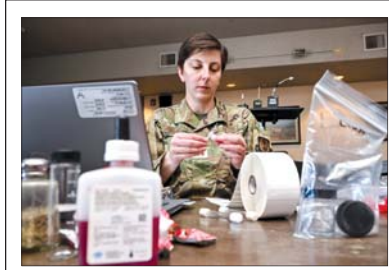


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91ST MISSILE WING CELEBRATES WOMEN'S HISTORY MONTH



Female Airmen from the 791st Missile Security Forces Squadron pose for a photo at Minot Air Force Base, North Dakota, March 8, 2024. The first Presidential Proclamation designating Women's History Week was passed in 1980 by President Jimmy Carter. Then, in 1987, the National Women's History Project petitioned to expand the national celebration. As a result, in 1988, Congress and President Ronald Reagan designated the month of March as Women's History Month. This observance celebrates women and their contributions to society. For the women of the military, Women's History Month is a reminder of the strength and determination their predecessors held. See page A11 for more photos.

U.S. AIR FORCE PHOTO BY SENIOR AIRMAN CALEB S. KIMMELL



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Study Shows Higher Rates of Some Cancers in ICBM Personnel

CHRIS GORDON, AIR & SPACE FORCES MAGAZINE

The Air Force found increased rates of breast and prostate cancers in service members who worked on nuclear intercontinental ballistic missiles compared to the general population, according to a preliminary study of data publicly released on March 13.

“What we don’t know is whether these rates specifically for breast and prostate are due to increased screening or access to care or whether these are due to unique military exposures,” Col. Tory Woodard, a doctor and the head of U.S. Air Force School of Aerospace Medicine (USAFSAM), said in remarks at a Feb. 23 town hall, according to Air Force Global Strike Command, which maintains the nation’s 400-plus land-based strategic missiles.

The Air Force is in the midst of a wide-ranging Missile Community Cancer Study, sparked by renewed concerns that surfaced in early 2023 of possible increased cases of non-Hodgkin Lymphoma, a blood cancer, at Malmstrom Air Force Base, Mont. The service previously dismissed those concerns in 2001 and 2005 reviews.

The newly analyzed data does not show increased rates of non-Hodgkin lymphoma, the specific cancer that sparked the new study.

Missileers and other personnel working on decades-old Minuteman III missiles and older systems have long had health concerns related to their service, which often require them to work in underground

bunkers for 24-48 hours at a time. Security personnel, maintainers, and other individuals also worked at ICBM sites.

Air Force officials cautioned that the information was preliminary and drawn from a limited dataset of around 2 million military personnel, with a focus on 84,000 “missile community members” who were around ICBM facilities, including 8,000 missileers.

The data only includes Department of Defense electronic medical records from 2001-2024, capturing those who were diagnosed with cancer through the Military Health System (MHS), including through the Tricare health insurance program. Cases outside the Military Health System were not included in the analysis.

For the initial phase, the military was “unable to determine cancer cases diagnosed prior to 2001 or outside of the MHS/TRICARE,” Woodard wrote in a March 6 memo. The Air Force anticipates the initial data makes up fewer than 25 percent of the total cancer cases that make be captured during the study.

“What is important to understand is that the epidemiology study is still nascent but progressing to eventually deliver responsible data to draw conclusions from at the end of the study,” an AFGSC spokesperson said.

The results were presented during the town hall held by Air Force Global Strike Command boss



Bioenvironmental engineers from the U.S. Air Force School of Aerospace Medicine, or USAFSAM, and the 341st Operational Medical Readiness Squadron at Malmstrom Air Force Base, Mont., assess environmental factors in a launch control center, June 22, 2023.

U.S. AIR FORCE PHOTO | JOHN TURNER

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TRINITY HEALTH

MAKING MORE POSSIBLE

Gen. Thomas A. Bussiere, along with medical experts from USAFSAM and AFGSC. USAFSAM is leading the Missile Community Cancer Study, which has been ongoing for the past year.

Comparisons of cancer rates between the ICBM community and the general population are “difficult at this time due to incomplete case counts within this data set,” read a slide presented during the town hall.

Subsequent phases of the study promise to include data from the Veterans Administration’s cancer registry dating back to 1976, death certificates dating back to 1979, DOD cancer registry data dating back to 1986, and those diagnosed in the VA system dating back to 1991, along with data from state and other cancer registries.

That data is expected to come this summer, according to the Air Force. That review will also include data on personnel from bases that no longer have an active ICBM mission, the service says. The study team is also considering conducting a study of reproductive health in the missile community.

“We have five other data sets to study, and each additional data set will build our knowledge base and help to shape the larger picture,” Woodard said. “That picture will not be complete until we complete all phases of this Epidemiology Review.”

Breast and prostate cancers have long been a concern for service members in all fields and services, according to a 2023 study published in the American Cancer Society’s medical journal. The study’s authors analyzed cancer data for service members and found “higher rates of prostate and breast cancers, particularly in 40- to 59-year-olds” compared to the general population. However, the study authors did not say military service was the definitive cause of the cancers and “may result from



Capt. Isabella Muffoletto, U.S. Air Force School of Aerospace Medicine bioenvironmental engineer, labels different samples at L-01 missile alert facility, or MAF, near Stoneham, Colorado, July 13, 2023.

U.S. AIR FORCE PHOTO | JOSEPH COSLETT JR.

greater cancer screening utilization or cumulative military exposures.”

Doctors from USAFSAM also led a study of Air Force pilots published in 2021 that found that “compared with the U.S. population, male fighter aviators were more likely to develop and die from melanoma skin cancer, prostate cancer, and non-Hodgkin lymphoma.”

The Missile Community Cancer Study is also conducting environmental sampling of ICBM facilities. All three active ICBM bases—Malmstrom, F.E. Warren, and Minot air force bases, with Minuteman III fields spread out over Montana, Wyoming, North Dakota, Colorado, and Nebraska—show “air, water, & soil samples below acceptable regulatory levels for any chemicals or hazards,” according to a slide presented at the town hall.

Toxic chemicals known as polychlorinated biphenyls (PCB) were found in some isolated places

at those bases, but AFGSC says those facilities are in the process of being cleaned and made safe or have already reopened. The production of PCBs were banned in the United States in 1979, and Air Force officials said the removal process began in the 1980s.

It is unclear how long and at what level the PCBs were present before the current mitigation efforts. The study team recently finished environmental sampling at Vandenberg Space Force Base, the Minuteman III test launch facility, but the Air Force says it has not yet received results.

“There remains a significant level of interest and engagement,” Bussiere said at the town hall. “I ask that you be persistent in highlighting areas that need to be highlighted to help us to get things right, but that you also be patient because there is still a lot to be done.”

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Nominations Needed

Our local Applebee's restaurants are looking to give recognition for Neighborhood Heroes. What is a Neighborhood Hero? Well, it's those folks who take on a job to help their community, and don't expect any type of recognition for a job well done. It could be a Scout leader, a daycare provider, your local newspaper delivery person; anyone who you feel has contributed to the betterment of the community.

To nominate someone, send a short paragraph about that person, and hopefully you can include a photo. If they are chosen to be a Neighborhood Hero, they will receive a \$25.00 gift card from Applebee's, and they will also be recognized in the Northern Sentry and the Weekly Post Brief.

You can send your nominations to sentrysales@srt.com. Take a look around. There are a lot of Neighborhood Heroes waiting to be recognized.

A SPECIAL TEACHER

We are featuring 5th grade teacher, Lory Keller, this week in the Northern Sentry. Take a minute and read about the CO2 3D laser that will soon be arriving at Dakota Elementary. To be honest, I had to take a few minutes and do some discovery on just what a

CO2 3D laser is. The applications for this tool are endless, and more important, it will catapult the students who use it into the world of applied science and technology.

What a great opportunity for this year's Dakota Elementary 5th graders, and the many classrooms of 5th graders to come.

**FACEBOOK POST GIVES
 DETAILS OF MENUUEY
 PROMOTION**

Col Christopher Menuey, is now Brigadier General Menuey. The promotion ceremony took place last week and was captured on video and posted on Facebook. Congratulations to the Menuey family, and we look with anticipation for his next adventure.

**STILL LOOKING...
 FOR A PART TIME REPORTER**

The success of the Northern Sentry in recent years has been a commitment to covering local stories on Minot Air Force Base. We have had three really great reporters in Abigail Kinder, Erin Beene and Brianna Low. But as is normally the case, these reporters have moved on, and that leaves us with a vacancy in the reporter position. Interested in finding out more? Send me an

**northern
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**A VIEW FROM
 OUR SIDE**
 ROD WILSON



email at sentrysales@srt.com. We will provide you with direction and encouragement. Journalism experience is not necessary, only a desire to be part of a great Northern Sentry Team.

**AND...MINOT AREA
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 IS LOOKING**

The Minot Area Council of the Arts is also looking for an Executive Director. If you are one of those creative driven folks, and your DNA leads you towards the arts, this may be the position for you. There is more information on their website, minotarts.org.

75,000 AND COUNTING

The Magic City Discovery Center announced last week that they had officially entertained over 75,000 visitors since their opening in early summer. WOW! Executive Director Wendy Keller is all smiles when it comes to letting people know about

this "must visit" part of the Magic City landscape.

Kids, grandkids, parents, grandparents, or just plain adults. You will enjoy your time at the Magic City Discovery Center.

BEST KEPT SECRETS

Well, I am going to circle back and rave about the popcorn at Oak Park Theater. I was driving by and stopped in front of the theater for the sole purpose of purchasing a bag of buttered, oh I know, all those extra calories...popcorn. It was excellent, as usual.

Whether you are attending a show, stopping by for a bag for an afternoon snack, or planning a party, you won't go wrong with Oak Park Theater popcorn.

TODAY'S CHUCKLE

When you were trying to climb the ladder of success, did anyone ever clue you in about the escalator of nepotism?



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**UPSIDE DOWN
 UNDER**
 MARVIN BAKER

My intent this week was to write about a special restaurant in downtown Bismarck and the people who operate it. However, there is a more pressing issue that needs to be addressed.

Another friend was lost to cancer last week and what appears to be remarkable about his case, is that it could have been preventable.

A family friend from back home, who we called "Soup Bone" when we were kids because he was so skinny, died last week at the age of 62 from kidney cancer that had spread to his lungs.

Kidney cancer spreading to the lungs is exactly what I experienced. But thanks to a persistent public health nurse named Melissa Burud and Mayo Clinic, I was saved. But it could have been much worse.

In fact, a cardiologist in Minot who first diagnosed my small cell renal cell carcinoma, asked me if I had any blood in the urine. I told him no and there wasn't any pain, no pinching, no buldge in my lower back, nothing like that.

Sometime after the surgery, in a consult with the doctor who removed my kidney, I asked him, what would have happened if there was blood in my urine. "By then, it's too late," he told me.

Losing a childhood friend...

And I suspect that is what happened to "Soup Bone." I'll bet he didn't even know he had cancer until it was too late. I'll bet the warning signs were so subtle that he wasn't even aware of what was going on.

But there are signs, there are clues and most of all, those of us on the street don't know enough about medicine to even make an educated guess. Some little thing will happen to us and we'll pass it off as an allergy, a nasty cold, a cut that doesn't want to heal as fast as it should. No matter, we're aging and our body doesn't heal as quickly as it used to heal.

The real problem is, we think we are 10 feet tall and bullet proof until we're not. And my point here today is that as we age, we need to start paying closer attention to our bodies.

In my case, it was chest pain that led to an x-ray that found a spot on my left lung. I could have passed it off as working too hard. I could have

taken a break to "catch my breath," and gone right back to work. Instead, I went to the clinic in Kenmare and the x-ray revealed something I didn't want to see.

That happened four days before my 59th birthday. By the time you read this article, I will have turned 65. So, in another consult with my doctor at Mayo Clinic last year in June, I asked him what would have happened if I had refused medical attention.

He told me point blank, I'd either be dead or close to it.

That's why it's so important to have someone take a closer look at any warning signs. Just two weeks ago, my wife and I were on the beach in Florida and she told me there was a weird looking spot on my back that was dark and irregular. That's a classic sign of melanoma, and my dad had melanoma. So, as soon as we got back to North Dakota, I made an appointment.

The doctor did a biopsy right in

her office to get positive proof of what that spot was. As it turned out, it is called seborrheic keratosis, which is harmless and is caused by aging and damaged skin.

But, it could have been much worse. My dad disregarded the early signs of his melanoma and as he went from his 70s to his 80s, the dermatologic procedures became more frequent to remove the recurring melanoma.

Because of doctor/patient confidentiality, it's near impossible to get information like this, unless it's your own and you are volunteering the information. And that's what I'm doing here.

I'm hoping that anyone who finds those subtle signs that appear to be nothing more than annoying, please get it checked out. I feel terrible about losing my childhood friend "Soup Bone," whose real name is Joey Brunner. I hope we can all learn something from his passing.

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There's Always Tomorrow



SLICE OF LIFE
KIM FUNDINGSLAND



When does Spring arrive? Seems like the answer is always tomorrow, but then I've grown accustomed to disappointment over my many years in North Dakota.

I enjoy the changing of the seasons, others do too, but my patience is quite limited when it comes to Spring. It's a struggle for me when Spring refuses to arrive when I want it to arrive. Yes, it's a yearly occurrence. Darn it.

This year, according to the calendar, March 19 is the first day of Spring. Bluebirds, blossoms,



KIM FUNDINGSLAND PHOTOS

and sunshine? I wish it worked that way, but I have learned that Spring is more often the season that always starts tomorrow. Seems that way anyway.

March 19 is the first day of astronomical Spring, the beginning of the Vernal Equinox when the sun is directly overhead. However, in North Dakota, the sun is as likely to be blotted out by snowfall as it is to shine brightly. No getting around it, that's the way it is in the far north.

The National Weather Service adds a bit of confusion to the season too. Their "meteorological" spring began March 1. To the NWS Spring is March, April, and May – easier for record keeping.

Summer begins June 20, the longest day of sunshine of the year in the Northern Hemisphere. That's us. But the NWS says meteorological summer starts June 1, again for record keeping purposes.

A few weeks ago, we experienced spring, summer, and winter on consecutive days. Mid-30's one day, low 50's the next, and then a dump of snow. How North Dakota was that? It's why I've learned that Spring always starts tomorrow. At least with that way of thinking, I don't get overly disappointed when I put away the lawn mower and start the snowblower.

Spring arrives, maybe, when the leaves begin to return to the trees and grass starts to turn from brown to green. Geese have been migrating for weeks. Ducks and shorebirds won't be far behind. I hope.

We've just come through one of the warmest, most agreeable, pleasant winters in our history. Now, as always, I want an early Spring. Always optimistic, I'll know it when I see it.

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SNOW REPORT

Spring skiing conditions with snow in the forecast!

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Saturday, March 23	10:00am-5:00pm
Sunday, March 24	10:00am-5:00pm

Weather Dependent - Tentatively

Friday, March 29	Noon-9:00pm
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Keep an eye on our FB page for updates, schedule changes and weather conditions.

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REPORTER

The Northern Sentry Team is looking for a part-time reporter to cover stories on the Minot Air Force Base.

A normal week would be to cover 1-2 stories about life on Minot Air Force Base.

Story lengths can vary, but most often stories would be 400-600 words with accompanying photos.

Stories would be assigned on a weekly basis.

Some journalism experience would be appreciated, but not necessary.

Must have Minot AFB credentials.

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For more information send a resume and letter of application to:
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Annual Tenant Survey

Team Minot Base Housing Residents,

The FY24 DoD Annual Tenant Survey is here!

The survey started on March 4th and runs through April 18th. Use the QR code in the attachment to opt in to receive your survey via Text, otherwise you will receive it at the email on file with the leasing office.

This survey is very important as it gives Minot AFB Leadership, Resident Advocate, Minot AFB Homes, and the Military Housing Office (MHO) insight into how our residents feel about the quality of our homes, community, amenities, landscaping etc. We read every comment and every survey!

CEL and Associates expanded the options available to complete the survey. While residents will now have three options available to obtain the survey, CEL will only accept one survey per household. Please review the options below for more details.



SAMANTHA MENDOZA, GS-12, USAF
PRIVATIZED HOUSING RESIDENT ADVOCATE
5TH BOMB WING



1. Email: CEL will continue to send out surveys to each household with a valid email address on file.

2. Text Message: Residents that opt-in can receive their survey via text message. As part of the data-verification process, residents must provide a phone number that matches the one given to CEL.

3. "Find My Survey" web page with QR Code access: CEL will provide a flyer containing a QR Code that will take Residents to

a web page where they can enter information and receive their unique survey link.

Confidentiality – Survey results are confidential and only CEL and Associates have access to individual survey responses. The results will be provided to the DAF without information that would tie responses or comments to a particular house or resident.

Thanks in advance for providing us the ammo to improve our community.

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The survey is being conducted online and is being administered through a third party, CEL & Associates, Inc. (CEL). All households are invited to participate in the survey, and this is your opportunity to provide feedback on your housing and community. We have provided information below on how to obtain a survey.

Check your Email Inbox/ Text Messages: **OR** **Go to "Find my Survey":**

If you have not received a survey email or text by Wednesday March 6, 2024:

1. Check your spam folder. The initial email came from AirForceHousingSurvey@celassociates.com.
2. Check with your spouse, partner, or other household member(s) to determine if they received the email or text.

If you still need assistance or can't locate your survey, go to "Find my Survey".

Use URL or Scan QR Code Below
Go to: <https://celsurvey.com/findmysurvey>

Enter the information requested. The information must match information provided by management.

General Survey Information

1. The survey will be launched on Monday, March 4, 2024.
2. The survey results are confidential and anonymous. Only CEL has access to your survey responses, so please express your true opinions and thoughts.
3. Each household may only complete one survey.

Thank you for your participation.

CEL & Associates, Inc.
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A LOOK BACK THIS WEEK IN USAF HISTORY

"DUDETTE 07" AIRMEN MAKE HISTORY AS THE FIRST ALL-FEMALE COMBAT TEAM IN AFGHANISTAN
MARCH 30, 2011

On March 30, 2011, at Bagram Airfield, Afghanistan, a team of female Airmen made history by performing the first combat sortie involving only women. Maj. Tracy Schmidt, Capt. Kimberly Volk, Maj. Christine Mau, and Capt. Jennifer Morton provided close air support for coalition and Afghan ground forces as a part of "Dudette 07," which consisted of two F-15E Strike Eagles. The mission, which was planned in honor of Women's History Month, included female pilots, weapons officers, mission planners, and maintainers from the 389th Expeditionary Fighter Squadron and 455th Air Expeditionary Wing. The Air Force officially permitted women to train as pilots in 1976, but they were not allowed to fly combat missions until 1993. "I thought it was kind of cool and something that I have never seen before," said Staff Sgt. Tamara Rhone, a 455th Expeditionary Aircraft Maintenance Squadron crew chief. "The women throughout time have paved the way for us today and they made it possible for us to be equal as well as respected as individuals. Females are a rare breed on the flight line." As women continue to pave the way in the military, events like this are important reminders of the dedication, solidarity, and strength of the females fighting for this country.

Information courtesy of: af.mil

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Military Pride Prevalent for Paralympic Team

Minot AFB Introduces USA Sled Hockey to Curling

KIM FUNDINGSLAND



USA National Sled Hockey Team Member Chris Douglas



USA National Sled Hockey Team Captain Josh Pauls

MINOT – The USA Paralympic Sled Hockey team watched intently as Minot Air Force Base curling teams tangled on league semi-final night. They were eager to have MAFB players introduce them to the sport after the last rock was thrown.

Curling is not a sport played by many, but it has a rich tradition and fascinating appeal to those who seek out the opportunity to play. That list includes MAFB participants in the only military curling league in the U.S., several of whom shared time on the ice with USA Sled Hockey players.

The respect between the two groups was evident immediately. Several Team USA members making their first try at curling were veterans of military service, making for an appreciative bond readily understood by all participants.

“There’s so many people all around the country that want to put that USA jersey on, many of them military guys who fought for our country and made sacrifices,” said Declan Farmer, Olympian from Boulder, Colorado. “It’s definitely a privilege. It’s something special.”

Jen Yung Lee, San Antonio, Texas, and goal tender for the USA team, was among those watching through the glass as the MAFB curlers finished their games. The Army veteran lost his legs in 2009 and did his rehabilitation at Fort Sam Houston in Texas.

“I tried curling and fell in love with the sport and the camaraderie,” said Lee. “Being in the locker room with guys from the Air Force, Army, Marines, and Coast Guard is a team bonding that has really helped me stay with sled hockey.”

The USA team’s introduction to curling happened at the curling club located on the State Fairgrounds in Minot. The following day the USA Men’s Sled Hockey team routed Team Canada in an exhibition game at Minot’s MAYSA Arena.

Having MAFB airmen volunteer to introduce USA Sled Hockey players to curling didn’t come as a surprise to Chris Douglas, Minot. Douglas moved to Minot from Orlando, Florida, eight years ago.

Noting the kind assistance of airmen from MAFB, Douglas said, “The atmosphere in this town is what we were looking for. Minot is one of the greatest communities I’ve ever seen.”

Douglas made the USA Team in 2014 and remains on the roster

today. He credits Prairie Grit, an organization dedicated to assisting handicapped in various endeavors, with making a big difference in Minot.

“It is what everyone dreams of having,” remarked Douglas. “My wife and I are going to call Minot home for a very long time.”

USA Team Captain Josh Pauls, Green Brook, New Jersey, had his legs cut off at the knees when he was 10 months old. He made his first national team in 2008-09

and was part of the first world championship team for the U.S. in games held in the Czech Republic. In all, he has been on five gold medal winning teams.

“It never gets old. One of the best traditions we’ve kept is that we always put that USA jersey on together,” said an emotional Pauls. “It’s really a sense of pride, especially having military veterans who thought they’d never be involved in the sport. They are inspiring the next generation.”



Members of the Team USA Paralympic Sled Hockey team acquaint themselves with the ice at the Minot Curling Club. Moments later members of MAFB helped introduce them to the sport of curling.



A USA Paralympic Sled Hockey player is shown a push pole used to assist in sliding a curling stone toward the scoring rings at the other end of the ice. MAFB airmen assisted in the introductory event at the Minot Curling Club.

KIM FUNDINGSLAND PHOTOS

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Local Teacher Awarded Innovation Grant

SABRINA MULRAIN

Lory Keller, a fifth grade English Language Arts and Science teacher at Dakota Elementary, has recently been awarded the North Dakota Teacher Innovation Grant. Lory proposed to purchase a CO2 3D laser cutter, which is a cutting tool that uses a beam of light to precisely cut a wide range of flat materials, to provide the fifth graders at Dakota Elementary with the opportunity to capitalize and learn more about science, technology engineering, and math.

The students will be able to use this laser cutter as a foundation to build up and be better prepared for a future in STEM careers. When asked how Lory felt about winning this grant, she emphasized that she was thrilled to have won but her main focus is always how this can benefit the students. In her own words she stated, "at the end of the day it's about the kids, it's about what's good for them and what helps them for their future."

Lory described how her intention for this laser is to build a good foundation in STEM related education, so that her fifth-grade students are better prepared for the more challenging course work in the upcoming grades. The CO2 3D laser not only gives the students the advantage for building a better foundation in STEM related learning, but it also provides a way to expand the students creative and retail skills, and is a great way for the school to earn extra funding by selling the products the students help to create.

Students will be able to get a better understanding of what it takes to create a product from start to finish. Lory's hopes are that the students will be able to establish an idea for a product and work hard to follow through with that idea by creating their product and working through any mistakes. They will learn to adjust their thinking to problem solve, and finally will be able to sell their final product in the school store. By working through their mistakes and learning to try again when it isn't right the first time, the never give up attitude is reinforced, and the children will learn to try and try again until they succeed. Students will also be able



Mrs. Lory Keller of Dakota Elementary received the North Dakota Teacher Innovation Grant with an award of \$9,306 to purchase a CO2 3D laser cutter. This will expand STEM opportunities and education for Dakota students!

to gain a sense of pride for their accomplishments.

The CO2 3D laser will be able to cut into wood, put the school logo onto bags, etch into keychains, frames, mugs, and so much more. The limitations of what is possible is only truly limited by the students' own imaginations.

When asked what project will most likely be the first, Lory shared that she believes the students might be interested in working on bags and keychains first. The uses for the bags are also endless, for example they could be used at the grocery store or to hold students' winter gear at school. She hopes the children are able to create a larger variety as well as bigger projects in the future, and that the children will be able to take what they learn

and are able to apply it in their lives perhaps even to a future business. Another goal Lory described was to inspire forward thinking, by planting the seed so the children can grow and thrive from what they learned and apply that to their lives.

The CO2 3D laser will be ordered soon and should arrive before the school year ends. Although this year's fifth graders won't have as long with the laser, future fifth graders will be able to take full advantage of this wonderful opportunity.

Let's all congratulate Lory Keller for her amazing idea and thank her for helping our students get this amazing opportunity to work with the CO2 3D laser. We have some truly amazing teachers here at Minot AFB.



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USAF Slashes Plans for MH-139 Helicopter Fleet Size, Locations

GREG HADLEY, AIR & SPACE FORCES MAGAZINE

The Air Force is dramatically scaling back its plans for the MH-139 Grey Wolf helicopter, cutting its projected fleet from 80 to 42 aircraft and reducing the number of bases that will host the new chopper.

For now, that means some units will continue to operate the aging UN-1N Huey, some of which have been flying since the Vietnam War.

The Air Force's original plan was to procure 84 helicopters to provide security and transport across sprawling ICBM fields, senior leader and executive airlift in the National Capital Region, and aircrew survival training.

That plan was later trimmed to 80 aircraft, and the service's 2025 budget documents now show a cut all the way down to 36. However, an Air Force spokeswoman told Air & Space Forces Magazine that the program of record would actually be 42 helicopters since six test aircraft were already delivered.

To accomplish such a reduction, the Air Force has decided to only field the MH-139 at its three ICBM bases:

- F.E. Warren Air Force Base, Wyo.
- Malmstrom Air Force Base, Mont.
- Minot Air Force Base, N.D.

All three bases will still get their originally planned 11 helicopters, added the spokeswoman. Malmstrom just recently received its first MH-139, welcoming the Grey Wolf on March 9. It is slated to receive its full complement by the summer of 2025.

In addition, the MH-139 schoolhouse will still be at Maxwell Air Force Base, Ala., which is slated to get its first chopper this month.

Previously planned locations Joint Base Andrews, Md.; Fairchild Air Force Base, Wash.; and Yokota Air Base, Japan, will all not receive any MH-139s now. The Air Force had already announced Andrews as the fourth location to get the Grey Wolf, with a projected fleet size of 25.

The cuts to the program came "due to fiscal pressures and considering remaining service life of the UH-1N Huey," the spokeswoman said.

However, budget documents note that the UH-1N Huey helicopters "have significant capability gaps in the areas of speed, range, endurance, payload capacity, and aircraft self-protection."

The MH-139, a joint venture with Boeing and Leonardo, is a militarized version of the AW139 helicopter that is capable of flying faster, higher, farther, and with more weight than the UH-1N. The program has had hiccups, though—issues with Federal Aviation Administration (FAA) certification caused the Air Force to delay its fiscal 2021 purchase of eight helicopters and skip its 2022 buys completely. Even after it gained FAA certification, the Pentagon's Office of the Director of Operational Test & Evaluation



A MH-139A Grey Wolf sits at Duke Field, Florida after landing from a test flight on Feb. 22, 2024.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN BREANNA CHRISTOPHER VOLKMAR

(DOT&E) warned in its annual report that the Grey Wolf might fall short of "operational effectiveness requirements." The report noted concerns about with the automatic flight control system, sensor display, intercom system, cabin layout, and "restrictions on takeoffs in crosswinds or near obstacles."

The 2023 edition of the report similarly warned that the program "faces several ongoing risks to ... meeting operational effectiveness, suitability, and survivability requirements." While some progress has been made, the report authors noted that the MH-139 still requires some FAA certifications to start initial operational testing, which are not projected to be approved until the fourth quarter of fiscal 2024.

On top of that, the Air Force wants to add an additional radio to the aircraft, "but problems with internal communications persist," the report stated. The service also is adding an environmental conditioning system, but that system's effects on the helicopter's power and weight requirements is not fully known.

Despite all this, the Air Force wants to keep production high now and cut the program on the back

end—the service is maintaining its request for eight helicopters in fiscal 2025, then dropping to two each for the next four years to fill out the fleet. In its 2024 budget request, USAF projected a high buy of 15 helicopters in 2026, with smaller declines after that.

Air Force officials have noted that their procurement and research and development budgets took hits in the 2025 request due to spending caps set under the Fiscal Responsibility Act and the need to maintain operations and personnel accounts. The service is also curtailing its planned F-15EX and T-7 programs of record, though by far smaller amounts, and trimming its near-term procurement of F-35s.

The MH-139, however, is taking the biggest cut. In terms of procurement, the move reduces the program's estimated budget from \$2.55 billion to \$1.42 billion. It does, however, raise the unit cost per helicopter from \$34.47 million to \$39.37 million. That rise of 14.2 percent puts the program very close to a Nunn-McCurdy breach—the law requires Congress be notified of any program that has its unit cost rise 15 percent above current estimates.

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Rebranded Key Spouse Program allows flexibility to support families

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) -- The Department of the Air Force announced the Key Spouse Program is changing to the Commander's Key Support Program, at the annual major command spouse conference, March 13-15.

The updated program expands opportunities for Airmen, Guardians, federal employees and family members to contribute to their units, allowing anyone interested, irrespective of marital status, to hold roles as long as volunteer duties do not conflict with primary responsibilities. Volunteers will now be identified as Key Support Liaisons, or KSLs.

"The name change is only the beginning," said Gina Allvin, the spouse of the Air Force chief of staff. "Our goal is to create a culture where support programs are ready to surge when needed. When service members and their families understand the resources available to them, it makes navigating challenging times easier for the entire base community."

The program originated in 2009 as an Air Force chief of staff initiative to enhance connection and communication flow from leadership to families. Over the past 15 years, it has gone through numerous changes, but volunteering remained available only to spouses of military members.

"This update recognizes the diverse talents and contributions all members of our community can make and ensures that everyone feels included," said Jennifer Saltzman, the spouse of the U.S. Space Force

chief of Space Operations. "I'd like to thank every teammate who has worked hard to make this program what it is today, including our Space Force and Air Force Key Spouses of the year, Tauni Combs and Lina Arenas, who helped us shape this important transformation."

In addition to a new name, the program incorporates new readiness, resource and connectedness objectives designed to help commanders meet the needs of the modern family. Virtual training is expected to be available in mid-2024 through MilLife Learning. Attendees can expect to come away with updated tools and templates and a local resource connection to set them up for success.

"We want to strengthen the sense of family readiness and resilience across our force," said Air Force Chief of Staff Gen. David Allvin. "While spouses remain central to the program, opening the aperture for others to fill these important

roles increases our ability to get information on resources and support programs to families."

The changes came as part of a collaborative effort between the Air Force Personnel Center and current and past volunteers, who identified ways to align military family needs with strengthened programs, tools and resources.

"By expanding opportunities for involvement, we strengthen our connections and enhance the readiness and resilience of our entire force," said U.S. Space Force Chief of Space Operations Gen. Chance Saltzman. "We're at our best when we stand together, confident that our strong network of teammates is ready to offer support when needed."

More information on the DAF's Commander Key Support Program can be found AT <https://www.afpc.af.mil/Military-and-Family/Commanders-Key-Support-Program/>



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WOMEN'S HISTORY MONTH

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN CALEB S. KIMMELL



Female Airmen from the 91st Operations Group pose for a photo at Minot Air Force Base, North Dakota, March 8, 2024. March is Women's History Month, an occasion to heighten awareness of the contributions women have made to history and continue the long-standing tradition of excellence in American society. The first Presidential Proclamation designating Women's History Week was passed in 1980 by President Jimmy Carter. Then, in 1987, the National Women's History Project petitioned to expand the national celebration. As a result, in 1988, Congress and President Ronald Reagan designated the month of March as Women's History Month.



Female Airmen from the 91st Maintenance Group pose for a photo at Minot Air Force Base, North Dakota, March 8, 2024. March is Women's History Month, which aims to celebrate women and their contributions to society. For the women of the Air Force, this observance is a reminder of the strength and determination of women currently serving in the military and their predecessors.



Female Airmen from the 91st Security Forces Group pose for a photo at Minot Air Force Base, North Dakota, March 8, 2024. March is Women's History Month, an occasion to heighten awareness of the contributions women have made in history and continue a long-standing tradition of excellence in American society. The first Presidential Proclamation designating Women's History Week was passed in 1980 by President Jimmy Carter. After several months of petitioning, the National Women's History Project reached their goal in 1988 when President Ronald Reagan, along with Congress, designated the month of March as Women's History Month.

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All About Pets

Enriching Your Dog

Enrichment is essential for a happy dog and is a great idea in order to keep them mentally, physically and emotionally healthy. For some dog owners, it can be difficult to find the right enrichment activities to keep them interested. Here are a few great ideas to keep your dog entertained:

- Hide food around the house or yard and let your dog use their nose to search for it.
- Use a snuffle mat—you can make them homemade with fleece and a rubber mat or even use a fluffy, stringy rug—and spread food throughout it.
- Instead of using high calorie treats for training sessions, try hand-feeding your dog's meal to them for an everyday mind workout.
- Put their dinner in a muffin tin filled with tennis balls for a homemade puzzle feeder. If that's too easy, there are a variety of puzzles to buy that range from easy to expert.
- Use a hollow toy with holes, such as a Kong or bone, and fill it with treats and your dog's meal. Vegetables, fruits, yogurt, peanut butter, and bland meat are a few extra healthy fillings. To make it last even longer, try freezing it with some water.
- Walks are great for physical exercise but can be opportunities for mental enrichment as well. Letting your dog sniff around, exploring new parts of the neighborhood, or practicing basic etiquette will help make the most of your walks.
- A flirt pole encourages your dog's natural urge to chase. It's basically a stick with a lure on the end of an attached string and can help you train impulse control, build communication skills, and of course, enrich your dog.

- If you have an athletic or working breed on your hands, try involving them in a sport. Agility courses, canine freestyle, disc dog, dock diving, lure coursing, and scent work are a few popular sports that will give your dog lots of extra enrichment. If there are no dedicated courses near you, many of these sports can be learned (and practiced) right in your back yard or a local park.
- Try planting a garden just for your pup. Herbs like mint, chamomile, lavender, and rosemary give off pleasant smells and can even be eaten. You can also include other features such as a pool or sprinkler and a designated digging pit to give your dog the full enriching experience.
- You can find many different "doggy TV" shows on the internet. Put one on while you're busy and let your dog watch and listen for a variety of dog-favorite sights and sounds.
- Bring your dog along for a windows-down car ride to expose them to new sights, sounds, and smells.
- Instead of leaving Fido at home for that trip to Home Depot or the local lunch spot, try bringing him along for some valuable exposure to new people and a different environment. Before bringing your dog to any public setting, make sure they are pet-friendly.
- Doggy daycare and group training classes are awesome places to give your dog social enrichment under professional supervision. Keep in mind that different dogs and different age groups need varying amounts of stimulation. By giving your dog the proper enrichment, you can ensure that they live their life to the fullest!

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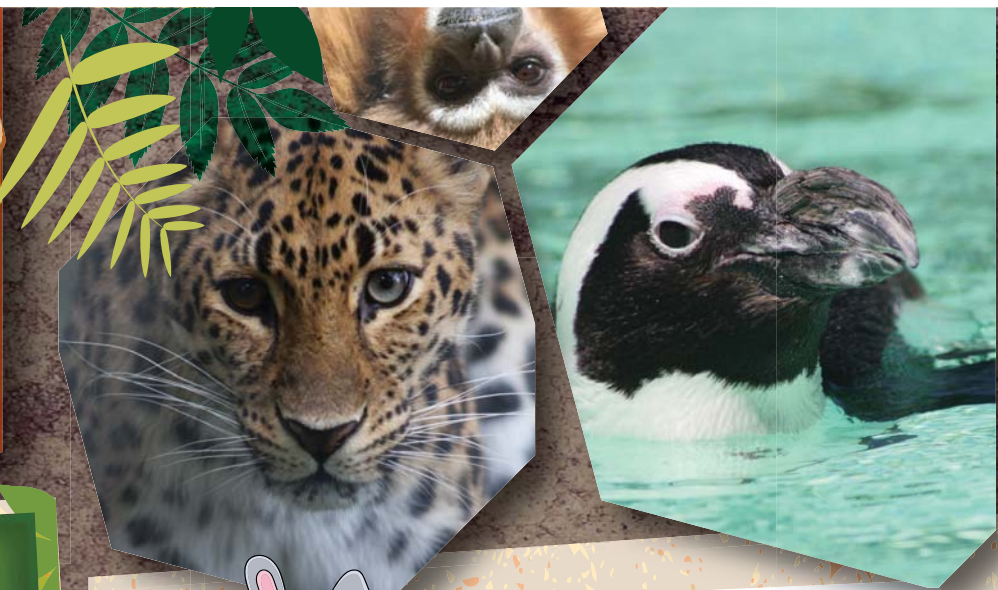
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AFRICAN BLACK-FOOTED PENGUIN

CREATURE FEATURES

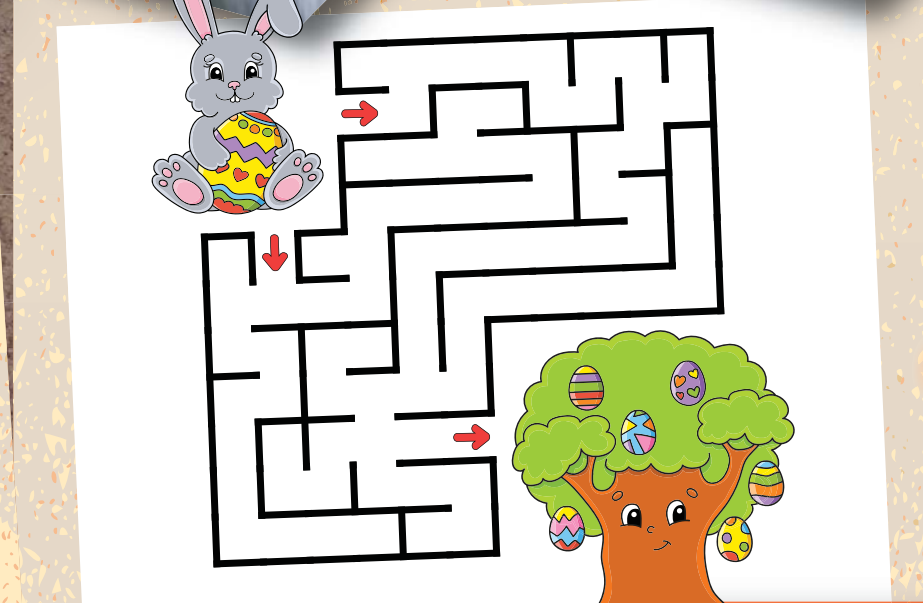
- A warm weather penguin, they are found in the subtropical climate, in waters of 41 to 68 degrees F, on the coast of South Africa.
- They are characterized by their erect posture, torpedo-shaped body, webbed black feet, hazel eyes, and stiff wings.
- Black-Footed Penguins have evolved to both survive in cooler water and the heat of the sun. Their body is covered by 70 – 80 waterproof feathers per square inch and a subcutaneous layer of fat helps fend off cold in the water. On land, they raise their feathers and hold their wings away from their bodies to release heat. The bare patch above their eyes also allows heat to escape.

Fact File

Life Span	10 – 11 years
Weight	5 – 9 pounds
Height	24 – 28 inches
Top Swimming Speed	3 – 5 mph
Wild Diet	Omnivore Carnivore Herbivore Fish, Crustaceans, Squid

Photo by Doug Kim

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SPRING CAR CARE

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

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

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

WHAT HAPPENS IF YOU DON'T GET AN OIL CHANGE?
 When life gets busy, it may be tempting to put things, like an oil change, on the back burner. Delaying important preventative maintenance could cost you overall. Without good engine oil, you are putting your car's engine in danger. Putting off an oil change for too long can:

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

HOW LONG CAN YOU GO WITHOUT AN OIL CHANGE?
 Now that you know how important an oil change is for your vehicle, you may be wondering what's the best way to keep up with maintenance. A lot of this depends on your type of vehicle and how you drive. The best way to stay on top of maintenance intervals is to refer to your vehicle owner manual or the oil life monitor displayed on the driver information center of your dashboard or center console.

DON'T MISS OUT ON YOUR NEXT OIL CHANGE
 When it is time to schedule service at the auto shop, there's plenty of benefits to getting your oil changed at Tires Plus. Each oil change comes with a free courtesy inspection, speedy service, and we regularly offer coupons to save you money. Find your nearest Tires Plus for assistance from our auto experts on all your car maintenance and tires needs.

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Having grown up in Minot and after spending the majority of my adult life here, I have taken my bikes to Val's Cyclery many times over the years for repairs. I knew that they sold bikes and repaired them, but didn't know about their other services until recently.

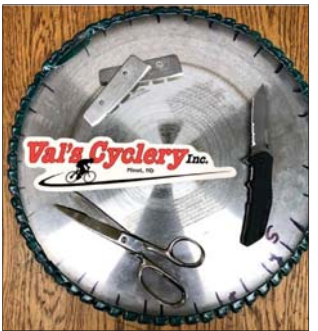
The first of these services and one that everyone can utilize in some way is their sharpening service. Did you know that you should have your kitchen knives sharpened two times per year? I had no idea of this fact before meeting with Rory Schell, second generation owner of Val's Cyclery in downtown Minot. Schell suggests that people bring their knives in once in the spring to have them ready for grilling season and again in the fall in preparation for the holidays.

contact you when ready for pickup. It is so easy!

In addition to their sharpening services, they also offer bicycle repairs. From yearly tune ups to major repairs, their skilled service technicians can get your bike ready for your adventures. Val's can tune and repair any brand of bike. I can attest to their attention to detail and customer service from the bike servicing they have done for my family's bikes over the years.

If you are in the market for a new bike, exercise equipment or other accessories, Val's offers bicycles for all ages, e-bikes, rowers, treadmills, recumbents, headphones, bike helmets, and so much more. Their knowledgeable staff can help you find exactly what you are looking for to get you moving. You will truly be amazed at all they have to offer.

Val's Cyclery is located on the corner of Central Avenue and 3rd Street in downtown Minot. With its gradated green and yellow exterior, you will not miss it, but even more interesting than the colorful paint color is the history behind the business. Val Schell opened Val's Cyclery 64 years ago and trained his sons in the business. In 1982, he became partners in the business with his sons and eventually they bought Val out. In 2012, Rory Schell bought out his brother, and has since been training his own sons to someday take over the business. A three generation family business whose focus is on customer service and satisfaction. Schell said one of his favorite things is that he has had customers for decades. From the time their parents bring them in for their first bike and then as adults coming in for sharpening services, bike repairs, upgrades, etc. Schell has enjoyed getting to know these lifelong customers.



From kitchen knives to chainsaw blades and quilting shears to ice auger blades, they can sharpen just about anything that is starting to get a little dull. Ice auger blades are something that previously has been an item that has been said to be unsharpenable, but Schell has a process that he has perfected and has gained the attention of people around the state and the country, who send him their blades to be sharpened, when everyone else said it was impossible.

It is incredibly convenient to bring items in to be sharpened. You don't even need to schedule an appointment. Just bring the items in and then they will



HOPE ANDERSON

Every Wednesday night, a group meets in the front of the store and they go for a ride. It can be up to 50 people and they do anywhere from 10 mile to 25 mile rides. You can be a beginner or advanced and there are people who can help you perfect your skills. It is fun for the whole family. Thursdays, they often meet at the Bison Plant Trail for a ride and will even go for rides in the winter months. It is an excellent opportunity to get to know others in the community and have fun. Sometimes they even offer food!



You can find Val's Cyclery on Facebook at ValsCyclery and they are also in the process of finishing up their website: www.valscyclery.com. Stop in at 222 E. Central Ave. or call 701-839-4817. You will be greeted with a smile, treated to excellent customer service, and will feel good knowing that your purchase from this local business was greatly appreciated. Don't forget, it's time to get those knives sharpened and your bike in for its yearly tune up!

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10 NORTH MAIN
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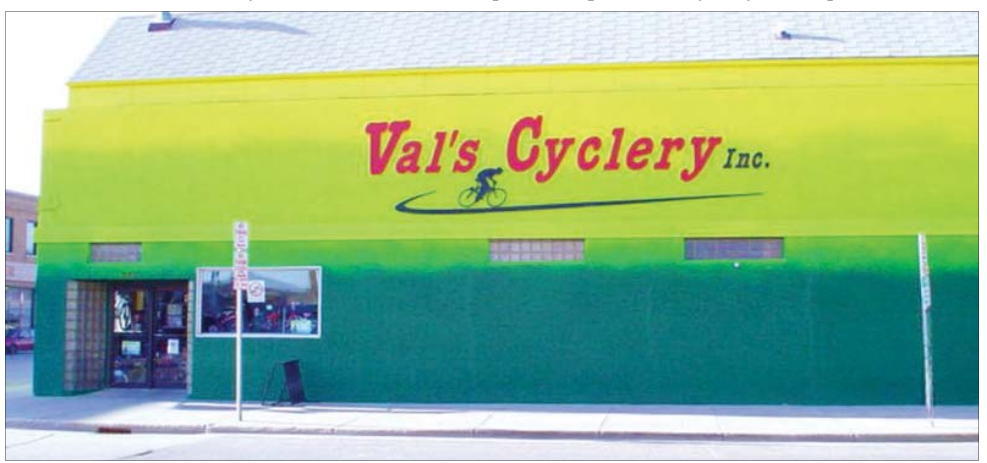
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When should I get tested for cervical cancer?

AFMS - MINOT - 5TH MEDICAL GROUP

The PAP test is one of the most reliable and effective cancer screening tests available. The PAP test is recommended for all women between the ages of 21 and 65 years old.

If you are 21-29 and your PAP test results are normal, you will not

need another PAP test for 3 years.

If you are 30 years old or older, you will need a Pap/HPV test every 5 years if the results are normal.

For all women aged 21-65, it is important to continue getting a Pap and/or HPV test as directed by your doctor—even if you think you are

too old to have a child or are no longer sexually active.

Women who are older than 65 and have had a normal Pap or HPV test for several years may not need a PAP test.

Women who have had your cervix removed as part of a total hysterectomy for non-cancerous conditions, like fibroids may not need a PAP test.

Cervical Cancer may be prevented by the HPV vaccine. It protects against the types of HPV that most often cause cervical, vaginal, and vulvar cancers. It is recommended for preteens (both boys and girls) aged 11 to 12 years but can be given as early as age 9 and until age 26.

Talk to your medical provider if you have questions. Early intervention and testing is important!

Please call the 5MDG appointment line to make an appointment for cancer screening 701-723-5633.

Please contact the immunizations clinic 701-723-5270.



5MDG Health Promotions Fair and Walk-In PAP Exams

0730-1600

Thursday, March 28, 2024

Please join us at the 5MDG for information on health and wellness.

March is Colorectal Cancer Awareness Month: Please come by and see the LARGE inflatable colon with great information about the importance of colon cancer screening.

Walk-in PAP exams will be available - Active Duty/Family Members are all welcome to sign in at the Family Health Front Desk across from immunizations from 0730-1200.

ADDITIONAL RESOURCES:

- In-body assessments (basal metabolic rate and body fat analysis)
- Smoking Cessation - learn how to quit smoking
- New Parent Support Program - Education, support, and resources through pregnancy and families with children under the age of 3.
- Scheduling or Referral Assistance for Mammogram and Colon Cancer Screening
- Help with scheduling cervical cancer screening appointments
- Behavioural Health Class information: Sleep, Stress, and Weight Management



Neighborhood HERO

Master Sgt John Silva
5TH FORCE SUPPORT SQUADRON

This week we tip our hats to MSgt John Silva, who led a group of First Sergeants in the development of a new Minot AFB Unit Patch.

The patch has been approved, and several have been ordered and will be offered for sale once they arrive. Watch the Northern Sentry for locations and times that the patches will be available for sale.

MSgt Silva and his development have certainly captured the spirit of the dual missions at Minot AFB. Congrats to MSgt Silva and his team.

NOMINATE A NEIGHBORHOOD HERO

EMAIL SENTRYSALES@SRT.COM
INCLUDE NOMINEES NAME, PHOTO AND THE REASON THEY ARE A NEIGHBORHOOD HERO

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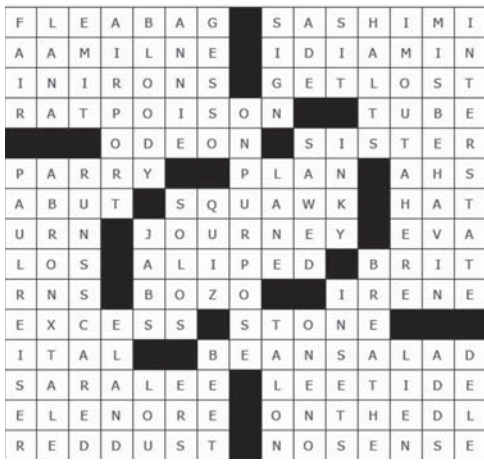
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CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



SUDOKU

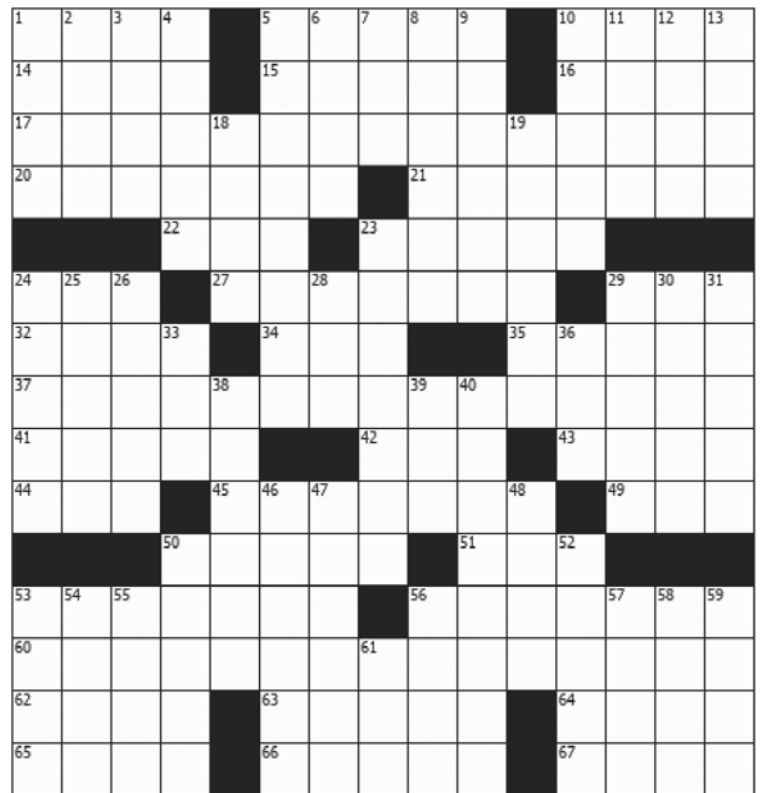
Solution to puzzle on page B9

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

CROSSWORD PUZZLE

Across

- 1. Bus start
- 5. News briefs
- 10. Factory fallout
- 14. Football Hall-of-Famer Page
- 15. Make more lean
- 16. Volcano top
- 17. Bisected Rodgers and Hart hit?
- 20. California mountains
- 21. Grunted
- 22. Mikhail of chess
- 23. Condemn openly
- 24. Jazz form
- 27. Employs wrongly
- 29. Actress Lupino
- 32. Small particle
- 34. Pouch
- 35. Artist's stand
- 37. Bisected Beatles hit?
- 41. Edsel, to many
- 42. Tarzan portrayer
- 43. Verve
- 44. Alums to be
- 45. Disheveled
- 49. Unit of energy
- 50. Dawns
- 51. ___, Daman and Diu
- 53. Check marks?
- 56. Tied up
- 60. Bisected 17th century conflict?
- 62. Landed
- 63. Strides
- 64. Merit
- 65. Goes to seed
- 66. "___ of God" (1985)
- 67. WWII battle site



Down

- 1. Buffoons
- 2. 1052, to Cato
- 3. Church section
- 4. Not active
- 5. Utopian's vision
- 6. Counting method
- 7. Newt wannabe
- 8. Propaganda target
- 9. Posture
- 10. Menacing
- 11. Blanc, e.g.
- 12. "Going ___, going ..."
- 13. Commanded right
- 18. Overstuff
- 19. Hardy novel setting
- 23. Wife of a duke
- 24. Cries lustily
- 25. Besides what's here
- 26. Frost output
- 28. Did nothing
- 29. Basketry material
- 30. Kind of flask
- 31. On the way
- 33. Dialer's 6
- 36. Parliamentary position
- 38. Cantillate
- 39. Type of wind
- 40. Darnel
- 46. Nicaraguan revolutionary
- 47. Get out the knots
- 48. Hardly upbeat
- 50. Mongrels
- 52. They may carry burdens
- 53. At a distance
- 54. "Venus de ___"
- 55. Think nothing ___
- 56. A head of France
- 57. Flatten a fly
- 58. British nobleman
- 59. 007 nemesis
- 61. Yang's partner

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

Pastor Mark Ehrmantraut
www.vincentumc.com



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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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Grief Support Group meets Mondays at 7:00pm starting January 29.

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biblefellowship@srt.com
www.griefshare.org

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MinotBibleFellowship.org

Immanuel Baptist Church

1615 2nd St. SE • www.ibcminot.org
701-839-3694



SUNDAYS: 9:00 AM FELLOWSHIP
 9:15 AM SUNDAY SCHOOL
 10:30 AM WORSHIP


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



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839-7076

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

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 Pastor David Miller



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Southern Baptist Convention

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

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

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

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 Sunday Worship 3:30 p.m.
 Wednesday Bible Study 7:30 p.m.

Jesse Starr, Pastor



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A Reformed Baptist Church

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Rev. Brian Doel

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 9:30am Contemporary Service
 9:30am Sunday School & Adult Bible Study
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info@orcsknights.org • 701-839-0772
www.orcsknights.org

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701.839.0772
 Email: jschultz@orcsknights.org
 Website: www.orcsknights.org




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

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FUELING THE FLEET: 5TH LOGISTICS READINESS SQUADRON KEEPS MINOT AFB HELICOPTERS IN THE AIR

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



U.S. Air Force Staff Sgt. Michael Norris, 54th Helicopter Squadron (54th HS) evaluator flight engineer, connects a fuel hose to a UH-1N Iroquois at Minot Air Force Base, North Dakota, March 7, 2024. The 54th HS and their fleet of UH-1Ns provide rapid security response capabilities to Minot AFB's missile fields.



Senior Airman Tristan Turkovitz, 5th Logistic Readiness Squadron fuels equipment maintenance technician, monitors a control panel while refueling a UH-1N Iroquois at Minot Air Force Base, North Dakota, March 7, 2024. Turkovitz ensured the fuels distribution equipment was functioning properly throughout the refueling process.



A fuels control panel is displayed on an R-11 fuel truck at Minot Air Force Base, North Dakota, March 7, 2024. The gauges indicate to equipment operators the fuels distribution equipment is functioning correctly and safely.



U.S. Air Force Staff Sgt. Michael Norris, 54th Helicopter Squadron (54th HS) evaluator flight engineer, clutches the handle of a fuel hose nozzle at Minot Air Force Base, North Dakota, March 7, 2024. Norris refueled a UH-1N Iroquois assigned to the 54th HS to ensure it can rapidly respond to any situation.

NOTES ON BEING SAFE

Basic principals for safe lifting



SSGT JOE VERGARA
5TH BOMB WING
NCOIC OCCUPATIONAL SAFETY



You would never use a jack without also using a jack stand right!

The vehicle lifts that are supporting a vehicle you are working or being stored can represent one of the most productive tools in your shop, or one of the most dangerous pieces of equipment for you if not used and maintained properly. You'd never drive a vehicle that hadn't had the brakes inspected in years. Here are some basic and common sense principles apply to vehicle lifts in your shop and daily inspections are part of your job.

Whether you're using two-post lifts, parallelograms, mobile column lifts, drive-on lifts or in-ground lifts for servicing vehicles, you should follow these basic safety rules.

1. BUY CERTIFIED LIFTS

There's only one nationally recognized safety standard for vehicle lifts: ANSI-ALI/ALCTV/CE, administered by the Automotive Lift Institute (ALI/ETL). ETL testing labs verify that a manufacturer's lifts meet the national safety standard for vehicles lift. The Automotive Lift Institute working through ETL testing procedures involves rigorous third-party testing verifying lift manufacturers comply with current ANSI requirements for lifts as defined by the International Building Code, which mandates that lifts be third party tested to meet these safety requirements. To verify equipment status, look for the gold ALI/ETL verification tag next to the lift's controls.

2. BUY CERTIFIED LIFT OPTIONS

A commonly overlooked mistake is using an uncertified option or accessory on a certified lift. Doing so will void the lift's certification. It's simple: If the optional accessory isn't certified then the lift isn't certified. ALI/ETL standards (&ANSI standards & building code standards), require all accessories, such as drive-on lifts, rolling jacks and truck adaptors, to be certified. Although certification is good for the life of the lift, older models may not meet the most current standards. Complying with American National Standards Institute (ANSI), Occupational Safety and Health Administration (OSHA) and Public Employees Occupational Safety and Health (PEOSH) requirements is the key to keeping vehicle lifts at the

highest possible safety level.

3. NO LOCKS ARE LIABILITY

Always raise the vehicle and then lower it onto the lift's mechanical locks as required by ANSI. Refer to ALI safety manual lifting it Right or the manufacturer's operating instructions for detailed information. An easy way to visually verify the locks are being used is to include a weight gauge (a pressure gauge calibrated to the lift's lifting capacity) on your lift. A weight gauge can also be a great diagnostic tool. If using an old in-ground lift that doesn't have locks, it's time for a new lift. While some in-ground lifts can be retrofitted with an aftermarket lock, it's not the most cost-effective option, and your lift will still not be ALI/ETL certified to be compliant with ANSI rules and building code laws.

4. IT'S EASY TO OVERLOAD

Manufacturers of the most common two-post side by side lifts mandate that none of the four swing arms be overloaded. As an example: Some may think

that a 15,000 pound rated lift that's loaded with a 14,200 pound ambulance isn't near capacity. They're wrong! It's easy to see why two-post side-by-side lifts are often overloaded, even though the total lift capacity hasn't been exceeded.

5. INSPECT EQUIPMENT ANNUALLY

ANSI/Automotive Lift Institute ALCTV Standard for Automotive Lifts—"Safety Requirements for Construction, Testing, and Validation" requires technicians to perform a daily operational safety check. The code also requires an annual inspection by a qualified individual. Failing to do so could expose your shop to liabilities that could be associated with an injury if an accident were to happen.

6. Training and Testing
Contact the Automotive Lift Institute, your lift supplier, or a local lift inspection company for a copy of the 20-minute lifting it Right video hosted by legendary. Like any product, lifts vary in style, type, capability, longevity and warranty.

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Purple Up Day

It is almost time for North Dakota to "Purple Up" in celebration of military connected children statewide across all services on April 3rd, 2024!

We are beyond thrilled to partner with incredible stakeholders to host the Month of the Military Child (MOMC) Proclamation Event at Memorial Middle School at Minot AFB on April 3rd, 2024 with Lt. Governor Miller!

Note: No federal endorsement intended.



JOY-NICOLE SMITH
SCHOOL LIAISON PROGRAM MANAGER, GS-12
DEPARTMENT OF THE AIR FORCE SCHOOL
LIAISON PROGRAM



NORTH DAKOTA PURPLE UP DAY

When:
April 3, 2024
10am - 10:45am

Celebrating
our military
connected
children!

Where:
Memorial Middle School
1 Rocket Rd, Minot AFB, ND 58704

Featuring •
Proclamation Presentation by Lt. Gov. Tammy Miller **RSVP**
Comments from state, community, and military leaders



#PurpleUpND

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by
Robert
A. Allen

directed by
Tim Knickerbocker



Easter at the Zoo

ROOSEVELT PARK ZOO

Roosevelt Park Zoo will be hosting Easter at the Zoo on Saturday, March 30th, 2024 from 10 am to 2 pm.

Easter at the Zoo will feature discounted admission of \$3 per person, with the only exception being those who purchase a membership at the Zoo on the day

of the event, a visit with the Easter Bunny with a photo station for guests to take photos, and a goody bag of candy for each child as they exit the Zoo (while supplies last).

Roosevelt Park Zoo extends a special thank you to Marketplace Foods for providing the candy again this Easter.

Easter AT THE ZOO
 Saturday | March 30 | 10a - 2p | \$3 admission

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10 CENTS OFF PER GAL.*
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BADLANDS RESTAURANT BAR

Upcoming Events

28 MAR **DOWNTOWN MINOT BUNNY HOP**
 10:00 AM - 12:00 NOON
 Various Downtown Merchants, Minot, ND

Join your Minot Downtown Merchants for our annual BUNNY HOP! This is a free event open to Preschool age kiddos. Please bring an Easter basket to collect your treats!



For more information:
 Facebook/Minot Downtown Business & Professional Association

30 MAR **EASTER AT THE ZOO**
 10:00 AM - 12:00 NOON
 Roosevelt Park Zoo
 1219 E Burdick Expy

Come visit the zoo and get a sweet treat and a photo with the Easter Bunny! \$3 admission for everyone! Get in free if you purchase a membership at Easter at the Zoo!



For more information:
 Facebook/Roosevelt Park Zoo/Events

01 APR **ADAPTIVE DANCE CAMP**
 4:15 PM - 5:00 PM
 Minot Family YMCA
 3515 16th St SW, Minot, ND

Get ready to groove and move at the Adaptive Dance Camp, where we'll be busting out all the moves and having a blast together. Join us for a fun-filled month of dancing at the Adaptive Dance Camp. This in-person event is perfect for children with special needs who have a passion for dance. Starting on Mon Apr 01, 2024, we will gather at the Minot Family YMCA to groove to the rhythm every Monday in April. At the Adaptive Dance Camp, we believe that everyone deserves the chance to express themselves through dance. Our experienced instructor, Miss Chauncey, will guide participants through various dance styles with a true performance to finish off the camp. Whether you're a beginner or have previous dance experience, our camp offers a supportive and inclusive environment.



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

02 APR **DINOSAUR CLASS**
 9:00 AM - 12:00 NOON
 Magic City Discovery Center
 1545 1st St NW, Minot, ND

Have you ever wondered what it would be like to discover a dinosaur bone or learn about their bone structure? We invite you to come discover some real-life fossil replicas with us. During this class we will also make our own bone fossils or molds and do our best to be creative and assemble a dinosaur with the supplies that are available! The Dinosaur Class will be taught by Karen Langemo and will be held in the Community Rooms from 9:00 A.M.-12:00 P.M. on April 2, 2024 - There is no school this day!
 Cost: \$40.50 for MCDC Members, \$45 for Non-Members.



For more information:
 Facebook/Magic City Discovery Center/Events

09 APR **LADIES' NIGHT AT GOURMET CHEF!**
 6:00 PM - 8:00 PM
 Gourmet Chef
 122 Main St S, Minot, ND

Bring a girlfriend to our Shop-Till-You-Drop Ladies' Night at Gourmet Chef! We'll be celebrating the store turning 31 with appetizers, wine provided by Urban Winery, grab bags, vendor set ups, and a raffle! We'll have special deals and groups of 5 or more get a discount for 20% off, applied automatically at checkout!



For more information:
<https://shop.gchef.com/>

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For more events visit our online Community Calendar at www.northern Sentry.com/calendar/

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Souris Valley Animal Shelter to host their Annual Gala with goal of raising \$100,000 for Minot's homeless animals

Souris Valley Animal Shelter (SVAS), northwest North Dakota's largest non-profit animal rescue organization, is proud to announce the return of their annual gala to be held April 13, 2024, 6 to 10 pm, at the Clarion Hotel in Minot. The gala is their largest annual fundraising event.

The theme of this year's gala is "Masquerade in the Magic City" and will include silent and live auctions, keynote remarks from the executive director and the SVAS board of directors, plated dinner and entertainment by magician/hypnotist duo Misty & The SandMan. Emcee for the gala will be Minot businessman and former City of Minot city assessor Kevin

Ternes.

The fundraising goal for this year's gala is \$100,000, and all funds raised will be used to support the ongoing operations of Souris Valley Animal Shelter and its various programs including animal adoptions, rescue readers, the Severson-Ahart Community Clinic, emergency animal housing and the community pantry.

Tickets for the gala can be purchased by visiting the shelter in person at 1935 20th Ave. SE, Minot, calling the shelter at 701-852-6133 during business hours (Tuesday-Saturday 2pm to 6pm) or anytime online at <https://secure.qgiv.com/event/svasgala2024/>



by Patricia Stockdill

Fishing:

Lake Sakakawea elevation, March 18: 1,835.2 feet above mean sea level (MSL); 16,000 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.13 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.19 MSL.

•N.D. Game & Fish Dept. game wardens: Access and ice conditions limiting angler numbers with most activity still around Fort Totten on Devils Lake. Use extreme caution. A few anglers still on Lake Metigoshe but limited reports. No Lake Sakakawea or Missouri River reports.

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

•Devils Lake, Woodland Resort, Devils Lake: Open water around bridges for some potential shore-fishing opportunities. No ice-fishing recommended with deteriorating ice conditions.

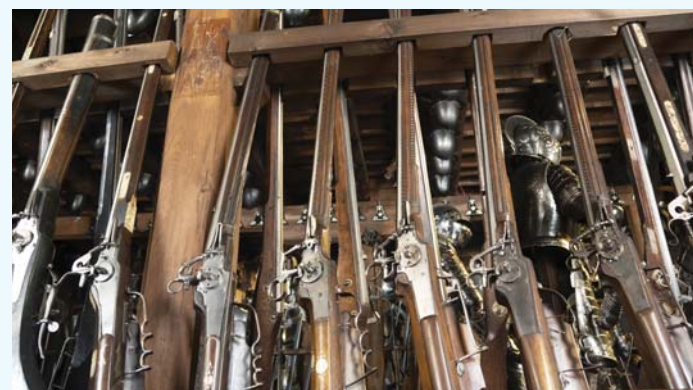
•Lake Darling, Karma C-Store, Ruthville: Limited reports with deteriorating ice conditions and windy weather.

•Lake Metigoshe, Four Seasons, Bottineau: Increasing number of pike anglers with fair success on Lake Metigoshe.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Ice breaking away from the shorelines on Lake Sakakawea and Lake Audubon.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Look for pike activity in the back bays on the east end of Lake Sakakawea,

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.



- Elk, moose, and bighorn sheep applications now available on the N.D. Game and Fish Dept. website, (gf.nd.gov).
- Weekly Sunday Winter Walks every Sunday in March, 2 p.m., Lewis & Clark State Park east of Williston.
- March 23: Ducks Unlimited Beef Banquet, Ag & Youth Expo Center, Watford City, 5 p.m.
- March 23 & 24: Minot Rifle & Pistol Club Spring Gun Show.
- March 27: Elk, moose, and bighorn sheep applications due.

including Steinke, Centennial, and Douglas bays. Use caution as ice deteriorates with potential re-freezing with colder weather. No Lake Audubon reports.

•Lake Sakakawea, New Town: Not much activity with deteriorating ice along the shoreline in the Van Hook Arm and river portion of Lake Sakakawea around the New Town area.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace remains slow for both boats and along the wing walls with limited activity, in part because of low river levels. No Lake Sakakawea or Lake Audubon reports.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Yellowstone River is open with boats able to launch at Sundheim Park and confluence. Some pike activity continues in the back bays on the upper end of Lake Sakakawea with decent walleye bite on White Earth

Bay. Watch ice conditions, however.

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

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Area lakes quiet/Souris River slow with low water levels.

Migration:

•Lots of snow geese moving into and through much of the state but generally not staying for any length of time. More birds are holding and staying longer, though, around the Towner area and northwestern N.D. around Crosby. Not many moved along the Canadian border, though, earlier in the week. Weather could either hold the birds or push them out depending on snow and wind.

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.

APPLE & BOURBON GLAZED HAM

Home of ECONOMY

INGREDIENTS

- 1 LARGE HAM
- 1 CUP APPLE JELLY
- 2 TABLESPOON DIJON MUSTARD
- 2 TABLESPOON BOURBON
- 2 TEASPOON FRESH LEMON JUICE
- 1/2 TEASPOON GROUND CLOVES
- 2 CUP APPLE JUICE OR CIDER

When ready to cook, set Traeger to 325 °F and preheat for 15 minutes. When the grill is hot, place ham directly on the grill grate. Cook for 30 minutes.

Meanwhile, in a small saucepan over medium-low heat, melt the apple jelly. Whisk in the apple juice, mustard, bourbon, lemon juice and ground cloves, then remove from the heat and set aside.

After 30 minutes, glaze ham with the apple bourbon mixture. Continue cooking for another 30 minutes or until internal temperature of thickest part is 135 °F. Remove ham from grill and rest for 20 minutes before serving. Enjoy!

(Recipe can also be baked)

Ryan Davy - GM
Minot

www.HofE.com/BBQHQ

welcome baby

TWIN BABY BOY BORN ON THURSDAY, MARCH 07, 2024 TO:
MARKETIA CYRUS AND ANTHONY BROWN
MINOT, ND

TWIN BABY GIRL BORN ON THURSDAY, MARCH 07, 2024 TO:
MARKETIA CYRUS AND ANTHONY BROWN
MINOT, ND

BABY BOY BORN ON MONDAY, MARCH 11, 2024 TO:
SYDNE AND MASON REITER
BURLINGTON, ND

BABY GIRL BORN ON THURSDAY, MARCH 14, 2024 TO:
CHARLENE ATKIN AND ADAM CROSBY
MAFB, ND

BABY BOY BORN ON FRIDAY, MARCH 15, 2024 TO:
BROOKLYN AND BRIDGER FIELD
MINOT, ND

BABY BOY BORN ON SATURDAY, MARCH 16, 2024 TO:
LIANA LOPEZ AND BERNARDINO MUNOZ
MINOT, 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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PUZZLE ON PAGE B3

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

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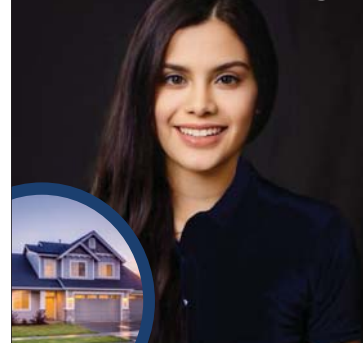


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northern sentry

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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

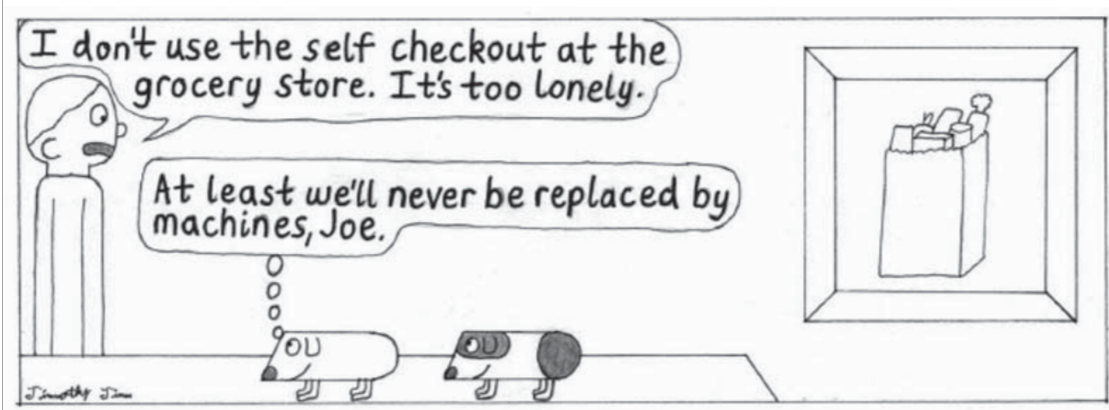
Minot State University is excited to again offer face-to-face classes at the Minot Air Force Base. There is no application fee for active-duty military personnel. Military personnel can complete their Community College of the Air Force (CCAF) degree and earn a bachelor's degree from Minot State. For more information, contact Brigitte Mikula at 701-727-9044 or by email at Brigitte.mikula@minotstateu.edu

PARK UNIVERSITY MINOT –

Your degree, Your way. Park University is enrolling now. Earn your CCAF credits, AU-ABC, and your Bachelor's degree with PARK. Let's maximize your military experience! Find how many credits you can get from your military experience by going to military.park.edu. and confirmed your credits Or Ask Alexa! Enable the Park University skill on your Alexa device and say "Alexa, ask Park, How many credit hours can I get from my military experience?" She'll even tell you your graduation date! Minot AFB @ the Education Center RM 222 | 844-884-8612 | mino@park.edu PARK. YOU




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

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.

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

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.

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.gocivilairpatrol.com> or contact the POC below. Meeting location: AvFlight, Minot Airport, 2400 N. Broadway Suite E, 1830-2030 every Thursday

POC: 1st Lt Jon McLemore, CAP, Jonathan.mclemore@ndcap.us
701-720-6410 | <https://nd021.cap.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



Minot Honeybees Unveil Craig Montvidas as Head Coach

New Softball Team Begins Building Their Inaugural Season Roster

MINOT HONEYBEES

Excitement is abuzz in Minot as the Minot Honeybees proudly announce Craig Montvidas as the head coach for the upcoming inaugural Northwoods League Softball season. Montvidas, boasting a remarkable coaching career spanning over 40 years and a reputation for globalizing the game, brings a wealth of experience to the hive.

As the strategic mind behind successful teams including the now-defunct Pennsylvania Rebellion of the National Pro Fastpitch League, and the Netherlands National Team, Montvidas eagerly anticipates the challenges and opportunities that lie ahead in Minot. His first challenge? Building a team.

With a keen eye for talent, he is actively recruiting top players from colleges across the country to fill the 16 spots on his roster. Montvidas emphasizes resilience, stating, "The game's a rollercoaster, right? One day you're a star, next day you're 0 for 4 and making errors. I'm looking for someone who's gonna get back up."

Montvidas is no stranger to wild rides. He moved to the Netherlands after college, where he began what was supposed to be a one year journey playing baseball. Instead, Montvidas built a life and career for himself in Europe. He's coached for the Dutch, Greek and British softball national teams and been supervisor of the Dutch softball team. He has also coached a softball team in Italy and ran clinics in China, Italy, Japan, the Czech Republic and Botswana.

Throughout his career Montvidas' has been able to assist in expanding

women's sporting opportunities to all corners of the globe, but his admiration for female athletes is home-grown. "It started with my sister who's five years older. I'd get to tag along all the time when she played sports. She was a great athlete and she just didn't have the opportunities that I had. I didn't realize it at the time, but that really stuck with me."

General Manager Monica Hocking shares Montvidas's enthusiasm, expressing her excitement about his wealth of experience and global perspective. She calls on the community to rally behind the Honeybees, saying, "This is a golden opportunity for Minot, and we're counting on the community to get behind the Honeybees with some serious pep."

While Montvidas's impressive resume speaks volumes, he prefers to divert the spotlight to his team. When asked about his hopes for his time in Minot, he looks forward to connecting with fans and the community, stating, "I hope they don't know much about me. Let them know about the team and our vibe."

Minot, prepare for an epic season of Northwoods League Softball! The Minot Honeybees, under the guidance of Craig Montvidas, promise a blend of talent, tenacity, and loads of fun at the home opener on June 25th at Minot's Corbett Field. Save the date, and join us for an unforgettable experience!

For additional information, go to honeybeessoftball.com. Get ready to swarm the stands and support your Minot Honeybees!



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1ST LT RYAN ASBURY
Lieutenant Asbury currently serves as an ICBM Instructor in the 742nd Missile Squadron. He commissioned from Oregon State University. During his time in Minot, he has launched one Minot Minuteman III missile, in an operational test at Vandenberg Air Force Base. He is here in Minot with his wife Kaeli, a therapist, and their therapy dog and squadron mascot, Theo.



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NEW LICENSES; NEW FISHING GUIDE FOR THE NEXT TWO YEARS

Patricia Stockdill

New North Dakota fishing licenses are needed beginning April 1 and 2024 also brings a new year of fishing regulations.

North Dakota does something that might be unique among states – it doesn't update its fishing regulations annually. Instead, the new regulations are good for two years beginning April 1, 2024 through March 31, 2026.

There is some history and solid science behind the reason for bucking the trend of annual – and often extensive and complex – fishing regulations, explained N.D. Game and Fish Department Fisheries Division Chief Greg Power.

The main reason for a two-year fishing proclamation (guide) is typically North Dakota doesn't change many regulations from year to year.

Admittedly, there are some new regulations but – as usual – it's not in any large number.

North Dakota is a state whose fisheries, regardless of size, location, or whether it's manmade reservoir or natural lake, whose success is often dictated by something far beyond the control of management strategy. Weather and the state's historical wet and dry cycles often drive fish populations.

Weather cycles typically last anywhere from a year or two to long, multi-year periods. In the late 1980s and early 1990s, the state was gripped by one of those extensive dry cycles; drought taking a toll on angler numbers and participation to the point the Game and Fish Department took serious looks at how to increase fishing interest.

In 1993, the year the drought ended after near historic rains. The change resulted in numerous changes in the next round of fishing regulations to adjust to the change from famine – drought – to feast – dozens of new natural lakes full of water - across North Dakota.

The vast litany of changes included opening the entire state to year-around fishing with new licenses needed beginning April 1 each year. It increased the number of lines anglers could use on large lakes when ice-fishing, opened more lakes to fishing opportunities, and changed some management strategies.

As biologists looked at regulations over the years, they recognized there were few annual changes prior to the major revisions on 1993. In 1995, they simplified things even more by adopting two-year regulations. The caveat is the agency can still make annual changes if biological data

deems it necessary.

While many states often have complex, lake-by-lake or river-by-river – sometimes even based on creeks and creek sections – North Dakota went the opposite route.

What might make the fact the state stays with two-year regulations seem even more intriguing is its fisheries truly reflect the peaks and valleys of its wet and dry cycles, a polite way of saying North Dakota is on a rollercoaster ride of floods and droughts.

So, too, are the lakes and rivers the Game and Fish Department manages.

However, those peaks and valleys greatly influence fish survival with many lakes susceptible to both summer and winter kill due to low oxygen levels. While more notorious in the winter, it's also possible for lakes to have fish die-offs in the depth of a long, dry – and hot – summer. What it comes down to is the fact that fish are a resource that can't be stockpiled. In some situations – like severe drought - anglers might as well go fishing and harvest fish because they possibly wouldn't survive, anyway.

It seems one would regulate for those fluctuations tightly.

And annually.

While North Dakota has strengthened its regulations relating to aquatic nuisance species as it, and other states, try to stave off negative impacts they can have on a resource, it's actually become more generous in many areas.

For example, the use of live bait wasn't legal on more than 30 lakes in the early 1990s. Fast-forward three decades and the list is down to 10 lakes with restrictions.

With growing interest in bow-fishing, the Game and Fish Department legalized bow- and spear-fishing for catfish on the Missouri River System - Lake Oahe, Lake Sakakawea, and the Missouri River – up to the first tributary bridge.

In addition, bow and spear-fishing will be legal in darkhouse ice-fishing structures beginning next winter. The new two-year regulations also establish a daily and possession limit for channel catfish – 20 daily; 40 possession – west of N.D. Highway 1. There hadn't been any limit in the past.

So go out and get a 2024 fishing license – they're due by April 1 - pick up a 2024-2026 fishing guide, and get ready for open water fishing.



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WHAT'S GOING ON MINOT AFB

FRIDAY

22

- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- JCM – Developing the Leaders Around You, 0800-1600, Professional Development Center
- 10th Annual Winter Games, 0800-1630, McAdoo Fitness Center
- Progressive Bingo, 1730, Rockers Bar & Grill
- Friday Night Mixed League, 1800, Rough Rider Bowling Center
- Master Chef Luca Virtual Cooking Class, 1800, forcesupport.awardsplatform.com

WEDNESDAY

27

- Base Right Start, 0730, Jimmy Doolittle Center, hosted by M&FRC
- Computer Coding Class, 0800-1600, Professional Development Center
- Senior TAP (DoL) Overview, 0800-1600, M&FRC
- Project Enigma, 0800-1500, Professional Development Center
- 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
- EFMP Egg Shell-ebration, 1530-1730, Minot AFB Library, hosted by M&FRC EFMP
- Zumba Strong Nation, 1730, McAdoo Fitness Center

SATURDAY

23

- Zumba, 1100, McAdoo Fitness Center
- R4R Free Bowling, 1400-1800, Rough Rider Bowling Center
- Master Chef Luca Virtual Cooking Class, 1700, forcesupport.awardsplatform.com
- Saturday Cinema, 1730-2130, Rockers Bar & Grill

THURSDAY

28

- Senior TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Project Enigma, 0800-1500, Professional Development Center
- Informed Decision Seminar, 0800-1200, Professional Development Center
- Short Notice Pre-Separation Counseling, 0830-1130, M&FRC
- Family Bootcamp, 1000, Turf hosted by McAdoo Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Tuition Assistance (TA) Brief, 1330, Education Center – Room 211
- Extramural Bowling, 1730, Rough Rider Bowling Center
- Mini-Golf, 1800-1900, Minot AFB Library
- Zumba, 1900, McAdoo Fitness Center

SUNDAY

24

MONDAY

25

- Computer Coding Class, 0800-1600, Professional Development Center
- Senior TAP Overview, 0800-1600, M&FRC
- Project Enigma, 0800-1500, Professional Development Center
- Reintegration Briefing, 1000, M&FRC, Zoom Meeting
- Palace Chase/Front Briefing, 1400, Professional Development Center
- Zumba Strong Nation, 1730, McAdoo Fitness Center

FRIDAY

29

- Registration Closes: Youth Baseball, Softball & T-Ball, Youth Center
- Senior TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Project Enigma, 0800-1500, Professional Development Center
- Zumba Strong Nation, 1730, McAdoo Fitness Center

TUESDAY

26

- Computer Coding Class, 0800-1600, Professional Development Center
- Senior TAP (VA) Services and Benefits Briefing, 0800-1600, M&FRC
- Project Enigma, 0800-1500, Professional Development Center
- Moving Out of the Dorms Budget Class, 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
- Newbery Book Club, 1600, Minot AFB Library
- Zumba, 1800, McAdoo Fitness Center

SATURDAY

30

- Zumba, 1100, McAdoo Fitness Center
- R4R Free Bowling, 1400-1800, Rough Rider Bowling Center
- Saturday Cinema, 1730-2130, Rockers Bar & Grill

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MARCH SPECIALS

Bomber Bistro Featured Item
St. Paddy's Pizza
A small, cheese pizza with bell pepper slices, sausage, and onion

The B-Fifty Brew Featured Item
Luck of the Irish Burner
Cocoberry Red Bull with lime and coconut flavoring.

Rockers Bar & Grill Featured Item
Fish & Chips
Two English-style battered cod fillets served with crispy fries and tartar sauce.

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