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FREE | WWW.NORTHERNSENTRY.COM | VOL. 62 • ISSUE 16 | MINOT AIR FORCE BASE | FRIDAY, APRIL 19, 2024



MINOT AFB RECOGNIZES THREE CHIEF MASTER SERGEANTS



**CHIEF MASTER
SERGEANT SELECT
HEATHER MALENSEK**



**CHIEF MASTER
SERGEANT
MELISSA TURNER**



**CHIEF MASTER
SERGEANT
NICHOLAS ROBERTS**

Check out this week's interviews with the 2024 Chief Master Sergeants from Minot Air Force Base, N.D. on page A6-A7.

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Are You Up for the Challenge?

SABRINA MULRAIN

The Alcohol and Drug Abuse Prevention and Treatment Team (ADAPT) is collaborating with the Integrated Primary Prevention Workforce (IPPW) to host an informational event here on Minot AFB. This event is called ARE YOU UP FOR THE CHALLENGE and will be both interactive as well as informative. The ADAPT and the IPPW teams hope to spread awareness about an important issue many adults -especially Airmen- are facing today. The issue is alcohol use and misuse.

Many people do not truly understand the effects alcohol can have on them. The ADAPT team and the IPPW are using this event to promote more education about alcohol use and misuse as well as to promote alcohol prevention and alcohol awareness. The ARE YOU UP FOR THE CHALLENGE event

will have interactive activities like wearing beer goggles then driving while “inebriated” or trying to score a soccer goal while wearing the beer goggles. The games will show you firsthand how drinking can affect so many different things.

The point of this event is to help you understand what a drink can really do. There will be food and prizes as well as tables from other base agencies set up with more information. This event is for active-duty members, spouses, civilians, and anyone who is 18 years or older. With April being the month of alcohol awareness, this event is the perfect opportunity to get better educated on alcohol misuse as well as get to safely experience how alcohol can impair you. Join the ADAPT and IPPW teams Friday April 26th from 1000-1400 at the Turf.

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A Tradition In Hotdish Land

In the trees I lurk, scanning the back door of a house on our block in the small town of Maddock, North Dakota. Am I up to something? Well, sort of. Today is May 1st... May Day. In my hand I have a small cup of candy, decorated with a handle made from a pipe cleaner and ribbons cut into short pieces and curled with a scissor. It's a May Basket, folks, and it needs to be delivered to Susan, that cute girl from my 3rd Grade class.

Never heard of May Day or May Day baskets? Well in Hotdish Land (thanks to Amy Allender), we start to decorate our May Baskets in early April.

**May Day is a European festival of ancient origins marking the beginning of summer, usually celebrated on the first of May, or around halfway between the spring equinox and summer solstice.[1] [2]Festivities may also be held the night before, known as May Eve. Traditions often include gathering wildflowers and green branches, weaving floral garlands, crowning a May Queen (sometimes with a male companion), and setting up a Maypole, May Tree or May Bush, around which people

dance. Bonfires are also part of the festival in some regions. Regional varieties and related traditions include Walpurgis Night in central and northern Europe, the Gaelic festival Beltane the Welsh festival Calan Mai, and May devotions to the Blessed Virgin Mary. It has also been associated with the ancient Roman festival Floralia.

In Maddock, we took our handmade May baskets (cups, baskets, whatever works) to school on May 1st. All of our classmates would also have May Baskets prepared, and we would exchange them. Like Halloween and Valentine's Day, this was an out and out enjoyable day as each basket would contain at least 5 pieces of candy, and maybe a cookie. But there was one caveat to this carefully orchestrated celebration that happened right after 2:30 PM recess, that being that you withheld the May Basket of that special girl (or boy) to be delivered in person that evening. Yep, unbeknownst to Susan, I was madly "in like" with her. She noticed my May Basket was missing from her collection and stared directly at me. Let the game begin, Susan. Your May Basket



May Baskets ready for delivery.



UPSIDE DOWN UNDER
MARVIN BAKER

There seems to be a lot of talk among the baby boomer generation about the generation of young Americans today who are just making their way in the world.

Unfortunately, the talk isn't so good and it's mostly about alleged lack of motivation, lack of social skills and mostly about not wanting to work, but rather playing video games and living with parents.

I'm a baby boomer too and recently retired from the professional world. In my career, I've worked with all kinds of young people and I still do as a commercial gardener.

From time to time I'll see someone who fits that stereotype, but I'm here to tell you I think those who are complaining are completely off base.

As an example, two young women have been working with me side by side the past several years and either one of them or both of them, give me a lot of faith in the next generation. Their names are Abigail Kinder and Tobi Byrne.

Four years ago a young reporter for the Northern Sentry (Minot Air Force Base newspaper) was assigned to do an article about my gardening operation called North Star Farms. She was on time, was very cordial and took a lot of notes during our interview. After the story got published, I knew I couldn't have done a better job myself. The article was precise and well written.

That was the beginning of a prosperous relationship that was taken up a notch when she volunteered to assist us at the farmers' market. She's in the process of joining us for her fourth year at the market.

Abigail is 26 and I'm 65 and when we work together, we tick like a clock. Her work ethic is incredible and she has a love of humor which makes us even more compatible. Her parents taught her well!

This will be my third year working with Tobi. For the past two gardening seasons, she has been with us as an intern, but is willing to continue in a greater capacity.

When I was told I was getting an intern in 2022, I was informed she was the youngest in group of eight. And yes, I considered that stereotype for a short while. It didn't take any more than working together a day for me to realize I couldn't have been farther from the truth.

At 19 years old, she dug right in and got busy. She had a genuine interest in greenhouses and gardening, she was attentive and didn't make mistakes. In addition, she didn't pick up her cell phone the entire time we were working together.

Being old enough to be Tobi's grandfather, I teased her and she gave it right back. And that's one of the things I noticed right away, she was comfortable in that setting so I knew we would get along.

And if I had to evaluate Tobi on her work habits, I would say that she is steady, focused and is one of the most efficient people I've ever worked with in my adult life. Her parents taught her well!

It's also worth noting that she and Abigail come from completely different backgrounds and they get along as if they are sisters. They very well could be. Abigail is from big city Indiana and Tobi grew up

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A VIEW FROM OUR SIDE
ROD WILSON



will be delivered tonight.

Wow, what I probably forgot to include in my explanation of May Day was how Susan's May Day basket would be delivered. I would move quietly out of the trees trying to avoid any windows where Susan could see me coming. I would pause by the door, and slowly maneuver the May Basket into place. One knock on the door and I was off! Susan, who's goal it would be to catch me, and KISS me, was in immediate pursuit, right behind. Down the street I would run, sprinting as fast as I could. To my right I would see another one of my classmates in pursuit of a young lady who had played the drop and run May Day game with him. I remember thinking, "I didn't know they liked each other".

I wasn't then, and really am not to this day, either a fast sprinter or a long distance runner. Susan caught me and planted a huge kiss right on my lips (wheeeew...on the lips). However, we both came up smiling. Me, because I actually had a girl chasing me, and Susan because the challenge was met, and she would emerge the winner...well sort of. As I think back, maybe I really did want Susan to catch me.

Several years later, I would happen to marry a Sue (different one) and believe it or not, she still carried on the kind of lost tradition of making and delivering May Baskets. Our kids would take them to school and give them to their

teachers, cooks, and lunchroom ladies. Now that the kids are gone, Sue carries on the tradition of making May Baskets. The drop and run tradition died quite a few years ago, but the smiles created by these tiny gifts of good will has not.

Do they still have the May Day tradition back in Maddock, which by the way is right smack in the middle of Hotdish Land? I really don't know. But in our house, the tradition will go on. And by the way, I fully expect to chase my spouse, Sue, at least a couple of steps once she delivers her May Basket to me. But over 45 years of marriage she has gotten pretty easy to catch.... then a kiss....then a smile.

BEST KEPT SECRETS

Summer is sure to arrive any day, right? Plenty of time for walking outdoors, but where? Visit Minot has a great map on their website of trails within the city limits of Minot and other trails within driving distance. There are nature trails at Des Lacs, Upper Souris and at J Clark Saylor wildlife refuges. There are both auto and walking trails, depending on your desire. If you have questions, send me an email at sentrysales@srt.com.

TODAY'S CHUCKLE

Nature gave us a biological clock; medicine gave us drugs to turn off the alarm.

Faith in the next generation...

in Minot.

But these two young ladies also have jobs elsewhere. Abigail has a lot on her plate. She is the chief of community relations of the 5th Bomb Wing public affairs at Minot Air Force Base. She embraces the challenge and I'm very proud of her for that.

Tobi has two jobs right now. She works as a waitress at Olive Garden in Minot and is helping people do their taxes at H & R Block. And they're both looking forward to

getting back to gardening and farmers' market.

I certainly look forward to working with them soon. I trust them with customers, I trust them with money, I trust them with my credit card and I trust them with my vehicles. That said, it's easy for me to say that I know the world is in a better place because of these two young women who have both touched my life in a gargantuan way.



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CONTACTUS

Ted Bolton

Publisher | Advertising
701-240-5039
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Rod Wilson

Business Development | Marketing
sentrysales@srt.com

GRAPHIC DESIGN BY

Nikki Greening
nsads@srt.com

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MAIL

315 South Main Street, Suite 202
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Minot Air Force Base Teacher Recognized As Top Math Instructor

NORTH DAKOTA DEPARTMENT OF PUBLIC INSTRUCTION

State School Superintendent Kirsten Baesler on Monday praised Melvina Murray, a mathematics teacher at Dakota Elementary School on the Minot Air Force Base, who has been honored with the Presidential Award for Excellence in Mathematics and Science Teaching.

“As we celebrate the Month of the Military Child in North Dakota, it is especially fitting that an outstanding educator of military children is one of the handful of educators across our country who is receiving this award,” Baesler said.

Murray has taught at Dakota Elementary since 2020. Aside from her second-grade math instruction, she began an effort to spread kindness throughout the MAFB community by having students write letters and give treats to young airmen. Her initiative was recognized by Gen. Anthony Cotton, who is now the commander of the U.S. Strategic Command at Offutt Air Force Base in Nebraska.

Murray also created monthly cultural bulletin boards to ensure students feel heard and represented.

“Her commitment to excellence in teaching has not only enriched the learning experiences for our students but has also set a high standard for academic best practice at Dakota,” said Kathryn Lenertz, principal at Dakota Elementary.

“Mrs. Murray’s mastery of the subject matter is exceptional,” Lenertz said in a letter in which she recommended Murray for the



honor. “It’s apparent that she has a profound understanding of the content she teaches, and this knowledge is the foundation for the meaningful and fun learning experiences she provides.”

The Presidential Awards for Excellence in Mathematics and Teaching (PAEMST), which were established in 1983, are the highest awards given by the U.S. government for K-12 science, technology, engineering, mathematics and computer science teaching. Recipients

receive \$10,000 from the National Science Foundation, an expenses-paid trip to Washington, D.C., for recognition events and professional development opportunities, and a presidential certificate.

Up to 110 teachers are recognized each year from the 50 states, the District of Columbia, Puerto Rico, the U.S. territories (American Samoa, Guam, the Northern Mariana Islands, and the Virgin Islands), and Department of Defense schools.



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COL. MCGHEE SERVES FINAL ALERT AS 91ST MISSILE WING COMMANDER

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



U.S. Air Force Col. Kenneth McGhee, 91st Missile Wing commander, is greeted by members of the 91st Missile Wing upon his return from his final alert at Minot Air Force Base, North Dakota, April 10, 2024. McGhee spent his final alert as a missileer at Missile Alert Facility Golf-01.

U.S. Air Force Col. Kenneth McGhee, 91st Missile Wing commander, speaks to members of the 91st Missile Wing upon his return from his final alert at Missile Alert Facility Golf-01 at Minot Air Force Base, North Dakota, April 10, 2024. McGhee has been the 91st Missile Wing commander since June 2022.



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CHIEF MASTER SERGEANT NICHOLAS ROBERTS

CMSgt Nicholas Roberts, 91st Missile Security Operations Squadron

MAJ JEFFREY BEENE

Senior non-commissioned officers lead teams and shape the future force, exerting tremendous influence across all levels of the Air Force. Throughout my career I have been fortunate and privileged to serve with many phenomenal men and women in these top three enlisted grades who emanate these Little Brown Book characteristics. During my two squadron commands I was partnered with highly capable wingmen as my senior enlisted leaders. One of Team Minot's recent chief selects, CMSgt Nicholas Roberts, teamed with me in Fall 2021 to command the thunderous 91st Missile Security Forces Squadron. He proved highly skilled as a teammate, advisor, mentor, coach, motivator, and all-around awesome Airman!

Though he and I have since moved on to different positions, I was offered the honor to interview him for the Northern Sentry in celebration of his promotion to chief master sergeant – the top 1% of the enlisted force. But he, like many who have earned those three top rockers, did not enlist originally thinking he would serve a full career. Roberts, who hails from San Diego, California, reminisced about his thought process at the time, saying: "I knew I wanted to do something but wasn't really cut out for school. I wanted to do something with my life. I joined so I could get an education, an associate degree in criminal justice, and get out to become a police

officer in one of the 'big time' law enforcement organizations like the NYPD or LAPD. I felt the Air Force and Security Forces were able to offer me what I wanted to accomplish that goal." However, over time Roberts heard his calling – developing those under his charge. "It's about the Airmen. It's about trying to take care of them however I can and do the best that I can for them in that moment." In this, he found true purpose.

Enlisting in December 2000 as a Defender assigned to Beale AFB, he not only excelled as an apprentice – he would earn the Pitsenbarger Leadership Award in his Airman Leadership School class – but while deployed in 2003 he found that 'something' he was looking for. "I was the M-249 gunner on a fire team. We were crossing the parking apron [at Baghdad International Airport], and we were driving to the other side to do a security check on RAPCON. I was turning my gun in the pintle mount, and I saw this kid who had a push broom and a hose. He was sweeping off the parking ramp, cleaning the taxiway. He saw us driving up, when he saw me, he dropped what he was doing, he came to a modified position of attention, and he saluted me. I ended up saluting him back. That hit me differently. I feel like me being there in that time, to do that and be a part of that, it was bigger than me. That's when I decided I would be fully bought-in, and I re-enlisted the following year in 2004."

Since his buy-in moment on that airport tarmac, his career has encompassed a wide range of experiences. He has flown Phoenix Raven missions out of then-McChord AFB. He instructed ground combat skills and integrated

static line airborne operations for contingency response out of Andersen AFB. He developed future officer generations as a USAFA and Preparatory School Academy Military Training NCO. As Operations Superintendent at the 822d Base Defense Squadron at Moody AFB he put his leadership skills to the test on several high visibility missions, all successful. He was vectored to be a senior enlisted leader within the 91st Security Forces Group at Minot in 2021, arguably one of the toughest challenges in the DOD due to its constant and conflicting harmonization of mission, team, people, environment, resources, and readiness. "It's been a grind these past 5 years," he admitted, "Being given the opportunity to be a Chief Master Sergeant gives me yet another opportunity to help Airmen and leave the Air Force better than where I found it, even it's just a little slice or little impacts on people's lives. If that's my legacy that I can be proud of, then I'm happy. I'm going to be replaced."

Across 23 years of service, Chief Roberts developed several key leadership lessons which he tries to put into practice daily:

- Listen with purpose. "It's easy to get wrapped up in the day-to-day, so you never know when you run into someone in the hallway, and they give you the basic 'living the dream' response – which I despise. I want to know why. How can I help? What can I do to help them? I love when the troops ask for help, and I'm able to get them tied into the help they need. I get

excited when we get those wins, not because of myself, but because they got what the need and we got bureaucracy out of the way, and through listening we were able to solve problems."

- Give myself and others grace. "It's not all the time we feel like we're doing right, or we're the best versions of ourselves. We're often harder on ourselves than others are. If I feel this way, then I know others are. We are a team – the squadron, the wing, the Air Force – the mission takes a team to accomplish."

- Ask more questions. "I won't know everything, nor can I pretend to know everything. I have to ask questions, and sometimes I don't know what questions to ask. You have to go ask additional questions to dig, not being afraid to dig

deeper."

- Believe in all my people. "Leverage experiences of all your team, those who excel and those who struggle. Everyone in the Air Force has something to give to make themselves, their team, and the mission better."

Leadership is a team effort – always. The US Air Force will prevail, no matter the challenge of fight, because we develop and cultivate high caliber senior enlisted leaders like Chief Nick Roberts. Congratulations on your milestone, it is well-deserved! AATW!

"The views expressed are those of the author and do not reflect the official guidance or position of the United States Government, the Department of Defense, the United States Air Force, or the United States Space Force."



Roberts performing security during a humanitarian mission to a refugee camp in northeastern Kabul, Afghanistan.



Roberts engaging with an Afghan child during a humanitarian mission to a school in west Kabul, Afghanistan.



The author and Roberts recognizing an Airman's promotion during 91 MSFS guardmount.

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CMSgt Select Heather Malensek, 5th Comptroller Squadron

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CHIEF MASTER SERGEANT SELECT HEATHER MALENSEK

Like so many Chief Master Sergeants, Heather Malensek said there were doubts about reaching this level. "I thought when I first started out that I would be a Chief someday, and then not. But when I reached Senior Master Sergeant, well it meant that I was the senior enlisted leader for the squadron. Working for Chief meant a commitment to the Air Force, but it also meant that the Air Force wanted to keep me."

So SMSgt Heather Malensek joined the Air Force team "because I knew they (the Air Force) would pay for my college. I guess I was always thinking that I wanted to stay, and I wanted to be good at my job", but what Malensek did not anticipate was how that decision dramatically changed her life. "When you first join, it's all about you. But now it's about everybody else. The word Sergeant means service leader. Now it's all about who you are taking care of."

For Malensek serving her country is a privilege. "You know, it's not a right. Wanting to stay (in the Air Force) is something inside of you. You have to be committed to serving. I share with people that you really don't want everything done for you. Commitment is what it's all about. You make a decision to commit to the Air Force for all of your adult life, and there is nothing wrong with that."

For a Chief Master Sergeant it's important to be a good leader for the younger Airmen who are trying to determine what is next for them "In any given month I will work with 2-3 Airmen. Together we determine what is next for them" say Malensek. "We may end up re-navigating their career. More people get out at 10-15 years. Maybe it would be a better decision for them to get out at 20. It's something that they need to talk about."

CMSgt. Malensek considers herself a very goal driven person. "I know already that I will have to leave Minot in order to move up and lead a larger squadron" says Malensek. But her career field

could also lead her to the Pentagon.

When she talks about people who influenced her along the way, CMSgt Malensek quickly points out SMSgt Rob Hart because "he truly invested in me. He explained to me why I was important. He sat down and went over my performance."

And then there was CMSgt Kaci Duhart "who told me what to focus on. Kaci made me go back to school to work towards my BA degree. He would tell me how awesome I was, and that I could do anything I wanted to do. He was a good leader because he would let me mess up, and then say; so, you messed this one up, let's talk this through."

So, what about failures along the way? "In 2013 I was in line to be a Tech Sergeant, but I failed a PT test. The PT failure lost me my stripe. But I didn't give up. I refused to fail in fitness again. I had to own it and move forward. I got back into the testing cycle. I had to make Tech Sergeant twice. But I can show others how I failed and overcame my failures. It really makes me who I am and defines where I am today."

The Malensek family is 100% military driven. "My husband is a MSgt in the LRS squadron. I have 2 very resilient military kids, Hailey who is 9 and Logan who is 8. We love to go hiking and camping



2007 Deployment to Iraq.



5th Comptroller Squadron.

CMSgt Melissa Turner, 5th Aircraft Maintenance Squadron

ERIN BEENE, NORTHERN SENTRY



CHIEF MASTER SERGEANT MELISSA TURNER

The illustrious rank of Chief Master Sergeant takes many years of selfless service, dedication to the profession and patience. This year only 506 members were selected across the Air Force. One of those newly pinned on chief master sergeants from Minot AFB is CMSgt Melissa Casey Turner, 5th

Aircraft Maintenance Squadron.

When CMSgt Turner walked into the recruiter's office in 2000, she was not intending to stay until retirement and was not chasing any specific rank. However, in January of 2024, she pinned on the rank of Chief Master Sergeant and joined the top 1% of the Air

Force's enlisted force after 24 years of service. She has spent a majority of her career in North Dakota with assignments at Grand Forks Air Force Base and now at Minot Air Force Base as the 69th Aircraft Maintenance Unit Superintendent. She was also stationed at Seymour Johnson in North Carolina prior to

Minot.

Chief Turner's military road started with her walking into a recruiter station to see what the possibilities were. She fell in love with the idea of travel and was stationed at her first base in Grand Forks, North Dakota. At that point, she focused on one enlistment at a time and took advantage of all the opportunities she could as a young Airman seeing the world. After ten years had passed, Turner admitted that she considered separating, but was convinced to stay by her father who was an Army veteran from the Vietnam conflict. She said her dad was always one of her biggest supporters.

When asked if she had a mentor or someone she looked up to in the service, Turner mentioned CMSgt Amy Archuleta, who was a year her senior and a fellow maintenance Airman who really encouraged and guided her throughout her AF career. The two worked together in Grand Forks and maintain a solid friendship still to this day. Turner mentioned that she wasn't sure if she would have continued to push

it out this far if it had not been for Archuleta.

Talking about her present situation as a newly selected Chief at Minot AFB, Turner said that she really likes Minot. She describes it as "family vibe atmosphere, especially in maintenance." She also mentioned that she hopes she can bring about positive change for the Airmen in her unit. "I bring my best everyday because the Airmen deserve it, nothing less!" When asked what she would change in the Air Force, Chief Turner, half-jokingly, mentioned that she would love to "cut down on all the meetings."

Congratulations to Chief Master Sergeant Melissa Casey Turner! Thanks for all your hard work!



In 2001 at Prince Sultan Air Base, Saudi Arabia for Operation Southern Watch, Chief Turner sits on an engine inlet.



Al Asad Air Base, Iraq in 2011 for Operation Iraqi Freedom.

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MACEDC Governmental Affairs Committee is hosting a series of candidate forums prior to the June election. We invite you to participate to learn more about those running for Minot City Council, Minot Park Board and Minot School Board. You can attend in person, or on Facebook live. Economic Development Specialist, Mark Lyman will be our moderator. Those attending and watching can submit questions to ask the candidates.

Tuesday, April 23 – 4 p.m.
Minot Park Board Candidates

Wednesday, April 24 – 4 p.m.
Minot City Council Candidates

Thursday, April 25 – 4 p.m.
Minot School Board Candidates

All three will take place at Minot City Hall council chambers at 10 3rd Ave SW.

A LOOK BACK THIS WEEK IN USAF HISTORY

LT. JAMES OBENAUFLANDS A BURNING B-47 AND SAVES CREW MEMBER

APRIL 28, 1958

On April 28, 1958, a 341st Bombardment Wing B-47 performed a routine flight out of Dyess AFB, Texas. After about 3 hours and at an altitude of 34,000 feet, one of the engines exploded and the crew proceeded to bail out. As he was about to crawl out the navigator's escape hatch following the pilot, 1st Lt. James E. Obenauf noticed the instructor-navigator, Major Joseph Maxwell, unconscious and missing his helmet. Obenauf was unable to revive him and made the brave decision to risk death and remain in the burning aircraft in an attempt to save his fellow officer. He flew the plane to a lower altitude from the backseat position and at 450 mph in freezing temperatures, he set a course back to Dyess. Due to the elements, Lt. Obenauf's vision faltered while navigating the aircraft. He was able to perform a safe landing with the support of air traffic control and his own skill. Obenauf and Maxwell made full recoveries, and for his heroism and bravery, Lt. Obenauf received the Cheney Award, Aviator's Valor Award, Koren Kolligan Trophy, and a Distinguished Flying Cross.

Lt. Obenauf received a Distinguished Flying Cross for his heroic actions. (USAF Photo)

Information courtesy of: Dyess AFB Memorial Museum and Linear Air Park FB / safety.af.mil

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Airmen assigned to the 705th Munitions Squadron conduct convoy operations during Prairie Vigilance 24-3 at Minot Air Force Base, North Dakota, April 6, 2024. Prairie Vigilance serves to assure allies and partners that the U.S. is ready to execute nuclear operations and global strike anytime, anywhere, in order to deter and, if necessary, respond to strategic attack.

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



A U.S. Air Force B-52H Stratofortress assigned to 96th Bomb Squadron, Barksdale Air Force Base, Louisiana, takes off during Prairie Vigilance 24-3 at Minot Air Force Base, North Dakota, April 12, 2024. Prairie Vigilance serves to assure allies and partners that the U.S. is ready to execute nuclear operations and global strike anytime, anywhere, in order to deter and, if necessary, respond to strategic attack.

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



A HUMVEE assigned to the 5th Security Forces Squadron idles on the flight line during Exercise Prairie Vigilance/Bayou Vigilance 24-3 at Minot Air Force Base, North Dakota, April 8, 2024. Minot Air Force Base is committed to its mission of executing nuclear operations and global strike anytime, anywhere, to deter and, if necessary, respond to strategic attack.

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



An Airman assigned to the 5th Aircraft Maintenance Group loads AGM-86 air-launched cruise missiles onto a B-52H Stratofortress during Prairie Vigilance 24-3 at Minot Air Force Base, North Dakota, April 6, 2024. Exercises like Prairie Vigilance enable crews to maintain a high state of readiness and proficiency, while validating the always-ready, global strike capability.

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

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Minot AFB Squadron Commander Relieved of Duty

MINOT AFB PUBLIC AFFAIRS, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, ND.

On 12 April 2024, Col. Daniel Hoadley, 5th Bomb Wing Commander, relieved Lt. Col. Larry Sigman from command of the 5th Communications Squadron due to a loss of trust and confidence in his ability to command.

"There is no impact to Minot's mission or ability to support national defense objectives," said Col. Daniel Hoadley, Commander of the 5th Bomb Wing.

Lt. Col. Jared Hann, former Deputy Commander, 5th Mission Support Group assumed command of the 5th Communications Squadron the same day.

Queries should be directed to the Minot AFB Public Affairs Chief of Media, 2d Lt Casen Salitore at v35bw.pa@us.af.mil or 701-723-6212.

Team Minot completes Exercise Prairie Vigilance

SENIOR AIRMAN CALEB S. KIMMELL
MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.

Airmen from the 5th Bomb Wing at Minot AFB, North Dakota and the 2nd Bomb Wing at Barksdale AFB, Louisiana participated in Exercise Prairie Vigilance 24-3 here, April 6-12, 2024.

PV is a routine training mission that enhances the safety, security and reliability of the bomber leg of the U.S. nuclear triad. Exercises like PV enable crews to maintain a high state of readiness and proficiency, while validating the always-ready, global strike capability. Team Minot Airmen focus on the safe and secure handling of assets comprising the nuclear triad in order to stay proficient in a variety of key operational skills.

During PV, Airmen responsible for maintenance, security forces, aircrew, and command and control at Team Minot undergo rigorous training to ready them for potential threats against the United States and its allies.

Prairie Vigilance provides a realistic training environment for Global Strike Airmen to exercise flexible, strategic airpower. It is designed to test both bomb wings' ability to conduct strategic bomber readiness operations by enabling the 5th and 2nd Bomb Wings to work together.

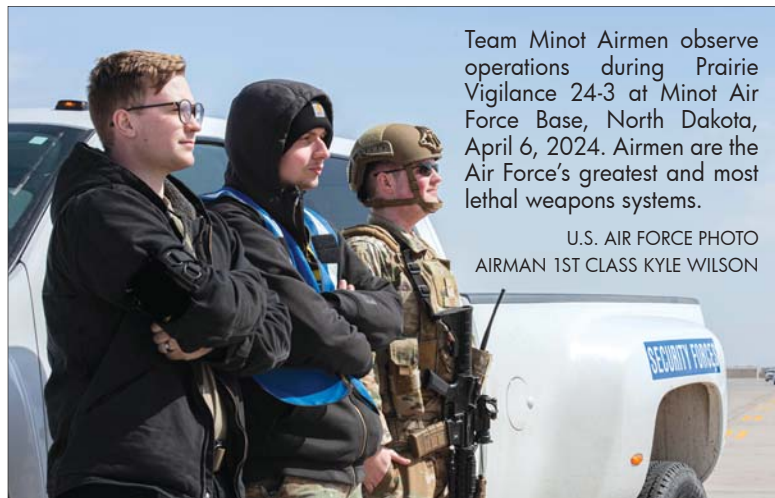
"We are here to show we can get the job done", said Senior Airman Andre Goulet, 5th Security Forces

Squadron defender. "My team has done a superb job. We are trained to the highest level, and are held to the highest standard. Through all forms of adversity; like weather or long shifts, we are the ones getting it done."

A notable feature of this year's Exercise PV is the collaboration with the 2nd Bomb Wing stationed at Barksdale AFB. The participation of four B-52H Stratofortresses from their fleet, flying north to join Team Minot, facilitates joint training opportunities for Minot Airmen alongside counterparts from other squadrons, enhancing skill sets while fostering cooperation.

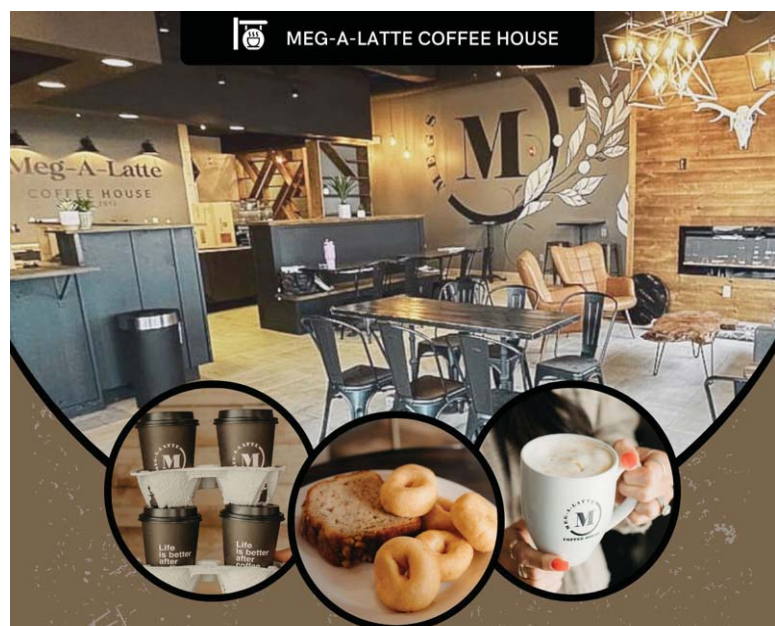
"Airmen are the Air Force's most lethal weapons system, and the Warbird-Airmen of the 5th Bomb Wing have demonstrated that during PV 24-3," said Col. Daniel Hoadley, 5th Bomb Wing commander. "Prairie Vigilance demonstrated our commitment to safe, secure, effective nuclear operations. Further, this exercise is tangible proof that the Warbirds stand ready to deter strategic attack, and, if necessary, respond at a moments' notice."

Exercises like Prairie Vigilance ensure the forces assigned to U.S. Strategic Command are organized, trained, and equipped for the tasks they are asked to do on a daily basis as well as respond to emerging crises.



Team Minot Airmen observe operations during Prairie Vigilance 24-3 at Minot Air Force Base, North Dakota, April 6, 2024. Airmen are the Air Force's greatest and most lethal weapons systems.

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



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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.

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New DAF Mental Health Overview clarifies mental health resources for Airmen, Guardians

MARISTELA ROMERO, AIR FORCE SURGEON GENERAL PUBLIC AFFAIRS

Department of the Air Force mental health leaders published a new “Mental Health Overview” that outlines comprehensive resources for Airmen and Guardians seeking mental health support.

Unveiled on March 6 during the 2024 Mental Health Flight Leadership Conference, the overview is a collaborative effort from mental health leaders across the Air Force Medical Service. The overview guide’s purpose is to destigmatize the complexities of mental health, shed light on the processes for seeking both clinical and non-clinical mental health assistance, and provide recommendations on how to best use all care resources.

The “Mental Health Overview” project lead, Lt. Col. Eric Meyer, deputy director of psychological health and psychiatry consultant to the U.S. Air Force Surgeon General, said it was created out of the critical need for Airmen and Guardians to understand what mental health means and to assemble mental health resources under one tool.

“We have amazing clinicians doing their best and policies that afford quite a lot of flexibility. But there was no resource that explained the whole system,” Meyer said. “We wanted a user-friendly resource that could be used across the Department of the Air Force.”

Col. Christian Smith, Air Force director of psychological health, emphasized that leaders in the Air Force are continuing to change the culture surrounding mental health. One of these efforts is through releasing the “Mental Health Overview” to ensure Airmen and Guardians are equipped to recognize how mental health can impact their resilience and overall wellbeing.

“Mental Health can mean anything we do to take care for ourselves - from better sleep, hygiene, to better exercise, to better nutrition. On the other hand, it can imply a more severe pathologic illness,” Smith said. “Each part of that spectrum is somewhat unique and can benefit from different resources. The ‘Mental Health Overview’ lays that out. Our hope is that this will help clarify terminology and can provide common language and help for all Airmen and Guardians.”

With approachable language and tailored infographics, Meyer and his team of mental health experts leveraged educational best practices to help every Airman, Guardian, and their leaders and supervisors understand the Air Force’s approach to mental health.

“We used to think that stigma was the primary barrier to seeking mental health care, but that’s not true anymore. Today, it’s mostly

confusion, which leads to an understandable fear of getting help,” Meyer said.

The overview guide contains seven brief chapters that debunk common mental health assumptions, differentiate clinical and non-clinical treatments, and provide guidance on the spectrum of mental health care available for different symptoms and levels of mental distress. The last three chapters delve into specific options for engaging with Mental Health clinics, the expectations for initiating clinical care and further guidance on remission and return to duty.

Meyer stressed that over the past decade, the majority of service members seeking mental help were actually looking for non-clinical resources. “It’s great that people are seeking care before things get out of control.”

Some patients do not necessarily need clinical mental health care but could benefit from non-clinical support from friends and family, command teams, chaplain teams, and from Military & Family Life Counseling.

“Most service members don’t know that” Meyer said.

According to Meyer, most Airmen

and Guardians who receive clinical mental health treatment achieve remission, and part of that success is from awareness of the various resources available to them. The overview guide ensures these resources are at their fingertips to bring them back to a healthy state of mind ready to engage with their duties.

If a service member’s treatment plan is observed to be ineffective, the guide provides assurance from mental health leaders that clinical personnel will prioritize their patient’s health and tailor care toward their specific needs.

In addition to publishing the “Mental Health Overview” digitally, physical copies and chapter handouts will be available at Mental Health clinics and across all Air Force bases.

“The Department of the Air Force recognizes that people are our most valuable asset and that taking care of them leads to more productivity and happiness,” Smith said. “A wide variety of efforts are underway to help our Airmen and Guardians find a life of wellbeing both on and off the job. This is one way we are getting after mental health and resiliency.”

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2816 To Make Historic Visit To Minot

ROD WILSON, NORTHERN SENTRY



The Final Spike Steam Tour will depart Calgary on April 14, the one-year anniversary of the merger of CP and Kansas City Southern.

Along the way the 2816 and CPKC business train will be on display in Moose Jaw, Sask.; Minot, N.D.; St. Paul, Minn.; Bensenville, Ill.; Davenport, Iowa; Kansas City, Mo.; Shreveport, La.; Laredo, Texas; and Mexico City.

Canadian Pacific 2816, also known as the "Empress", is a preserved class "H-1b" 4-6-4 Hudson-type steam locomotive built by the Montreal Locomotive Works (MLW) in December 1930 for the Canadian Pacific Railway (CPR). It is the only non-streamlined H1 Hudson to have survived into preservation.

After being used for heavy passenger service, the locomotive was retired in 1960 and donated to Steamtown, U.S.A. at Bellows Falls, Vermont, in 1964. After an extensive restoration, the locomotive returned to service in 2001 and was used by the CPR in occasional excursion service until the discontinuation of the steam program in 2012, after which it remained stored in Calgary, Alberta, Canada. After being teased for a potential return in 2021, the 2816 underwent testing for a return to service in spring of 2024.[1]

Dubbed the Empress, the 2816 was built by Montreal Locomotive Works in 1930. CP acquired the 2816 in 1998 and returned the locomotive to service in 2001 after an extensive overhaul that included converting it to burn oil. It's been in storage since 2012.

Steam tour events will be held in Moose Jaw, Minot, St. Paul, Franklin Park, Davenport, Kansas City, Shreveport, and Laredo. At these stops, the public will have the opportunity to see the 2816 up close, learn more about the

locomotive and CPKC's history and enjoy the Puffer Belly Express mini-train, a quarter-scale steam locomotive model.

The Minot event will take place on April 30th at the north end of Main Street, near The Depot and Baggage Claim Bar & Grill. According to The Depot & Baggage Claim Bar & Grill owner, Aaron Faken, the engine will be pulled about 1/4 of the way across Main Street, and people will be able to view the 2816 up close from 4

PM to 7 PM. "We are really excited to have this opportunity in Minot" says Faken "the next stop for the train after Minot is in St. Paul".

Casey Klein, Vice President of The Downtown Business and Professional Association said that "Downtown Minot is welcoming the 2816 with open arms and many of the stores plan to be open extra hours to accommodate what was expected to be a very large crowd."



All About Pets

Instead of Declawing Your Cat...



While choosing to declaw your cat may come with short term benefits for you and your household, the procedure is not in the best interest of your feline friend. Declawing is the process of amputating the front knuckles of a cat's toes so that it can no longer use its claws, and many shelters and animal advocacy groups strongly advise against it. Felines have a natural instinct to use their claws to mark territory, stretch, play, and even defend themselves in dangerous situations. When their claws are removed, cats run the risk of developing chronic pain, lameness, and behavioral issues. If you're having problems with your cat tearing up your furniture or your arms, here are some more humane options to curb unwanted scratching and prevent the need for declawing:

- Consistent nail trimming—every few weeks should be sufficient, depending on your cat.
- Nail caps or claw covers—Soft Paws is one recommended brand for caps that are glued on to your cat's claws and can help to alleviate excessive scratching.
- Provide enrichment—toys, playtime, and designated scratching posts are great ways to keep your cat happy! They won't need to scratch your couch when they have more fun things to do around the house.
- Outside time—most people probably don't think about letting their cats outside since they can often be difficult to catch. But outside is a great place for cats to explore and hunt! Some cats will naturally

come back to their owners once they've satisfied their wanderlust, which is great for enrichment. If you're not sure if your cat will return or you're worried about their safety in a busy area, try a cat harness with a lightweight leash to take your friend on all the adventures!

•Make unwanted scratching objects unattractive—putting aluminum foil on furniture or other popular scratching areas has been said to deter some cats from going to town with their claws. Other options to deter your cat from scratching can include double-sided tape or unpleasant fragrances such as citrus.

•Training and behaviorists—if all else fails, work with your cat to deter him from scratching unwanted items. A spray bottle or a clapping noise can interrupt their behavior so that you can properly redirect them to an appropriate toy and reward them for using that instead. As a last resort, it may even be helpful to find an animal behavior specialist who can help you determine other solutions for your cat's scratching.

It is possible for a cat to have medical problems that declawing would fix, but it's important to consult with your vet to find any other possible solutions before making that decision because it can affect your cat for the rest of its life. As pet owners, it's our job to make sure our animals have everything they need to live their best lives. Instead of declawing your cat, try these alternatives to give your furry friend its best shot.

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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.

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3. Vacation properties
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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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Appalachian Spring

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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 or soon to be PCSing, get in contact with the School Liaison for more information on youth sponsorship



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



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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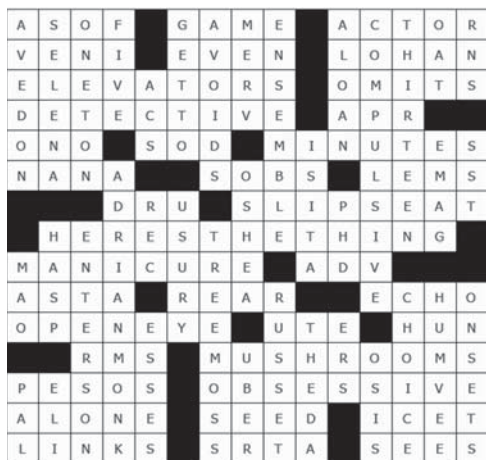
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CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



SUDOKU

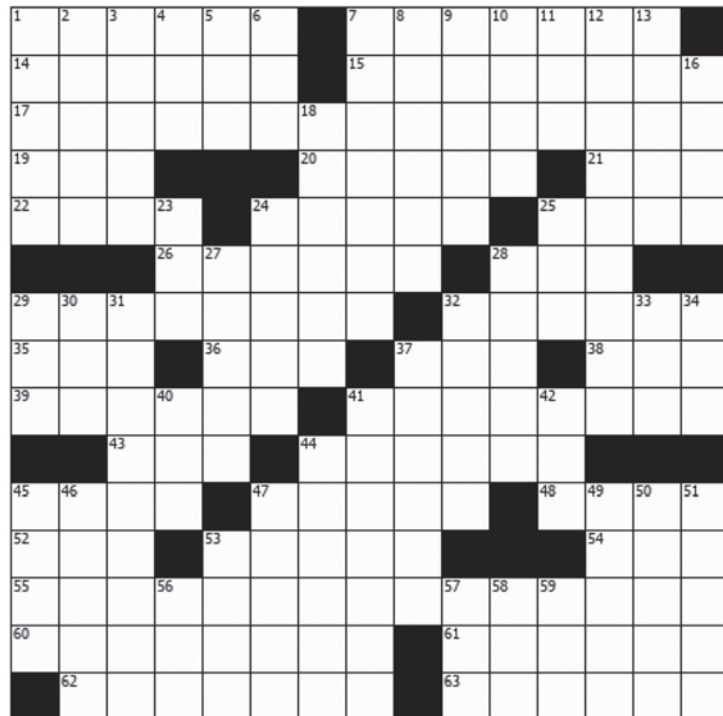
Solution to puzzle on page B9

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

CROSSWORD PUZZLE

Across

- 1. High-flying socialites
- 7. Ebert's specialty
- 14. Take too far
- 15. Hitler's mistress
- 17. First half of a put-down
- 19. Vane dir.
- 20. Fills with cargo
- 21. Just manage, with "out"
- 22. Champagne glass part
- 24. Two-wheelers
- 25. Type of D.A.
- 26. Century plants
- 28. Varnish ingredient
- 29. With 41-Across, speaker of the put-down
- 32. Act properly
- 35. Big brute
- 36. Manager's deg., perhaps
- 37. Small battery size
- 38. Portable computer's place, perhaps
- 39. Nene's hangout
- 41. See 29-Across
- 43. Orrin Hatch, for one (abbr.)
- 44. Catty?
- 45. Engine parts
- 47. Audiophiles' purchases
- 48. Like a blue moon
- 52. Actor Vigoda
- 53. He rests in Red Square
- 54. Kal-__ (Alpo competitor)
- 55. Second half of the put-down
- 60. Get on one's back?
- 61. Turnkey
- 62. Like an owl or an eagle
- 63. Sweet, and then some



Down

- 1. __ Hopkins University
- 2. Happening
- 3. Little laugh
- 4. Mme., in Mexico
- 5. Asner and others
- 6. It may be a long weight
- 7. Done over, as a movie shot
- 8. Skirts
- 9. Hyacinth holders
- 10. Egret's cousin
- 11. East ender?
- 12. Pay determiner
- 13. Pouts
- 16. Hair remover brand
- 18. De Havilland of "Gone With The Wind"
- 23. Frank Burns' rank (abbr.)
- 24. Disney deer
- 25. "Say __!"
- 27. Waif
- 28. Commit to memory
- 29. Ebenezer's outburst
- 30. Smog watchdog's letters
- 31. Journalism, in general
- 32. Chief ingredient
- 33. Batman portrayer Kilmer
- 34. Prefix with gram or log
- 37. Feeling feverish
- 40. Two-time loser to DDE
- 41. Characterized
- 42. __ Lingus (Irish carrier)
- 44. Subject to limitations
- 45. Haul, as garbage
- 46. Not skip __ (remain calm)
- 47. Macho type
- 49. Cub leader
- 50. Speed demon
- 51. Written record
- 53. Building brick toy
- 56. Annex
- 57. Singles spinners
- 58. Water in Cannes
- 59. Trifling fruit?

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Children's Church available

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Daily Monday-Friday 1200

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1000 on 1st & 3rd Saturdays

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

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Sunday, April 21
10AM Holy Liturgy

V. Rev. Fr. Paul Hodge



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Wednesdays 7:00pm
and Sundays 10:30am

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

www.trinitychurchminot.org



Bible Fellowship Church

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Sunday School
9:45am



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

Pastor Mark Ehrmantraut
www.vincentumc.com



Faith United Methodist Church

5900 Highway 83 N, Minot
www.faithumcminot.com

Pastor Ken Mund
701-838-1540

Sunday School (All Ages): 9:45 a.m.
Sunday Coffee Fellowship: 10:30 a.m.
Worship Services: Sunday 11 a.m.

Cornerstone Presbyterian Church

1000 NE 3rd Street
852-0315

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

Wednesday Evening Schedule
Community Dinner 5:30-6:30pm
Contemporary Worship 6:30pm
Youth Group & Small Groups.. 7:15pm

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Immanuel Baptist Church

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



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

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



Christ Reformed Church

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

St. John the Apostle Catholic Church

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

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

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



First Lutheran Church - ELCA

120 5th Ave. NW
852-4853

Sunday Worship
9:30 am

www.firstlutheran.tv
(Live Stream & Recorded)
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Sunday 9:30 am
www.flcminot.com

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Journey Church

1805 2nd St. SE
838-1111

Sunday Services
9:00 AM & 11:00 AM

Wednesday
6:30 PM

Minot Baptist Church

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

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

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



Cross Roads Baptist

Southern Baptist Convention

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

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

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



West Minot Church of God

Family Worship Center

1105 16th St. NW • 839-1407

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

ABC Child Care Center 852-6352

westminot.com
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St. Mark's Lutheran Church

Missouri Synod



Sunday Divine Service
9:30 AM

Adult Bible Study and Sunday School
11:00 AM

Wednesdays Kid Connection
5:15 PM

Reverend Philip Beyersdorf
2209 4th Avenue NW, Minot, ND
839-4663
www.minotstmarks.com
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First Baptist Church

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

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

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

Apostolic Faith Church, UPCI

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

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

Jesse Starr, Pastor



Grace Baptist Church

A Reformed Baptist Church

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

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E-mail: gbcminot@gmail.com

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

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Website: www.orcsknights.org




Gospel Tabernacle Community Church

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4 miles south of MAFB
James W. Henderson
Anna B. Henderson

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

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

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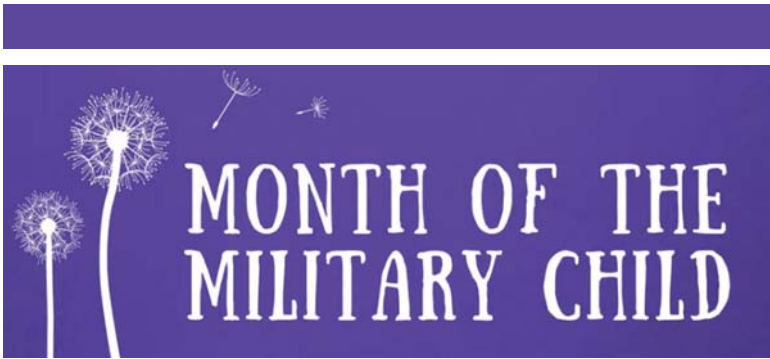
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MOMC Highlight Abigail Miller

ERIN BEENE, NORTHERN SENTRY



7th grader, Abigail Miller, loves living in base housing with her mom, dad and two little sisters

Many kids of service members have no other frame of reference for life outside the military world. But then there are others who had the glimpse of “regular” life before a parent joined the Air Force. Twelve year old Abigail Miller, who likes to be called Abi, remembers her life several years ago when her dad, SSgt Ben Miller 791 MXS was just a normal civilian.

In 2020, Abi and her mom, dad and two younger sisters packed up and moved to the freezing Minot, North Dakota when her dad joined the Air Force. Abi recalls not minding moving at all, and she said she wouldn’t be too sad to move again, except that she hates flying, so as long as the next base is drivable, it would be all right with her. When asked how much longer she thinks her family will live in Minot, Abi said, “probably the rest of my childhood.” But she did note that although she enjoys Minot a lot, she wouldn’t mind living somewhere warmer or maybe Pennsylvania because she has heard it is beautiful there.

Abi was born and grew up in North Carolina until age nine. Today, Abi is a thriving seventh grader at Memorial Middle School. And although she has been homeschooled in previous

years, she said she really enjoys attending school here and likes that some parts are easier, but still think science is pretty hard. Abi’s favorite things to do are hanging out at the “Kite Park” (a park near Waverly Rd on base) with friends, and sketching.

When asked about what she thinks her dad does all day for the Air Force, Abi responded, “Missile Maintenance, he is in charge of a small little group of Airmen.” Abi noted that she got to see where her dad works one time and has heard that some of the Airmen and families have nerf gun wars after work sometimes. She hopes to be able to one day join in on that fun too.

The best part of military life, according to Abi, is that they get to live on base in a free house with neighbors to play with. She did also say that the worst part of life here is when friends leave. “One year there are a bunch of friends around and the next year they are gone,” Abi said.

Being a mil kid isn’t always the easiest lifestyle, but we appreciate pre-teens like Abi who look on the bright side and take life in stride! Thanks for all you do for your family and the Air Force Abi!



Abi was all snuggles after her dad returned from tech school a few years ago.

NOTES ON BEING SAFE

How To Read Safety Data Sheets



SSGT JOE VERGARA
5TH BOMB WING
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SAFETY



Chad was applying an epoxy sealer to the floor of a small production room when he started feeling nauseous and dizzy. He thought back to his supervisor’s last words: “Remember to check the SDS, Chad, and be sure you take the right precautions.” And he had checked the SDS. But the technical jargon was too much to sift through, so he thought he’d just take his chances with gloves and safety glasses. Unfortunately for Chad, he needed to wear a respirator for this particular job—he was informed of that when he came to. He had passed out from breathing toxic fumes.

TRAINING IS THE KEY

The safety data sheet (SDS) is the key to communicating hazards and safe handling procedures of chemicals your workers use on the job. But, this information is only helpful if your employees are trained to comprehend the sometimes technical information. As OSHA puts it: “Giving an employee a data sheet to read does not satisfy the intent of the standard with regard to training.” It is therefore your job to make sure the SDS is understandable.

HAVE A LESSON PLAN

Before you begin your training session, you will need to organize the information and develop appropriate handouts. Since most companies use large numbers of chemicals, it is virtually impossible to train your employees on each one. Instead, group the chemicals by categories that make sense for your operation, such as solvents, acids, bases, gases, etc. Then you can deal with additional information about individual substances within each group. Make copies of sample SDSs for each chemical group and highlight the important information. Have on hand a corresponding container label. Have a second handout that provides a glossary of terminology used on SDSs. If you can, make overheads of these handouts.

CRUCIAL INFORMATION

Start off by explaining what the SDS is and why it is so important. Tell employees that these sheets contain vital safety and health information about each chemical in the workplace, such as:

- Exposure limits
- Health effects of overexposure
- Safe handling procedures
- Emergency procedures
- Personal protective equipment
- Engineering controls

Explain that the chemical manufacturer is required to provide an MSDS with each chemical that arrives in the workplace. Tell your employees where these sheets are located and how to access them (additional training may be needed if your MSDSs must be retrieved from a computer database).

SECTION BY SECTION

Next review the sample SDS that you have just handed out. Ask what each term means and have employees look it up in the glossary handout. The following is a section by section description of the basic terminology that can help you develop your definitions:

SECTION I

Contains contact information about the chemical manufacturer, which can be important in the event of an emergency.

SECTION II - HAZARDOUS INGREDIENTS/IDENTITY INFORMATION

Both the scientific name and the common name of the chemical are listed here. Also, the following exposure limits are covered: OSHA PEL—OSHA’s “Permissible Exposure Limit” - The maximum amount of the chemical that an employee can be exposed to without danger over a typical 8 hour day.

ACGIH TLV—“Threshold Limit Value” - Another safe exposure limit set by the American Conference of Governmental Industrial Hygienists.

(Explain how you monitor exposure limits at your worksite)

SECTION III—PHYSICAL/CHEMICAL CHARACTERISTICS

- What the chemical normally looks and smells like and possible danger signs
- Boiling Point—Temperature at which the liquid turns into a gas
- Vapor Pressure—How easily the chemical evaporates (the higher the number, the faster it evaporates which can cause dangerous vapors in the air)
- Vapor Density—If the vapor will rise (below 1) or sink (above 1) in the air
- Evaporation Rate—Another measurement of how quickly a liquid or solid turns into a gas (the higher the number, the faster the rate)
- Specific Gravity—Whether the chemical will sink in water (above 1—will sink; below 1—will float)
- Solubility in Water—How much of the chemical will dissolve in water

SECTION IV—FIRE AND EXPLOSION HAZARD DATA

What might cause a fire or explosion and how to put out a fire. Flash Point—The lowest temperature at which the vapors could catch fire if ignited by a spark or some other source. Flammable Limits—The minimum and maximum percent of vapor in the air that could catch fire if ignited.

LEL and UEL—Lower and upper explosive limits - The minimum and maximum percent vapor in the air that could explode if ignited

(Review safety procedures for minimizing risk of ignition, such as sparks)

SECTION V—REACTIVITY DATA

Describes what could happen if the chemical mixes with water, air or other chemicals.

Stable or Unstable—How easily the chemical changes or breaks up. Incompatibility—If the substances listed here are mixed with the chemical, a hazardous reaction will occur.

Hazardous Decomposition or By-products - Dangerous chemicals that can be formed when the substance breaks down or reacts

SECTION VI—HEALTH HAZARD DATA

How the chemical enters the body (such as inhaling, swallowing or through the skin) and what health problems it could cause.

Acute—A reaction that shows up right after exposure, such as a rash. Chronic—A reaction that develops over time, such as cancer.

Carcinogen—Substance known to cause cancer at certain exposure levels

SECTION VII—PRECAUTIONS FOR SAFE HANDLING AND USE

Explains how to properly handle, store and dispose of the chemical. Also, what steps to take if there is an accidental spill or release.

SECTION VIII—CONTROL MEASURES

Describes what type of respirator to use and how to maintain proper ventilation. It also recommends appropriate personal protective equipment, such as safety eye gear, gloves, and other protective clothing. This section should be emphasized and covered thoroughly.

INFORMED EMPLOYEES

Encourage your workers to take the time to read the SDS and label before using any chemical. The detailed information will help them feel confident that they can safely handle these substances without harming themselves.

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'Military Brat:' Do You Know Where The Term Comes From?

KATIE LANGE, U.S. DEPARTMENT OF DEFENSE

We've all heard the term "military brat" before. It pertains to those children who grew up in military families. "Brats" wear the name like a badge of honor, often because of the moves, stressors and cultural experiences that make them more resilient than their civilian counterparts.

But outside of the military, the word brat is often considered derogative. So it made me wonder — where did the term "military brat" originate?

To find out, I reached out to the folks at National Defense University Libraries, who did some research for me. It turns out the origin of the term is still pretty unclear, but there are a lot of interesting theories behind it, and most of them originate in Britain.

Since we couldn't find anything definitive, I figured I'd tell you about some of those theories.

BRAT COULD BE AN ACRONYM FOR BRITISH REGIMENT ATTACHED TRAVELER

I first found this theory published in a 2011 blog by retired Air Force Lt. Gen. Michael M. Dunn, who was the president of the Air Force Association at the time. Dunn, who had also been the president of NDU, had asked a researcher to find the origin of the term.

One came through, discovering a book published in 1921 that attributed the saying to the British army. It explained "BRAT" as a status standing for British Regiment Attached Traveler, and it was assigned to families who

were able to travel abroad with a soldier. Eventually, it just referred to military children. But the term stuck, and was adopted in many places around the world, including in the U.S.

While the researchers I spoke to at NDU couldn't find that particular citation that Dunn mentioned, it's a pretty interesting story. And other published researchers have also traced the acronym to the phrase British Regiment Attached Traveler.

EARLIEST REFERENCES WERE FROM THE 18TH CENTURY

Dr. Grace Clifton, a professor at Open University in the UK, has done research with the U.S. Army's Dr. Becky Powell into the origins of the term.

Clifton found reference to a song written in 1707 for a satirical play called "The Recruiting Officer" that described soldier life and that of their dependents. Back then, married soldiers were divided into two categories: the lucky few who were allowed to have their families live in the barracks and be taken care of by regimental funds, and those whose families had to live outside the barracks. The song referenced the latter as being "brats and wives."

The lyrics may have been the first reference to brat in relation to military families. But it also may have referred to any children. So, that's still a bit of a mystery.

A CONTRACTION FOR 'BARRACK RAT?'

Clifton said the term "barrack rat" was also used at the end of

the 18th century in the U.K. when discussing stories about the lives of children in army barracks, so it's possible that the two words were turned into a contraction to create the term brat.

"Barrack rat" also surfaced in "A Dictionary of Slang and Unconventional English." It cited the book "Old Soldier Sahib" written in 1936 by Frank Richards, a British soldier who detailed his experiences while stationed in India and Burma during the early 20th century. In that book, Richards said "children born in barracks were referred to as 'barrack-rats.' It was a wonder to me how the poor kids survived the heat, and they were washed-out little things."

ARMY BRATS


Researchers at NDU also told me they were able to trace "Army brat" back to 1942, where it appeared in a military slang publication called "The War Dictionary." It defined the term specifically in regards to the children of Army officers, and it said the term was one of endearment.

STILL NO CLEAR-CUT ANSWER

Trent University's Dr. Jennine Hurl-Eamon has also been researching childhood during the wars of the 18th century.

"I must confess that I have come across no archival or early print material as yet that offers a clear indication of how the term 'brat' emerged," she said.

(This article was originally published April 12, 2017.)



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MSU announces 34th annual Spring Honor Dance and Powwow Celebration events

The 34th annual Minot State University Spring Honor Dance & Powwow Celebration is scheduled for April 26 and 27 in the Minot State Dome.

The event is free and open to the public.

This year, the University has expanded the event beyond the powwow and honoring to include award-winning author Diane Wilson (“Seed Keeper,” “Spirit Car,” “Beloved Child: A Dakota Way of Life”) and the dedication of Plum River Native Prairie at the former Erik Ramstad school location with keynote speaker Ruth Plenty Sweetgrass-She Kills.

The Spring Honor Dance and Powwow committee will also bring back the powwow educational program former director Wylie Hammond hosted. This program will take place Friday, April 26 from 12 to 2:30 p.m. in the south entrance of the Dome and is free and open to the public. It is named the Kennedy Bruce (Porcupine Woman) Powwow Program after former Native American Club president Kennedy Bruce, who passed away from cancer in 2015.

What is a powwow?
It is called Wacipi in Dakota and Ni-mi-win in Ojibwe, meaning a celebration of life. A powwow is a time when people of all ages gather to sing, dance, renew old friendships, make new friends, and share the beauty of native people with everyone. There are basically two types of powwows: traditional and contest. Minot State University’s powwow is a contest powwow, part of a powwow circuit, and drums/dancers from across the United States and Canada attend. There are different dance categories and age groups, from toddler to elder.

What will you see?
• A dance arena — a circle — represents the totality of learning in a lifetime.

• Drums have their own life. The drums are made from two living things: wood and hide. The drum is treated with respect and should only be used by the owner(s).

• The Grand Entry is a parade of dancers that opens the powwow. The clothing worn by the dancers is called regalia or outfits and should not be touched by anyone but the owner (Annette Mennem, Native American Center Director).

Powwows are known for their vendors! Our powwow will have a dozen vendors, sales, and information. The Native American Cultural Awareness Club and Center has a food booth at the powwow with frybread tacos and other concessions. Proceeds from the food booth will go towards honoring graduates. The food booth opens at 4 p.m. on Friday, April 26, and 11 a.m. on Saturday, April 27.

Dancer and drum registration opens Friday, April 26 at 5 p.m. and closes Saturday, April 27 at 12:30 p.m. Grand Entry times are 7 p.m. on Friday, April 26, and both 1 p.m. and 7 p.m. on Saturday, April 27.

This year’s master of ceremony is Charlie Moran. Wade Baker is the arena director, and Annette Mennem, MSU’s Native American Center director, is the powwow director.

The MSU Native American Center and Native American Cultural Awareness Club is again the host of the event. Sponsors for the 34th annual Spring Honor Dance & Powwow Celebration are Turtle Mountain Band of Chippewa tribal council, Mandan Hidatsa Arikara tribal council and Four Bears Segment, Four Bears Casino, North Dakota Council on the Arts, Minot State students, MSU Diversity Council, and MSU Cultural and Intellectual Engagement Grant.



by Patricia Stockdill

Fishing:

Lake Sakakawea elevation, April 15: 1,835.22 feet above mean sea level (MSL); 14,600 cubic feet per second (CFS) Garrison Dam average daily releases.

Deviils Lake elevation: 1,449.22 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.18 MSL.

•N.D. Game & Fish Dept. game wardens: Lake Sakakawea is ice-free with some anglers shore-fishing on the east end for pike. Generally slow yet, however. Try the Grano Bridge on Lake Darling for walleye. No reports from north-central area lakes.

•Deviils Lake, Ed’s Bait Shop, Devils Lake: Devils Lake is ice-free but no new reports.

•Deviils Lake, Woodland Resort, Devils Lake: Continued good walleye success along the bridges from shore. Devils Lake is ice-free.

•Lake Darling, Karma C-Store, Ruthville: Some walleye activity on Lake Sakakawea in the New Town area. Some walleye activity from shore along the Grano Bridge on Lake Darling.

•Lake Darling, Upper Souris Nat’l. Wildlife Refuge, Foxholm: No new reports.

•Lake Metigoshe, Four Seasons, Bottineau: No activity with ice and floating slush and ice on the lake yet.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Lake Sakakawea has open water but there could be some possible scattered ice floating yet. Anglers getting out for walleye with some success using a slow presentation of jigs and minnows in Douglas, Garrison, and Steinke bays. No Lake Audubon reports.

•Lake Sakakawea/Lake

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

•May 1: Paddlefish snagging season opens. Go to the N.D. Game & Fish Dept. website, (gf.nd.gov) for regulations.

•May 4: Evening Hike Series: Full Flower Moon Hike, Fort Stevenson State Park, Garrison, 9:30 p.m.

TOURNAMENTS:

•April 27: Nelson Lake, (Oliver Co.)

Audubon, Hwy. 83 Lawn & Leisure, Garrison: Lake Sakakawea is ice-free. Try pitching jigs along rocky areas and gravel bars in 2 to 12 feet for walleye. Some pike success from shore using smelt or herring. No Lake Audubon reports.

•Lake Sakakawea, New Town: Van Hook Arm and midsection of Lake Sakakawea is ice-free but earlier in the week docks weren’t in place yet in the Van Hook Arm. Those going out in boats in the Arm are finding some walleye success with fair to good activity in the river portion of the lake around the New Town area. Try jigs and minnows.

•Lake Sakakawea/Missouri River, Scott’s Bait & Tackle, Pick City: Missouri River tailrace remains slow with limited angler numbers yet. Lake Sakakawea improving for pike from shore using smelt.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Yellowstone River muddy, shutting down walleye

activity on the river itself and downstream. Look for better success on the Missouri River above the Yellowstone. Lake Sakakawea has open water on the upper end with best success around White Earth Bay in 5 to 7 feet using jigs and minnows. Try back bays from shore for pike using smelt or herring. Limited reports from small area lakes but try area trout lakes for some early activity.

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

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No activity yet on area lakes or the river look for some activity from area pike lakes, though.

Turkey hunting:

•Toms are becoming active

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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Second Annual Fourth of July Parade Announced

The Minot Masonic Center and its appendant organizations in cooperation with the Minot Park District and the Minot Fireworks Association are pleased to announce that we will be hosting a parade on July 4th, 2024.

Parade Timing Information
8:00AM – Start of lineup and placement of parade units at Starting Location

8:45AM – Parade units in place for final inspections and ordering

9:00AM – Parade starts
10:00AM – Parade ends

Parade Route
Parade Line Up Location – 25th St NW, north of Central Ave, near the Home Church of Minot

Parade Start Location – Corner of 25th St NW and 4th Ave NW

Parade Route - Corner of 25th St NW and 4th Ave NW, east on 4th

Ave NW, ending at intersection of 3rd Ave NW and 6th St NW

We are currently looking for organizations that would like to participate in our parade. We are not charging a fee for parade units. For information on entering a parade unit, please contact our Minot Shrine Club President, Shaun Lewellyn at (701) 500-2163.

The Minot Shrine Club serves as the local representative body of Shriners International and is an appendant organization of the Minot Masonic Center. Shriners are a fraternity based on fun, fellowship, and community involvement. Through our fundraising efforts, we support the Shriners Hospitals for Children and provide transportation for children going to or coming home from those hospitals.



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

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

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

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

Upcoming Events

18 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
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For more information:
Facebook/ Taube Museum of Art/ Events

22 APR

CRAFT NIGHT
7:00 PM - 10:00 PM
Blue Rider
118 1st Avenue SE, Minot

We're hosting a weekly bring-your-own Crafting Night! We invite you to bust out your needlepoint, sketchbook, journal, yarn, or any other hobby you've been itching to get done and come on down! Connect with other crafty people and turn that WIP into a fully fledged work of art!!
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Facebook/ Blue Rider/ Events

26 APR

IMAGICON
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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

10th

iMAGICON

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/>

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- 1 TEASPOON DRIED OREGANO
- 2 CLOVE GARLIC, MINCED
- 1 CUP BREADCRUMBS
- 1 TEASPOON WORCESTERSHIRE SAUCE
- 1 TEASPOON SALT
- 6/25 TEASPOON BLACK PEPPER
- 2 WHOLE EGGS
- AS NEEDED COOKING SPRAY
- 1 1/2 POUND GROUND BEEF, 80% LEAN
- 3 TABLESPOON CHIVES, CHOPPED
- 1 CUP TRAEGER CHILI BBQ SAUCE
- 4 CUP POTATOES, MASHED
- 12 SLICES COOKED BACON, CRUMBLED

When ready to cook, set the temperature to 350°F and preheat, lid closed (10-15 minutes)

Combine all ingredients, except for the BBQ sauce, in a large bowl. Fold gently; use your hands.

Spray a 12-cup muffin or mini loaf pan with cooking spray. Spoon the meat mixture into the cups.

Top each meatloaf mancake with 2 tsp. of BBQ sauce. Bake for 25 minutes.

Prepare the mashed potatoes while the meatloaf bakes.

Once the meat has finished cooking, pipe the mashed potatoes on top of each mini meatloaf using a pastry bag with a large star tip.

Shower with chives and bacon. Enjoy!

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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: 27 May - 28 July.. For more information, please visit us in Room 223 located in the Base Education Center Building (2nd floor), email: minot@erau.edu or call office phone: 701-727-9007.

MINOT STATE UNIVERSITY

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

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UNOFFICIAL SCHOOL BOARD MINUTES

MINOT AIR FORCE BASE SCHOOL DISTRICT #160 REGULAR SCHOOL BOARD MEETING JANUARY 16, 2024

The School Board of Minot Air Force Base Public School District No. 160 held a meeting on January 16, 2024. The meeting was conducted virtually and the live stream was available on the Minot Public School Board YouTube channel - <https://www.youtube.com/@minotpublicschoolboard2454>.

Board Members Present

Brian Lawley
Eric Fileccia
Anthony Foerster

Members Absent

Wesley Hoffman
Shavana Jones

Call to Order: President Brian Lawley called the meeting to order at 5:00 p.m.

Preview of the Agenda: No changes.

MAFB School Liaison Officer Report:

MAFB School Liaison Officer, Joy-Nicole Smith, gave a report to the Board.

- MAFB schools recently received Purple Star School awards
- The Military Interstate Children's Compact Commission state meeting was held recently
- Information on events for the Month of the Military Child will be forthcoming
- The Federal Impact Aid application is being processed and will be submitted by the end of January

Approval of Minutes:

Motion by Fileccia, seconded by Foerster to approve the October 30, 2023 MAFB PSD #160 school board meeting minutes. Roll call vote carried 3-0.

Financial Reports:

Motion by Fileccia, seconded by Foerster to approve the October, November and December 2023 financial reports as presented, including the accounts payable of \$112,622.79. Roll call vote carried 3-0.

Minot North Construction:

Superintendent Vollmer discussed the Minot North High School construction project. 2024-2025 school calendar drafts are being built based on a normal start date, considering at this time there are no significant delays in construction. Board members wishing to tour the new school should contact Dr. Vollmer. Business Manager, Laura Dokken, stated any financial requests to the MAFB school board for the project wouldn't happen until later in 2024, once more of the new construction is completed.

2022-2023 Audit:

Motion by Foerster, seconded by Fileccia to approve the 2022-2023 Minot Air Force Base District No. 160 Audit as presented. Roll call vote carried 3-0.

Board Member Resignation:

Motion by Fileccia, seconded by Foerster to accept the resignation from school board member Brian Lawley. Roll call vote carried 3-0.

Announcements:

1. MAFB School Board Meeting – April 16, 2024

Adjournment:

The meeting was adjourned at 5:20 p.m.

President

Business Manager

MINOT AIR FORCE BASE SCHOOL DISTRICT #160 REGULAR SCHOOL BOARD MEETING MARCH 26, 2024

The School Board of Minot Air Force Base Public School District No. 160 held a regular meeting on March 26, 2024. The meeting was conducted at the Memorial Middle School Library.

Members Present

Eric Fileccia
Anthony Foerster
Wesley Hoffman
Shavana Jones

Members Absent

None

Call to Order: The meeting was called to order at 5:00 p.m. by temporary chairman, Superintendent Mark Vollmer, as there was no current acting President.

Pledge of Allegiance: The pledge of allegiance was recited.

Preview of the Agenda: No changes.

Election of President:

Superintendent Vollmer called for nominations for School Board President. Anthony Foerster nominated Eric Fileccia as MAFB School District #160 School Board President. Shavana Jones seconded the nomination. Superintendent Vollmer called for any other nominations. There were none. Roll call vote carried 4-0. President Eric Fileccia took over as chairman of the meeting.

MPS General Fund:

The MPS School District #1 General Fund budget was discussed. No action was taken. Further discussions with Base Command on the delivery of educational services at the MAFB will continue this summer.

2024-2025 Agreement:

Motion by Foerster, seconded by Hoffman to approve the 2024-2025 Agreement and Addendum #1 and #2 between the Minot Public School District #1 and the Minot Air Force Base School District #160. Motion carried 4-0.

Minot Area Workforce Academy Board:

President Fileccia appointed Shavana Jones to the Minot Area Workforce Academy Board.

MAFB School Liaison Officer Report:

MAFB School Liaison Officer, Joy-Nicole Smith, gave a report to the Board.

- The busing contract has been extended for the 2024-2025 school year
- April is the month of the military child. Lt. Governor Tammy Miller will be present at MAFB to help celebrate.

Approval of Minutes:

Motion by Foerster, seconded by Hoffman to approve the January 16, 2024 MAFB PSD #160 school board meeting minutes. Roll call vote carried 4-0.

Financial Reports:

Motion by Foerster, seconded by Jones to approve the January and February 2024 financial reports as presented, including the accounts payable of \$7,583,478.10. Roll call vote carried 4-0.

Minot North Construction:

Superintendent Vollmer and Business Manager Dokken discussed the Minot North High School construction project. Due to the high inflation the project came upon, MPS PSD #1 requested financial support from MAFB PSD #160 in the amount of \$2,000,000 for some Minot North High School change orders and also furniture & equipment needs as presented. There was consensus for the Board to schedule an upcoming tour of Minot North High School and to discuss the request at a meeting following the tour.

Announcements:

1. MAFB Special School Board Meeting – April 3, 2024
2. MAFB Regular School Board Meeting – April 16, 2024

Adjournment:

The meeting was adjourned at 6:24 p.m.

President

Business Manager

MINOT AIR FORCE BASE SCHOOL DISTRICT #160 SPECIAL SCHOOL BOARD MEETING APRIL 3, 2024

The School Board of Minot Air Force Base Public School District No. 160 held a special meeting on April 3, 2024. The meeting was conducted at the Skills Center of the Minot Area Workforce Academy and Minot North High School.

Members Present

Eric Fileccia
Anthony Foerster
Wesley Hoffman
Shavana Jones

Members Absent

None

Call to Order: The meeting was called to order at 5:00 p.m. by President Fileccia.

Pledge of Allegiance: The pledge of allegiance was recited.

Preview of the Agenda: No changes.

Tour of Minot North High School:

President Fileccia recessed the meeting at 5:02 p.m. The school board toured the Minot North High School construction site.

The meeting was called back into session at 6:52 p.m.

Minot North Construction:

Superintendent Vollmer and Business Manager Dokken discussed the Minot North High School construction project. Due to the high inflation the project came upon, MPS PSD #1 requested financial support from MAFB PSD #160 in the amount of \$2,000,000 for some Minot North High School change orders and also furniture & equipment needs as presented. Dokken read the MAFB PSD #160 school board minutes from January 10, 2023 where MAFB PSD #160 approved financial support for the Minot North construction project, should it be necessary and to the extent feasible. There was discussion on the MAFB PSD #160 general fund balance and the military impacted student counts, both on and off the MAFB. Motion by Foerster, seconded by Jones to not approve the \$2,000,000 request from MPS PSD #1 for financial support on the inflationary construction costs of the Minot North High School. Motion carried 3-1 with Foerster, Jones and Fileccia voting yes and Hoffman voting no.

Announcements:

1. MAFB Regular School Board Meeting – April 16, 2024

Adjournment:

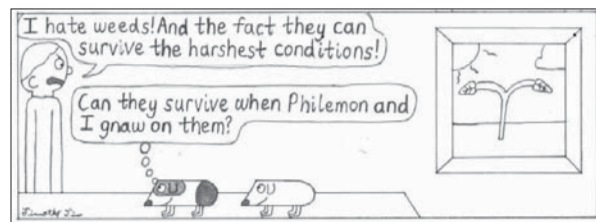
The meeting was adjourned at 7:24 p.m.

President

Business Manager

TITUS & PHILEMON

Everyday adventures of Titus and Philemon and their owner Joe.



TIMOTHY TIMM

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

DAF announces “Year of the CYP Hero” campaign to celebrate child, youth program professionals

TECH. SGT. WILLIAM A. O'BRIEN
SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) -- The “Year of the CYP Hero” campaign is a dedicated initiative aimed at recognizing the invaluable contributions of Child and Youth Programs and CYP professionals throughout the remainder of the 2024 calendar year.

CYP professionals include more than 10,000 employees, contractors, volunteers and family child care providers serving more than 40,000 children, youth and families in Department of the Air Force Child Development Centers, School Age Care, Family Child Care, Youth and Teen and School Liaison programs.

“CYP professionals are the backbone of our military family support system,” said Lt. Gen. Caroline Miller, Manpower, Personnel and Services deputy chief of staff. “Their commitment allows our Airmen and Guardians to focus on the mission secure in the knowledge that their loved ones are in capable hands. Through this campaign, we honor their exceptional service and provide avenues for recognition, knowing that their tireless efforts are essential to our mission success.”

CYP professionals are critical to mission readiness, as they care for the dependents of service members while they accomplish the mission.

“Our CYP heroes are critical to supporting the Space Force mission,” said Deputy Chief of Space Operations for Human Capital Katharine Kelley. “Our Guardians are on combat crews covering 24/7 operations in an employed-in-place model; they can do that with focus because of the incredible professionals who help care for their family members.”

Throughout the year, accolades will be presented to celebrate exceptional CYP professionals.

Recognition efforts include Inspector Accolades, Monthly and Quarterly Heroes recognition, Parent’s Choice Awards, and professional development opportunities. Additionally, the monthly hero with the most “likes” on Facebook will be recognized as the DAF CYP Hero of the Quarter. These programs aim to boost morale, celebrate excellence and inspire continued dedication from our CYP professionals.

To support CYP professionals and military families, the DAF has recently implemented initiatives to enhance the CYP experience for the professionals and the families they serve.

EMPLOYEE BENEFITS

In 2022, the DAF implemented financial incentives to attract and retain top CYP talent. This includes a 100% childcare fee discount for the first child enrolled in Child Development Programs and a 25% discount for each additional child.

MAKING CYP MORE AFFORDABLE

Understanding the financial realities of many families, the DoD reduced childcare fees in 2023 to ease the burden on lower-income families.

BUILDING FOR THE FUTURE

The fiscal year 2025 budget proposal requests \$40 million for the construction of a new Child Development Center at Mountain Home Air Force Base, Idaho, further expanding vital CYP services for Air Force families.

For additional information on the campaign, or how to submit members for recognition, visit https://www.af.mil/Portals/1/documents/2024SAF/2024_DAF_Year_of_CYP_Professionals_Heroes_in_Action_Guide.pdf



PEEKING INTO THE CRYSTAL BALL

Patricia Stockdill

It’s an every year-type thing: N. D. Game and Fish Department fishery managers peek into their crystal ball and provide insight into what the coming year’s fishing opportunities may look like for lakes across North Dakota.

Well, in reality, they don’t look into that fabled crystal ball.

There actually is a lot of leg work involved, along with science, and decades of knowledge gleaned from on-the-water management. It includes things like population and dissolved oxygen sampling, stocking young fingerlings, and more. It’s tracking trends and working with the U.S. Fish and Wildlife Service’s two national fish hatcheries in the state – Garrison Dam and Valley City National Fish Hatcheries – to ensure a future for fishing by assisting in spawning and stocking efforts of young fish hatched and reared at the hatcheries.

Yup, it’s more than peering into a crystal ball.

But in a way, it kind of, sort of is by offering much anticipated insight as anglers eagerly await spring and summer open water fishing season.

Here is some insight into a few lakes in the region from Game and Fish Department North Central District Fisheries Supervisor Dave Fryda:

Want largemouth bass? Head to what is North Dakota’s best largemouth fishery, Nelson Lake down in Oliver County. It offers warm, open water year-around so largemouth bass have an opportunity to grow larger than what they would elsewhere in the state. “It grows big fish easily,” Fryda suggested.

Want smallmouth bass? While Lake Sakakawea has its share of smallie opportunities, Lake Audubon and the chain of small lakes along the McClusky Canal – East and West Park lakes, Hecker’s Lake, and New John’s Lake – also provide nice smallmouth action.

Lake Audubon is also probably one of the better smallmouth bass lakes in North Dakota, Fryda continued.

Look for good muskie action there, as well – just remember to release any muskie less than 48 inches

in length. Lake Audubon is managed as a trophy muskie fishery – that’s why the length minimum – and is gaining popularity among muskie enthusiasts as a result.

When it comes to walleye, Audubon historically is known as a lake with abundant but small fish. That’s flipped, though, and in recent years it’s been a tougher walleye bite. That’s the bad news. The good news is that walleye anglers caught have been running towards being bigger fish. Perhaps consider it a case of quality more so than quantity when it comes to Lake Audubon walleye.

Speaking of walleye, Antelope and Clear lakes east of Minot are two small lakes continuing to produce nice walleye activity. In addition, Coal Lake near Underwood has gone 5 years without winter kill fish losses so look for that to produce some walleye action.

If bluegill are the desired catch, Lake Metigoshe remains the long-standing “go to” spot for the colorful, feisty panfish. But Nelson Lake’s warm water could also offer up some panfish such as bluegill or crappie.

While Glenburn Pond has been a nice local “go to” fishing spot for area families in the immediate Minot area, Poynter’s Pond a near Velva is a new pond geared toward catchable-sized fish and family fun.

Two other new local ponds can be found in Underwood and Max, Fryda described. Both are “put-and-take” stocked ponds with catchable-sized fish. Overall area lakes fared well for lack of winter fish kill, which occurs when dissolved oxygen drop below levels that can sustain fish such as walleye.

The downside to the 2024 outlook for many area lakes is that water levels generally remain lower than normal. The lack of snow during the 2023-2024 winter and resulting minimal spring runoff means low water concerns could loom on the horizon in the longer range picture of fishing.

Generally access is still available on area lakes with existing ramps, Fryda added.

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WHAT'S GOING ON MINOT AFB

FRIDAY 19

- April Fitness Challenge, McAdoo Fitness Center
- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Cycle & Core, 1115, McAdoo Fitness Center
- Month of the Military Child Parade, 1615, Child Development 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
- R4R Free Bowling, 1400-1800, Rough Rider Bowling Center
- Friendly Feud, 1800, Rockers Bar & Grill

SUNDAY 21

- Zumba, 1400, McAdoo Fitness Center

MONDAY 22

- Registration Opens: Garden Plots, Outdoor Recreation
- TAP Overview, 0800-1600, M&FRC
- Reintegration Briefing, 1000, M&FRC, Zoom Meeting
- Earth Day Special Lunch, 1030-1330, Dakota Inn Dining Facility
- Palace Chase/Front Briefing, 1400, Professional Development Center
- Zumba, 1800, McAdoo Fitness Center

TUESDAY 23

- 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
- CCAF Workshop, 1330, Education Center
- Newbery Book Club, 1600, Minot AFB Library
- Zumba, 1800, McAdoo Fitness Center

WEDNESDAY 24

- Base Right Start, 0730, Jimmy Doolittle Center, hosted by M&FRC
- TAP (DoL) Overview, 0800-1600, M&FRC
- Annual Outdoor Recreation Open House, 1000-1600, Outdoor Recreation
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- SkillBridge Brief, 1000, Education Center – Room 211
- Strength & Tone, 1000, McAdoo Fitness Center
- Money Storytime, 1030, Minot AFB Library
- Top 3 Mentorship Hour, 1130-1300, Professional Development Center
- Zumba, 1800, McAdoo Fitness Center

THURSDAY 25

- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Informed Decision Seminar, 0800-1200, Professional Development Center
- 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
- Zumba, 1800, McAdoo Fitness Center

FRIDAY 26

- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Cycle & Core, 1115, McAdoo Fitness Center
- FAMAGANZA – Month of the Military Child Carnival, 1700-1930, Youth Center
- Zumba, 1800, McAdoo Fitness Center
- Operation Megaphone, 2030-0000, Youth Center

SATURDAY 27

- Zumba, 1100, McAdoo Fitness Center
- Recreational Firearm Training & Trap-Shooting, 1330-1830, Minot Gun Club, hosted by Outdoor Recreation

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- 13 APR 2024
RETRIBUTION & OPPENHEIMER
- 20 APR 2024
MY BIG FAT GREEK WEDDING 3 & WHAT HAPPENS LATER
- 27 APR 2024
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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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