was replaced by the shaking of nervousness. You see, Riley was the prized dog of its owner and a loving favorite of three children and getting her back was imperative.

You can understand my predicament. There I was, driving slowly through the neighborhood in the dark of night, shining a flashlight in people's yards hoping to catch a reflection off Riley's eyes. A few lights came on inside homes. I suspected the arrival of a police cruiser at any moment.

I got my first glimpse of Riley

about 20 minutes into my unscheduled nighttime adventure. She was crossing a roadway about a half block in front of me. Thankful there was no traffic at that early morning hour, I stopped in the street and called Riley's name. She turned and came right to me. Perfect!

Having cleverly opened the back door to my vehicle when I stopped, Riley jumped right in. Wonderful! Not quite. She jumped out again before I could close the door. Worse, I took a very nasty fall on an icy roadway trying to stop her.

Undaunted, and ignoring my new bruises, I renewed my mission. This time however, Riley proved to be difficult to find. Minutes passed. Then an hour. This was horrible. I kept prowling the neighborhood but was fast losing any hope of finding that dog and dreading making a phone call to Riley's owner.

At about 5:15 a.m., finally, I had a Riley sighting. She was happy to see me too. I produced a dog treat and she responded to my calling her name. As she reached for the treat in my hand I reached for her collar with my other hand. Unfortunately, I fell on the ice again. This time it was difficult to get up. Fearing a fractured kneecap, I could barely drive home. I was done.

I made that early morning phone call to tell the owner that I'd lost a member of his family that was in my care. Perhaps, I said, Riley would backtrack and show up once again. It was all I had in the way of an encouraging word in an ugly situation.

"I'm not going to wake the kids," he said. "I'll tell them when they get up. They're tired from swimming in the hotel pool."

It was then that the motion-activated light at my back door came on.



KIM FUNDINGSLAND PHOTO

"Hang on," I told him. "Riley may have just shown up."

Darned if she didn't. I opened the door and Riley came right in as if nothing ever happened. I was bruised, battered, sleepless, and ecstatic. Her owner was delighted with the news. Riley just sat staring

at the counter where I keep the jar of dog treats.

Since then, dogsitting for Riley has gotten much, much better. She's about three years old now and, although she has got into a few minor things, she's very well behaved. However, my trust only goes so far. Riley taught me that.

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



U.S. Air Force Col. Daniel Hoadley, 5th Bomb Wing commander, drops the ceremonial first puck before the Military Appreciation Day hockey game at Maysa Arena, Minot, North Dakota, Feb. 17, 2024. The ceremonial first puck is a longstanding tradition in ice hockey, which involves a guest of honor dropping a puck to commemorate the beginning of the game.



Kolby Matthews, Simon Fraser University Red Leafs goaltender, defends his team's goal during the Military Appreciation Day hockey game at Maysa Arena, Minot, North Dakota, Feb. 17, 2024. Matthews had to quickly anticipate shot attempts and effectively position himself to prevent the opposing team from scoring.



An on-ice official prepares to drop a puck for a face-off during the Military Appreciation Day hockey game at Maysa Arena, Minot, North Dakota, Feb. 17, 2024. The on-ice officials were responsible for conducting face-offs to restart play after a stoppage of the game.

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A LOOK BACK

THIS WEEK IN USAF HISTORY

FIRST FLIGHT OF SIKORSKY HH-53B HELICOPTER
MARCH 15, 1967

On March 15, 1967, the "Super Jolly Green Giant," or the Sikorsky HH-53B helicopter, made its initial flight. At the time, the HH-53B was the largest, most powerful, and the fastest helicopter in the United States Air Force. The maiden flight of 66-14428 took place in Stratford, Connecticut and was piloted by James R. Wright and Patrick A. Guinn. The helicopters were then sent to the 37th Air Rescue and Recovery Squadron at Eglin Air Force Base, Florida and Vietnam to perform combat search and rescue missions, as well as special operations. The aircraft were key participants in the Son Tay Raid, where joint military forces flew a covert night mission to a POW camp in Vietnam to rescue American prisoners. By 1988, the HH-53s were modified to a new special operations configuration. In 2007, 66-14428 was retired to The Boneyard in Tucson, Arizona, and all of the models were withdrawn by September of 2008.

Information courtesy of: thisdayinaviation.com / history.net

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Members of Team Minot attending the First Sergeant Symposium pose for a group photo at Minot Air Force Base, North Dakota, Feb. 22, 2024. During the event guest speakers delved into various topics crucial for effective leadership such as emphasizing the importance of emotional intelligence, counseling techniques, and addressing tough issues.

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

Preparing Airmen for Leadership Success: Minot AFB Hosts First Sergeant Symposium

AIRMAN 1ST CLASS LUIS GOMEZ, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.

A First Sergeant Symposium was held at Minot AFB from Feb. 21-23. The symposium served as a platform for Non-Commissioned Officers and Senior Non-Commissioned Officers to acquire essential tools and resources necessary to step into the role of a first sergeant when called upon.

U.S. Air Force Master Sgt. Sarah Bordges, 5th Security Forces Squadron first sergeant, helped coordinate the event. She highlighted the symposium's role in preparing aspiring first sergeants for the transition into leadership roles.

"It's getting tech sergeants and master sergeants prepared for if they want to put on the diamond," said Bordges. "We're changing their thinking from being a standard supervisor or section chief, to having that first sergeant mindset."

During the event, guest speakers delved into various topics crucial for

effective leadership, while focusing on the importance of emotional intelligence and counseling techniques.

Bordges emphasized the symposium's practical approach, which allowed attendees to apply their newfound knowledge and tools to devise effective solutions.

"One of the things that we do in class are counseling sessions," said Bordges. "We'll have a real-world situation that we bring up on the screen. The participants have to go through everything that they've learned through the class and figure out what's the best course of action."

Through interactive panels and discussions, attendees explored a myriad of topics ranging from the intricacies of handling authorized and unauthorized absences, to open Q&A sessions with chaplains, commanders, and experienced first sergeants. This helps provide valuable insights and perspectives



Minot Airmen attending the First Sergeant Symposium listen to the Article 15 process panel at Minot Air Force Base, North Dakota, Feb. 22, 2024. The First Sergeant Symposium allowed Minot Airmen to gain valuable tools and resources needed to step into the role of a first sergeant.

needed when stepping into the role of a first sergeant.

"Regardless if you are a first sergeant wearing a diamond or not," said Bordges. "This is all

information that every supervisor should know."

The First Sergeant Symposium serves as a testament to Team Minot's commitment to fostering

strong leadership and readiness among its ranks and the Airmen who are ready to maintain that commitment.



U.S. Air Force Tech. Sgt. Author Rifenburg, 5th Maintenance Squadron crew chief, asks a question during the First Sergeant Symposium at Minot Air Force Base, North Dakota, Feb. 23, 2024. The First Sergeant Symposium allowed Minot Airmen to gain valuable tools and resources needed to step into the role of a first sergeant.



U.S. Air Force Master Sgt. John Silva, 5th Force Support Squadron first sergeant, speaks to the attendees of the First Sergeant Symposium at Minot Air Force Base, North Dakota, Feb. 22, 2024. Silva emphasized the different qualities required to be an effective first sergeant.



U.S. Air Force Lt. Col. Stephen Kroft, 5th Contracting Squadron commander, responds to questions at the First Sergeant Symposium at Minot Air Force Base, North Dakota, Feb. 23, 2024. The commander and chief panel was held to give Minot Airmen stepping into the role of a first sergeant an idea of what their leadership expects from them.



U.S. Air Force Tech. Sgt. Author Rifenburg, 5th Maintenance Squadron crew chief, asks a question during the First Sergeant Symposium at Minot Air Force Base, North Dakota, Feb. 23, 2024. The First Sergeant Symposium allowed Minot Airmen to gain valuable tools and resources needed to step into the role of a first sergeant.



U.S. Air Force Master Sgt. John Silva, 5th Force Support Squadron first sergeant, speaks to the attendees of the First Sergeant Symposium at Minot Air Force Base, North Dakota, Feb. 22, 2024. Silva emphasized the different qualities required to be an effective first sergeant.

Active-Duty Spouse Survey Helps DOD Shape Family Policy, Programs

The biennial Survey of Active-Duty Spouses is now available for the nearly 600,000 Defense Department active-duty spouses to complete.

DAVID VERGUN , DOD NEWS

The survey has new, expanded sections on remote work and financial well-being.

It's the only official DOD-wide survey for active-duty spouses. Input collected through this survey will provide the department with a barometer on how to adjust policies and programs to address the needs of military families in the U.S. and abroad, said Lee Kelley, principal director for the Department's Military Community and Family Policy Office.

Past surveys have helped create data-driven policies with immediate impact for military families, she said.

For example, in 2021, active-duty spouses reported that frequent, permanent change-of-station moves, child care and spouse employment were among the biggest challenges active-duty families face, Kelley said.

According to that survey, 21% of spouses were unemployed in 2021, a statistic mentioned in President Joe Biden's Executive Order 14100, released on June 15, 2023 (<https://www.federalregister.gov/d/2023-12974/p-5>). That executive order, which was based on survey results, listed various steps the

administration has taken to address military family needs, she said.

To address spouse employment concerns, the Defense-State Liaison Office worked with state legislators to remove occupational licensing barriers to help spouses maintain employability after a PCS move, Kelley said.

In January 2023, the department introduced the Military Spouse Career Accelerator Pilot, a 12-week, competitive, paid fellowship with industry. Several new programs address PCS and child care challenges, including a tax-saving, dependent-care flexible spending program, enacted in November, to ease the cost of child care for active-duty families, she said.

In an earlier survey, a junior enlisted spouse shared that "...the amount that the lower ranks are getting paid isn't enough to support a family of three. With the amount he's getting paid, we can barely pay bills and have some money to buy groceries for a week and then struggle for another week until he gets paid again."

The DOD implemented a 4.6% basic pay increase in 2023 for all service members; and proposed pay raise of 5.2% for 2024, which

if enacted, will translate into more than a 10% basic pay raise over two years. The Department also increased the non-taxable basic allowance for housing an average of 12.1%, addressing significant increases in rental housing costs across the country. In addition, the DOD increased the non-taxable basic allowance for subsistence by 11.2%. These increases have resulted in an average overall increase in cash compensation of 7.1% for service members in 2023.

The 2024 survey, which should take less than 15 minutes to complete, can be accessed by visiting the DOD Office of People Analytics Survey portal at <https://www.dodsurveys.mil/>. Once on the site, select the button at the bottom of the page which will direct respondents to enter the spouse's DOD identification number to access the survey.

The survey will be active until early April. Results from the current survey are available on MilitaryOneSource.mil and on OPA.mil.

A parallel, biennial survey for Reserve spouses was fielded in 2023.

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



A U.S. Air Force B-52H Stratofortress assigned to the 69th Bomb Squadron, takes off from the runway at Minot Air Force Base, North Dakota, Feb. 28, 2024. Each of the B-52's eight engines is capable of producing up to 17,000 pounds of thrust; allowing it to fly at high subsonic speeds at altitudes of up to 50,000 feet, while carrying a payload of up to 70,000 pounds.



Airman 1st Class Anthony Melendrez, 5th Aircraft Maintenance Squadron electrical and environmental systems specialist, performs maintenance on a B-52H Stratofortress at Minot Air Force Base, North Dakota, Feb. 28, 2024. Electrical and environmental systems specialists are responsible for maintaining and repairing the wiring and electrical components on an aircraft.



Airmen assigned to the 5th Aircraft Maintenance Squadron perform maintenance on a B-52H Stratofortress engine at Minot Air Force Base, North Dakota, Feb. 28, 2024. The 5th Aircraft Maintenance Squadron's primary duties consist of troubleshooting and maintaining the systems of the B-52H Stratofortress.



Tools are displayed on the flight line at Minot Air Force Base, North Dakota, Feb. 28, 2024. Many tools are used to maintain Minot Air Force Base's fleet of B-52H Stratofortresses and ensure they are ready to provide airpower, anytime, anywhere.

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Air Force Deploys Live Hypersonic ARRW Missile to Guam

JOHN A. TIRPAK, AIR & SPACE FORCES MAGAZINE

The Air Force has published images of an operational hypersonic Air-Launched Rapid-Response Weapon (ARRW) in Guam; a disclosure possibly meant to send a message to China but which raises questions about the future of the ARRW, which the Air Force insists it is not planning to procure in quantity.

The images, released by the 36th Wing, showed air and ground crews at Andersen Air Force Base, Guam, receiving “hypersonic weapon familiarization” with the AGM-183A ARRW on Feb. 27. The missile, which was mounted under the wing of a B-52H bomber, had yellow stripes, indicating it has a live warhead. Blue stripes indicate an inert weapon without a warhead, typically used for captive-carry tests or loading training.

The Air Force’s unveiling of the ARRW in a forward location may be a message to China that the U.S. can now field a hypersonic capability in the Pacific. It may also be the simple familiarization described, but it would be unusual to take a highly limited test asset to a forward base without another purpose in mind. The Air Force did not disclose whether the missile would remain at the base.

Andersen is a key base in the Pacific, and Air Force bombers routinely deploy there for weeks at a time, engaging in training, wargames, and show-the-flag messaging operations. These include “freedom of navigation” flights through China’s air defense identification zone. Such Bomber Task Forces (BTFs) have increased

in the last few years, while at the same time China has stepped up the frequency of exercises in which it bluff-charges Taiwan’s ADIZ with as many as 80 aircraft, a pattern seemingly meant to test Taiwan’s air defenses but also potentially intended to reduce Taiwan’s alertness with chronic false alarms of an invasion.

It’s not clear from the photos released whether more than one missile was included in the training. All the photos showed a single missile mounted on a pylon under the aircraft’s starboard wing. The Air Force has said a B-52 can carry up to four ARRWs on wing pylons.

About two dozen Air Force personnel were shown receiving the instruction.

The missile in the photos carries the serial number AR-AUR-005. The “AUR” likely references the term “All-Up Round,” the nomenclature for ARRWs that have a live ATACMS booster and live warhead. The Air Force released images of a similar training event at Edwards Air Force Base, Calif., last year, and the missile in those photos had the serial AR-AUR-004.

If the Air Force plans to test-launch the missile in the photos in the Western Pacific, it would be the first time such a launch has occurred away from the coast of California, where all ARRW tests have been conducted so far.

The release said B-52 crews of the 23rd Expeditionary Bomb Squadron out of Minot Air Force Base, N.D., and the 49th Test and Evaluation Squadron out of Barksdale Air Force Base, La., conducted the

familiarization. Personnel received “expert academics and training on hypersonic fundamentals and participated in tactical discussion on hypersonic operations to increase operational readiness,” the release stated. The instruction also included a discussion about logistics for hypersonic weapons.

The program is meant to “prepare multiple Air Force aircraft communities for hypersonics, including the Hypersonic Attack Cruise Missile,” ARRW, and “other programs under development,” according to the release. It did not provide further details.

Lockheed Martin Missiles and Fire Control is the prime contractor for ARRW—a boost-glide type of hypersonic weapon—while Raytheon is developing the HACM, which is a smaller, longer-ranged, air-breathing weapon, the engine for which is being developed by Northrop Grumman.

The ARRW has a checkered track record in Air Force tests, with at least two outright launch failures as well as test glitches during the captive-carry phase of evaluation. The first test reported as a full success of the all-up round was flown on Dec. 9, 2022; two others were flown in August and October last year, apparently successful. The Pentagon’s Director of Operational Test and Evaluation, in his recent report about 2023 activities, said the all-up ARRW flown last August had some problems with telemetry in the endgame but otherwise flew a nominal mission and achieved successful warhead detonation.

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Air Force officials said there is one formal ARRW test yet to go.

Just a year ago, Air Force acquisition executive Andrew Hunter told the House Armed Services Committee in written prepared testimony that the Air Force “does not intend to pursue follow-on procurement” of ARRW. However, he said there is “inherent benefit to completing All-Up Round test flights ... to garner the learning and test data that will help inform future hypersonic programs and potential leave-behind capability.”

Air Force budget documents said closeout testing of the ARRW would take place in fiscal year 2024, during which the flight envelope for launch will be further expanded, flying qualities will be assessed, and the weapon will be tested against ground targets.

Much about the ARRW contract is classified, but the Air Force has acknowledged that Lockheed Martin was to conduct design and development, produce a certain number of missiles for test, and produce an undisclosed number of “leave behind,” or left-over assets after testing that could be used operationally. Lockheed was also to demonstrate that it could produce the ARRW at scale, something the company has said it accomplished.

Subsequent to Hunter’s comment, Air Force Secretary Frank Kendall said the Air Force has shifted its focus to the HACM, which will be a smaller, longer-ranged weapon that could be carried by fighter-sized aircraft. The ARRW can only be carried by bombers.

It’s not clear if the Air Force is changing its procurement position on ARRW. William LaPlante, undersecretary of defense for acquisition and sustainment, deferred questions on hypersonics and ARRW in particular during a House Armed Services Committee hearing in mid-February, asking for a closed session to discuss the subject in a secure facility.

Asked why ARRW isn’t being

procured, despite being the only successfully-tested U.S. hypersonic weapon so far, LaPante said, “Let’s just say there is a plan. It’s not something we can talk about in this open session.”

Air Force officials said ARRW plans will become more clear in the budget request that will be forwarded to Congress on March 11.

Last March, the Congressional Budget Office pegged the unit cost of an air-launched hypersonic missile “similar to” the ARRW at between \$15 million and \$18 million across a production run of 300 missiles, but a ground-launched version would cost three times as much, due to the special launch infrastructure and additional boost capacity required. The CBO said it used the term “similar” because the actual numbers are classified.

Kendall has said that while hypersonic missiles match well to China’s operational concepts, they are less critical to USAF’s concepts of fighting and are important but not a top priority for investment.

A hypersonic ground-attack missile is best suited for striking high-value targets like command-and-control centers from long range, at high speed. Such weapons derive their destructive force both from a warhead and from the kinetic force of striking the ground at five times the speed of sound. Defense against hypersonic missiles, particularly if they are maneuvering, is difficult.

China is known to have deployed an undisclosed number of hypersonic DF-17 missiles with a long-range, tactical capability, while it has also developed hypersonic weapons to be mounted on intercontinental ballistic missiles. The DF-17 has been called a “carrier killer” and is also suited to a strike on a base like Guam.

“The Department of Defense is developing hypersonic science and technology to ensure the U.S. can rapidly field operational hypersonic systems,” the USAF said in its



B-52 Stratofortress crews from the 23rd Expeditionary Bomb Squadron, Minot Air Force Base, North Dakota and the 49th Test and Evaluation Squadron, Barksdale Air Force Base, Louisiana, participated in hypersonic weapon familiarization training at Andersen Air Force Base, Guam, Feb. 27, 2024.

U.S. AIR FORCE PHOTOS | STAFF SGT. PEDRO TENORIO

release about the familiarization program in Guam. The Air Force specifically “will continue to invest in researching, developing, testing, producing and fielding cost-effective

weapons,” it continued. “These weapons are a mix of stand-off, stand-in hypersonic and subsonic precision-guided munitions. The Air Force also continues to

develop revolutionary advanced weapon capabilities to maintain a competitive advantage over the pacing threat.”

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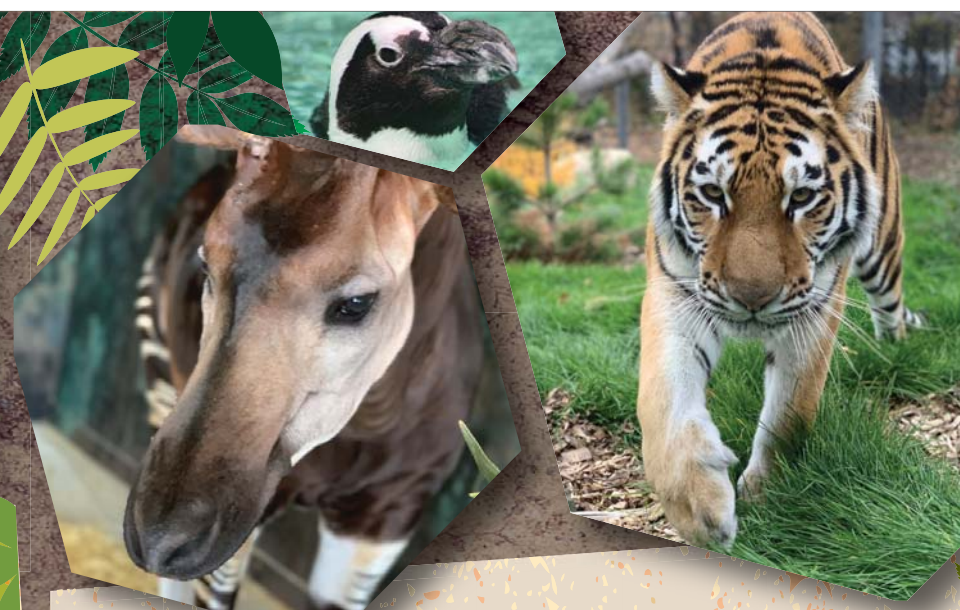
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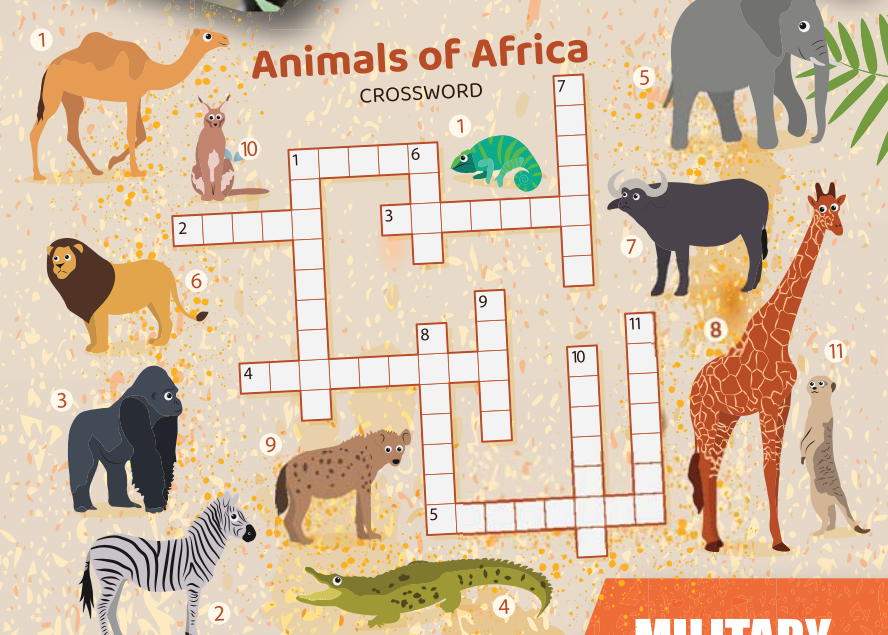
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We've had no shortage of rain already this year, which means your wiper blades have likely been getting a workout. On average they should be changed every six months or whenever you begin to notice streaking, skipping, bending, or wearing and tearing. Fully-functional wiper blades are essential for safe driving so be sure to check yours.

CHECK YOUR ENGINE AIR FILTER
The engine air filter prevents dust, dirt, and other harmful debris from entering the engine compartment, which it does less effectively as it gets older. Replacing your filter can help protect your engine components from wear, improve your acceleration, and potentially increase your fuel efficiency.

INSPECT YOUR TIRES
Ensuring your tires have enough tread – ideally at least 4/32" – will give you maximum control over your vehicle and help prevent hydroplaning. Cold weather and lack of driving can cause tires to lose pressure, so check that they are properly inflated. Also, consider rotating your tires so they wear evenly. If it's time for new tires, the AAA Tire Store offers a wide range of brands, makes, and sizes.

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WINTERY PHOTO CONTEST

This contest is currently closed. Please keep an eye out for more Northern SENTRY contests and giveaways!



I love these pictures because they captured the wonderful times we've had in the snow! We are originally from Texas so we never really got to experience playing in the snow until now!!" Taken on base housing on January 24th.
Submitted by Emma Arnold



In January the frosty snow on the trees was so beautiful that I had to try and capture it. I love the different shades of white here. Winter can be harsh but beautiful.
Submitted by Kacey Hanley



Photo taken last month at Bottineau Winter Park. Ming said, " We were standing at the highest point of the park. I took it [the photo] to capture the fun moment my daughter and I had while we were getting ready to hit the down slope. BTW she was going way too fast!"
Submitted by Ming Ni



Last month Lily and her family took a trip out to Lake Darling and basked in the wintry beauty and its contrast to their home state of Arizona.
Submitted by Lily Gourdin



Unique ice covering a near-by lake.
Submitted by Christine Bartholomew



"Coming to Minot the one thing we looked forward to the most was being able to hopefully see the Northern lights, and they sure didn't disappoint that morning!!" Taken on Dec 1st from our driveway in base housing
Submitted by Alana Lowry



President's Day and Military Appreciation at Bottineau Winter Park! Pictured Little Tony Gourdin with his mom Lily, and Grandpa Hekeka.
Submitted by Aaron Gourdin



Light pillars

Submitted by Rich Morrison:

All About Pets

The scoop on dog grooming



Whether you go to the groomer or do it yourself at home, grooming your dog is essential. Every dog's needs are different, but here are a few pointers to get you started at home or in between visits to a professional!

- Bath time:** the ASPCA recommends bathing your dog at least once every three months. If your dog has skin problems or spends a lot of time outdoors, you may need to bathe more often. However, bathing too often can lead to more skin irritation and dryness, so use your best judgement and be sure to keep an eye on your dog's condition. If you're bathing at home, be sure to do your research on the best bathing method for your dog's coat. Keep the water warm but not hot, and use a shampoo and conditioner that is best for them (medicated, puppy formula, detangling, etc.). Make sure to keep water out of your dog's ears and use a wash cloth or towel to gently wipe their face clean.

- Brushing:** Regular fur brushing will help spread natural oils throughout your dog's coat, remove dirt, and prevent tangles and matting. Slicker brushes will help remove loose fur and detangle all coat types, but are best for medium-long haired dogs. Don't use too much pressure with a slicker, as this can cause discomfort. Pin brushes are like slickers, but they have pins tipped with plastic or rubber. These are great for longer, silkier, or curly coats. A bristle brush is a great option for a dog with a short or wiry coat and will remove excess fur and give your dog's coat a beautiful shine. Rakes are designed to penetrate a thick undercoat and remove tangles and debris in long-haired dogs. Make sure you pick the best brush for your dog's coat and brush them at least every few days. Brushing is also a great time to check out your dog's skin for signs of irritation, skin conditions, or bugs.

- Dental care:** Dogs need their teeth brushed too! You can use a toothbrush/finger brush and dog safe toothpaste and you can also keep your dog's teeth healthy by providing a healthy diet, plenty of chew toys/bones, and treats that are specially formulated for their dental needs. It is best to brush their teeth every day, but even three times a week is better than none. Just like brushing fur, it gives you a chance to check out your dog's condition and find any signs of illness or irritation.

- Ear care:** Regularly checking your dog's ears is important, especially for those who produce excessive earwax! If your dog's ears are dirty,

you can gently clean them with a cotton ball dampened in a liquid ear cleaner. You may want to contact your vet before doing this to make sure that you are using the proper technique/products and not accidentally causing harm to your pooch.

- Nail trimming:** Many dogs are uncomfortable having their nails trimmed, but trimming your dog's nails is one of the most important things you can do to keep them happy and healthy! Nails should be cut when they almost touch the ground when your dog walks. This could be every week or every few weeks, depending on the dog and its activity level/type. You can use scissor or guillotine type clippers, a nail grinder, and some owners even opt to train their dog to use a scratch board for light nail maintenance. Be careful not to cut your dog's quick, as this can cause bleeding and lots of pain. If your dog is really struggling with feeling comfortable during nail clipping, be sure not to force them to continue or you can risk putting your dog off from it completely. Some owners are able to clip all their dog's nails in one sitting, some can only do one nail a day. Either way, with the proper training, plenty of patience, and rewards, you can teach your dog to tolerate nail maintenance. If you are unable to train your dog to tolerate it, contact a professional groomer or event a veterinarian immediately. If your dog's nails get too long, it can cause discomfort, pain, or injury.

- To shave or not to shave:** There are many reasons why a dog may need to be shaved, especially in severe cases of matting, but you should try to avoid this if possible. A dog's coat serves a purpose to insulate them in hot or cold temperatures and protect from sunburn, among many other things. If you have a double-coated dog, it is especially important not to shave as it can cause more damage than good! A light trim is acceptable to make their coat more manageable or presentable. If you think your dog might need to be shaved, be sure to ask a professional for their input. There may be other ways to resolve the problem before resorting to that.

With the right tools and research, you can successfully groom your dog at home. However, be sure to consult your vet or a professional with any questions you may have! And if you don't have the time or knowledge to groom at home, make sure you keep up by taking your dog to the groomer regularly.

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Wintery Photo Contest Results Are In

ERIN BEENE, NORTHERN SENTRY

Winter in Minot really can be fabulous! Over the past few months the Northern Sentry has had phenomenal success with their first-ever “Wintery Photo Contest”. The contest encouraged the Minot AFB community to share their beautiful, funny, fascinating and down-right freezing pictures with the Northern Sentry for a chance to win a family pack to Bottineau Winter Park. Although it was a slightly unusual winter for the area, we were still blown away with the amount of photos and quality of those submitted.

After the contest closed on Feb 28, there were a total of 70 photos submitted! The photos that came in showed everything from kids playing in the snow, sundogs and glamorous snow-covered landscapes. The Grand Prize, the coveted Family 5 Pack to Bottineau Winter Park including lift tickets

and equipment rentals, was chosen at random and awarded to Emily Marsh!

Emily was, as you can imagine, very excited to win. She said her favorite part of Minot in the winter is “...it brings an opportunity for connection and adventure for me and my family. Winter forces us to find ways to connect indoors, find ways to explore outdoors, and we’ve made some really beautiful memories sledding, playing hockey, sipping hot cocoa and snuggling up for a movie, and even shoveling.” She continued to explain Minot saying, “the people have surprised me. I grew up in Minnesota, so I know that it’s ‘different’ up this way but I haven’t been home in some time. We came to Minot from MacDill, so it was a big adjustment. But, I am always pleasantly surprised at how people watch out for one another here, how the

kids go all winter without talking or playing much and then spring comes and they’re all best buddies, and how the pace of life is just a little bit slower here.”

In addition to the grand prize winner, the Northern Sentry staff chose our favorite photo to appear on the front cover of the paper. We chose the adorable smiling face of Samantha Oki Ni taken on base in early December 2023, across the street from BX parking lot. Her Dad, Ming, was one of the first photos submitted and we couldn’t stop smiling when we looked at this photo. Ming said, “My favorite part [of winter] is the sunny day after a winter storm, which makes the place like a wonderland. This picture was taken after receiving heavy snowfalls.”

Because of our major success and fantastic photos, we have also chosen one of the photos submitted



to appear on the 2024/2025 cover of the Northern Sentry Winter Guide (coming out in December) but which one that is will have to remain a mystery for now. Make sure and take a look at our Facebook album to see all the amazing photos for yourself!

A huge thank-you to everyone in the community who took time to submit their photos! We LOVE sharing your Minot AFB Adventure! Keep an eye out for more photo contests from the Northern Sentry soon!

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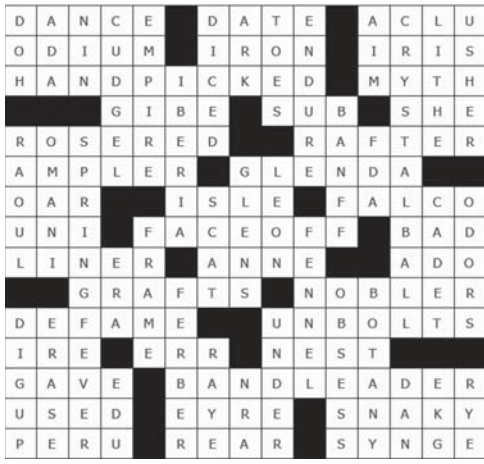
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CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



SUDOKU

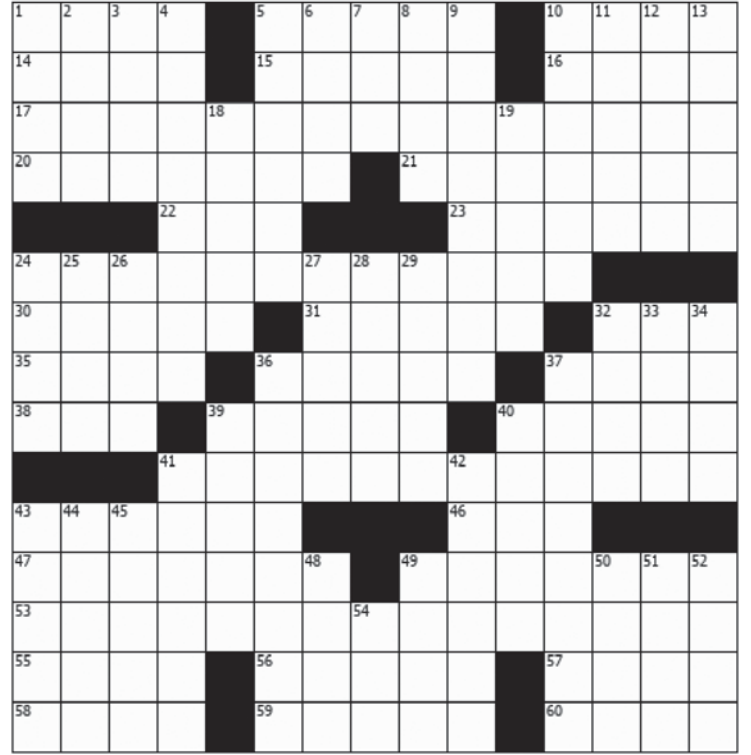
Solution to puzzle on page B9

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

CROSSWORD PUZZLE

Across

- 1. Some computer monitors, briefly
- 5. Well-wisher's word
- 10. Sound of Alka-Seltzer hitting water
- 14. Worldly rather than spiritual
- 15. Island between China and Taiwan
- 16. "___ Man" (1984 cult film)
- 17. An insect and a musical group are in his name
- 20. Duel choice
- 21. Bangor or Tacoma
- 22. Abscam creator
- 23. Geneticist's study
- 24. An armed conflict and type of poet are in his name
- 30. Early stages
- 31. Some are minimum
- 32. System lead-in
- 35. Meander
- 36. Stock holders?
- 37. Persnickety one
- 38. Abbr. on many food labels
- 39. French toast ingredient?
- 40. Golf rarity
- 41. A cheer and a victory are in her name
- 43. "Fiddler on the Roof" concern
- 46. Never, to Boris Becker
- 47. Like some Kurds
- 49. Shames
- 53. A fib and an intonation are in her name
- 55. Granny, for one
- 56. "The Wreck of the Mary ___"
- 57. Dangerous marine creature
- 58. Shrek, e.g.
- 59. Didn't take any cards
- 60. Tiger Beat reader



Down

- 1. Sound of thunder
- 2. Rampur royalty
- 3. Bearded ___ (reedlings)
- 4. One way to get off
- 5. Zack Mosley's comic strip "___ Jack"
- 6. CONTROL's enemy on "Get Smart"
- 7. N.Y.C. betting setting
- 8. Gray and Candler
- 9. Crescent-shaped outlines
- 10. Buy online, e.g.
- 11. "Vive ___!" ("Long live the king!")
- 12. Dizzying pictures
- 13. Sentry stations
- 18. "Check," in poker
- 19. They're thrown at a pub
- 24. Modeled
- 25. Strong as ___
- 26. "Please reply"
- 27. "Call Me ___" (1963 Bob Hope film)
- 28. Buck classic "The Good ___"
- 29. One of Nixon's vices?
- 32. RR employee
- 33. Either "Unforgettable" singer
- 34. One-time marriage vow word
- 36. These gals mix it up
- 37. Golfer's maneuver
- 39. Treat too well
- 40. Pioneer computer
- 41. Highly decorated
- 42. Inherent
- 43. Left-winger of years past
- 44. Long-armed ape
- 45. Croc relative
- 48. Brand of depilatory
- 49. Prefix with ballistics or magnetic
- 50. Loser in a fictional upset
- 51. Suffix for depend or differ
- 52. A Laurel
- 54. Kipling peacock

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



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Worship 11:00 a.m. Sunday
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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



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 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.
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 ABC Child Care Center 852-6352

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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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 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

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(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

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 Email: jschultz@orcsknights.org
 Website: www.orcsknights.org




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James W. Henderson
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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.
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 Bible Study/Child-Adult
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YOUTH IN ACTION

Important Information: Kindergarten Enrollment 2024-2025

Credit: Minot Public Schools, Alexis Perez, Enrollment Specialist
 Minot Public Schools is excited to welcome students to the Kindergarten class for the 2024-2025 school year! The approximate first day of school August 22, 2024.

NOTE: Please complete the enrollment process by July 31, 2024 to insure a higher probability of the student attending their boundary school. Due to capacity limitations, those who wait too long may be placed in a different school and required to wait until the following year to be enrolled in their boundary school.

Parents are able to complete enrollment online. The registration process should take approximately 20-30 minutes per student.

We recommend collecting the following REQUIRED documents prior to beginning the online registration process. We request that you complete the registration process within two weeks.

Your child must be age 5 by July 31, 2024 to attend school in the fall.

-Parent/Guardian photo ID
 -Copy of State Certified Birth Certificate

-Copy of Immunization Record
 -Custody/guardianship paperwork (if applicable)

-Proof of Residence must apply to the dwelling (e.g.: Utility Bill - current within the last 60 days, Rental/Lease Agreement, Home Mortgage Statement, Home Purchase



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



Agreement, Homeowner's/Renter's Insurance Policy, Ward County Property Tax Statement) Parents who reside on Minot Air Force Base can use any one of the following for proof of residence: Lease, military orders, utility bill or military ID.

Now you are ready to begin! Please follow these steps using a computer NOT A SMARTPHONE:

-Verify the school your child will attend with your current physical address at Map My School

-Complete the Kindergarten_Pre-Registration_2023-24

-Once your pre-registration is approved, you will receive an email with instructions on how to create your PowerSchool Parent account (if you already have an account - it will provide instructions on how to add the new student to your existing PowerSchool Parent Account) -This email will arrive within 1 business day after submitting the Pre Register Form. If you do not see it in your inbox, make sure to check your

junk/spam folder.

If you have not received an email within 48 hours please contact Alexis Perez at 701-857-4444 or email at alexis.perez@minot.k12.nd.us

-Log into your PowerSchool Parent account and click on FORMS. Complete and submit each form, and upload your REQUIRED documents.

-After submitting all forms and uploads, remember to check out the Kindergarten Orientation document located on the 2024-25 Kindergarten Enrollment page for more information.

SUGGESTIONS for uploading documents:

-when uploading do not condense the document, upload as normal size

-when naming a document DO NOT use special characters like apostrophe, commas or quotation marks. Periods and dashes are acceptable

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Senators Implore Secretary of the Air Force to Enforce Cold Weather Pay for Air and Space Force Members

OFFICE OF U.S. SENATOR KEVIN CRAMER

WASHINGTON – The Fiscal Year 2023 National Defense Authorization Act (NDAA) provided language authorizing special duty pay to servicemembers assigned to cold weather locations to address the mental health crisis among members serving in northern locations. According to the FY 2024 NDAA, cold weather locations are defined as any location where the temperature reaches -20 degrees Fahrenheit or below. Qualifying military stations in North Dakota include Minot Air Force Base, Cavalier Space Force Station, and Grand Forks Air Force Base.

U.S. Senator Kevin Cramer (R-ND), a member of the Senate Armed Services Committee which authors the NDAA each year, joined U.S. Senators Lisa Murkowski (R-AK), Dan Sullivan (R-AK), and John Hoeven (R-ND) in a letter regarding recent reports servicemembers across North Dakota, Alaska, and Montana, have yet to receive this special duty pay for performing cold weather operations, more than a year after the pay was authorized in law.

The senators explain cold weather locations have long endured increased risks related to suicide, a trend which has manifested across the civilian and military population. The letter calls on the Air Force to implement

this pay as Congress intended to make it easier, not harder, for servicemembers and their families to live and thrive in North Dakota, Alaska, and Montana.

“Airmen and Guardians in cold weather locations are asked to perform their duties in harsh environments, with temperatures that regularly dip below -20 degrees Fahrenheit during the winter,” the senators wrote. “And while units often issue appropriate cold weather gear to the military member in order to continue operations through the winter, Airmen and Guardians are left to shoulder the financial burden of ensuring their families are appropriately equipped for the long winter season, a financial burden that a majority of our servicemen and women across the Department do not encounter. When you add up the cost of necessities such as coats, boots, and related gear, studded snow tires, snow blowers, engine block heaters, etc., the financial burden is not small. In cold weather locations these items are not just nice-to-have, they are necessities.”

“This financial burden is unique to the north and has second and third-order effects beyond a servicemember’s bank account. Should an Airman or Guardian feel financially unable to appropriately equip themselves or their families for a healthy lifestyle outside of work

and during the winter season, they are likely to favor more sedentary activities indoors, which can lead to increased depression and suicidal ideations,” the senators continued. “Providing additional funds for our Airmen and Guardians in cold weather locations—installations that the Department directed they be assigned—is not likely to solve the Department’s suicide problem, but it will assuredly help.”

To read the full letter please visit: <https://senatorkevincramer.app.box.com/s/slylh4zieg4h4sw4vb8p81a0p6kcy3>

Ski the Jewel above the Prairie!

SNOW REPORT

A foot of new snow with a 28 inch base. Conditions are excellent! Everything is open, all runs and lifts for both skiing, snowboarding and tubing.

HOURS

SPRING BREAK BONUS DAY!	Thursday, March 7	Noon-9:00pm
	Friday, March 8	Noon-9:00pm
	Saturday, March 9	10:00am-5:00pm
	Sunday, March 10	10:00am-5:00pm

Keep an eye on our FB page for updates, schedule changes and weather conditions.

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NOTES ON BEING SAFE

Workplace Safety for All of Us



SGT JOE VERGARA
5TH BOMB WING
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‘Workplace Safety Topics’ - Maybe these 3 words put together in one sentence will make little sense to you. It is rare that we see workplace safety being given enough importance in our working lives. And that is why we talk about it! Workplace safety facts state that maintaining workplace safety is as important as maintaining safety at home. But why is safety at the workplace important? Think about it, we spend a major portion of our day at work so shouldn’t we be assured of high levels of safety there? And how will you maintain those levels of safety if you don’t know what you’re supposed to maintain? That is why the following article will talk about some key safety tips and workplace safety topics that you should be looking into, if not already.

SAFETY TOPICS FOR THE WORKPLACE

For a start, take a look at the types of hazards that you may face in your office. Here is a list to help you out with determining what some of the workplace safety topics are.

SLIPS AND FALLS

Slipping, tripping and falling over are some of the most common accidents that can happen in the workplace. Why do these happen? It is probably because there are no proper delegated places that are allotted for things. There might be loose wires that are lying on the floor which are like an open invitation for falls. Along with that if there are no storage places for personal items such as briefcase and gym bags, then they will just be in the way and people will trip. Spills on the floor that are not cleaned can cause slips, so also the negligence of putting up signs that indicate when floors have been mopped can lead to the same.

There needs to be strict instructions given that informs employees to keep things in their delegated places and not keep them lying around. Also, if anyone sees any spills they need to inform the maintenance personnel and get them cleaned. There needs to be further instructions given like workplace safety slogans put up that tells employees to maintain certain decorum and make sure that their drawers and the like are kept properly closed in order to prevent anyone crashing against them and falling.

PORTABLE LADDER SAFETY

Twice as many falls occur stepping down compared to going up ladders. The main cause of falls from straight and extension ladders is sliding of the ladder base. For self-supported ladders or stepladders, the main cause is tipping sideways. Just remember that many workers carrying ladders hurt their backs, as well. If possible, have two people carry ladders.

ELECTRICITY MALFUNCTION

Where there are so many machines present, there is always the danger of electrical malfunction happening. Regular checkups and maintenance

of the electrical appliances has to be of primary concern for the matter of electrical safety. Too many wires plugged into one socket can lead to short circuits, frayed wires, and electric shocks become common place when there is no standard maintenance involved. That is why all employees need to be informed as part of workplace safety topics for meetings that they need to constantly be aware of the machines that they are using and if they find any problem with them, even if it is any doubt, they should inform the concerned personnel.

Along with that there need to be strict instructions given that there will be no inclusion of foods and drinks around the machines. Food and liquid spills can cause the malfunction to happen faster and put all the employees at risk. This could even lead to fires taking place, making this one of the most useful of workplace safety tips.

FIRE SAFETY

Fires might happen either due to negligence or due to a genuine problem. In case it is caused by negligence then the employees need to be given proper instructions on how to maintain fire safety (taking care of electrical appliances and wiring). In case of a fire, all employees should

be well informed of all the escape routes, the places where all the fire extinguishers are stored and the numbers of the fire department should be put up in bold where employees have had an opportunity to see and memorize them. Taking these precautionary steps along with workshops held on how to prevent and deal with fires will make the office a much safer place.

ERGONOMICS AT WORK

Ergonomic in the workplace are an essential component of office life. It is not necessary that only physical factors like fire and tripping need to be cared for - the office structure and the arrangement of the different components in the office are equally important. The chair on which the employees sit, the brightness of their computer screen, the lighting, the frequency of breaks and other external factors like noise etc. have a direct effect on the performance of the employees. That is why ergonomics becomes so important.

These are some of the key workplace safety topics that you should not ignore at any cost. The maintenance of these will ensure not only the safety of the employees, but will also make them more efficient, which is ultimately all in favor of the company’s progress.

welcome baby

BABY GIRL BORN ON SATURDAY, MARCH 02, 2024 TO:
HAYLEE SOPHER AND EVAN CRIPE
VELVA, ND

BABY GIRL BORN ON SUNDAY, MARCH 03, 2024 TO:
PHYLLIS DOVE AND JULIAN CORDOVA
GLENBURN, ND

BABY BOY BORN ON SUNDAY, MARCH 03, 2024 TO:
LINDSI AND JUSTIN STREETER
SURREY, 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.

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You Nominated, Now Time to Vote!

You have made your voices heard. It is now time to vote for the 8 categories in the

Best of Minot AFB Awards 2024
If it's anything like last year, the competition will be stiff, so make sure to vote, share and tag your favorite places both on and off base. We want to know what YOU, the MAFB Community really thinks, so VOTE now for the Best Restaurant, Best Base Hang Out, Best Night Time Hot Spot and more!!

- Best Food Place on Base
- Best Hang Out on Base
- Best Restaurant in Town (Minot)
- Best Local WINTER Activity/Recreation
- Best Local SUMMER Activity/Recreation
- Best Day Trip Location (Within 4 Hour Drive from MAFB)
- Best School On or Off Base
- Best Local Nighttime HotSpot

*Voting closes March 14



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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.

Upcoming Events

8 MAR **SALUTE & SIP: A MILITARY APPRECIATION BEER RELEASE**
9:00 AM - 7:30 PM
Atypical Brewery & Barrelworks
510 Central Ave East, Minot

A home-brew creation collaboration. In late January, we welcomed Angel Morales into the brew room for a collaboration brew based on his winning recipe that will soon be added to our menu as Hot Charro - A Mexican Hot Chocolate Stout. In addition to Angel being a current Air Force member, we also had Steven, a retired member of the Air Force (& our assistant brewer), as well as Tristan, who is active duty and currently in the SkillBridge program with us (the same program that got us Steven!) all in the brew room concocting something tasty. For the love of craft beer & our utmost gratitude for our Armed Forces, we're excited to release this delicious brew on March 8th & add to this special release, 15% off to all with a valid military ID from March 8 to March 15! A cheers from us to our service members & their families - may we enjoy a pint with you!



For more information:
Facebook/ Atypical Brewery & Barrelworks/ Events

12 MAR **MINOT FUN ZONE**
9:00 AM - 12:00 NOON
Minot Auditorium-Old Armory (east side of the building) - 420 3rd Ave SW

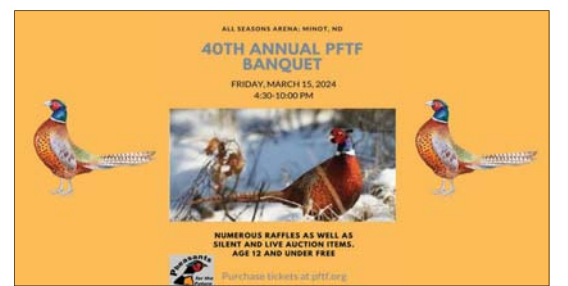
General Rules: Fun Zone is for children 10 & under. Children and adults will enter facility and play at their own risk. Children must be supervised at all times. They are not to be dropped off. There must be at least one adult present for every 4 children. YOU are responsible for the kids that you bring. You must maintain a close physical presence at all times. No outside equipment/toys will be allowed. Individuals will be responsible to clean up any mess made. All equipment will be shared equally among those present.



For more information:
Facebook / Minot Parks / Events

15 MAR **40TH ANNUAL PHEASANTS FOR THE FUTURE BANQUET**
9:00 AM - 12:00 NOON
All Seasons Arena, ND State Fair Center

Doors open at 4:30 pm. • Raffles 4:30-7:00 pm.
Food served at 7:00 pm. • Main auction starts at 8:00 pm.
Age 12 and under are free!
Lots of raffles as well as silent and live auction items. Breeze through the line when you pre-purchase your tickets online or from one of our members.
<http://www.ptff.org/membershipbanquet-tickets.html>
50 Gun Raffle Tickets are on sale now for \$20 each.
Contact one of our members to get yours!



For more information:
www.ptff.org

21 MAR **37TH ANNUAL PRAIRIE WARRIOR AUCTION**
5:30 PM - 10:00 PM
The Grand Hotel
1505 North Broadway ND

You're cordially invited to the 37th Annual Prairie Warrior Auction! This exciting evening will be held on Thursday, March 21 at The Grand Hotel in Minot. Get ready for a night of food, fun, and bidding! Doors Open at 5:30 PM, Buffet begins at 6:00 PM, Live Auction begins at 7:00 PM, Silent Auction items close at 7:00, 7:30, and 8:00 PM. This event is open to the public and features a live and silent auction, buffet, drinks, and more - all to support the squadrons of Team Minot and boost morale on Minot Air Force Base. Don't forget to reserve your spot on our website at <https://www.chamberdata.net/webforms/EvtListing.aspx>



For more information:
minotfoodtruckfestival.com

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Minot Shrine Club Announces 2024 Northwest Shrine Circus Dates

MINOT SHRINE CLUB

The Minot Shrine Club Circus Board is pleased to announce that we will be having the 2024 Northwest Shrine Circus at the North Dakota State Fair Center.

Performance Dates – Times
Thursday, May 9 – 10:00AM and 7:00PM

Friday, May 10 – 10:00AM, 4:00PM, and 7:30PM

Saturday, May 11 – 2:00PM and 6:00PM

We would like to thank all the local businesses that have supported us in the past. Their sponsorship is tantamount to us being able to not only put on the Northwest Shrine Circus but to also continue our support of the Shriners Hospitals for Children and the services they are able to provide for children in need. We look forward to renewing our relationships with our sponsors

over the coming months in order to produce this welcome family-friendly event.

The Northwest Shrine Circus has been a welcomed, recurring event for Minot and the surrounding community for 68 years.

We are preparing for this event and can't wait to see your smiling faces at the 2024 Northwest Shrine Circus.

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

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



by Patricia Stockdill

Fishing:

Lake Sakakawea elevation, March 4: 1,835.17 feet above mean sea level (MSL); 15,800 cubic feet per second (CFS) Garrison Dam average daily releases.

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

Stump Lake elevation: 1,449.15 MSL.

•N.D. Game & Fish Dept. game wardens: Hit-and-miss walleye success on the southeast side of Lake Sakakawea. Use extreme caution with variable ice conditions, however. No reports from other area lakes.

•Devils Lake, Woodland Resort, Devils Lake: Anglers continue marking fish but bite remains slow and finicky. Beware of pressure ridges – new and existing ones, alike.

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

•Lake Metigoshe, Four Seasons, Bottineau: Continued pike success both spearing and hook-and-line. Occasional crappie showing up with some walleye activity.

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

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Anglers that are safely accessing Lake Sakakawea back bays are finding improving pike success.

•Lake Sakakawea, New Town: Van Hook Arm slow for walleye due to weather change and few anglers on the ice.

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.



•Ice conditions are 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.

•Light goose season now open. Go to the Game & Fish Dept. website, (gf.nd.gov) for regulations and licensing information.

•Weekly Sunday Winter Walks every Sunday in March, 2 p.m., Lewis & Clark State Park east of Williston.

•March 8 – 10: State Seniors Bonspiel, Minot.

•March 8 -10: KX Sports Show, All Seasons Arena, N.D. State Fairgrounds.

•March 9: Lonetree Rocky Mtn. Elk Foundation banquet, Harvey Eagles, Harvey, 5 p.m.

•March 15 & 16 St. Patty's Pickleball Tournament, Minot.

•March 15: Pheasants for the Future banquet, All Seasons Arena, N.D. State Fairgrounds. Doors open at 4:30 p.m.

•March 15: N.D. Waterfowl Bridge youth summer camp application deadline. Go to the

•March 16: Souris Valley Pheasants Forever monthly meeting, Homesteaders Restaurant, 8 p.m.

•March 16: Leprechaun Leap Hike, Lewis & Clark State Park east of Williston, 10 a.m.

•March 17: Leprechaun Geocache, Fort Stevenson State Park, Garrison, beginning at 8 a.m.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Weather front shut down wing wall and boat fishing activity in the Missouri River tailrace. No Lake Sakakawea reports.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Continued walleye bite on the upper end of Lake Sakakawea at Lund's Landing or White Earth Bay. Work 3 feet or less in back bays for pike with decent spearing success

in Parshall Bay with its clearer water. Blacktail Dam remains fair for panfish.

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

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Little to no activity on area lakes.

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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INGREDIENTS

SOFT PRETZEL
1 1/2 CUPS WARM WATER (110-115°)
1 TBSP SUGAR
1 PACKAGE ACTIVE DRY YEAST
4 1/2 CUPS ALL PURPOSE FLOUR
2 TBSP KOSHER SALT
2 OZ MELTED UNSALTED BUTTER
COOKING OIL SPRAY
10 CUPS WATER
2/3 CUP BAKING SODA
1 LARGE EGG YOLK BEATEN WITH 1 TBSP WATER
JACOBSEN SMOKED SEA SALT, AS NEEDED

BEER CHEESE SAUCE
2 CUPS SHARP CHEDDAR CHEESE
1/2 CUP CREAM CHEESE, ROOM TEMPERATURE
1/2 TBSP WORCESTERSHIRE SAUCE
2 TSP DIJON MUSTARD
2 CLOVES GARLIC, MINCED
1 TSP PAPRIKA
1/2 CUP BEER

In the bowl of a stand mixer, combine the water and sugar and sprinkle the dry yeast on top. Let it sit for 5-6 minutes until it starts to foam on top.

Add flour, salt, and butter to the bowl, and with the hook attachment mix on low until well combined. Then mix on medium for about 5 minutes until dough is smooth and pulls away from the sides.

Remove dough from bowl and spray bowl well with cooking oil spray. Return dough to the bowl, cover with a cloth or plastic wrap and allow the dough to double in size.

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

While dough rises, bring to a boil 10 cups of water and the baking soda.

When dough is ready, divide into 8 pieces. Roll each piece into a 24-inch rope.

Form a U shape with each rope, holding each end of the rope and cross them over each other and press it down on the bottom of the U forming a pretzel.

One by one, place each pretzel in the boiling water for 30 seconds. With a flat spatula take them out and place in a sheet pan.

Brush pretzels with egg yolk and sprinkle with smoked sea salt. Bake in the Traeger for about 25-30 minutes.

To make the Beer Cheese Sauce: In a food processor bowl, add cheddar cheese, cream cheese, Worcestershire sauce, Dijon mustard, garlic and paprika. Blend until finely chopped, add the beer slowly until is smooth.

When pretzels are done serve with the beer cheese sauce. Enjoy!

*Cook times will vary depending on set and ambient temperatures.

Access this, and over a thousand other Traeger recipes on the Traeger App.

Ryan Davy - GM
Minot

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

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PUZZLE ON PAGE B3

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

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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.

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

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★ 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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TITUS & PHILEMON *Everyday adventures of Titus and Philemon and their owner Joe.*



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.

TIMOTHY TIMM



VOLUNTEER OPPORTUNITIES

Prairie Warrior Auction Volunteers

March 21
CALLING ALL VOLUNTEERS!! The Prairie Warrior Auction is looking for a handful of volunteers to help make this year's event run as smooth as possible! From set up the day before to tear down the day of, we need YOU!! See the list below of what we need and SIGN UP NOW!!
 -Transporting auction items from Minot Chamber to the ND State Fairgrounds Magic Place, 6 volunteers
 -Staging auction items at auction location, 4 volunteers
 -Check-in/Reception, 2 volunteers
 -Online auction assistance, 2 volunteers
 -Auction items "walk-arounds", 6 volunteers
 -Raffle ticket/etc sales, 6 volunteers
 -Silent auction table monitors, 4 volunteers
 -Check-out runners, 6 volunteers
 -After Auction tear down, 4 volunteers
POC: PWA Volunteer Coordinator, Susan Wagers at susan.wagers@us.af.mil 701-723-6718/701-720-7203

Month of the Military Child (MOMC) Working Group

The Month of the Military Child (MOMC) is in April and approaching. The School Liaison Office is forming a MOMC Working Group to support efforts in North Dakota, Minot, and Minot AFB. If interested in joining, please send an email to mafbschool.liaison@us.af.mil.
POC: Joy-Nicole Smith, GS-11, MAT, DAF School Liaison Program Manager

Holocaust Days of Remembrance Volunteers

I am looking for a handful of volunteers to help plan for the Holocaust Days of Remembrance (5-12 May). This observance honors the victims of atrocities carried out by Nazi Germany a between 1933 and 1945 and their liberators. If you are interested in being a part of this committee, please let me know.
POC: CHRISTINE A. CHERRY, TSGT, USAF (she, her, hers) Director, 5 BW Diversity, Equity, Inclusion & Accessibility 723-7288

Junior Achievement (JA) Program Volunteers

Volunteers are needed to help get the message of the free enterprise system out to young people in our community. The Junior Achievement (JA) program has been facilitated through the Minot Area Chamber EDC since 1997. The program is designed to help students become work ready, financially literate and to provide hands-on activities from an outside resource. Businesspeople like you come into the classroom once a week for five weeks for up to an hour each week. The commitment also includes preparation time. The lesson plans are provided by JA with a kit of age-appropriate material designed to make the experience an easy one for us non teachers.
POC: Carla Dolan, Vice President, Minot Area Chamber EDC 701-857-8205, carla@minotchamberedc.com

Meals on Wheels Volunteers

On behalf of the Hispanic Allies organization, we'd like to offer a volunteer opportunity to help our community. We're working with "Meals on Wheels" to help feed elderly members in our community. If you're 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.

Volunteer Coaches

Minot AFB Youth sports is looking for volunteer coaches for the upcoming T-Ball, Softball, and Baseball season. Coaching needs must be met by 1 April to ensure that the season can continue as scheduled. The season will run from 29 April – 14 June 2024. Coaching needs are as follows:
 • Ages 3–4-year-old T-Ball: 12 coaches needed. Practice schedule: Mondays from 1700-1730 at the fields behind the Youth Center
 • Ages 5–6-year-old T-Ball: 12 coaches needed. Practice schedule: Mondays & Wednesdays from either 1730-1830 at the fields behind the Youth Center
 • Ages 7–8-year-old T-Ball/coach pitch: 10 coaches needed. Practice schedule: Tuesdays & Thursdays from 1730-1830 at the fields behind the Youth Center
 • Ages 9–12-year-old Baseball/Softball: 12 coaches needed. Practice schedule: Tuesdays & Thursdays from 1730-1830 at the fields behind the Youth Center
 All coaches must complete a volunteer packet with the youth center as well as complete fingerprinting & background checks, regardless of military status or previous background checks completed outside of Child and Youth Programs. Coaches will also be required to complete online training (provided by youth sports) and attend coaches training prior to the season start.
POC: All interested applicants please contact April Lawrence at youth sports either via email to april.lawrence.2@us.af.mil or by calling the youth center at 701-723-2838.

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

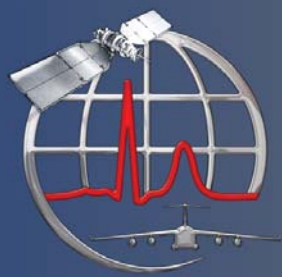
Magic City Civil Air Patrol Composite Squadron

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:
 1. Cadet Programs 2. Aerospace Education 3. Emergency Services.
 Adult opportunities include working as part of an Aircrew, sUAS operator, Aerospace and STEM instruction, and many other opportunities! The youth Cadet Program provides an opportunity to learn military structure while learning about Aerospace, Leadership, Flight, Cyber Systems, Outdoor Survival and much more! Whether you are looking to bring your skills to a new venue, expand your experience, or learn something new, there's certainly a role for you! No prior experience or military affiliation is necessary. For more information about Civil Air Patrol, visit <https://www.govcivilairpatrol.com> or contact the POC below. Meeting location: AvFlight, Minot Airport, 2400 N. Broadway Suite E, 1830-2030 every Thursday
POC: 1st Lt Jon McLemore, CAP, Jonathan.mclemore@ndcap.us 701-720-6410 | <https://nd021.cap.gov>

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

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



Air Force Medical Service announces 2023 award winners

AIR FORCE SURGEON GENERAL PUBLIC AFFAIRS

FALLS CHURCH, Va. -- The Air Force Surgeon General is proud to announce the recipients of the 2023 Air Force Medical Service Annual Awards. The awards include both individual and team awards. The nominations submitted reflect the extraordinary quality of Air Force medics. The accomplishments of those recognized demonstrate expertise, leadership, and commitment across the full breadth of the mission support provided to the Department of the Air Force and Combatant Commanders. We should also acknowledge the hard work and support of wingmen, fellow medical professionals, at every level, who enabled success.

Please join in congratulating Minot AFB award recipients - they represent the many outstanding Air Force medical professionals delivering "Trusted Care Anytime ... Anywhere!"

INDIVIDUAL AWARDS:

USAF Privileged Advanced Practice Nurse of the Year - Field Grade Category
Maj Julianne LeGierse
5 HCOS/SGGP, Minot AFB, ND, AFGSC

TEAM AWARDS:

USAF Medium Dental Clinic of the Year
5 OMRS/SGXD, Minot AFB, ND, AFGSC

For a full list of winners visit <https://www.airforcemedicine.af.mil>

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\$3 House Wine & Domestic Pints	Tuesday \$4 ND breweries (all day)	Tuesday Sandwich Pack
Bavarian Pretzels with Beer Cheese Sauce	Wednesday 1/2 Price Wine by the glass/bottle (all day)	Wednesday Chef Creation*
\$4 Rail Drinks, ND Brewery Pints & 22oz Domestic Taps, 4 Lettuce Cups	Thursday \$1 up for all Tall Taps (all day)	*Changes Weekly - Check our Facebook Page
\$5 Moscow Mule	Sunday BRUNCH (11am-2pm)	Thursday Pasta Pack
\$6 Specialty Cocktails, Martinis & 22oz ND Breweries Taps	\$7 TSR Bloody Mary & Caesars	
1/2 Flat Bread Pizza	\$12 Bottomless Mimosas	
	\$6 Breakfast Shots	

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NORTHERN CELEBRATIONS

EMBRACING OUR NORTH DAKOTA LIFESTYLE

TIME FOR PIKE

Patricia Stockdill

Walleye are the pride and joy among a vast majority of North Dakota anglers, although bluegill, perch, crappie, and smallmouth bass fans are out there, as well. There is even a niche of salmon, trout, and paddlefish anglers.

It's just that walleye get the most attention.

With many lakes are starting to offer open water edges along shorelines, another group of anglers are eagerly awaiting their opportunity for action – northern pike action, that is.

For as beloved as walleye are among North Dakota anglers, it may seem ironic that the northern pike is the state's official fish, not walleye. The reason is walleye weren't around much until the N.D. Game and Fish Department was able to fully implement a major walleye (and other species like panfish) stocking program

The state agency has a close, cooperative working relationship with the U.S. Fish and Wildlife National Fish Hatcheries in the state. Walleye aren't native to many lakes and rivers in the state and stocking was critical in their popularity gain.

Prior to the rise of walleye fame and popularity, pike were North Dakota's kingpin of fish. That's why they're the official state fish.

Despite walleye's grip on a vast majority of angler's affection, for some – young and old, alike – pike are still a treasured fish worthy of high honor.

Early spring is a great time to fish for pike. They spawn before walleye so ribbons of open water along shorelines provide early spring fishing opportunities, even if ice is still on the main part of a lake. Simply cast spoons or crankbaits from shore or even just hook up a bobber. Bait of choice could be frozen smelt or herring.

While pike are native to North Dakota, they are also stocked in some lakes. Populations fluctuate with the state's wet and dry cycles and fluctuating water levels, whether natural lake or reservoir. When water levels drop because of dry spells and drought, shorelines develop vegetative growth. Vegetation floods when water levels return with wet conditions and spring

runoff, providing excellent spawning habitat and increasing pike populations.

The Missouri River System (Lake Sakakawea, Lake Audubon, and the river itself), Devils Lake and lakes feeding into it, and many other lakes across the state offer pike opportunities.

Use a heavier 10- to 12-pound test line and leader rather than casting or bobber fishing with lighter line more commonly used with walleye or panfish, though, when pike fishing. Otherwise, a pike will simply snap that line without hesitation and anglers get to buy more fishing tackle.

The drawback to pike, whether it's a nice 4- to 7-pound eater or a big 20-pound monster is dealing with the notorious Y bones when it comes to fileting and eating them.

There is a technique to removing those Y bones, though, and it isn't too difficult. It all begins with a quality – sharp and flexible – filet knife. A sharp knife makes it easier to keep the proper angle when cutting through the meat and follow along the bones.

After removing the skin and rib bones, the technique is to make proper angled cuts to take out a filet of meat containing the Y bones. The result is two boneless strips of meat, one top filet, a bottom filet, and a waste filet containing the Y bones. While there is some meat on the Y bone filet, proper knife angle and practice helps reduce the amount of meat left with the Y bones.

A detailed article with photographs on removing Y bones from northern pike is available for download from the Game and Fish Department website, (gf.nd.gov). Open the home page menu, click "Fishing/Boating", scroll all the way down to "More Fishing/Boating", scroll all the way down – again - to "Other Fishing Resources", and – whew – you'll find "Removing Y bones from northern pike" and a link to print the downloadable guide or watch a video.

There's even a link to pike recipes.

Go pike fishing, practice the fileting technique, and enjoy.

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WHAT'S GOING ON MINOT AFB

FRIDAY 08

- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Inflatable Fest, 1000-1600, Turf
- Fish Fry Special Lunch, 1030-1330, Dakota Inn Dining Facility
- Cycle & Core, 1115, McAdoo Fitness Center
- Fun Fri-yay, 1600-2100, Jimmy Doolittle Center
- Zumba Strong Nation, 1730, McAdoo Fitness Center
- Friday Night Mixed League, 1800, Rough Rider Bowling Center
- Master Chef Luca Virtual Cooking Class, 1800, forcesupport.awardsplatform.com

WEDNESDAY 13

- March Fitness Challenge, McAdoo Fitness Center
- Boots to Business, 0830-1630, M&FRC
- Federal Employment Basics 101, 0900-1100, M&FRC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- SkillBridge Brief, 1000, Education Center – Room 211
- Strength & Tone, 1000, McAdoo Fitness Center
- Storytime, 1030, Minot AFB Library
- Top 3 Mentorship Hour, 1130-1300, Professional Development Center
- Zumba Strong Nation, 1730, McAdoo Fitness Center

SATURDAY 09

- Bottineau Winter Park Trip, 0830-1730, Outdoor Recreation
- Winter STEAM Challenges, 1000, Minot AFB Library Facebook Page
- Zumba, 1100, McAdoo Fitness Center
- Dr. Seuss Day, 1300, Minot AFB Library
- R4R Free Bowling, 1400-1800, Rough Rider Bowling Center
- Registration Ends: 9 Pin No Tap Tournament, 1400, Rough Rider Bowling Center
- Master Chef Luca Virtual Cooking Class, 1700, forcesupport.awardsplatform.com
- Saturday Cinema, 1730-2130, Rockers Bar & Grill

THURSDAY 14

- March Fitness Challenge, McAdoo Fitness Center
- 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
- Tuition Assistance (TA) Brief, 1330, Education Center – Room 211
- Extramural Bowling, 1730, Rough Rider Bowling Center
- Paint & Sip, 1730-1930, Arts & Crafts Center
- Zumba, 1900, McAdoo Fitness Center

SUNDAY 10

- Zumba, 1400, McAdoo Fitness Center

MONDAY 11

- March Fitness Challenge, McAdoo Fitness Center
- Bundles for Babies, 0900-1030, M&FRC
- Reintegration Briefing, 1000, M&FRC, Zoom Meeting
- Moving Out of the Dorms Budget Class, 1300-1500, M&FRC
- Palace Chase/Front Briefing, 1400, Professional Development Center
- Kids Canvas Painting, 1700-1830, Arts & Crafts Center
- Zumba Strong Nation, 1730, McAdoo Fitness Center
- Craft Club, 1800, Minot AFB Library

TUESDAY 12

- March Fitness Challenge, McAdoo Fitness Center
- Informed Decision Seminar, 0800-1200, Professional Development Center
- Boots to Business, 0830-1630, M&FRC
- Sponsorship Training, 0900-1100, M&FRC
- Game Day, 1000-1930, Minot AFB Library
- Family Bootcamp, 1000, Turf hosted by McAdoo Fitness Center
- Tuition Assistance (TA) Brief, 1000, Education Center – Room 211
- Cycle & Core, 1115, McAdoo Fitness Center
- Zumba, 1800, McAdoo Fitness Center

FRIDAY 15

- March Fitness Challenge, McAdoo Fitness Center
- First Duty Station Officer Financial Course, 0900-1100, M&FRC
- Minot AFB Education Fair, 1100-1300, Base Exchange, hosted by Education Center
- Cycle & Core, 1115, McAdoo Fitness Center
- Group Immersion, 1300-1500, M&FRC
- Food Advisory Council, 1400, Jimmy Doolittle Center
- Bistro Family Night, 1700-1900, Bomber Bistro
- Zumba Strong Nation, 1730, McAdoo Fitness Center
- Luck O' the Irish Skate Night, 1800-2000, McAdoo Fitness Center
- Friday Night Mixed League, 1800, Rough Rider Bowling Center

SATURDAY 16

- Winter STEAM Challenges, 1000, Minot AFB Library Facebook Page
- Zumba, 1100, McAdoo Fitness Center
- R4R Free Bowling, 1400-1800, Rough Rider Bowling Center
- Crazy for Grazing, 1730, Rockers Bar & Grill, hosted by Arts & Crafts
- Saturday Cinema, 1730-2130, Rockers Bar & Grill
- 9 Pin No Tap Tournament, 1800-2100, Rough Rider Bowling Center
- Free Live Country Music, 1930-2130, Rockers Bar & Grill

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- The B-Fifty Brew Featured Item**
Luck of the Irish Burner
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- Rockers Bar & Grill Featured Item**
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