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AFA'S 40TH
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WESLEY
HOADLEY

C7

MINOT AFB CONDUCTS

PRAIRIE VIGILANCE

24-3



Airman Jonathan Salmeron, 5th Security Forces Squadron defender, (left) and Senior Airman Jose Soiza, 5th Security Forces Squadron defender, pose on the flightline during Exercise Prairie Vigilance/Bayou Vigilance 24-3 at Minot Air Force Base, North Dakota, April 8, 2024. Exercises like Prairie Vigilance continually develop Airmen and aircrew skill sets by improving operational capabilities and increasing mission readiness. See page A6-A7 for more coverage.

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



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Minot Hot Tots Adopt New “What If” Identity

Fans Will Get to See the Hot Tots Take On a New Name During the 2024 Season

The Minot Hot Tots are heading into their second season as a franchise, and they are looking to include even more excitement to their growing promotional schedule. In order to do this, the team will take on a new “what if” identity for three games during the 2024 season.

When the team was deciding their name in September of 2022, they looked to the Minot community for name suggestions. These suggestions could’ve been anything, but the team was looking for a name that was fun, unique, and highlighted something specific about Minot or North Dakota in general. After hundreds of names were submitted, the team narrowed down the top 5 names. Those names were the Hot Tots, Night Owls, Dak Rats, Why Nots, and Berserkers.

For this upcoming season the team has chosen to show off what it may have been like, if the Minot Hot Tots would have instead been named the Minot Berserkers. For three games during the 2024 season, the normal Minot Hot Tots uniforms will be switched to reflect this team name, rooted in Scandinavian heritage.



A Berserker is another name for a viking, and is defined as an ancient Norse warrior who fought in a wild frenzy. The Old Norse form of the word was berserk, likely meaning “bear-shirt”, or someone who wears a coat made out of a bear’s skin. The Minot Berserkers will wear a jersey paying homage to these ancient Norse warriors and their combat style.

“When we announced our real name last season, the comments were mostly positive, but we had a few people that mentioned wanting a name that was more fierce, scary, or intimidating”, said Hot Tots General Manager and Managing Partner Monica Hocking. “This is our way of giving those people what they want, and getting to take on an alternate identity that is completely different then what fans are used to.”

The Hot Tots will play as the Berserkers on June 6th, June 20th, and August 1st. Tickets to the first game on June 6th are available through the Hot Tots and Honeybees Hybrid Plan powered by Scheels. The other games will become available when single game tickets go on sale later this year. Fans wanting to purchase tickets to these games or learn more about the team are encouraged to check out hottotsbaseball.com or sign up for the Hot Tots e-newsletter for all information and updates.

HIDDEN HOMETOWN HEROES



WE NEED YOUR HELP!

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

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

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

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

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Just Playing Around See You Saturdays!

ROD WILSON, NORTHERN SENTRY



The Minot Air Force Base theater has fallen on some tough times the last couple of years. Once the entertainment mecca of the Minot Air Force Base, the projection booth and auditorium have been stripped of their movie projection equipment, victims of a rule that no longer allows ticketed movies in the facility.

But today is Saturday, and today is different. It's just past 1300 and as I walk toward the doors of the theater I can hear music coming from inside. I didn't arrive here by accident; First Sergeant Christine Shoup made the Northern Sentry aware of a poster distributed throughout the base that invites the Musicians of Minot AFB to Come See, Play, or Learn...music.

The band inside is primarily four musicians, who are the foundation of a band that started while SrA Lucas Robertson, SSgt Logan Moore, SrA Ryan Koch and SrA Marcus Campbell were stationed at Fairfield Air Force Base in England as part of a bomber task force.

"We started over there, and now we've come back here, so I guess you can say we are an international band" laughs one of the members. It all kind of comes together every Saturday at the Minot Air Force Base Theater at 12 Noon to 6:00 PM, and sometimes beyond.

"Like the poster says, "Come play guitar, drums bass" and even if "they don't know how to play,

they can learn" says Logan Moore. The group would prefer that you have your own instrument, but the group is resourceful and "even if someone needs an instrument there are resources on base and in town" continues Moore.

Through Social Media and by posting their schedule in the Northern Sentry, the group hopes to grow and include all people who play an instrument "or want to play an instrument."

While talking to the group I was able to pick up a couple of names of trumpet players that could be interested in playing in my group, The Brass Band of Minot.

Musicians are just kind of that way; they attract other musicians. From my perspective, these musicians could not have come to a better community than Minot. Long known for the many unique arts programs, I am sure that these guys will not only be busy on Saturdays, but once they network with other musicians their schedules will be as busy as they want them to be.

For updates and socialization: <https://discord.com/inviteQtPFRBr>. The name of the group? "Jeez, I guess we don't have one yet" and they all laugh. For now, they are musicians, they are together, and they have a purpose and a goal.





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Had a Great Week!

MAY DAY

I could not believe the number of people who enjoyed last week's column about May Day. They were especially entertained by my May Basket story. Some knew about the May Basket tradition, but most did not. Here is an explanation of the May Basket tradition from National Public Radio:

"Maybe there really was a time when America was more innocent. Back when May Basket Day was a thing, perhaps. The curious custom — still practiced in discrete pockets of the country — went something like this: As the month of April rolled to an end, people would begin gathering flowers and candies and other goodies to put in May baskets to hang on the doors of friends, neighbors and loved ones on May 1st.

In some communities, hanging a May basket on someone's door was a chance to express romantic interest. If a basket-hanger was espied by the recipient, the recipient would give chase and try to steal a kiss from the basket-hanger."

LIBRARY OF CONGRESS

Perhaps considered quaint now, in decades past May Basket Day — like the ancient act of dancing around the maypole — was a widespread rite of spring in the United States.

FIRST GRADERS CONTINUE TO AMAZE

Session #4 of my Junior Achievement class at North Plains Elementary talked about "jobs". Not only jobs that their parents had, but jobs that the kids might do around the house to help out. One little boy said that his job was giving his Mommy hugs...Awwwww...tear time for Rod. At the end of the class, one little girl came up and gave me a hug, and well there was a ground swell. Mrs. White said that this was a "hugging class" and she was certainly right. Not sure my feet hit the floor at the way out the door. Hey, I am a grandpa. Hugs count! I have one class left and then we are done for 2024.



First lady Grace Coolidge receives a May basket from young children in 1927.



UPSIDE DOWN UNDER
MARVIN BAKER

Editor's note: This article is educational and is not intended as medical advice. It simply explains the two types of vertigo and the various ways vertigo affects people. Most people don't like to talk about medical issues, although in some cases, those issues are brought into the public domain as people suffer from conditions manifested by the disease or condition. One of them is vertigo. Simply put, vertigo is uncontrollable dizziness that can last a few minutes up to a week in some severe cases. There are two types of vertigo and unfortunately, there are some doctors who aren't completely educated on the difference. And that can be problematic for the patient.

There have been a number of people complaining on social media in the past several weeks about having vertigo and/or dizziness. The first type of vertigo appears when calcium deposits in the inner ear are dislodged causing the patient to lose balance and become dizzy. It's amazing how much our ears affect our balance.

Often times a chiropractor will work with a patient to put the calcium deposits back in their rightful place by having the patient doing exercises that may gently force the head back or forth. If you have that type of vertigo, those visits most often fix the problem, at least until something happens again to dislodge the calcium deposits; a car accident, hitting your head while falling, blunt trauma, etc.

The second type of vertigo is quite different and much more complicated to diagnose. In fact, this type of vertigo is a condition of a greater disease and this, in my opinion, is where some doctors are lacking in their knowledge. This vertigo is one of four symptoms of a disease called Meniere's disease, named for the

northern
sentry

A VIEW FROM
OUR SIDE

ROD WILSON

George Masters receives AFA's National Exceptional Service Award. See page B6 & B7 for a full feature on the 2024 AFA Commander's Choice Awards.

AFA AWARDS

I was honored to be invited to cover the Air Force Association (AFA) Commander's Choice Awards. I have known George Masters for many years. George was the guest speaker, and received a very well deserved National AFA Award, the Exceptional Service Award.

Thirty-eight more Commander's Choice awards were handed out to deserving individuals and groups. I am sure it is extremely difficult to fit the achievements of these award winners into a paragraph or two read by emcees on stage. All recipients were certainly very deserving of their awards.

WHAT A GREAT IDEA!

Look for an article in this week's paper on a group of guys that met on a Bomber Task Force in Fairfield, found a common love for music, and have continued their passion back at Minot Air Force Base. The base theater was "rockin" when I arrived on Saturday. I have always

known that music is a common bond, and these four guys definitely proved to me that I was not wrong.

BEST KEPT SECRET

I am going with a couple. Cornerstone Chiropractic continues to expand their book of services. Their newest services, and there are many, is invisa Red Technology, the only product FDA and clinically proven for fat reduction, weight reduction and inch loss. Hopefully I will have more information about this cutting edge technology. You can find out more at yourcornerstonechiro.com

Second, I had my first meal at The Section 8 Bar & Grill in Upham. Just a few minutes' drive from the front gate of Minot Air Force Base, the Section 8 has a great selection of steaks and seafood. Check them out on Facebook.

TODAY'S CHUCKLE-

We used to believe in common sense. Now we just believe in nonsense.

Putting on a different spin...

French doctor who discovered it. The dizziness is often associated with nausea and/or vomiting.

The other three symptoms associated with Meniere's are ringing in the ear (tinnitus), pressure in the ear and hearing loss.

What makes this disease so difficult to diagnose is you could have one or two or all four of those conditions. They can come and go and you can go into remission for several months before it happens again.

Numerous factors can start the onset of Meniere's, but the main three are hereditary, allergic reactions and increased fluid in the inner ear. Meniere's can attack at any age, but is most often found in people over 50 and almost always affects one ear.

According to the New England Journal of Medicine, Meniere's runs its course in approximately seven years, but there are several ways to at least control the symptoms in the interim.

Treatment, obviously will vary with the needs of the patient that includes vestibular rehabilitation, diet and lifestyle changes, tinnitus management, hearing aids and

counseling. In four of five people, non-surgical measures are sufficient. Surgery is considered a last ditch effort.

Oddly enough, diazepam (Valium) is sometimes prescribed to help with the dizziness, even though Valium "may cause dizziness." Mayo Clinic believes it lessens the severity, at least for a time. The diet and lifestyle changes can be boiled down to one item, sodium. If you are getting too much sodium in your diet, it can certainly intensify the severity of Meniere's.

There are medications that can be injected into the inner ear to lessen or eradicate symptoms. One is a steroid called dexamethasone that will control the vertigo in some people.

The other is gentamicin, an antibiotic that is toxic to your inner ear. It works by damaging the sick part of your ear that's causing the vertigo. Your healthy ear then takes on the job of balance. The bad news is, there's hearing loss from the use of this antibiotic.



SHE’S NOT FROM AROUND HERE
AMY ALLENDER

It happened suddenly. I’ve been warned that parenthood is like that, but sometimes it still catches me off guard. You see your children every day. Change happens so gradually it’s hard to detect.

Then suddenly, you see what’s going on. They are growing. Suddenly, they’re huge.

That’s how it was for me recently. My firstborn son, who is now a whopping six years old, was sitting on the couch reading. Something changed last week. He went from picking at words, slowly sounding them out, to achieving significant fluency literally overnight. Something clicked, and just like that, I’ve got a kid who can read.

I looked at him; so grown up. Both pride and pain mingled in my heart. Out of nowhere, I thought, “I wish our South Dakota friends could know him now.”

Just before we returned to Minot for a second assignment, my husband was stationed at Ellsworth, AFB in Rapid City, SD. While there, we were welcomed into one of the dearest groups of friends I’ve ever known. For the most part they were locals, but without missing a beat they drew us in and treated us as if we’d been there all along. The group was comprised of multiple families and lots of kids. Our weekends were filled with birthday parties,

The Invisible Village

potlucks, and baby showers.

These were the friends who first knew I was expecting a child. They were there through the morning sickness and came to the hospital when he was born. The seasoned moms coached me through the witching hour, sleepless nights, and my first days of solo parenting when my husband went TDY.

We moved back to Minot when he was 16 months old. Although we were happy to come back to Minot, I really thought our forever home would be there, in Rapid City. With those people. In that community.

Military life is a funny thing. I have been blessed by many wonderful friends. But none truly know all of me.

Among them, there are those who knew me as a newlywed, some who saw me chase a career, and others who stood by me during my first deployment. Some were there as I experienced my first deployment, others were there when my body and mind broke down. Still others witnessed my entry to motherhood, and others know me today. Yet, surprisingly few have met my children or know them well.

On the flip side, I’m in the same position. Regarding the children of my friends, I wish I knew them better. I wish they could come over after school, that I never missed a birthday, or even that I just knew their favorite TV show. Wouldn’t that be a dream? Imagine the joy of raising our children alongside the people we cherish most. Others may take that for granted, but I never will.

This is military life. Hard. Sweet. Painful. Joyful. Abundantly blessed. Abundantly complicated.

April is the month of the military child. It takes a village to raise a

child—and for the military child that village can seem invisible, shifting. But just because something isn’t seen, doesn’t mean it’s not there. I want to take a moment to salute those who are part of the often invisible village of the military child.

To the civilian friends who have no first-hand experience with this military living: thank you. You’ll never fully grasp how special it is when you make room in your circles for a military family. When you treat us like we’ve been here all along, we notice. When you open your hearts to us—even though we may only be a short-term fixture in your lives—we’re grateful. You impact us in ways you may never know.

To all the military families whose lives intersect and intertwine through training, TDY, and PCS: thank you. Thank you for navigating this lifestyle alongside us. Saying goodbye always hurts but, having shared even a brief time together is better than never having met at all.

And to all the friends who knew me before I was the parent of a military child: thank you. Being young with you was a privilege not lost on me. I wish my kids knew you; I wish I knew your kids. Though that may not happen in the ways I idealize, please know that my kids are growing up knowing your name. They know you, and the part you played in our lives, and how much you mean to us.

Thank you to everyone for all the roles you’ve played in the life of a military child. I simply adore the two mil-kids living in my house, and I know you would, too.

For more on Minot living, and finding a positive perspective, join me online at AmyAllender.com, Instagram (@amy_allender or @HeyMinot) or Facebook (@amyallenderblog).



“It’s been a year since this photo was taken with a ‘South Dakota’ friend. Infrequent visits don’t change the fact that they are a special part of our story.”
AMY ALLENDER PHOTO

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PRAIRIE VIGILANCE/BAYOU VIGILANCE 24-3

5TH LRS SUPPORTS EXERCISE PRAIRIE VIGILANCE/BAYOU VIGILANCE 24-3



U.S. Air Force Staff Sgt. Jeremy Becker, 5th Operations Support Squadron aircrew flight equipment non-commissioned officer in charge, prepares a parachute for inspection during Prairie Vigilance 24-3 at Minot Air Force Base, North Dakota, April 8, 2024. These exercises 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 TRUST TATE



Senior Airman Hunter Thomas, 5th Operations Support Squadron aircrew flight equipment journeyman, assembles a pilot ejection harness during Prairie Vigilance 24-3 at Minot Air Force Base, North Dakota, April 8, 2024. Prairie Vigilance serves to ensure Allies and partners that the U.S. is ready to execute nuclear options and global strike anytime, anywhere, in order to deter and, if necessary, respond to strategic attack.

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



An Airman assigned to the 5th Logistics Readiness Squadron drains fuel from a B-52H Stratofortress during Prairie Vigilance 24-3 at Minot Air Force Base, North Dakota, April 7, 2024. Prairie Vigilance demonstrates the capability, resilience, adaptability, and strength of Team Minot Airmen.

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

MINOT AND BARKSDALE AIRMEN WORK TOGETHER TO BOLSTER EXERCISE PV/BV 24-3



A U.S. Air Force B-52H Stratofortress assigned to the 96th Bomb Squadron at Barksdale Air Force Base, Louisiana, is towed on the flightline 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 PHOTOS | AIRMAN 1ST CLASS KYLE WILSON



An Airman assigned to the 2nd 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 7, 2024. Exercises like Prairie Vigilance enable crews to maintain a high state of readiness and proficiency, while validating the always-ready, global strike capability.

A LOOK BACK

THIS WEEK IN USAF HISTORY

USAF AIRLIFTS FOOD TO NETHERLANDS DURING OPERATION CHOWHOUND

MAY 1-8, 1945



A message from the starving people of Holland to the USAF for airdropping food. (National Archives)

During WWII, the Third Air Division and the Royal Air Force began a humanitarian effort to feed starving citizens in the German-occupied Netherlands. Named Operation Chowhound for the Army Air Forces and Operation Manna for the RAF, the joint effort brought nearly 11,000 tons of food to millions of civilians. Lt. Col. Henry Cervantes recalled, “The agreement with the German area commander required that we stay under

500-feet, remain within strictly mandated corridors, and not carry gunners aboard our B-17s.” The mission was a daring one, given that the Germans could attack at any given moment if any of the planes were to stray from target drop areas. However, they were successfully able to drop much-needed rations to the people of the Netherlands. In return, aircrews were greeted with messages of thanks plastered across tulip fields and grateful civilians waving Dutch and American flags. Operation Chowhound saved countless lives from starvation and many of the service members involved would remember it as one of the better memories of WWII.

Information courtesy of: Operation Chowhound by Stephen Dando-Collins / 100thbg.com

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5th Security Forces Squadron defenders patrol the flightline during Prairie Vigilance 24-3 at Minot Air Force Base, North Dakota, April 7, 2024. Exercises like Prairie Vigilance continually develop Airmen and aircrew skill sets by improving operational capabilities and increasing mission readiness.

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



A HUMVEE assigned to the 5th Security Forces Squadron drives down the flightline 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
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Fact File

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REPLACE YOUR WIPER BLADES

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

CHECK YOUR ENGINE AIR FILTER

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

INSPECT YOUR TIRES

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

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CHECK YOUR AIR CONDITIONING

You'll definitely want your A/C in peak condition when the temperatures start to rise. Being comfortable in the cabin isn't just a luxury – it helps keep you focused. Make sure the cabin air filters are clean and functioning properly and your air conditioning is ready to keep you cool as the temperatures rise.

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Task Force 21 Nuclear Triad Symposium

Sustaining Credible Nuclear Deterrence Amidst Growing Challenges

ROD WILSON, NORTHERN SENTRY

With a full house and an agenda of expert speakers on the impending changes in the nuclear triad of the United States, Task Force 21 opened the symposium with Lt. Gen. Michael Lutton, Deputy Commander Air Force Global Strike Command and Deputy Commander Air Forces Strategic-Air, US Strategic Command, Barksdale Air Force Base.

Lt. Gen. Lutton would start the symposium with a common theme, the importance of Minot Air Force Base, with its’ dual nuclear triad missions, to the total defense of the United States. His message was also very clear that we are in a changing posture created by the increase in development of not only the Russian nuclear arsenal, but the expected increase in nuclear weaponry in China.

Next to take the podium would be Maj. Gen. Us Air Force (retired) William A. Chambers, who would introduce and review the final report of the Congressional Commission on the Strategic Posture of the United States. The Congressional Commission on the Strategic Posture of the United States was established by the 2022 National Defense Authorization Act. One of the conclusions in the report is that America’s Defense strategy and strategic posture must change. Working in a timeframe of 2027 to 2035, the commission states that decision must be made now in order to properly defend our interests and improve strategic stability with both China and Russia. In that

new defensive posture, the United States and its Allies and partners must be ready to deter and defeat both adversaries, Russia, and China simultaneously.

“There is not a long list of countries that are supportive of China and its politics. But what is more important is that Russia and China, although not trusting each other completely, want to disrupt the political stability of the United States and its Allies.”

The Executive Summary of the report set the stage quite sufficiently.

The United States faces a strategic challenge requiring urgent action. Given current threat trajectories, our nation will soon encounter a fundamentally different setting that it has ever experienced: we will face a world where two nations possess nuclear arsenals on par with our own. In addition, the risk of conflict with these two nuclear peers is increasing. It is an existential challenge for which the United States is ill prepared unless its leaders make decisions now to adjust the U.S. strategic posture.

The objectives of U.S. strategy must include effective deterrence and defeat of simultaneous Russian and Chinese aggression in Europe & Asia using conventional forces. If the United States and its Allies and partners do not field sufficient conventional forces to achieve this objective, U.S. strategy would need to be altered to increase reliance on nuclear weapons to deter or counter opportunistic or collaborative aggression in the other theater.

Although “often times the committee would be engaged in heated debate, to a person they all supported the final report and the information that it contained” according to Chambers.

Members of the North Dakota congressional delegation weighed in virtually as they were not able to attend in person. Their message, too, was one of the importance of the Minot Air Force Base, and all bases in North Dakota, in the missions that they perform. Moreover, Senators Hoeven and Cramer, and Representative Armstrong were quick to point out the programs on the board to replace the Minuteman III missiles with the new Sentinel, and the ongoing modernization, including the re-engineing program, for the B52 planes at Minot AFB.

Several other speakers took their turn at the podium to discuss topics further in support of educating the audience about the nuclear triad arsenal, and even give vital information about our most common adversary, Russia, and how it is that we are at the point we are today, and what we can look forward to in the future from other lesser adversaries including the likes of Iran and North Korea.

Col. Ty S. Moore, Deputy Director of Intercontinental Ballistic Missile Modernization, Site Activation Task Force, Barksdale, discussed some of the details of the implementation of the new Sentinel ICBM as it is built and deployed at bases in Wyoming, Montana, and North Dakota.



Maj. Gen. (retired) William A. Chambers addresses the symposium on America’s strategic posture.



Some of the over 200 community leaders and interested guests attending the nuclear triad symposium.

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AFSFC explores updated non-lethal weapon options for Defender force

DEBBIE ARAGON, AFIMSC PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-LACKLAND, Texas – The Air Force Security Forces Center is continuing its efforts to arm Defenders with the technology and equipment they need to better protect people and resources across the Department of the Air Force.

With a mission of training, equipping and managing program execution for the Air Force security forces enterprise across the globe, the center is working in partnership with the Joint Intermediate Force Capabilities Office at Marine Corps Base Quantico, Virginia, and sister services to deliver the latest equipment and state-of-the-art technologies in the non-lethal weapon arena to the field.

Non-lethal weapons, like Tasers, pepper spray and rubber bullets, have been used by the Air Force for over 30 years to deescalate situations and, if needed, respond with appropriate but less than deadly force, said Salvador Hernandez, Air Force non-lethal weapons central action officer.

Three non-lethal areas currently being explored are Tasers, directed energy vehicle stopping devices and diversionary grenades.

HEMI DEVICES

The two human electrical muscular incapacitation devices, commonly known as Tasers, currently in the security forces inventory – one delivered in 2007 and the other in 2015 – allow Defenders to approach and detain adversaries while limiting harm, to both security forces member and suspect, said Aaron Hodges, Air Force Non-Lethal Weapons Acquisition Program support officer.

They do, however, come with

limiting factors, like their usefulness in water or around flammable liquids, and that’s what the AFSFC is hoping to address with the delivery of the next generation of non-lethal weapons.

“Earlier this year, we completed a joint warfighter limited user assessment of Conducted Energy Weapons (i.e., Tasers) which consisted of carrying out operationally relevant vignettes. We’re now compiling metrics and individual feedback to ultimately help the Air Force determine what device will replace legacy Tasers in the field,” Hodges said.

DIRECTED ENERGY SYSTEMS

The Department of Defense community is also looking at vehicle stoppage systems that would replace or supplement final denial barriers systems, like wedges or bollards, commonly seen at installation entry gates.

Commanders in the field provided feedback that the current systems, although seen as non-lethal, can be detrimental to those who encounter them, said Keith Collins, Air Force Non-Lethal Weapons Program support officer.

“When people run into them or when deployed, they cause cars to tip over, and sometimes they can cause serious injuries and even death,” Collins said, “so we’re looking at other options to nonlethally stop vehicles without harming the driver or vehicle occupants.”

One option is directed energy systems that use radio frequencies to disable a car by stalling out its engine.

“The Air Force has volunteered to be the test bed for a directed energy vehicle stopping system so we can

do evaluations and assessments in the next year or two within the National Capitol Region,” Collins said.

That location is being considered by the Joint Non-Lethal Weapons Program because it allows for joint testing with the various installations in the region, he said.

CONFINED SPACE CONTROL

The third area currently being addressed by the AFSFC is Defender recapture operations in confined spaces.

“Some of our current diversionary grenades aren’t as efficient as we need them to be in small spaces like offices or large rooms so we’re looking at a variety of options to help with that. Things like billowing smoke or flashing lights that would disorient and overwhelm the senses of an adversary,” Collins said.

“We’re looking at modeling what we’re calling smoke, light and sound aggregated effects to essentially not just deter but defeat an adversary using non-lethal means,” he added, “and that’s important because you’re not just preserving human life but adding an intelligence factor as well.”

“The intent of non-lethals is to give our Defenders and commanders more options instead of just shout and shoot,” Hodges said. “Non-lethal weapons allow defenders to delay, deny and deter when needed while minimizing serious injury or death in situations where that could be detriment to accomplishing the Air Force mission.

“One last point, non-lethals aren’t meant as substitutes to lethal force, they’re enablers,” Collins said.



Gunnery Sgt. Robert Votta from the Inter-service Non-lethal Individual Weapons Instructor Course fires a next-generation human electro-muscular incapacitation device at a target during a limited user evaluation hosted by Air Force Security Forces Center.

PHOTO COURTESY JOINT INTERMEDIATE FORCE CAPABILITY OFFICE

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VA may fast-track disability benefits for Air Force missile community

COURTNEY MABEUS-BROWN, AIR FORCE TIMES

A review by the Department of Veterans Affairs could lead to automatic disability benefits for troops who served in the nuclear missile community, including at Air Force bases where the service is studying if airmen stationed there have been disproportionately diagnosed with cancer.

The VA said in an April 12 letter to the Torchlight Initiative, a volunteer organization formed to advocate on behalf of airmen as the missile community's cancer concerns began emerging early last year, that it is considering whether to establish a presumption that those troops were exposed to carcinogens as part of their military service.

By receiving presumptive eligibility for VA disability benefits, a veteran does not have to prove a service connection to a disease or injury to receive federal compensation for its effects. Those disability benefits can total several thousand dollars each month.

"We will continue to gather as much science and evidence as possible to move swiftly for veterans facing serious illnesses due to military exposures," VA wrote.

Air Force Times obtained the letter Monday; VA spokesperson Terrence Hayes confirmed its authenticity on Wednesday.

Such a review can take months or years to complete. If the decision moves forward, the airmen could join millions of veterans who were granted easier access to VA benefits under the 2022 Promise to Address Comprehensive Toxics Act — better known as the PACT Act — created to help those who worked around trash-burning pits and other sources of toxins. That access was subsequently expanded to include

veterans exposed to Agent Orange, radiation contamination and more.

Torchlight asked VA to research toxic exposures across the Defense Department's missile sites and grant easier access to disability benefits in a letter in January, citing the Air Force's ongoing study and its own efforts to add veterans and current airmen who have been diagnosed with cancer into a holistic database.

The initiative has found 454 self-reported cancer diagnoses among troops and their family members, 302 of which were among missileers.

"We are optimistic that the VA studying this issue, in addition to the DOD, will bring more data and more analysis that will help solve this problem," Maj. Aaron Brynildson, a Torchlight volunteer stationed at Schriever Space Force Base, Colorado, told Air Force Times. "We have had a number of terminally ill members, and the dependents of missile veterans who are no longer with us, be denied VA benefits for failing to show a service connection. This potential rule will hopefully right that wrong."

Results from the Air Force's first phase of its cancer study, released in March, revealed nearly 200 cancer diagnoses among missileers — hundreds fewer cases than it expected. The service opted against drawing conclusions from the findings until it could review more data.

The first review analyzed medical records of more than 2.2 million airmen treated at military medical facilities from 2001 to 2021. Additional studies, which are expected to run throughout the year, will consider decades-old data from VA and DOD, including cancer registries, death indexes and

a registry that includes cancer data from 45 states and U.S. territories.

As that analysis moves forward, the service is also continuing to collect environmental samples from its operational missile wings at Malmstrom Air Force Base, Montana; F.E. Warren AFB, Wyoming; and Minot AFB, North Dakota; as well as at Vandenberg Space Force Base, California, where unarmed missiles are tested.

The sampling effort looks for polychlorinated biphenyls, or PCBs, a chemical class that was used in oils, electrical components, and more until it was banned more than four decades ago; plus radon, pesticides and other chemicals in the air, water and soil and on surfaces inside missile facilities.

Two missile-alert facilities at Malmstrom and one at Minot were found to have potentially unsafe levels of PCB contamination last year. A second round of tests for those toxins revealed no significant findings, the Air Force said.

Communities across the military, from fighter pilots to ground crews, have aired concerns that their work and where they are stationed may be to blame for more frequent cancer diagnoses.

Another recent Air Force probe found earlier this month that children at New Mexico's Cannon Air Force Base were diagnosed with diffuse midline glioma, a rare brain cancer, more often than kids at other bases or in the U.S. at large — a discovery researchers believe is likely coincidental. Still, the service said that children at Cannon were no more likely to be diagnosed with brain cancer than others elsewhere.

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As the Department of Defense (DOD) aims to maintain its global technological edge, small business contractors have been recognized as key to maintaining national and economic defense. However, ongoing challenges have disincentivized these businesses from working with the DOD, driving down participation by over 40% in the last 10 years as reported in the 2023 DOD Small Business Strategy.

To combat this trend, Secretary of Defense Lloyd J. Austin III recommended immediate action to better engage, retain, and utilize small business relationships.

“If we do not,” Austin warned in the report, “we risk losing mission critical domestic capabilities, stifling competition and innovation, and potentially weakening our supply chains.”

Air Force Global Strike Command (AFGSC) created the A5N, also known as the Commercial Capabilities Integration & Transition Division (CCIT), a special division to identify and harness small businesses’ commercial technologies to solve problems within the command and to mitigate any barriers for mutual success. Since its inception, the CCIT has secured \$100 million in contract awards for 45 companies supporting AFGSC, with \$209 million in pending contracts for an additional 47 companies to be funded beginning in 2024.

“We’re excited to work with new partners and work on the hard problems,” said Col. Kevin Kippie, Deputy Director of Strategic Plans, Programs and Requirements for AFGSC. “One of the greatest things about Barksdale is the support it gets from the outlying community. The Small Business Innovation Research process allows us to work with many outstanding companies with great technology that might have never had the opportunity to work with AFGSC or the Air Force before.”

Local Louisiana companies such as BetaFlix, Praeses, and Archem have been integral to the modernization of the B-52 Stratofortress and intercontinental ballistic missile (ICBM) fleets, and it is the relationship between the command and these small business partners that ensures mutual success.

“Recognizing Global Strike Command’s need for cutting-edge technologies to enhance its operational readiness and effectiveness, BetaFlix saw an opportunity to provide our innovative multi-modal learning technologies and tools solutions,” commented BetaFlix COO Sree

Sanakam.

The company’s close collaboration with Global Strike’s maintainers and instructors helped launch the BetaFlix B-52 Fuel Systems XR trainer in 2023, a virtual reality instructional platform for critical maintenance skills training.

BetaFlix President and CEO Jim Davison highlighted the strategic importance of building their company locally noting, “Louisiana’s growing tech ecosystem and its strategic location near Louisiana Tech University and Barksdale AFB offer unique opportunities for collaboration and access to a vibrant community of innovation.”

“As a Shreveport-based company with a contingent of veteran employees, we take great pride in supporting the military and its technological development,” said Praeses Vice President James D. Hunsicker.

Praeses has significant projects underway in the ICBM missile fields, at the Joint Nuclear Operations Center, and at the Stand-off Munitions Application Center; with an additional opportunity in 2024 to support B-52 modernization with the development of its new Agile Pod. These technologies will deliver significant improvement in nuclear weapon situational awareness and decision making for our warfighters by bringing real-time data directly into weapon system operations centers and cockpits.

The tangible benefits of engaging with small businesses goes beyond command support, impacting the local Louisiana community.

“Barksdale AFB and Global Strike Command are incredible drivers of economic activity,” said Archem CEO Alex Burke. “There are great opportunities in North Louisiana

to support the defense industrial base, and the Pentagon appears to recognize that investments will go a long way here.”

The CCIT and its Louisiana-based consultants—the Small Business Consulting Corporation, BRF, and its Entrepreneurial Accelerator Program—directly implement the three objectives outlined in the DOD Small Business Strategy. Those objectives urge the DOD to streamline management approaches, ensure small businesses align with national security priorities, and recognize the potential capabilities of these businesses while reducing obstacles to engagement.

“Some of the most innovative minds in the country come from smaller companies, and in an era of strategic competition small businesses are one of our greatest tools,” said Austin in the report.

The role of small businesses in technological innovation along with their capability to adapt and field products rapidly is critical to maintaining the command’s operational edge.

“As we field the new [technologies], we have to maintain full operational capability on all our weapon systems,” explained AFGSC Commander Gen. Thomas A. Bussiere in his September 2023 speech at the Air Force Association’s Air, Space and Cyberspace Conference. “The threat demands that we field these capabilities; we can’t take a knee.”

Kippie echoed these sentiments, saying, “I’d like to emphasize that Global Strike Command is always ready to meet our needs... and partnering with our local communities allows us to get after some of the hardest problem sets we have.”



A U.S. Air Force B-52H Stratofortress assigned to the 69th Bomb Squadron sits on the flightline during Prairie Vigilance 24-3 at Minot Air Force Base, North Dakota, April 6, 2024. As a routine training mission, Prairie Vigilance enhances the safety, security, and reliability of the bomber leg of the U.S. nuclear triad.

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

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MSgt Daryl Heberling

5th Operational Support Squadron
Hometown: Winter Haven, Florida

This is MSgt Heberling’s second time being stationed at Minot AFB. In his role as Aircrew Flight Equipment Superintendent, he oversaw a team of 42 members who conducted over 6 thousand life-saving equipment inspections, 209 daily aircraft maintenance actions, and 307 parachute repacks which directly supported 451 missions. He also ensured 2 Bomber Task Force deployments were properly equipped with survival equipment and personnel which enabled the execution of 67 missions alongside 27 partner nations, solidifying our stance to deter aggression in the European and Pacific regions.

GAME SALUTE: SATURDAY, APRIL 13

Recipients of the Northern Sentry Salute will be honored at the respective Minot Minotauros home game. In recognition, each recipient and three guests will receive V.I.P. seating to the noted home game, a \$25.00 Gift Certificate good for concessions at the game, and during the game they will be recognized by the Minotauros public address announcer as well as having their photo and nomination published in the Minotauros Magazine.

Political activity Dos and Don'ts for Airmen, Guardians, DoD employees

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) -- In our democracy, elections are quite common, and with a presidential election this year, we can expect many opportunities for citizens to participate in the democratic process. With this in mind, it is important to be aware of specific guidelines that apply to service members and federal employees on acceptable behavior. Military personnel and civilian employees are encouraged to carry out their obligations of citizenship, which include the right to participate personally in the political process. These rights are protected by the U.S. Constitution that all military members have taken an oath to support and defend.

Because of that oath, service members and civilian employees also have a duty to ensure that their personal activities do not imply official endorsement by the Department of Defense or Department of the Air Force. As individuals, we do not have to be politically neutral, but the Air Force and Space Force do. These rules help to ensure the DoD does not influence or appear to be partisan in our nation's electoral process.

Department of Defense Directive 1344.10, Political Activities by Members of the Armed Forces, and individual service regulations outline permitted and prohibited political activities by active duty, Reserve component and retired service members. These rules regulate how and when service members are able to participate in the political process. Service members who violate these directives could face punishment under the Uniform Code of Military Justice and/or other criminal or administrative penalties. The Hatch Act of 1939 (5 U.S.C. 7321-7326) applies to civilian employees and similarly regulates how and when individuals can conduct personal political activities.

Service members and federal employees are encouraged to participate in the political process, but they must be careful about not engaging in political activities in the workplace and not using their official positions to advocate for or against political issues. With the directives set forth in DoDD 1344.10 and other regulations in mind, service members should be aware of what they can and cannot do regarding political activities. The below do's/don'ts are not exhaustive, and service members and employees should consult with their servicing legal office with any questions regarding their personal political activities.

ACTIVE DUTY SERVICE MEMBERS CAN:

- Register to vote, vote and encourage others to vote.
- Express a personal opinion on political candidates and issues.
- Write a letter in a newspaper, blog or social media expressing personal political views. However, if you identify yourself as a service member (for example, if you have a photo on your social media of yourself in uniform) you must include a statement that your views do not represent those of the Department of Defense or Department of the Air Force.
- Attend partisan or non-partisan political rallies and clubs as a spectator during off-duty hours. However, service members (including retirees) may not be in uniform.
- Serve as a non-partisan election official while off-duty and not in uniform. However, this requires Department Secretary (e.g., Secretary of the Air Force) approval.

Contact your servicing Legal Office for more information.

- Sign petitions for legislative action or to place a candidate's name on the ballot, if done as a private citizen and not as a representative of the armed forces.
- Donate money to a political party, candidate, organization or committee.
- Display one non-offensive bumper sticker on your personally owned vehicles.
- Wear political t-shirts or buttons when not in uniform, performing military duties or when it could give the appearance of DoD or DAF endorsement.

ACTIVE DUTY SERVICE MEMBERS CANNOT:

- Attend a political event (meeting, rally, fundraiser, debate, convention) in uniform, whether it is partisan or nonpartisan.
- Express personal opinions as if they are service branch or DoD policy.
- Make derogatory statements about elected officials and DoD/DAF leadership – a potential UCMJ violation.
- Organize, lead, sponsor or speak at partisan political events.
- Engage in partisan political fundraising activities – except as a donor.
- Place large political signs on your vehicle (bigger than a bumper sticker).
- Display any type of political sign, banner, poster or similar device in your office, work area or on-base residence (including privatized housing).
- Engage in the public or organized recruitment of others to run for political office.
- Run for political office without Secretary of the Air Force approval.
- Attempt to influence the view, position or vote of any subordinate.

The Hatch Act governs political activities by DoD and other federal civilian employees. The Hatch Act provides restrictions that are similar, but not identical, to those imposed on active duty service members, and restrictions on civilian employees are broken down into "Further Restricted" and "Less Restricted" categories. Most DAF employees will be "Less Restricted," meaning, GS-15 and below, and Schedule C employees. Federal civilian employees who violate these rules and restrictions are at risk of disciplinary actions,

including reprimand, suspension, removal, debarment from federal employment for up to 5 years, and a \$1,000 fine.

ALL FEDERAL CIVILIAN EMPLOYEES CAN:

- Register to vote, vote and encourage others to vote.
- Express a personal opinion on political candidates and issues.
- Write a letter in a newspaper, blog or social media expressing personal political views.
- Attend political fundraising functions, rallies and clubs during off-duty hours.
- Serve as a non-partisan election official.
- Sign petitions for legislative action or to place a candidate's name on the ballot, if done as a private citizen.
- Donate money to a political party, organization or committee.
- Display one non-offensive bumper sticker on your personally owned vehicles.
- Be candidates for public office in nonpartisan elections in accordance with Office of Personnel Management requirements.
- Display or wear political signs, stickers, t-shirts or buttons when not on-duty, in a government building or using a government vehicle.

ALL FEDERAL CIVILIAN EMPLOYEES CANNOT:

- Use official authority or influence to interfere with or affect an election.
- Solicit, accept or receive political contributions.
- Use an official title while participating in political activities.
- Engage in political activity while: on duty, in a government building or vehicle or wearing an official uniform.
- Become a candidate in a partisan election.
- Host or sponsor a political fundraiser (though merely attending one is permitted).

LESS RESTRICTED CIVILIANS CAN:

- Volunteer to work for partisan political campaigns
- Attend and be active (including speaking) at political rallies and meetings
- Join and hold office in a political party or organization
- Work the polls on election day for a candidate for partisan political office
- Assist in partisan voter registration drives (but not in the



workplace).

- Organize and speak at a political fundraiser (but cannot solicit or receive funds).

Service members are encouraged to review DoDD 1344.10 and Department of the Air Force Instruction 51-508, Political Activities, Free Speech and Freedom of Assembly to understand permissible political activity. DoD civilian employees are encouraged to visit <https://osc.gov/Services/Pages/HatchAct-Federal.aspx> for more information on the Hatch Act.

All members are encouraged to review the Deputy Secretary of Defense's 15 February 2024 memorandum on Political activities, available at: <https://dodsoco.ogc.osd.mil/Portals/102/Documents/Political%20Activities%20Docs/2024%20DSD%20Memo%20on%20Political%20Activities.pdf> The information in this article is provided for informational purposes and is not intended as legal advice. For further assistance or if you have questions or concerns, please contact your installation legal office.

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General David C. Jones Chapter 135

The General David C. Jones Chapter 135, 40th Annual Commander's Awards were presented April 18, 2024 in Minot, North Dakota. Presenting the Awards AFA Chapter President TSgt John Connor and MSgt Retired George Masters.



AFA National Awards
Mrs. Joyce Goodvin- Medal of Merit



AFA National Awards
George Masters- Exceptional Service Award



5th Aircraft Maintenance Squadron
Capt. Matthew Campbell



5th Logistics Readiness Squadron
The Operations Compliance Flight-
Accepting MSgt Lara Christiansen



5th Healthcare Operations Squadron
Capt. Elizabeth Patten



791st Maintenance Squadron
TSgt. Dustin Taylor



5th Medical Group
The Education and Training Team
Accepting MSgt Edwin Santiago Ortiz



5th Mission Support Group
The Chaplain Religious Support Team-
Accepting Lt Col Ronald Feeser



91st Missile Security Forces Squadron
SSgt Ryan Younger



5th Munitions Squadron
The Commanders Support Staff
2 Lt. Clair McGrath



91st Missile Maintenance Squadron
SSgt Sierra Grantham



742 Missile Squadron
Capt. Shane Knowles



91st Operations Support Squadron
Capt. David Lepore



5th Operations Support Squadron
Aircrew Flight Equipment-
Accepting Capt. Sebastian Forster



741st Missile Squadron
TSgt Brandon Simpson



740th Missile Squadron
Lt. Jacob Donofry



69th Bomb Squadron
TSgt Dave Bergstrom



91st Security Forces Group
SSgt Thomas S. McNutly



705th Munitions Squadron
TSgt Zachary Pinson
Accepting Lt Col Geno Pinckney



Civil Air Patrol
Cadet Airman First Class Kohen Merkel



5th Maintenance Squadron
SSgt Christopher Bailey



Office of Special Investigations
S.A. Kristen Brandt



343rd Recruiting Squadron
TSgt Christopher Hurley

40th Annual Commander's Awards



891st Missile Security Forces Squadron
SSgt Brandon M Gardner



5th Security Forces Squadron
AIC Erin Nelson



5th Bomb Wing
Mrs. Valerie Goodman



91st Maintenance Group
TSgt Aaron Lincicome
Accepting Col Patrick Baum



5th Comptroller Squadron
The Financial Operations Flight
2 Lt. Mike Reissfelder



91st Missile Security Operations Squadron
SRA Daryl Vaughn



791st Missile Security Forces Squadron
SSgt Brendon F Wright



5th Communications Squadron-
The Communications Security Section-
Accepting SSgt Ron Sandel



5th Maintenance Group
The Executive Staff- MSgt Amber Moore
Accepting MSgt Passion Harper



5th Operational Medical Readiness Squadron
The Public Health Team - Maj. Ryan Button



91st Missile Wing
Ms. Lynn Heald



91st Operations Group
Capt. Linda Rivera-Matsuo



23rd Bomb Squadron
The Training Flight-
Accepting Capt. Christian Dahl



Award winners not in attendance:

SSgt. Justin Loughrey
5th Contracting Squadron

TSgt Marquis Tinsely
5th Civil Engineering Squadron

Capt. Justin Kinker
5th Operations Group

SMSgt Stasia Smith
5th Force Support Squadron



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Continuing a New START: AFGSC hosts internal workshop on US arms control treaty

AIRMAN 1ST CLASS RHEA BEIL, AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS

BARKSDALE AIR FORCE BASE, La. --
Air Force Global Strike Command hosted a workshop here for 90 attendees across the Department of the Air Force from April 2-4 regarding the Command's implementation of the New START Treaty.
New START, signed in 2011, furthers reductions provided in START I, which expired in December 2009. Under New START, the U.S. and Russian Federation agree to significantly reduce their arsenal of strategic offensive arms.
The Treaty includes provisions for on-site inspections and exhibitions, biannual data exchanges, and notifications related to strategic offensive arms and facilities covered within the treaty.
Participants from throughout the Department of the Air Force

attended the three-day workshop, which focused on Global Strikes' participation in the Treaty. Subject matter experts provided briefings on numerous topics, broadening the understanding of Global Strikes' role in implementing New START.
In addition to these briefings, the workshop provided an opportunity for attendees to view a simulated inspection of a B-52H Stratofortress in Barksdale's Weapons Load Trainer Facility, tour the base Munitions Storage Area, and view the construction progress of the new Weapons Generation Facility.
Workshops like these are one way the DAF trains its personnel, ensuring an understanding of New START and other treaties.
At this workshop attendees shared lessons learned from previous inspections and exercises, received familiarization with ordnance

carried by the B-52, and listened to subject matter experts on issues ranging from budgeting to weapons system modernization efforts.
On Feb. 3, 2021, the U.S. and Russia agreed to extend the New START Treaty for an additional 5 years. The New START Treaty will expire Feb. 4, 2026, as the Treaty provides no means to extend its duration.
The workshop highlighted the importance of arms control treaties in providing strategic stability as the world enters an era of great power competition. For Airmen standing as stewards of the bomber and ICBM legs of the U.S. Nuclear Triad, this idea is familiar: perpetual readiness, every minute of every day, while innovating to further increase that readiness.



Air Force Global Strike Command hosted a workshop at Barksdale Air Force Base, La. centered around the command's continued implementation of the New START Treaty, April 3, 2024.
U.S. AIR FORCE PHOTO
AIRMAN 1ST CLASS
RHEA BEIL



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HOPE ANDERSON



Nestled into the northeast corner of 21 Central Ave E. in downtown Minot is a business that focuses on providing entertainment and empowerment for ages 21 and over. It is called Up Your Axe and it is sure to become your new favorite hang out. Owners, Matthew Maldonado and Eric Theomke, opened the axe throwing entertainment bar in 2021 with Cole Anderson as manager. The idea came about when Anderson visited an axe throwing venue in Ohio and was immediately hooked. He brought the vision to Maldonado and Theomke, who also had experienced axe throwing venues and the three year process of planning began.

If you have never tried axe throwing before, you will love the feeling of empowerment that comes with throwing your first axe and it will likely keep you returning to throw again and again. Anderson said that it is very common for people to stop in on a date night for something different to do and then the couples come back week after week. It is a great place to meet new friends, go on a first date, or for a birthday.

When you visit Up Your Axe,

you will likely meet Cole, who will train you in the art of axe throwing, chat for a while, and make you feel completely welcome. You may even talk him into showing you how he can throw everything from a shovel to a paint scraper and a saw blade to a throwing star. As a Norwegian by heritage, he likens axe throwing to Viking heritage. The passion he exudes about the art of throwing is clearly evident and he truly loves the business. You will feel that excitement the minute you walk in the door.

Up Your Axe offers a variety of leagues including couples, competitive, military, womens, and co-ed. These are offered on Wednesday and Thursday evenings, with the military league on Thursdays. They also offer monthly discounts that can be found on their website, www.upyouraxe.bar. Their hours of operation are Wednesday and Thursdays from 4 pm - 10 pm, Friday 2 pm - 11 pm, Saturday 12 pm - 11 pm, and Sundays from 12 pm - 6pm each week.

If you are looking for a space to have an event, Up Your Axe would be a great choice. They offer many different event packages including corporate team building, birthday parties, bachelor/ette parties, fundraisers, and other special events. In addition, they have 2 mobile ax throwing units that can be brought to a variety of events such as graduations, weddings, county fairs, work parties, etc. Children and under 21 can axe throw at the mobile set ups, which makes it a great way for kids to learn the art.

Food can be ordered while throwing and there are options through both Ironhorse and The Starving Rooster. No need to book a time to throw, you can always just stop in. Wear something comfortable, stay for a drink and a meal, and have a great time learning or improving your axe throwing skills. You will definitely have a great time and will likely make a new friend or two in the process.



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Town Hall Meeting

Team Minot - Col Daniel Hoadley, Col Kenneth McGhee, and City of Minot Mayor, Tom Ross cordially invite you to the Minot AFB Town Hall on Thursday, May 16th, 6:00 P.M. at the Jimmy Doolittle Center. Personnel with base access are welcome and encouraged to attend. You can submit questions you

would like to be addressed using the QR code in the attached flyer or by using the link below. Questions submitted will be addressed live or can be asked live via open mic. NIPR Network Link: <https://forms.osi.apps.mil/r/Ezd40bXusP> Commercial Server Link: <https://forms.gle/cnZEQtFXyqPyCBpQ6>

TOWN HALL MEETING

6:00 P.M.
MAY 16, 2024
AT THE JDC



Q&A with Col. Hoadley, Col. McGhee and Minot Mayor Tom Ross

Welcome Baby



BABY BOY BORN ON
TUESDAY, APRIL 16, 2024 TO:
BREANNA AND MICHEAL THORESON
MINOT, ND

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

2 Winners Every Week!



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3. Send a message to the Badlands Facebook inbox.
4. In the message, provide your e-mail information and make sure to attach your selfie/photo.

No Limit, Enter As Many Times As You Wish!

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



by Patricia Stockdill

Fishing:
Lake Sakakawea elevation, April 22: 1,835.33 feet above mean sea level (MSL); 15,900 cubic feet per second (CFS) Garrison Dam average daily releases. Devils Lake elevation: 1,449.29 feet above mean sea level (MSL). Stump Lake elevation: 1,449.29 MSL.
•N.D. Game & Fish Dept. game wardens: No reports from Lake Sakakawea, Missouri River, Devils Lake, or area north-central lakes.
•Devils Lake, Ed’s Bait Shop, Devils Lake: Lots of shore-fishing activity along the bridges. Evening seem to be a better bite. A few boats in Channel A. Water levels are below normal spring levels, though. Public docks are now all in place, a volunteer project by the Lake Region Anglers Association.
•Devils Lake, Woodland Resort, Devils Lake: Lots of activity from shore along the bridges. Be courteous of other anglers with so many people out because the wind limits boat activity. Little to no runoff into Devils Lake feeder coulees and channels.
•Lake Darling, Karma C-Store, Ruthville: No new reports.
•Lake Darling, Upper Souris Nat’l. Wildlife Refuge, Foxholm: Lake Darling is open but no new reports.
•Lake Metigoshe, Four Seasons, Bottineau: Lake Metigoshe is ice-free with some walleye and nice-sized pike activity. No bluegill reports yet, however.
•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Wind and weather permitting, anglers continue finding some walleye activity on the east end of Lake Sakakawea, including Douglas and Centennial bays. Limited activity, though, due

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

- 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 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.
- April 27: Souris Valley Pheasants Forever event planning meeting, Hacienda Steakhouse, Burlington, 1 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.
- May 5 – 13: World Migratory Bird Week. Celebrate with Audubon Nat’l. Wildlife Refuge by playing the free “Migration Game” set up on the refuge Interpretive Trail located a mile east of U.S. Hwy. 83 along the south shore of Lake Audubon.

- TOURNAMENTS:**
- April 27: Nelson Lake, (Oliver Co.).
 - May 11: Lake Darling.
 - May 12: Lake Audubon, Totten Trail boat ramp.

to the ever-present wind.
•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: No new reports.
•Lake Sakakawea, New Town: No new reports with wind limiting activity.
•Lake Sakakawea/Missouri River, Scott’s Bait & Tackle, Pick City: Limited angler numbers on the Missouri River tailrace but those going are finding some walleye activity. Lake Sakakawea producing pike in the back bays.
•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Yellowstone River starting to clear with improving walleye success. Lake Sakakawea slow on the west end with better activity around White Earth Bay, wind and weather permitting. Work shallow in 5 to 7 feet using jigs and minnows or plastic swim tails. No reports from small area lakes. No reports of smelt running yet.
•Lonetree WMA area lakes, Harvey: No new reports from area lakes.
•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Scattered walleye success on the Souris River around the Towner area.

Hunting:
•Turkeys remain active despite the wind.
Numbers to know:
•N.D. Game and Fish Dept., main Bismarck office: (701) 328-6300, website: (<http://gf.nd.gov>).
•Report All Poachers: (701) 328-9921.



Fish North Dakota’s Premiere Ice Fishing Lake

701-662-5996
WOODLANDRESORT.COM

Solution to last weeks
Crossword puzzle.

J	E	T	S	E	T		R	E	V	I	E	W	S	
O	V	E	R	D	O		E	V	A	B	R	A	U	N
H	E	H	A	S	N	O	T	A	S	I	N	G	L	F
N	N	E				L	A	D	E	S		E	K	E
S	T	E	M			B	I	K	E	S		A	S	S
				A	G	A	V	E	S		L	A	C	
B	E	N	J	A	M	I	N		B	E	H	A	V	E
A	P	E		M	B	A		A	A	A		L	A	P
H	A	W	A	I	I		D	I	S	R	A	E	L	I
			S	E	N		F	E	L	I	N	E		
C	A	M	S		H	I	F	I	S		R	A	R	E
A	B	E		L	E	N	I	N				K	A	N
R	E	D	E	E	M	I	N	G	D	E	F	E	C	T
T	A	I	L	G	A	T	E		J	A	I	L	E	R
	T	A	L	O	N	E	D		S	U	G	A	R	Y

Across

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| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | |
| 14 | | | | 15 | | | | | 16 | | | | |
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| | | | 23 | | | 24 | 25 | | | | | | |
| 26 | 27 | 28 | | | | 29 | | | | | 30 | 31 | |
| 32 | | | | 33 | | 34 | | | 35 | | | | |
| 36 | | | | 37 | | | 38 | 39 | 40 | | 41 | | |
| 42 | | | 43 | | 44 | 45 | | | | | 46 | | |
| 47 | | | | 48 | 49 | | | 50 | | 51 | | | |
| | | 52 | | | | | | 53 | | | | | |
| 54 | 55 | | | | | | 56 | | | | 57 | 58 | 59 |
| 60 | | | | | 61 | 62 | 63 | | | | | | |
| 64 | | | | | 65 | | | | | 66 | | | |
| 67 | | | | | 68 | | | | | 69 | | | |

1. Sweet ending
2. ___ Lackawanna Railroad
3. You'll get credit for it
4. Sopwith Camel contemporary
5. They lay down the law
6. Stumbles or bumbles
7. Mystery man?
8. "Murder in the Cathedral" monogram
9. Some hair dyes
10. They speak louder than words
11. Daydream
12. Unparalleled
13. Pung, e.g.
18. House companion
22. Computer keyboard key
24. Part of a recipe phrase
25. Brazilian seaport
26. One with a golden touch
27. Call off
28. Alabama, Georgia, Arkansas, etc.
30. Norman Lear show
31. Cereal eater?
34. Chemist's compound
39. Separates boxers
40. Canyon and Allen
43. One in the left lane, typically
45. Choice conjunctions
48. Avis output
49. Container
51. Biblical matriarch
54. Fortunate one?
55. Nerve part
56. Falling-off point
57. Barreled along
58. Brain test results, for short
59. Brit. decorations
62. Tony winner Hagen
63. Musical aptitude

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**HELD
OVER**

**HELD
OVER**

**HELD
OVER**

CHECK OUR
WEBSITE FOR MORE INFO

1500 4TH AVE NW, MINOT, ND

CHURCH DIRECTORY

Chapel Services at MAFB

North Plains Chapel
290 Peacekeeper Pl
(across from North Plains Elementary School)

Protestant
Sunday Community Service
1030
(Holy Communion 1st Sunday)
Children's Church available

Northern Lights Chapel
230 Missile Ave
(across from Rockers)

Catholic Mass
Sunday 1000
Daily Monday-Friday 1200

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

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

St. Peter The Aleut Eastern Orthodox Church

**109 6th St. SE
Minot • 838-3094**

Saturday, April 27
5PM, Great Vespers
Sunday, April 28
10AM Holy Liturgy
Monday, April 29
6PM Bridegroom Matins

Tuesday, April 30
6PM Pre-sanctified Liturgy
Wednesday, May 1
6PM Holy Unction
Thursday, May 2
6PM Matins with
12 Gospel Passion

V. Rev. Fr. Paul Hodge


Break Forth BIBLE CHURCH
Wednesdays 7:00pm
and Sundays 10:30am
1821 W Burdick Expressway
For More Information:
701.838.2665 | www.bfbc.tv


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Sunday School
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Worship 10:30 a.m.
www.trinitychurchminot.org


Bible Fellowship Church

Worship Service
10:45am Sundays

Sunday School
9:45am

GriefShare
*Grief Support Group
meets Mondays at 7:00pm*

Contact Duane Deckert:
701-838-0916 or
biblefellowship@srt.com
www.griefshare.org

1720 4th Ave NW, Minot
838-0916
MinotBibleFellowship.org

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



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

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


Christ Reformed Church
Worship 11:00 a.m. Sunday
234 14th Ave SE
www.chistreformedchurchminot.com

St. John the Apostle Catholic Church

2600 West Central Ave • Minot, ND 58701
839-7076
Daily Mass Schedule:
Tuesday 5:15 p.m.
Wednesday - Friday 7:00 a.m.
Saturday 5:00 p.m.
Sunday 8:00 & 10:30 a.m.
Fr. David A. Richter, Pastor
Parish website: www.stjohnminot.com


First Lutheran Church - ELCA
120 5th Ave. NW
852-4853

Sunday Worship
9:30 am

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

Pastor Brandy Gerjets • Pastor Ellery Dykeman


SGI-USA
Buddhist Group In Minot
Meets monthly

Email: bispsych@yahoo.com
Phone: (701) 838-9348


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


Southern Baptist Convention

Sunday School (all ages) 9:45 a.m.
Sunday Worship 11 a.m. & 5:30 p.m.
Wednesdays (Prayer & Missions) ... 6:30 p.m.
www.minotcrbc.org
email: minotcrbc@gmail.com
Gabe McCormick- Pastor
415 28th Ave SE (Behind Menards)
838-1873


West Minot Church of God
Family Worship Center
1105 16th St. NW • 839-1407
Sunday School 9:30 a.m.
Sunday Worship 10:30 a.m.
Children's Church & Nursery
Wednesday Family Training Hour
Meal..... 5:30p.m.
Classes for All Ages 6:30 p.m.
Youth Center, Friday..... 7:00 - 11:00 p.m.
ABC Child Care Center 852-6352
westminot.com
facebook.com/westminot

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


A Reformed Baptist Church
Sunday Service: 4:00 p.m.
at Living Word Lutheran bldg
710 46th Ave NE, Minot
Web: gbcminot.com
E-mail: gbcminot@gmail.com

RADIO BROADCAST
KFLK 95.9 LPFM 8:30 a.m./p.m. Sat/Sun


OUR SAVIOR LUTHERAN CHURCH
3705 11th St. SW
Minot, ND 58701
701-852-6404
www.oslcminot.com
Rev. Heath Trampe

Sunday Worship
8:15am Traditional Service
9:30am Contemporary Service
9:30am Sunday School &
Adult Bible Study
11:00am Contemporary (w/ livestream)
Wednesdays from 6-7pm
Adult Choir
OSKids (age 4-5th grade)
Confirmation (grades 6-8)
High School Youth Group (6-8pm)


OUR REDEEMER'S CHURCH
A Church of the Lutheran Brethren

Sundays:
Worship..... 9:00 a.m. & 11:00 a.m.
700 16th Ave SE • 701-838-0750
For more information visit
us on the web at:
www.ourredeemers.org


Our Redeemer's Christian School
700 16th Avenue SE
Minot, ND 58701
info@orcsknights.org • 701-839-0772
www.orcsknights.org

ORCS Preschool

Our Redeemer's Christian School's Preschool Program will be starting its 37th year the fall of 2024 and we would love to have your child be a part of it!

HIGHLIGHTS OF OUR PROGRAM

- Time-tested curriculum including STEM and Language Arts activities as well as Free Play
- 2 and 3 day options available
- Kindergarten readiness skills practiced each session
- All teachers hold a North Dakota Professional Educator's License
- Christ-centered environment

Please contact our school office or visit our website for more information.
701.839.0772
Email: jschultz@orcsknights.org
Website: www.orcsknights.org




Gospel Tabernacle Community Church

9999 27th St NE
4 miles south of MAFB
James W. Henderson
Anna B. Henderson

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

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

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FROM THE CHURCH

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TUESDAYS BY NOON
WEEK OF PUBLICATION

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BAKED HALIBUT FISH STICKS WITH SPICY COLESLAW

INGREDIENTS

1/2 CUP MAYONNAISE
1/2 CUP SOUR CREAM
1/2 TABLESPOON SALT
TO TASTE BLACK PEPPER
2 TABLESPOON DILL SEED
1 TABLESPOON SUGAR
2 TABLESPOON SRIRACHA
2 TABLESPOON WHITE WINE VINEGAR
1 HEAD CABBAGE, SHREDDED
1 LARGE CARROT, PEELLED, SHAVED THIN
AS NEEDED EXTRA-VIRGIN OLIVE OIL
1 1/2 POUND HALIBUT
1/2 CUP ALL-PURPOSE FLOUR
1 1/2 TEASPOON SALT
1 TEASPOON BLACK PEPPER
2 LARGE EGGS
1 1/2 CUP PANKO BREADCRUMBS
2 TABLESPOON PARSLEY, DRIED
1 TEASPOON DILL WEED, DRIED

Add mayonnaise, sour cream, salt, pepper, dill seed, sugar, sriracha, and vinegar to a small bowl and whisk to combine.

In a medium bowl, combine cabbage and carrots and fold in the mayonnaise mixture until the cabbage and carrots are coated. Set aside until ready to eat.

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

Place a dutch oven inside the grill to preheat (about 10 minutes) with enough olive oil to fry fish.

Rinse all fish fillets and pat dry. Cut fillets into 1" strips.

In one bowl combine the all purpose flour, salt and pepper.

In a separate bowl, beat eggs.

In a third bowl, combine the panko, parsley and dill.

Dip fish fillets first in the flour mixture, then the eggs and then the panko mixture.

Place fish sticks in oil and fry for about 3 to 4 minutes, or until they reach an internal temperature of 140°. Enjoy!

Ryan Davy - GM
Minot

www.HofE.com/BBQHQ

Upcoming Events

26-28 APR

IMAGICON
VARIOUS TIMES
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 and see a full detailed schedule at imagiconnd.com

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

1 MAY

BLUE RIDER TRIVIA
7:00 PM - 10:00 PM
Blue Rider
118 1st Avenue SE, Minot

Bring your quarters to buy your chances at free drink questions, and as always, earn style points and Blue Rider respect for creative team names. Why? Because it's Wednesday. And that means Minot's toughest trivia game is on!! Starts at seven. And feel free to bring your appetite; we've got Jimmy's Pizza, grilled cheese, pop-tarts and peanuts!

For more information:
Facebook/ Blue Rider/ Events

2-4 MAY

MLV SPRING BOOK & BAKE SALE
VARIOUS TIMES
Adult Learning Center,
1609 4th Ave., Minot.

Grab a bag of books for \$5 and a prepackaged snack for \$1.50. Various Minot High School service organizations will be selling baked goods at the Minot Literacy Volunteers Spring BOOK SALE. Funds raised from this event are used to offset the organization's budget to keep one-on-one literacy instruction free. BOOK SALE—All funds support non-profit Minot Literacy Volunteers. We have sorted through very gently used books and some brand new items—DEFINITELY worthy of gifting! We surely have something for EVERYONE on your list at a GREAT price, something for every age, interest, and reading level. Stuff as many books as you can in a bag for \$5. Visit us from 9-6 on Thursday, May 2nd; from 9-3 on both Friday and Saturday, May 3rd & 4th.

Book Sale

MAY 2 — 9 -6
MAY 3 & 4 — 9 -3

EAST ROOM OF THE
MINOT ADULT LEARNING CENTER
1609 4TH AVE. NW

For more information:
Facebook/ Minot Literacy Volunteers/ Events

4 MAY

2024 SPRING JUNK LOVERS VINTAGE MARKET
9:00 A.M. - 4:00 P.M.
North Dakota State Fair Center
2005 E Burdick Expy

Granville JunkAholics's Spring Vintage Market is the spring fever market to attend! Bust out of winter and think yard and garden decor, recreating that kitchen or bedroom, or finding wedding decor. Vendors fill rooms with the wares they've been collecting and creating through the winter! Along with junk and repurposed wares, you'll find home based businesses and pop up sales. Mark your calendars for May 4th and spend the day shopping for something you can't live without!! Or something you can repurpose yourself!

For more information:
Facebook/ Granville Junk Aholics/ Events

NEW Community at the Northern Sentry

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



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

NOTHING BEATS SUNDAY BRUNCH

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Celebrating our Minot AFB High School Graduates: Purple Cords



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



Our high school military connected graduates know at the core what it is like to experience change. From multiple moves to leaving friendships to attending different schools, these students are resilient with a unique perspective many are unable to grasp.

We want to celebrate our military connected high school graduates by sharing a purple cord for

graduation or a senior banquet. This is acknowledgement of the many sacrifices these students have made in support of service to our nation.

The Minot AFB School Liaison Office is assessing the number of students graduating this school year throughout the area. Please complete the following survey for our office to properly assess: <https://forms.gle/VuNrR8HbAfVtDQjf6>

In addition, the Northern Sentry celebrates our graduating high school students by recognizing these students in a special edition. By completing the above survey, I am able to ensure all students are recognized.

Next steps will be forthcoming and please share broadly so as to support our military connected graduating seniors.

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\$15 for each additional person

MEGA PARTY
• 2 Hour Party for up to 10 People
• Shoe Rental
• 2 - 16" Pizzas, Pop and Ice Cream
\$225
\$18 for each additional person

Additional \$10 for X-treme Bowling

ALL PARTIES INCLUDE:
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MONTH OF THE
MILITARY CHILD

MOMC Highlight:
Wesley Hoadley

ERIN BEENE, NORTHERN SENTRY



Wesley and his dad go flying together once a month. It is a perfect way for them to spend some quality time doing something they both love.

Despite the hierarchical rank structure of the Air Force, all military kids live similar “Military Kid” lifestyles. They move. They lose friends. They experience new things. They say temporary goodbyes to a parent. While every military kid has a unique story to tell, they also have the solidarity of shared experiences that bring them closer together. A military kid for 14 years (his whole life), Wesley Hoadley, shared his ups and downs as well as his dreams for the future.

An 8th grader at Memorial Middle School, Wesley loves to run. Specifically, he likes running long distances for both the track and cross country teams. He said his favorite distance is the one mile run, and he is excited for the challenge of running in high school next year. Like many middle schoolers, Wesley said he also likes to play video games. Since he is also into aviation and spends time each month flying with his dad (Col Dan Hoadley), Wesley noted that flying video games are his favorite.

After his 14-year stint as a mil kid comes to a close this summer, when his dad retires and the family moves on to Minneapolis, Wesley recounted his military kid life. He said he had lived in six different places that he could remember. His favorites were Kansas City, because of all the good BBQ restaurants and the memorable children’s museum; and Virginia, because of the many interesting historic museums nearby. Before the Hoadley family moved to Minot in 2022, Wesley’s parents and his younger sister, Lucy, lived in Rapid City, South Dakota. It was there at

Ellsworth AFB that Wesley said they had an amazing view of the mountains and he loved that he was super close to rock climbing and hiking trails. It was evident from our conversation that Wesley was able to pinpoint some really cool opportunities about each of the places he has lived.

There are some questions mil kids get asked that can be sometimes difficult to answer. One of those questions is: Where are you from? When fronted with this question though, Wesley answered, “Kansas City, because I was born there and I like it there.” Another question that sometime will offer a blank stare answer from mil kids is: What does your military parent actually do? Without hesitation, Wesley simply stated, “He flies jets.”

Although this is the only lifestyle he has known, Wesley is excited to begin his new life under civ kid status. He thinks some things will be the same, but he also recognized that some things will definitely be different too. His favorite part of being a mil kid is being able to see new places, but also dreaded having to say goodbye to so many friends all the time. As life moves him forward, Wesley thinks about the future. When asked if he would consider joining the Air Force one day because of his experience and his love of flying, Wesley explained that he’s going to have to see what life brings him, but also said, “Maybe. It’s definitely an option.”

Thanks for serving our nation by supporting the Air Force as a military kid, Wesley! Best wishes in the future, we can’t wait to see what you accomplish!



Wesley, age 3, at the Tuskegee Air Museum when the Hoadley family was stationed in Alabama.

A person is standing on a stack of cardboard boxes. The text "FIND THE RIGHT FIT." is written on the boxes in a stylized, hand-painted font. The person is wearing jeans and a white shirt. The background is a bright, sunlit room with a wooden floor.

Tour our
HOUSING
OPTIONS

The logo for CPM (Creative Minot) is displayed. It features a large, stylized "C" and "M" with a "P" in the middle. Below the logo, the phone number "701.852.5028" and the website "CREATIVEMINOT.COM" are listed.

NOTES ON BEING SAFE

Protect yourself from Carbon Monoxide Poisoning

The logo of the 5th Bomb Wing, featuring a stylized eagle and the text "KIAI O KA LEWA".

SSGT JOE VERGARA
5TH BOMB WING
NCOIC OCCUPATIONAL
SAFETY

A portrait of SSGT Joe Vergara, a man in a military uniform, smiling.

WHAT IS CARBON MONOXIDE?

Carbon Monoxide (CO) is a colorless, odorless, tasteless, and deadly gas! When exposed to, CO inhibits your blood’s capacity to carry oxygen throughout the body, actually suffocating your tissues and organs. CO can escape into your home’s air through a faulty furnace, wood-burning stove, range, water heater, fireplace, or any device that burns combustible fuel.

WHAT ARE THE SYMPTOMS?

Carbon monoxide poisoning symptoms can often be confused with flu symptoms but can become much more serious. They include:

- Headache
- Fatigue
- Nausea
- Dizziness
- Irregular breathing
- Mental confusion
- Unconsciousness
- Ultimately death

WHAT IS THE SOLUTION?

The key to protecting yourself and your family is prevention and the use of a quality carbon monoxide detector. Prevention is always the first and foremost important step to protecting your family from CO poisoning, but sometimes prevention tactics don’t always prevent a problem. Thus, having the life-saving backup of a reliable, quality CO detector is extremely important. It can warn your family when nothing else will save them.

WHERE SHOULD I INSTALL A CO DETECTOR AND HOW MANY?

CO detectors should be installed near bedrooms, and homes with more than one

living level should have at least one detector on each level. CO detectors should be installed between outlet level and 6-7 feet high. CO Detectors should not be installed in garages, kitchens, furnace rooms or humid areas. Appliances in these areas can cause a detector to emit false alarms.

Always install detectors at least 15 feet away from a furnace or gas appliance and avoid installing detectors close to a fan, swamp cooler or other fresh or turbulent air sources as this may deter the unit from taking accurate readings.

Practice Prevention! Prevention can be both easy and life-saving. Remember to follow these steps:

- Have your furnace and heating system inspected and serviced annually.
- Never run an automobile in the garage or any other type of enclosed space.
- Have your chimney and flu cleaned professionally.
- Make sure that the burner flames on your furnace and stove burn blue, not yellow-orange, and never use your gas range or oven for heating.
- Never use grills or hibachis inside your home.
- Never operate gas burning appliances in a closed room.

REMEMBER: Carbon Monoxide detectors should never be used as a replacement for prevention, only as a back up.

The logo for North Star Community Credit Union, featuring a stylized star and the text "North Star Community Credit Union".

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Icons for Instagram and Facebook.The logo for the National Credit Union Administration (NCUA).The logo for an Equal Housing Lender.

Air Force begins service-wide lodging updates to improve guest experience

DEBBIE ARAGON, AFIMSC PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-LACKLAND, Texas – The Air Force is improving lodging facilities across the enterprise to better serve Airmen, Guardians and their families.

The Air Force Services Center team that manages more than 27,000 rooms at 89 Air Force Inns across the globe will roll out the changes over the course of the next few years.

The improvements, which are based on customer feedback, include expanding temporary lodging facility room inventory for pet accommodation, upgrading to king-size beds and installing keyless entry door locks.

“An Air Force Inn is often the first and last impression Airmen, Guardians and families have at an installation,” said Janae Sergio, chief of Air Force Lodging at AFSVC. “We strive to remain innovative by taking into account how our operations affect the quality of life and mental health of those who are already experiencing the stress of a permanent change of station move or time away from home to support the mission.”

Because pets play a key role in quality of life, accommodating service members who own pets was “a no brainer,” said April Howell, AFSVC Lodging Resources and Requirements Branch chief. “It also aligns with the recent Department of Defense policy change that will reimburse members traveling with pets.”

“Certain requirements have to be met – such as first floor rooms in the same vicinity and adjacent to an exit door with close proximity to a pet relief area – but we’re pleased to be able to offer this for our guests,” Sergio said.

The king-size bed upgrades are based on feedback from guests who “are on the taller side and outright

uncomfortable in standard full-size beds,” Howell said.

The third initiative, door lock upgrades, is in keeping with industry trends to allow guests keyless entry into their accommodations.

“Not only will this be more convenient for our guests and staff, but it will also improve security by better tracking room entries,” she said.

All Department of the Air Force lodging locations are expected to be fitted with the new locks by mid-2025, Sergio said.

The Air Force Inns team started the upgrade process recently at Joint Base Charleston, South Carolina.

Lodging guests are encouraged to keep their recommendations and feedback coming by using the comment card system provided upon check in at all locations.

For more information about DAF lodging and to make reservations, go to <https://af.dodlodging.net/>.



A furry lodging guest enjoys a room with his pet parent. The Air Force is improving lodging facilities across the enterprise to better serve Airmen, Guardians and their families. This includes expanding temporary lodging facility room inventory for pet accommodation.

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5	1	8	6	3	4	7	9	2
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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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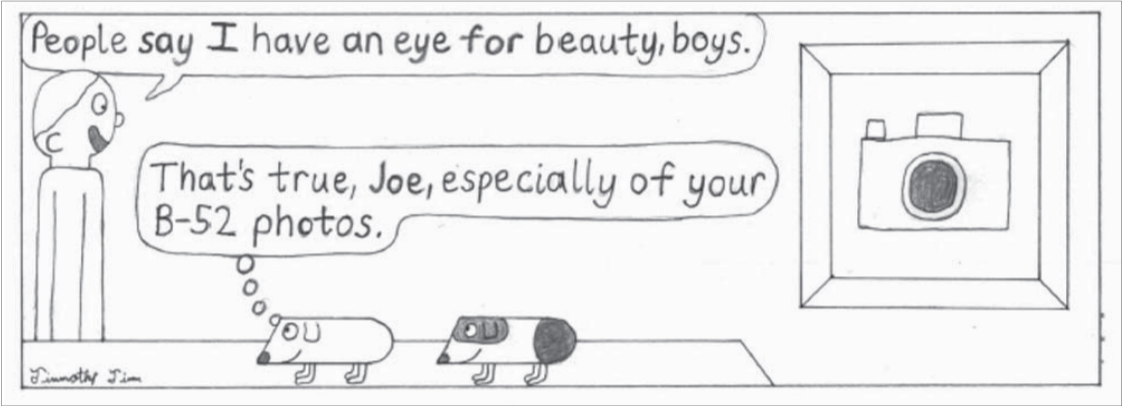
Revel Hotel, a newly renovated hotel next to Dakota Mall, will be giving away use of the Pilot’s Bar and adjoining banquet space at its venue to Airmen.

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.

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



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

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VOLUNTEER OPPORTUNITIES

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Military & Family Readiness Center (M&FRC) at:
5fss.family.support@us.af.mil

Famaganza Volunteers

Youth Programs is seeking volunteers to help with the Famaganza, Month of the Military Child Carnival at the youth center on Friday 26 April 2024. Volunteers would be here for set up, during the event, and tear down. Hours for volunteers would be from approximately 1500-2000 day of the event. If interested, please call the youth center at 701-723-2838.

YMCA Coach & Referee Volunteers

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

2024 Minot Shrine Circus Volunteers

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

Holocaust Days of Remembrance Volunteers

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

AADD Volunteers

AADD is seeking volunteers to support various event requests. *Here is a link to our regular schedule for weekends, if interested, please disseminate to your members. REGULAR 2024 WEEKLY SCHEDULE- <https://volunteersignup.org/FHLLR> **POC:** SSgt Kristal A. Cruz Leon, 723-4633 kristal.cruz_leon@us.af.mil

Meals on Wheels Volunteers

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

MSU Culture Stock Festival Volunteers

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

Volunteer Coaches

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

Civil Air Patrol Magic City Composite Squadron

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

Project BEE Golf Tournament Volunteers


With the weather moving into "Golfing Season" we are hosting our 5th annual Project BEE golf tournament!! From November 1st to April 30th (181 days), we still have not been financially able to re-open the long-term apartments for homeless families to rebuild and get back on their feet. With staffing, utilities & mortgage of our building that comes out to \$1,000/day. 181 days with \$1,000 per day is \$181,000 we need to just to be able to sustain the warming shelter for next winter. To overcome some of the "obstacles" that have surfaced for Project BEE, we are extending the "fun" onto you! :) As well as the normal contests like longest drive & longest putt, etc. this year, we will have a celebrity golfer to help you on one of your tee shots, 3 par poker, mulligans & a fun filled afternoon for everyone at all skill levels! The board at Project BEE is looking for: 1) Gift basket donations for the raffle, top team & contest winners 2) 5 Food/Beverage sponsors for the meal & drink tickets. That is a \$250 Sponsorship. 3) Teams!! We need 18 4 person teams. It's \$300/team or \$75 individual no sponsorship included. 4) 18 Hole sponsors! We have 2 options for this. 1st option is pay \$500 that includes a team and hole sponsor. 2nd option is pay \$200 and be a hole sponsor without a team. You are welcome to promote your business by setting up a tent, table, and hand out snacks, swag items, etc. And lastly, 5) Volunteers for the golf tournament! If you have any questions, please reach out me, I'm happy to answer any and all questions! **POC:** Becky Bertsch, Project BEE President Cell: 701-833-3536 – Office: 701-852-1156



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CELEBRATING THE MIGRATION CHALLENGE

Patricia Stockdill

The folks at Audubon National Wildlife Refuge (NWR) have a question for people: Can you survive the challenge of migration?

Ah, the wonder of migration – that glorious sight of throngs of Canada geese or light geese like what that moves through North Dakota in late winter and early spring; the gentle tweeting of tiny woodland warblers; or wetlands full of a wide array of ducks – many who will nest in the state.

Migration is a sign of spring and the awakening new life.

But migration is also a matter of life and death for those enduring the journey. Twice a year migratory birds undertake their mission, going to and from summer nesting areas and wintering grounds.

So the burning question is – can you survive the challenge of migration?

To answer that question, Audubon NWR has “The Migration Game” set up for visitors hiking along its ½-mile paved Interpretive Trail so they can test their luck along their own migration journey.

The game is set up May 5 through May 13 as part of World Migratory Bird Week in 2024. World Migratory Bird Day itself is May 11, 2024. While the two designations celebrate migratory birds, the special day and week also highlight issues those species face.

It's a fun game but it also underscores the challenges migratory species face on their journey. “It's kind of like a board game out on the trail,” described U.S. Fish and Wildlife Service Audubon NWR Station Manager Kathy Baer. “It replicates the perils a bird might face during their migration,” she continued.

Depending on the roll of the dice, a game participant just might successfully find themselves busily making a nest at game's end.

Or they might encounter a major weather event like a good old-fashioned late spring North Dakota blizzard and die.

All the while as it entertains game participants it also highlights the important role many National Wildlife Refuges provide for migratory species, the critical need for migratory and nesting habitat, and how vital conservation efforts are to help ensure migrating birds of all sizes can survive – especially when they encounter unforeseen and unexpected perils.

Audubon's staff first set up the Migration Game in the spring of 2020 when Covid-19 precautions prevented people from going to places such as the refuge's Visitor Center, Baer explained. It was so well-received, she added, that they've continued it since then.

Refuge visitors will be able to see firsthand some of the migratory species that face their own real-world Migration Game: Canada geese are nesting in the area surrounding the trail. Look and listen for a bobolink or meadowlark hiding or flitting in the trail's adjacent grassland. The trail encircles a wetland that could harbor any variety of loafing ducks, some of which will stay and nest while others may push onward to other locales.

The Interpretive Trail and Migration Game are located just north of the Visitor Center, which is open to the public Monday through Friday during business hours unless staff is out doing field work. The facility is located along the south shore of Lake Audubon, a mile east of the U.S. Highway 83 embankment dividing Lake Sakakawea and Lake Audubon.

The Interpretive Trail is paved and accessible for walkers and wheelchairs. It's open for use throughout the year and connects with the National North Country Trail, which extends to the east end of the refuge. Listen and look closely when in the wooded area of the trail for species such as tiny warblers.

The North Country Trail was mowed last fall near the refuge and anyone opting to explore it can follow trail markers. The trail will be mowed later in the spring.

Like the refuge's Interpretive Trail and its portion of the North Country Trail, Audubon National Wildlife Refuge's auto tour route is also open for use, not just during World Migratory Bird Week, but throughout the summer.

And while physical geocaching isn't allowed on the refuge, people can participate in the virtual geocache, Adventure Lab.



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WHAT'S GOING ON MINOT AFB

FRIDAY26

- 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

SATURDAY27

- Zumba, 1100, McAdoo Fitness Center
- Recreational Firearm Training & Trap-Shooting, 1330-1830, Minot Gun Club, hosted by Outdoor Recreation
- Saturday Cinema, 1700-2130, Rockers Bar & Grill

SUNDAY28

- Zumba, 1400, McAdoo Fitness Center

MONDAY29

- TAP Overview, 0800-1600, M&FRC
- Reintegration Briefing, 1000, M&FRC, Zoom Meeting
- Zumba, 1800, McAdoo Fitness Center

TUESDAY30

- 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
- Submission Close: 2024 Air Force Art Contest, 1200, forcesupport.awardsplatform.com
- Zumba, 1800, McAdoo Fitness Center

WEDNESDAY01

- Asian Pacific American Heritage Month Begins, Dakota Inn Dining Facility
- TAP (DoL) Overview, 0800-1600, M&FRC
- Family Fitness & Tone, 1000, McAdoo Fitness Center
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- SkillBridge Brief, 1000, Education Center – Room 211
- Storytime, 1030, Minot AFB Library
- Brown Bag Book Talks, 1200, Minot AFB Library
- House Plant Care, 1700-1830, Outdoor Recreation
- Top 3 Mentorship Hour, 1130-1300, Professional Development Center
- Yoga, 1700, McAdoo Fitness Center
- Zumba, 1800, McAdoo Fitness Center

THURSDAY02

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

FRIDAY03

- Registration Closes: 2024 Youth Residential Aviation, Space & Leadership Camps, AFSVC.SVPY.Camps@us.af.mil
- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Family Zumba, 1000, Turf hosted by McAdoo Fitness Center
- Cycle & Core, 1115, McAdoo Fitness Center
- Fun Fri-yay, 1600-2100, Jimmy Doolittle Center
- Zumba, 1800, McAdoo Fitness Center

SATURDAY04

- National Golf Day Scramble, 0900, Rough Rider Golf Course
- Zumba, 1100, McAdoo Fitness Center
- Friendly Feud, 1800, Rockers Bar & Grill

2024 Youth Residential Aviation, Space & Leadership Camps

Teen Aviation Camp
22 June - 28 June

Youth/Teen Space Camp
Session 1: 21 July - 26 July
Session 2: 28 July - 2 August
Session 3: 4 August - 9 August

Teen Leadership Camp
6 August - 11 August

Registration closes 3 May 2024

For details, scan the QR Code or visit tinyurl.com/2024AFYouthCamps

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Let's fiesta!
PLEASE JOIN US FOR
CINCO DE MAYO

FUN FRI-YAY
JIMMY DOOLITTLE CENTER

3 MAY 2024
4PM - 9PM

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CLUB MEMBERS EAT FREE!
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NON MEMBERS PAY
\$10 PER PERSON - or - \$30 FOR FAMILIES

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WITH OUTDOOR RECREATION

GARDEN PLOTS AVAILABLE
25 MAY 2024

RENEWING PLOT HOLDERS REGISTER 22 APR - 2 MAY
NEW PLOT HOLDERS REGISTER 5 MAY - 11 MAY

\$20 FOR THE SEASON
10FT BY 20FT PLOT

CALL OUTDOOR RECREATION FOR MORE INFO 723-3648

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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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