



WHAT'S INSIDE
THIS WEEK:



WREATHS
ACROSS
AMERICA
HONORS
FALLEN
HEROES IN
MINOT

A2



GET IN
ON THE FUN:
MINOT
SPOUSES
CLUB

A5



MINOT IS A
SMALL CITY
WITH A BIG
ART SCENE

A10



Commanders Kick Off Holidays

Minot leadership and dependents turn on the lights during the tree lighting ceremony at Minot Air Force Base, North Dakota, Dec. 7, 2024. The tree lighting was a community event held at the Northern Lights Chapel and facilitated by the chaplain corps and Minot leadership. Find a holiday message from base leadership on page A7.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS WESLEY DAVIES

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Wreaths Across America Honors Fallen Heroes in Minot, North Dakota

NATALY ZARRELLA, NORTHERN SENTRY

Wreaths Across America is a cherished national tradition with a profound mission: “To remember the fallen, honor those who serve along with their families, and teach the next generation the value of freedom.” In 2023, over 3 million wreaths were placed across national cemeteries nationwide, helping to ensure that the sacrifices of our military heroes are never forgotten.

In Minot, North Dakota, Wreaths Across America partners with the local Civil Air Patrol, U.S. Air Force Auxiliary Wing, to organize this impactful event each December. According to Major Jeffrey Slocum, Commander of the Magic City Composite Squadron, the Civil Air Patrol plays a vital role in honoring those who have served. “We provide volunteers and assist with Wreaths Across America to honor those who helped us earn our freedom, which sometimes comes at a price,” Slocum said. Each year, the North Dakota Civil Air Patrol Wing contributes 15 cadets, along with many additional volunteers from the community, to help place the wreaths.

Due to the heavy snowfalls common in North Dakota, the

cemetery grounds are often blanketed, making it difficult to locate gravestones. To aid the volunteers, pre-placed crosses mark the locations of the fallen, ensuring that every tombstone can be found and appropriately honored. The Rosehill Memorial Park Cemetery in Minot is home to 944 veterans, whose graves will be adorned with wreaths in tribute to their service.

This is a great opportunity for anyone wanting to give back to the men and women who served our country, and it’s especially meaningful for involving the younger generation in giving back to our nation’s heroes. Volunteering for Wreaths Across America not only helps honor those who have given so much but also strengthens the bond within the community, ensuring that future generations understand the profound cost of freedom.

Volunteering for Wreaths Across America is simple and meaningful. You can support the cause by donating \$17 for a wreath or by volunteering your time to place wreaths at your local national cemetery. If you’re interested in participating in the 2024 event, you can sign up on

the Wreaths Across America website, or show up in person at the NDRMPC- Rosehill Memorial Park Cemetery, 700 11th Avenue Southeast, Minot, ND 58701, on December 14, 2024, at 11:00 a.m.

Wreaths Across America offers a powerful opportunity for people of all ages to come together and honor the sacrifices made by our military service members. Whether through a donation or through hands-on involvement, every gesture helps ensure that the memory



Civil Air Patrol Cadets from the North Dakota Wing volunteering with the 2023 Wreaths Across America.

COURTESY PHOTO

of those who gave their lives for our freedom lives on. As the holiday season approaches, let’s take time to reflect on the true meaning of sacrifice and honor those who have selflessly served our nation.



Wreaths Across America honors those who serve our country by placing wreaths on their resting place for the holiday season.

COURTESY PHOTO



Volunteers placing wreaths at Rosehill Memorial Park Cemetery for the Wreaths Across America.

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Firefighters from 20th AF Bases join to train for missile silo rescues

AIRMAN 1ST CLASS HUNTER KIRKLAND

F.E. WARREN AIR FORCE BASE, Wyo.-- Fire Department members from F.E. Warren Air Force Base, Wyoming, Malmstrom AFB, Montana, and Minot AFB, North Dakota, coordinated together to train and streamline the processes for conducting rescues in the cramped spaces of a 87-foot deep missile silo during a series of training exercises and discussions at F.E. Warren AFB, Wyoming, Oct. 25, 2024.

The purpose of the exercise was to maximize rescue efficiency if a maintainer was to fall into the missile silo, while also standardizing the techniques and equipment used between the three U.S. Air Force bases.

“We wanted to have a streamlined sort of rescue effect when it came to any and all emergency operations within a missile field between F.E. Warren, Minot and Malmstrom,” said Staff Sgt. Zachary Orr, 90th Missile Wing fire company lead. “We wanted to create a standardized operation, whether that be us assisting in other bases or receiving aid, depending on the location of the emergency itself.”

On the first day, rescuers rappelled down the cramped, 87-foot deep silo of the training missile launch facility. After reaching the bottom, rescuers packaged the training dummy onto a stretcher and hoisted it up slowly and safely. After the dummy reached the top, the rescuers climbed back up the silo to the entrance.

“I just played a rescue technician,” said Orr. “I was an example of how we set it up. I put on the gear, I rappelled down the hall, I packaged the victim. I was just being the example of how we made the rescue happen.”

The second day was dedicated to constructive criticism and feedback on the manner in which the rescue was performed the day prior and what equipment was used.

“It was good having the validation from our peers on our rescue setup with an emphasis on how streamlined it is,” said Jeremie Barrett, 90th Missile Wing fire captain and facilitator of the exercise. “It did help us know that we were on the right track moving forward, and garnering that validation from the assortment of firefighters from all stretches of the country with the breadth of knowledge they brought, absolutely encouraged me.”

The exercise provided not only a way in which to streamline rescue operations, but to also cooperate and strengthen the relationships with other bases. With participants from three different Air Force Global Strike Command bases, each participant had a different background with the common goal to provide further insight to maximize every part of a rescue.

The exercise brought the 20th Air Force bases together and helped establish efficient ways



Firefighters from F.E. Warren, Malmstrom and Minot Air force bases participate in the Global Strike Joint Missile Silo Rescue Working Group exercise at F.E. Warren Air Force Base, Wyoming, Oct. 26, 2024. The purpose of the exercise was to provide a greater understanding of rescues within missile silos, refinement of rescue techniques and strengthen relationships between nearby Air Force Global Strike Command Missile Wings.

U.S. AIR FORCE PHOTO | A1C HUNTER C. KIRKLAND



Fire rescue members of F.E. Warren, Minot, and Malmstrom Air Force Base set up for a missile silo rescue training exercise at F.E. Warren Air Force Base, Wyoming, Oct. 26, 2024. F.E. Warren AFB, Wyoming, Minot AFB, North Dakota, and Malmstrom AFB, Montana, fire rescue experts joined together and participated in the Global Strike Joint Missile Silo Rescue Working Group to train for the possibility of accidents at launch facilities.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS MATTISON COLE

to conduct a rescue with proper equipment. A standard operating procedure is being put in place for Minot AFB, Malmstrom AFB and

F.E. Warren AFB to make missile silo rescue procedures as safe and efficient as possible.

Come learn about our organization and our affiliated organizations by stopping by before one of our meetings!

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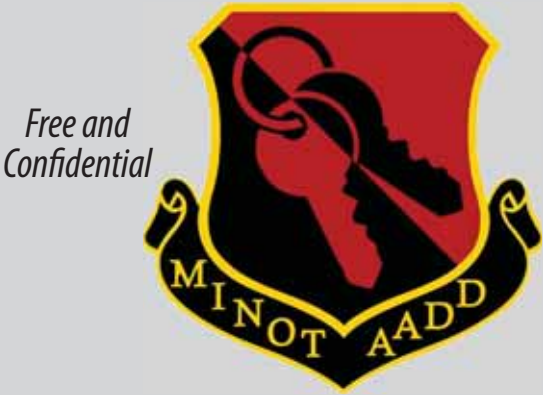


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Prince Hall - 2nd Saturday at 9:00AM

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**A VIEW FROM
OUR SIDE**
ROD WILSON

northernsentry
MINOT AIR FORCE BASE NEWSPAPER | WWW.NORTHERNSENTRY.COM

I first want to start my column by admitting that “I am not a baker”. And to be truthful, I am not a very good assistant to my wife, Sue, when it comes to Christmas baking. I think she humors me and lets me think I am an important cog in the process of baking hundreds of holiday goodies. However, until recently when it became important for me to be concerned about how much sweets I consumed, my main duty was to help eat the holiday goodies that didn’t get shared with relatives, neighbors and friends.

Over the years Sue has gradually decreased the amount of holiday treats that she bakes, which is good. That means there is a better chance that there will be less inventory, if you will, that



The beginning of Christmas tree spritz cookies



It takes a cookie press to make spritz cookies. They are available at most stores that handle cookware.



**UPSIDE DOWN
UNDER**
MARVIN BAKER

While on our way to Rapid City for Thanksgiving, we stopped at Hardees in Dickinson for a bite to eat before hitting those long stretches of highway in western South Dakota.

It had been more than a year since we took the route that took us through Dickinson and south on N.D. Highway 22 to Reeder and beyond.

But Hardees wasn’t the suprise that day in Dickinson, it was a bank across the street. Bank of the West had been operating in that location for some time. Little did we know that Bank of the West, headquartered in San Francisco, changed hands in February 2023 and the Dickinson location was

is hanging around after Christmas. I have always said that those leftover Christmas treats talk to you, until you just have to give up and grab a couple to consume. If a couple were the end, it wouldn’t be such a big deal, right? But all those treats are like a choir singing “we’re ready and waiting for you- Hallelujah!” How can you not oblige them?

It doesn’t help that almost everyone does a little holiday baking, or if they don’t bake they can surely go to the local grocery store where a supply of cookies and bars and peanut brittle and chocolate whatevers are waiting on the shelf to ambush you as you walk by. They are a larger choir, and they are singing louder than the sensible choices in the fruit section. I can share that a couple of years ago I was watching as a young lady was removing grapefruits from a bin in the produce area and replacing them with packages of Christmas cookies. She was telling her friend “well maybe we’ll get their (the customer’s) attention now.

“Spritz”ing Into Christmas Easy To Make Holiday Favorites

I am not throwing up a white flag and saying let’s not fight the battle of eating too many holiday sweets, but I would like to share with you a recipe for one of my favorites during the holiday season. The recipe is pretty simple. They are fun to bake and decorate as a family activity, and best of all they are easy to grab and quickly toss into your mouth without feeling too guilty.

**THE RECIPE FOR
SPRITZ COOKIES**
(or sometimes referred to as Cream Cheese Cookies)

- 1 cup butter
- 3 oz cream cheese
- ½ cup sugar
- 2 cups flour
- Vanilla

When you have mixed the dough use a cookie press to form thin shapes on baking sheets

Bake at 375 degrees on lower oven rack for 4 minutes, move to upper rack for 3-4 minutes

Bake until they just start to turn brown

Remove the cookie and place on a cooling rack. Decorate to your

heart’s content. Sprinkles of color sugar, frosting, or a simple hard candy work well.

Makes about 6 dozen

If you are trying to bake Spritz cookies for the first time and want to share your success...drop me photo at sentrysales@srt.com. A photo will suffice. Share your extras, if you have any, with your friends and neighbors.

BEST KEPT SECRETS

It gets dark pretty early in December, which gives you plenty of time to drive around Minot and see some of the great Christmas light displays. Of course there is the Sertoma display in Oak Park. But don’t just stop there. Pick out an area and drive around. Not every home has a massive display, but there are certainly many that warrant stopping for a quick look.

TODAY’S CHUCKLE

In Hollywood, love at first sight usually only occurs when an actor glimpses his own reflection in a shop window.



Each cookie press comes with several templates. We enjoy the Christmas tree and the wreath shapes.



The finished spritz cookies are colorful and ready for your holiday parties.

New banks with old names...

changed in September of last year. The marquee at the bank says BMO, which is Bank of Montreal, one of five chartered banks, and one of the oldest banks in Canada.

All Bank of the West locations are now called BMO and the Dickinson branch is operating just like any other bank in North Dakota. It is affiliated with Federal Deposit Insurance Corp., and is bound by other banking regulations.

After further checking, the bank in Dickinson is the only BMO bank in North Dakota, but it was quite a surprise to see how many BMO ATMs are located in the state. There are 26 of them in Dickinson, Bismarck, Alexander, Anamoose, Beach, Beulah, Carrington, Dickinson, Dunseith, Fargo, Grand Forks, Tioga, New Town, Mandan, Hatton, Stanley, New Rockford, Lignite, Harvey, West Fargo, Pembina, Minot, Lidgerwood, Watford City, Northwood, Medina and Jamestown.

OK, if BMO is doing business in North Dakota, are there any other Canadian chartered banks doing business here.

It turns out that of the five chartered banks, only one other, the Royal Bank of Canada, also known as RBC, has a branch bank in south Fargo. It is one of 439 branches throughout the U.S.

There are three additional chartered banks that aren’t presently located in North Dakota, but have a presence across the United States. They include Toronto Dominion Bank, known in the United States as TD Ameritrade, Scotiabank, or the Bank of Nova Scotia and finally the Canadian Imperial Bank of Commerce, commonly known as CIBC.

Toronto Dominion has 173 branches in the U.S. If you’re a basketball fan and watch the Boston Celtics at TD Place in Boston; that arena is named for the Toronto Dominion Bank.

It’s unclear how many Scotiabank locations are located in the U.S., but we do know that it operates branches in New York, California, Texas and Puerto Rico.

Likewise with CIBC. It has branches in California, Florida, Illinois, Michigan, Missouri and

Wisconsin.

So why are Canadian banks doing business in North Dakota? Regarding BMO, the Dickinson branch was part of the Bank of the West acquisition.

RBC in the United States is affiliated with the Charles Schwab investment firm and the Fargo branch is known as RBC Wealth Management.

In the grand scheme of things, there are two reasons why the Canadian chartered banks have locations in North Dakota. According to Canadian banking publications, the No. 1 reason is because there is money to be made in North Dakota.

The No. 2 reason is to make it easier for Canadian snowbirds who may be traveling through North Dakota, or who may be staying in the state for an extended period of time. That’s why you’ll see hundreds of these banks in Florida, Georgia, Texas and California.

It’s hard to say if the other chartered banks will open up shop here, but it’s pretty clear that in 14 months, BMO has established itself and appears to be doing well.

Get in on the FUN: Minot Spouses Club

HANNAH WATERS, NORTHERN SENTRY

Calling all military spouses! The Minot Air Force Base Spouses’ Club (MSC) welcomes new members all year round, giving you the opportunity to meet new people, engage with the base community, volunteer, and make the most out of your time at MAFB. With great opportunities to volunteer and be social with other military spouses, the MAFB Spouses’ Club has something for everyone. Between bingo nights, hockey games, and cookie decorating parties, finding friends has never been easier.

The club hosts events and volunteer opportunities both on and off base, so no matter where you live you have opportunities to join in on the fun. Kaitlin Reyna, MAFB Spouses’ Club President said, “It’s a way to help people get out of the house and meet more people.” The spouses’ club has mini clubs inside the organization as well! The mini clubs are for people who have

a very niche interest or want to find a new hobby. With clubs for bingo, mahjongg, and Disney adults, everyone is sure to have a great time and get to experience different hobbies that you may find you like but have never tried before.

When asked about her thoughts on having a mixed spouses’ club between Officer and Enlisted spouses Kaitlin said, “I think it’s nice because you can rely on different experiences. Officer spouses are exposed to different kinds of things than enlisted, which its great because when we’re trying to plan any event, they’re more aware of some of the events going on, on base.”

The volunteer aspect of the MAFB Spouses’ Club is a great way to give back to the community on and off base. Their biggest volunteer opportunity is the MAFB Thrift Store and Cinderella’s Closet, both located in the same building as the base Post Office. The Thrift Store has



80s Bunco Night was the first social held in September. Members dressed in their favorite 80s attire and had nostalgic food (for some). Door prizes were given out for 80s trivia in addition to the game winners!

everything you might need to prepare for Winter for less than half of what you could pay at a department store. Cinderella’s Closet is a dress rental shop where you can find dresses and gowns for office holiday parties, military balls, or even retirement ceremonies.

At the end of each year, a portion of the money earned will be set aside for scholarships and local grants. Any organization on base can apply for these grants. Kaitlin said, “People can apply for money for their group or activity that they need, and if it fits our criteria, we can give them money.” This year, a portion of the money earned was used to support the band at the MAFB Air Force Ball as well as other non-profit organizations and events.

The social aspect of the MAFB

Spouses’ Club is a big part of the organization as well. It is most compelling to spouses who want to get out of the house and make new friends. You still have the chance to get in on the fun coming up in 2025 too! On January 25th, the Spouses’ Club will be going to the Minotauros hockey game, completely free for MSC members! Then, in February, they are going to host a sugar cookie decorating competition. Members will be able to win prizes ranging from gift cards and free nail salon visits.

In order to make all these interactive activities possible, there is a small membership fee to join the MSC. The fee is based on their spouse’s military rank. It ranges from \$20 for lower enlisted to \$60 for upper officer ranks. Retirees and DOD

spouses are welcome to join too! “Starting in January, it [the membership fee] will be sliced in half because it’s only half of a year. It’s basically appropriated for the rest of the year. So, an Airman’s husband or wife can join in January and see what it’s like and then decide from there on.” Additionally, every spouse can attend their first club event for free and without commitment for join!

The MAFB Spouses’ Club is a great way to get out and meet new people. They have so many great opportunities to volunteer and to be social with other members of the base community. You may find that your new best friend has been waiting for you to join the club, but you wont know until you attend an event and give it a try!



In October, the club went and painted ceramics at Margie’s Art Glass Studio.

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WINTER PHOTO CONTEST

ERIN BEENE, NORTHERN SENTRY

Send us your winter-related or snow photos and you could WIN a FREE day on the slopes at Bottineau Winter Park!

Winter in North Dakota isn't lackluster after all! The frigid weather brings on snow activities, frozen experiments, unique outdoors activities and wacky weather too. We want to see the way you and your family experience the uniqueness of this North Dakota season.

Send us your photos of snowmen, snow angels, Northern Lights, sundogs, blizzards, snowmobiling, winter activities or anything that shows the way you choose to spend this season! Photos can be with or without people, but we'd love to see your smiling faces!

The Northern Sentry staff will choose a few of the submitted photos to appear in our printed newspaper each week! Not only that, but each photo submitted secures you an entry to win the grand prize:

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The Bottineau prize is worth

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This opportunity is too good to pass up! Send us your winter photos now through Feb 28, 2025.

To Enter to Win: Submit your photo and a description of who/what/when/where on the Northern Sentry website

Only ONE photo, per person, per day will be accepted!

Winner will be chosen at random from the pool of entries and announced on March 7, 2025 on the Northern Sentry Facebook page.



We can't wait to see all your photos! Good Luck!

Rules and Regulations:

- ~ The Northern Sentry reserves the right to refuse to post any photos that are deemed to be inappropriate, dangerous or go against the safety or purpose of the U.S Air Force.
- ~ By submitting your photo to the Northern Sentry permission is given to the Northern Sentry to

use the photos online, on social media and in the print versions of the newspaper.

- ~ One entry per person/per day
- ~ Contest is open to Minot AFB military personnel and their dependents, and the prize recipients are intended to be MAFB-affiliated personnel. Must be 18 years of age or older to win and be able to prove MAFB affiliation.
- ~ Prize must be used in its entirety in one day. The winter park entry cannot be spread over several days.
- ~ All photo entries will be counted as submissions (if they follow the guidelines) even if they are not chosen to run in the Northern Sentry newspaper print edition.
- ~ Photos must be taken in North Dakota and must be taken in the 2024/2025 winter season
- ~ Contest will run from December 13, 2024 thru February 28, 2025
- ~ Winner will be announced on March 7, 2025



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ARCTIC START

MINOT AIR FORCE BASE





SRA CHRISTOPHER HARRIS

SrA Christopher Harris has been in the Air Force for 3 years, has been stationed at Minot AFB 2.5 years. He plans to attend college for a criminal justice degree and plans on becoming a Team Chief for the Missile Maintenance Team. SrA Harris is the first to join the Air Force in his family, with plans on making it a career. He enjoys reading, gaming, and fishing in his spare time. Christopher also volunteers regularly, organizing over 4,000 hours of volunteer work.



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Happy Holidays from your Minot AFB Command Teams

Team Minot,

The holiday season is quickly approaching! We wanted to recognize and thank each of you for your dedication to our mission over the past year and reflect on what makes this season so special. We have collectively projected unwavering strategic deterrence across the globe, all in the name of peace, security, and the defense of what we hold dear. This season is a time to reflect on the impact of your service, and we're reminded daily of the sacrifices you make to defend our country and secure our freedoms. Here in Minot, Only The Best Come North is more evident than ever.

To the 5th Bomb Wing: your commitment to strategic deterrence projection is essential to national security. Every

mission you execute, every challenge you overcome, and every moment you spend keeping these aircraft ready contributes to the strength and readiness of our nation. Your work showcases what it means to be among the best.

To the 91st Missile Wing: you uphold the foundation of U.S. military power and credibility—ensuring a trustworthy and reliable nuclear deterrent. Your vigilance and dedication to protecting, maintaining, and operating our missile fields are an unyielding shield against threats worldwide. The importance of your role in maintaining global stability is evident, even though you do a lot of work behind the scenes.

Together, we aim to embody excellence in everything we do.

Whether on duty or standing watch, providing support, or maintaining readiness, each of you is essential to the mission, and we are deeply grateful for the strength and spirit you bring every day.

When considering all the holidays, activities, and events that come with the season, remember to look after one another and hold a spirit of inclusion and invitation in all that you do. Check-in on a wingman and say hello to a new friend. None of us are alone here at Team Minot. Remember that a smile and a kind word are often the best gifts we can give.

As you gather with loved ones or connect from afar, we encourage you to celebrate the season, reflect on your achievements, and recharge



U.S. Air Force Col. Jesse Lamarand, 5th Bomb Wing Commander (left), and U.S. Air Force Col. James Schlabach, 91st Missile Wing Commander (right), give a speech to commence the tree lighting at Minot Air Force Base, North Dakota, Dec. 7, 2024. The tree lighting ceremony helped bring the community together with warm food and music.

for the year ahead. When you encounter your neighbors, coworkers, and family, spread the joy of the season in all that you do. The light and positivity that Team Minot always delivers will only strengthen as we enter this special time.

Wherever you're celebrating, whatever you're celebrating -

May your hearts be filled with warmth and cheer this holiday season!

Happy Holidays, Team Minot!

Very Respectfully,

**5th Bomb Wing and
91st Missile Wing
Command Teams**



Team Minot gathers at the Northern Lights Chapel for a tree lighting ceremony at Minot Air Force Base, North Dakota, Dec. 7, 2024. The tree lighting was a community event held at the Northern Lights Chapel and facilitated by the chaplain corps and Minot leadership.



Senior Airman O'leesa James, Chaplain Corps religious affairs specialist, sings "Silent Night" for attendees of the tree lighting ceremony at the Northern Lights Chapel at Minot Air Force Base, North Dakota, Dec. 7, 2024. The earliest examples of tree lightings go back to the 1500s with candles and glass ornaments.



Team Minot gathers at the Northern Lights Chapel for a tree lighting ceremony at Minot Air Force Base, North Dakota, Dec. 7, 2024. The tree lighting was a community event held at the Northern Lights Chapel and facilitated by the chaplain corps and Minot leadership.

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Salute

TSgt Sheena Corey



**5TH OPERATIONAL MEDICAL
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Hometown: Oak Harbor,
Washington

Technical Sergeant Sheena Corey was hand-selected to fill the Dental Flight Chief position for the last 11 months and has excelled during her time in the seat. She leads the Medical Group's largest flight of 35 members and ensures the oral health and readiness for 5,500 Airmen across 2 Wings. She works hard to make sure her flight is taken care of and devotes her time to building camaraderie in the clinic. Her hobbies are shoveling snow and spending time with her wife.

GAME SALUTE: FRIDAY, DECEMBER 20

2d Lt Maria Calhoun



5TH OPERATIONS GROUP
Hometown: Elgin, Iowa

Second Lieutenant Maria Calhoun began her Air Force career eleven years ago as an enlisted Weather Forecaster. After commissioning in 2023, she was assigned to Minot Air Force Base as the Wing Weather Officer, where she advised commanders and staff on weather and provided forecasts for mission planning and strategic decisions. She was handpicked for her current role, where she is now serving as Executive Officer for the 5th Operations Group. In this position, she leads three squadron administrative teams to enact commander's priorities while orchestrating daily information flow and correspondence. Additionally, she reviews and prepares all performance briefs, decorations, and coordinates suspense's on behalf of 5th Operations Group leadership.

GAME SALUTE: SATURDAY, DECEMBER 21

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

ALS GRADUATION

More photos can be found on Minot AFB PA Flickr page.

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Patricia Stockdill

OK, let’s be honest – when it comes to one’s image of North Dakota in the winter, downhill skiing isn’t exactly in the picture.

Not even remotely in the background.

But it’s true, winter sports enthusiasts don’t have to drive to Canada, Montana, South Dakota, or even Minnesota to get their downhill skiing thrills in.

Admittedly, North Dakota’s four ski areas – Bottineau Winter Park, Frost Fire Park, Huff Hills, and Thrill Hills – won’t compete when it comes to high intensity mountainous downhill runs like Montana’s Bridge Bowl or Red Lodge. Even Terry Peak Ski Area near Leads, S.D. has the Black Hills as a backdrop.

There won’t be any high altitude skiing in North Dakota.

However, downhill skiers might be surprised when they check out any of North Dakota’s ski areas.

You know something - the state is not flat, after all.

A peek into each of the ski areas is kind of an opportunity to explore what’s beyond North Dakota’s rolling hills and rich, productive farm land.

For example, Bottineau Winter Park north of Bottineau is in the heart of the Turtle Mountains, an area rising above the prairie like a prized jewel encased in woodlands and dotted, not with diamonds, but small lakes and one a bit bigger – Lake Metigoshe.

It offers downhill skiing, snowboarding, and tubing runs, skiing and snowboarding lessons, and rental equipment – even snowshoes – along with an active military discount for lift tickets.

Check out Bottineau Winter Park’s website, (www.skibwp.com),

Farther east, the Pembina Gorge is definitely a unique North Dakota area – literally a gorge in a prairie state and home to the Pembina River, wildlife, and forested areas, along with Frost Fire Park.

Like Bottineau Winter Park, it’s oh-so-close to the Canadian border and has rental equipment and lessons.

Frost Fire originated as a family business but the non-profit Pembina Gorge Foundation has owned and operated the arak since 2017. The foundation has a broad role in supporting not just Frost Fire Park, but the scope of the Pembina Gorge region as a whole with its array of cultural, natural, historical, and recreational opportunities.

Like Bottineau Winter Park and Frost Fire Park, Huff Hills Ski Area near the Missouri River south of Mandan has a decades-long history of providing skiing opportunities in the state. It’s grown to become North Dakota’s largest ski area, the vision of a Bismarck-Mandan area father who introduced his family to skiing at Bottineau Winter Park.

Look for snowboarding, skiing, rentals, and lessons with more information on their website, (www.huffhills.com).

Bottineau Winter Park is in close proximity to Lake Metigoshe State Park while Thrill Hills Ski Area in southeastern North Dakota is near Fort Ransom State Park. And, like Huff Hills, it’s near a river, the Sheyenne, which feeds into the Red River of the North and ultimately Canada’s Lake Winnipeg.

Much like Frost Fire Park in the Rendezvous Region of the Pembina Gorge in northeast North Dakota, the Fort Ransom area is steeped in history, local culture, and outdoor recreation year-around.

Two families teamed up to share their love of winter and winter sports to create Thrill Hills with downhill skiing and tubing, lessons, and rentals. More information is available on their website, (www.skithrillhills.com).

Snow, cold, and wind is typically part of any North Dakota winter. However much of the state doesn’t always get dosed in major amounts of snow and is actually considered semi-arid.

In other words, snow-making is important to the success of ski areas like Huff Hills and others. But that just means they’re not dependent on whatever kind of snow Mother Nature decides to provide or when she wants to provide it.

All four North Dakota ski areas focus on getting people outside and enjoying winter, spending a weekend or holiday with family and friends, and an opportunity to experience a lifelong activity.



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Dakota Trailblazers Snowmobile Club Will Celebrate 50 years at their Annual Fun Run

THE DAKOTA TRAILBLAZERS SNOWMOBILE CLUB

The Dakota Trailblazers Snowmobile Club of Surrey would like to invite current and past club members along with anyone who enjoys the sport of snowmobiling to join them at their annual Fun Run on Saturday, December 14th. The run begins and ends in Granville, ND.

The Fun Run starts at 11 am with all cards to be turned in by 5 pm at the White Buffalo to determine the winning participants. The cost to participate is \$10 per card and cards can be purchased from a current club member, or at any of the Fun Run locations during the event.

A snowmobile is not required to participate. Participants can drive to each stop on the run, but if snow conditions become favorable to groom the trails before Saturday, the trails will be open to licensed snowmobiles.

Dakota Trailblazer's is celebrating being a club for 50 years, and part of that celebration will be a special cash drawing for current and past club members in attendance at the Fun Run's final festivities at the White Buffalo. The club will also have some awesome

old memorabilia available to revisit the club's history. We hope to see many former club members in attendance to help us celebrate the past 50 years as a club.

Dakota Trailblazers Snowmobile Club has a wonderful history in our area. The club was started by a group of family and friends from the Surrey area in the early 70's. For many years the club found lots of ways to get together and enjoy the sport of snowmobiling locally. They also gathered to snowmobile in the Turtle Mountains and other popular snowmobiling destinations. Back in the day, the group got the opportunity to go on guided rides just to the north of us in Canada. Over the years, the club has held many get-togethers, even when there is no snow on the ground. That tradition continues for the club today.

In the mid 90's, local snowmobile clubs began their yearly volunteering work to scrub and sign the state trail system in our area. Once the trails are marked each fall and enough snow falls, volunteers are responsible for running the

Tucker to groom the trails and provide nice riding conditions.

Leading that charge is always long-time club member, and SnoTrails Trail Coordinator, Dale Diebert. Along with the help and patience of his wife Virginia, Dale is infamous amongst local snowmobilers with his multiple club memberships, hours marking trails, and then seat time in the Tucker to groom our local trails. Like Dale and Virginia, it is our local club members who make it all happen in our area, and we invite anyone who likes to snowmobile, and wants to keep our trail system going, to join a local club.

We hope to see you out at Dakota Trailblazers Snowmobile Club Fun Run on Saturday, December 14th!

Like and follow Dakota Trailblazers Snowmobile Club (Surrey, ND) on Facebook for more event information and updates. Visit snowmobilend.org for area club and trail information. Email: Dakotatrailblazerssnowmobile@gmail.com


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Minot is a Small City with a Big Art Scene

MARTINA KRANZ, NORTHERN SENTRY

The arts, the beauty of them, is that art is anything the artist can imagine. Creative pursuits can be stress relievers, fun hobbies, or community builders. Minot and Minot AFB have plenty to offer for art lovers because they contain vibrant and thriving arts and culture scenes.

In downtown Minot for the visual arts, such as drawing, painting and sculpture, the Taube Museum of Art, located in downtown Minot, enriches the lives of all Minot citizens and has been going strong for over 46 years. The museum contains artworks from around the country and showcases guest artists, members’ work, and maintains a permanent collection of artworks. The Taube staff actively involve the public in the production and appreciation of the arts. They offer adult painting classes, children’s educational art classes, and specially tailored art classes to maintain artistic excellence, diversity, and vitality for Minot’s citizens. When asked about the role of art in society, Rachel Alfaro, Executive Director of the Taube Museum, stated, “Art serves multiple purposes. It beautifies a city; it helps socialize people; it helps with the dexterity of the brain and hands; and it helps build emotional skills and development. If you removed all art from your life, some people don’t realize how much you’d be taking away.” Coming up, the Taube is hosting Holiday

Pop Your Pet Family Edition on Saturday, December 14, 4:00-5:30 p.m.

For performing arts, such as dance, music, and theatre, Minot has the Mouse River Players, Minot Symphony Orchestra, and the Rinat Mouzafarov Institute of Dance and Ballet Theatre. Mouzafarov, born in Alma-Alta, Soviet Union, is a brilliant ballet dancer and choreographer who owns, manages, and teaches at the Rinat Mouzafarov Institute of Dance and Ballet Theatre. His classical ballet choreography influences many cultures’ dances, such Spanish, Irish, and Norwegian, and he has helped world-class figure skaters and gymnasts in their sport. Mouzarfarov has lived and worked in Minot for 32 years. When asked about how a thriving arts and culture scene most likely contribute to a city, Mouzafarov stated that many people were thankful that he brings more culture to the city of Minot. He helped other artists, such as the Minot Symphony Orchestra’s Music Director, Efrain Amaya, when he reached out to him for direction for the operas. Mouzafarov brought professional ballet to Minot when he opened his studio in 1993. He explained that ballet gives his students self-esteem, better academic focus, concentration, physical strength, and discipline. His students are accepted into ballet intensives all over the United States and

Canada. Mouzafarov and his dancers will perform Gloria the Christmas Angel on Saturday, December 21 at 7:00 p.m. and Sunday, December 22 at 2:00 p.m. in Ann Nicole Nelson Hall at Minot State University.

The arts also play a part in the lives of Minot AFB’s citizens. TSgt. Dorian Garland, Unit Training Manager, 5th Civil Engineer Squadron, is an actor with and the vice president of the Mouse River Players, and he founded the Minot Theatre Buffs group on base. The Mouse River Players theater creates opportunities for community members to participate in theatrical experiences and to offer opportunities for youth and adult theatre education through a variety of shows, workshops, and presentations. When asked about how a thriving arts and culture scene most likely contribute to a city, Garland stated, “It helps bring diversity of different thoughts and people together. When you’re on stage, there isn’t black or white, and everyone has a role and purpose to play. Having an art scene shows that people can be expressive and not afraid to be who they are. It can form new ideas and help people stop and think about their lives and the world around them and how it is interpreted.” Mouse River Players will be performing Murder on the Orient Express on January 17-19, and January 24-26, 2025.



Mouse River Players’ recent production of Cinderella.

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Seniors painting nighttime pumpkin scenes at the Taube Museum of Art in downtown Minot.

FACEBOOK PHOTO

The Arts and Crafts Center on Minot AFB brings creative design together by combining art and technology. They offer a wide range of gifts, such as insulated cups or t-shirts, and awards with engraving, embroidery, or framing. They can engrave wood, plastic, metal, leather and more. There are over 16,000 stock graphics available on their embroidery machine or you can add a name, design or logo of your own for your next project. The Arts and Crafts Center

also offers Paint and Sip; Resin Charcuterie Board, and t-shirt decorating classes for kids. When asked what a thriving arts and culture scene can contribute to Minot AFB, Faith Roiz Labrada, Recreation Aide at the Arts and Crafts Center said that art can be uplifting since Minot AFB is a remote base. She explained that it would be very sad not to have some type of arts scene or any sort of outlet that allows people to be creative and artistic since art is a form of self-expression

and can be emotional therapy. For a small city, Minot is more varied in the visual and performing arts than people might think. The city contains an art museum, dance and ballet school, community theater, gift shop and art studio and theater club on Minot AFB. So, although it's cold outside, go and find an art to enjoy. Arts can improve our moods, make us smile, or just plain make us love life.



Dancers rehearse for the upcoming production of "Gloria the Christmas Angel" at the Rinat Mouzafarov Institute of Dance & Ballet Theater.

FACEBOOK PHOTO



A patron at the Arts and Crafts Center on Minot AFB works on a resin charcuterie board.

FACEBOOK PHOTO

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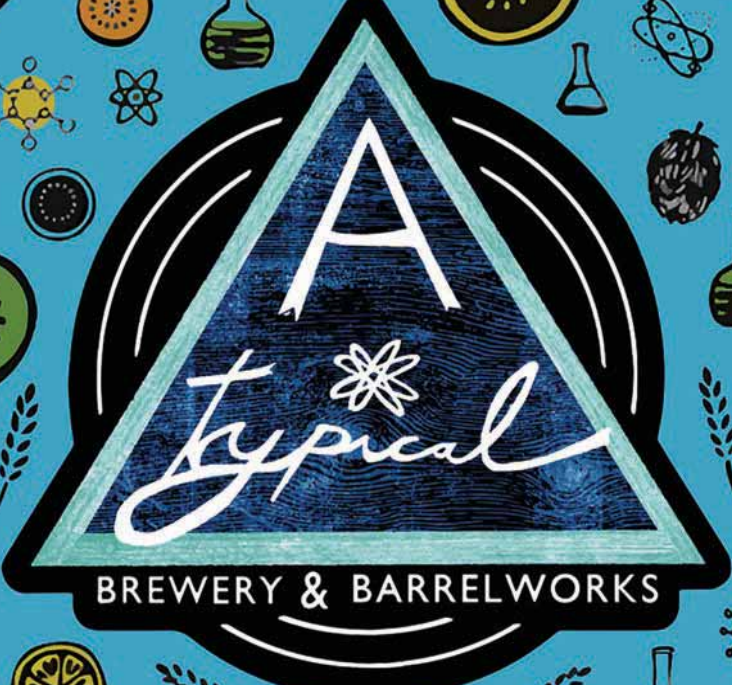
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Fact File

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| Life Span | 10 – 11 years |
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| Height | 24 – 28 inches |
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How to make driving in inclement weather more safe

Impaired visibility can be a safety hazard while driving. Everything from sun glare to hail can affect a driver's ability to see the road and navigate it effectively. Before drivers get behind the wheel, they should make note of their local forecast and make a plan for what to do if rain, snow or other conditions make it challenging to drive.

The International Association of Traffic and Safety Sciences indicates that, based on an examination of crash test data conducted by the National Oceanic and Atmospheric Administration, the "likelihood of a crash increases during periods of low visibility, despite the tendency for less traffic and for lower speeds to prevail during these times."

Drivers can take several steps to improve their visibility when driving in poor weather conditions.

- Inspect and change windshield wiper blades. Wipers are instrumental in clearing precipitation away from the windshield. If they're not functioning properly, wipers cannot do their jobs. Drivers should replace their wipers at the first indication that they are no longer effective. In some conditions, wipers can freeze or stick. Drivers should then pull over and clean the wipers manually.
- Clear obstructions. Always make sure the windshield is clear before driving. This can include removing ice and snow in the winter and cleaning off mud or bug splatter

in the spring and summer. Use the front and rear defrost if condensation fogs up windshields and windows. Slow down. Foul weather can reduce drivers' ability to see far into the distance. Drivers should always drive slower in inclement weather in order to improve reaction time.

- Top off fluids. Always keep the windshield washer reservoir full and keep extra fluid in the trunk. In addition, look for a fluid that does not freeze in very cold temperatures.
- Learn how to drive in fog. Each year, more than 38,700 vehicle crashes occur in fog, states the Federal Highway Administration. Travelers Insurance recommends slowing down, staying focused and using regular headlights and not high beams when driving in fog.
- Go out only if necessary. In snowy or icy conditions, drive only if it's absolutely necessary, as snow and ice can impair visibility and make roads slick, says AAA.
- Avoid driving at dusk and dawn. The human eye can have trouble adjusting to rapidly changing light and darkness conditions, which are common at dusk and dawn. If possible, drivers should make trips during the heart of the day, especially if poor lighting conditions typically make it difficult for them to drive.

Drivers can take steps to improve visibility when inclement weather makes roadways hard to navigate.

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Will MAFB's "Military Giving Tuesday" Continue?

ERIN BEENE, NORTHERN SENTRY

You have seen it talked about everywhere. The word has spread thanks to local organizer Carrie Driver. The Tuesday after Thanksgiving, Dec 3, was designated as a special day to give back to the local community in many ways around the base and in town. It was part of a bigger philanthropic event known as "Giving Tuesday". Military organizations around the world have adopted this goodwill event and added to it by making military-specific ways to give back. Here on MAFB, this "Military Giving Tuesday" was orchestrated for the first time this year.

While MAFB members and their families stepped up all over

the base to help each other out on this unique day a few specific things took place. Carrie Driver told the Northern SENTRY that she witnessed people passing out about 60 bags of coffee to Defenders (both at the 5th SFS and the 91st SFG squadrons offices), and that all the coffee had been donated anonymously.

Carrie also mentioned that other specific people helped because they "passed out free cookies to the mom's and kids at our Coffee & Conversation Group." She mentioned that others gathered to sign a special commemorative poster board for a child of a fallen Defender.

While these are just a few

examples of how people helped each other and supported our small, but special, military community, it was a show of care. The future for such events in years to come depends on the people willing to head up such events, but Carrie Driver insinuated that she would love to be a part of the events for years to come when and if she is still at Minot. So, time will tell if this loving event becomes another annual tradition for MAFB.

To find out more about the history of the event and how it found its way to MAFB, see our article titled, *Give on Giving Tuesday...Military Style*.



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Dec. 14th 2p-4p

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Taylor Swift Tribute
Dec. 14th @ 3pm

"A Christmas Carol"
Dec. 14th @ 7:30pm

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Holiday food safety tips

GREG CHADWICK, AIR FORCE MATERIEL COMMAND HEALTH AND WELLNESS TEAM

WRIGHT-PATTERSON AIR FORCE BASE, Ohio -- Food is an important part of many celebrations. But, don't let food-related illness ruin your holiday.

According to the Centers for Disease Control and Prevention, outbreaks of Clostridium perfringens – the most common cause of foodborne illness in the U.S., which cause nearly one million illnesses every year – occur most frequently in November and December.

“Practicing four basic food safety measures can help prevent foodborne illness,” states Lt. Col Dan Anderson, AFMC Command Public Health Officer. He provides the following holiday food safety tips so you can cook with confidence this season.

CLEAN:

Wash hands before, during, and after food preparation. Remember to wash hands when switching tasks, such as handling raw meat and then cutting vegetables. Wash hands with soap in clean, running water for at least 20 seconds.

Wash surfaces and utensils after each use. Clean all surfaces with hot water, dish soap and clean (or paper) towels.

Rinse fruits and vegetables thoroughly under cool running water and use a produce brush to remove surface dirt.

Use different utensils for different tasks. Use separate spoons and forks to taste, stir, and serve food.

SEPARATE:

Don't give bacteria the opportunity to spread from one food to another (cross-contamination).

Keep meat, chicken, turkey, seafood, and eggs separate from all other foods at the grocery store and in the refrigerator. Prevent juices from raw meat, chicken, turkey, and seafood from dripping or leaking onto other foods by keeping them in containers or sealed plastic bags and preferably storing below ready to eat foods.

Use separate cutting boards, plates, and utensils to avoid cross-contamination between foods that are ready to eat, and raw meat, poultry, seafood and eggs.

COOK:

Food is safely cooked when it reaches a high enough internal temperature to kill harmful bacteria.

Color is not a reliable indicator of doneness. Use a food thermometer to ensure meat, poultry, and fish are cooked to the food-specific, safe internal temperature to kill germs.

Bring sauces, soups, and gravies to a rolling boil when reheating.

Cook eggs until the yolk and white are firm.

Don't eat uncooked cookie dough. Uncooked dough and batter made with flour or eggs can contain harmful germs, such as E.coli and Salmonella.

CHILL:

Refrigerate foods quickly

because harmful bacteria grow rapidly at room temperature.

Do not leave foods at room temperature more than two hours. After you are done eating, divide the remaining food into small containers and either refrigerate or freeze.

Set your refrigerator at or below 40°F and the freezer at 0°F. Check both periodically with an appliance thermometer.

Don't taste food that looks or smells questionable. A good rule to follow is, when in doubt, throw it out.

Leftovers should ideally be used within three to four days, but no later than seven days.

Food is a popular holiday gift that can be sent safely in the mail if carefully chosen, properly packaged and delivered in a timely manner. Anderson recommends sending items that ship well including dried foods such as nuts, crackers, spices, teas or granolas. Avoid items with perishable fillings such as cream or custard, and soft, moist cookies that may mold quickly during the shipping process.

Sharing food is a classic winter holiday tradition – and by ensuring food safety, you can protect your family and friends and have an enjoyable holiday season.

Comprehensive information on food safety can be found at FoodSafety.gov.

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ON STANDS AND DOORSTEPS DECEMBER 20

A LOOK BACK
THIS WEEK IN USAF HISTORY

**“OPERATION CHRISTMAS KIDLIFT”
BRINGS SOUTH KOREAN ORPHANS TO SAFETY**
DECEMBER 20, 1950



Capt. Tone Nobile, a flight nurse, comforts an orphan before the airlift. (USAF Photo)

During the Korean War, Air Force Chaplains Lt. Col. Russell Blaisdell and Col. Wallace Wolverton set up the Seoul Orphanage Reception Center to provide food, clothing, shelter, and medical aid to approximately 4,000 orphans in the South Korean capital. When Chinese forces began pushing towards Seoul, the chaplains feared for the children's safety in the midst of a war zone. On December 19, 1950, Blaisdell met Col. T.C. Rogers, Fifth Air Force Chief of Operations. Along with Lt. Gen. William Tunner, Commander of Combat Cargo Command, they were able to call in 12 C-54 Skymasters from the 61st Troop Carrier Group. Over 1,000 orphans were airlifted to safety on December 20. Nurses and medics from the 501st Air Evacuation Squadron also provided aid to the children, and most of them were able to make it out of harm's way because of the valiant efforts of the Airmen involved.

Information courtesy of: airforcemedicine.af.mil / USAF Chronology by D. Haulman, P. Jones, R. Oliver



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CROSSWORD
SOLUTION

Solution to last week's
Crossword puzzle.

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| M | A | C | S | | S | E | R | F | S | | T | M | A | N |
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| S | H | O | R | E | | | C | O | A | C | H | | | |
| P | A | R | A | B | O | L | A | | | A | T | P | A | R |
| A | R | T | S | | L | I | P | S | E | R | V | I | C | E |
| R | B | I | | S | A | M | | O | N | E | | C | U | T |
| T | O | O | T | H | F | A | I | R | Y | | T | A | M | A |
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SUDOKU

Solution to puzzle on page B9

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

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CROSSWORD PUZZLE

- Across**
- 1. China's ___ of Four
 - 5. Lifting devices
 - 11. Brylcreem amount
 - 14. Natural emollient
 - 15. Play the siren
 - 16. Building projection
 - 17. Court woe
 - 19. Wizards locale
 - 20. Eagerly studying
 - 21. Gives gratuitously
 - 23. Lace end, perhaps
 - 26. Dine
 - 27. Gallop, for one
 - 28. It's cooked up
 - 29. More than perk up
 - 32. Some hot sandwiches
 - 33. How to take adversity
 - 35. Slangy term of address
 - 36. Track woes
 - 39. Beluga output
 - 40. Typical telephone elements
 - 43. Part filler
 - 46. Brown pigment
 - 47. Bemoan
 - 48. Fiber source
 - 49. Home of the cubs
 - 50. Council of ___ (1545-1563)
 - 52. Wing part
 - 54. "Skedaddle!"
 - 56. Shirt type
 - 57. Pool woe
 - 62. Fish-catching eagle
 - 63. Soft, velvety material
 - 64. New York canal
 - 65. Mach 1 breaker, briefly
 - 66. Public TV request
 - 67. Menial worker

| | | | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 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 | | | |
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| 28 | | | | | 29 | 30 | 31 | | | 32 | | | | |
| 33 | | | 34 | | | | | | 35 | | | | | |
| | | | | | | | | | | | | | | |
| | | | 36 | | | | | 37 | | | | 38 | | |
| | | | | | | | | | | | | | 41 | 42 |
| 43 | 44 | 45 | | | | 46 | | | | | | 47 | | |
| 48 | | | | | 49 | | | | | 50 | 51 | | | |
| 52 | | | | | 53 | | | | 54 | 55 | | | | |
| 56 | | | | | 57 | | | 58 | | | | 59 | 60 | 61 |
| 62 | | | | | 63 | | | | | | | 64 | | |
| 65 | | | | | 66 | | | | | | | 67 | | |

- Down**
- 1. Piece in a B-movie, perhaps
 - 2. Steak partner
 - 3. Persona-grata link
 - 4. Lamp spirit
 - 5. "... why ___ thou forsaken me?"
 - 6. Margarine kin
 - 7. A way to be at ease
 - 8. Overpower
 - 9. Boy Scouts' unit
 - 10. Mended, in a way
 - 11. Type of insurance
 - 12. Even though
 - 13. Some sounds from a trumpet
 - 18. Auto section
 - 22. Airline employees
 - 23. Comeback maker of 10/30/74
 - 24. Game-ending declaration
 - 25. More, proverbially
 - 26. King of horror
 - 30. Hard-to-swallow verbiage
 - 31. Product pitches
 - 32. Authority giving specific orders
 - 34. It's fit for a king
 - 35. Bus or van starter
 - 37. Race division, perhaps
 - 38. Devoid of moisture
 - 41. Wine cask
 - 42. Part of a musical gig
 - 43. Lessens
 - 44. Old town newsmen
 - 45. Kind of scout
 - 46. Doddering
 - 49. Woodworking joiner
 - 51. Content of a derby winner's wreath
 - 53. Acknowledge an invitation
 - 54. Overly complacent
 - 55. Present for the teacher?
 - 58. Old TV "Squad"
 - 59. Before, to Hamlet
 - 60. It may be thin, hot or cold
 - 61. Man in the ring



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Visit magiccitydiscoverycenter.com/membership to purchase your membership today, and start spreading the magic with MCDC!





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Upcoming Events

14/15 DEC **CHRISTMAS AT THE PIONEER MUSEUM**
3:00 PM - 6:00 PM
8181 Hwy 2/52 West, Burlington, ND

Celebrate the holiday season with Christmas lights at the Ward County Historical Society Pioneer Village! Join us for the Annual Christmas Open House with holiday cheer, delicious hot apple cider, cookies, and festive decorations. Experience the village beautifully lit up on December 7 and 14 from 3 PM- 6 PM and December 8 and 15 from 1 PM- 4 PM.



For more information:
[Facebook/ Ward County Historical Society / Events](#)

16 DEC **SENSORY FRIENDLY NIGHT AT THE DISCOVERY CENTER**
VARIOUS TIMES
Magic City Discovery Center
1545 1st St NW, Minot

Sensory Nights are designed for children and their families who may have special needs, differently-abled individuals, and those who have sensory sensitivities. We understand that the museum can be a bustling place. During Sensory Friendly Night, we provide adjusted sound levels and limit attendance to create a calmer environment. Sensory bags will also be available at the front desk. Families can explore the museum at their own pace. Sensory Night is held on the third Tuesday of each month from 4:00 - 5:30 p.m. Sponsored Sensory Nights are Free; non-sponsored months are \$5. We hope to make this a free event in the future through sponsorships. For more information or to sponsor a Sensory Night, please reach out tessia@magiccitydiscoverycenter.com



For more information:
[Facebook/ Magic City Discovery Center/ Events](#)

20 DEC **LIVE MUSIC WITH ETHAN ARMSTRONG**
6:00 PM
Blue Rider
118 1st Avenue SE, Minot

Ethan Armstrong is an up and coming local cover artist and guitarist who has surrounded himself in bluegrass and country music. Now residing at NDSCS in Wahpeton, ND, the hometown guitarist hopes to bring a night of good times and sound to the Blue! No Cover - Stiff Drinks - Good Friends



For more information:
[Facebook/ Blue Rider/ Events](#)

23 DEC **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!



For more information:
[Facebook/ Blue Rider/ Events](#)

UNTIL 31 DEC **SERTOMA CHRISTMAS LIGHTS IN OAK PARK**
5:30-10:00 PM (SUN-THURS)
5:30-10:30 PM (FRI & SAT)
Minot Oak Park, 19th Ave SW, Minot
Take a drive through Oak Park this holiday season. \$5/car \$20/bus. Enjoy the lights while supporting our community. All proceeds from this event are invested back into our community through the Minot Sertoma Club. Running daily until December 31.



For more information:
[Facebook / Minot Sertoma Club / Events](#)

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by Patricia Stockdill

Fishing:
Lake Sakakawea elevation, Dec. 9: 1,836.05 feet above mean sea level (MSL); 16,100 cubic feet per second (CFS) Garrison Dam average daily releases.
Devils Lake elevation: 1,449.39 feet above mean sea level (MSL).
Stump Lake elevation: 1,449.41 MSL.
•N.D. Game & Fish Dept. game wardens: Scattered activity on Devils Lake but ice conditions vary greatly. No vehicles recommended yet. No reports from north-central area lakes or Lake Audubon.
•Devils Lake, Ed's Bait Shop, Devils Lake: Fair walleye activity on Lake Irvine and Lake Alice. No vehicles recommended yet.
•Devils Lake, Woodland Resort, Devils Lake: Limited activity on Devils Lake itself with most anglers waiting for better ice. Some activity on northern feeder lakes but no reports on success.
•Lake Darling, Karma C-Store, Ruthville: Some walk-on activity off of the spillway on Lake Darling.
•Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: No new reports.
•Lake Metigoshe, Four Seasons, Bottineau: A few more anglers venturing onto Lake Metigoshe with some walleye success. Water clarity OK for pike spearing.
•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Lake Audubon iced over but use extreme caution if walking onto any back bays and beware of springs. Some walk-on activity around 9-Mile Bay and the east end. Lake Sakakawea remains open on the main lake with back bays starting to ice-over but unsafe for any access yet.
•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Some walk-on activity on 3-Mile and Nelson bays on Lake Audubon but walleye bite is generally slow. Use caution, test the ice, and stay off the main lake yet.
•Lake Sakakawea, New Town: Wind opened up the Van Hook Arm and no activity.
•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Weather permitting, anglers are working from boats down river on the Missouri River tailrace for walleye using jigs and minnows and finding numbers of small fish. Also try casting crankbaits off the rocks at night from shore but use caution with slippery conditions from water and ice on the rocks. Also use caution at the ramp with potentially icy conditions.
•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Use extreme

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

- Stump Lake near Devils Lake has extremely variable and dangerous ice conditions due to scattered open water patches after earlier warm weather. Beware of dangerous thin ice in places, especially if lake gets any snow cover.
- Ice is never completely safe. Avoid areas with vegetation, moving water, pressure ridges, and springs. Check conditions as you go along on the ice and don't move around at night.
- Registration now open for Wild Outdoor Women Winter workshop Feb. 7 – 9, 2025, Lake Metigoshe State Park, Bottineau. Go to (<https://bit.ly/LMSPShowClix>) for more information and to register.
- Dec. 14: Ducks Unlimited "Knight" Raffle, Knight's Bar & Grill, Riverdale, 5 p.m.
- Dec. 15: Muzzleloader deer season closes.
- Dec. 16: Eastern Canada Goose Zone closes.
- Dec. 16: J. Clark Salyer Nat'l. Wildlife Refuge Christmas Bird Count. Contact the refuge, (701) 768-2548, for details.
- Dec. 17: Upper Souris Nat'l. Wildlife Refuge Christmas Bird Count. Contact the refuge, (701) 468-5467, for details.
- Dec. 19: Des Lacs Nat'l. Wildlife Refuge Christmas Bird Count. Contact the refuge, (701) 385-4232, for details.
- Dec. 21: Western Canada Goose Zone closes.
- Dec. 21: Year-end 50th anniversary celebration, 4 p.m., Fort Stevenson State Park, Garrison.
- Dec. 21, 22, & 23: Toy Factory Escape Room, Lake Metigoshe State Park, Bottineau. Ages 8 through adult. Free registration at (<https://bit.ly/LMSPShowClix>) by noon, Dec. 18.
- Dec. 22: Movie Skate, animated "A Christmas Carol" movie sponsored by Minot Parks & Recreation Dept. \$5 to skate and \$5 skate rental. Pepsi Rink, 6:30 p.m.
- Dec. 22 – Jan. 1, 2025: Audubon Nat'l. Wildlife Refuge 12 Days of Christmas self-guided holiday hikes along refuge interpretive trail, a mile east of Lake Audubon on the south shore.
- Dec. 27: Missouri River Canada Goose Zone closes.
- Dec. 27: Light goose and tundra swan seasons close.
- Dec. 28: Holiday Mystery Star family puzzle search with hot chocolate, Lewis & Clark State Park east of Williston, 10 a.m.
- Dec. 29: High Plains duck, merganser, and coot seasons close.
- Dec. 29: Audubon Nat'l. Wildlife Refuge North Country Trail guided holiday hike. Meet at the log Educational Center near refuge building complex, 1:30 p.m. a mile east of Lake Audubon on the south shore. Sponsored by Central Flyway North Country Trail chapter. Free bear paw snow shoes to use, snow conditions permitting.
- Dec. 30: Nerf Battle, ages kindergarten through 8th grade sponsored by Minot Parks & Recreation Dept. Municipal Auditorium. Participants must pre-register. Contact (701) 857-4136.
- Dec. 31: Last Day Hike, Cross Ranch State Park, south of Hensler, 4 p.m. with winter campfire and hot chocolate to follow.

caution with variable ice conditions throughout the upper end of Lake Sakakawea. Best advice is to be patient and let ice depth improve before venturing with vehicles. Decent walleye activity around Lund's Landing to Lewis to Clark State Park. Slow in the morning with best success around 3 p.m. to dark. Trenton Lake producing fair crappie activity. Try Kota-Ray for a mix of bluegill and trout with walk-in access at the campground with the gate closed.
•Lonetree WMA area lakes, Harvey: No new reports.
•North-central/central N.D. lakes, Townner Hdwe. Hank, Townner: Some walleye activity on area lakes. No reports from Buffalo Lodge Lake.

Hunting:
•Upland: Continued pheasant success but birds becoming flighty. Work heavier cover.
•Waterfowl: Canada geese moved to the Missouri River and open water on Lake Sakakawea.

Downhill skiing. Trail conditions and open dates can vary due to weather.

Contact the ski area for updates:
•Big Sky Ski Area, Big Sky, Mont. (www.bigskyresort.com): 97 trails and 16 lifts open. Terrain Park closed.
•Bottineau Winter Park, Bottineau, (www.skibwp.com): 12-inch base with good conditions. 6 runs, tubing hill, 2 carpets, T-bar, and 1 lift open.
•Frostfire Ski Area, Walhalla, (www.frostfirepark.org): 4 runs open for weekend skiing, weather permitting.
•Huff Hills Ski Area, Mandan, (www.huffhills.com): 10-14-inch base with machine groomed, wet packed conditions. 4 runs and 2 lifts open.
•Terry Peak Ski Area, Leads, S.D. (www.terrypeak.com): Ski area closed until snowmaking can be completed.
Numbers to know:
•N.D. Game and Fish Dept., main Bismarck office: (701) 328-6300, website: (<http://gf.nd.gov>).
•Report All Poachers: (701) 328-9921.

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|--|---|
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| FOERSTER Lorenzo Angel Madison Levesque | KELLER Talia Dugat Kylie Bryant |
| AXELSON Stassi Duarte Grace Simon | MUSIC MAESTROS Mrs. Espeseth <i>Respectful and Responsible</i> |
| MURRAY Hadley Pittman Gwenevere Mathewson | LITTLE LIBRARIANS Miss Seastrand <i>Responsible, Respectful, and Safe</i> |
| ESPESETH Michael Murray Weston Stalnck | FABULOUS FITNESS Miss Axelsons <i>Respectful, Responsible, and Safe</i> |
| DELZER Riley Fried Amelia Lewis | RECESS ROCKSTARS Mrs. Espeseth <i>Responsible, Respectful, and Safe</i> |
| OGRODNICK Charlotte Brown Kaden Gahrng | GOLDEN LUNCHROOM Mrs. Murray <i>Respectful and Responsible by keeping the appropriate voice levels</i> |



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Military One Source: An Invaluable Resource

In the middle of May, I was privileged to be invited to present to the Office of the Under Secretary of Defense (OUSD), Military Community and Family Policy (MC&FP) Team. The MC&FP Team hosted a professional development summit at the Pentagon in Alexandria, Virginia with a focus of “Taking care of those who take care.” It was an opportunity for the team to collectively engage in professional learning and reflect on their work and impact in our DoD Community.

With scale and impact at the forefront, behind every program there are people and relationships key in achieving objectives. As a guest speaker for the MC&FP Professional Development Symposium, my presentation focused on building and strengthening partner relationships. It was an honor to share professional insights with senior executives with extensive oversight of over programs such as Military One Source.

When was the last time you visited Military One Source. Military One Source is a resource critical to the support of our military connected families across the Department of Defense. Military One Source is not just a website but an engaging platform from the Department of Defense that is a 24/7 “gateway to trusted information, resources, and confidential help.” The goal of this platform is to provide resources right at one’s “fingertip” for various facets of military life. This includes but is not limited to the following:

1. Confidential Counseling: Military OneSource offers free, confidential counseling services to help individuals and families navigate personal and relationship issues, stress management, grief, deployment-related challenges, and more.

2. Financial Guidance: Military OneSource provides financial education and resources to assist



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



with budgeting, debt management, tax preparation, retirement planning, and other financial matters.

3. Relocation Assistance: Military OneSource offers information and resources to support service members and their families during relocations, including assistance with housing, schools, childcare, and settling into a new community.

4. Spouse Employment Support: Military OneSource provides resources and tools to help military spouses overcome career challenges, find employment opportunities, and enhance their professional skills.

5. Education and Career Support: Military OneSource offers education guidance, tuition assistance information, and career exploration resources to help service members and their families pursue their educational and professional goals.

6. Health and Wellness Resources: Military OneSource provides information and resources related to physical and mental health, including assistance with finding healthcare providers, managing chronic conditions, and accessing counseling services.

7. Specialty Consultations: Military OneSource offers specialized consultations on topics such as special needs support, elder care, adoption, and legal matters.

Spending time with the Military Community and Family Policy Team at the Pentagon was

invaluable. It provided perspective on the people behind the programs, facilities, and services crucial in upholding our total force. It was also an opportunity share professional insights gleaned in my time at Minot Air Force Base, North Dakota and beyond. Take a moment to visit Military One Source and know there are people who “take care” in ensuring our total force is supported.

For more information about Military One Source, please visit <https://www.militaryonesource.mil/>. In addition, if there are questions pertaining to the School Liaison Office, please email mafb.school.liaison@us.af.mil or call 701-723-1447.

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NOTES ON BEING SAFE

Tis the Season for Toy Safety

Tis the season team Minot! When you are spreading the holiday cheer and in a giving spirit, keep in mind, toy safety! There are hundreds of toys on the market today, which are produced from all over the world. However, not all of them are made with quality. While shopping you may not be thinking of safety but this is something that is often overlooked. According to the U.S. Consumer Product Safety Commission more than 120,000 children are treated in the hospital emergency room for toy related injuries. When selecting a toy, the following things need to be considered: One, the age of the child should be the primary key, so that they are getting something that is appropriate for their group and skill level. Two, inspect the toy by looking for quality design and construction. Avoid items that have sharp points, glass, exposed metal edges, and small attachments. This will help reduce the chance of accidental hazards as choking and cuts. And three, read the label! We often neglect to read the warnings and precautions listed. This notice can be the deciding factor also if the toy will be a good idea as a gift. Remember, a toy for sale does not mean that the product is safe. If you encounter a toy that you feel is unsafe ensure you report your concern to the U.S. Consumer Product Safety Commission.



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Minot Area Chamber EDC Launches National Civics Bee® to Engage Local Middle School Students

MINOT AREA CHAMBER EDC

Minot Area Chamber EDC (MACEDC) proudly announces the launch of the 2025 National Civics Bee®, an initiative aimed at encouraging more young Americans to engage in civics and contribute to their communities. Hosted in partnership with The Civic Trust® of the U.S. Chamber of Commerce Foundation, the competition across the state of North Dakota will inspire middle schoolers to become better informed about American democracy, to engage respectfully and constructively in the community, and to build greater trust in others and institutions.

Middle school students in 6th, 7th, and 8th grade from public, private, charter, and home schools are invited to take part in the first-round civics essay competition. After a distinguished panel of judges review the essays, the top 20 students will be selected to advance to their local competition:

an in-person live event featuring two rounds of civics questions followed by a Q&A round to test their civics knowledge. MACEDC will host its local competition in the spring of 2025. The local finalists and top winners will receive various prizes, including prizes worth at least \$500 for the first-place student.

Participants in the National Civics Bee® will have the chance to gain recognition for their civics knowledge and skills and compete for prestigious prizes throughout the competition. The competition enables students to explore issues that matter to their communities, furthering their understanding of civic engagement and fostering responsible citizenship. Winners from each of the local competitions across North Dakota will be invited to take part in the state finals. The first-place winner of the state finals will receive a trip to Washington, D.C. to compete

for prizes worth at least \$50,000 during the national championship in the Fall of 2025.

“It’s never too early to get involved in the community, and we’re eager to be spearheading this initiative for our local middle school students,” said Brekka Kramer, MACEDC President & CEO. “Not only is this an opportunity to help young people better understand civics and make personal connections to the area, but it offers a unique perspective on what they find important and how they believe in bettering their communities. We look forward to reading the essays that are submitted and hope it sparks inspiration for a lifetime of learning about civics.”

“Fostering a deep understanding of civics and government among our young students is critical to the vibrancy of democracy and civic life in America. The National Civics Bee® provides a unique

platform for them to not only showcase their knowledge but also become active and engaged citizens of the future,” said Hilary Crow, vice president of civics at the U.S. Chamber Foundation.

For more information on

entering the National Civics Bee® in North Dakota visit the MACEDC website at <https://minotchamberedc.com/about/civics-bee/> or nationalcivicsbee.org.



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

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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 or contact Chelewa Springs or Ashley Cutler at 701-607-4557 or 701-306-3338.

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TIMOTHY TIMM

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



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It's almost the most wonderful time of year—and MILITARY STAR® is making it extra special by paying holiday bills off in full. During the 11th annual Your Holiday Bill Is On Us sweepstakes cardmembers will be automatically entered every time they use their card from Nov. 1 through Dec. 31. Five grand-prize winners will have their MILITARY STAR card balance paid in full. Cardmembers with a balance below the \$2,500 grand-prize minimum will receive a statement credit for the difference. Ten second-place winners will receive \$1,000 statement credits, and 25 third-place winners will receive \$500 statement credits. Since 2014, the Exchange Credit Program has paid off more than \$400,000 in balances for cardmembers.

"There is no other time of year like the holidays season," General Manager Reatha Stockton said. "Cardmembers on Minot AFB have more options on how and where they use their STAR cards." In Sept. 2024, the Exchange Credit Program announced a new-and-improved card will be hitting mailboxes, allowing cardmembers to enjoy even more features. New features include:

- EMV® chip technology for more secure transactions.
- Digital payment options, such as tap-to-pay and mobile wallet capabilities.
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food delivery services; certain Morale, Welfare and Recreation activities; and more. Authorized Minot AFB shoppers can use their MILITARY STAR cards at any military exchange or commissary, Exchange mall vendor, Armed Forces Recreation Center, ShopMyExchange.com, MyNavyExchange.com, ShopCGX.com, and more. Cardmembers enjoy everyday benefits, including:

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All About Pets

Helping strays in the cold



Photo courtesy of Cole and Marmalade

As the chilly weather sets in, the need for proper care and quick action for stray animals is of the utmost importance, especially here in North Dakota. So what can you do if you find a stray animal during the winter?

- Call your local shelter: There are a few shelters in the Minot area who can guide you through the challenge of finding a stray animal. Souris Valley Animal Shelter (701-852-6133), Hairball Haven Feline Rescue (hairballhavenfr@gmail.com), or For Belle's Sake (701-300-8182) may be able to offer you tips on how to catch or care for a stray. If the animal is a lost pet, they may even be able to help you find the owner!
- Bang on the hood of your car: This is something we hear a lot when winter time rolls around. Some feral cats will seek warmth and shelter in the nooks and crannies of your car as it gets colder, so banging on your car can give them time to move to a safer location before it starts up.
- Provide shelter: If you are willing or able, you can provide shelter and at home care for a stray animal until you are able to find a place for it. If you can lure it into your home or garage (treats and food are the best lures), you give the animal a safe place to rest and warm up until you are able to see a veterinarian or contact a shelter. If you want to help but don't want to bring strays into your home, you can also provide makeshift shelters for them that you can leave on your porch, in

your driveway, or anywhere else a stray might come. You can DIY shelters using plastic bins that contain blankets, food, water, and some type of insulation.

- Provide sustenance: At the very least, you can also provide food and water to a stray animal. If you are able to keep water in an environment where it will not freeze, this is ideal for below-freezing temperatures.
- Be careful: Carefully handling stray animals is important any time of year. Some animals will be more comfortable around humans than others, so keep an eye out for uncomfortable or aggressive body language to keep yourself safe. If you do not feel comfortable approaching a nervous or aggressive animal, call a local shelter to notify them of the stray and either stay nearby or let them know the location of the sighting. You can also contact Minot's Animal Control. Stray animals may also carry diseases that you do not want to bring home to your own pet. This is where it may be a good idea to keep them in the garage for safety until you are able to have them checked out by a veterinarian. It takes a caring heart to take care of stray animals, especially in winter conditions. Whether you catch and bring one into your home for care, provide outdoor shelter, or even just make a phone call to someone who is able to help, you are doing a great service to the lost and wandering animals in Minot.

FOOTBALL Intramurals

NOV 18

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|---|--|
| MON, 18-NOV 5 FSS VS WEAPONS F 07 | MON, 18-NOV 705 MUNS VS 5 MUNS 58 55 |
|---|--|

NOV 25 - DEC 5

| | | |
|---|--|---|
| MON, 25-NOV 891 MSFS VS 5 OSS 07 F | MON, 25-NOV 791 MSFS VS 740 MS 07 F | MON, 25-NOV 5FSS VS 5 LRS 56 48 |
| TUES, 26-NOV 740 MS VS 5 SFS F 07 | TUES, 26-NOV 791 MSFS VS 5 LRS 28 58 | TUES, 26-NOV 5 MUNS VS 740 MS 08 F |
| MON, 02-DEC 705 MUNS VS 5 SFS 18 54 | MON, 02-DEC 891 MSFS VS 5 LRS 58 78 | UPCOMING GAMES: Tuesday, 10th December 5LRS – 5 SFS Wednesday, 11th December CHAMPIONSHIP GAME Winner of Tues 10th December vs 91 MSFS |
| TUES, 03-DEC 5 OSS/69 BS VS 5 SFS 12 54 | TUES, 03-DEC 5 FSS VS 91 MSOS 54 62 | |
| THURS, 05-DEC 91 MSOS VS 91 MSFS 51 55 | | |

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WHAT'S GOING ON MINOT AFB

FRIDAY 13

- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- National Hot Cocoa Day, 1030-1330, Dakota Inn Dining Facility
- Zumba, 1630, McAdoo Fitness Center
- Friday Flicks, 1630-2200, Rockers Bar & Grill
- Progressive Bingo, 1730-1930, Rockers Bar & Grill
- Youth of the Year Informational Meeting, 1745, Youth Center

SATURDAY 14

- Zumba, 0800, McAdoo Fitness Center
- Frozen Fest, 1300, Minot AFB Library
- Free Bowling, 1400-2100, Rough Rider Bowling Center
- Airman Free Bowling, 2100-2400, Rough Rider Bowling Center

SUNDAY 15

MONDAY 16

- AFFT, 0530, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- TAP Overview, 0800-1600, M&FRC
- Bootcamp, 0900, McAdoo Fitness Center
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- Reintegration Briefing, 1000, M&FRC, Zoom Meeting
- Teen Bootcamp, 1015, McAdoo Fitness Center
- AFFT, 1100, McAdoo Fitness Center
- Cycle, 1700, McAdoo Fitness Center
- Writing Club, 1800, Minot AFB Library
- Zumba, 1800, McAdoo Fitness Center

TUESDAY 17

- AFFT, 0530, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- TAP (VA) Services and Benefits Briefing, 0800-1600, M&FRC
- Game Day, 1000-1930, Minot AFB Library
- Tuition Assistance (TA) Brief, 1000, Education Center — Room 211
- AFFT, 1100, McAdoo Fitness Center
- Taking Care of Others, 1300-1500, M&FRC
- Zumba, 1700, McAdoo Fitness Center
- Quiet Book Club, 1800-1930, Minot AFB Library

WEDNESDAY 18

- AFFT, 0530, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- TAP (DOL) Overview, 0800-1600, M&FRC
- Bootcamp, 0900, McAdoo Fitness Center
- 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
- AFFT, 1100, McAdoo Fitness Center
- Yoga, 1700, McAdoo Fitness Center
- Zumba, 1800, McAdoo Fitness Center

THURSDAY 19

- FTEC, 0730-1600, Professional Development Center
- AFFT, 0530, McAdoo Fitness Center
- TAP (DOL) Employment Track Workshop, 0800-1600, M&FRC
- Short Notice Pre-Separation Counseling, 0830-1130, M&FRC
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- AFFT, 1100, McAdoo Fitness Center
- Tuition Assistance (TA) Brief, 1330, Education Center — Room 211
- Zumba, 1700, McAdoo Fitness Center

FRIDAY 20

- FTEC, 0730-1600, Professional Development Center
- TAP (DOL) Employment Track Workshop, 0800-1600, M&FRC
- Bootcamp, 0900, McAdoo Fitness Center
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- Grinch Day, 1500-1700, Youth Center
- Zumba, 1630, McAdoo Fitness Center
- Friday Flicks, 1630-2200, Rockers Bar & Grill
- Single Airman End of Year Bash, 2100-2400, Rough Rider Bowling Center

SATURDAY 21

- Zumba, 0800, McAdoo Fitness Center
- Free Bowling, 1400-2100, Rough Rider Bowling Center
- Airman Free Bowling, 2100-2400, Rough Rider Bowling Center

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The B-Fifty Brew Featured Item
Muffins
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