


# northersentry

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## WHATS INSIDE THIS WEEK:



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**MONTH OF  
THE MILITARY  
CHILD  
HIGHLIGHT**

**B5**

# MINOT AFB CELEBRATES MILITARY CHILDREN



North Dakota Lt. Gov. Tammy Miller speaks during a proclamation presentation for the Month of the Military Child at Memorial Middle School, Minot Air Force Base, North Dakota, April 3, 2024. Miller praised the strength, resilience and adaptability displayed by military children in navigating the unique challenges they experience growing up in a military family. See page B6 for more on the event.

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



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# Record Breaking Prairie Warrior Auction Raises over \$111,000 for Team Minot

MINOT AREA CHAMBER EDC

Minot Area Chamber EDC (MACEDC) is pleased to announce that a record-breaking total of \$111,855.21 was raised to support Team Minot at the 2024 Prairie Warrior Auction on March 21.

The funds come from a combination of live and silent auctions, VIP table sales, games, and cash donations. The event was open to the public and cost \$25 per person, while active-duty military and spouses could attend at no cost.

"The 37th Annual Prairie Warrior Auction was a huge success this year, setting records in both attendance and dollars raised for Team Minot," said Cassidy Hjelmstad, Minot Area Chamber EDC 2024 Board Chair. "A big thank you goes out to all who made this year's event a success, it is amazing what can be accomplished when we come together. In 2023 MACEDC added a new military liaison position, and this investment is paying dividends. Thank you to the full Chamber EDC team for their work to refresh the event and step up in a big way to

support military in our community and thank you to Verendrye for their continued support of this event."

Proceeds from the auction will be used to help squadrons at Minot Air Force Base fund events, meals, and other morale-boosting activities aimed at improving day-to-day life for Team Minot. In addition, a significant amount of the funds raised will send airmen Home for the Holidays.

"Minot Area Chamber EDC is proud to administer a program in partnership with Minot Air Force Base to purchase airline tickets to send first-term airmen home for the holidays," shared Brekka Kramer, President/CEO Minot Area Chamber EDC. "With the table sponsors and generous donations from Hess Corporation and Verendrye Electric Cooperative, we were able to raise over \$50,000 at this year's event to send airmen home! Thank you to all who purchased a table and donated directly to support those who otherwise would not be able to

go home for the holidays."

Verendrye Electric Cooperative was the presenting sponsor of the auction for the second year in a row.

"Verendrye is extremely proud of the service the airmen at Minot Air Force Base provide in protecting the nation and we want to do everything we can to support our friends and neighbors," said Tom Rafferty, Chair of the Minot Area Chamber EDC Military Affairs Committee. "A sincere thank you to all who contributed to this year's event, including the airmen who crafted unique military-inspired items and who volunteers their time."

Military support is one of five pillars the Minot Area Chamber EDC is focused on, and this pillar is led by Keli Rosselli-Sullivan. Throughout the year there are many opportunities to get involved and support military personnel; please reach out to Keli at [keli@minotchamberedc.com](mailto:keli@minotchamberedc.com) or by phone at 701.852.6000 for more information.

Left to Right: MACEDC President | CEO Brekka Kramer, Verendrye Electric Member Services and Communications Manager/Military Affairs Committee Chair Tom Rafferty, Verendrye Electric Manager Brad Doll, Commander, 5th Bomb Wing, Daniel Hoadley, Commander, 91st Missile Wing, Kenneth McGhee, Hess General Manager Brent Lohnes, and MACEDC Board Chair and General Manager/CEO of SRT Communications Cassidy Hjelmstad.



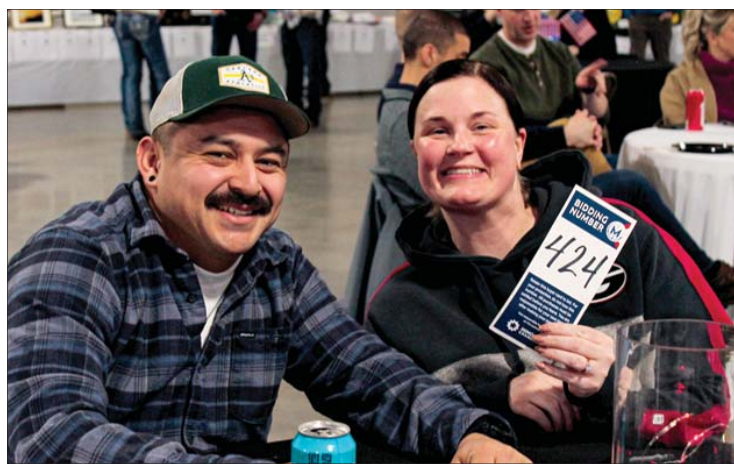
Heads or Tails with the Wing Commanders



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# Assignment Incentive Pay to be authorized for Airmen, Guardians stationed at extremely cold locations

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) -- Effective April 1, the Department of the Air Force approved a new incentive pay for Airmen and Guardians assigned to qualifying bases in the U.S. where the temperature is expected to drop below minus 20 degrees Fahrenheit.

Cold Weather Assignment Incentive Pay is a single lump sum payment given to Airmen and Guardians after signing an agreement to serve a prescribed tour length of at least 12 months, depending on qualifying location.

Locations that meet this threshold include Minot and Grand Forks Air Force Bases and Cavalier Space Force Station in North Dakota, Clear Space Force Station, Eielson Air Force Base and Joint Base Elmendorf-Richardson in Alaska, as well as Malmstrom AFB, Montana.

"Airmen and Guardians living in extremely cold conditions faced unique out-of-pocket costs," said

Alex Wagner, Assistant Secretary of the Air Force for Manpower and Reserve Affairs. "In addition to the assignment and retention benefits of the pay, it also comes down to making sure we do our best to take care of our service members and their families stationed at these critical installations."

This payment intends to ease the financial burden of purchasing certain cold weather essentials, such as extreme cold weather gear, all-season and/or snow tires, tire mounts and alignments, engine block heaters and emergency winter car kits, as well as further incentivizing assignments.

Although AIP-CW is effective April 1, the first pay date is anticipated for July 1, 2024, meaning Airmen and Guardians who move to a qualifying location between April 1 and June 30 will receive payment retroactively.

The amount of AIP-CW Airmen

and Guardians are eligible to receive is based on criteria in the five pay levels outlined in the table below and is subject to change.

This change follows the Department of Defense implementation of the Fiscal Year 2023 National Defense Authorization Act, which included language authorizing special duty pay for members based in cold-weather climate conditions and the FY24 NDAA, which clarifies the temperature parameters that qualify an area as a cold-weather location.

"We want to ensure Airmen, Guardians and their families have the resources needed to safely live and work in an extreme cold-weather environment," Wagner added.

The official guidance memorandum can be found at [https://www.af.mil/Portals/1/documents/2024SAF/Cold\\_Weather\\_Assignment\\_Incentive\\_Pay\\_Memorandum.pdf](https://www.af.mil/Portals/1/documents/2024SAF/Cold_Weather_Assignment_Incentive_Pay_Memorandum.pdf)

Pay Levels	Criteria	Without Dependents	With Dependents	Locations that meet criteria for certain pay levels
Level 1	Above -20°F with additional substantiating need	\$500	\$1,000	N/A
Level 2	-20°F through -29°F	\$1,000	\$2,000	Minot, Grand Forks, and Malmstrom AFBs, Cavalier SFS and JB Elmendorf-Richardson
Level 3	-30°F through -39°F	\$1,500	\$3,000	N/A
Level 4	-40°F through -49°F	\$2,000	\$4,000 (tour is unaccompanied for Clear SFS)	Eielson AFB and Clear SFS
Level 5	-50°F and below	\$2,500	\$5,000	

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## HIDDEN HOMETOWN HEROES



## WE NEED YOUR HELP!

We're looking for the unsung heroes in our community. These are the people that go above and beyond to make Minot a magical place to live.

One group of people that comes to mind are the members of the military that not only contribute to our city's well-being but to the entire country's too.

We know that joining the military is already a reason to recognize these courageous individuals, but we want to make sure we give them the props they deserve.

If you know an active duty member or veteran that goes above and beyond for Minot, make sure to nominate them so we can thank them for all that they do for us.

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**SHE'S NOT FROM AROUND HERE**  
AMY ALLENDER

# The Dinner vs Supper Debate

"Sounds good," she said. "I'll get food and have it here between 12:30 and 1. Is that okay?"

"Sorry, I meant dinner. Could we eat around 5?" I said back.

"Oh! Yes. That's the old ND way where we have dinner at noon. 5pm. Culver's or pizza?"

This isn't the first time I've run into the dinner vs supper debate; it probably won't be my last. What a silly thing that two people can hear the same word and picture two different things. A meal in late afternoon, a meal in the evening.

But isn't that life? Isn't that one of the beautiful things about being human? I bring what I know and what's normal to me. You bring what you know and what's normal to you. When life tangles our paths, we learn. We hear a new meaning in an old word. We discover a new normal we never knew existed. We uncover something small but important to someone else.

A miscommunication only happens because we are communicating in the first place. The misunderstanding about supper, lunch, and dinner only took place because my friend and I were attempting to enjoy a meal together.

It doesn't matter whose word is right, wrong, or less icky. What matters is our lovely ability as humans to understand one another, grow, and meet in the middle. What matters is our deep human desire to develop relationships and be understood.

I may not know whether you prefer to sit at a dinner table or a supper table, but I know you are bringing something unique to the proverbial table. Our community is special in that it carries both longstanding Upper Midwest culture and an array of citizens who have relocated from cities all across the country; in some cases, the world. You are bringing something to our community that we didn't have before. Your sense of humor, skills, experiences, perspectives, and even the words you use offer our

community something we didn't have before. Your "you-ness" is exactly what we need. No matter where you've come from or how long you've been here, I'm glad life has brought you here.

Let's continue to communicate, miscommunicate, and strive toward relationships. And in my opinion, there's no better place to do that than over dinner. Or supper. Whichever you prefer.

For more stories from *Hotdish Land* and positive perspectives, join me online at [amyallender.com](http://amyallender.com), Instagram (@amy\_allender) or @heyminot), or Facebook (@amyallenderblog).

Right: I'm honestly curious. Do you eat dinner or supper? Is there a distinct difference between the two?"

AMY ALLENDER PHOTO



Here's a fun fact for you: researchers over the last decade have discovered that "moist" is among the most disliked words in the English language. Over the past year, multiple articles have been written by outlets ranging from The New Yorker to Buzzfeed to The LA Times discussing why Americans, in particular, seem to loathe this particular adjective.

"Moist" is so disliked that about 20% of Americans avoid using it and cringe when they hear it. That's one out of every five of us.

Personally, I have no aversion to the word "moist." But there is a word that I dislike with a passion. It feels icky in my mouth, and my teeth seem to itch when I say it out loud.

It's the word "supper." I don't know why. I can't explain it. It's just the way I am. "Supper." Yuck, gross. Hard pass.

Where I come from, an aversion to the word supper has little to no effect on life. We use supper and dinner interchangeably. No one cares if you never say "supper" in your life, and there will never be a miscommunication about which meal you are referring to if you tell someone to come for "dinner" instead of "supper."

In *Hotdish Land*, things are different. I was reminded of this just yesterday when I was making dinner plans with a friend.

Our text message exchange went like this: "Why don't I take you and the boys out for lunch?" my friend asked.

"We've got something going on until about 12:30. We could easily come over for dinner though," I replied.

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**SLICE OF LIFE**  
KIM FUNDINGSLAND

North Dakota's capital city of Bismarck took grew out of some of the wickedest days in frontier history. The Northern Pacific Railroad, advancing from the populated East, made it as far as the Missouri River. It was there that Edwinton, later renamed Bismarck, was born.

It would be several years before funds were appropriated to bridge the Missouri, which was then the edge of the Sioux nation. Thus, Bismarck was the end of the line for roughies, gamblers, and assorted lawbreakers fleeing from the East. Many of them vowed to make Bismarck their last stand, vowing to "die with their boots on."

An early directory of the soon to be booming frontier town listed a population of 1,000 adult men and an astounding 24 saloons. Bismarck's Fourth Street became notorious for drinking and gambling, shootings and slayings.

Many of the fatal incidents involved soldiers from Fort Abraham Lincoln, located across the Missouri River from Bismarck. One of the country's best-known personalities, Lt. Col. George Armstrong Custer, was commanding officer of the vaunted 7th Cavalry posted at Fort Lincoln.

Saloon frequenters that got into shooting row with a soldier could expect swift reprisal from others

# Wicked Days in Dakota



wearing the Army blue. The Army did not interfere in such matters and civil authorities lacked jurisdiction on a military post.

The only time Custer ever exerted his authority over anyone in Bismarck involved the stealing of Fort Lincoln grain which was to be used as feed for cavalry mounts. He led a company of soldiers across the frozen Missouri and lined them up in front of a storehouse on Bismarck's Main Street.

The troopers opened the warehouse and removed sacks of grain clearly marked Ft. Abraham Lincoln. The warehouse was owned by John McLean, Bismarck's mayor, who was said to have shown the proper amount of surprise at seeing the stolen grain sacks.

A few months later Custer arrested Charles McCarthy for cutting wood within the boundaries of the Fort Lincoln reservation. He tossed McCarthy into the guardhouse but released him a few days later at the urging of two attorneys from Bismarck. Ironically, McCarthy was elected sheriff two months later.

It was a Custer-led expedition into the Black Hills of present-

day South Dakota that discovered gold, an event that ignited a gold rush and accelerated Bismarck's growth. The city positioned itself as the best jumping off point for gold seekers heading to the Hills. Businesses flourished, mostly providing the flow of goods of all kinds headed for the latest bonanza. The Bismarck-to-Deadwood stage trail increased demand for horses, wagons, and supplies.

Deadwood quickly earned a reputation as a wild frontier town. The Eastern newspapers were enthralled with exciting tales from Deadwood. Clement Lounsberry, owner/editor of the Bismarck Tribune, made a trip to Deadwood in 1877 to see if the stories of lawlessness and mayhem were true.

He returned to Bismarck and wrote glowing accounts of Deadwood and Crook City, two well-known destinations in the Black Hills. However, Lounsberry added, "more murders occurred in the town of Bismarck during the first two years of its existence than has occurred in all of the towns of the Black Hills."

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# Minot Task Force 21 Announces Full Speaker Line Up for April Nuclear Triad Symposium

MINOT AREA CHAMBER EDC

Minot Area Chamber EDC (MACEDC) Task Force 21 is pleased to announce the full speaker line up for the North Dakota Nuclear Triad Symposium on Tuesday, April 23, 2024. The symposium will focus on sustaining credible nuclear deterrence amidst growing challenges while speakers cover the state of nuclear deterrence, threats from the Chinese and Russian regimes, America's Strategic Posture Commission report, Congressional and State of North Dakota updates, modernization projects underway, and a briefing on the Sentinel project.

Check-in and continental breakfast begin at 7:00 a.m. (CDT), welcome and opening comments will take place promptly at 7:50 a.m. The symposium is scheduled to conclude by 1:45 p.m. Lunch will be provided.

The event's keynote speaker is career space and missile officer Lt. Gen. Michael J. Lutton, the Deputy Commander, Air Force Global Strike Command (AFGSC) and Deputy Commander, Air Forces Strategic-Air, U.S. Strategic Command, Barksdale Air Force Base, Louisiana. Prior to his current assignment, Lt. Gen. Lutton commanded the Twentieth Air Force, AFGSC, F.E. Warren Air Force Base, Wyoming. From June 2014 – June 2016, he served as Minot Air Force Base 91st Missile Wing Commander. Lt. Gen. Lutton will be opening the event with an Air Force Global Strike Command briefing.

"Minot Air Force Base serves as the bedrock of nuclear deterrence as the only base with two legs of the nuclear triad," Brekka Kramer, MACEDC President | CEO shared. "It is critical for leaders at all levels to understand nuclear deterrence, the threats that face our nation, sustainment of current missions, and the importance of seeing through the major modernizations projects that are underway. This work includes preparing the state for Sentinel."

Col. Tytonia S. Moore, Deputy Director of Intercontinental Ballistic Missile Modernization, Site Activation Task Force will be discussing the modernization and implementation of the Sentinel project. Sentinel is the weapon system to replace the aging Minuteman III intercontinental ballistic missile (ICBM) system, representing the modernization of the land-based leg of the U.S. nuclear triad. What makes Sentinel unique is the off-base construction and footprint it covers, including 15 missile alert facilities and 150 launch facilities.

U.S. Senator John Hoeven, U.S. Senator Kevin Cramer, U.S. Representative Kelly Armstrong, and North Dakota Governor Doug Burgum will share their perspective about the importance of nuclear modernization and the role North Dakota plays in protecting the nation.

William A. Chambers, Maj. Gen. U.S. Air Force (retired) and Commission Executive Director, Institute for Defense Analysis will speak about the America's Strategic Posture Commission Report, which highlights strategic challenges requiring urgent action.

The National Defense Industrial Association (NDIA) President & CEO Hon. David L. Nordquist is also scheduled to speak. The NDIA Northern Tier Chapter, which includes the states of North Dakota,

South Dakota, Montana, Wyoming, and Minnesota, is an event partner bringing to the table briefings on China and Russia. James P. (Phil) Wisecup, Vice Admiral, US Navy (retired) will speak on China, and Dr. Anna Batta, Associate Professor of International Security Studies Air War College at Maxwell Air Force Base, is an expert discussing Russia.

The half-day symposium will take place at the Clarion Event Center, 2200 Burdick Expressway East, Minot, N.D. There is no cost to attend this in-person symposium and registration is now open.

Individuals must be registered to attend. The event is expected to fill quickly so early registration is encouraged.

A full line up of speakers, event agenda, and more information can be found at TaskForce21.com or by contacting the Minot Area Chamber EDC at 701-852-6000 or minot@minotchamberedc.com.

In 2024, Task Force 21 will host two nuclear triad symposiums, the April 23 event in Minot, N.D. and one in Washington, D.C. on September 20, 2024.



## TASK FORCE 21 NORTH DAKOTA NUCLEAR TRIAD SYMPOSIUM

SUSTAINING CREDIBLE NUCLEAR DETERRENCE AMIDST GROWING CHALLENGES

APRIL 23, 2024

CLARION HOTEL CONVENTION CENTER, 2200 BURDICK EXPRESSWAY EAST, MINOT, ND

- 7:00 a.m. Check-in | Continental Breakfast
- 7:50 a.m. **Mayor Tom Ross**, City of Minot  
*Welcome*  
**Brekka Kramer**, Minot Area Chamber EDC President | CEO  
*Opening remarks*
- 8:00 a.m. **Lt. Gen. Michael J. Lutton**, Deputy Commander Air Force Global Strike Command and Deputy Commander Air Forces Strategic-Air, U.S. Strategic Command, Barksdale AFB
- 8:40 a.m. **William A. Chambers**, Maj. Gen. U.S. Air Force (retired) America's Strategic Posture Commission Report
- 9:10 a.m. Networking break
- 9:40 a.m. **U.S. Senator John Hoeven**, (R-ND)
- 10:00 a.m. Hon. David L. Norquist, President & CEO National Defense Industrial Association
- 10:10 a.m. James P. (Phil) Wisecup, Vice Admiral, US Navy (ret) *China*
- 10:50 a.m. **Dr. Anna Batta**, Associate Professor of International Security Studies Air War College  
*Russia*
- 11:30 a.m. **U.S. Senator Kevin Cramer**, (R-ND)  
*Virtual message*
- 11:45 a.m. Lunch | Networking
- 12:30 p.m. **U.S. Representative Kelly Armstrong**, (R-ND)
- 12:50 p.m. **Col. Tytonia (Ty) S. Moore**, Deputy Director of Intercontinental Ballistic Missile Modernization, Site Activation Task Force, Barksdale AFB  
*Sentinel*
- 1:20 p.m. **North Dakota Governor Doug Burgum**
- 1:40 p.m. **Mark J. Jantzer**, Task Force 21 Chair  
*Closing remarks*

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**A LOOK BACK THIS WEEK IN USAF HISTORY**

**THE DOOLITTLE RAID**  
APRIL 18, 1942



B-25 Bombers aboard the USS Hornet prepare to take off for the Japanese islands. (US Air Force Photo)

After the attack on Pearl Harbor, the United States Army Air Forces and Navy began formulating a plan for a reprisal attack on the Japanese Empire. They recruited Col. James H. "Jimmy" Doolittle to train the pilots who would be a part of the raid. On April 18, 1942, 16 B-25 Mitchell Bombers from the 17th Bombardment Group, led by Col. Doolittle, took off from the Navy's USS Hornet 650 miles off the coast and made a path towards Tokyo. The bombers hit targets in Tokyo, Yokosuka, Yokohama, Kobe, and Nagoya. On the way back, fifteen of the aircraft crash-landed or had crews bail out due to low fuel and one made it to Russia. Three crew members died and eight were taken as Japanese POWs. According to Pacific Air Forces, Doolittle thought that he would be court-martialed upon his return. However, the Doolittle Raiders received the Congressional Gold Medal in 2015 and Col. Doolittle received the Medal of Honor for one of the greatest surprise attacks of the time. While the damage left by the raid was not severe, it was a serious morale booster for the US.

Information courtesy of: [pacaf.af.mil](http://pacaf.af.mil) / [aetf.af.mil](http://aetf.af.mil) / [history.navy.mil](http://history.navy.mil)

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# Community Rocks Gifting Ceremony

COMMUNITY ROCKS! BOARD



Pictured are representatives of all 13 beneficiaries, those that donated, and the CR board members.

The Community Rocks Board of Directors announces their Gifting Ceremony to be held on Wednesday March 27th at 6pm at Prairie Sky Breads. A total of \$43,000, raised at our event on February 17th, will be distributed to 13 beneficiaries via 14 total gifts as follows:

- \$35,000 to the Primary Beneficiary the Minot Symphony Orchestra
- \$500 to the BIO Girls on behalf of Emcees Krist & Keli Rosselli-Sullivan
- \$500 to the MSU Summer Theatre on behalf of Lead Vocalist Jazmine Wolff-Schultz
- \$250 to the F5 Project on behalf of Community Rocks! Vocalists
- \$250 to the Union Silos Project on behalf of Community Rocks! Vocalists
- \$500 to the Minot Symphony Orchestra on behalf of the Community Rocks! Orchestra
- \$500 to MACA on behalf of Brandon Trondson of More Than Music
- \$500 to the MPS Bus Pass Challenge on behalf of auctioneer Kevin Beeter
- \$500 to the Chuck Full of Music Scholarship Fund on behalf of graphic designer Kristin Michels
- \$500 to the MPS Foundation Classroom Innovation Fund on behalf of photographer Rick Heit
- \$500 to the Ward County K9 Unit on behalf of Hometown Radio Group
- \$500 to the Our Lady of Grace Food Pantry on behalf of Niess Impressions
- \$1,000 in MSU Music Scholarships on behalf of the Community Rocks! Board
- \$2,000 to the Minot String Academy on behalf of the Community Rocks! Board

With a mission dedicated to planning and delivering performance arts events to improve our community, the Community Rocks! Board consists of: Erik Anderson (President), Andy Bertsch (Vice President), Jazmine Wolff-Schultz, Kristi Rosselli-Sullivan, Keli Rosselli-Sullivan, Jane Hirst, Abbie Eads, and Lindsey Bertsch.



Pictured are the CR board members along with some of the MSO board and fundraising committee members.

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# Final Week to Complete Your Annual Tenant Survey

Team Minot Base Housing Residents,

The FY24 DoD Annual Tenant Survey deadline is approaching!

The survey started on March 4th and runs through to 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.

## Local Cravings Restaurant Guide

<p><b>Applebee's Grill &amp; Bar</b></p> <p>2302 15th St SW, Minot Phone: 701.839.2130 www.applebees.com</p>	<p><b>Badlands Restaurant &amp; Bar</b></p> <p>1400 31st Ave SW, Minot Phone: 701.852.7335 www.blgrill.com</p>	<p><b>Bone's BBQ Smokehouse &amp; Grill</b></p> <p>1412 2nd Ave SW, Minot Phone: 701.838.9140 www.bonesbbqminot.com</p>
<p><b>Culver's Restaurant</b></p> <p>3000 S Broadway, Minot Phone: 701.852.4800 www.culvers.com</p>	<p><b>Ironhorse Kitchen + Bar</b></p> <p>21 E Central Avenue, Minot Phone: 701.852.8183 FB: Ironhorse Kitchen + Bar Minot</p>	<p><b>Jamaican Vybz Kitchen</b></p> <p>Suite 200 315 Main Street S Minot Phone: 701-441-9309 FB: Jamaican Vybz Kitchen</p>
<p><b>Meg-A-Latte</b></p> <p>2045 N Broadway Suite #100 Minot, ND 58703 Phone: 701-838-8479 www.meg-a-latte.com</p>	<p><b>Mi Mexico</b></p> <p>3816 South Broadway Minot Phone: 701.858.0777 www.mimexicominotnd.com</p>	<p><b>N.D. Asia</b></p> <p>3400 16th St SW, Minot Phone: 701.852.1240 www.ND-Asia.com</p>
<p><b>Noodles &amp; Company</b></p> <p>304 4th Ave NW Minot 701.491.9103 www.noodles.com</p>	<p><b>Pink's Bar &amp; Grill</b></p> <p>102 128th Ave NW Minot Phone: 701.852-2385 FB: PinksBarGrill</p>	<p><b>The Starving Rooster</b></p> <p>30 1st St. NE, Minot Phone: 701.838.3030 www.starvingrooster.com</p>
<p><b>Souris River Brewing</b></p> <p>32 3rd St NE Minot Phone: 701.837.1884 www.sourisriverbrewing.com</p>	<p><b>Whiskey Nine</b></p> <p>109 Central Ave, Minot Phone: 701.837.1090 www.whiskeynined.com</p>	

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FOR DEPARTMENT OF THE AIR FORCE HOUSING FY24

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.



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### ALS GRADUATION MARCH 2024

Class 24C graduates from Airman Leadership School after five weeks of learning how to be a frontline supervisor and leaders at Minot Air Force Base, North Dakota, March 28, 2024. See full album at Minot AFB PA Flickr page.

U.S. AIR FORCE PHOTOS MINOT AFB PA



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## SIAMANG GIBBON

**Fact File**

Life Span	25 - 30 years
Weight	17 - 28 pounds
Height	30 - 36 inches
Wild Diet	Omnivore Carnivore Herbivore Fruits, Leaves, Small birds, Eggs, Spiders

**CREATURE FEATURES**

- Considered a lesser ape, the Siamang Gibbon is the largest and darkest of the 14 gibbon species. Unlike monkeys, apes do not have tails.
- Known as the "kings and queens of swing", Siamang Gibbons move in the trees by hand over hand swinging, a locomotion known as brachiating.
- With an arm span of almost 5 feet, their arms are 2 ½ times the length of their body.
- A Siamang Gibbon can grasp and carry things with both their hands and feet.

## CROSSWORD PUZZLE

**ACROSS**

1. Long journeys
4. Strong desire to achieve something
6. Quality of being orderly

**DOWN**

1. Break from work or school
2. Against
3. Vacation properties
5. Runs on rails

Answers: Across: 1. Voyages 4. Ambition 6. Neatness Down: 1. Vacation 2. Anti 3. Rentals 5. Train

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## Vehicle maintenance tasks drivers don't want to overlook

Savvy drivers recognize that maintenance is essential to keeping their vehicles running strong for years on end. Such maintenance ensures vehicles are safe to take out on the road, and basic upkeep also protects drivers' financial investments in their cars and trucks.

Drivers who are not mechanically inclined tend to put their vehicles in the hands of a trusted mechanic to perform routine maintenance like oil changes. But there's a host of simpler vehicle maintenance tasks that drivers don't want to overlook, some of which can be performed without visiting the auto body shop.

- **Brake inspections:** Brake inspections are best left to the professionals, who can check the thickness of brake pads and look for other indicators of excessive wear. The automotive resource Cars.com recommends having brakes inspected during routine tire rotations, which many automotive professionals suggest should be done every six months.
- **Car wash:** Car washes might not be the first task drivers associate with vehicle maintenance, but they can prevent long-term damage to cars and trucks. Damage from bird droppings and road salt and ice melt products in the winter can damage a vehicle's paint job and its undercarriage. Wash the car on your own at home or visit a professional car wash to perform this simple yet vital maintenance at regular intervals and whenever you notice significant buildup of dirt and grime on the car's exterior.
- **Air filter:** The air filter on a car or truck prevents debris, dirt and other contaminants from getting into the engine. The auto insurance experts at Allstate® advise drivers to inspect their vehicle air filters once a year. Air filters in need of replacement may appear dirty, and reduced fuel economy, unusual engine sounds and reduced horsepower are some other potential indicators that an air filters needs to be replaced.
- **Windshield wipers:** Windshield wiper blades are easily overlooked, but various automotive experts recommend replacing wiper blades every six to 12 months. Old wiper blades won't perform at peak capacity, dramatically reducing visibility during heavy rain and snowstorms. Anyone can replace their own windshield wiper blades in a matter of minutes, and new blades won't break the bank.

Vehicle maintenance is not exclusive to tending to what's under the hood. Keeping a car running smoothly for years involves routine tasks that many drivers can perform without professional assistance.

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# Sweep dreams: Minot Airmen build camaraderie and resilience through curling

AIRMAN 1ST CLASS KYLE WILSON, 5TH BOMB WING PUBLIC AFFAIRS



Members of the Lobstahs curling team execute the delivery of a curling stone at the Minot Curling Club, Minot, North Dakota, March 19, 2024. The delivery, or throw, is the process of sliding the curling stone down the sheet of ice and directing it towards the target area.



U.S. Air Force Lt. Col. Darrell Gibson, 740th Missile Squadron commander (left), and U.S. Air Force Maj. Zachary Jones 91st Operations Group wing operations center director, sweep the ice in the path of a curling stone at the Minot Curling Club, Minot, North Dakota, March 19, 2024. Gibson and Jones swept a path for the curling stone to better direct it towards the target area.



U.S. Air Force Col. Kenneth McGhee, 91st Missile Wing commander (right), presents medals to members of the Minot Air Force Base Curling League at the Minot Curling Club, Minot, North Dakota, March 19, 2024. McGhee attended the Minot AFB Curling League's championship game and presented medals to the teams competing.

MINOT AIR FORCE BASE, N.D. -- On a cool March evening in Minot, an assortment of sounds can be heard within the walls of the Minot Curling Club. Shouts roar through the air; "sweep, sweep, sweep!" The swishing of strenuously swept brooms moves across a frozen, icy surface. The thunderous knock of two stones crashing together echoes out; this inspires cheers from one group, and subtle sighs from another. These are the sounds of the Minot AFB Curling League championship game.

In 2019, a group of Airmen from Minot AFB decided to try their hand at the sport of curling. This led them to the Minot Curling Club. Established in 1905, the Minot Curling Club has been hosting competitive curling events for the local community ever since.

"My supervisor called me and said, 'Hey, I found this curling club in town and I've always watched [the sport] in the Olympics, do you wanna give it a go?'" said Tech. Sgt. Levi Janssen, 91st Missile Maintenance Squadron critical task supervisor. "Sure enough, we put together a team and just started curling."

For the the 2019 and 2020 seasons, Janssen and his teammates played in one of the Minot Curling Club's leagues. As the 2021 season was approaching, in partnership with the Minot Curling Club, they decided to form a league of their own: the Minot AFB Curling League.

With each passing season, the Minot AFB Curling League has attracted new players and the Airmen participating say they hope the league will continue to grow. U.S. Air Force 1st Lt. Alexander Mathews, 740th Missile Squadron mission lead commander, is one such newcomer to the league for the 2024 season.

"This is my first year in the league; I kind of threw together a hodgepodge team of Airmen and we started curling," said

Mathews. "I think this a good program because it helps you get closer to your fellow Airmen and it's a fun way to relieve stress."

As with any team sport, curling requires a substantial amount of teamwork and fosters camaraderie among teammates. Janssen says playing in the curling league enhances these qualities in the Airmen who participate as well.

"You heard some of the shouting and yelling going on during the game," said Janssen. "There's so much communication going on out there, you've really gotta listen to the calls being made and be a team player."

According to Mathews, finding activities to engage in during the winter at Minot AFB may be a challenge for some Airmen. He says the Minot AFB Curling Club is a great option for those looking for something fun to do in their free time.

"I think it builds resilience and helps Airmen get their mind off the cold of Minot. A lot of people may get up here and think there's not a lot to do; well, this is something you can do," said Mathews.

Janssen added, "It breaks us out of those winter blues and gets us out here competing and having fun; it's a great way to close out winter and get a jump start heading into spring."

As the Minot AFB Curling League's 2024 season came to a close, the Sweep Dreams and the Lobstahs curling teams took to the ice one last time. In a hard fought match, Sweep Dreams came out on top against the Lobstahs in the championship game with a final score of 7-3. Afterwards, with camaraderie on full display, competitors from both teams came together and exchanged high fives; celebrating the season and looking forward to what next year's will bring.



U.S. Air Force Capt. Steven Lawless, 23rd Bomb Squadron weapon systems officer, prepares to execute the delivery of a curling stone at the Minot Curling Club, Minot, North Dakota, March 19, 2024. Lawless used his broom for stability during the process of delivering the stone.



U.S. Air Force Maj. Zachary Jones, 91st Operations Group wing operations center director, executes the delivery of a curling stone at the Minot Curling Club, Minot, North Dakota, March 19, 2024. Jones and his team, Sweep Dreams, competed in and won the Minot AFB Curling League championship game.



U.S. Air Force Master Sgt. Dalton Helveston, 5th Operations Support Squadron functional manager, executes the delivery of a curling stone at the Minot Curling Club, Minot, North Dakota, March 19, 2024. Helveston and his teammates took turns delivering the curling stone throughout the course of the game.

Below: Members of the Minot AFB Curling League compete in their championship match at the Minot Curling Club, Minot, North Dakota, March 19, 2024. The Minot AFB Curling League's season began in January and concluded in March, lasting a total of 10 weeks.

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



Curling stones are displayed at the Minot Curling Club, Minot, North Dakota, March 19, 2024. In the sport of curling, players score points by sliding these stones across a sheet of ice towards a designated target area.



A painting of the Minot Curling Club logo is displayed at the Minot Curling Club, Minot, North Dakota, March 19, 2024. The Minot Curling Club was established in 1905 and provides a venue for members of the Minot AFB Curling League to compete.



A curling stone slides across a sheet of ice at the Minot Curling Club, Minot, North Dakota, March 19, 2024. Players swept the ice in front of the stone to influence its movement and speed.

# Month of the Military Child: The Dandelion

The average military youth will move six to nine times between their kindergarten and senior year. The dandelion is often used to represent military youth as the seeds of a dandelion are blown all over and yet, it blossoms wherever it lands. Like the hearty flower our military youth will find the means to thrive in each of their new locations, but not without struggle. "When we stood in our new, strange house it echoed. It didn't feel like mine. The base itself is surrounded for miles and miles on every side by open flat fields- isolated and desolate. School friends were hard to come by and I felt like a foreigner," Ryan Weed- North Dakota 2021 Military Youth of the Year. This feeling of being an outsider is normal for "the new kid;" military children will face it over and over again. As a community and in partnership with our local schools, youth sponsorship programs are available with the base Child & Youth Programs and within the local school districts. At Minot, both the Youth Center and several schools in the district offer a transition support program for new students. If you are new to Minot



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



or soon to be PCSing, get in contact with the School Liaison for more information on youth sponsorship here in Minot and at your next installation. "I'm sure no matter how many times I move, it will never get easy. The weight may not get lighter, but I will get stronger... Roots take time to grow but they will- if we are willing to see each new experience as a chance to find something new. It may not be what you expect or hope but there is goodness if we are willing to look for it," Ryan Weed- North Dakota 2021 Military Youth of the Year. Moving is difficult, but for military children it also offers unique and invaluable experiences. Military children learn to adapt and

often demonstrate their resilience through social skills such as the ability to maintain relationships over long distances. Military children also tend to be more open-minded as they experience diverse cultures and traditions. Like the dandelion our military children will eventually flourish in their new environment, though it may take some time and care. If your child is to the area, having difficulty adjusting, or you are soon to be PCSing there are resources available to support a successful transition. The School Liaison is available to help at 701-723-1447 or mafb.school.liaison@us.af.mil.

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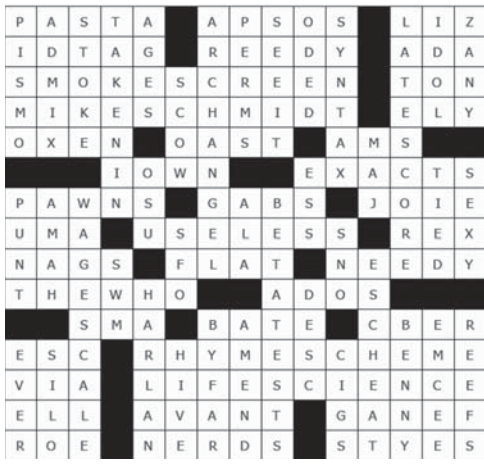
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**CROSSWORD SOLUTION**

Solution to last week's Crossword puzzle.



**SUDOKU**

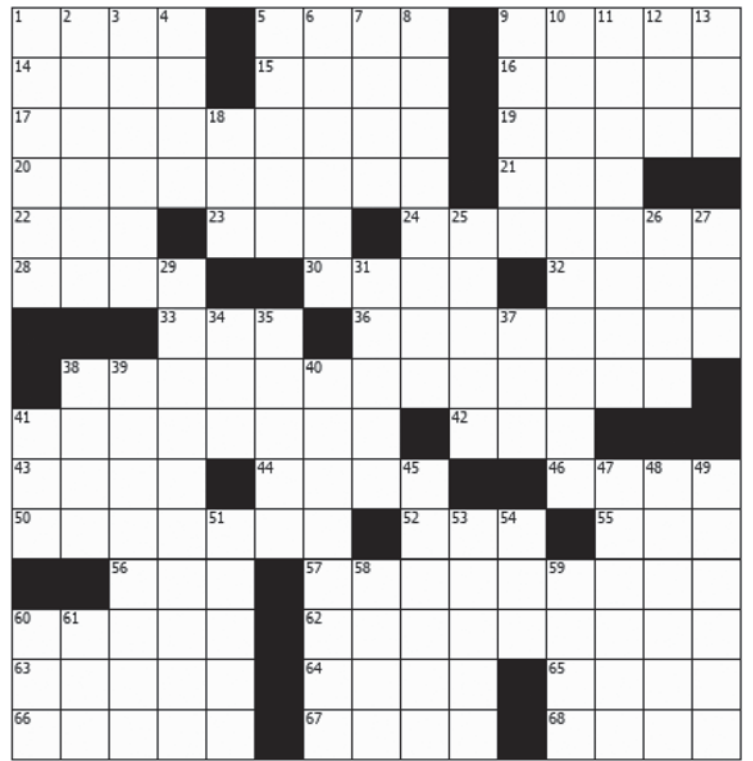
Solution to puzzle on page B9

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

**CROSSWORD PUZZLE**

**Across**

- 1. Starting from
- 5. Gutsy
- 9. Seagal or Segal
- 14. Start of Caesar's boast
- 15. All square
- 16. Actress Lindsay
- 17. 29-Down fears them
- 19. Drops
- 20. 29-Down's job
- 21. Spring mo.
- 22. John \_\_ Lennon
- 23. Landscaper's supply
- 24. They're taken at meetings
- 28. Zola novel
- 30. Cries heavily
- 32. Moon landers
- 33. Joanne of "Red River"
- 36. Upholstered chair insert
- 38. 29-Down catchphrase
- 41. Salon offering
- 42. It modifies a v.
- 43. Movie wirehair
- 44. Back
- 46. Acoustical engineer's concern
- 50. Sign of watchfulness
- 52. Part of SUV, briefly
- 55. Vandal
- 56. Apt. ad spec
- 57. 29-Down fears them, too (he's mycophobic)
- 60. Guadalajara gelt
- 62. Adjective for 29-Down
- 63. Unattended
- 64. Landscaper's supply
- 65. "Rhyme Pays" rapper
- 66. Computer connections
- 67. Málaga miss: Abbr.
- 68. Understands



**Down**

- 1. Longtime Vogue photographer
- 2. 1997 biopic
- 3. Heavy weight
- 4. Till bill
- 5. Reach
- 6. Steers clear of
- 7. Big name in game shows
- 8. Group playing together
- 9. Take out \_\_
- 10. Adjective for 29-Down
- 11. Triskaidekaphobe's fear
- 12. Horse morsel
- 13. TLC providers
- 18. Short coolers?
- 25. "\_\_ cold or the flu?"
- 26. Online read
- 27. Bygone flier
- 29. TV role for which Tony Shalhoub won two Emmys
- 31. Actor Milo
- 34. \_\_ center
- 35. High interest
- 37. Third degree?
- 38. Lid fastener
- 39. Begins
- 40. Trunk growth
- 41. Red Guard idol
- 45. Reddish brown
- 47. Alternative
- 48. Square wheels?
- 49. Assaults
- 51. Center of Thessaly?
- 53. Bara of silents
- 54. Hesitant sounds
- 58. Above, in Augsburg
- 59. Medical suffix
- 60. Joey, for one
- 61. Giants quarterback Manning

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**Protestant**  
Sunday Community Service  
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(Holy Communion 1st Sunday)  
Children's Church available


**Northern Lights Chapel**  
230 Missile Ave  
(across from Rockers)

**Catholic Mass**  
Sunday 1000  
Daily Monday-Friday 1200

**Open Circle (Wiccan/ Neo-Pagan)**  
1000 on 1st & 3rd Saturdays

**Hof (Norse Pagan)**  
1700 on 2nd & 4th Wednesdays

**St. Peter The Aleut Eastern Orthodox Church**

 **109 6th St. SE Minot • 838-3094**

**Saturday, April 13**  
5PM, Great Vespers

**Sunday, April 14**  
10AM Holy Liturgy

**V. Rev. Fr. Paul Hodge**

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**1024 2nd St. SE • 838-4425**  
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Sunday School ..... 9:00 a.m.  
Sunday Worship Service .... 10:00 a.m.  
Fellowship..... 11:00 a.m.

**Pastor Mark Ehrmantraut**  
[www.vincentumc.com](http://www.vincentumc.com)

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 **Faith United Methodist Church**

**5900 Highway 83 N, Minot**  
[www.faithumcminot.com](http://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.

 **Trinity CHURCH**

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Sunday School  
& Fellowship ..... 9:00 a.m.  
Worship ..... 10:30 a.m.

[www.trinitychurchminot.org](http://www.trinitychurchminot.org)

 **Bible Fellowship Church**

**Worship Service**  
10:45am Sundays

**Sunday School**  
9:45am

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meets Mondays at 7:00pm

Contact Duane Deckert:  
701-838-0916 or  
[biblefellowship@srt.com](mailto:biblefellowship@srt.com)  
[www.griefshare.org](http://www.griefshare.org)

**1720 4th Ave NW, Minot**  
838-0916  
[MinotBibleFellowship.org](http://MinotBibleFellowship.org)

**Immanuel Baptist Church**

**1615 2nd St. SE • [www.ibcminot.org](http://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



**Christ Reformed Church**

Worship 11:00 a.m. Sunday  
234 14th Ave SE  
[www.christreformedchurchminot.com](http://www.christreformedchurchminot.com)

**St. John the Apostle Catholic Church**



2600 West Central Ave • Minot, ND 58701  
839-7076

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

Fr. David A. Richter, Pastor  
Parish website: [www.stjohnminot.com](http://www.stjohnminot.com)

 **First Lutheran Church - ELCA**

120 5th Ave. NW  
852-4853

Sunday Worship  
9:30 am

[www.firstlutheran.tv](http://www.firstlutheran.tv)  
(Live Stream & Recorded)  
Radio Broadcast KRRZ 1390AM  
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[www.flcminot.com](http://www.flcminot.com)

Pastor Brandy Gerjets • Pastor Ellery Dykeman

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**Wednesday**  
6:30 PM

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Evening Worship ..... 6:00 p.m.  
Wednesday Evening..... 7:00 p.m.

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**Southern Baptist Convention**

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

[www.minotcrbc.org](http://www.minotcrbc.org)  
email: [minotcrbc@gmail.com](mailto:minotcrbc@gmail.com)  
**Gabe McCormick - Pastor**

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

 **West Minot Church of God**  
*Family Worship Center*

**1105 16th St. NW • 839-1407**

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

[westminot.com](http://westminot.com)  
[facebook.com/westminot](https://facebook.com/westminot)

**St. Mark's Lutheran Church**  
*Missouri Synod*



**Sunday Divine Service**  
9:30 AM

**Adult Bible Study and Sunday School**  
11:00 AM

**Wednesdays Kid Connection**  
5:15 PM

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**839-4663**  
[www.minotstmarks.com](http://www.minotstmarks.com)  
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 **First Baptist Church**

200 3rd St. SW • 852-4533  
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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

**Apostolic Faith Church, UPCI**

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(701) 838-0609

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

**Jesse Starr, Pastor**

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

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Anna B. Henderson

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

Sunday School ..... 9:45 a.m.  
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Family Hour ..... 6:30 p.m.  
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Children Worship (Wed).... 7 p.m.  
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# MONTH OF THE MILITARY CHILD

## MOMC Highlight Belle Black, age 16

ERIN BEENE, NORTHERN SENTRY



In 2013 at age 5, Belle dressed up like her dad for Month of the Military Child in Spangdahlem AB, Germany

Sixteen-year-old Belle Black knows a little something about what it takes to be a military kid. She has been one her entire life. But, she doesn't let this ever-changing lifestyle get in the way of her many passions. Belle loves music, so much so that she plays percussion in the Minot High band and is also on the drumline. All about the arts, Belle also said that she enjoys drawing, painting and reading fantasy/science fiction novels.

True to form, Belle has lived all over the world. When asked how many places she has lived, Belle had to stop and count. Ultimately she believes the count is seven! Some of her favorite stations have been overseas bases, including both Germany and Hawaii. Belle explained that although she was young when she lived in these places, she will look back at pictures and it helps her remember the beautiful tulip fields in Europe and the sunny, sandy beaches in Hawaii.

Most recently in her moving memory is when she and her family were stationed at F. E. Warren AFB in Cheyenne, Wyoming, before moving to Minot in 2020. Belle remembered that location clearly and fondly as she recounted the closeness and family-like atmosphere. She said she loved that since her school was within walking distance, all her classmates were also her neighbors. It was her most memorable location, but she also pointed out that if they were to go back there she knows most of

her friends have moved away, so it wouldn't be the same.

Most military kids have a vague sense of what their serving parent specifically does, since it can sometimes vary from base to base. When asked about what she thinks her dad does in the Air Force, Belle responded confidently, "He could launch a missile, but thankfully he has never done it." Belle's dad is Capt. Marshall "KIP" Black, 741 MS.

As she has lived in so many places, we asked Belle where she considered "home" and how she responds when new people ask the common "where are you from?" question. Belle said she has two different answers for this question which she uses at different times. Sometimes she says that she is from "all over the place" and leaves it at that. Other times, Belle plainly says she is from Texas because that is where her parents are from and she likes Texas too.

Like so many other military kids who have experienced this nomadic life, Belle admitted that the best part of being a mil kid is seeing the world and having fantastic stories to tell. She hopes to eventually travel or live on the East Coast, because she has never been, or Colorado, because it is so intensely beautiful.

Belle is just one military teen who has taken to this lifestyle and embraces both the positives and negatives. Thanks for your adventurous spirit and support to our country, Belle!



Belle lining up with the Minot High School band to play in the Minot State Homecoming parade last year.



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### NOTES ON BEING SAFE

## NATIONAL DISTRACTED DRIVING AWARENESS MONTH



SSGT JOE VERGARA  
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April is Distracted Driving Awareness Month, the National Safety Council data indicates that roads across America are the most dangerous that they've have been in years. Did you know on a typical day, eight people are killed and hundreds more are injured in distraction-affected vehicle accidents. Your family, friends, and even co-workers face distracted driving risks on every trip, from the driveway to the parking lot at work or the local grocery store and back home again.

Every day the majority of us get behind the wheel of a vehicle to drive to and from work or to simple run errands. However, how many of us are truly paying attention to the road? Did you know that distracted driving can greatly increase the chance of having a vehicle accident, becoming injured, fatally injured, or harming others? While all too often this question is answered with the cost of lives, many drivers are still placing themselves and others at risk. Some common distractions include: texting and talking on a cell phone, grooming, talking to a passenger, eating or drinking, using the navigation system, adjusting the radio, etc... Any of these activities may result in three types of distractions:

All driver distractions are not created equal. As a example, efforts to end cell phone use are greater than those to end other dangerous behaviors for significant reasons, which include:

1. Risk – One of the biggest reasons for crashes is the danger associated with the behavior.

Drivers using cell phones are four times as likely to crash, and there is no difference in crash risk

between handheld and hands-free phone use.

2. Frequency – At any given moment, there are far more drivers using cell phones on our roadways than there are drivers distracted by other risky

activities (like applying mascara or reaching into the back seat). According to the National Safety Council approximately 9 percent of all drivers are talking on cell phones at any given daylight moment.

3. Prevalence – Cell phone use while driving is widespread. More than 2 in 3 drivers reported

talking on their cell phone while driving in the past month, and nearly 1 in 3 said they do so fairly often or regularly according to the AAA Foundation Traffic Safety Culture Index.

Cell phone use may not be the most dangerous distraction, but when you combine the risk (the likelihood of a crash) with the frequency (how often drivers are doing the behavior) and prevalence, the reason for putting an end to this deadly behavior becomes clear.

Drivers who used their cell phones and were involved in a crash likely believed they could use

their phones safely. They didn't start their call with the intention of injuring or killing another person or themselves. Don't become a statistic. Make today the day you stop using your cell phone while driving. Pledge to drive cell free at nsc.org/pledge. Ultimately all of these activities mentioned above divert your attention away from the primary task of driving. Everyone who travels by car, as a driver, passenger, or even bystanders is at risk of being injured or fatally injured. Play it safe, find a safe place to stop your vehicle before using your cell phone. Navigation systems and radio devices should also be adjusted before you begin to drive. Don't risk it!

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NCUA LENDER

# MONTH OF THE MILITARY CHILD

Military leadership, North Dakota Leadership, civic leaders, legislators, teachers, surrounding area students and their families came together for a proclamation presentation for the Month of the Military Child at Memorial Middle School, Minot Air Force Base, North Dakota, April 3, 2024. The month is a nationally-recognized celebration honoring military service members' children with an ever-increasing number of awareness campaigns to celebrate them worldwide.



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# YOUTH IN ACTION

## Child and Youth Summer camp registration now open

DAF SCHOOL LIAISON PROGRAM

We are excited to announce that the application period for the Air Force Services Center Child and Youth Programs summer residential camps is now open! This year, we will offer the US Space & Rocket Center Camp, Teen Leadership Camp, and Teen Aviation Camp at the USAF Academy.

US Space & Rocket Center Camp provides youth/teens ages 12-18 opportunities to explore careers in space and science at the US Space & Rocket Center, Huntsville, AL. Scholarships are available for several sessions, such as Aviation Mach, Cyber, and Space Academy.

Teen Leadership Camp is for teens aged 14-18 who completed their Freshman, Sophomore, or Junior year in high school for the 2023/2024 School Year. The camp's goal is to build character, leadership, and resilience for young people. Participants will challenge themselves to try new experiences, build a support

network of peers and adult advisors, and create a sense of community with other military teens at Cheley Colorado Camp, which borders Rocky Mountain National Park.

Teen Aviation Camp at USAF Academy is for teens aged 14-16 who completed their Freshman or Sophomore year of high school for the 2023/2024 school year. The camp aims to build character and leadership while gaining the US Air Force Academy experience. The week-long camp will focus on aviation, engineering, science, and leadership careers.

Completed applications must be submitted by a parent or guardian NLT 3 May 2024 through the DAF Camps workflow box at AFSVC.SVPY.Camps@us.af.mil. Those selected to attend the camps will be announced before 13 May 2024. Contact your local Youth Programs or School Liaison Program Manager for the application packet.



2 Winners Every Week!

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**\$25.00 Gift Certificate From Badlands Restaurant & Bar**

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



by Patricia Stockdill

**Fishing:**

Lake Sakakawea elevation, April 8: 1,835.37 feet above mean sea level (MSL); 15,900 cubic feet per second (CFS) Garrison Dam average daily releases.

Devis Lake elevation: 1,449.14 feet above mean sea level (MSL). Stump Lake elevation: 1,449.18 MSL.

•N.D. Game & Fish Dept. game wardens: No Lake Sakakawea reports. Lake Metigoshe quiet with no activity due to deteriorating ice.

•Devis Lake, Ed's Bait Shop, Devis Lake: Lots of shore-fishing activity around area bridges with open water.

•Devis Lake, Woodland Resort, Devis Lake: Devis Lake transitioning with no activity advised as ice deteriorates and honeycombs. Try shore-fishing along open water around bridges. Upper basin coulees have little runoff so upstream walleye and pike activity likely will be light this spring.

•Lake Darling, Karma C-Store, Ruthville: No new reports limited activity on area lakes.

•Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Lake Darling opening along the shorelines with no activity.

•Lake Metigoshe, Four Seasons, Bottineau: Anglers waiting for open water with deteriorating ice along shorelines.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: No activity on the east end of Lake Sakakawea with ice breaking up. Look for pike activity along open water shorelines in the back bays soon.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn &

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

•Upper Souris Nat'l. Wildlife Refuge Prairie Marsh Scenic Drive auto tour route now open. 3 sharp-tail grouse and wildlife viewing blinds also open and available for free viewing opportunities. Contact the refuge, (701) 468-5467, for details and to make reservations.

•Paddlefish snagging tags now available online at the N.D. Game & Fish Dept. website, ([gf.nd.gov/licensing/retail-license-vendors](http://gf.nd.gov/licensing/retail-license-vendors)). Tags will be mailed or can be picked up at district Game and Fish Dept. offices during business hours. Select vendors also have tags available. Tags must be in possession when the season opens May 1 so plan accordingly to get tags in advance.

•April 13 & 14: USPSA Match, Minot Rifle & Pistol Club.

•April 13: Spring turkey season opens.

•April 13: Maple Sugaring Day, Fort Stevenson State Park, Garrison, 10 a.m.

•April 13: Easter Egg Hunt, Lewis & Clark State Park east of Williston.

•April 18: N.D. Game & Fish Dept. public meetings, Verendrye Electric Minot office, 1225 Hwy. 2 Bypass E., 7 p.m.

•April 22: Badlands Toms Nat'l. Wild Turkey Federation banquet, Outlaws Bar & Grill, Watford City, 5 p.m.

•April 27: Souris Valley Mule Deer Foundation banquet, Sports on Tap, Minot, 5 p.m.

•April 27: MonDak Rocky Mtn. Elk Foundation banquet, Upper Missouri Valley Fairgrounds, Williston, 5 p.m.

Leisure, Garrison: Some open water shore-fishing in some of the back bays on the east end of Lake Sakakawea for pike but no reports on success.

•Lake Sakakawea, New Town: No activity with ice in the Van Hook Arm and river portion of Lake Sakakawea around the New Town area honeycombing and severely deteriorating with no access. Look for pike activity from shore soon.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: No new reports from the Missouri River tailrace.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Upper end of Lake Sakakawea opening up with open water almost as far down as Lund's Landing. Some open water along the shore of White Earth Bay for potential shore-fishing opportunities. Yellowstone and Missouri rivers remain good for walleye but be sure to release any paddlefish if caught. Try

Kota-Ray Dam for trout.

•Lonetree WMA area lakes, Harvey: look for some open water shorelines across area lakes but no reports of pike activity yet.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Ice deteriorating throughout area lakes with no activity.

**Migration:**

•Large numbers of snow geese moved through with some birds still lingering around Deepwater and Parshall areas along Lake Sakakawea and portions of north-central N.D. Numbers light and scattered in most areas.

**Turkey hunting:**

•Toms becoming increasingly active in areas.

**Numbers to know:**

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

•Report All Poachers: (701) 328-9921.

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# North Dakota National Guard Hosts Military Retiree Weekend

THE NORTH DAKOTA ARMY NATIONAL GUARD

Bismarck, ND – The North Dakota Army National Guard Retirement Services and Retiree Advisory Council are hosting a military Retirement Event Weekend on Friday, April 26, and Saturday, April 27, at the Raymond J. Bohn Armory in Bismarck.

Members from all military branches are welcome to attend the event.

The Military Retiree Appreciation Day event, Friday, April 26, focuses on military retirees who are already retired and collecting pensions. Information focusing on retiree services will be available that day along with vendors and information booths. This event is from 11 a.m. – 5 p.m. Registration for this event can

be found at <https://www.ndguard.nd.gov/ndng-retireesveterans>

The Retirement Seminar, Saturday, April 27, focuses on military members who are awaiting age 60, “Grey Area Retirees”. Vendors and information booths will also be available with additional information for Grey Area Retirees. This event begins at 11 a.m. Registration for this event is through the NDARNG Retirement Services office or [nd.ng.ndarng.mbx.rso@army.mil](mailto:nd.ng.ndarng.mbx.rso@army.mil).

Additional information on the events and a full schedule can be found on the North Dakota

National Guard website <https://www.ndguard.nd.gov/>




## Retirement Event Weekend


**All Branches of Service Welcome**

Hosted by ND Army National Guard Retirement Services & Retiree Advisory Council

Raymond J Bohn Armory  
4200 Miriam Ave.  
Bismarck, ND 58506

**Friday, April 26th**  
-Military Retiree Appreciation Day-  
Focused on the “already retired” & collecting pensions.  
RSVP form at [www.ndguard.nd.gov/retiree-tab](http://www.ndguard.nd.gov/retiree-tab)  
Fill out form or email pdf to [ndretiree@gmail.com](mailto:ndretiree@gmail.com)

**Saturday, April 27th**  
-Retirement Seminar-  
Focused on Grey Area Retirees awaiting age 60  
For this Seminar, sign up with your unit or contact  
NDARNG Retirement Services at [nd.ng.ndarng.mbx.rso@army.mil](mailto:nd.ng.ndarng.mbx.rso@army.mil)



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First Lieutenant Williams, prior enlisted, has been in the Air Force for 6 years. He assisted in designing the Missile Community Cancer study, leading research teams in collecting and interpreting decades of occupational hazard data across bases that house ICBMs, identifying health concerns impacting 3,400+ personnel. He takes pride in protecting hard-working service members and civilians from occupational hazards, enabling deployment of B-52s and ICBMs anytime, anywhere, securing sweet American Freedom! He credits his wife Aubrey and 2 sons Caden and Bowen for all his successes.



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# Upcoming Events

12-13  
APR

THE BIG ONE CRAFT FAIR –  
MINOT SPRING SHOW

10:00 AM - 8:00 PM FRIDAY  
9:00 AM - 5:00 PM SATURDAY

North Dakota State Fair Center  
2005 E Burdick Expy, Minot

Our 2024 shows kick off in Minot on April 12th and 13th, 2024 at the ND State Fair Center!  
Shop from over 150 vendors filling 275+ booths with arts, crafts and baked goods that all have a touch of being handmade! The doors are open on Friday, April 12th from 10am-8pm and Saturday, April 13th from 9am-5pm!  
Admission, \$5 at the door only. 12 and under are free!



SPRING SHOW

April 12 & 13th

Friday: 10 AM-8 PM Saturday: 9 AM-5 PM

North Dakota State Fair Center

**For more information:**  
<https://thebigone.biz/minot-spring-show/>

26  
APR

NIGHT AT THE MUSEUM

5:30 PM - 7:30 PM

Taube Museum of Art  
2 Main Street N, Minot

All ages are welcome – \$5 per child  
Give Away!  
Popcorn! Snacks!  
Art Project Booths!  
Face painting!  
Meet the Taube Summer Teaching Staff!  
Come check out what Summer Art Classes are about!  
10% OFF all PAID summer class registrations TONIGHT ONLY!

NIGHT  
at the  
MUSEUM



Discounts!  
Early Registration!  
Popcorn!  
Crafts!  
Giveaway!

\$5 per child

APRIL 18  
5:30-7:30PM TAUBE

**For more information:**  
<https://imagiconnd.com/>

26  
APR

iMAGICON

9:00 AM - 12:00 NOON

Minot Municipal Auditorium  
420 3rd Ave SW, Minot

iMagicon is back for our 10th Year Anniversary!  
This fan-driven pop culture event blends a variety of genres and fandoms together under one roof.  
From cosplay to anime to sci-fi to gaming, there is plenty to explore at the 3-Day event.  
iMagicon After Hours begins in the evenings and runs for two nights as well – so get ready for some epic fun! Learn more at [imagiconnd.com](http://imagiconnd.com)



April 26-28, 2024

**For more information:**  
<https://imagiconnd.com/>

27  
APR

CIVIL AIR PATROL  
OPEN HOUSE

10:00 AM - 12:00 PM

Avflight, 2400 N Broadway, Minot, ND

Come stop by for a quick visit to find out what community services we offer. Learn more about our inland search and rescue utilizing Cessna aircraft, small unmanned aerial systems, and electronic and physical ground search. Preview our cadet programs in aerospace education, character development, and see how cadets get great preparation for civilian or military aviation careers. Enjoy refreshments and chat with staff presenting different displays for each of our core missions. Stop by the atrium in Avflight anytime between 10 and noon, Saturday April 27. Membership and volunteer opportunities are available starting at age 12. Learn more about aviation through our programs for all ages or bring valuable experience to support emergency services.



**For more information:**  
<https://nd021.cap.gov/>

## NEW Community at the Northern Sentry

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



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

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Or contact: Matt Mackey  
By email or phone at mmackey@kalixnd.org 701-852-1014

### IMMEDIATE FULL AND PART TIME OPENINGS

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

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## SUDOKU SOLUTION

PUZZLE ON PAGE B3

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

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April 19

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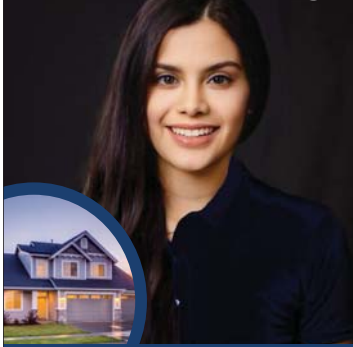


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## MINOT AFB ANNOUNCEMENTS

### EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

Embry-Riddle Aeronautical University is the world's pre-eminent university for aviation and aerospace education. However, our dynamic, hands-on programs will prepare you for careers well beyond the limits of the sky. Our Worldwide Campus has been working with U.S. military service members since 1970, helping them to earn a degree while on active duty or as veterans. And we do it at more than 90 military installations around the globe. The Embry-Riddle Minot Campus — located at Minot Air Force Base — offers associate, bachelor's, and master's degrees, as well as undergraduate and graduate certifications, that will help you whether you are an active-duty military service member, a veteran, or a civilian working at or around Minot Air Force Base, Embry-Riddle Worldwide is here to help you earn your college degree. A degree from Embry-Riddle Worldwide will help service members to become commissioned officers, will make veterans more desirable job candidates as they enter the civilian workforce, and will assist civilians with job advancement or career changes. Our modes of instruction are: Online, Eaglevision Home and Eaglevision Classroom. Our next upcoming term: 8 Jan-10 Mar. For more information, please visit us in Room 223 located in the Base Education Center Building (2nd floor), email: [minot@erau.edu](mailto:minot@erau.edu) or call office phone: 701-727-9007.

### MINOT STATE UNIVERSITY

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

### PARK UNIVERSITY MINOT –

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**★ Hotel ★ Revel Weddings for Warriors**

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

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

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

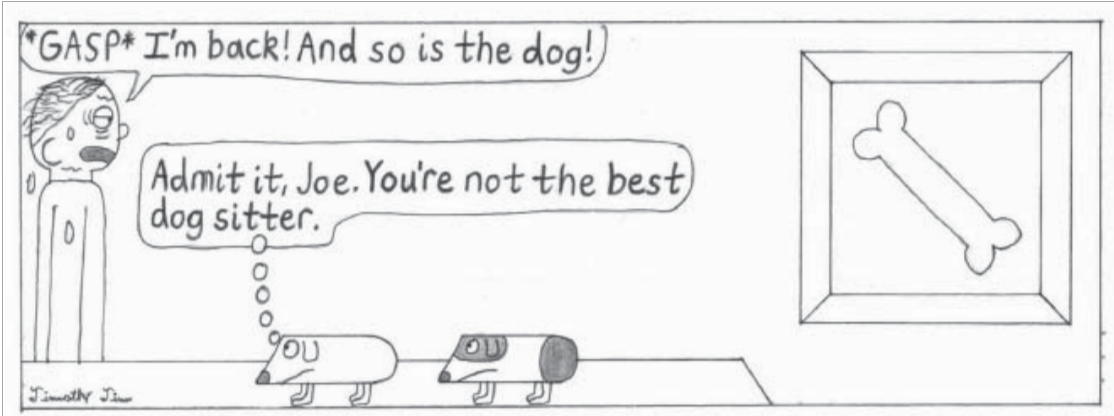
For further information, please send a message to the hotel at [revelnd.com](http://revelnd.com) or contact Chelewa Springs or Ashley Cutler at 701-607-4557 or 701-306-3338.

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



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

TIMOTHY TIMM



## VOLUNTEER OPPORTUNITIES

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

### YMCA Coach & Referee Volunteers

The sports director at The Minot Family YMCA is looking for coach and referee volunteers. Most of the youth football games are played on Saturdays from 9:00am to 3:00pm and each game is an hour long. Anyone interested, please contact the YMCA Sports Director. POC: Chris Greek, Youth Sports Director, Minot Family YMCA 701-852-0141 [www.ymcaminot.org](http://www.ymcaminot.org)

### 2024 Minot Shrine Circus Volunteers

The Minot Shrine Club is looking for volunteers to help out at the 2024 Minot Shrine Circus at the North Dakota State Fair Center. We are looking for volunteers to help with various tasks before, during, and after the scheduled performances. Meals/snacks will be provided to volunteers. Performance Schedule: Thursday, May 9th: 10:00AM and 7:00PM Friday, May 10th: 10:00AM, 4PM, and 7:30PM Saturday, May 11th: 2:00PM and 6:00PM POC: Minot Shrine Club Circus Chairman, John Young at (701) 214-0928 or [jrichyoung85@gmail.com](mailto:jrichyoung85@gmail.com)

### MSU Culture Stock Festival Volunteers

We are teaming up with Minot Statue University to bring you Culture Stock, a festival celebrating culture, heritage, and diversity, and we need YOUR help for it to be successful. The event will take place on Saturday, 21 September from 1000-1400 at Minot State University. We are looking for volunteers to run booths as well as performers. Booths can have informational materials, books, pictures, clothing, jewelry, artwork, games, food samples, and anything else you'd like to display. Individuals who volunteer to represent the same culture will be connected to avoid duplicate tables. Performances can be instrumental, singing, dancing, poetry, or storytelling. Private orgs and booster clubs may use this as a fundraising opportunity and sell items as long as it approved through the proper channels. Please use the link to sign up! Be sure to include what culture you wish to represent. <https://www.signupgenius.com/go/10C0848ADAD29A5F5C25-48862178-culture> POC: CHRISTINE A. CHERRY, TSGT, USAF (she, her, hers) Director, 5 BW Diversity, Equity, Inclusion & Accessibility 723-7288

### 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 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](mailto:carla@minotchamberedc.com)

### 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](mailto:kristal.cruz_leon@us.af.mil)

### 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](mailto:brian.o.bermudezcartagena.mil@health.mil) or 723-5184.

### Volunteer Coaches

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

### Civil Air Patrol Magic City Composite Squadron

Learn aviation or bring your experience as a volunteer emergency responder. Serve the local community while flying in Cessna aircraft, piloting small unmanned aerial systems, and/or conducting physical and electronic ground search. Additionally, opportunities are available to teach cadets ground search and rescue, aerospace, cyber, and military professionalism. Make plans to visit at a weekly meeting, 6:30 pm, Tuesdays, upstairs at Avflight Minot. POC: Maj. Jeffrey Slocum 701-360-5948 | [021cc@ndwg.cap.gov](mailto:021cc@ndwg.cap.gov) | [nd021.cap.gov](http://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](mailto:shelby.stuckey@caringedge.com)



# Community VOICES

## Old Hometown

I walked the streets of my old hometown, feeling forlorn because a lot had changed. Vacant houses with staring windows and hosting Mother Nature.

Unkempt houses with peeling paint, sagging porches, tall grass, and dim lights. Ugly weeds poking through the cracks in the sidewalks or tree roots breaking them apart. It's all so sad to see.

People I've known are long gone now, Some into Heaven and others out of town. Others I've seen here and there when they've visited our old stomping ground.

Trains still roll to the town's paper mill, To unload their cargo, blowing their lonely horns, Rumbling and screeching on the tracks, And displaying the colorful graffiti From the faraway places they've been.

It's a town in a valley and on the hills, with two smokestacks and an odor of rotten eggs. "It's the smell of money," the citizens always say. "It's how we live." Every day.

Don't take my lamenting the wrong way, I still love my old hometown. It's still such a part of me, and like any person, it will slow down and age.

The place is lovely with its easy, lazy river, Flowing through it and the lush, thick woods Growing around it. There is no yellow brick road. No lions or tigers, but there are bears, And there is no place like home.

When I think of my hometown, I always remember an old bridge to a now non-existent neighborhood that lived on the other side of the river. The bridge is gated and locked. Time eating it away.

When I'm here in my old hometown, I feel like that bridge sometimes, nostalgic and forgotten at the same time. Time eating my connection because I moved away.

The End

Martina Kranz

Do you have something you'd like to share with the world? Whether it's a pretty photo of Minot AFB, a fun piece of writing, or a picture of something your child made, send it to the Northern Sentry. Let us feature your creativity! Send all submissions to: nsads@srt.com

## SMOKED BACON CHEESE BALL



### INGREDIENTS

- 1 LB CREAM CHEESE, ROOM TEMPERATURE
- 1/4 CUP SOUR CREAM
- 1/2 LB BACON, SLICED
- 4 TBSP CHOPPED GREEN ONION
- 1 CUP SHREDDED CHEDDAR CHEESE
- 1 TSP GARLIC POWDER
- SALT, TO TASTE

When ready to cook, set temperature to 180° and preheat, lid closed for 15 minutes.

Place the cream cheese and sour cream in a medium baking dish and transfer to the grill.

Smoke for 20 minutes or until desired level of smoke is reached.

Remove from heat and increase the grill temperature to 350°.

When the grill is hot, place bacon slices directly on the grill grate for 15-20 minutes until bacon is crispy and fat is rendered.

Remove from heat and let stand at room temperature until cool.

While the bacon is cooling, place smoked cream cheese, sour cream, green onion, cheddar cheese, garlic powder and salt in the bowl of a food processor.

Pulse until combined then turn out onto a piece of plastic wrap. Form the cheese mixture into a ball and wrap tightly. Place in the fridge until well chilled.

Chop the bacon into small pieces and place on a plate with the chopped chives. Remove the cheese ball from the fridge, unwrap and roll in the bacon mixture.

Place the cheese ball on a plate and serve with your choice of crackers. Enjoy!

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

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



Ryan Davy - GM Minot

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# NORTHERN CELEBRATIONS

## EMBRACING OUR NORTH DAKOTA LIFESTYLE

## THE EAGLE SOARS

Patricia Stockdill

The nation's symbol of strength, grandeur, grace, and power since 1782 – the bald eagle – was once teetering on the brink of extinction across the Lower 48 United States.

In 1963 only 417 breeding bald eagle pairs were believed to exist in the Lower 48. Their population began rebounding after being placed on the Endangered Species Act in 1978 coupled with an Environmental Protection Agency ban on the synthetic insecticide DDT, which impacted aquatic waterways and contaminated the bird's food source.

It rebounded so well that by 2007 the U.S. Fish and Wildlife Service delisted the bald eagle.

North Dakota historically was home to some nesting bald eagles as they took advantage of wooded river bottoms such as the towering cottonwoods of the Missouri River. But given the limited amount of forested areas in the state, their numbers weren't overly abundant and sightings were special – even along the "Mighty Mo".

But nowadays the eagle soars across many areas of North Dakota, perhaps a testament to its perseverance as well as what might be considered the symbol of success for the Endangered Species Act.

Bald eagles nest in North Dakota in March. Soon little eaglets will be hatching into their brave, new world. Like an eagle sighting, their nests were historically limited to areas with those massive, old cottonwoods. But the grand bird has since expanded its historic range and nesting opportunities.

This year N.D. Game and Fish Department biologists estimate there could be approximately 350 active bald eagle nests spread across 47 of the state's 53 counties.

The ticket to finding an optimum nesting site seems to be someplace near an adequate food source, not necessarily those grand cottonwoods along a river corridor. The nest will likely be relatively close to water, such as a lake, river, or large wetland, lined with tall trees.

Bald eagles will nest in dead trees but they prefer live mature ones with a canopy of open space along treed edges.

Eagle nests aren't hard to miss. They're wide – like 5 to 6 feet in diameter. And they can be tall – like 2 to 4 feet

in height.

The size is attributed to the fact that they may re-use the same nest in following years, building upon previous ones.

The Game and Fish Department tracks eagle nests sites and would appreciate people report a nest via their link on the agency website, "gf.nd.gov".

Just the reporting of nest sites are requested, not sightings of individual birds, however, in part because this is the time of year bald eagles generally migrate across the state – seeing a bald eagle doesn't mean it's an adult with a nearby nest.

Some cautions, though, about being near bald eagles nests: People are asked to stay away from the nest and don't disturb it. Don't walk around or anywhere near it – like many species, bald eagles don't like disturbance and nearby human activity could prompt the birds to leave the nest or not attend the young eaglets.

And one other note when it gets later in the summer: Never, ever approach a young bald eagle should it be on the ground. Like other young wildlife, such as a fawn, the odds are great that mama is nearby watching and wanting the disturbing human to leave her baby alone.

It's almost mid-April and soon anywhere from one to three eggs will hatching. Rarely does a bald eagle lay four eggs and two are the most common.

The birds began either building a new nest or extending a previous one in January and February. By late February into mid-March egg laying was underway with incubation lasting about 35 days.

Parents spend about eight to 12 weeks rearing and feeding the eaglets and by July the little ones have grown to almost adult size. They will bravely venture out onto tree branches and begin their initial wobbly, short flights. By the end of July and early August they usually have fledged and will leave the nest, often lingering nearby while still under the tutelage and feeding of their parents.

Come fall, they're ready to either migrate or stay along the open waters of the Missouri River tailrace, allowing people to catch glimpses of the national symbol year-around.



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# WHAT'S GOING ON MINOT AFB

## FRIDAY 12

- Vintage Technology Petting Zoo, Minot AFB Library
- Master Chef Luca Virtual Cooking Class, 1800, forcesupport.awardsplatform.com
- Zumba, 1800, McAdoo Fitness Center

## SATURDAY 13

- Vintage Technology Petting Zoo, Minot AFB Library
- Star Wars Spectacular, 1300, Minot AFB Library
- Master Chef Luca Virtual Cooking Class, 1700, forcesupport.awardsplatform.com
- No Limit Texas Hold'em Turbo Tournament, 1700-2100, Rockers Bar & Grill

## SUNDAY 14

- Rough Rider Golf Course Open, 0900, Rough Rider Golf Course
- Zumba, 1400, McAdoo Fitness Center

## MONDAY 15

- Registration Opens: Summer Lifeguard Course, Outdoor Recreation
- April Fitness Challenge, McAdoo Fitness Center
- TAP Overview, 0800-1600, M&FRC
- Reintegration Briefing, 1000, M&FRC, Zoom Meeting
- Writing Club, 1800, Minot AFB Library
- Zumba, 1800, McAdoo Fitness Center

## TUESDAY 16

- April Fitness Challenge, McAdoo Fitness Center
- TAP (VA) Services and Benefits Briefing, 0800-1600, M&FRC
- Game Day, 1000-1930, Minot AFB Library
- Family Bootcamp, 1000, Turf hosted by McAdoo Fitness Center
- Tuition Assistance (TA) Brief, 1000, Education Center – Room 211
- Cycle & Core, 1115, McAdoo Fitness Center
- Zumba, 1800, McAdoo Fitness Center

## WEDNESDAY 17

- April Fitness Challenge, McAdoo Fitness Center
- TAP (DoL) Overview, 0800-1600, M&FRC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- SkillBridge Brief, 1000, Education Center – Room 211
- Strength & Tone, 1000, McAdoo Fitness Center
- Storytime, 1030, Minot AFB Library
- Moving Out of the Dorms Budget Class, 1300-1500, M&FRC
- Macramé Leaf Pattern Plant Holder, 1730-1930, Arts & Crafts Center
- Zumba, 1800, McAdoo Fitness Center

## THURSDAY 18

- April Fitness Challenge, McAdoo Fitness Center
- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Short Notice Pre-Separation Counseling, 0830-1130, M&FRC
- Family Bootcamp, 1000, McAdoo Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Tuition Assistance (TA) Brief, 1330, Education Center – Room 211
- OSI Recruitment Briefing, 1500, Professional Development Center
- Zumba, 1800, McAdoo Fitness Center

## FRIDAY 19

- April Fitness Challenge, McAdoo Fitness Center
- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Cycle & Core, 1115, McAdoo Fitness Center
- Bistro Family Night, 1700-1900, Bomber Bistro
- Progressive Bingo, 1730, Rockers Bar & Grill
- Zumba, 1800, McAdoo Fitness Center

## SATURDAY 20

- Time Gumshoes Escape Room Game Ends, Minot AFB Library
- Zumba, 1100, McAdoo Fitness Center
- Month of the Military Child Kids Fitness Day, 1200-1800, McAdoo Fitness Center
- Friendly Feud, 1800, Rockers Bar & Grill

### STAR WARS SPECTACULAR

13 APRIL 2024 • 1:00PM  
MINOT AFB LIBRARY

Join us for featured crafts, activities, and more at the Minot AFB Library's 11th annual Star Wars celebration!

May the force be with you!

For details, call 723-3344 or email mafblibrary@gmail.com

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### LEAF PLANT HOLDER

ARTS & CRAFTS CENTER

17 APR 2024  
5:30PM - 7:30PM  
COST \$10  
BEGINNER-FRIENDLY

MINIMUM OF 3 PARTICIPANTS TO HOLD CLASS, MAX 12  
723-3640

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### FAMILY NIGHT

19 April 2024 • 5:00PM - 7:00PM

Take home seed packets & planting pots for Earth Day!  
Enjoy BOGO 50% kids meals!

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### APRIL SPECIALS

Bomber Bistro Featured Item  
**We've added to our menu!**  
Fried Ravioli, Four Cheese Pizza, Chicken Parmesan Sandwich, and Cream Cheese Churro.

The B-Fifty Brew Featured Item  
**Smoothies**  
Triple Berry, Sunrise, and Mango Colada flavors. Plus, the option to add whey protein!

Rockers Bar & Grill Featured Item  
**Chicken Club Wrap**  
Garlic pesto wrap filled with crispy chicken strips, bacon, cheese, lettuce and tomatoes, plus house-made ranch served with fries and a drink.



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