

# northern sentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 61 • ISSUE 19 | MINOT AIR FORCE BASE | FRIDAY, MAY 12, 2023

## WHATS INSIDE THIS WEEK:




5 BW & 91 MW  
FIRST QUARTER  
AWARDS

A2/B1



5TH  
MAINTENANCE  
SQUADRON  
KICKS OFF  
AIRMAN 4 LIFE  
PROGRAM

A3



91 MW WINS  
OUTSTANDING  
ACHIEVEMENT  
AWARD

B6



North Plains students Treven Sotto, Avalin Sotto, Ragnar Cummock and Evette Cummock contributing to the school-wide coloring page during the school's Art Show on May 4. See more on North Plains Art Show on page B9.

NORTHERN SENTRY PHOTO | ERIN BEENE

# MINOT SHRINE CIRCUS

JORDAN WORLD CIRCUS of Las Vegas, NV

7 PERFORMANCES  
MAY 11-13, 2023

THURSDAY, MAY 11 | 10am & 7pm  
FRIDAY, MAY 12 | 10am, 4pm & 7:30pm  
SATURDAY, MAY 13 | 2pm & 6pm

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### 5TH BOMB WING FIRST QUARTERLY AWARDS CEREMONY

The 5th Bomb Wing celebrated its first quarterly awards ceremony in the base theater at Minot Air Force Base, North Dakota, May 5, 2023.

Airman: 5 MXG, SrA Maxwell Lockett  
 NCO: 5 MSG, TSgt. Lisette Smith  
 SNCO: WSA, MSgt. Matthew Zantene  
 CGO: 5 MDG, 2nd Lt. Lee Williams  
 FGO: 5 MSG, Maj. Jonathan Estep  
 Civilian Category I: WSA, Mariana Soto  
 Civilian Category II: 5 MSG, David Kvaal  
 Civilian Category III: Sara Chesser

U.S. AIR FORCE PHOTOS  
 SENIOR AIRMAN ALEX NOTTINGHAM  
 AIRMAN 1ST CLASS TRUST TATE

# HAPPY Mother's Day

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# 5th Maintenance Squadron kicks off Airman 4 Life program

SENIOR AIRMAN CHINA M. SHOCK, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, North Dakota --

The 5th Maintenance Squadron kicked off the Airman 4 Life program, at Minot Air Force Base, North Dakota, 5 May 2023, with the intention of further developing Airmen's life skills outside of their specific career fields.

The program began at Aviano Air Base, Italy in 2020 as a way for leadership to check in on Airmen during the initial COVID-19 lockdown. A4L received positive feedback and spread to other Air Force bases, finally making its way to Minot AFB in 2023.

The 5th MXS Airmen are critical to the Minot AFB mission, working demanding work schedules with long hours to ensure our 'Bufs'

stay in the air. They ensure the safety and preservation of our aircraft.

"This is absolutely different and it might even feel a bit weird coming into this environment with no uniform on, but that's deliberate," said Master Sgt. Jackson Nay, 5th MXS first sergeant. "This is all about taking off the uniform, putting down the wrenches, focusing on our Airmen as individuals, and being intentional about the way we pour back into them."

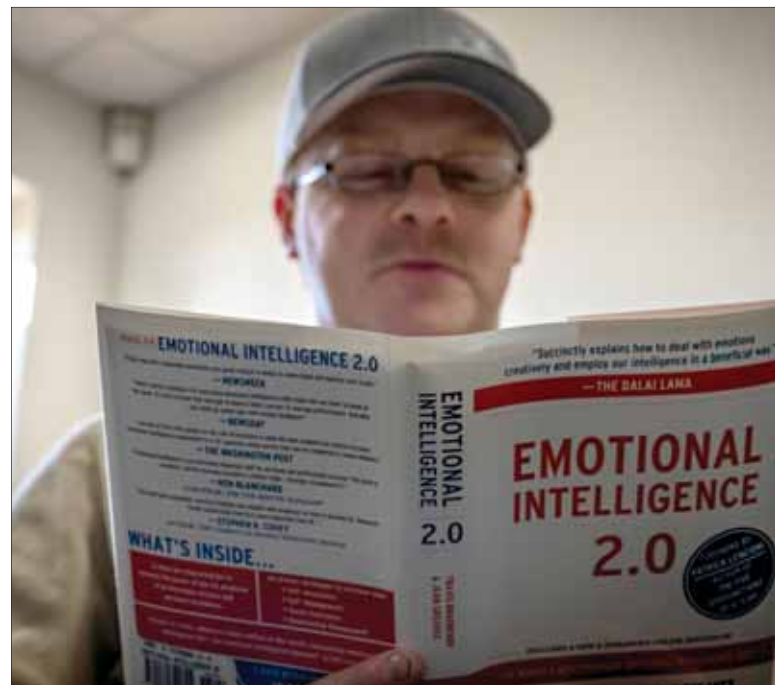
The A4L program offers a variety of classes covering topics such as car maintenance, personal finances, time management and more.

Adversity, meeting new people of different ages and ranks can open the mind to new perspectives.

These perspectives help shape Airmen into a more strong and ready team capable of tackling the mission at any time.

"This program will teach many things, such as emotional intelligence, noticing someone in distress, and actually being able to do something about it," said Senior Airman Jiovani Gonzales, a 5th Maintenance Group maintenance training instructor. "One constant will be caring about your wingmen, this is the catalyst to growing our Air Force."

A4L provides an opportunity to help enhance a proficient maintainer as well as cultivate a better Airman.



5th Maintenance Squadron Airmen participate in the Airman 4 Life kickoff at Minot Air Force Base, North Dakota, May 5, 2023. A4L is an Air Force-wide program that aims to develop Airmen's life skills outside of their specific career fields.

Airman 1st Class Austin Childress, a 5th Maintenance Squadron Phase crew chief reads an emotional intelligence book for the Airman 4 Life kickoff at Minot Air Force Base, North Dakota, May 5, 2023. A4L was designed to teach Airmen basic life skills and provide resources to help balance maintenance with personal and professional development during the duty day.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN CHINA M. SHOCK

## The Northern Sentry is now hiring a Base Reporter!

We are looking for someone who has Minot AFB access and a firm grasp on the base community (or is willing to learn) and LOVES to write!

- No Journalism experience required, willing to train.
- Must be comfortable speaking with people from all walks of life and all ranks.
- Must be able to meet deadlines.
- Less than part time (4-6 flexible hours a week)

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MINOT AIR FORCE BASE NEWSPAPER  
 WWW.NORTHERNSENTRY.COM

# What Season Are You Getting Ready For?

It's kind of an unusual question. "What season are you getting ready for?" Let me start by saying that there are a couple of "signs" that summer will soon be upon us. I am certainly not a meteorologist, but when we have a late spring, which we have this year, summer hits us in a hurry. So what season are you preparing for?

We are the proud owners of a 27 foot sailboat that is stored at Fort Stevenson. Over the weekend we made our initial trip to the lake to officially start work on getting Celebration ready to launch of Memorial Day weekend. One sign that tells us

that spring has officially arrived is the disappearance of ice from Lake Sakakawea. It happened in a hurry this year. Friday, we crossed the 4 Bears Bridge near New Town, and the lake was still mostly covered with ice. Saturday when we arrived at Fort Stevenson, the lake was completely clear of ice. High winds and warm temperatures on Friday afternoon turned the lake over.

For you gardeners and yard enthusiasts there is the more obvious sign of plants appearing in the local hardware stores. I also watch for the neighborhood garden centers to be brought out of



What's your season? Getting Celebration ready for Memorial Day launch.



**SLICE OF LIFE**  
 KIM FUNDINGSLAND

The tale I am about to reveal is worth a laugh, a cry, or both. I suppose the reaction will range from "hilarious", to that "D\_\_\_ dog!"

I'm a member of the hilarious group but, admittedly, for a moment or two, I muttered a few four-letter words. One glance at my dog turned my frown to a smile and improved my vocabulary instantly. Now, on to the circumstances that inspired this "Believe it or Not" tale.

As my dedicated readers know, I spend a considerable amount of time fishing. My dogs have always been a part of that. It's their outing too, albeit sometimes a little too interesting.

About 2 years ago I decided to fish in a two-day tournament at Lake Ashtabula, a lake I'd never fished previously. It's located north of Jamestown, about 2 1/2 hours from home. I had a new dog, Sally, about 5 months old, who made the trip. It was sort of a break-in time for her.

Not wanting to set up a formal camp at a lakeside campground, my son-in-law and I opted to sleep in my vehicle. What the heck. We were getting up before sunrise to get back on the water anyway. Sounds reasonable, right? I mean, we were only going to get a few hours sleep anyway.

I reclined my driver's seat, opened the window an inch or two. The long day on the water, combined with the cool night air, had me asleep in short order. It

was my young pup's first time spending the night in a vehicle and I wondered how it would work out. She was curled up on the back seat when I zonked out.

Sometime during the night she woke me. I wasn't completely awake, just enough to give her a few reassuring pats on the head before nodding off again.

I can't say how long I slept before she was nuzzling my side and woke me up once again. This time I let her outside, thinking the pup was telling me she needed to go out and do what dogs sometimes need to do. Smart dog, I thought.

Oh, how things change. We got up, fished from sunrise to 3 p.m., and then gathered with other fishermen for the weigh-in, trophy presentation, and a prize drawing. The latter was of keen interest to me because I had purchased 10 tickets to the drawing the previous afternoon.

It was one of those 50/50 drawings, with half the proceeds going to support the fishing club and half to the holder of the winning ticket. So, when the winning ticket was about to be drawn, a crowd gathered around to watch the drawing and see if they were the big winner.

Like the others, I pulled out my string of consecutively numbered tickets. I had purchased 10 but only had 9. Strange. Oh well, I thought, I never win anyway.

The winning number was announced and no one claimed the money. So, the number was announced a second time. Everyone was re-checking their ticket numbers, including me. That's when I discovered the winning number was the first one in the numerical sequence of tickets I had left in my pocket. The problem was, I didn't actually have the ticket.

I quickly searched my vehicle,

**northern sentry**  
**A VIEW FROM OUR SIDE**  
 ROD WILSON



winter storage and erected for their annual 6-week appearance. Last week the one on 4th Avenue at Arrowhead Shopping Center was being stocked with plants, ready for those who are early bird gardeners. My Mom, who worked in a large greenhouse, would always tell me not to plant flowers before Mother's Day, and never plant a garden before Memorial Day. Her green thumb did not get passed down to me. I do OK, but nothing like my Mom.

Another sign of the coming summer season is the appearance of campers and boats in driveways. Fort Stevenson park had several campers over the weekend. I always liked early spring and late fall camping. Yeah, you give up the water activities (remember, there was ice on the water on Friday), but it's fun to see the animals like the prairie dogs and deer once again being active and we will see them with their babies. Soon the parking lots will be full of empty boat trailers as fisherman once again hit the lake for fishing excursions. Later this summer the water will warm up and the beaches will be filled with recreational activities.

There are so many great seasons in North Dakota, but perhaps the most obvious, right now, is the

planting season that has begun for our farm families. There were several farmers in the field with their spring tillage and planting equipment. Pulled by large tractors they till, apply anhydrous ammonia and granular fertilizer, and seed their crops in one pass. It is absolutely amazing, even to those of us who grew up in North Dakota. The other source of amazement is the efficiency with which they do their job and keep America the largest producers of ag products in the world.

There are so many other seasons during our summers in North Dakota. Perhaps that is why we get so much daylight, so we can get it all done. Soon we'll be sailing Sakakawea in Celebration because of course, the sailing season has begun. If you haven't already done so, start planning!

### BEST KEPT SECRETS

This week our Summer Adventure Guide will be inserted into the Northern Sentry and will hit our distribution racks. Pick one up, as it is the best and most complete Summer Adventure Guide we have ever produced.

### TODAY'S CHUCKLE

Most people want to make something of themselves...other than a fool, that is.

# The Puppy and the Ticket

every jacket and pants pocket, and then realized what had happened. My dog ate the ticket. Really.

When she woke me twice during the night, gently nuzzling me in what I thought was loving, dog-like fashion; she was really pulling on the string of tickets that I had, apparently, not stuffed into my pants pocket far enough. Just my luck. She plucked that ticket right off at the perforation.

Knowing that claiming my dog ate the winning ticket would prove

fruitless, all I could do was keep quiet while another number was drawn and somebody else claimed the \$200+ prize.

Quite perturbed, I opened my vehicle door and there was my young dog, crazy happy to see me. Also, completely oblivious to the fact she had eaten the winning ticket. There was nothing I could say or do. I just laughed. It was a slice of life of much more value than a winning ticket. Dogs are the best - usually.



KIM FUNDINGSLAND PHOTOS

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

**TIMOTHY TIMM**

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



**UPSIDE DOWN UNDER**  
MARVIN BAKER

If you've ever read a book called "Ghosts of North Dakota," there's one common theme throughout the publication. It's about ghost towns in North Dakota, but nearly every community written about still exists.

There are real ghost towns in North Dakota. It's just that finding history about them is not always easy or plentiful. But there are ways to find out about some places that may have thrived during territorial days and today are nothing more than a memory.

Newspaper archives at the North Dakota Historical Society are probably the best way to get accurate history of actual ghost towns. Records in the county courthouse can also be a big help. There are lots of these forgotten places, some in every county and although locals may know the lore, often times the rest of the state is left out of some interesting history.

Following are several examples.

1.) Winona – This was a thriving community directly across the Missouri River from Fort Yates in Emmons County and sprang up because of troops stationed at Fort Yates. At one time, it was the largest community between Bismarck and Sturgis on a stage coach line. It is still known for the Spicer family being murdered there in 1897. By 1900, Winona was gone and Linton had sprung up.

2.) Kermit – A once growing community in Divide County, Kermit and Noonan were competing towns. But as so many stories go, the railroad came through, in this case the Great Northern through Noonan, and the town of Kermit began to fade away until nothing remained but

an old wood grain elevator.

3.) Vang – Located in the Pembina Gorge in Cavalier County between Mount Carmel and Walhalla, Vang was never a big community, but came to prominence for a short time because of bentonite mining. Situated approximately 5 miles from the Canadian border, Walhalla was the closest principal community and when the bentonite industry faded, so did the town with people moving to Walhalla, Langdon and other places.

4.) Sanger – Founded in 1879, this town in Oliver County was originally known as Bentley. It was the county seat until 1884 when the community was renamed Sanger. This ghost gained notoriety for being the birthplace of Hazel Miner, a local heroine who sacrificed her own life to save her brother and sister in a 1920 blizzard. The town was fully abandoned in 1985 when the last remaining building, a grain elevator, was torn down.

5.) Sherbrooke – named after the city of Sherbrooke, Quebec, the Sherbrooke House Hotel was a prominent fixture in this Steele County community. Hotel records indicate President William McKinley stayed in the hotel in 1896 during a trip to North Dakota. It was also the Steele County seat until 1919 when it was moved to Finley.

6.) Tagus – Many people in Mountrail County are aware of Tagus, which was founded in 1900, approximately 40 miles west of Minot along the Great Northern Railway. By 1970, the population was down to 14 and the last business closed in 1976. In 2001, the last remaining church there was destroyed by fire, attributed to vandalism. An old, rail car along U.S. Highway 2 marks the general area of Tagus.

7.) Brisbane – Located in Grant County, which was originally part of Morton County, Brisbane was established in 1911 with a post office, general store, grocery store, grain elevator and blacksmith. The first settlers were exclusively involved in raising livestock, but later gave way to grain as well.

# Ghosts of North Dakota...

The Leith Index, in 1913, called it a "hustling little town" and that "quite a little dairying is carried out." It's unclear if the town was named after Brisbane, Australia.

8. – Williamsport – Established as a territorial county seat in Emmons County, it was located approximately 3 miles east of Hazelton. Like Winona, the town thrived until Linton was platted in 1899. Williamsport became the subject of a political dispute between the northern half of Emmons County and southern half. A vote was passed to move the county seat to the center of Emmons County before Linton

existed. As a result, Williamsport ceased to exist and today is farmland.

9.) Crystal Springs – If you've traveled on Interstate 94 from Bismarck to Jamestown, you've most likely noticed the abandoned, brick school building on the side of the road in eastern Kidder County. That is what's left of Crystal Springs. The town was settled in the 1870s by about 100 Polish families and was next to a large lake called Crystal Springs Lake. Before 1920 it had two banks, two elevators, a pool hall and even a pharmacy. Two fires; one in 1916 and one in 1920 took their toll.

The town never recovered after the 1920 fire. The post office closed in 1993.

10.) Merricourt – Established with a farm post office in 1883, it is a British place name and sprang up when the Soo Line Railroad came through in northwest Dickey County. Unlike many other ghosts, Merricourt still has numerous buildings and visitors can often be seen looking at an overgrown bank building, a brick elevator and various other remains of this town that peaked its population at 153 in 1940.

## CUSTOMER APPRECIATION DAYS

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<p>MAY 13 7PM</p>  <p><b>SEAN PAUL</b></p> <p><small>Join the pre-party at 4 PM with a Jamaican dinner, cash bar and live DJ.</small></p> <p><b>Tickets on sale now!</b></p>	<p>MAY 14</p> <p><b>10X POINTS</b></p> <p><small>Earn 10x the points and tickets while playing your favorite slot machines!</small></p>
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# TEAM MINOT RTA GRADUATION

Team Minot welcomes its newest Resilience Training Assistants (RTA) with a graduation held at Minot Air Force Base, North Dakota, May 2, 2023. The RTA program enables Airmen to aid fellow wingmen in developing resiliency skills.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS ALEXANDER NOTTINGHAM



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# Federal Employee Viewpoint Survey gives voice to civilians' opinions

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) -- The Federal Employee Viewpoint Survey is available for eligible Department of the Air Force employees now and will continue through June 23.

The feedback civilian employees gave in 2022 has earned the service the #9 ranking for large agencies by the Partnership for Public Service's "Best Places to Work in the Federal Government" in 2022.

The FEVS is a government-wide, Office of Personnel Management-administered survey for federal civilian employees first available in 2002. The survey includes questions about employees' work-life, job and organizational satisfaction, commitment, engagement, performance management, and communication. The 2023 FEVS also includes questions to measure performance confidence and employee perception of Diversity, Equity, Inclusion, and Accessibility.

FEVS results allow managers to identify where improvement efforts have been successful and where improvements within a specific work unit may be necessary.

Based on concerns expressed in the survey, the North American Aerospace Defense Command and U.S. Northern Command conducted supervisor training on appraisal processes, award options, and methods to address

poor performance. The command's goal has been to improve communication on information about civilian employees.

FEVS data points have guided Air Force Global Strike Command's creation of barrier analysis working groups related to recruitment, retention, and promotion.

Air Force Material Command has incorporated their FEVS results into a Demographic Diversity Dashboard. Additionally, survey data is used for barrier analysis review of practices, policies, and procedures.

Eligible civilian employees employed as of Nov. 30, 2022, will receive a link for the survey via an email from OPM. The survey invitation and OPM reminder emails will come from "Federal Employee Viewpoint Survey-AF<EVAF@opm.gov" between now and June 23. Employees are also reminded to check their spam and junk mail folders. Employees may contact the OPM FEVS Helpdesk at 'EVAF@OPM.gov' if they feel they are eligible but have not received the survey invitation.

To-date response rates are available on the myFSS Civilian page rotator.

For more information about the Federal Employee Viewpoint Survey, visit <https://www.opm.gov/fevs/>.



## Upcoming Events

13 MAY

**DAKOTA TERRITORY AIR MUSEUM SEASON OPENING**  
10:00 AM TO 5:00 PM  
Dakota Territory Air Museum  
100 34th Ave NE, Minot

Come check out the museum on opening day for the 2023 summer season! We've got some new exhibits featuring new artifacts on display! Museum admission is \$10/ages 18+, \$5/ages 6-17, ages 5 and under are free! Active-duty military personnel admission is \$5/person with valid ID card.

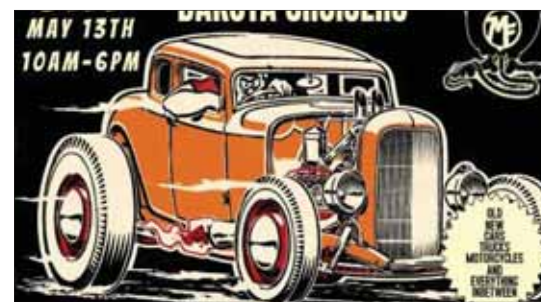


For more information:  
Facebook/ Dakota Territory Air Museum/ Events

13 MAY

**MINOTS FINEST 2023 SEASON OPENER CAR SHOW**  
10:00 AM TO 6:00 PM  
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For more information:  
Facebook/ Roosevelt Park Zoo/Events

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## A LOOK BACK

### THIS WEEK IN USAF HISTORY

#### USAF MOBILIZES IN WAKE OF CATAclysmic MOUNT ST. HELENS ERUPTION

MAY 18, 1980

On May 18, 1980, Mount St. Helens, located in Washington, erupted with a force 400 times stronger than the atomic bombs dropped on Japan nearly 35 years earlier. The Washington State Department of Emergency Services called for Air Force assistance for disaster relief operations shortly after. Personnel and planes from the 62nd Military Airlift Wing (MAW) and 36th Tactical Airlift Squadron at McChord AFB, Wash., the 63rd MAW at Norton AFB, Ca., the 303rd Aerospace Rescue and Recovery Squadron from March AFB, Ca., the 920th Rescue Wing at Patrick AFB, Fla., and many more units provided humanitarian support and communications assistance in the wake of the eruption. While McChord was able to evacuate all aircraft before the smoke arrived, many planes stationed at nearby Fairchild AFB were grounded and by the morning of the 19th, over an inch of ash covered the entirety of the base. The eruption killed 57 people and caused over a billion in damages. 24 square miles of the valley were leveled by a debris avalanche, and hundreds of square miles of forest and farmland were destroyed. Mount St. Helens continued to erupt sporadically throughout the summer.

Information courtesy of: mcchord.af.mil / 920rqrw.afrc.af.mil / United States Geological Survey

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# SPRING

# CAR CARE

## Tire Installation

Part of sustaining a viable automobile includes switching out worn or faulty tires. Tires Plus of North Dakota offers quality affordable auto repair services and Tire Installation on Minot Air Force Base.

What it is: Tire maintenance is important to the safety and longevity of your vehicle. Tires should be picked by the right dimension for the car make and model. Tires should be purchased in groups of four, or a minimum of matching groups of 2 on each axle. You can shop for tires on our site by dimension, label, or automobile make, style, and year. Browse our big stock of tires, and compare tire specifications and prices before you purchase, to ensure you are getting the best tires for your needs and price range.

Why it should be done: Tires wear eventually, tread starts to become thin, which may result in the worn tire losing traction. This develops safety hazards that can be avoided. Manufactures advise tires ought to not be used for longer than 10 years. Changing wheels is recommended every 6 years, but with typical usage tires being changed every couple of years is more common. Wear happens with normal driving. Various other factors such as driving habits, roadway conditions and weather could minimize the life of your tires.

You might need new tires if:

- Your tread is below 4/32, or can't pass the "penny" test
- Footstep is visibly lowered or flush with the tread bars
- Irregular tread wear
- Bulges, bumps or soft spots on the tire
- Damage to the tire that can not be repaired

Talk with our mechanics about how we appropriately setup your new tires. This includes:

- Inspecting the lug nuts for wear
- Installing new valve stems
- Mounting the tires
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- Inspecting the disc brake caliper clearance
- Measure the distance in between calipers, tires and rims to inspect for potential disturbances
- Tightening up lugs to correct torque

We are your place for all of your tire questions and needs! Browse our sizable stock of tires, compare tire specifications and costs, and make certain you are receiving the best tires for your needs prior to purchasing. Call us now to set up your next Tire Installation and auto repair service. Tires Plus is thrilled to be your number one place auto repair services and provider of tires on Minot Air Force Base.

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- INSPECTING TIRE PRESSURE
- CHECKING ENTIRE UNDERCARRIAGE

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**WHEN TO CHANGE/CHECK YOUR OIL**

- Check Oil Light is on
- Check Engine Light is illuminated
- Oil is dirty
- Pinging, knocking, or additional sounds coming from the engine

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### 91ST MISSILE WING FIRST QUARTER AWARD CEREMONY

91st Missile Wing Airmen attend the 91st Missile Wing's 1st quarter award ceremony at Minot Air Force Base, North Dakota, April 28, 2023. Col. Kenneth McGhee, commander of the 91st Missile Wing, presented the awards alongside Chief Master Sgt. Kenneth Broughman command chief of the 91st Security Forces Group to Airmen and civilians for their outstanding achievements in 2023.

U.S. AIR FORCE PHOTOS  
SENIOR AIRMAN ZACHARY WRIGHT



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A DAY AT THE DENTIST



A patient at the 5th Bomb Wing Medical Group facility looks at his x-rays during a routine dental check-up at Minot Air Force Base, North Dakota, April 27, 2023. An X-ray allows dental staff to identify problems a patient may have with their gums and teeth.



U.S. Air Force Lt. Col. Jared Mason, 5th Medical Group dentist, examines a patient's mouth during a routine dental check-up at Minot Air Force Base, North Dakota, April 27, 2023. The Air Force Dental Service's mission is to provide innovative, expeditionary Airmen and Guardians to support global operations and ensure a dentally fit force through trusted care.



U.S. Air Force Lt. Col. Jared Mason, 5th Medical Group dentist, and Senior Airman Thalia Morales-Diaz, 5th Medical Group dental technician, examine a patient's mouth during a routine dental check-up at Minot Air Force base, North Dakota, April 27, 2023. Dental technicians are responsible for aiding in every part of the practice from simple exams and taking x-rays to assisting in oral surgery.

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# OUTDOOR REPORT



by Patricia Stockdill

**Fishing:**

Lake Sakakawea elevation, May 8: 1,829.57 feet above mean sea level (MSL); 17,100 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,450.49 feet above mean sea level (MSL).

Stump Lake elevation: 1,450.3 MSL.

•N.D. Game & Fish Dept. game wardens: No walleye or pike reports from Lake Sakakawea or the Missouri River. Continued paddlefish activity in the legal snagging zones on the upper end of Lake Sakakawea. Follow the Game & Fish website, (gf.nd.com) for potential of early snag-and-release closures. No reports from north-central area lakes or Devils Lake.

•Devils Lake, Ed's Bait Shop, Devils Lake: Devils Lake opening in the bays and parts of the main lake. Lots of activity in northern feeder coulees and creeks from shore for walleye. Good pike bite but look for that to slow as spawn winds down.

•Lake Darling, Karma C-Store, Ruthville: No reports from Lake Darling. Look for some activity around Grano.

•Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Lake Darling is ice-free with all docks and fishing piers now in place for the season. A few anglers out but no reports on success.

•Lake Metigoshe, Four Seasons, Bottineau: Try the open water around the bridges and shore for pike with a few walleye mixed in. Lake is largely open and ice-out.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison:

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

- Free wildlife viewing blinds available at Upper Souris Nat'l. Wildlife Refuge (NWR). Contact the refuge, (701) 468-5467, for reservations. Grouse will likely be active into May due to the late spring weather.
- Antler shed hunting prohibited on all U.S. Fish & Wildlife Service national wildlife refuges.
- Boat registrations now required for the new 3-year registration cycle.
- May 12 – 21: Awakening of the Hatchery unguided hike on Garrison Dam Nat'l. Fish Hatchery trails. Hike whenever people want with focus on walleye production, spawn to stocking. Trail begins at Visitor Center.
- May 12 – 19: Audubon Nat'l. Wildlife Refuge Migratory Bird Game set up on refuge's hiking trail beginning at Visitor Center.
- May 13: Nat'l. Migratory Bird Day.
- May 13: Bison Hide Tanning, Knife River Indian Villages Nat'l. Historic Site, Stanton, 10 a.m.
- May 14: Zoo Mother's Day, Roosevelt Zoo, Minot.

**TOURNAMENTS:**

- May 13: Lake Darling.
- May 20: Lake Sakakawea, Lewis & Clark State Park; Devils Lake, Creel Bay.
- May 20 & 21: Lake Audubon, Totten Trail.

North Lake on Lake Audubon producing nice walleye. Douglas and Garrison bays on the east end of Lake Sakakawea are largely open and ramps are usable with a few boats starting to go out. deTrobriand Bay is starting to open up.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Try pitching jigs in North Lake of Lake Audubon for smallmouth bass with a few walleye mixed in. Anglers were waiting for ice-out on the rest of Lake Audubon early in the week. Occasional walleye coming from the east end of Lake Sakakawea.

Try pitching jigs and minnows along rock bars in Steinke or Centennial bays in 2 to 12 feet. Decent pike bite along the north side back bays.

•Lake Sakakawea, New Town: Ice out on Van Hook Arm but walleye activity remains slow. Main ramp in the arm is open and dock in place. A few walleye coming from the river portion around New Town.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace remains limited for both success and angler numbers. Look for some pike from shore on the east end of Lake Sakakawea. Back bays are opening up but the main lake is still iced over on the east end.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Good paddlefish success but follow Scenic Sports on Facebook or Game & Fish website, (gf.nd.com) for the potential

of early snag-and-release closure. Some walleye activity around White Earth Bay and New Town on the upper end of Lake Sakakawea using jigs and minnows. Try shallow back bays. White Earth Bay boat ramp dock now in place. Look for potential smelt run soon. Trenton Lake producing a mix of walleye and pike.

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

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Souris River remains high with no activity. Area lakes also quiet.

**N.D. river data:**

•Des Lacs River, Foxholm: River stage, 8.16 feet; streamflow, 233 CFS

•Little Missouri River, Long X Bridge: River stage, 7.83 feet; streamflow, 263 CFS.

•Missouri River, Williston: River stage, 17.46 feet.

•Missouri River, Washburn: River stage, 9.08 feet.

•Souris River, Foxholm: Streamflow, 430 CFS

•Souris River, Minot Broadway Bridge: River stage, 42.64 feet.

•Yellowstone River, Sidney, Mont.: River stage, 5.42 feet; streamflow, 11,900 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

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# This Was My Grandparent's Farm Woodland Resort Makes Devils Lake Special

ROD WILSON, NORTHERN SENTRY

The journey to Woodland Resort takes me through familiar territory. As the crow flies it is probably less than 25 miles from my hometown of Maddock, North Dakota. But back in my younger days there were no resorts around this body of water. The lake had sunk to an all-time low of 1,401.00 in 1940. The once popular beach destinations were gone. They were replaced by mud flats and even pastureland. Photos of vibrant shipping ports near Minnewaukan and Rock Lake are found in historic albums. Gone was the once famous ferry the Minnie H. A more recent low level was 1,422.6 feet in 1993. Devils Lake residents became very away of the saying, be careful what you wish for as the lake began a historic rise of 31.68 feet to 1,454.3 feet in 2011, flooding those once pastureland flats, but making for a larger lake and the opportunity to stock game fish like walleye and northern pike into the lake and to give them forage, perch were stocked and have thrived in the lake.

35 years ago, in 1988, the first of at least 3 locations for Woodlands Resort was built on the shores of Creel Bay. "My grandpa used to harvest wheat on land that is now in the lake in front of us," explains Kyle Blanchfield, who owns Woodland Resort, "across from the long-gone beach I hung out on throughout my childhood. The current location is built in a wooded area that was once far from the shores of Creel Bay. The constant moving was painful "but the high water has given us a world-class fishery, and people now come from all over to vacation in Devils Lake."

"We started right by the lake, but the lake came up and we moved up. We gained 9 feet, but that one flooded out in 1997, the year that Grand Forks flooded" according to Blanchfield and Devils Lake gained

7 feet. His new, and hopefully last location is in a flood free area.

This early spring day is a quiet day for Kyle Blanchfield and his Woodland resort staff. It's that calm between seasons. "We just pulled over 50 icehouses off the lake." The now famous perch and walleye fishery extends through the winter as ice fishing draws visitors from all over the United States and Canada. But now clear of ice in the some of the bays, Devils Lake waits for fisherman and families to arrive for their summer weekends and vacations. Devils Lake is now at a level of 1,450.49 feet above sea level.

The last turn into Woodland Resort reveals the newest building built at the resort. It now houses 1,2 & 3 bedroom suites that overlook Devils Lake, complete with full service kitchens. The resort building is also a small sales floor for Tracker boats along with a full service resort store.

Woodland Resort has other accommodation choices, "We have camping sites for those with campers and RV's. We have a nice, clean shower house and laundry. Besides the full service (legendary) suites we have our motel rooms, full service cabins and lodge units" according to Blanchfield. "We have a nice playground and swimming beach for the kids. You know we kind of keep the whole family happy."

Making your first trip to Devils Lake and not an experienced fisherman? Woodland Resort has the answer. "Yeah, we can book them a guided fishing trip. We work closely with the guides around here. And if they have their own boat, we'll give them advise about Devils Lake and what's working out there" Blanchfield continues. "We'd really like to provide accommodations to the Minot AFB personnel during the week, too. They can book a couple



Kyle Blanchfield, Owner of Woodland Resort

of days, or a week. We can line them up with a boat or a pontoon to rent. We want them to enjoy themselves to the fullest when they are here."

"Booking ahead is always advised" according to Blanchfield "but in all cases have them (the folks at Minot AFB) give us a call and we'll see what we can work out. We give a 10% military discount on everything, and that makes everything here pretty darned affordable."

Had I not had another appointment down the road in Grand Forks, I believe I might have spent a little more time enjoying Woodland Resort. The breeze off the lake blowing through the trees, and the silence and solitude of a few minutes sitting on a bench overlooking the lake. That's really what a vacation is all about.

For more information on Woodland Resort go to woodlandresort.com. For weekly fishing reports, check out Pat Stockdill's Outdoor Report, or just give Kyle Blanchfield a call or email. Tell 'em Rod from the Northern Sentry sent you.

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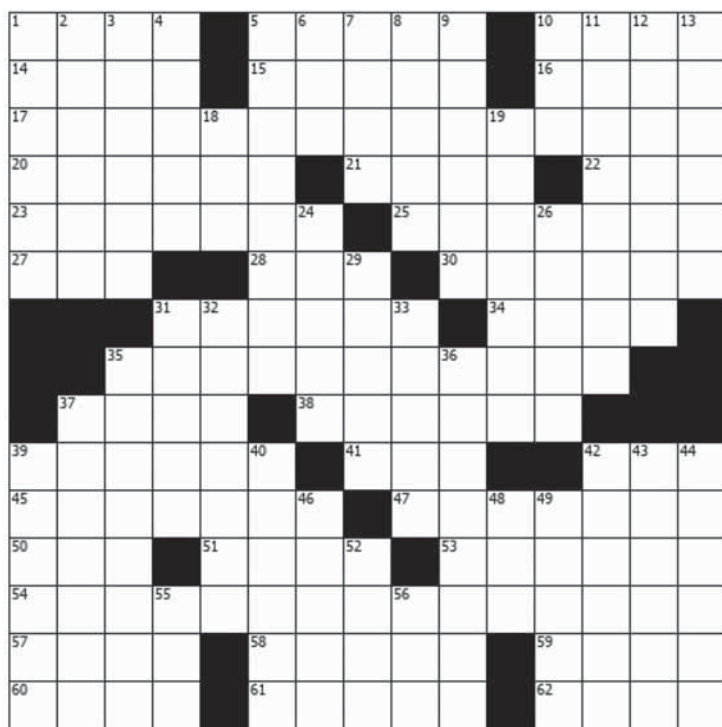
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# CROSSWORD PUZZLE

**Across**

- 1. \_\_\_ E. Coyote
- 5. Spoil
- 10. Field measure
- 14. "National Velvet" author Bagnold
- 15. It could be stuffed
- 16. Sweet-talk
- 17. Returning traveler's words
- 20. Occupiers of the throne
- 21. In \_\_\_ (as found)
- 22. Word with parking or odd
- 23. Unearthed (with "up")
- 25. It increases one's chances of growth?
- 27. Carry-\_\_\_ (some luggage)
- 28. Short haircut
- 30. More sunburnt
- 31. Old salt
- 34. Shrews
- 35. "Start talkin'!"
- 37. Reach the breaking point
- 38. Rubbernecks
- 39. With "Way," an ancient Roman road
- 41. Jeanne d'Arc, e.g.
- 42. Norwegian rug
- 45. Isn't required to
- 47. Steak and lobster, e.g.
- 50. Entertainment system component
- 51. Clarinet's kin
- 53. Some casual wear
- 54. 1958 hit song
- 57. Scientology founder Hubbard
- 58. "Family Ties" mother
- 59. Mideast gulf
- 60. Fax machine button
- 61. Harvests
- 62. Lease subject

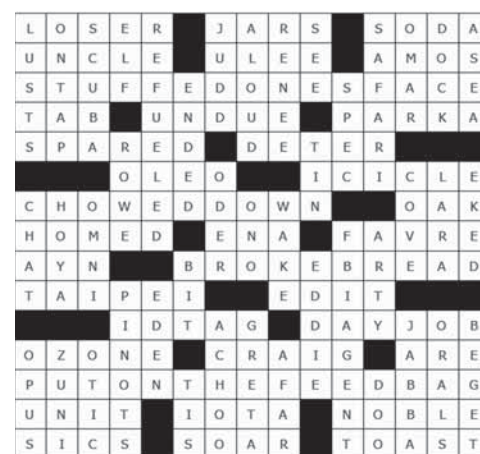


**Down**

- 1. Eccentric one
- 2. Sequentially
- 3. Hosiery threads
- 4. Sidled
- 5. Labrador air base
- 6. Faithful or reliable word
- 7. They're at their best when boring
- 8. Kind of wt.
- 9. One in the red
- 10. German interjection
- 11. Harding's successor
- 12. "End of the Century" rockers
- 13. Devonshire city
- 18. Alternative to .com or .net
- 19. Wife of Napoleon III
- 24. Long-gone birds
- 26. Washington follower
- 29. Contests in the ring
- 31. Serious
- 32. Talk of Toledo
- 33. Shred, as cheese
- 35. Live
- 36. Soaks
- 37. Greenwich ghost
- 39. Smithies' blocks
- 40. More high-minded
- 42. Put a new handle on?
- 43. Naval petty officer
- 44. Green light
- 46. Sheer fabric
- 48. First word of many a title
- 49. Extreme severity
- 52. "Watermark" chanteuse
- 55. Common connector
- 56. Recipe amt.

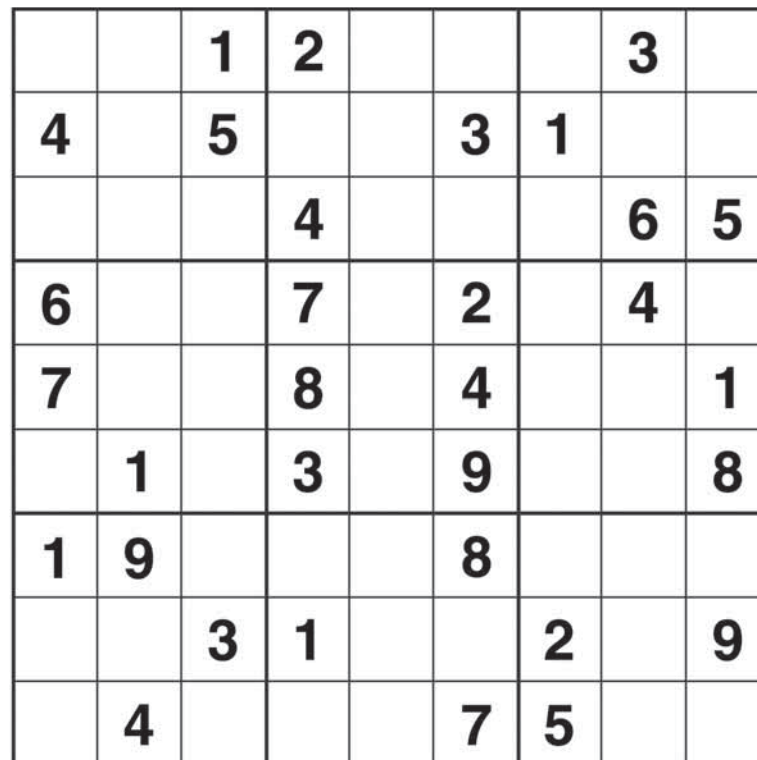
## CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



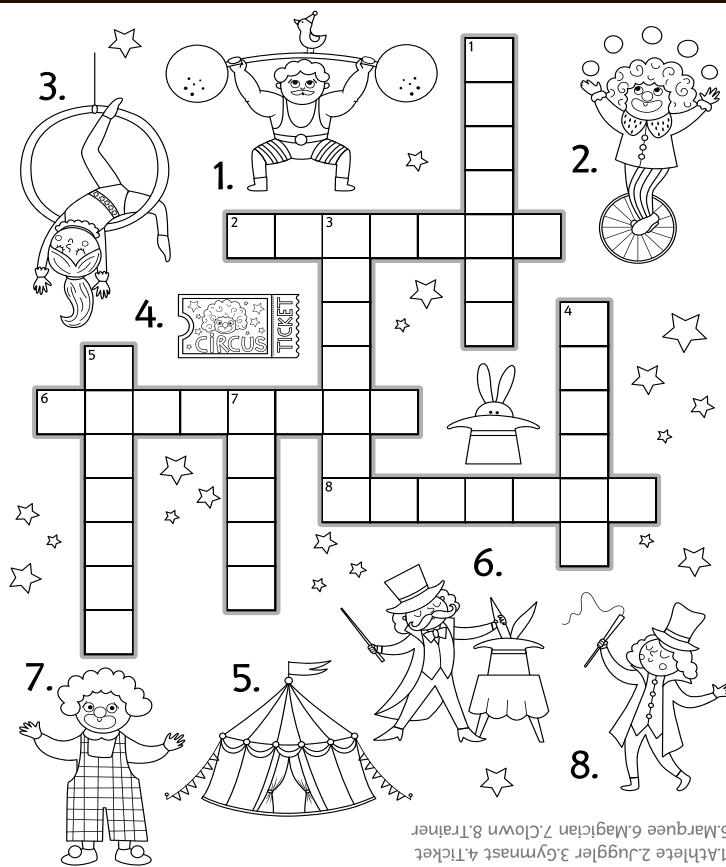
## SUDOKU

Solution to puzzle on page B13



## CIRCUS

— crossword puzzle —



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# New mental health care initiative improves access to care and readiness

SHIREEN BEDI, AIR FORCE SURGEON GENERAL PUBLIC AFFAIRS

FALLS CHURCH, Va. -- Air Force mental health leaders implemented a new initiative to improve access to mental health, increase access to support resources, and mitigate the impact on readiness.

For more than a year, the Air Force Medical Service has been rolling out Mental Health Targeted Care, an initiative that helps Airmen and Guardians understand all of the available options for support, and connects them to the right resource either in a mental health clinic or outside the military treatment facility with another supporting agency that best meets their need.

“Mental health across the nation is a constrained resource, and we need a solution that ensures we are connecting people to the optimal counseling resource, and that is not always going to be at the mental health clinic,” said Lt. Col. Aaron Tritch, a clinical psychologist and Air Force Mental Health Targeted Care lead. “Many of the concerns we see are sub-clinical, or aren’t something we’d diagnose and treat in the clinic, such as homesickness, momentary workplace issues, or relationship issues. They cause stress and should be taken care of, but they may be better supported outside the clinic.”

Through Mental Health Targeted Care, providers vector patients to the resources they need to resolve their specific concerns. If the mental health technician determines specialty care does not best suit the patient’s needs, the staff vectors the patient to a helping agency such as Primary Care Behavioral Health, group therapy, Family Advocacy, a domestic abuse victim advocate, Military OneSource, a chaplain, a Military and Family Life counselors, the Alcohol and Drug Abuse Prevention and Treatment office, among others.

This vectoring approach enables the medical staff to provide immediate attention for those whose concerns that must be addressed by a mental health provider, while connecting others whose needs are important but may not require clinical services and can be sent to a helping agency to receive timely care. According to Tritch, this approach has helped reduce wait times for immediate and follow up care.

“For years, the Air Force has encouraged members to go to mental health when in distress, and that’s great. However, the increased demand left us unable to see patients as frequently as we needed,” said Maj. Amanda Kruszewski, the Mental Health Flight Commander with the 31st Health Care Operations Squadron, Aviano Air Base, Italy. “Meanwhile, we have multiplied additional mental health support resources such as Operational Support Teams, True North and primary care behavioral health. In addition, the mental health clinic opened up several evidence-based treatment groups that have benefited patients and opened access to individual appointments.”

Mental Health Targeted Care also helps with Airmen and Guardian readiness. For those who require mental health specialty care, the reduction of initial wait times and time between appointments that is helped by Mental Health Targeted Care ensure patients receive care at the appropriate time and minimize time before they can return to duty.

“There are members who seek care because they are experiencing some depressive and anxious

symptoms, but do not necessarily meet the threshold for specialty mental health treatment,” said Capt. Aimee Dickson, Mental Health Officer In Charge with the 60th Operational Medical Readiness Squadron, Travis Air Force Base, California. “Due to [Mental Health Targeted Care], those who need to be seen by one of our providers in the clinic for mental health diagnoses will get consistent care. This allows us to better assess how treatment is working for them and make any necessary adjustments to best support them.”

Tritch also explained that this connection to the range of supporting resources on base supports Chief Master Sergeant of the Air Force’s Spectrum of Resilience, which emphasizes a holistic approach to seeking help, including building personal resiliency skills, connecting with friends and family, and reaching out to non-clinical support organizations.

“There is a continuum of mental-health-focused resources on base,” said Tritch. “Mental

health providers work with those resources should members need to be connected to us. Essentially, we have a system of care that wraps around the individual no matter where they go, reducing time between when they need care and when they receive it.”

From the perspective of the Airman or Guardian, nothing changes through this initiative, only the process of deciding where and how they will receive the best support and care. It still starts with the individual walking into or calling their mental health clinic. From there, a mental health technician will go through what Tritch explained as a vectoring and triage process.

“Our technicians will speak with the member, go through a number of questions and determine, in consultation with a mental health provider, if their concerns would be best addressed in the clinic or by other non-medical counseling services,” said Tritch. “If that Airman or Guardian is recommended to a non-clinical resource and is not comfortable

with that choice, then they can still request to see a mental health provider.”

The Mental Health Targeted Care’s pilot phase ended in the summer of 2022 following a year-long evaluation of the initiative at nine bases. Initial feedback from those pilot sites has been positive where they found that 51% of members who reached out had needs that were better met by other caring agencies and were connected to those resources, ensuring they received the support they needed more immediately.

“We also found that we had more than 2,000 mental health appointments that became available for members who needed specialty mental health care,” said Tritch. “We have seen across the board that we were able to treat patients sooner, address the needs of the command more quickly, preserve readiness, and provide patients with more acute issues with the treatment they require and at the frequency they need.”

Similar successes such as reduced intake wait times and time between

appointments are already apparent as the initiative’s rollout continues. At Aviano, mental health providers witnessed an improved overall experience among the Airmen they support.

“I have seen these changes revolutionize my own practice,” said Kruszewski. “As I see patients more frequently, patients are experiencing symptom resolution more quickly. All of the providers here care deeply about what they do and who they serve. There has been a palpable lift in tension as they are able to provide the best care. Watching them thrive as they see their patients improve has been a gift. This initiative has been a massive step in the right direction.”

Currently, the Mental Health Targeted Care initiative has been rolled out in three phases across the Air Force. Additionally, the Defense Health Agency has adapted the Air Force’s Mental Health Targeted Care initiative and is developing its own pilot at 10 installations across the Army and Navy to help improve access to care for all service members.

# FY22 DAF Annual Safety Awards Released

AFSEC PUBLIC AFFAIRS, HQ AIR FORCE SAFETY CENTER

By KIRTLAND AIR FORCE BASE, N.M. --

Department of the Air Force Chief of Safety Maj. Gen. Jeannie M. Leavitt has released the recipients for the fiscal year 2022 Secretary of the Air Force and Chief of Staff Safety Awards, as well as the Department of the Air Force Chief of Safety Awards.

"We empower our Airmen and Guardians at all levels to take bold actions to ensure mission success through proper risk management both on and off duty," Leavitt said. "The Air Force and Space Force promote a culture where our people will step in and do something if a situation looks unsafe, so we can all live to be lethal."

The FY22 Department of the Air Force Safety Awards Program provides organizations, teams, and individuals the opportunity to be recognized for their hard work, enhanced performance, accomplishments, and feats in safety.

Leavitt said, "I am honored to recognize the exceptional efforts this year's recipients have made to help prevent mishaps, promote safety, and protect our most valuable resource... our people."

## THE DAF SAFETY AWARD WINNERS ARE:

### Secretary of the Air Force Safety Award

United States Air Forces in Europe-United States Air Forces Africa

This award recognizes the MAJCOM/FLDCOM/DRU/FOA with the most effective overall safety program.

### Major General Benjamin D. Foulóis Memorial Award

United States Air Forces in Europe-United States Air Forces Africa

This award recognizes the MAJCOM/FLDCOM/DRU/FOA with the most effective flight safety program.

### Koren Kolligian Jr. Trophy

Major Brady J. Augustin, Aviano Air Base, Italy (United States Air Forces in Europe-United States Air Forces Africa)

This award recognizes outstanding airmanship by a Total Force individual aircrew member in the U.S. Air Force. The crewmember must show extraordinary skill, alertness, ingenuity, or proficiency in averting or minimizing the seriousness of an aviation mishap during flight or intent for flight.

### Colonel Will L. Tubbs Memorial Award for Occupational Safety

### Air Combat Command

This award recognizes the MAJCOM/FLDCOM/DRU/FOA with the most effective ground safety program.

### DAF Safety Civilian Professional of the Year Award

Billy Sewell, 60th Air Mobility Wing, Travis AFB (Air Mobility Command)

### DAF Safety Senior Noncommissioned Officer of the Year Award

Technical Sgt. Jamil Dixon, 8th Fighter Wing, Kunsan Air Base (Pacific Air Forces)

### DAF Safety Noncommissioned Officer of the Year Award

Master Sgt. Brian Thorne, 100th Air Refueling Wing, RAF Mildenhall (United States Air Forces in Europe-United States Air Forces Africa)

### DAF Safety Officer of the Year Award

Capt. Janet Neufeld, 12th Reconnaissance Squadron, Beale AFB (Air Combat Command)

### Chief of Safety Special Achievement Award

52d Fighter Wing, Spangdahlem Air Base (United States Air Forces in Europe-United States Air Forces Africa)

### Chief of Safety Aircrew of

### Distinction Award

BAGGR 01, 19th Special Operations Squadron, Hurlburt Field (Air Force Special Operations Command)

### Chief of Safety Aviation Maintenance Safety Award

Master Sgt. Peter Strom, 380th Expeditionary Maintenance Squadron, Al Dhafra AB (U.S. Air Forces Central)

### Chief of Safety Outstanding Achievement Award for Occupational Safety, Category I

502d Air Base Wing, Joint Base San Antonio-Fort Sam Houston (Air Education and Training Command)

### Chief of Safety Outstanding Achievement Award for Occupational Safety, Category II

18th Wing, Kadena AB (Pacific Air Forces)

### Chief of Safety Outstanding Achievement Award for Occupational Safety, Category III

75th Air Base Wing, Hill AFB (Air Force Materiel Command)

### Chief of Safety Outstanding Achievement Award for Occupational Safety, Category IV

91st Missile Wing, Minot AFB (Air Force Global Strike Command)



### Chief of Safety Outstanding Achievement Award for Occupational Safety, Category V

735th Air Mobility Squadron, Joint Base Pearl Harbor-Hickam (Air Mobility Command)

### Chief of Safety Outstanding Space Safety Program Award

Space Launch Delta 45, Patrick SFB (Space Systems Command)

### Chief of Safety Space Crew of Distinction Award

Prototype Operations Branch, Kirtland AFB (Space Systems Command)

### Chief of Safety Space Safety Award

Space Launch Delta 45, Patrick SFB (Space Systems Command)

### Chief of Safety Weapons Safety Award

Master Sgt. Kevin Cantrell, 48th Fighter Wing, Royal Air Force Lakenheath (United States Air Forces in Europe-United States Air Forces Africa)

### Chief of Safety Nuclear Surety Award

90th Missile Wing, F.E. Warren AFB (Air Force Global Strike Command)

### Aero Club Safety Certificates

Eglin Aero Club, Eglin Air Force Base (Air Force Materiel Command)

Dover Aero Club, Dover AFB (Air Mobility Command)

More information for the FY22 Department of the Air Force Safety Awards Program can be found on the Air Force Safety Center website at <https://www.safety.af.mil/Home/Safety-Awards/>.

**Hotel REVEL Weddings for Warriors**

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

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

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

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

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# Effective June 1, First Term Airmen can retrain into AFSCs under 90% manning in lieu of separation

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) -- The Air Force is changing the process of how First Term Airmen can retrain to provide additional opportunities for Airmen to stay in uniform instead of separating.

Effective June 1, all FTA can retrain into any Air Force Specialty Code they qualify for that is under 90% manned prior to separation, even if their current AFSC is below 90% manned.

Qualified Airmen must be within their retaining window and meet medical, Air Force Enlisted Classification Directory standards, Armed Services Vocational Aptitude Battery score and physical fitness standards to be approved.

"Glad to see us make this change as it relates to retraining opportunities for the force," said Chief Master Sgt. of the Air Force JoAnne S. Bass. "Providing these

opportunities for our Airmen helps us keep talent on the bench. While this particular change impacts First Term Airmen, expect to see more initiatives like this as we evolve our policies and talent management to focus on the force of the future and building the Air Force our nation needs."

Additionally, the FTA Retaining Selection Board is also no longer required during the retraining application process. This removes the racking-and-stacking retraining application process based on the number of quotas needed for a more streamlined 'first in, first out' process. Phase 1 FTA retraining quotas will be open to all FTAs entering their retraining window during Fiscal Year 2024.

The Exception to Policy will be reassessed June 1, 2024, unless it is rescinded earlier.

*welcome baby*

BABY GIRL BORN ON WEDNESDAY, APRIL 26, 2023 TO:  
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MINOT, ND

BABY GIRL BORN ON TUESDAY, MAY 02, 2023 TO:  
ALANA TAYLOR AND JOSEPH MARTIN  
MINOT AFB, 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.*

## GUINNESS SHEPHERD'S PIE

**Home of ECONOMY**

**INGREDIENTS**  
6 RUSSET POTATOES  
1 ONION, DICED  
4 CLOVES GARLIC, MINCED  
1 POUND GROUND BEEF OR LAMB  
1 1/2 CUP TOMATO SAUCE  
4 CUP MIXED VEGETABLES, FROZEN  
1 CUP GUINNESS EXTRA STOUT  
1 TABLESPOON WORCESTERSHIRE SAUCE  
1 TEASPOON FRESH THYME  
SALT AND PEPPER, TO TASTE  
BUTTER, STICKS  
1 CUP MILK  
1 1/2 CUP SHREDDED CHEDDAR CHEESE

Bring a large pot of water to a boil for the potatoes. Let this heat up while you cook the meat mixture.

In a large skillet, cook the onion, then add garlic. Add beef or lamb and cook until browned. Drain off grease.

Add tomato sauce and vegetables to meat. Cook for 4-5 minutes, stirring often. Add Guinness, Worcestershire sauce, thyme, and salt and pepper to taste. Boil until the liquid has reduced by half and thickened (about 15 minutes).

Add the potatoes to the boiling water and cook for 15-20 minutes or until soft but not mushy. Drain and cool. Mash the potatoes with butter, milk, salt and pepper to taste.

Once meat mixture is done cooking and the potatoes are mashed, divide the meat mixture between two dishes. Top with mashed potatoes then with the cheese.

When ready to cook, set the Traeger to 350° F and preheat, lid closed, for 10 to 15 minutes.

Bake for 30-45 minutes or until potatoes are golden brown and cheese is melted. Serve hot. Enjoy!

Ryan Davy - GM  
Minot

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# NORTHERN CELEBRATIONS

EMBRACING OUR NORTH DAKOTA LIFESTYLE

## SPRING'S OFFICIAL ARRIVAL

Patricia Stockdill

Spring was late this year.

Well, yes, that's a brilliant observation considering almost everyone has been commenting – OK, probably complaining – about the cool weather – OK, cold weather.

Talk among longtime residents lamented late budding trees, farmer's tardiness for getting into the field, delayed high school outdoor spring sports, lack of open water fishing opportunities, and the list goes on.

But more than a month after the official first day of spring, it can finally be declared that, yes, it's here.

Finally.

It's not because there's a hint of green grass and tiny buds emerging on trees. Nor is it because open water shorelines are finally providing enough space for anglers to try some smelt or crankbaits to catch a northern pike on a local lake. Plus the wind finally took ice off lakes entirely.

No, it's the arrival of the first purple martins soaring high in the sky above their artificial housing structures; singing, chirping, trilling, and boisterously announcing they've completed their journey home for the summer. Yes, for purple martin enthusiasts – and that's us – their arrival marks the official declaration of spring.

And, yes, they were late this year.

But they were also smart given the ongoing chilly weather. They weren't alone because the lingering chilly weather delayed a lot of things, including field work, spring sports schedules, pike fishing, and the arrival of other feathered friends.

Our little location along Lake Sakakawea usually brings our martins back from their wintering grounds some 2,000 miles south sometime after April 15. Maybe they don't want to be around when income taxes are due or maybe they just know they could still get a blast of winter and wet, chilly spring weather.

Oftentimes the task of cleaning out their housing structures, large round artificial gourds hanging from brackets and a pole designed to be raised and lowered (for easier cleaning), is undertaken about mid-April.

But the task, like spring, was delayed this year. It's hard to be enthused about cleaning them when a person has don heavy winter clothing and fight wind.

Oftentimes the first purple martin of the year seems to drop out of the sky from who-knows-where and who-knows-how-high-up, suddenly beginning their musical talent show.

How they know two humans are preparing their homes for occupancy is amazing but it seems it takes the cleaning of the gourds to entice their arrival.

But then again that might our imagination and they're telling us we needed to get it done sooner.

At any rate, the martins are back, this year arriving the day after their houses were cleaned on May 2. At first it was the familiar chirp, heard but unseen. Then high in the sky, one martin made a rapid descent, soaring and sailing above a pole with four artificial gourds.

And a second martin appeared.

Next, more musicians joined in, heard but unseen.

We counted six martins as we stood in the yard, scanning the sky on the evening of their arrival. Three sat on the bracket above one of their housing structures, watching us and then looking towards the sky as if to see if any of their family and friends made the same flight connections.

The thing with martins is they're sociable creatures and they nest in colonies. Birds nesting west of the Mississippi River are dependent on humans for housing, which is why things such as purple martin "apartments" or artificial gourds are used by a litany of dedicated martin enthusiasts to provide that necessary housing.

Martins are the largest member of the swallow family. When they arrive at their homes in our yard they have four poles with four gourds on each one. The gourds are large versions of a gourd once hollowed out and used by American Indians to carry things such as water.

They just happened to also work to put a gourd on a stick of tree, strap with sinew and because martins consume a huge amount of insects, the boisterous birds were welcomed.

Maybe those early providers of artificial housing also treasured their aerial antics and musical talents, just as we do today.

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### NORTH PLAINS ELEMENTARY TEACHER RECEIVES AWARD

Mrs. Decker a 2nd Grade Teacher at North Plains Elementary School was recently awarded Ryan Chevrolet's Teacher of the Month for the month of March.

“ We have not had this award presented to any teacher on base in years and this is such a highlight for our school. Mrs. Decker is a first year teacher who has received another recognition from the district to showcase Heggerty skills with her class. She has faced very unique challenges this year and the entire school is absolutely inspired by her dedication to her class despite everything.

- LISA HERMOSILLO

### NOTES ON BEING SAFE

## COMPLACENCY, THE SILENT KILLER



SSGT JOE VERGARA  
5TH BOMB WING  
NCOIC OCCUPATIONAL SAFETY



Every day in the United States on the average, 15 workers lose their lives as a result of injuries or illnesses related to their work. When you add the figures that's over 5400 people a year. Unfortunately these people leave behind families, friends, and co-workers.

Recently there are more and more "mishaps" that come across my desk dealing with everything from damaged or lost tools and equipment, Damage to Government vehicles due to inattention, dressing inadequately for the cold weather conditions, this list can go on and on... I think you understand the point. Airmen at levels need to fine tune the skills we have been trained and imbedded to our thought processes and way of thinking.

So what is the point am I driving home? Complacency! When it comes to safety, complacency is deadly. If you come to work in an environment that has dangers, you can't afford to let your guard down, you can't relax. If you become comfortable in hazardous areas, your lax attitude will end up getting people hurt. Or worse, it gets you hurt. We can fall into the mindset, "I went to work and nothing happened, nothing happened last week and nothing dangerous happened last month." This allows you to let your guard down. We all need to remind ourselves we're working in a dangerous environment and we need to be alert.

All of us, no matter where you work, or what your job is, need to create a culture within our own organization, and remind everyone that complacency is a treacherous thing - it's a killer. Supervision at all levels needs to find ways to stimulate employees' interest in finding ways to make safety improvements.

We all need to create motivation for a positive change in the organization by believing it's possible to achieve zero mishaps or incidents and communicating that belief to all employees. All of us, by raising our right hand have an obligation to show employees the relevance of working safe to their jobs, careers, and, most importantly,

their families. This will create an atmosphere where everyone at every level in the organization will increase their commitment and their contribution in making the workplace mishap or incident free. Yes, I understand all of are busy we have tight schedules and deadlines to meet, but we also need to take a step backwards, think of your thought processes, take a "one more time" look around your surrounding and ask yourself "Did I leave anything behind? Are all my tools and equipment accounted for? Did I remember to do that last check before we left the building? Are all the documents properly signed off and reviewed?, am I properly dressed for the outdoor temperatures?" Never forget where you are. If you work in a dangerous

fast paced environment, remember that I'm not asking you to live your life dreading every moment at work. What I am asking each and every one of us is to follow proper procedures at work, and think ahead of what elements await us that can possibly kill us. Think of your surroundings, identify the littlest detail.

In closing, please remember complacency is an ever present danger. When a person becomes complacent their stress level for the task decreases, and consequently, so does their performance. A greater stimulus will be required in order to obtain a response. Let's all take a deep breath and a step back... your life and the life of others may depend on it.

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# YOUTH IN ACTION

## Creativity Soars at North Plains Elementary

ERIN BEENE, NORTHERN SENTRY

The end of the school year can bring a whirlwind of activities for parents. While the month of December is known to be the busiest, May comes in a close second for moms and dads of school-aged kids. But even though the month is jam-packed with end-of-year parties, final projects, sports events and a wave of goodbyes, the parents of kids at North Plains Elementary were treated to a leisurely, yet proud day to see their children's art abilities shine.

Thursday, May 4th, was the North Plains Elementary Art Show. This event brought the whole school together, especially the students. Upon entering the building, each parent and family was sweetly greeted by an older student passing out the Art Show programs and took the time to explain where to go, and how some of the virtual concepts worked. The inner hallway was filled with students' colorful and creative art work; not just on the walls but hanging from the ceilings too! Other rooms in the school, like the gymnasium, featured student inventions and recreations in every art form one could imagine. Parents were awed as they explored the school with their children by their side. Everywhere a family turned, another gallery of art work appeared.

Some of the teachers that helped turn this magical day into a reality are 4th grade math and science teacher Aubrie Ziegler and 4th grade language arts, reading and social studies teacher Stephi Lesson. They said that they were really looking for a fun and unique way to bring families into

the school this year because they hadn't had a school-wide family event since before the pandemic. Since Minot Public Schools does not offer an art program, each teacher has had to incorporate art into their lessons throughout the year. Ms. Ziegler and Ms. Lesson found the challenge of creating an art show was a year long process in the making as each teacher and grade worked on artistic creations to ultimately be displayed at the school for this occasion. They explained that each of the hallways were themed by seasons of the year and each grade contributed to a particular season in different ways through creativity. They said each student had about three pieces of artwork displayed somewhere in the school that day.

Some extra unique features to this school art show was the QR code that was printed on the program which allowed some of the art work to be viewed virtually by grandparents or other family and friends that could not be present. Additionally, Ms. Kusper, the school music teacher, created an innovative art and music mashup with the 4th and 5th graders. This allowed art to be viewed in sync with specific songs the students had chosen.

Overall the day was filled with joyful parents, excited students and proud school staff at North Plains Elementary. Even though the displayed art was only up for that day, it was a perfect way to show off the students' imaginative hard work all year long and start wrapping up another successful school year.



### 2023 YOUTH AWARDS Congratulations on Your Accomplishments!

#### SCHOLARSHIPS

SRT awarded four 2023 SRT Scholarships for \$1,500 each and one SRT \$2,500 Technical Scholarship.

*"Every year, we look forward to rewarding area students for their hard work and their accomplishments, both in academics and in the community. These scholarship winners have bright futures ahead of them and SRT is proud to support their goals."*

— Cassidy Hjelmstad  
SRT CEO/General Manager



**Isabell Buynak**  
MLS Mohall High School  
Daughter of Norman and Sarah Buynak



**Preston Kraft**  
Velva High School  
Son of Ryan and Kyleene Kraft



**Javin Mattern**  
MLS Mohall High School  
Son of Sean and Margaret Mattern



**Magee Rovig**  
Bishop Ryan Catholic School  
Daughter of Thomas and Donna Rovig

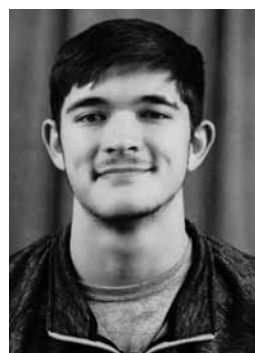
TECHNICAL



**Ryker Pederson**  
Minot High School  
Son of Steven and Jodi Pederson

#### YOUTH TOUR

Braden will represent SRT during the 2023 Foundation for Rural Service (FRS) Youth Tour in Washington, D.C. The FRS Youth Tour will be held May 31 through June 4, 2023. Braden will learn about the telecommunications industry, tour our nation's capital, and meet with legislative leaders to discuss his experiences in rural North Dakota.



**Braden Savelkoul**  
MLS Mohall High School  
Son of Terry and Laura Savelkoul



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# EFMP PCS Tips

Moving with school-aged children can be stressful, but planning ahead can allow for a smoother transition. If your child is enrolled in EFMP, extra steps should be taken. Consider the following tips as you plan your move with a school-aged child enrolled in EFMP:

1- Update the Individual Education Program (IEP) with your IEP team at the school where child attends or the 504 with designated school staff. Although the 504 is not transferrable, it is important to have possible accommodations and modifications listed so you may share ideas that have worked in the past.

2- Request and obtain copy of educational records from your current school or district office, prior to your move.

3- Contact the Minot AFB School Liaison for transition support

(mafb.school.liaison@us.af.mil).

4- Research possible gaining schools so you are aware of the options available for your family. Connect with your gaining installation's School Liaison for assistance <https://installations.militaryonesource.mil/>.

5- Visit Military One Source Plan My Move: <https://planmymove.militaryonesource.mil/>

6- Contact the Exceptional Family Member Program (EFMP) to ensure enrollment within the program is current.

7- Contact Pathfinder Services of North Dakota (701-857-7500) and ask them to connect you with the Parent Center in the state to which you are moving.

## YOUTH IN ACTION



JOY-NICOLE SMITH  
SCHOOL LIAISON PROGRAM MANAGER, GS-11  
DEPARTMENT OF THE AIR FORCE SCHOOL LIAISON PROGRAM



### STORYTIME

and activity with Miss Kristi  
Tuesday and Friday 11 am

---

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JORDAN WORLD CIRCUS of Las Vegas, NV

**7 PERFORMANCES**

## MAY 11-13, 2023

THURSDAY, MAY 11 | 10am & 7pm  
FRIDAY, MAY 12 | 10am, 4pm & 7:30pm  
SATURDAY, MAY 13 | 2pm & 6pm

**ALL SEASONS ARENA**

**ADVANCE TICKETS ON SALE AT THESE LOCATIONS**

- Marketplace Foods — all Minot locations
- Thrifty White Pharmacy — Town & Country Shopping Center
- Stop & Shop — 529 Burdick Expy W
- Lien's Jewelry — 107 Main St S
- Outdoor Recreation — Minot Air Force Base

**ONLINE TICKETS ON SALE AT**  
<https://minotshriners.org/tickets/>

Proceeds are for the benefit of the Minot Shrine Club. Payments are not deductible as a charitable donation.

# YOUTH IN ACTION



## RAMSTAD CHEER TEAM WINS FIRST PLACE

Ramstad Middle Schools first ever Cheer Competition Team entered into the Time Out Middle School Division and earned first place at the NDCCA Winter 2023 Cheerleading Competition. Many of Ramstad Middle School cheerleaders are children of military members stationed at Minot AFB. The competition team also included some of those military children.

Head Coach: Carly Johnson  
Assistant Coaches: Kiriat Perez & Taliyana Perez

JULIAN PEREZ PHOTO

**EVERYDAY HAPPY HOUR • 3PM – 6PM**

- \$2 off All Apps
- \$3 House Wine & Domestic Pints
- Bavarian Pretzels with Beer Cheese Sauce
- \$4 Rail Drinks, ND Brewery Pints & 22oz Domestic Taps, 4 Lettuce Cups
- \$5 Moscow Mule
- \$6 Specialty Cocktails, Martinis & 22oz ND Breweries Taps
- 1/2 Flat Bread Pizza

**DAILY SPECIALS**

- Monday \$5 Moscow Mules (all day)
- Tuesday \$4 ND breweries (all day)
- Wednesday 1/2 Price Wine by the glass/bottle (all day)
- Thursday \$1 up for all Tall Taps (all day)
- Sunday BRUNCH (11am-2pm)
- \$7 TSR Bloody Mary & Caesars
- \$12 Bottomless Mimosas
- \$6 Breakfast Shots

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- Monday Pizza Pack Combo
- Tuesday Sandwich Pack
- Wednesday Chef Creation\*
- \*Changes Weekly – Check our Facebook Page
- Thursday Pasta Pack

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## AMUR LEOPARD

**CREATURE FEATURES**

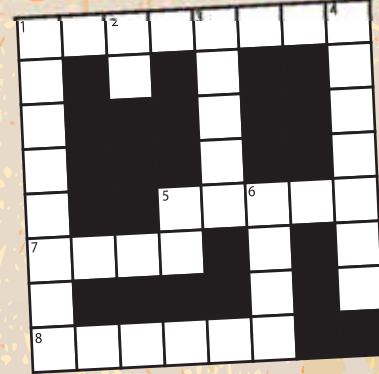
- The coat of the Amur Leopard is pale cream or reddish-yellow, which becomes lighter in the winter. In the summer, their coat hairs are 1 inch long but in the winter they are replaced by 3 inch long hairs. This helps them survive in extremely cold climate conditions.
- They have adapted long legs which enable them to walk on snow with ease.
- Primarily nocturnal, Amur Leopards have night vision which helps them to hunt and get around at night.
- Amur Leopards can jump 10 feet high vertically, 20 feet horizontally and are very good at climbing trees. They are solitary ambush hunters, stalking its prey alone and hiding its kill from predators, often in trees.

**Fact File**

Life Span	10 – 15 years
Weight	55 – 105 pounds
Head & Body Length	5 feet
Tail Length	32 – 35 inches
Height to Shoulder	2 – 2.5 feet
Speed	37 mph
Wild Diet	Onion, Carrots, Herbs, Rye Deer, Sika Deer, Wild Boar, Badgers, Hares, Musk Deer



## CROSSWORD PUZZLE



### ACROSS

1. A person who commits a crime
5. Digital mail
7. Message on a phone
8. Device that sends data to a network

### DOWN

1. Electronic device for storing data
2. Abbreviation for identification
3. Expression
4. Done within the law
5. Beloved alien
6. From a distance

Answers:  
Across  
1. Criminal 5. Email 7. Text 8. Router  
Down  
1. Computer 2. ID 3. Idiom 4. Legally 5. ET 6. A Far

**HOURS:**  
DAILY  
9AM-6PM

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## UPCOMING EVENTS

**MAY 14**  
MOTHER'S DAY  
AT THE ZOO

**MILITARY DISCOUNT**  
\$5.00 off a \$85.00  
Annual Family Pass

# CHURCH DIRECTORY

**Chapel Services at MAFB**

*North Plains Chapel in Base Housing*

Protestant Liturgical Service  
**Christ Chapel**  
0900

Protestant  
**Sunday Community Service**  
1030  
(Holy Communion 1st Sunday)  
Children's Church during school year


*Wicca, Pagan, and Neopagan Services*

**Open Circle**  
1000 on the 1st and 3rd  
Saturdays of every month

*Northern Lights Chapel across from Rockers*

**Catholic Mass**  
Sunday ..... 1000  
Daily ..... Monday-Thursday at 1200

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



**109 6th St. SE  
Minot • 838-3094**

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

**Sunday, May 14**  
9:30AM, Holy Liturgy

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



**Break Forth BIBLE CHURCH**

Wednesdays 7:00pm  
and Sundays 10:30am

**1821 W Burdick Expressway**

For More Information:  
**701.838.2665 | www.bfbc.tv**



**An Evangelical Free Church**  
3500 4th St. SW • 839-5127  
(Just North of Super Wal-Mart)

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

**www.trinitychurchminot.org**



Worship Service at 10:45am Sundays  
Sunday School at 9:45am

**1720 4th Ave NW, Minot  
838-0916**

**MinotBibleFellowship.org**

**Immanuel Baptist Church**

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



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


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



**Christ Reformed Church**

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

**St. John the Apostle Catholic Church**



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

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

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




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

Sunday Worship  
9:30 am

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

Pastor Brandy Gerjets • Pastor Ellery Dykeman



**Gospel Tabernacle Community Church**

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

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

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



**JOURNEYCHURCH**  
ASSEMBLY OF GOD

**1805 2nd St. SE  
838-1111**

**Sunday Services**  
9:00 AM & 11:00 AM

**Wednesday**  
6:30 PM

**Minot Baptist Church**

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

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

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



**Cross Roads Baptist**

**Southern Baptist Convention**

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

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

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



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

**1105 16th St. NW • 839-1407**

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

ABC Child Care Center ..... 852-6352

**westminot.com**  
**facebook.com/westminot**

**First Baptist Church**

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

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

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

**Apostolic Faith Church, UPCI**

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

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

**Jesse Starr, Pastor**



**Grace Baptist Church of Minot**  
A Reformed Baptist Church

**Sunday Service: 4:00 p.m.**  
**Wed. Prayer: 5:30 p.m.**  
at Living Word Lutheran bldg  
710 46th Ave NE, Minot

**Web: gracebaptistminot.com**  
**E-mail: gbcminot@gmail.com**

**RADIO BROADCAST**  
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**Rev. Heath Trampe**  
**Rev. Brian Doel**

**Sunday Worship**  
8:15am Traditional Service  
9:30am Contemporary (w/livestream)  
9:30am Sunday School & Adult Bible study  
11:00am Contemporary Service

**Wednesdays 6-7pm**  
Adult Choir  
OSKids (age 4-5th gr.)  
Bible Class (6th gr.)  
High School Youth Group (6-8pm)

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**Sundays:**  
Worship ..... 9:00 a.m. & 11:00 a.m.

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For more information visit us on the web at:  
**www.ourredeemers.org**



**ORCS KNIGHTS**



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

**www.orcsknights.org**

**ORCS Preschool**

Our Redeemer's Christian School's Preschool Program will be starting its 36th year the fall of 2023 and we would love to have your child be a part of it!

**NOW ACCEPTING REGISTRATIONS FOR THE 2023-2024 SCHOOL YEAR**

**HIGHLIGHTS OF OUR PROGRAM**

- Time-tested curriculum including STEM and Language Arts activities as well as Free Play
- 2 and 3 day options available
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Please contact our school office or visit our website for more information.  
**701.839.0772**  
Email: **jschultz@orcsknights.org**  
Website: **www.orcsknights.org**



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**ADULT & TEEN BAGGERS NEEDED AT THE MINOT AFB COMMISSARY**

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**THE NORTH DAKOTA NATIONAL GUARD** have openings available in a variety of career fields across the state and in Minot. Continue your military career on a part-time basis. For more information call 420-5903 or 420-5904 in Minot.

## IMMEDIATE FULL AND PART TIME OPENINGS

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

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By email or phone at  
[mmackey@kalixnd.org](mailto:mmackey@kalixnd.org)  
701-852-1014

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## SUDOKU SOLUTION

PUZZLE ON PAGE B4

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

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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 upcoming term: 29 May-30 Jul. For more information, please visit us in Room 223 located in the Base Education Center Building (2nd floor), email: [minot@erau.edu](mailto:minot@erau.edu) or call office phone: 701-727-9007 and/or Teams phone: 928-777-6342.

### COLUMBIA COLLEGE

For nearly fifty years Columbia College has offered educational opportunities to the military and is proud to establish our newest location here, at Minot AFB. Founded in 1851, Columbia College is a private, nonprofit liberal arts and sciences college that serves approximately 18,000 students annually and is proudly recognized by numerous organizations as a Military Friendly institution of higher education. Check out our website ([ccis.edu](http://ccis.edu)) for the list of organizations that recognize the hard work the college puts in to serve those who serve our country and their families. With 29 online degrees the college is working to offer classes this summer on the installation. In the meantime you can choose your mode of education from strictly online classes to in-person ZOOM synchronous classes. Chose from the many associate, bachelor, or master's degree programs available and know your degree can be completed at Minot or anywhere you have internet connectivity or explore in-seat opportunities if you re-locate near one of our 30 locations nationwide. Fully accredited by the Higher Learning Commission (HLC) we are delighted to establish this location at Minot. Come talk to us at the education center and explore your options for your next step down the path to your educational goal. We are located in Room 219 or call 701-714-0000.

### PARK UNIVERSITY MINOT –

Your degree, Your way. Park University is enrolling now for Spring II Term. Classes start March 13, 2023! 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](http://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](mailto:mino@park.edu) PARK. YOU

### MINOT STATE UNIVERSITY

Minot State University is excited to again offer face-to-face classes at the Minot Air Force Base. Minot State University's Summer and Fall 2023 semesters registration will open for all currently enrolled MSU students beginning Tuesday, March 29 through to April 13. There is no application fee for active-duty military personnel. Military personnel can complete their Community College of the Air Force (CCAF) degree and earn a bachelor's degree from Minot State. For more information, contact Brigitte Mikula at 701-727-9044 or by email at [Brigitte.mikula@minotstateu.edu](mailto:Brigitte.mikula@minotstateu.edu)



## Local Cravings Restaurant Guide

<p><b>Applebee's Grill &amp; Bar</b></p> <p>2302 15th St SW, Minot Phone: 701.839.2130 <a href="http://www.applebees.com">www.applebees.com</a></p>	<p><b>Badlands Restaurant &amp; Bar</b></p> <p>1400 31st Ave SW, Minot Phone: 701.852.7335 <a href="http://www.blgrill.com">www.blgrill.com</a></p>
<p><b>Bone's BBQ Smokehouse &amp; Grill</b></p> <p>1412 2nd Ave SW, Minot Phone: 701.838.9140 <a href="http://www.bonesbbqminot.com">www.bonesbbqminot.com</a></p>	<p><b>28 Tastes &amp; Taps</b></p> <p>1603 35th Ave SW Minot Phone: 701.838.2828 FB: 28 Tastes &amp; Taps</p>
<p><b>Culver's Restaurant</b></p> <p>3000 S Broadway, Minot Phone: 701.852.4800 <a href="http://www.culvers.com">www.culvers.com</a></p>	<p><b>Ironhorse Kitchen + Bar</b></p> <p>21 E Central Avenue, Minot Phone: 701.852.8183 FB: Ironhorse Kitchen + Bar Minot</p>
<p><b>Jamaican Vybz Kitchen</b></p> <p>Suite 200 315 Main Street S Minot Phone: 701-441-9309 FB: Jamaican Vybz Kitchen</p>	<p><b>Pink's Bar &amp; Grill</b></p> <p>102 128th Ave NW Minot Phone: 701.852.2385 FB: PinksBarGrill</p>
<p><b>Prairie Sky Breads</b></p> <p>3 1st St. SE, Minot Phone: 701.858.0612 <a href="http://www.prairieskybreads.com">www.prairieskybreads.com</a></p>	<p><b>Noodles &amp; Company</b></p> <p>304 4th Ave NW Minot 701.491.9103 <a href="http://www.noodles.com">www.noodles.com</a></p>
<p><b>Mi Mexico</b></p> <p>3816 South Broadway Minot Phone: 701.858.0777 <a href="http://www.mimexicomintd.com">www.mimexicomintd.com</a></p>	<p><b>Primo Restaurant</b></p> <p>1505 N Broadway, Minot Phone: 701.838.7746 <a href="http://www.primominot.com">www.primominot.com</a></p>
<p><b>Souris River Brewing</b></p> <p>32 3rd St NE Minot Phone: 701.837.1884 <a href="http://www.sourisriverbrewing.com">www.sourisriverbrewing.com</a></p>	<p><b>The Starving Rooster</b></p> <p>30 1st St. NE, Minot Phone: 701.838.3030 <a href="http://www.starvingrooster.com">www.starvingrooster.com</a></p>
<p><b>Whiskey Nine</b></p> <p>109 Central Ave, Minot Phone: 701.837.1090 <a href="http://www.whiskeynined.com">www.whiskeynined.com</a></p>	




## VOLUNTEER OPPORTUNITIES

### Meals on Wheel Volunteers

On behalf of the Hispanic Allies organization, we would like to offer a volunteer opportunity to help our community. We're working with "Meals on Wheels" to help feed elderly members of our community. If you are 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 Bermudez, [brian.o.bermudezcartagena.mil@health.mil](mailto:brian.o.bermudezcartagena.mil@health.mil) or 723-5184.

### AAHC Volunteers

(May 11-13)

The African American Heritage Council (AAHC) is looking for volunteers to help with this year's circus. If you are interested in helping with set up and tear down, or manning a booth please let me know.

POC: Tyrone Grigley II, TSgt, USAF, 5th Force Support Squadron  
DSN: 312-453-3669 COMM: 701-723-3669

### Minot Shrine Circus Volunteers

(May 11, 12, 13)

We are looking for volunteers to help with various tasks before, during, and after performances at the ND State Fair Center. Meals/snacks will be provided to volunteers.

POC: Minot Shrine Club Circus Director, John Young  
701-214-0928 or [jrichyoung85@gmail.com](mailto:jrichyoung85@gmail.com)

### Flag Football and Volleyball Coaches

The new Youth Sports Coordinator on Minot AFB is looking for volunteer coaches for this upcoming Flag Football and Volleyball Season.

- The season will run from 28 August-27 October 2023.
  - Age Group for Flag football is 3-12 years old.
  - We're currently looking for the following:
    - 3-4-year-old coaches: 6.
    - Practices will be Mondays from 1730-1800 5-6-year-old coaches: 8.
    - Practices and hold games will be Monday's and Wednesday's from 1730-1830 7-8-year-old coaches: 8.
    - Practices and hold games will be Tuesday's and Thursday's from 1730-1830 9-12-year-old coaches: 6.
    - Practices and hold games will be Tuesday's and Thursday's from 1730-1830 (potential for a couple of Saturday morning games in town).
    - For volleyball, the age group will be 9-12 years old and we are currently looking for 6 coaches.
    - They'll practice and hold games on Tuesday's and Thursday's from 1730-1830. (Potential for a couple of Saturday morning games in town).
- As registrations open, we may increase the amount of coaches needed depending on the number of children participating. No experience with the sports is necessary, we will train you. All volunteer coaches for youth programs must get fingerprinting/background checked and will be required to attend a coach training closer to the season.

POC: Ms. April Lawrence 723-1477 or Youth Center at 723-2838.  
email: [april.lawrence.2@us.af.mil](mailto:april.lawrence.2@us.af.mil)

### AADD Volunteers

AADD is seeking volunteers to support our regular schedule for weekends.

• REGULAR 2023 WEEKLY SCHEDULE- <https://volunteersignup.org/FHLLR>  
POC: SSgt Kristal A. Cruz Leon, 723-4633, [kristal.cruz\\_leon@us.af.mil](mailto:kristal.cruz_leon@us.af.mil)  
Minot AADD, [MinotAFB2233@gmail.com](mailto:MinotAFB2233@gmail.com)

### Pride Month Volunteers

(June)

If you're interested in supporting the Minot AFB LGBTQIA+ community, including volunteering for June's Pride Month events, please contact SrA Edwin Washington. You can also join the Minot AFB LGBTQIA+ Support Club on Facebook at [www.facebook.com/groups/930024054132263](http://www.facebook.com/groups/930024054132263).

POC: SrA Edwin Washington, [edwin.washington.3@us.af.mil](mailto:edwin.washington.3@us.af.mil)  
701-723-3011

### North Dakota State Fair Volunteers

(July 21-29)

The North Dakota State Fair is North Dakota's largest annual event with traditionally over 300,000 attendees. We need volunteers to help with various community groups performing services or leading projects during the annual North Dakota State Fair event held on July 21 -29. Projects involved might include working concerts, shuttling golf carts, cleaning stalls, security, grounds clean-up, or gate attendants.

POC: Daryl Fry at 701.857.7620 ex 803 or [daryl@ndstatefair.com](mailto:daryl@ndstatefair.com)

### Magic City Civil Air Patrol Composite Squadron Volunteers

Civil Air Patrol is the official, Congressionally chartered US Air Force Auxiliary open to all adults and children 12+. Its all-volunteer members serve in a multitude of roles in support of CAP's three primary missions: Cadet Programs, Aerospace Education, and Emergency Services. As adult opportunities include working as part of an Aircrew, sUAS operator, Aerospace and STEM instruction, and many other opportunities! Whether you are looking to bring your skills to a new venue, expand your experience, or learn something new, there's certainly a role for you! No prior experience or military affiliation is necessary. For more information about Civil Air Patrol, visit <https://www.govcivilairpatrol.com> or contact the POC below.

POC: 1st Lt Jon McLemore, CAP | [Jonathan.mclemore@ndcap.us](mailto:Jonathan.mclemore@ndcap.us)  
701-720-6410 | <https://nd021.cap.gov>  
Meeting location: AvFlight, Minot Airport, 2400 N. Broadway Suite E, 1830-2030 every Thursday

### AF K12 STEM-to-Sky Program Volunteers

Volunteers are needed to assist with the AF K12 STEM-to-Sky program; a new annual outreach effort connecting Airmen & Teachers enabling them to produce direct classroom engagement. The purpose of this effort is to directly engage Airmen with classrooms around the world to share experiences, emphasize the importance of STEM education, and create personal military-to-classroom connections. Within the classroom, Airmen will discuss their associated roles and emphasize the importance of STEM (connect); and create propensity for students to pursue STEM and Air Force fields (inspire). Anyone can volunteer, and we especially encourage those who work in STEM-focused career fields! For Airmen sign-up and information/instruction - <https://forms.osi.apps.mil/r/fkmaqNeYUlr>

POC: Abigail Kinder, Community Relations & Media Operations, Minot AFB PA  
Comm: 701-723-6768, DSN: 453-6768

### Caring Edge Hospice Volunteers

Caring Edge Hospice is looking for volunteers to assist with a wide-range of support. It's an honor to be part of our patients' and their families' journeys. Making connections with our amazing hospice team is just one of the many personal and professional rewards you will experience through the gift of volunteering. Our team and our community would like to offer that gift to the Airmen at Minot Air Force Base.

POC: Shelby Stuckey, Volunteer Coordinator  
(888) 223-4287  
[shelby.stuckey@caringedge.com](mailto:shelby.stuckey@caringedge.com)

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



**LT. GEN. WRIGHT (RET.) VISITS MINOT AFB**

Lt. Gen. (ret.) Bruce Wright, Air & Space Force Association president and Lt. Col. (ret.) Paul Hendricks, Air & Space Force Association national director at large, visited Minot Air Force Base, North Dakota, April 27, 2023. Wright and Hendricks were briefed by wing leadership on Team Minot's mission and toured the B-52H Stratofortress as well as a missile alert facility.

U.S. AIR FORCE PHOTO | MINOT AFB

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Additional \$10 for X-treme Bowling

**ALL PARTIES INCLUDE:**  
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# WHAT'S GOING ON MAFB

## FRIDAY 12

- HIIT Strength & Conditioning, 0500, Fitness Center
- Through the Decades Skate Night, 1800-2000, Youth Center
- Master Chef Virtual Cooking Class, 1800, forcessupport.awardsplatform.com

## TUESDAY 16

- TAP (VA) Services and Benefits Briefing, 0800-1600, M&FRC
- Game Day, 1000-1930, Minot AFB Library
- DIY Epoxy Cutting Board Class, 1730-1930, Arts & Crafts Center
- Magic The Gathering Commander Night, 1800, ESC
- Zumba, 1800, Fitness Center

## FRIDAY 19

- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP (DoL) – Employment Workshop, 0800-1600, M&FRC

## SATURDAY 13

- Cycle & Strength, 0900, Fitness Center
- NAF Excess Equipment & Furnishings Auction, 0900, Rough Rider Golf Course
- Master Chef Virtual Cooking Class, 1100, forcessupport.awardsplatform.com
- Zumba, 1100, Fitness Center
- Discover Dinosaurs, 1300, Minot AFB Library

## WEDNESDAY 17

- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP (DoL) - Overview, 0800-1600, M&FRC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Storytime, 1030, Minot AFB Library
- Yoga, 1830, Fitness Center

## SATURDAY 20

- Cycle & Strength, 0900, Fitness Center
- Why Not Minot Scramble, 0900, Rough Rider Golf Course
- America's Kids Run Color Run, 0900-1200, Youth Center
- Zumba, 1100, Fitness Center

## SUNDAY 14

- Mother's Day Golf Special, 0900-1500, Rough Rider Golf Course
- Mother's Day Brunch, 1030 & 1230, Jimmy Doolittle Center

## THURSDAY 18

- Cycle, 0600, Fitness Center
- TAP (DoL) – Employment Workshop, 0800-1600, M&FRC
- Short Notice Pre-Separation Counseling, 0830-1130, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Food Advisory Council, 1200, Dakota Inn Dining Facility
- Zumba, 1800, Fitness Center

## MAY SPECIALS

**Bomber Bistro • Spinach Roma Pizza**  
Alfredo sauce base, with mozzarella, spinach, red onions, tomatoes, and mushrooms topped with parmesan and garlic romano seasoning.

**The B-Fifty Brew • Smoothies**  
Coco freeze, banana cabana, mango colada, and strawberry colada.

**Rockers Bar & Grill • Southwest Salad**  
Mixed greens topped with seasoned grilled chicken, tomatoes, tortilla chips, black bean and corn salsa, and shredded cheddar.

### NAF EXCESS EQUIPMENT & FURNISHINGS AUCTION

13 MAY 2023 • ROUGH RIDER GOLF COURSE  
REGISTRATION 9:00AM • AUCTION 10:00AM

Bid on big ticket items from the 5th Force Support Squadron such as A-Frame campers, golf carts, commercial restaurant kitchen equipment, a pool table, TVs, tables, chairs, dishes and a sport boat with trailer!

**BID ON IT, BUY IT, AND TAKE IT THE SAME DAY!!!**

Quantities and items may vary. All sales final. Equipment sold as is. No returns. Payment must be made at the time of sale. Cash or credit card only, no checks. All items must be removed day of sale. For details, call NAF Accounting at 723-4700.



**5THFORCESUPPORT.COM**

*Mother's Day Golf Special*  
Rough Rider Golf Course  
May 14th • 9am - 3pm  
Bring Mom to the course for a FREE round of golf.  
Special includes Mom's green fees, 1/2 a cart fee, and 1 small bucket of balls.

**5THFORCESUPPORT.COM**

### Paint & Sip

Arts & Crafts Center  
May 25th • 5:30pm - 7:30pm  
*This is what we are painting!*

Bring your own drink & join us to paint!  
Sign up by calling the Arts & Crafts Center  
Ages 21 & up ONLY  
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