

WHATS INSIDE
THIS WEEK:



KNIGHTHAWKS
RETURN HOME
FROM
BTF 24-3

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THE EDUCATION
POWER COUPLE:
MEET THE
MURRAYS

A7



GAME ON:
LEVELING UP
COMM. SKILLS
THROUGH
GAMING

B5



U.S. Air Force Col. John Burrell, incoming 5th Operations Group (5th OG) commander (center), accepts the guidon from Col. Daniel Hoadley, 5th Bomb Wing commander (left), during the 5th OG change of command ceremony at Minot Air Force Base, North Dakota, June 21, 2024. Hoadley passed the guidon to Burrell during the ceremony, symbolically giving him command of the 5th OG. See more on page A5.

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

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Knighthawks Return Home from BTF 24-3

2ND LT CASEN SALITORE, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. – The 69th Bomb Squadron’s Knighthawks have returned home to Minot Air Force Base, North Dakota from their Bomber Task Force deployment to Royal Air Force Base Fairford, UK, June 26, 2024.

BTF 24-3 was composed of 213 Airmen and four B-52H Stratofortress strategic bombers. The Knighthawks racked up hundreds of flight hours during 24 sorties across three geographic combatant commands over the course of the six week deployment. The missions executed allowed for the squadron’s aircrews, maintainers, and support personnel to integrate with numerous NATO Allies and partners for military exercises.

“BTF 24-3 has been a great success. We executed a diverse set of missions and exercised muscles that we don’t often get to back home,” explained Lt. Col. Brandon Wheeler, commander of the 69th Bomb Squadron. “Simply put, we’ve achieved every objective and goal that we came out here to accomplish.”

The deployed force provided U.S. and NATO leaders with strategic options to assure and enhance military relations throughout the NATO Alliance. The regular

and routine deployment of U.S. strategic bombers provides critical touchpoints to train and operate alongside Allies and partners.

“The ability to integrate and work alongside our Allied nations and partners cannot be understated,” said Wheeler. “Building these relationships now is why the NATO Alliance will continue to operate as a strong, cohesive force well into the future.”

BTF 24-3 directly integrated and worked with 16 Allied and partner nations over the course of the deployment. Participating countries included Bahrain, Canada, Cyprus, Denmark, Egypt, France, Germany, Lithuania, Morocco, Norway, Poland, Qatar, Saudi Arabia, Sweden, the United Arab Emirates, and the United Kingdom.

The strategic relationship between the U.S. and its Allies creates interoperability that is critical to promoting international peace and security cooperation. BTF 24-3’s missions directly functioned to strengthen that shared foundation of values, experiences, and vision for the future.

“I couldn’t be prouder of the Knighthawks and every one involved that made this deployment a definitive success,” said Wheeler.



A 69th Expeditionary Bomb Squadron patch is worn by U.S. Air Force Capt. Matthew “Suds” Gerada, 69th Expeditionary Bomb Squadron pilot, during a mission in support of Bomber Task Force 24-3 over the Baltic Sea, May 24, 2024. Multinational exercises enhance interoperability with NATO forces, strengthening the collective ability to respond to global threats.

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

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CONTACTUS

Ted Bolton
Publisher | Advertising
701-240-5039
bagroup@srt.com

Rod Wilson
Business Development | Marketing
sentrysales@srt.com

GRAPHIC DESIGN BY
Nikki Greening
nsads@srt.com

MINOT AIR FORCE BASE
PUBLIC AFFAIRS

Chief of PA
Maj. Thomas Barger

NCOIC of PA
Technical Sgt. Rusty Frank

NCOIC of Command Information
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NEWS SUBMISSIONS
Northern Sentry Office
nsads@srt.com | 701.839.0946

MAFB Public Affairs Office
v35bw.pa@us.af.mil
701.723.6212

MAIL
315 South Main Street, Suite 202
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A Blue Sky



**A VIEW FROM
OUR SIDE**
ROD WILSON
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My spouse and I were driving home and both of us at the same time noticed the majestic color of the sky and clouds on Saturday night. Yeah, blue sky and white clouds. But not just any blue sky, but the color we remember from our child hoods.

As you remember last summer,

there were forest fires in Canada and most mornings we would wake up to smoke that had travelled hundreds of miles and now we had more of a grey sky than blue. The other contributing factor, so the local meteorologist tells us, is the amount of rain we have had that has cleared the particles out of the sky. Whatever the reason for the blue sky that reminded us of our youth, we'll certainly accept and enjoy.

BEST KEPT SECRET

This week's best kept secret will be quite a bit longer, with a bit more explanation. Around 125 miles west of Minot, just down Highway 2 is Fort Union. The original fort, and now the re-built Fort Union is located on the Missouri River. It was once the hub of fur trading and merchandising for the area, and it is a great day trip for you, and/or your family.

Fort Union has been restored, right down to the canons, and is

Election proves why
being involved matters



DEAR MINOT
TOM ROSS, MAYOR
CITY OF MINOT

This year's city election is a perfect example of why voicing your opinion matters. We knew all along at least one new council member would be sworn in, with the potential of three new members joining the council. When the dust settled, your vote counted, and we will welcome the three new council members-elect. The swearing-in ceremony and reorganization of the council will take place on July 1 in Council chambers.

My thoughts on the outgoing members of the council, Steven Podrygula, Carrie Evans, and Scott Burlingame. Do not hang your heads. You worked hard for the City, and I can state without hesitation that I was proud and honored to serve with you.

Steven Podrygula, I have never met a person who is so well-prepared for council meetings. You poured your heart and soul into each and every meeting you attended. You dug deep to get to the very core of the issues facing the residents and the City. You were also a sounding board to a new council member and new mayor. I found myself reaching out to you for your opinion and advice at times. You were the calm in a few of my storms. I will never forget your willingness to help, especially when I was newly elected.

Carrie Evans, thank you. You took me out of my comfort zone, you taught me, and you brought issues to the council and made it possible for us to engage and discuss. These conversations and debates needed to happen, and they wouldn't have happened without you. Like I've always said, "We all want the same for the City of Minot, we just have different routes to get there." While I believe your route is something

we have never seen before, you stood your ground, spoke loudly, and the bottom line is you care for your community. Thank you.

Scott Burlingame, two years is not enough. Your case is a great example of how a council can work together. Most people probably don't realize that I supported your opponent when you were elected two years ago to fill the vacancy created when I moved into the mayor's seat. Your demeanor, dedication, and approach to the issues the council dealt with pleasantly surprised me, to say the least. I know where your heart is, and I know you wanted to continue to serve this community. I have no problem asking you to stay engaged. Two years is a short time, but the impact you had on our community is positive and I know you will continue to serve our community to the best of your ability.

I look forward to welcoming our newest council members. They will help lead our City forward, as we all continue working together to create a Minot where we can all live, thrive, feel safe, and grow.

Thank you to all that voted in this election. Voting is the single most important responsibility we have as residents of Minot. It excited me to see parents bringing their children to the polls, showing them how important it is to engage and to make their voice be heard. To the parents who brought their children, thank you for leading by example. To the first time voters, I hope you left the polls knowing you did what people in many other countries in our world cannot do - you helped choose our leadership.

Whether the candidates you voted for won or lost, the bottom line is you spoke by casting your vote. The next step in this process is staying engaged. As a council, we are all approachable, and we will all listen. We may not agree on every subject, but I guarantee our council members will be respectful in your discussions, and I am certain you will be respectful as well.

You can find more about what's happening at the City of Minot at minotnd.org, or find us on Facebook and Twitter. We'd also encourage you to sign up for our monthly electronic newsletter on our website.



Fort Union Trading Post National Historic Site southwest of Williston was at one time the premier fur trading post of the upper Missouri River region. Fort Union was a key trading post at the confluence of the Missouri and Yellowstone rivers.

NORTH DAKOTA TOURISM PHOTO

certainly historically correct and gives you a true sense of frontier North Dakota. But it isn't just the Fort Union that makes the trip interesting. It is also a small cavalry fort, Fort Buford, that is located in the same area. If the 2 forts were not enough, a short walk from Fort Union is the Missouri-Yellowstone Confluence interpretive center. Another best kept secret filled with historical exhibits about the confluence where, some 230 years ago, Lewis and Clark met up after their famous journeys to "open the west".

If you are into day trip hiking, the Fort Union area is a perfect destination. There are several overlooks on the bluffs around the confluence and Fort Union area. There are several unmarked trails.

If hiking isn't in your plans, Fort Union Trading Post has a great

visitor's center. The original Fort Union opened around 1828 and was an active trading post until 1867. In 1966 congress established Fort Union as a historic site to commemorate the significant role the fort and trading post played in American history.

If you made the decision to head to the Fort Union area, the Williston Convention and Visitor's bureau is a great first stop. A friendly smile will welcome you and assist you with brochures and other information to make your trip special. One of those great day trips that is certainly a best kept secret.

TODAY'S CHUCKLE-

No matter how much a hospital charges for a private room, they still only give you a semi-private gown.

Neighborhood HERO

John Young

For John Young, when the circus comes to town, that being the Shrine Circus, he is the go-to-guy. He has been the Circus Chairman for the past 5 years. John became a Shriner in June of 2018. Besides the circus, John is active with the Shriners in the 4th of July, State Fair and MSU Homecoming parades in Minot, and many other cities around North Dakota. John is also unique in that he plays Bagpipes in the El Zagal Shrine Oilers Fez & Thistle Bagpipes and Drums band out of the El Zagal Shrine Club in Bismarck. John is also active in the Minot Masonic Lodge and Scottish Rite. John performs with the Minot Chamber Chorale and in the Western Plains Opera. His main hobby, when he has time, is gaming (Magic: The Gathering, Dungeons & Dragons and various other computer games).

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5th Operations Group welcomes new commander

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

MINOT AIR FORCE BASE, N.D.

-- U.S. Air Force Col. John Burrell assumed command of the 5th Operations Group from U.S. Air Force Col. Christopher Cain during a change of command ceremony at Minot Air Force Base, North Dakota, June 21.

Prior to assuming command of the 5th OG, Burrell was the Nuclear Operations Division Chief, Joint Staff, the Pentagon, responsible for standardizing Nuclear Command and Control operations, policy, and Nuclear Surety across the National Military Command System. Those in attendance at the ceremony included families of both commanders in addition to members of the 23rd

Bomb Squadron, 69th Bomb Squadron and the 5th Operations Support Squadron.

“It has been an honor to lead the 5th OG,” said Cain. “The dedication and professionalism of this team have been unparalleled. I am confident that Col. Burrell will continue to drive excellence in all our missions.”

U.S. Air Force Col. Daniel Hoadley, 5th Bomb Wing commander, commended the work accomplished by the 5th OG under Cain’s leadership.

“The men and women of the 5th OG have shown exceptional commitment and skill in their mission,” said Hoadley. “They have ensured the readiness and

operational success of our B-52H Stratofortress fleet, and I am confident that Burrell will continue this legacy of excellence.”

The 5th OG plays a crucial role in the mission of the 5th Bomb Wing, overseeing the operations of its B-52H Stratofortress fleet. The Group’s mission includes providing global strike and combat support capabilities to achieve national security objectives.

“The dedication and commitment of the 5th OG team are truly remarkable,” said Burrell. “I am honored to lead such a distinguished group and look forward to continuing our mission of maintaining the highest standards of readiness and reliability.”



U.S. Air Force Col. John Burrell, incoming 5th Operations Group (5th OG) commander (center), is congratulated by U.S. Air Force Col. Christopher Cain, outgoing 5th Operations Group commander (right), and Col. Daniel Hoadley, 5th Bomb Wing commander (left), during the 5th OG change of command ceremony at Minot Air Force Base, North Dakota, June 21, 2024. Before taking command of the 5th OG Burrell was the Nuclear Operations Division Chief, the Pentagon Arlington, Virginia. Responsible for standardizing Nuclear Command and Control operations, policy, and Nuclear Surety across the National Military Command System.



U.S. Air Force Col. John Burrell, incoming 5th Operations Group (5th OG) commander, speaks during the 5th OG Change of Command ceremony at Minot Air Force Base, North Dakota, June 21, 2024. Before taking command of the 5th OG, Burrell was the Nuclear Operations Division Chief, at the Pentagon, Arlington, Virginia. Responsible for standardizing Nuclear Command and Control operations, policy, and Nuclear Surety across the National Military Command System.



U.S. Air Force Col. Christopher Cain, outgoing 5th Operations Group (5th OG) commander (right), accepts the Legion of Merit medal from Col. Daniel Hoadley, 5th Bomb Wing commander (left), during the 5th OG change of command ceremony at Minot Air Force Base, North Dakota, June 21, 2024. The Legion of Merit is an award that is earned through exceptionally meritorious conduct in the performance of outstanding services and achievements.

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

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BOMBER TASK FORCE 24-3



A U.S. Air Force MC-130J Commando II operated by U.S. Special Operations Command-Central flies ahead of a U.S. Air Force B-52H Stratofortress from Minot Air Force Base's 69th Expeditionary Bomb Squadron, June 12, 2024, during a Bomber Task Force mission over U.S. Central Command's area of responsibility. U.S. Air Forces Central led the combined effort to integrate with U.S. joint and coalition forces to highlight the critical long-range strategic bomber capability.

U.S. ARMY PHOTO | SPC. CODY WILLIAMS



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A U.S. Air Force B-52 Stratofortress from the 5th Bomb Wing, Minot Air Force Base, North Dakota, approaches a KC-135 Stratotanker from Royal Air Force Mildenhall, England, over the Norwegian sea, June 18, 2024. The B-52s integrated with NATO allies and regional partners during several missions, ensuring interoperability, enhancing readiness and building relationships necessary to confront a broad range of global challenges.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN VIVIAM CHIU



German Air Force Eurofighter Typhoons escort a U.S. Air Force B-52H Stratofortress, assigned to the 69th Expeditionary Bomb Squadron, during Bomber Task Force Europe 24-3 over the U.S. European Command area of responsibility, May 28, 2024. Joint and combined training operations underscore the United States' dedication to maintaining a robust and ready Euro-Atlantic Alliance.

U.S. AIR FORCE PHOTO | STAFF SGT. EMILY FARNSWORTH

NOTES ON BEING SAFE

WHAT IS LOCK OUT/TAG OUT?



SSGT JOE VERGARA
5TH BOMB WING
NCOIC OCCUPATIONAL SAFETY



Have you ever been to a job site, or even a local business when you hear someone call out “Hey Joe, be sure to lock and tag out that piece of equipment?” or “You better de-energize that system before you work on it!”

This common practice is known throughout the industrial and non-industrial world as Lockout/Tagout, better known as LOTO. So what is LOTO?

Lockout-Tagout is a safety procedure which is used in industry and research settings to ensure that dangerous machines are properly shut off and not started up again prior to the completion of maintenance or servicing work. It requires that hazardous power sources be “isolated and rendered inoperative” before any repair procedure is started. “Lock and tag” works in conjunction with a lock usually locking the device or the power source with the hasp, and placing it in such a position that no hazardous power sources can be turned on. The procedure requires that a tag be affixed to the locked device indicating that it should not be turned on.

Modern machinery can contain many hazards to workers, from things like electrical, mechanical, pneumatic or hydraulic sources. For example a typical industrial machine may contain things like hot fluids, moving presses, blades, propellers, electrical heaters, conveyor belts with pinch points, moving chains, ultraviolet light, etc. Disconnecting or making safe the equipment involves the removal of all energy sources and is known as isolation. The steps necessary to isolate equipment are often documented in an Isolation Procedure or a Lockout Tagout Procedure. The isolation procedure generally includes the following tasks:

- 1. Identify the energy source(s)
- 2. Isolate the energy source(s)
- 3. Lock and/or Tag the energy source(s)
- 4. Prove that the equipment isolation is effective

Modern safety manufacturers provide a range of isolation devices specifically designed to fit various switches, valves and effectors. For example most modern circuit-breakers have a provision to have a small padlock attached to prevent their activation. For other devices such as ball or gate valves, plastic pieces which either fit against the pipe and prevent movement, or clam-shell style objects, which


completely surround the valve and prevent its manipulation are used. A common feature of these devices is their bright color, usually red to increase visibility and allow workers to readily see if a device is isolated. Also, the devices are usually of such a design and construction to prevent it being removed with any moderate force. That is to say that an isolation device does not have to stand up to a chainsaw, but if an operator forcibly removes it, it will be immediately visible that it has been tampered with.

With all this information, you are probably asking yourself “How does this program apply to me?” Employees can be seriously or fatally injured if machinery they service or maintain unexpectedly energizes, starts up, or releases stored energy. OSHA’s standard on the Control of Hazardous Energy (LOTO), can be located in Title 29 of the Code of Federal Regulations (CFR) Part 1910.147. This regulation spells out the steps all employers must take to prevent accidents associated with hazardous energy. The

standard addresses practices and procedures necessary to disable machinery and prevent the

release of potentially hazardous energy while maintenance or servicing activities are performed. With this being said you may ask yourself “if I unplug a radio or microwave oven after use, do I need LOTO?” No you do not. Exposure to hazardous energy is controlled completely by unplugging the equipment from an electric outlet and where the employee doing the service or maintenance has exclusive control of the plug. This applies only if electricity is the only form of hazardous energy to which employees may be exposed. This exception encompasses many portable hand tools and some cord and plug connected machinery and equipment.

In closing, when dealing with LOTO and you are not sure, do not hesitate to ask for assistance. The shop supervisor, the person doing the actual work, or the Wing Safety office can provide more extensive detail concerning LOTO in your work center.




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The Education Power Couple: Meet the Murrays

ERIN BEENE, NORTHERN SENTRY

One of the blessings of the in-and-out military lifestyle is that extraordinary people pop out of nowhere and bless the community in amazing ways. Captain Avaris Murray, 91st Operations Group, and Dakota Elementary teacher Melvina Murray are one such amazing couple.

The pair married in August 2013 after a meet-cute-like experience at Taco Bell in Guam in 2010. At the time, Capt Murray—then an Airman—was stationed at Andersen AFB, Guam. Melvina was then a sergeant in the 797th Engineer Company (Vertical), US Army Reserve. The couple’s first assignment together, after Melvina completed her service in the Reserve, was at Moody AFB in Georgia. Melvina, being born and raised in Guam, was glad to have a smooth weather transition for their first years together. She was glad they didn’t have to face the North Dakota winters right off the bat. As the Murrays built their married lives, their drive grew and they both felt the calling to do more in academia.

Almost simultaneously, both of their education careers began to take off. Melvina worked on her bachelor’s degree to fulfill her lifelong dream of becoming a teacher, and Avaris started his transition to become an Air Force commissioned officer through Officer Training School (OTS). Also during this time, the couple began growing their family, first welcoming son Michael and then son Avery a year later. Eventually, the couple were stationed at Vandenberg AFB and then Minot in 2020. During the last seven years Melvina has earned her Bachelor’s of Science in Early Childhood Education, Master’s of Science in Elementary Education with a Reading Endorsement, Executive Certificate in Curriculum and Instruction and is currently working on her doctorate dissertation with plans to finish her Doctor of Philosophy (PhD) in Curriculum and Instruction ABD by 2025. Melvina explained that, “ABD means ‘all but dissertation’ which just shows that I am all done with the coursework for the degree and

am currently writing my dissertation to complete the degree.” Her next goal is to someday teach at the collegiate level. Additionally, she has earned and kept valid her teaching credentials in Georgia, Wyoming and North Dakota, where she currently teaches at Dakota Elementary. She has taught elementary school every year and continued to excel in her field by winning the Presidential Award for Excellence in Mathematics and Science Teaching this past year. Capt Murray said he was inspired by his educational wife’s drive and began to see just how much education benefits adult individuals and students alike. The couple’s mixed knowledge of her education experience and his military experience in missiles as a Evaluator in ICBM Standardization and Evaluation allowed for the perfect combination to “launch” a unique program at Dakota Elementary.

“Launch into Literacy” activated a school-wide program where Active Duty members come into the school and spend time reading and interacting with the students. Capt Murray explained that when he was younger, he didn’t love reading very much, but that through his lifetime he has begun to understand the importance of it and wants to share that with children today. He said, “Reading is always an easy way to get involved with students.” The program has been a huge success at Dakota Elementary and the Murrays hope to be able to grow the program to sister-school North Plains and even the off-base elementary schools. Together they hope to be able to offer reading and literacy encouraged by people outside the classroom. They both want to demonstrate the importance of reading and education as a lifelong learning and not just something you do within the bounds of school building.

Their education goals aside, it is important to both of the Murrays to demonstrate their love of learning to their own two children as



April 2024 at the North Dakota Capitol building where they held a teacher recognition Ceremony and Melvina received the award for being a ND finalist for the Presidential Award of Excellence in Mathematics and Science Teaching. Pictured left to right -Avaris Murray, Avery Murray, Melvina Murray, and Michael Murray.

well. Melvina explained that she absolutely loves to read and will consciously make sure to read more on a Kindle or an actual book, rather than her phone, because she wants her kids to see her reading and learning, not just pasted to a screen. Although she enjoys a wide range of genres, she discussed her favorite books saying, “I would think that my “Forever Favorite [Book]” would always be the Twilight series! I read them in high school and have probably read them a hundred times since then. My favorite books are And Then There Were None, The Lovely Bones, Fourth Wing series, and almost any fantasy paranormal/ supernatural fiction books.” Capt Murray admitted that he is more an audio book fan and mostly sticks to leadership and finance genres. His most notable reads are Rich Dad, Poor Dad and Start With Why.

Melvina’s determined and hard working work ethic mixed with

Capt Murray’s supportive nature and ambition have led this family to become a huge educational blessing to Minot AFB.

If any other elementary schools in the Minot area are interested in being a part of “Launch Into Literacy” please contact Capt. Murray at avaris.murray@us.af.mil.



May 2016 at Valdosta State University. Melvina said “This photo is special because it was a part of my graduation photos. I was in the military and did some relocating. By the time I went to college I was older than most of my peers and married. My senior year of undergrad, I gave birth to my son Michael. This photo is extra special because I persevered and worked hard even through the pregnancy so I can still finish on time!” From left to right : Michael (9 months), Melvina, Avaris



Murray Couple at the 2024 91st Missile Wing Annual Awards Ceremony

WELCOME BABY

BABY GIRL BORN ON WEDNESDAY, JUNE 05, 2024 TO:
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MINOT, ND

BABY BOY BORN ON TUESDAY, JUNE 11, 2024 TO:
ALEXIA MILLER AND JOVAN MARRERO
MINOT, ND

BABY BOY BORN ON THURSDAY, JUNE 13, 2024 TO:
MOLLY ALLERY AND TERRY LAVALIE JR
BELCOURT, ND

BABY GIRL BORN ON FRIDAY, JUNE 14, 2024 TO:
VICTORIA AND KEN ODA
MINOT, ND

BABY GIRL BORN ON MONDAY, JUNE 17, 2024 TO:
NICOLE PETERSON AND JUSTIN EISINGER
MINOT, ND

BABY GIRL BORN ON MONDAY, JUNE 17, 2024 TO:
ALYSSA AND SCOTT GEHRING
MINOT, ND

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

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- They have a wide, short nose cavity that heats the chilled outside air before it reaches its sensitive lungs. A Snow Leopard's round, short ears help prevent heat loss.
- The Snow Leopard's long, thick tail helps them keep their balance and acts as a scarf to help warm the cat's body during the long, cold nights.

Fact File

Life Span	13 - 20 years
Weight	75 - 120 pounds
Height to Shoulder	2 feet
Body Length Including Tail	6 - 7.5 feet
Tail Length	Over 3 feet
Wild Diet	Omnivore <u>Carnivore</u> Herbivore Hares, Birds, Wild goats, Sheep

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Oil Change Tips

It is recommended that you get an oil change on your vehicle every 3,500 miles for regular oil and every 5,000 miles for synthetic oil. Checking and changing the oil is essential to keep today's engines working properly and efficiently. Check the oil level with the engine and the car parked on a flat surface. Open the hood, remove the dipstick, wipe off with a cloth towel or paper, then back into the oil tank. Pull it again and see if the level is within the acceptable range marked on the dipstick. If you add the oil yourself, do not overfill. Overfilling can damage the engine.

Most automobile manufacturers recommend oil changes every year or 7,500 miles of car and light truck gasoline engines. The usual recommendation is diesel engines and turbocharged gasoline engines every 3,000 miles or six months.

You'll find that a once-a-year (7,500-mile) oil change is for vehicles driven in ideal circumstances. Most of us think "normal" driving is "severe service" driving. This includes frequent short trips (less than 10 miles, especially in cold weather), stop-and-go city traffic driving, driving in dusty conditions (gravel roads, etc.), and sustained highway driving speed during the warm season. For this type of driving behavior, the recommendation is to change the oil every 3,000 miles or six months.

For maximum protection, most oil companies say to change the oil every 3,000 miles or three to six months regardless of what type of driving you do. Regular oil changes for preventative maintenance are cheap insurance against engine wear and will always save you money in the long run if you keep a car for more than three or four years. It's very uncommon to see an engine well-maintained with regular oil changes develop significant bearing, ring, cam, or valve problems under 100,000 miles.

What About The Oil Filter?
To reduce the costs of vehicle ownership and maintenance, many car makers say the oil filter only needs to be replaced at every other oil change. Most mechanics will tell you this is a false economy. The oil filters on most engines today have been downsized to save weight, cost, and space. The "standard" quart-sized

filter that was once common on most engines has been replaced by a pint-sized (or smaller) filter. You don't have to be a rocket scientist to figure out that a smaller filter has less total filtering capacity. Even so, the little filters should be adequate for 3,000-mile oil change intervals — but may run out of capacity long before a second oil change at 6,000 or 15,000 miles.

Therefore, replacing the oil filter every time the oil is changed is highly recommended.

Filter Replacement
If you do your oil changes, make sure you get the correct filter for your engine. Follow the filter manufacturer's listings in its catalog. Many filters that look the same on the outside have different internal valving. Many overhead cam engines, for example, require an "anti-drain-back" valve in the filter to prevent oil from draining out of the filter when the engine is shut off. This allows oil pressure to reach critical engine parts more quickly when restarted. Filters that are mounted sideways on the engine typically require an anti-drain-back valve.

Used motor oil should be disposed of properly. The Environmental Protection Agency does not consider used motor oil to be a hazardous chemical, but it can foul groundwater and contain traces of lead. The best way to dispose of used motor oil is to take it to a service station, quick lube shop, parts store, or another recycling facility. Your old oil will either be re-refined into other lubricants or petroleum products or burned as fuel.

Do not dump used motor oil on the ground, down a drain, into a storm sewer, or place it in the trash. Many landfills will not accept used motor oil even if it is in a sealed container because it will eventually leak out into the ground. If you can't find an environmentally-acceptable way to dispose of the stuff, maybe you shouldn't change your oil. Service facilities that do oil changes have storage tanks and recycling programs to dispose of used oil.

It is recommended that you get an Oil Change on your vehicle every 3,500 miles for regular oil and every 5,000 miles for synthetic oil. Checking and changing the oil is essential to keep today's engines working properly and efficiently.



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Sensational Summer

PHOTO CONTEST

HOW TO ENTER

Submit your photo and who/what/when/where description on our website by using the QR code





Enjoying the day at Roosevelt Park!
SUBMITTED BY KRISTIN COOPER



Having a snack with my FCC program under the tree to stay dry from the drizzly rain.
SUBMITTED BY TENA HOLMGREN



Fishing up at Lake Metigoshe
SUBMITTED BY JESSE HOLMGREN



Summer Vibes- Renny, Charlie, Trippy
SUBMITTED BY BRITTANY LORIE



Swallows surround the Bridge on Lake Darling
SUBMITTED BY RUSTY COOPER



Heading to the Discovery Center and stopped to take in the beautiful view!!!
SUBMITTED BY SARAH WEIDMAN



Calm morning on Lake Darling, before the wind picked up!
SUBMITTED BY KRISTIN COOPER



Camping up at Lake Metigoshe.
SUBMITTED BY JESSE HOLMGREN



My daughter pretending to fly in the deep blue sky with butterfly wings.
SUBMITTED BY JESSE HOLMGREN



Picnic at the park on a sunny summer day
SUBMITTED BY TENA HOLMGREN



Playing swords with his best bud, Lady.
SUBMITTED BY SARAH WEIDMAN



5 Bulls found out the grass is greener on the other side of the fence!
SUBMITTED BY TWYLA SCOTT

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Meet the Newest FCC Providers

Mr. Bruce Bartholomew, FCC Chairman presents three new FCC providers with their licenses during a ribbon cutting tour on and off base last week. The FCC providers offer in home care for families who work on base.



Starr Frei



Abigail Camacho



Katherine Coster



STARR FREI
My name is Starr Frei, I received my license to do home daycare in 2020 during Covid. I was running a massage therapy business and decided I wanted to do something more needed and helpful during that time and I continued with it over the past few years. I have loved the ability to take care of my own 4 children while adding more infants and toddlers to our home. It was very difficult for my entire family to say goodbye to children we had in our home for years, as we made the military move up to North Dakota this spring. My family is extremely supportive, and they love to play and help with all of the children. We decided we wanted to be part of the community for this new adventure, so we purchased a home on the NW side of town for our next 5 years. We have loved meeting people within the community and our neighborhood and are looking forward to spending time with the new children who have come. I am currently working on my National Accreditation for my daycare license as well as a bachelor's degree in Business Administration.



ABIGAIL CAMACHO
My name is Abigail Camacho, and I am from New Jersey. I have three children: Cattleya (10), Abiel (9) and Joel (2). My husband is Joel and we moved to Minot in February of 2022. Working with children has always been a passion of mine and I look forward to working and growing with you and your children.

KATHERINE COSTER
My name is Katie Coster, I run the Wishing Tree FCC home. I have been at Minot for 8 months and an FCC provider for 2 months. I have three wonderful children of my own. My family is currently learning Japanese and lived in Germany before coming to Minot. I will have the German and Japanese translation for some things posted around the play areas and rooms so the kids can learn with us. I provide care for up to six children in a multi age setting from ages 12 months to 6 years of age. My program offers a developmentally appropriate program with various experiences to keep children engaged throughout the day. Some of the activities your child will experience in my program include: Music and Dance time, learning to make bread, story time and arts and crafts. We have a park right across from the home and lots of outdoor activities to play during good weather.

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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 1/2 POUND HALIBUT
1 HEAD CABBAGE, SHREDDED
1 LARGE CARROT, PEELED, SHAVED THIN
AS NEEDED EXTRA-VIRGIN OLIVE OIL
1 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

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CROSSWORD
SOLUTION

Solution to last weeks
Crossword puzzle.

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

SUDOKU

Solution to puzzle on page B13

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

CROSSWORD PUZZLE

Across

1. Hit, as with a whip
5. Seagoing vessel
10. Arid
14. Bone near the elbow
15. High home
16. Cat's weapon
17. Big win, say
20. Frat party staple
21. Knitting need
22. External
23. Zilch
24. Is a nuisance to
26. Like two-digit number systems
29. Male and female
30. Portent
31. Throat trouble
32. Like the Hatter
35. Democratic principle
39. Disgusted, with "up"
40. Mimics
41. Beer
42. Santiago is its capital
43. A little seasick, say
45. Red shade
48. Small and weak
49. XVII x IX
50. Tank contents
51. Free (of)
54. Painting that became an RCA symbol
58. Lawn problem
59. Available, as a flat
60. Commoner
61. Ending for neur-
62. Popular locks
63. Exam

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20					21						22			
				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


Down

1. Prepare for an ambush
2. Toward the sheltered side
3. Stocking ruiner
4. Owns
5. Household warbler
6. Nostalgically fashionable
7. Elvis __ Presley
8. Pine family tree
9. Golf course area
10. Pack members
11. Upper crust
12. Soap Box Derby entrant
13. Wide-spouted pitchers
18. Court hearing
19. Noted Nez Percé chief
23. Author Grey
24. Pmt. coupon tear-off lines
25. COO, for one
26. Box office smash
27. Nagy of Hungary
28. Lack
29. Put away for later
31. Refine, as ore
32. Sorvino of "Mimic"
33. Winning cards
34. Like morning grass
36. Showy perennial
37. Mayberry lad
38. Follow orders
42. Felonies, e.g.
43. Knights' expeditions
44. Silver State inst.
45. Dumbbell
46. Advertising awards
47. Usher's beat
48. Blender button
50. Went down
51. Make angry
52. Sorbet relatives
53. Obligation
55. Porker's hangout
56. __ man: unanimously
57. Choose

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Missouri Synod

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Contemporary Worship Service..... 9:50 a.m.
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Contemporary Worship Service..... 11:05 a.m.
Children's Church 11:05 am.
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Elaine Carlson, Children's Ministry Director

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Minot, ND 58701
info@orcsknights.org • 701-839-0772

www.orcsknights.org

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Game On: Leveling Up Communication Skills Through Gaming

SENIOR AIRMAN ALEXANDER NOTTINGHAM, 5TH BOMB WING PUBLIC AFFAIRS



A graphic to congratulate Team Minot's Esports team accomplishments at the 2024 Eastern Regional Esports Invitational, hosted at Keesler Air Force Base, Mississippi, May 4, 2024. The Minot AFB Esports team's achievements are a testament to the team member's hard work and skill.

U.S. AIR FORCE GRAPHIC
SENIOR AIRMAN
ALEXANDER NOTTINGHAM

MINOT AIR FORCE BASE, N.D. — You've entered a lobby full of diverse characters, and everyone is eager for the match to start. You start to feel at ease as the announcer counts down. That day's stressors wash away with each victorious scream and every defeated wail. Here in the arena, everyone can be a competitor regardless of background.

Over 86% of Airmen between the ages of 18-34 identify as gamers. Air Force Gaming was started as an initiative to help Airmen and Guardians of all ages, ranks and backgrounds find common ground through video games, promoting mental acuity, fine motor coordination and competitive excellence.

For some, video games have become a way not only to destress but also to increase their communication skills. At Minot AFB, a team of four Airmen, U.S. Air Force Capt. Nicholas Gutierrez, Senior Airman Jacob Bass, Senior Airman Angel Garcia, and Airman 1st Class Luke Townsend, are using learned and refined communication skills to create an Esports team, which has been competing nationally against teams from other Air Force bases.

Their first tournament together as a team was a very surreal but awesome experience, explained Bass. It was his first time meeting his teammates, Townsend and Garcia, in person but the gaming setup made connecting as a team much easier. They did not lose a single match in that entire tournament. Win after win, it seemed like Team Minot would be an unstoppable force.

The Minot AFB Esports team's achievements are a testament to their hard work and skill, demonstrated well at the 2024 Eastern Regional Esports Invitational, hosted at Keesler Air Force Base, Mississippi, where they qualified for the Continental United States Championship.

The 2024 EREI attracted over 1200 attendees, who witnessed eight Air Force Gaming teams compete. Each team was made up of Airmen from different bases who had proven their skills in communication and teamwork. The success of the EREI left fans excited for the next stage of this competition and future events in an ever-growing sport. The west qualifiers will be held on July 12-13 at Hill Air Force Base, Utah, and the finals are not too far away in August.

According to the Air Force's core value of "Excellence In All We Do", teamwork is essential to triumph at every level. Airmen amid an intense battle against a competing team must be able to maintain

good communication. Some might say that the winner of a competitive Esports match is the team that communicates the best.

"Just like the real world, if your comms are not on point and you and your team aren't on the same page, bad things can happen such as fratricide," Bass said. "During the tournament when I had a moment where I did not communicate that I was throwing a nade [grenade] and stuck my teammate, Nick in the back of the head leading to a teamkill."

Communication skills can be developed in many ways. Some gamers have found that video games can be the catalyst to honing those skills and becoming more effective communicators in their careers and everyday lives.

"Every day I have the opportunity to work with people from all over the world, and through gaming I've had previous experience with all sorts of backgrounds," said Gutierrez. "So, I've leveraged these experiences to work well with individuals from all walks of life successfully."

Each member of Team Minot's Esports plays a major role in the global deterrence mission. From a defender securing one of the nation's most important assets, a B-52H weapons system operator who, if called upon, is prepared to utilize said asset, to the maintainer

who ensures the tools needed for the mission are ready at a moment's notice. All these jobs require precise communication in a very high-stress environment with many different members from different organizations and backgrounds.

"The communication skills I have improved through gaming on such a lethal team, is always telling your team what you see, what your current actions are, and what you are going to do," said Bass. "Being Security Forces, if I don't communicate my actions well to my team the consequences could be deadly. Re-capture exercises can be very chaotic but gaming with my team in a similar but different environment has helped prepare me to use the smooth and decisive communication needed for a successful mission."

Gaming has offered a unique and engaging platform for honing one's communication skills. Through strategic collaboration in multiplayer games, navigating complex narratives, and adapting to unforeseen challenges, players can unknowingly cultivate their abilities to communicate in a real-world setting crucially and effectively. Whether you're a seasoned gamer or new to the world, consider the untapped potential within your controller or keyboard—the power to level up not just within your character, but within yourself.



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No More Ops Groups, Allvin Says, Promising First ‘Combat Wings’ in ‘26

GREG HADLEY, AIR & SPACE FORCES MAGAZINE

The Air Force is eliminating group-level Operations and Maintenance commands, streamlining the makeup of squadrons and wings, Chief of Staff Gen. David W. Allvin said June 14, revealing the latest twist in the drive to more effectively project combat power.

Dozens of such commands, usually led by colonels, exist today across the Air Force. But as Allvin oversees the “re-optimization” of Air Force combat power for great power competition, leaders group-level commands don’t have a place in a structure where wings could deploy as a unit, then disperse squadrons or smaller units in a “hub-and-spoke” agile combat employment scheme.

“We’re talking about having a doctrine of mission command that means empowering at the lowest competent level, giving left and right limits—commander’s intent—and letting them leverage their initiative,” Allvin said. “Those squadrons need to be able to exercise that. And sometimes, if there’s another level of command between the squadron commander and the wing command, the group command maybe might be helping them out too much.

“If you’re a group commander, what do you want to be when you grow up? A wing commander. How do you do that? Well, you make sure your squadrons are all the best. So maybe you might be helping them out and succeeding and not letting them fail forward in training.”

The colonels that previously commanded groups will instead move to wing staffs, where they will focus on “the operational warfighting and joint warfighting functions,” Allvin said. The aim is to help them become better joint leaders, something Allvin believes is necessary for the Air Force to take a leading role in the future of warfare.

“I think it’s our responsibility not only to be good participants in the joint force, but I also think the Air Force should start having maybe perhaps a greater leadership role,” he said.

The change is not a small one, Allvin acknowledged, and will require the service to revamp some of its processes. Officers’ career paths may have to change, and professional military education will have to shift to emphasize the operational level for wing commanders and their staff.

Doing so, though, will help align

the Air Force better with the other services Allvin predicted. It will also make sense for the service’s new combat wings, the “unit of action” leaders first unveiled in February as part of their “Re-Optimization for Great Power Competition.”

At the AFA Warfare Symposium, officials said they will break down all of the Air Force’s operational wings into three categories:

Deployable Combat Wings: Complete units that can deploy together, with their own native command-and-control, mission, and support elements

In-Place Combat Wings (ICW): Complete units with command, mission, and support elements that fight from their home station.

Combat Generation Wings (CGW): Units that provide force elements to Deployable Combat Wings, whether those elements entail command and control, mission, or service support elements.

The goal, leaders explained at the time, is to move away from the current system where Airmen are pulled from dozens of different units to fill out one expeditionary wing, only meeting and working together once they arrive in theater. Eventually, entire wings will train and deploy as one singular unit. The service is taking a phased approach to get there, first introducing Expeditionary Air Base teams pulled from a smaller group of bases, and now planning to move to Air Task Forces, who will pull forces from only two or three bases.

The locations of the first six Air Task Forces were announced in May and are scheduled to start deploying in late 2025 and early 2026. The timeline for implementing combat wings is “pretty dynamic right now,” Allvin told reporters, but the goal is to have enough in place ready to

go when the Air Task Forces start to wrap up—sometime around the fall of 2026.

Like the Air Task Forces, some of the first combat wings will deploy to the U.S. Central Command area of responsibility. But make no mistake, Allvin said, they are not designed for the typical CENTCOM structure of large central bases from which all airpower is generated.

“We’re optimizing for the pacing challenge. So this construct is best suited for going over and doing deterrence exercises or actually having to go over and employ Agile Combat Employment against the pacing challenge of China,” Allvin said June 13 at an AFA Warfighters in Action event.

A central tenet of Agile Combat Employment is dispersing smaller teams to operate from remote or austere airfields—and Allvin told reporters that it makes sense for the combat wing’s staff to act as the hub while squadrons go to the spokes.

“If we’re going to actually expect these wings to go and be able to do these maneuver functions in the hub and spoke locations, then we need them to have a different set of specialties,” Allvin said. That drove the decision to fold group commanders into the wing staffs.

Deployable Combat Wings will be the principal “units of action” presented to combatant commands, not every wing will be designated as such. Some will be Combat-Generation Wings, which might lack the command-and-control functions of a combat wing, but provide plug-and-play combat capability to those wings that can deploy as a unit. Allvin said USAF leaders are still determining how much combat airpower each Deployable Combat Wing will need.

Still other wings will deploy in

place. These could include any wing that can operate globally from its home station, including bomber and cyber units, among others.

“We don’t want to have a Deployable Combat Wing that’s got two airplanes in it just because we’ve got to spread them around,” Allvin said. “So finding the right number of platforms around which you can

do the command element and then the sustainment element is going to be key, but it starts off with, what are the requirements? And then what are we resourced to do?”

Service leaders plan to make a decision on how many Deployable Combat Wings they’ll start with by this fall, Allvin told Air & Space Forces Magazine.



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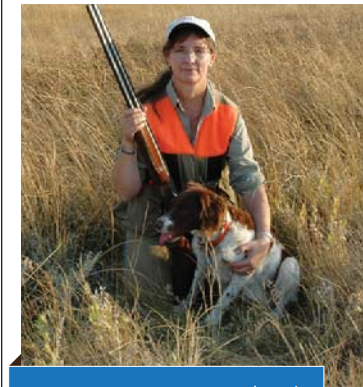
MINOT HOT TOTS

Despite rain, unseasonably cold temperatures and a 7:00 am wake-up call, members of the Minot community made their actions seen, supporting the Lord's Cupboard with canned and packaged food items as part of the Farmers Union Insurance Food Drive. Held at Corbett Field, the home of the Minot Hot Tots and Honeybees, the event produced 3,215 pounds of food and \$686 in donations, a true testament to the positive personalities of those that call Minot home.

While the folks from Farmers Union Insurance and members of the Minot Hot Tots were getting prepped, cars were lining up down 13th Street to the railroad tracks.

As cars made their way down the road and through the Corbett Field parking lot, drivers and passengers were met by Hot Tots players and Farmers Union Insurance agents to collect the canned food items and give a friendly hello. For each car, three items equaled a limited edition Magic City Hot Tots jersey. The jerseys were a hot commodity as donations continued rolling in even after the shirts were gone.

From everybody at the Lord's Cupboard, Farmers Union Insurance and the Minot Hot Tots & Honeybees, thank you to all that braved the cold and rain to help support those in need.



by Patricia Stockdill

Fishing:

Lake Sakakawea elevation, June 24: 1,841.35 feet above mean sea level (MSL); 21,700 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.95 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.8 MSL.

- N.D. Game & Fish Dept. game wardens: No new reports.
- Devils Lake, Ed's Bait Shop, Devils Lake: Fair to good walleye activity throughout much of Devils Lake.
- Devils Lake, Woodland Resort, Devils Lake: Fair to good for walleye. Lots of small ones with some nice keepers mixed in. Try slip bobbers in 15 to 16 feet or shallower in warmer water.
- Lake Darling, Karma C-Store, Ruthville: Continued fair walleye activity around Grano and on Lake Darling.
- Lake Metigoshe, Four Seasons, Bottineau: Bluegill remain active in the shallows with fair walleye success in the evening.
- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: No new reports.
- Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Decent walleye bite on the east end of Lake Sakakawea in Garrison and Douglas bays. Try pitching jigs and minnows or plastics in 3 to 12 feet or pulling lindy rigs in 20 to 30 feet. Fair pike shore-fishing activity in Steinke, Centennial, and Garrison bays. Work along weed lines in 15 to 20 feet on Lake Audubon for walleye with spinners or slow death hooks and nightcrawlers. Also try leeches on a plain lindy rig with bottom bouncer. No muskie reports yet.
- Lake Sakakawea, Indian Hills Resort, Garrison: Work deeper water for walleye and mix up bait presentations with an inconsistent bite, likely due to weather fronts.
- Lake Sakakawea, New Town: Walleye activity slowed in the Van Hook Arm, possibly due to weather fronts, but somewhat improving success in the river portion of the lake

Thanks to Woodland Resort, our Outdoors Report sponsor, for helping keep readers up-to-date on happenings throughout the region. For complete details about fishing Devils Lake and its array of recreational opportunities visit their website, (www.woodlandresort.com), Facebook at ([facebook.com/woodlandresortDL](https://www.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.

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- Registration open for Youth Day Camps, Lake Metigoshe State Park, (<https://bit.ly/lmspsnowclix>) for camps July 10, 17, 31, and Aug. 1 and 8.
- Upper Souris Nat'l. Wildlife Refuge Prairie Marsh Scenic Drive auto tour route and 2 Souris River canoe trails are also open.
- Garrison Dam Nat'l. Fish Hatchery downstream of Garrison Dam near Riverdale open for free tours Monday through Friday 9 a.m. to 3:30 p.m. and weekends and holidays from 10 a.m. to 3 p.m.
- June 22 & 23: Frontier Military Days beginning at noon each day, Fort Stevenson State Park, Garrison.
- June 25: Summer Olympics for children ages 6 to 14, Duane Carlson Stadium, Minot, 6 p.m.
- June 28: Free Movie in the Park, Oak Park, 9:30 p.m.
- July 4: 4th of July Fest, Oak Park, 11 a.m.
- July 5 & 6: Let's Stick to Fun evening activities, Lake Metigoshe State Park, free with park entrance fee.
- July 10: Youth Day Camp, Feathered Friends, Lake Metigoshe State Park, for 7- and 8-year olds, 9 a.m. \$35 and park entrance fee. Registration now open, (<https://bit.ly/lmspsnowclix>).

TOURNAMENTS:

- July 13: Lake Sakakawea, Parshall Bay; Lake Sakakawea, Van Hook Arm; Lake Sakakawea, Beulah Bay; Devils Lake, Creel Bay.

around the New Town area.

- Lake Sakakawea, Van Hook Bait & Tackle: Fair walleye bite with most success still on minnows, which is unusual for this time of year. Bite is inconsistent, probably due to weather fronts, but try working 16 to 22 feet throughout the Van Hook Arm.
- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace continues producing walleye in the spillway channel and hole. Lots of small ones so sort through for the keepers. Try a variety of bait. Move around using crankbaits to locate bigger fish. Some catfish, as well. Try the chutes at night with 3-way swivels or from shore off the rocks using crankbaits. Walleye spread out in a wide range of depths on the east end of Lake Sakakawea, likely due to weather fronts. Look for continued salmon activity along the face of the dam. Try nightcrawlers on Lake Audubon for fair walleye success.
- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Water clearing on the upper end of Lake Sakakawea as far down as White Earth Bay. Best success remains around New Town using nightcrawlers in about 20 feet but also try minnows yet. Springbrook

Dam producing some pike using spoons or frozen smelt. Blacktail Dam continues producing panfish success.

- North-central/central N.D. lakes, Townner Hdwe. Hank, Townner: Not many reports from area lakes or the Souris River with most area anglers heading east to Devils Lake.

Paddle sports river elevations:

- Little Missouri River, Watford City, Long X Bridge: River stage, 7.44 feet; streamflow, 116 CFS.
- Missouri River, Williston: River stage, 20.6 feet.
- Missouri River Washburn: River stage, 10.04 feet.
- Pembina River, Walhalla: River stage, 2.93 feet; streamflow, 403 CFS.
- Souris River, Foxholm: River stage, 5.91 feet; streamflow, 32.8 CFS.
- Souris River, Minot Broadway Bridge: River stage, 41.71 feet.
- Yellowstone River, Sidney, Mont.: River stage, 7.61 feet; streamflow, 21,600 CFS.

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.

A LOOK BACK THIS WEEK IN USAF HISTORY

OPERATION NEW TAPE
JULY 8, 1960



USAF C-130 from the 40th Tactical Airlift Squadron loads up Swedish troops who were deployed to Congo on July 20, 1960. (UN Photo)

In 1960, the Belgian Congo, a colony in West Central Africa, was granted independence and became the Republic of the Congo. Due to a power-sharing struggle between two opposing political parties and continuing unrest, a civil war broke out. The United Nations deployed troops to help keep the peace as the nation was torn apart. In order to evacuate refugees from the Belgian colony, Operation NEW TAPE began on July 8, 1960. The operation evacuated over 300 American civilians, delivered more UN troops, and flew other humanitarian relief missions. USAF in Europe provided medical air support. The 317th Tactical Hospital Detachment from Evreux Air Base, France, even set up a dispensary. C-130s and C-124s from various American and European squadrons were used to airlift over 1,000 tons of food and over 2,500 refugees. Operation NEW TAPE lasted four years and at the time, became the biggest airlift since the Berlin Airlift.

Information courtesy of: media.defense.gov / airforcemedicine.af.mil / air.museum / arsof-history.org

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and variety that will make their scream for ice cream. If you love classic vanilla ice cream, they are currently featuring Pride Dairy's Thomas Jefferson Vanilla Ice Cream. What makes it so special? It utilizes a recipe for 1780, which was quite literally penned by our 3rd President of the United States. It's a history lesson while eating ice cream all at the same time.

Celebrate the warm weather with stops at both Jar + Cone and Magic City Sweets. Take a stroll downtown, enjoy a sugar rush, and then take the kids to the park to burn off that energy. It is a perfect way to fill a summer day with memories. Get out there and enjoy the beautiful weather because we all know, the days are limited before the cool weather makes its way back.



There is one treat that everyone thinks of when it comes to a hot summer day and that is ice cream. This refreshing treat has been a staple in the American diet since the 1800s when insulated ice houses made it possible to make and store the sweet, creamy goodness more easily. Since that time, ice cream has become a staple in American households and for good reason, it is delicious!

As you are out and about in downtown Minot this summer, you may find yourself in need of a sweet treat and there are two must stop ice cream shops right on Main Street. They both serve tasty ice cream treats, but are both unique in their own special ways. I highly suggest you make it a plan to check out both. I mean, if someone is giving you permission to treat yourself, you have to do it!

Located in The Putt District at 17 Main St S, Jar + Cone is an eco-friendly and sustainable ice cream shop offering either an edible vessel for your ice cream, a cone, or a reusable container for your ice cream, a mason jar. They offer a variety of flavors of ice creams and toppings, plus options for larger containers to take home with you. One cool (pun intended) feature is their Jar Club.

This club allows you the chance to receive discounts on your ice cream after your first purchase. It is so simple. You go into Jar + Cone, make your first purchase of a jar of ice cream, paying for the pint or quart jar. Take the jar home, wash it, and bring it back the next time you want ice cream. When you bring in your jar for your next purchase, you receive a 50% discount. As an added bonus, club members hear first about new flavors and special promotions.

Magic City Sweets, at 123 Main St S, is an ice cream social and milkshake bar. When you walk in, you will be welcomed with brightly colored decor and a festive seating area to hang out and spend time. They have a variety of flavor combinations to choose from including featured specials and you can also create your own. Want your ice cream in a cone? You got it! How about in a doughnut? Sure! They even offer fruity pebble treats bowls. Oh my! Talk about a sugar rush!

Bring the whole family and they will certainly find a flavor



Brian Webb



A regular reader, Brian Webb finally found a \$45 Golden Ticket in his Northern Sentry. Way to go Brian!

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All About Pets

Enriching Your Dog



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

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

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

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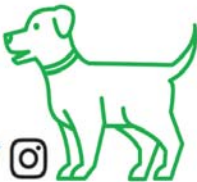
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YOUTH IN ACTION

Strategies to Beat “Summer Slide”: Part 1

Summer is a time to rest, rejuvenate, and refresh from a long school year. However, there is also the potential of “summer slide” while on break. Summer slide refers to the loss of academic skills and knowledge that can occur during the summer break.

There are a few ways to address summer slide and encourage lifelong learning in students. This list is not exhaustive but can provide ideas on how to continue to engage students in learning while on summer break.

1. Read regularly: Encourage your child to read books of their choice during the summer. Set aside dedicated reading time each day to keep their reading skills sharp.

2. Visit the library: Our Minot AFB Library is incredible. Take regular trips to the local library and let your child explore different books and genres. Many libraries also offer summer reading programs with incentives and rewards.

3. Engage in educational activities: Look for educational programs, camps, or workshops



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



in your community that focus on subjects like science, technology, engineering, arts, and mathematics (STEAM). Stopping by the Magic City Discovery Center is a great way to engage with STEAM. These activities can be fun and help prevent learning loss.

4. Set learning goals: Setting learning goals are critical in the educational growth and development of a child. Activities similar to this can help your child set achievable learning goals for the summer. It could be mastering a new skill, completing a project, or

exploring a specific subject. Having goals will keep them motivated and engaged.

5. Incorporate learning into daily activities: Learning opportunities are all around us! Encourage your child to practice math skills while cooking, measure objects, or calculate expenses. Use everyday situations as opportunities for learning.

Next week, I look forward to sharing Part 2 of “Ways to Beat ‘Summer Slide’”

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YOUTH IN ACTION

Discover 701 Day at MCDC

TESSIA SAMUELSON, MAGIC CITY DISCOVERY CENTER

Did you know that North Dakota is one of only 11 states in the United States that uses a single area code for its entire state? On July 1st, North Dakota celebrates what is called, “701 Day.” A day to celebrate the beautiful state that approximately 780,000 people call home. North Dakota is also known as the Peace Garden State because the International Peace Gardens borders between North Dakota and Canada. These gardens represent the pledge made in 1932 to never go to war with one another. Since the gardens fall on the border, you can actually walk from the United States to Canada and back.

Although it is an unofficial holiday, the Magic City Discovery Center has a few different ways to celebrate. From the dates of July 1st to July 21st, they will be hosting a postcard making contest for kids ages 2 - 18. The winners of the contest will have their postcards printed and sold at the MCDC gift shop. They will also receive a pack of their printed postcards and some MCDC merchandise. This contest is a way to celebrate the beautiful state of North Dakota and showcase kids’ favorite part about living here.

Postcard making will be hosted

in the Creativity Studios throughout the duration of the contest. You can also enter from home by making a postcard, filling out the entry form, and submitting it to the front desk of the center by July 21st. For the entry form and other contest details, visit magiccitydiscoverycenter.com/postcardcontest.

The Magic City Discovery Center will also be celebrating in the Spark!Lab.

Starting on July 2nd, you can help create a unique North Dakota collage flag. There will be supplies such as markers, magazines, cardboard, tissue paper, and so much more. The final result will be posted online and put on display at the center by the end of the month. Come help the discovery center celebrate the magic of North Dakota.






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BOAT SAFE - GET CERTIFIED

Patricia Stockdill

While it doesn't take a driver's license, nor does it take a boater education course for adults to operate motorized boats in North Dakota, becoming certified in boat safety is more than just a good idea; it's a smart one, as well.

And it could just be a life-saving idea.

Boating accidents happen every year across the state – whether it involves personal watercraft (PWC), small fishing boat, big fishing boat, sailboat, or yacht (yes, there are yachts on lakes in North Dakota – mainly Lake Sakakawea).

When it comes to children, though, North Dakota does require anyone 12 to 15 years of age operating a boat with a 10-horsepower or larger motor and any PWC by themselves to pass the state's Boat Safety Course.

A home study, hard copy manual of the course and mail-in completed exam is available at no charge from the N.D. Game and Fish Department. Just call the Bismarck headquarters, (701) 328-6300, or email a request to ndgf@nd.gov.

Another option is an online version, although that carries a fee because the course is done through a separate provider. Go online to (gf.nd.gov/education/boating) for a link to a course provided by either Boat-Ed or Boater Exam. Both are accepted by the state.

People of all ages can take the hard copy or online version. The beauty of the course is it's accepted by other states that may have certification requirements – or simply recommend it for safety and education. All of the materials were developed to meet standards and requirements established by the National Association of State Boating Law Administrators and Transport Canada and is recognized by the U.S. Coast Guard.

For example, South Dakota and Wyoming don't have boat education certification requirements but other states such as Delaware require it for everyone operating a motorized vessel born after Dec. 31, 1977. In California everyone, regardless of age, must be certified to operate a motorized vessel.

The law will be phased in over a period of years. Montana requires certification for 13- and 14-year olds operating a PWC with 10-horsepower or higher motors.

Regardless of which version a person opts to take – for themselves or a child – it can be completed at their own pace, although the online course has to be completed within 90 days of registration and payment.

Permanent certification cards will be mailed upon course completion whether taking the hard copy print or online version. And a temporary certification card is available until the “real deal” arrives, which is a good for a lifetime.

There's a lot to learn by taking a boat education course for novice or veteran boat operators alike: Topics include North Dakota's legal requirements, navigation rules, and rules of the road. Yes, just like there are rules of the road for vehicle drivers on real roads, boaters have their own rules of the road (water). Even the nuances of getting started are covered.

A major safety component of the course deals with accidents, basic first aid, and life-saving.

Weather plays a major role in highway accidents throughout the year – rain, snow, ice, and even wind. North Dakota's weather can change quickly and when boating, Mother Nature can unleash sudden wind, lightning, hail, and tornados.

Dealing with weather is part of the boat education course, as well.

The boat education certification isn't the same as a driver's license under State of North Dakota laws, even though certification is a legal requirement for certain age groups.

But the bottom line is that it comes down to boating smart and boating safely, regardless of age. Plus, once certified, a person is good to operate a boat across the U.S. and Canada.

Play it safe, get certified, and be legal regardless of age.



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AIC Cruz has been a go-to Airmen in the Munitions Storage and Handling section since his arrival in December 2022. His constantly positive attitude and motivational spirit is contagious in his shop, pushing his team to always accomplish the mission, even in the face of Minot's harsh winter conditions. He also volunteers his off-duty time to the Airmen Against Drunk Driving program, providing safe and sober rides home to Team Minot members.

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Wendy Keller Announces Upcoming Retirement

MAGIC CITY DISCOVERY CENTER

Wendy Keller, Executive Director at the Magic City Discovery Center, has announced her upcoming retirement. Keller was a pivotal force behind the success and growth of the Discovery Center.

Wendy’s journey with the Magic City Discovery Center began as a member of Give 360, the group that conceived the idea of opening a children’s museum and science center in Minot. As a founding board member, Wendy helped to establish the Children’s Museum of Minot Inc., a 501(c)(3) nonprofit organization in 2014.

In collaboration with Dakota Territory Air Museum, an interim location was opened for four winters where Wendy served as Museum Manager for three of them before being hired full-time

in 2017. Wendy played a crucial role in securing grants from the Department of Defense and the state of North Dakota along with approximately \$8 million in funds from local citizens, companies, and organizations.

During her seven years at the Magic City Discovery Center, Wendy was nominated for Emerging Leader of the Year and Leader of the Year through the Alliance of Nonprofits. The Discovery Center was also honored as Organization of the Year in 2023.

Reflecting on her time at the Discovery Center, Wendy remarked, “It has been a long road to get here, but it was totally worth it. I am so proud of what our passionate little group and community supporters have achieved. I have treasured my

time at MCDC, but I look forward to relaxation, travel, getting caught up with projects, and having a personal life again in 2025.”

Praising Wendy’s contributions, Board President, Dave Schwengler, stated, “After more than a decade of dedicated service as first a founding Board Member and then serving as our Executive Director, Wendy leaves behind a profound legacy. She played a pivotal role in establishing our children’s museum, demonstrating steadfast leadership and a deep commitment to enriching the lives of young people.”

The Board of Directors will soon commence a search for a new Executive Director to lead the Center into its next chapter and continue its mission to inspire creativity, encourage play, and enhance education.

Wendy Keller

Executive Director

“It has been a long road to get here, but it was totally worth it. I am so proud of what our passionate little group and community supporters have achieved.”



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VOLUNTEER OPPORTUNITIES

ND State Fair Security Screening

A fantastic volunteer opportunity has arrived, and the Hispanic Allies is requesting your help for the upcoming 2024 ND State Fair!

Who: Any military member, civilian, or DOD contractor on Minot AFB

What: Security screening for concerts at the state fairgrounds (6–7-hour shifts projected, starting at 1700)

How: Volunteers will be provided a hand-carried metal detector, and will use it to conduct checks of incoming concert attendees to ensure no firearms, weapons, or contraband is brought into the venue

When: Saturday, 20 July (Lil Wayne)
Thursday, 25 July (Machine Gun Kelly)
Saturday, 27 July (Lainey Wilson)

Where: State Fairgrounds flagpoles in front of the Grandstand (2005 E Burdick Expy, Minot, ND 58701)

In addition to the rewarding experience of contributing to the community, volunteers will also receive a complimentary fair ticket for the day(s) they volunteer for. This means you can enjoy the fair on the chosen days!!! Please use the link to sign up:

<https://www.signupgenius.com/go/10C0844A5AB2AA6FCC43-49579221-2024#/>

We encourage you to consider signing up for all three events, or even just one day. Your participation, no matter how small, will make a significant difference in the success of this endeavor. We look forward to your support! Reach out to me, or any of the individuals cc’d above, with any questions.

POC: ADAM B. ALJABI, SSgt, USAF
President, Hispanic Allies, Minot AFB, ND 58705
Comm: (701) 723-2718
DSN: 453-2718

Air Force Recruiting Booth Volunteers

Assistance needed for supporting the ND State Fair, looking for 20 Airman to help run the Air Force Recruiting booth. There will be two 6-hour shifts (9am-3pm & 4pm-9pm) throughout the State Fair duration 19 July-27 July. Volunteer, please reach out NLT 21 June. If you have any questions or concerns, please feel free to reach out. Thank

POC: Christopher L. Hudley, TSgt, USAF
Air Force Recruiter, 343rd Recruiting Squadron
Comm (701) 839-4635
Cell (701) 240-4179

Minot Hot Tots & Honeybees Host Families

The Minot Hot Tots and Honeybees are looking for families to volunteer as host families for players during the upcoming season. Minot host families serve as community ambassadors while providing a positive, happy and FUN life experience in a family environment as student athletes transition from their colleges and hometowns to the city of Minot and the Northwoods League.

Info: (701) 838-8687,
hottotsbaseball.com, honeybeessoftball.com

AADD Volunteers

AADD is seeking volunteers to support various event requests.

*Here is a link to our regular schedule for weekends, if interested, please disseminate to your members. REGULAR 2024 WEEKLY SCHEDULE-

<https://volunteersignup.org/FHLLR>

POC: SSgt Kristal A. Cruz Leon, 723-4633
kristal.cruz_leon@us.af.mil

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.

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POC: Maj. Jeffrey Slocum 701-360-5948 |
021cc@ndwg.cap.gov | nd021.cap.gov

MSU Culture Stock Festival Volunteers

We are teaming up with Minot State 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)
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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

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

★Hotel★

REVEL

Weddings
for Warriors

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

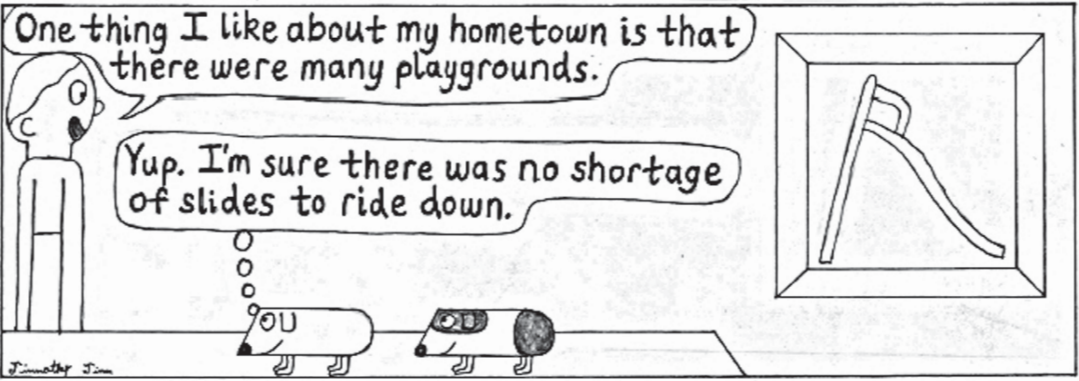
The new giveaway, **Weddings for Warriors**, will honor the men and women who serve the United States by giving away use of the Pilot’s Bar and banquet space once every month.

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

For further information, please send a message to the hotel at [revelnd.com](https://www.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.



One thing I like about my hometown is that there were many playgrounds.

Yup. I'm sure there was no shortage of slides to ride down.

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.

TIMMOTHY TIMM

Musicians Of Minot AFB

Come See, Play, or Learn!

Come play Guitar, Bass, Drums

Bring you own Instruments

Don't know how to play anything? Come sing

Hosted at the Base Theater on

Saturdays from 12:00 to 6:00!

JOIN OUR DISCORD,
FACEBOOK,
OR INSTAGRAM

For updates and socialization:
<https://discord.com/invite/xQtPFRBr>
Minot AFB Musicians On Facebook
Minotafb_musicians On Instagram



RESTAURANT & ENTERTAINMENT GUIDE

Atypical Brewery & Barrel Works

510 Central Ave E, Minot
Phone: 701.833.0567
FB: Atypical Brewery & Barrelworks

Applebee’s Grill & Bar

2302 15th St SW, Minot
Phone: 701.839.2130
www.applebees.com

Badlands Restaurant & Bar

1400 31st Ave SW, Minot
Phone: 701.852.7335
www.blgrill.com

Bone’s BBQ Smokehouse & Grill

1412 2nd Ave SW, Minot
Phone: 701.838.9140
www.bonesbbqminot.com

Culver’s Restaurant

3000 S Broadway, Minot
Phone: 701.852.4800
www.culvers.com

Ironhorse Kitchen + Bar

21 E Central Avenue, Minot
Phone: 701.852.8183
FB: Ironhorse Kitchen + Bar Minot

Jamaican Vybz Kitchen

Suite 200 315 Main Street S Minot
Phone: 701-441-9309
FB: Jamaican Vybz Kitchen

Meg-A-Latte

2045 N Broadway Suite #100
Minot, ND 58703
Phone: 701-838-8479
www.meg-a-latte.com

Mi Mexico

3816 South Broadway Minot
Phone: 701.858.0777
www.mimexicominotnd.com

N.D. Asia

3400 16th St SW, Minot
Phone: 701.852.1240
www.ND-Asia.com

Noodles & Company

304 4th Ave NW Minot
701.491.9103
www.noodles.com

Pink’s Bar & Grill

102 128th Ave NW Minot
Phone: 701.852-2385
FB: PinksBarGrill

The Blue Rider

118 1st Avenue SE Minot
Phone: 701.852.9050
www.theblueriderbar.com

The Starving Rooster

30 1st St. NE, Minot
Phone: 701.838.3030
www.starvingrooster.com

Whiskey Nine

109 Central Ave, Minot
Phone: 701.837.1090
www.whiskeyninennd.com

2 Winners Every Week!

BADLANDS

RESTAURANT BAR

WE’LL BUY YOU DINNER!

1. Take a selfie photo showing this ad!

2. Like Badlands Restaurant & Bar on Facebook!

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!

\$25.00 Gift Certificate From Badlands Restaurant & Bar

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.

Norsk Høstfest Seeking Volunteers

NORSK HØSTFEST

The 45th annual Norsk Høstfest is slated for Sept. 25-28, 2024. To ensure a successful event, hundreds of volunteers are needed to assist with many tasks before and during the festival. Volunteers will receive free admission (\$44 value) to the festival each day they volunteer, a free Høstfest t-shirt, a spicy pie pizza coupon, snack, concert ticket discount, and a great time. For volunteers who volunteer for more than one shift per day, they will receive 20% off Høstfest swag and a meal voucher. Signing up now will guarantee volunteers their desired shift(s). Signing up with a friend will double the fun.

Volunteers are needed to scan tickets, staff the information booths, help Scandi chefs in the Scandi Kitchen, assist with move-in setup, selling tickets, clothing and

souvenirs, greeting guests, along with other jobs. Go to Høstfest.com/about/volunteering to get more information and choose your job(s) and shift(s).

The festival's four-day slate of Great Hall entertainers are the Gaelic Storm & Texas Tenors, Church of Cash, Fab Four, Trace Adkins, Jay Leno, Ryan Bingham, and Garrison Keillor. Side stage entertainers include Molly B, Tigirlily Gold, Midwest Murder, Waddington Brothers, Steve Solkela, Bachelor Farmers, and Koo Koo along with many others. Tickets can be purchased at Høstfest.com or at the office at 1020 S. Broadway between 9 a.m. and 3 p.m.

For more information, contact Teresa at the Høstfest office at 701.852.2368 ext. 3.



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(701) 727-2233
(701) 727-AADD

THURSDAY, FRIDAY & SATURDAYS
09:00 PM - 02:00 AM

HOLIDAY WEEKENDS
08:00 PM - 03:00 AM

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BADLANDS
RESTAURANT BAR

Upcoming Events

28 JUNE

MOVIES IN THE PARK - BARBIE
9:30 PM
Oak Park Amphitheater
11th to 14th Block of 4th Ave. NW, Minot

Friday, June 28th the Oak Park Amphitheater showing Barbie. All movies begin at sunset (around 9:30 pm). *This movie is rated PG-13 so please plan accordingly.

For more information:
Facebook/ Minot Parks/ Events

29 JUNE

MINOT FARMERS MARKET + MUSIC BY CHLOE MARIE
9:00 AM - 12 NOON
Oak Park

Enjoy our longest running Farmers Market! Find your favorite farmers, makers, bakers and more. Chloe Marie joins us 9:30am to 11:30am.

For more information:
Facebook/ Minot Farmers Market/ Events

01 JULY

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

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

From total beginners that may need some help getting started to expert craftsmen - we hope to host you with plenty of refreshments (alcoholic and N/A options available!), popcorn, and good company!! See you there!!

Der Blaue Reiter's CRAFT NIGHT

every Monday 7-9 PM

For more information:
Facebook/ Blue Rider/ Events

04 JULY

FOURTH OF JULY CELEBRATIONS IN MINOT ALL DAY
Various Location
Minot

Celebrate the 4th of July with a parade, live music, free family activities, and the largest choreographed fireworks show in North Dakota!

10AM - Shriner's Fourth of July Parade: Starting from the corner of 25th St NW and 4th Ave NW through

11AM - 3PM: Minot Parks Fourth of July Festival: At Oak Park: Free Live Music, Food Trucks, and Games

4:05PM (gates open 3:05PM) Minot Hot Tots 4th of July Baseball Game: At Corbett Field: Baseball, Side Entertainment, and Concessions

7PM: Nordak Speedway Fireworks Special Races: At ND State Fairgrounds: High-Speed Action on the Race Track

10:45PM Largest Choreographed Fireworks Show in ND: At ND State Fairgrounds: FREE Grandstand Access After 10 PM. Tune to 90.1 FM for music program. Fireworks Display by Mum Pyrotechnics Sponsored by Minot Fireworks Association. Enjoy Independence Day in the Magic City!

MINOT FIREWORK ASSOCIATION

MAGIC CITY Fourth of July CELEBRATIONS

MINOT PARK DISTRICT HOT TOTS

For more information:
Facebook/ Minot Parks/ Events

09 JULY

SUMMER SCIENCE & ROBOTS MINI CAMP 1
10:00 AM-12:00 PM
Magic City Discovery Center
1545 1st St NW, Minot

Our Science & Robotics themed mini-camp is sure to be a hit with your school age child! During our two days together, we'll be conducting several exciting science experiments and introducing a variety of robots and coding methods. We'll even be using robots to create art. We'd love to have you join us for two fun-filled days of science, discovery, exploration, and creativity! Summer Science & Robots Mini Camp 1 will be held July 9 - 10th in the Community Rooms from 10:00 A.M.-12:00 P.M. Cost: \$43.20 for MCDC Members, \$48 for Non-Members, \$38.40 for Military Members. Ages: 5 - 14, arranged in smaller groups by age. Class Size: 20 children

SUMMER SCIENCE & ROBOTS MINI CAMP July 9-10

For more information:
Facebook / Magic City Discovery Center / 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

SERVING FROM 10AM - 2PM

BLGRILL.COM | 1400 31ST AVE | MINOT, ND | 701-852-7335

WHAT'S GOING ON MINOT AFB

FRIDAY 28

- Archery Camp, Youth Center
- Registration Opens: Soccer Camp, CYPBMS website at <https://parent.afcyp.com/>
- TAP (DoL) Employment Workshop, 0800-1600, M&FR
- Family Zumba, 0930, McAdoo Fitness Center
- Freedom Fest STEAM, 1300, Minot AFB Library
- Freedom Fest, 1800, Rockers Bar & Grill Parking Lot

TUESDAY 02

- Cycle & Strength, 0515, McAdoo Fitness Center
- Boots to Business, 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

FRIDAY 05

- AFGSC Family Day
- For a full listing of Independence Day holiday facility hours visit 5thforcesupport.com

SATURDAY 29

- Percy Jackson Escape Room Game Ends, Minot AFB Library
- Zumba, 0900, McAdoo Fitness Center
- Ballpark Nights, 1730, Corbett Field, hosted by Outdoor Recreation

WEDNESDAY 03

- Wingman Wednesdays, 0900-2100, Rough Rider Golf Course
- Family Strength & Tone, 1000, Turf, hosted by 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 Club, 1200, Minot AFB Library
- Yoga, 1700, McAdoo Fitness Center

SUNDAY 30

MONDAY 01

- July 2024 Photo Scavenger Hunt Begins, Minot AFB Library
- Boots to Business, 0800-1600, M&FRC
- UVAO Training, 0900, M&FRC
- Reintegration Briefing, 1000, M&FRC, Zoom Meeting
- Writing Club, 1800, Minot AFB Library

THURSDAY 04

- Independence Day
- For a full listing of Memorial Day holiday facility hours, visit 5thforcesupport.com
- Independence Day BBQ Special Lunch, 1030-1330, Dakota Inn Dining Facility

SATURDAY 06

- For a full listing of Independence Day holiday facility hours visit 5thforcesupport.com

JULY SPECIALS

Bomber Bistro Featured Item

Red, White & Blue Salad

Spring mix, strawberries, blueberries, and feta cheese with raspberry vinaigrette.

The B-Fifty Brew Featured Item

Red Bull Burners

Enjoy a caffeine boost from Red Bull with our featured flavor burner: **strawberries & Cream** and **Blue Raspberry & Coconut** with Lemonade!

Rockers Bar & Grill Featured Item

Philly Cheesesteak

Thinly sliced sirloin steak with grilled peppers and onions, special sauce and topped with melted provolone cheese inside a toasted hoagie bun served with fries and a drink.



Fiesta Fridays!

FREE Salsa Lessons & Dance Nights at Rockers Bar & Grill

2024 6pm-10pm

Every 2nd Friday, join us for lessons with Jarrick Chappell, no registration needed!

**6pm-7pm Beginner Salsa • 7pm - 8pm Intermediate Salsa
8pm - 10pm Open Dance • Dancers must be 18+**

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 **COMMUNITY CENTER**



WHAT'S COOKING? PRESENTS

2024 VIRTUAL

Cooking Classes

WITH LUCA MANFÉ

WINNER OF MASTER CHEF SEASON FOUR

**ATTEND FOR A
CHANCE TO WIN
ONE OF TWO
GRAND PRIZES***

*TERMS & CONDITIONS APPLY

06.08	@ 1000 CT	Food Demo - LIVE from Aviano
07.26	@ 1800 CT	Fish and Chips
07.27	@ 1700 CT	Steak Night
08.23	@ 1800 CT	Beef Short Ribs (Master Chef Finale)
08.24	@ 1700 CT	Pork Tenderloin
09.06	@ 1800 CT	Veal Scaloppini
09.07	@ 1700 CT	Seafood Stew
10.28	@ 1700 CT	Roasted Rack of Lamb

SCAN QR CODE TO LEARN MORE OR GO TO
MYAIRFORCELIFE.COM/MASTERCHEF

5THFORCESUPPORT.COM

2024 FREEDOM FEST



FRIDAY, JUNE 28TH • 6PM

ROCKERS PARKING LOT

FOOD TRUCKS • KID'S ZONE • FIREWORKS

**SCAN OR CODE TO VIEW
THE DAY'S ITINERARY
OR VISIT THE LINK BELOW**

<https://5thforcesupport.com/event/freedom-fest-1/>



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