

northern sentry

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MRS. BAUM
91 MXG

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BUILDING
A NEW HOME

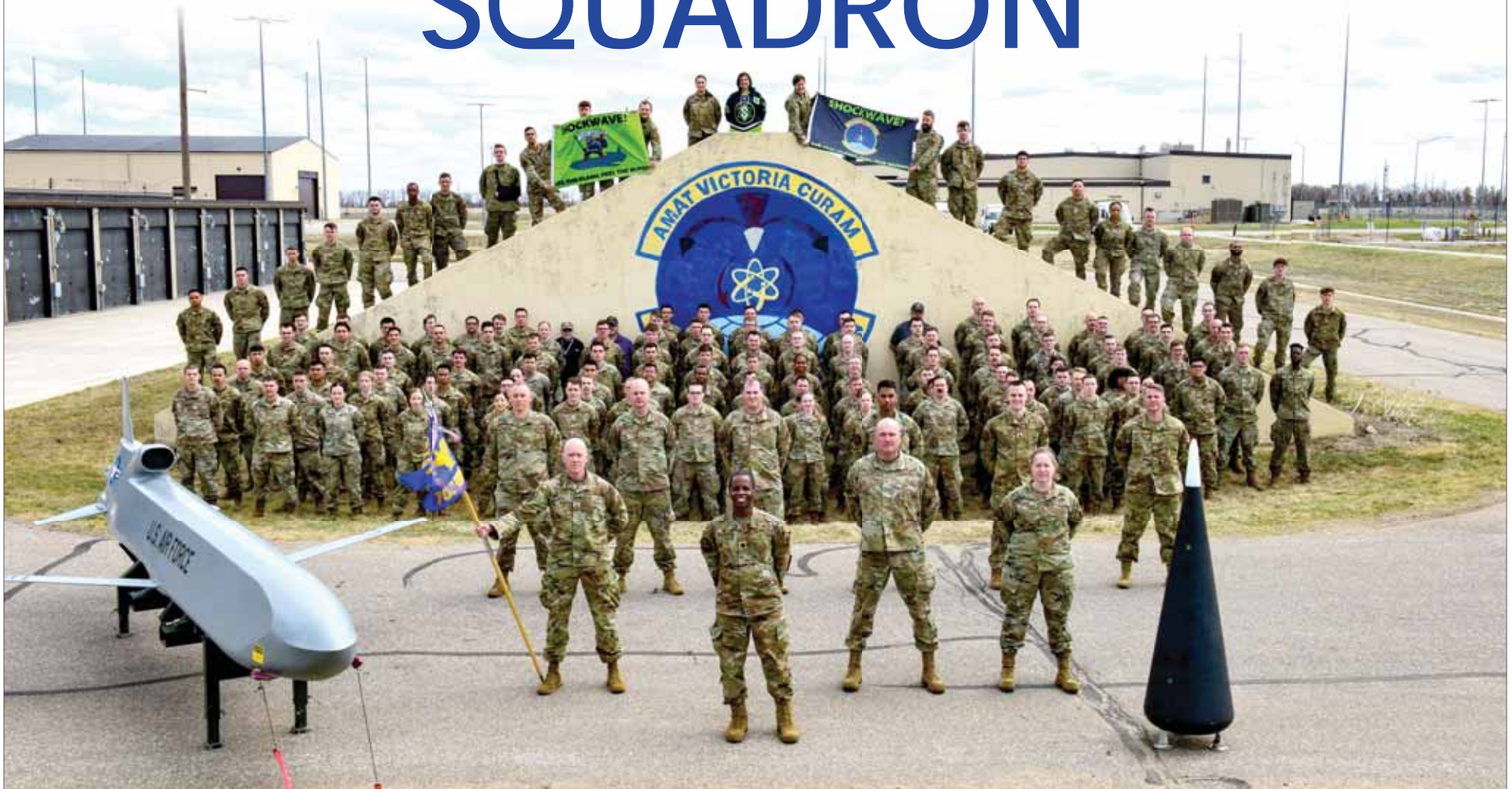
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LOGGIE'S
KEY SPOUSE
WINS BIG

B3

705 MUNITIONS SQUADRON



The Squadron Photo for the 705th Munitions Squadron at Minot Air Force Base, North Dakota, May 5, 2023.

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Group's Chat

Conversation with Colonel and Mrs. Baum about the 91 MXG

ERIN BEENE, NORTHERN SENTRY



Colonel Patrick H. Baum
91st Maintenance Group
Commander

In order to understand the essential functions of each group in the Missile Wing and get an in-depth life and career perspective from Team Minot's senior leaders, the Northern Sentry is running a series of articles talking to the people who understand the most about the importance of their group: the Group Commanders themselves.

The second in this series of interviews is Col Patrick Baum, Commander, 91st Maintenance Group. In order to get a more personalized view of the mission,

he and his spouse Jessie Baum agreed to be interviewed and share some of the personal aspects of what the 91 MXG is about, why it's important and what they have both gone through to get to this position in their Air Force journey.

Col Baum admittedly came into the role with a little anticipation last summer. As a career missile operator, he has never had first-hand knowledge about the maintenance side of the intercontinental ballistic missile mission. However, he knew the Air Force put him in this position for a

reason and he was excited to learn more about the ins and outs of this part, and has been very impressed at how deeply the Airmen know their jobs, perform tasks well and take care of business.

NS: Please explain in your own words what the 91 MXG does and how each of the squadrons work together:

Col Baum: We're responsible for generating combat power and ensuring it is available for execution on the worst possible day in human history. If that day ever comes. We maintain the nuclear deterrent stationed here. The 91 MMXS is responsible primarily for dispatching out to the field to do repair actions. The 791 MXS is primarily here on base. They prepare equipment and tools for dispatch and do back shop maintenance.

NS: What would happen to the base if your group could not perform its functions?

Col Baum: We would very quickly devolve into zero capability. Right now we're at about a 99.3% alert rate, which means that 99.3% of the missiles that are out there are operational and ready to go at a moment's notice. But that's through the significant efforts of my team here. The minute [our work] stops, [the missiles] start to deteriorate really quickly.

NS: What is the most important foundation of your command leadership philosophy?

Col Baum: It's got to be the people. They're the ones that facilitate the mission. I feel like as a group commander, my primary role is to be a cheerleader and to try and encourage the guys that are actually doing the work.

NS: When in your AF career did you realize being a group commander was a goal?

Col Baum: I don't know that it was ever a goal. I've always been very hesitant about commanding, because it was a lot of responsibility. I want to do well in my career and what my [current] job is; I want to perform well. So, performing well means also being chosen to do jobs like this. So I do value it. It's a confirmation that all the hard work you've put in up to this point has been worthwhile to the Air Force. Work hard and everything else will take care of itself. It's good advice for everyone.

NS: So what comes next in your career?

Col Baum: Retirement. I have a countdown timer on my phone.

Mrs. Baum: We'll probably move to Utah. That's where most of our family is from. We were high school sweethearts, so we met there and most of our family is still there.

Col. Baum: I don't know what I want to be when I grow up. In my mind sometimes I think I want to do something totally outside of the box. I could maybe go to PA school and work for [family].

Mrs. Baum: Yeah, still figuring it out.

NS: What do you want spouses and families in the 91 MXG to be aware of or prepare for when at Minot AFB?

Col Baum: So having been to all three [missile] bases, I can confidently say that Minot is better. I think the town [here] is better. I think how close knit the people are within a unit is better to include the relationship between the Minot community and the base.

Mrs. Baum: I would say it's cold here, but it's been amazing. I've learned in my 25 years of being a military spouse that you have to try and make the best of everywhere you're stationed. If you don't like where you're stationed, try and find the positive things about it and then you might grow to love that place.



September 2020, Col Baum and his spouse Jessie at a friend's promotion ceremony in Alabama.

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NS: **Looking back on your AF career, what is something that you wish you had known, personally or professionally?**

Col Baum: After 25 years in the Air Force, I appreciate humility probably more than anything else. I wish I had recognized the value of that quality much earlier in my career. It often takes a big failure at some point to help us understand the importance of humility. Luckily mine occurred early enough for me to overcome. I think I could have been a more effective leader had I recognized it sooner.

Mrs. Baum: I wish I had known how fast time flies. I can't believe it has already been 25 years since he commissioned. I wish I had taken more time to enjoy just being a military spouse. I wish I had known more about the Key Spouse Program at the beginning.

NS: **What sacrifices have you made over the AF career? Personally or professionally?**

Col Baum: One of the core values is service before self and so if the Air force asks you to do something, while it's a sacrifice, all service is a sacrifice. I don't know that I have necessarily viewed it as that though. But I could see if you're looking at it from the outside, giving up 26 years and moving around 12 times and uprooting your family every few years; that's definitely a sacrifice.

Moving kids into different schools, especially as they get to the teenage years like junior high and high school, are really difficult for kids. I guess the sacrifice that I was making personally was kind of putting my children through that. It's hard, but it's good for them and builds resiliency.

Mrs. Baum: It has been hard not living close to our families. We like spending time with our extended families and we've missed many milestones.

NS: **Has there been anyone in the past that has specifically influenced you for the better?**

Col Baum: My dad has been my inspiration for my entire career. He was enlisted in the

Army before he went to AFROTC and graduated at the top of his class. His first assignment out of college was at White Sands testing the BOMARC air defense missiles as a brand new AF Lt. After a couple of years in the AF he realized he missed the Army life and transitioned back over to the green side. He may be the only career Army officer that wears a basic missile operations badge. He served a total of 33 years and retired as an O-6. He officiated my commissioning and every one of my promotions since then. The last

one was at the National Archives in front of the US Constitution. He inspired me to work hard and do a good job no matter what the AF asked me to do and that has been my abiding philosophy.

Mrs. Baum: My mom. She taught me to always put my family first and to stay strong even through tough times. She's the most kind, giving, loving person I know. She inspired me to be a better person every day.

NS: **Being a group commander and spouse often has been said to come with a certain level of perks and expectations. What has been your experience in this role so far and what do you like or find challenging about it?**

Col Baum: As far as perks and expectations are concerned, I don't feel like I'm entitled to much of anything. I'm just a regular person trying my best to support and cheerlead for the people in the 91 MW and 91 MXG. My short time in maintenance is the best job I've had in the AF. I'm amazed with how resilient our technicians and NCOs are despite all the challenges that weather, equipment, and a really old weapon system throw at them on a regular basis. I guess the biggest perk is the AF took a chance on me and allowed me to lead such an amazing group of AF personnel. I can't think of a better way to end my career... and I can't believe I was lucky enough to be considered.

Mrs. Baum: What I have loved most about living here is meeting spouses, their families and hearing their stories and all about them. I never realized until I got here how hard maintainers work to keep everything up and running. I never realized how many hours they work either (sometimes they work up to 16 hours in one shift). They are amazing!

The entirety of the interview was relaxed and both Col and Mrs. Baum smiled often and were very light-hearted. Col Baum shared one of his most memorable times in the MXG so far was the big spring snowmelt dig that happens every year in the missile fields. While Col Baum explained that this is a 91 MW-wide effort, he said it is usually the 91 MXG that leads the event. He said he was amazed with all his Airmen who happily went out to the missile fields and shoveled snow for hours. He explained that the snow needs to be moved away from the missiles before the snow melt causes flooding or damage. He joked about the time went out for a few hours to help and he was incredibly sore afterwards, whereas some of the Airmen worked for days and never complained!

Because of the Baum's years of experience as military parents, they also elected some personal advice about the best ways to work with older kids transitioning between schools and how to help them get over the sadness. They mentioned it takes a lot of encouragement, communication and the realization that at the beginning of something new, it just is going to be hard no matter what. They encourage other parents of teenagers to work through new and tough times together until the kids can make friends and find their place.

As the interview closed a major takeaway that was evident is the sense that Col Baum trusts the Airmen in his group to work hard, get the job done and do it wholeheartedly. He admitted they have to work long hours and tough situations, but they always maintain the missiles no matter what weather or scenario and he is impressed with their work ethic. His awe for his Airmen stuck out as the most passionate part of his work here in the 91 MXG.



Col. Baum and his family as he took command of the 91 MXG at Minot AFB in summer 2022.



In November of 2019, Col Baum's promotion ceremony took place in front of the Constitution at the National Archives in Washington DC. He was promoted by his father, Col (Ret) Kerry Baum, U.S Army.



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-COLONEL BAUM



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 MINOT AIR FORCE BASE NEWSPAPER | WWW.NORTHERNSENTRY.COM

The History of "Dak Rats"

Quite often the discussion between a resident of Minot, and someone who lives and works on base will come to the existence of Richardson's Ground Squirrels, aka gophers, or as they are referred to by military personnel on Minot AFB, Dak Rats.

One of my first memories of exterminating a gopher from our yard came from my Dad, a Northwestern Bell telephone employee who had little, if no, love for gophers. As you all know, these little rodents do not have a lot of value to those who raise gardens, have pastures with cows and horses or to those of us who do upland game hunting. Reason? Well, it's those darn gopher holes. You could hear my Mom scream with disgust when she found a gopher hole in the midst of her garden. There was also a lot of angst among cattlemen who did not want their pastures riddled with gopher holes that cows could step in and either strain a ligament or break a bone. That was true for us upland game hunters who would trip in a gopher hole and fall flat on our faces.

Later in my life, say about high school, my Dad was involved in burying telephone lines underground and removing miles and miles of overhead lines. It was certainly a positive transition, as the lines were no longer subject to damage by ice storms and in theory these underground lines would require a lot less maintenance, "They should last forever" my Dad would explain to people.

I said, in theory, as maybe the engineers who designed the first underground cables were not aware of the destructive nature of gophers. Yep, those gophers could chew right through those cables

terminating service to a home or farm. Later on, the cables would be wrapped with a metal ribbon that at least slowed down the gophers a bit.



Dak Rat

So back to a little bit of history on the control of gophers. My first experience with eradicating a gopher was called snaring. A thin piece of wire, with a loop on the end was buried around a gopher hole. At first you would whistle or chirp. Gophers are extremely curious little creatures, and they would stick their heads out of the hole to look around and with a jerk you would have them. My Mom would have a 5 gallon pail to throw our captured rodent in, and then we would haul them about 1/2 a mile to an out of town location, and now they became someone else's problem.

It took a lot of patience to wait out the gopher, but in most cases, there was only one in our garden at a time, so the capture and remove method worked fairly well.

Now on to gopher eradication method #2. The local farmers and ranchers came up with a bounty on gophers as the populations had risen to the point of concern. There were signs in local businesses that informed hunters, like me, that for each gopher tail



SLICE OF LIFE
 KIM FUNDINGSLAND

Everyone needs a little down time now and then. Maybe sit back and relax, whatever form that may be, and get away from daily routines and responsibilities.

One way I've found to do exactly that usually involves a fishing rod, good company, and an appreciation for one's surroundings. Shimmering water, gentle waves, and passing cloud formations all have a marvelously splendid appearance - soothing, pleasing, wonderful. Scenes that man has been gifted for thousands of years, yet each moment is somehow new and invigorating.

I feel that way, or at least remind myself to do so, every time I venture into the outdoors. Be it hiking or fishing, it's as though an accomplished and skilled artist has perfectly painted every scene and presented me with a 1 of 1 masterpiece. It can be an eagle soaring against a blue sky, a unique rock formation, trees in sunlight or in shadow, a rainbow, a wild flower, or a fish breaking the surface - maybe to enjoy the same. I wonder.

A recent day on the water on the saltwater flats of the Florida Keys was like no other. But it's the certainty of the unknown

that makes saltwater fishing so intriguing, so inviting to a fisherman. Without exception, every day on the water provides a new experience. It's inevitable.

It might be a small flock of flamingoes skimming over the water in the first rays of sunlight. Perhaps a big bull shark tracking an unsuspecting paddleboarder, or a stingray flying out of the water to avoid a predator. Perhaps a long crocodile silently surfacing next to the boat.

All can and do happen when fishing in the Keys. Unannounced, of course. On this day though, even in the presence of playful dolphins and the thrashing of a small blacktip shark, it was the rotund puffer fish that provided the inevitable surprise.

We'd seen puffers many times, scooting across the bottom of the shallow flats, but not on the end of a lure. Mort Bank of Bismarck, an avid and experienced saltwater angler, changed that. When action on larger fish, such as barracuda



A puffer fish in full defensive mode.

KIM FUNDINGSLAND PHOTOS

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A VIEW FROM
OUR SIDE
 ROD WILSON



that was turned in to the local county office, you would receive a penny. Yep, a bounty of 1 cent. There wasn't enough time in a day to make any money snaring the gophers, so a BB Gun was the choice of weapon for us kids. You just talked to a farmer, found out which fields were not being grazed on this particular date, and you went to work. I could explain the details, but to make this story a bit shorter, a penny for a gopher tail would not pay your college tuition. Heck, it hardly paid for a bottle of pop and a candy bar in the local 5 and dime. (In today's world, this is a dollar store).

So like mosquitoes, I am afraid we are stuck with Dak Rats unless someone comes up with a better solution for controlling the ever expanding population on Minot AFB. BB guns are not allowed inside of Minot AFB, or for that matter inside the city limits of most communities. If

you have an idea, I am sure base officials would certainly like to hear it. Who knows, you may have the perfect solution to the never ending problem of Dak Rats!

BEST KEPT SECRET

I am going to make my annual appeal for those who have not taken the time to visit any one of the 4 large National Wildlife Refuges that are within an hour's drive of Minot AFB. Upper Souris/Lake Darling, Des Lacs, Audubon & J Clark Saylor are an easy drive. Check out their websites for their auto, hiking and canoe trails. Great for sightseeing and photography.

TODAY'S CHUCKLE

There's one good thing about ignorance - it gives rise to 90% of the world's conversation.



Canoe Trail on Upper Souris Wildlife Refuge

Sunshine and Smiles

and snook, slowed, we decided to downsize our lures and target smaller fish.

In short order Bank hooked into a saltwater catfish. Then came a puffer. Then another. The second one ballooned up as soon as it was brought to the boat. It's what puffers do. They "puff" themselves up to appear too big for the liking of many predator fish. I guess that includes fishermen too. Quite the sight.

In the same area as the puffer were caught was a school of speckled sea trout. They are fun fish on light tackle and one of the most sought-after fish in the Keys.

We had many other memorable moments during five days of fishing, phenomenal strikes from powerful and big fish included but, for at least part of one day, it was the tiny puffer and tasty trout,

mixed with sunshine and smiles, that served up a slice of life from the shallows of the Florida Flats.

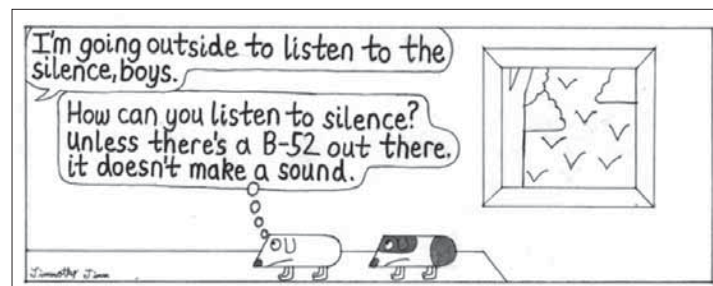


Kelli Fundingsland, Minot, and Mort Bank, Bismarck, with a double on speckled sea trout.

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.



SHE'S NOT FROM AROUND HERE
AMY ALLENDER

My Summer Must-Dos

Library (limited availability.)

2. MSU Summer Theater—One of my favorite ways to enjoy NoDak summer evenings is attending summer theater productions. MSU Summer Theater is top notch, and the newly opened amphitheater and concession stand makes the experience even more lovely. This is a perfect outing if you have guests in town. Since shows tend to go pretty late, we leave our littles at with a sitter and go for date night.

The season includes four shows, and runs June 13 through August 1. Pro Tip: get a root beer float during intermission.

3. Midsummer Festival—The Midsummer Festival is rooted in a Scandinavian tradition celebrating the longest days of the year. The festival takes place at Scandinavian Heritage Park and lasts three days: Festival activities on Friday and Saturday, followed by a worship service in the Stave Church on Sunday morning. On Friday, we like to get a food-truck dinner, watch the heritage parade, listen to the City Band concert, and attend the massive bonfire over the pond. We come back on Saturday for fika, accordions, and Billy Goats Gruff masks.

The Midsummer Festival is free to attend and will take place June 16-18. Pro Tip: This year, they'll be lighting a bonfire on both Friday and Saturday night. The fire can go late, so if you've got little ones plan to get a sitter, or let them take a late nap.

4. International Peace Garden—The International Peace Garden is a national treasure that few are aware of, or ever see. If you find yourself living in Minot and don't make a summer trip to the Peace Garden, you are missing out. To see the garden in full bloom, plan to go toward the end of June or into July. You can walk, bike, and canoe to your heart's content—and it's a perfect place for families with kids of all abilities and endurance.

Getting there will take you about two hours, but it's definitely doable as a day trip. Passports

aren't required, but do expedite the process of navigating the border. Pro Tip: If you happen to have a pilot in the family, you can rent a plane from the Minot Aero Center and land at the Peace Garden Airport. From there, you can walk to the park.

5. Whirl-a-Whip—My summer is never complete without a trip to Dakota Drug for a Whirl-a-Whip. A Whirl-a-Whip is a retro soda fountain machine that blends hard ice cream with mix-ins, and Stanley, ND is home to the very last one known to exist. What exactly does it taste like? Why are they so good? Honestly, I can't explain it—but I can tell you it's worth the 50 minute drive every time.

Pro Tip: My personal favorite Whirl-a-Whip combination is vanilla ice cream base with coconut cream, orangesicle, and vanilla cake batter.

There is so much to love about Hot Dish summers, and I hope this gets your wheels turning about ways to get out and explore. I'll be sharing more ideas and fun things to do in Minot on my social media channels. And I'd love to hear from you—what are the big things that make summer feel like summer to you? Now, let's get out and start savoring this season.

For more Minot living and positive mindset inspiration, join me on Instagram (@amy_allender) and Facebook (@amyallenderblog). I love connecting with you, so never hesitate to drop me a message!



Sky Fest at Ft. Stevenson State Park has become our family's unofficial kick-off to summer.



The Midsummer Festival is always a fun place to mingle with neighbors, learn about Minot's Scandinavian heritage, and enjoy the long evenings.

AMY ALLENDER PHOTOS

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UPSIDE DOWN UNDER
MARVIN BAKER

Last week we summarized several ghost towns across the state. This week we'll switch it up and take a look at North Dakota's 10 newest communities.

Six of them are either suburbs of Fargo or are nearby. Four are independent communities in western North Dakota.

1.) Oxbow 1988 – This is clearly the newest community in North Dakota. It was incorporated as a city in 1988 and sits 15 miles south of Fargo in Cass County. The 2020 population of Oxbow was 381, which is up 75 since the 2010 Census.

2.) Reile's Acres 1977 – Again, located in Cass County, this is considered a suburb of the city of Fargo and had 703 residents in the 2020 Census. It was incorporated as a city in February 1977 by the Cass County Commission. Becoming a city surfaced when the development of Reile's Acres, just north of Fargo, reached a point in which the township could no longer handle road maintenance. Thus incorporation would bring some state and federal taxation to help pay for maintenance.

3.) Lincoln 1977 – This is the second largest of North Dakota's newest communities and is located in Burleigh County and is considered a suburb of the city of Bismarck, situated just to the southeast of the city and

North Dakota's newest communities...

Bismarck's airport. In 2020, Lincoln had a population of 4,257 making it the 14th largest city in the state. In 2010 its population was 2,406.

Lincoln has seen robust growth since 1980 and as the population continues to push toward 5,000, new businesses are popping up. Regardless, most residents commute to Bismarck and Mandan to work.

Numerous people have relocated from Mott to Lincoln and some of the locals say that there are more people from Mott living in Lincoln than live in Mott.

4.) Prairie Rose 1975 – Ironically, this is not the smallest of the newest communities which is an enclave suburb of the city of Fargo. The 2020 Census showed a population of 56, which is down from 73 in 2010. In 1996 there was an effort to merge Prairie Rose with Fargo, but the local residents voted against the merger. There are currently 21 homes in the city.

5.) Briarwood 1973 – Briarwood's most recent population was 57 and is a suburb directly adjacent to the city of Fargo. Historically, the population has been shrinking. After an uptick from 1980 to 1990, it has steadily declined in population and now has an estimated 2023 population of 52, making it one of the smallest communities in the entire state.

6.) North River 1973 – In the last census, North River had the smallest population of any of the newest communities with 55 people. It sits along the Red River just to the north of Fargo and is considered a suburb/bedroom community of the city of Fargo. In fact, it shares the 58102 zip code with Fargo and Reile's Acres. It is also the smallest new community

in size, taking up less than a square mile of property.

7.) Kindred 1949 – This community, also in Cass County, has a different story than the rest. It was actually started in 1881 with a post office after the railroad platted the community in 1880. However, it didn't become incorporated as a city in North Dakota until 1949. Kindred is a bedroom community of Fargo and is 25 miles southwest of the city of Fargo. The 2020 population was 889.

Kindred has been in the news recently because of several state high school championship teams that included girls basketball, boys basketball and football.

8.) Riverdale 1946 – This community in McLean County sprang up in 1946 mostly because of camps being housed to build the Garrison Dam immediately west of the city. When Garrison Dam was completed in 1953, residents of other camps moved to Riverdale, helping the local population slightly.

It was operated by the federal government until 1986 and at that time was turned over to the state of North Dakota. Its population had been declining for 30 years until 2020 when it rose 9 percent to 223. The area is also a major recreation area because of the Garrison Dam and Missouri River. Pick City lies immediately across the dam to the west.

9.) New Town 1950 – There is a lot of local lore on how New Town got started, but was created because of the flood waters of the Garrison Dam. The community was platted in 1950 as a "new town" for residents of Sanish and Van Hook, both communities flooded by the dam. Other communities; Elbowoods, Lucky Mound, Shell

Creek, Nishu, Charging Eagle, Beaver Creek, Red Butte and Independence were also dissolved because of the dam and people relocated to a new site above the water and flood line.

New Town is in Mountrail County and is also on the Fort Berthold Reservation. It is the largest city on the reservation and is the 18th largest community in North Dakota with 2,800 residents. It has seen robust growth since 2000, mainly because of oil nearby. It also has outdoor recreation and is home to 4 Bears Casino and Lodge.

10.) Watford City 1914 – This community has quite a story. In 2010, Watford City had a population of 1,700, which is about the size of many county seats across the state. By 2020, the population had increased 256 percent and was

officially listed at 6,207 residents. But, that's only part of the story because in 2015 and 2016, the city had unofficially reached 12,000 for a short time. It is now the 13th largest city in the state

Watford City is in the middle of oil country and activity was incredible, pushing the population to a point that some original residents didn't recognize their home town.

It was founded in 1914, becoming the McKenzie County seat after the coming of the railroad caused neighboring Schafer to lose population and eventually the county seat. Schafer later became a ghost town and is now getting some renewed interest because of a movie called "End of the Rope," about a local farmhand who killed a Schafer family.

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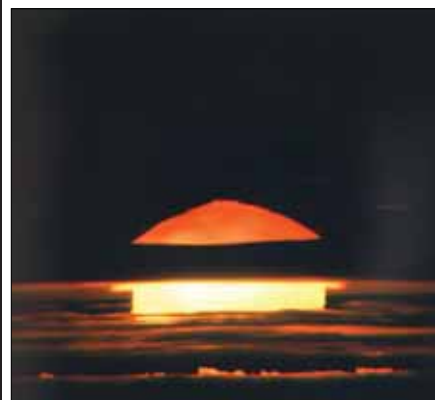
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A LOOK BACK

THIS WEEK IN USAF HISTORY

B-52 BOMBER DROPS FIRST AIRBORNE HYDROGEN BOMB OVER BIKINI ATOLL

MAY 21, 1956



The fireball created by Redwing Cherokee over the Bikini Atoll, Marshall Islands. (thisdayinaviation.com)

On May 21, 1956, a United States Air Force B-52 Stratofortress from the 4925th Test Group at Kirtland AFB, New Mexico, dropped the first airborne Hydrogen bomb over the Bikini Atoll, Marshall Islands. Before this test, the idea of dropping an H bomb over an enemy was theoretical, but the test proved the USAF's capabilities. The bomb was dropped about 8 miles above the ground and released a blast estimated

at 10 to 15 million tons of TNT. The test, called Cherokee, was part of Operation Redwing, in which the United States conducted 17 nuclear test detonations from May to July of 1956. Redwing Cherokee upped the ante in the nuclear arms race with the Soviets and proved that United States had the ability to adapt to new situations of war. In 1963, the Limited Test Ban Treaty prohibited open-air and underwater nuclear testing as a result of concerns from environmentalists and scientists.

Information courtesy of: history.com / Fitchburg Sentinel, Mass. May 21, 1956 / thisdayinaviation.com

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2023 Flood and Mud Response

LT COL ADAM RECTOR

On 5 April, as most of North Dakota looked forward to quickly rising temperatures taking the area in to the 50s and 60s, the men and women of 91st Missile Wing had a very different take: concern. North Dakota is prone to cold weather, heavy snow and high winds. These factors serve to create large snow drifts across the state that bury ICBM Launch Facilities under seven feet or more of snow. When temperatures rise too quickly, the snow melts before the ground does creating lakes across North Dakota. If left unaddressed these temporary lakes can flood Launch Facilities, causing millions of dollars in damage and affect readiness.

To prevent this from occurring, the 91st Missile Wing teams up with the 5th Civil Engineer Squadron, and spends a large portion of Winter clearing snow and creating trenches across 150 Launch Facilities. This year's late season snowfall and rapid warmup refilled many of those trenches, forcing a rapid response to retrench the 150 Launch Facilities in just 4 days. Every year, Mother Nature tests the mettle of the 91st Missile

Wing and can overwhelm younger airmen.

"It's hard, especially as a team chief... you have to stop thinking about yourself and just be motivated for your team members to see, because it (trenching) can feel useless," said SrA Noah Cox.

The task is challenging, but this was not the first time the 91st Missile Wing and 5th Civil Engineer Squadron had to pull together to protect America's Strategic Deterrent.

"Until you live through one, you don't have a true appreciation of how much work, how much coordination and how much comradery it takes to accomplish the daunting task of flood control," stated TSgt Danielle Ellis.

As Day 1 of the response began, over 240 personnel poured into the missile field with snow removal equipment support from the 5th Civil Engineer Squadron. The equipment was a huge help, but many locations still required shovels and pickaxes due to the terrain or the softness of the ground. Working late into the night, and the following day, teams retrenched

101 Launch Facilities. Pictures and stories quickly emerged of digging through 8-foot walls of snow, ice, and slush to clear pathways for the flooding they knew was coming.

On Easter Sunday, as many celebrated the Holiday with their family, the 91st Missile Wing shifted focus. With the Launch Facilities most likely to flood trenched, Team Minot moved into the monitor and respond phase of the operation as temperatures climbed even higher. This phase of the operation is often the most concerning as water can quickly pool and then flood a Launch Facility. Previous hard work paid off as most water pooled away from the Launch Facilities. In a few areas growing pools of water were identified and teams were quickly dispatched to perform additional trenching.

"There was a thin layer (of snow) then 2 or 3 feet of slush. We had a pump going because it (the water) was going nowhere. We had waders, but you sweat so much you think they are leaking," remarked SrA Noah Cox.

In addition, tractor trailers with sandbags were sent out to a couple



Launch Facilities where teams could not get the water to drain. These teams established sandbag berms to further protect the Launch Facilities.

Throughout this operation, Team Minot was able to clear over 290,000 cubic feet of snow in just

4 days and averted any Minuteman III Missiles from being damaged by the rapid melt off. These efforts were not only crucial to the National Defense, but also served to epitomize that truly "Only the Best Come North".



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Building a new home

SENIOR AIRMAN CALEB S. KIMMELL, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. - After being laid off from his job in late 2020, Senior Airman Jesse Yang, aerospace ground engineer technician for the 5th Maintenance Group, decided to speak with one of his old mentors who ultimately convinced him to join the Air Force. After months of training, Yang completed Basic Military Training and technical school training, and was stationed at Minot AFB.

When going through the first term Airman course, he learned about heritage clubs like the African American heritage group, Hispanic heritage group, and Pride groups. Yet he, as a person from Hmong descent, realized there was no group to represent him, as an Asian American. He felt left out and crestfallen. In that moment, he sought out to make sure every Asian American Airman would feel welcomed.

"I wanted to make Minot home", said Yang. "I felt left out, and I wanted to make sure nobody ever felt the same way I did in that moment."

After learning that the Minot Asian/Pacific Islander club had already been stood up, but had long since remained dormant, Yang reached out to Tech. Sgt. Christine Cherry, the Diversity, Equity, Inclusion and Accessibility

manager at Minot AFB. After working with her, he stood up the renewed program with goals to support Airmen of Asian and Pacific Islander descent. Yang became the president of the MAPI club at the first meeting.

"My mission this year is to build a presence and a community of people like me," said Yang. "I want to be a central hub to whoever may need support, and I plan on doing that by spreading the word of what we do and try my best to have as much info available as possible."

Senior Airman Timothy Mok, operations manager for the 5th Civil Engineer Squadron, is the vice president of MAPI.

"I wanted to see a community blossom", said Mok. "We're really trying to build a blueprint for the next Airmen who will eventually replace us."

Mok's intention for the club is to make sure every Airman can feel at home. He says that the club is not only open to Airmen with Asian descent, but also people who may have been stationed overseas in Korea or Japan, and want to continue to hold onto that lifestyle.

Mok says that it is a hard transition for Airmen to leave an Asian country and then get stationed here at Minot. He

wanted to make that transition easier by offering a small portion of that lifestyle back to every Airman here.

With over 20 members, the club has grown significantly in the last few months, however, Yang says this is not without its challenges.

"The hardest thing with maintaining the program is having 100% commitment and dependability", said Yang. "That makes it very hard to keep our numbers consistent and keep holding the events we do."

This month is Asian American and Pacific Islanders Heritage Month. The club held a flying lantern lighting festival on May 9 at the youth center, which was open to the public. Yang spoke about the origins of lantern lighting and kite flying, and the cultural significance that they hold. Children from Minot AFB built and colored their lanterns and kites, and with the help of the MAPI organization, flew them in the playground.

For Asian American/Pacific Islander Heritage Month, The MAPI club is selling patches and hosting a luau later this month, featuring food and music.

"Take that one big step. It takes effort, but come out and join us. Come see what Minot (And MAPI) have to offer", said Yang.

**- ASIAN -
AMERICAN
AND PACIFIC
ISLANDER
HERITAGE MONTH**



Senior Airman Jesse Yang, aerospace ground engineer technician for the 5th Maintenance Group and president of the Minot Asian/Pacific Islander organization, teaches children how to build kites and lanterns for Asian American and Pacific Islander Heritage Month at Minot Air Force Base, North Dakota, May 9, 2023. Yang spoke about the origins of lantern lighting and kite flying, and their cultural significance for Asian countries.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN CALEB S. KIMMELL



The Minot Asian/Pacific Islander organization teaches children how to build kites and lanterns for Asian American and Pacific Islander Heritage Month at Minot Air Force Base, North Dakota, May 9, 2023. Senior Airman Jesse Yang, aerospace ground engineer technician for the 5th Maintenance Group and president of MAPI, spoke about the origins of lantern lighting and kite flying, and the cultural significance that they hold.



Senior Airman Jesse Yang, aerospace ground engineer technician for the 5th Maintenance Group and president of the Minot Asian/Pacific Islander organization, helps a child build a kite at Minot Air Force Base, North Dakota, May 9, 2023. Yang and the MAPI organization helped build kites and lanterns to show the cultural significance for Asian American and Pacific Islander Heritage Month.



Senior Airman Timothy Mok, operations manager for the 5th Civil Engineer Squadron and vice president of the Minot Asian/Pacific Islander organization, helps children build kites and lanterns for Asian American and Pacific Islander Heritage Month at Minot Air Force Base, North Dakota, May 9, 2023. As May is Asian American and Pacific Islanders Heritage Month, the MAPI organization helped the children build their kites and fly them at the playground.



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MR. RANDY RICHARDS VISITS MINOT AIR FORCE BASE



Mr. Randy Richards, policy advisor for U.S. Senator Kevin Cramer, receives a briefing from 91st Security Forces Group Airmen about the Defender Culture program at Minot Air Force Base, North Dakota, March 26, 2023. Defender Culture is a program that aims to raise morale by doing things such as establishing guidance for diversity and inclusion.



Mr. Randy Richards, policy advisor for U.S. Senator Kevin Cramer, Col. Kenneth McGhee, 91st Missile Wing commander, and Chief Master Sgt. Kenneth Broughman, 91st Security Forces Group Senior Enlisted Leader, pose for a group photo with the Defender Culture team at Minot Air Force Base, North Dakota, March 26, 2023. Defender Culture is a program that utilizes strategic communications to connect Airmen and their families back to the squadron.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN TAYLOR R. HENDRICKSON

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OUTDOOR

REPORT



by Patricia Stockdill

Fishing:

Lake Sakakawea elevation, May 15: 1,830.32 feet above mean sea level (MSL); 16,800 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,450.66 feet above mean sea level (MSL).

Stump Lake elevation: 1,450.41 MSL.

- N.D. Game & Fish Dept. game wardens: No reports from area lakes, the Missouri River System, or Devils Lake.

- Devils Lake, Ed's Bait Shop, Devils Lake: Devils Lake feeder coulees remain fair to good for walleye but have slowed somewhat. Try slip bobbers for walleye on Pelican Lake. Main Devils Lake is open with some boat fishing activity.

- Devils Lake, Woodland Resort, Devils Lake: Continued good walleye success along the shorelines of the northern feeder creeks and coulees. Locate the warmest water pitching jigs and minnows. Main Devils Lake is ice-free. Look for increasing walleye activity with the spawn winding down.

- Lake Darling, Karma C-Store, Ruthville: Some activity on Lake Darling but overall somewhat slow walleye activity yet.

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

- Lake Metigoshe, Four Seasons, Bottineau: Not many docks in place yet. Try evening hours for walleye and pike but no reports on bluegill success.

- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: North Lake on Lake Audubon remains fair to good for walleye. A few anglers on the east end of Lake Sakakawea with scattered walleye success at best. Better success west around the New Town area.

- Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: North Lake on Lake Audubon continues

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

- Boat registrations now required for the new 3-year registration cycle.
- Garrison Dam Nat'l. Fish Hatchery downstream of Garrison Dam open for free guided hatchery tours Memorial Day through Labor Day, Monday through Friday 9 a.m. to 3:30 p.m., weekends 10 a.m. to 3 p.m. and holidays.
- May 19 – 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 19: Audubon Nat'l. Wildlife Refuge Migratory Bird Game set up on refuge's hiking trail beginning at Visitor Center.
- May 20: Little Kids, Big World Dinosaur Hunt, N.D. Heritage Center, Bismarck, 10 a.m.
- May 26: EMS Kid Strong Event, Fort Stevenson State Park, Garrison, 4 p.m.
- May 27: Little Kids, Big World Nature Series, N.D. Heritage Center, Bismarck, 10 a.m. and 11 a.m.
- May 27 – 29: Sky Fest over Fort Stevenson Kite Festival, Fort Stevenson State Park, Garrison, 10 a.m. Go to the kite festival website, (www.skyfestnd.com) for details.
- May 28: Badlands Gravel Battle 100+ Bicycle Race, Medora. Call (701) 391-2717 for details.
- May 29: Military Service Personnel Day, Fort Stevenson State Park, Garrison. Free park entrance admission for military personnel.

TOURNAMENTS:

- May 20: Lake Sakakawea, Lewis & Clark State Park; Devils Lake, Creel Bay.
- May 20 & 21: Lake Audubon, Totten Trail.
- June 2 & 3: Missouri River tailrace.
- June 3: Lake Sakakawea, Sportsmen's Centennial; Devils Lake, East Bay.

producing walleye. Water is being pumped from Lake Sakakawea into Lake Audubon to get it to its normal annual summer elevation. East end of Lake Sakakawea still generally tough for a walleye bite.

- Lake Sakakawea, New Town: River portion around New Town is improving for walleye using jigs and minnows. Van Hook Arm remains quiet. The main boat Van Hook ramp is usable and dock in place

- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Increasing activity on the Missouri River tailrace but limited success yet from either boat or shore. More anglers on the east end of Lake Sakakawea, as well, but activity also slow.

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Increasing walleye activity on the upper end of Lake Sakakawea, especially between New Town and White Earth Bay. Work shallow pitching jigs less than 5 feet. Lewis & Clark State Park main ramp is usable. Continued nice pike activity in the back bays. Missouri and Yellowstone rivers running high but still producing catfish. Try Kota-Ray Dam for trout using minnows or Mepps spinners.

- Lonetree WMA area lakes,

Harvey: Anglers getting out on area lakes but no reports on success.

- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Souris River producing some walleye and pike but river levels likely rising after recent rains.

N.D. river data:

- Des Lacs River, Foxholm: River stage, 9.63 feet; streamflow, 455 CFS.
- Little Missouri River, Long X Bridge: River stage, 10.35 feet; streamflow, 1,850 CFS.
- Missouri River, Williston: River stage, 18.07 feet.
- Missouri River, Washburn: River stage, 9.35 feet.
- Pembina River, Walhalla: River stage, 6.55 feet; streamflow, 2,170 CFS.
- Souris River, Foxholm: River stage, 8.61 feet.
- Souris River, Minot Broadway Bridge: River stage, 43.53 feet.
- Yellowstone River, Sidney, Mont.: River stage, 6.77 feet; streamflow, 17,800 CFS.

Numbers to know:

- N.D. Game and Fish Dept., main Bismarck office: (701) 328-6300, website: (<http://gf.nd.gov>).
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Loggie's Key Spouse Wins Big

ERIN BEENE, NORTHERN SENTRY

Did you know that prior to the late 1980s the military was actually allowed to dictate more about military spouses' lives? Yep, that's right. Though not actually written down as binding, spouses were de facto included in the servicemembers' obligations and were required to attend events, volunteer and even not work outside the home. These expectations prevailed across the Services until the 1988 Blue Ribbon Panel challenged that unspoken rule.

Today, mil spouses don't legally have to do anything for the military. There are no "rules" dictating their occupations, attendance at official events or even that they live with their spouse. What if they are proud mil spouses who serve and work tirelessly to support the military and their families? Well, this story hopes to recognize one of those who does indeed that. While there are spouses all over the AF who volunteer tirelessly, one spouse in particular at Minot AFB goes above and beyond any mil spouse expectation. Her name is Sarah Weidman.

Many of those who mosey around base have probably seen Sarah out and about without even knowing it. Most recognizably, Sarah is the President of the Minot AFB Spouses Club. This club is a place where mil spouses all over the base -servicemember's rank not a factor- gather for monthly socials and community. The Minot AFB Spouses Club is hosting their next social, Mad Hatter Bunco, on May 31. Additionally, the Spouses Club supports the on-base Thrift Shop, in which proceeds go to scholarships and helping out organizations and events on the base year-round. Sarah often can be found at the Thrift Shop going through donations or behind the counter ringing up customers. She said she loves the Thrift Shop so much and wishes she could hang out there all the time.

When asked why she thought spouses should join the Minot AFB Spouses Club and what it means to her, Sarah replied, "I think it is the camaraderie. You get to have something that you get to all your own. Our [Active Duty] spouses are always told to join certain organizations, but this is something that is literally just for [mil] spouses only. You get to have just a piece of something that you get to own, which has been really helpful for me up here. It's just having a place and spot where I get to own something for myself that has nothing to do with [my AD spouse]."

As a Key Spouse for the 5th Logistics Readiness Squadron, Sarah assists the squadron booster club, reaches out to incoming spouses in the unit, is available for spouse and family members during times of need and just offers a friendly presence amongst the squadron. She mentioned that she does it all because she simply loves the Airmen and the squadron and the community that it offers. She has been a Key Spouse at various units for the past 5 years.

On top of all this volunteer work, Sarah is also a homeschool mom to her two elementary aged kids, Grace & Hunter. She also volunteers as the Girl Scout Service Leader Management and is the Brownies leader for her daughter's troop. She and her husband also run a side woodworking business from their home, so to say she is busy is an understatement.

Sarah is married to Tech. Sgt. James Weidman, 5 LRS, and has been a mil spouse for 14 years, being at Minot for two of those years. She has conquered so much



2023 Minot AFB Key Spouse of the Year, Sarah Weidman and her family, TSgt James Weidman 5 LRS and their children Grace and Hunter.

in her time here that it caught the attention of Master Sgt. Michael Felicio, 5 LRS, who then submitted an awards package for Sarah, with the help of Sarah's husband, nominating her for the official "Key Spouse" recognition. Because of that push, Sarah was later honored as the "Key Spouse of the Year" at the 5th Mission Support Group level in early 2023. In April of this year at the 5th Bomb Wing Annual Awards Ceremony she was honored further when it was announced that she won the "Key Spouse of the Year" for Minot AFB. If that doesn't show enough of her accolades, a few weeks after that, the 5 LRS Commander, Lt. Col. Allen Agnes, announced that she was officially selected as the "8th AF Key Spouse of the Year." The next level of "competition" for Sarah is the Major Command level (there are nine in the Air Force). Then, If Sarah wins at this level

she would compete for the "Air Force Key Spouse of the Year!"

While the word "compete" is used, the award is actually utilized to recognize the extreme dedication and self-sacrifice of hard work that certain spouses choose to do all over the military. It recognizes those spouses who go above and beyond to support their Active Duty spouse by volunteering for the base, community and spouses squadron. No matter whether Sarah continues on to be "Key Spouse of the Year" for the whole Air Force, Minot AFB is thrilled to have her on the team. Sarah's and all MAFB spouse's volunteer contributions to the USAF are not required, but are extremely valuable in keeping the military families connected. Good luck Sarah and we are so thankful for your dedication, service and support of Minot AFB!



Girl Scout cookie boxes serve as a backdrop for Troop Leader Sarah and Cookie Manager Jourdan Carrell in 2023.



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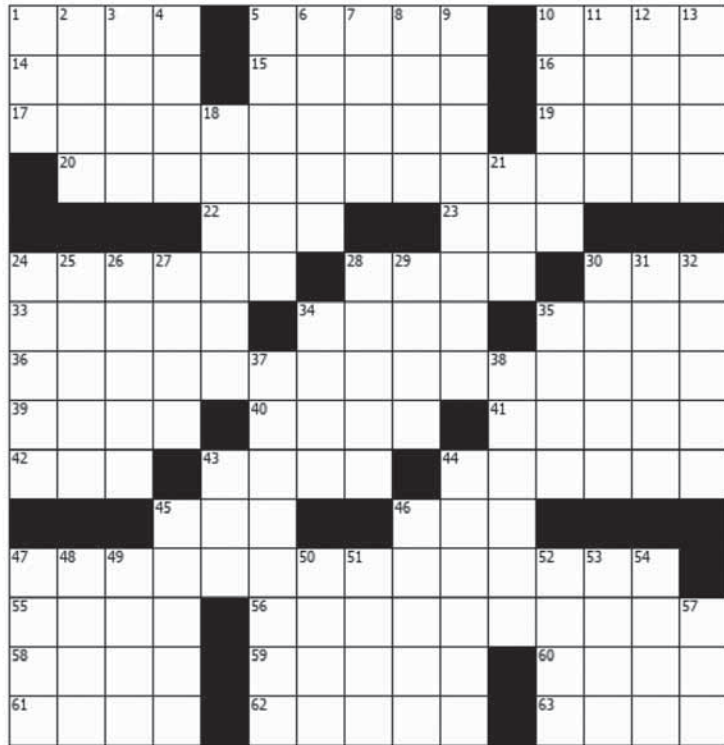
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CROSSWORD PUZZLE

Across

- 1. Carpet quality
- 5. Tempts fate
- 10. Small building
- 14. Something to go on?
- 15. Words with care or mind
- 16. Screen pooch of 1939
- 17. Built on request
- 19. Responsibility
- 20. Chewbacca
- 22. A lot of noise
- 23. Hogwarts postal carrier
- 24. Box office buy
- 28. Wander aimlessly
- 30. Poke
- 33. Actor Milo
- 34. Parched
- 35. Campaigner's barometer
- 36. Make mental errors on the field
- 39. Pigs' digs
- 40. Word with T or dry
- 41. Kent portrayer
- 42. Mach 1 breaker
- 43. Benches, not stench
- 44. Animosity
- 45. Smile shape
- 46. AA applicant
- 47. Tenacious individual
- 55. Dancer at a disco
- 56. Luxurious situation
- 58. Check
- 59. ___ nous
- 60. Go ballistic
- 61. "So what ___ is new?"
- 62. Put away
- 63. It smells a lot

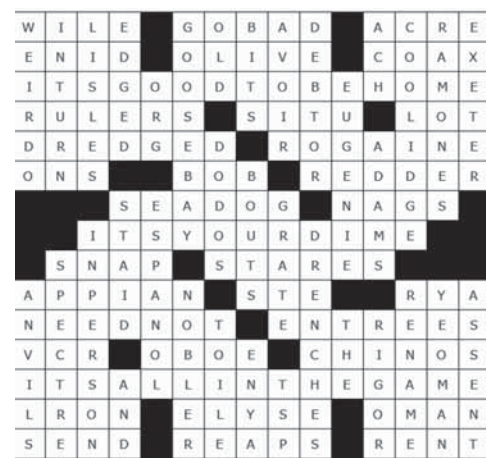


Down

- 1. USMC one-striper
- 2. Chits
- 3. Kind of cause
- 4. Sundance's girl
- 5. Idiot
- 6. Pitch producer
- 7. Surf sound
- 8. Means' justification
- 9. Fret about
- 10. Pub perch
- 11. Motorist's protest
- 12. Decorative case
- 13. Bit of reality?
- 18. Trying experience
- 21. Have bills
- 24. Trading card company
- 25. Elba and Aruba
- 26. "Dee-fense!," e.g.
- 27. Accordion parts
- 28. Virginia dances
- 29. Kind of surgery
- 30. It's often wild
- 31. Wanted poster word of old
- 32. Run in the wash
- 34. Present unfairly
- 35. Sonneteer
- 37. Freezer output
- 38. Figure of speech?
- 43. Person who plays for work
- 44. Walked (with "it")
- 45. Make reparation
- 46. Arena posting
- 47. Shrek, for one
- 48. Holiday song
- 49. Sponsorship
- 50. Actress Rowlands
- 51. Modern Sony offering
- 52. Alternative rock group
- 53. Golfer Aoki
- 54. Med. brain scans
- 57. "Told you so!"

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



SUDOKU

Solution to puzzle on page C6

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

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CHAMPIONS
(2023) Comedy, Sport, Drama (PG-13)

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PUZZLE TIME I SPY

Below the main puzzle are several small boxes, each containing a farm-related icon (cow, tractor, pig, sunflower, chicken) and a question mark, intended for a matching or identification activity.

THE IRONHORSE KITCHEN + BAR

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Junior Achievement Serves 114 Local Classrooms in 2022-23 School Year

THE MINOT AREA CHAMBER EDC

The Minot Area Chamber EDC is pleased to announce that elementary school students in 114 Minot area classrooms received business education through Junior Achievement in the 2022-2023 school year.

Junior Achievement is a nationwide non-profit program facilitated locally by the Minot Area Chamber EDC that creates a bridge between the business community and students in

kindergarten through fifth grade.

The curriculum covers topics like entrepreneurship, goods and services, local government, taxes, banks and credit unions, and more.

More than 100 volunteers from the local business community taught Junior Achievement curriculum to students in the Minot area this school year, including Nancy Wegenast, who works at First Western Bank and

Trust.

"It's good to lead by example and show the kids how fun volunteering can be," Wegenast says. She has volunteered to teach Junior Achievement since the program was first brought to Minot in 1997. "The kids are active participants in each lesson, raising their hands and engaging with the material. They don't just sit back and listen. It's enjoyable to see that."

Junior Achievement is also made possible by a host of local sponsors, listed below:

Affinity First Federal Credit Union
Bell School PTO
Centerspace
Clean Tech
Country Financial - Ahsha Mims
Credit Unions United Chapter
Dakota PTA
Edison PTA
First International Bank & Trust
John Hoeven PTA
Kiwanis Club of Minot
Lewis & Clark PTA
Longfellow PTA
Magic City Lions
McKinley PTA

Montana Dakota Utilities
Minot Community Endowment Fund
Minot Credit Association
North Plains PTA
North Star Community Credit Union
Perkett PTA
Roosevelt PTA
Ryan Family Dealership
Sertoma Club
SRT
Sunnyside PTA
United Community Bank
Verendrye Electric Cooperative
Xcel Energy

*No Federal Endorsement of Sponsored Intended.

Trinity Health Job Fair

May 24 and May 25

2-5 p.m.

Hospital Atrium,
Healthcare Campus and Medical District

- CNA Training
- Nutrition Assistant
- Housekeeper
- Lab Assistant
- Daycare Provider
- Office Assistant



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NORTHSTARORGANIC.COM

welcome baby

BABY BOY BORN ON MONDAY, APRIL 22, 2023 TO:
KARLY AND JORDAN WEIDLER
VELVA, ND

BABY BOY BORN THURSDAY, APRIL 23, 2023 TO:
LIANET LEONGARCIA AND JOSE ORAMAS
MINOT, ND

BABY BOY BORN ON SATURDAY, APRIL 25, 2023 TO:
ASHLEY AND DANIEL TURNER
MINOT ND

BABY BOY BORN ON THURSDAY, MAY 04, 2023 TO:
STEPHANIE AND JARED LEVEQUE
RUGBY, ND

BABY BOY BORN ON THURSDAY, MAY 04, 2023 TO:
GWEN WHITEWOLF AND DAVID WILKIE
NEWTOWN, ND

BABY GIRL BORN ON SUNDAY, MAY 07, 2023 TO:
SHAELYN RUSSELL AND CHRISTOPHER SKAGER

BABY BOY BORN ON SUNDAY, MAY 08, 2023 TO:
CASSANDRA NADEAU
BELCOURT, ND

BABY BOY BORN ON TUESDAY, MAY 09, 2023 TO:
ONYHKA AND MICHAEL DOSCH
POWERS LAKE, ND

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

Email the Missile Community Cancer Study Team

STAFF SGT. SHELBY THURMAN,
AIR FORCE GLOBAL STRIKE COMMAND

BARKSDALE AIR FORCE BASE, La. --

Airmen, Guardians and family members past and present from the Missile Community can scan the QR code if you have questions. The code will link you directly to an email that goes straight to the Missile Community Cancer Study team.

Frequently Asked Questions is available to see if your question may already be answered at the Missile Community Cancer Study Website: <https://www.airforcemedicine.af.mil/Resources/Missile-Community-Cancer-Study/>

The site also has a number of other resources and information and is frequently updated.

In addition, a dynamic list of



Email the Missile Community Cancer Study Team



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



POT ROASTED BEEF BRISKET **Home of ECONOMY**

INGREDIENTS
 2 1/2 POUND FLAT CUT BEEF BRISKET
 TRAEGER PRIME RIB RUB
 1 LARGE YELLOW ONION, SLICED
 1 CLOVES GARLIC, MINCED
 2 1/2 MEDIUM CARROTS, CUT INTO 2 INCH SLICES
 1/2 STALK CELERY, DICED
 1/4 CUP DRY RED WINE
 1/2 TABLESPOON TOMATO PASTE
 1/2 TABLESPOON WORCESTERSHIRE SAUCE
 1/2 TEASPOON DRIED THYME
 1/2 CAN (14.5 OZ) DICED TOMATOES
 1 CUP LOW SODIUM BEEF BROTH
 1 BAY LEAF
 CHOPPED PARSLEY, FOR GARNISH

When ready to cook, set the Traeger temperature to 350°F and preheat with the lid closed for 15 minutes. Trim the fat cap on the brisket to 1/4-inch. Season all sides generously with Traeger Prime Rib Rub. In the bottom of a large roasting pan, add the onions, garlic, carrot, and celery.

In a small bowl, add the wine and whisk in the tomato paste, Worcestershire sauce, and thyme. Pour the wine mixture over the vegetables. Add the tomatoes and beef broth, and bury the bay leaves in the vegetables.

Lay the brisket fat-side up on top of the vegetables. Cover tightly with aluminum foil. Place the roasting pan directly on the grill grates. Close the lid and cook for 3 1/2-4 hours, or until the meat is fork-tender. Halfway through the cooking time, carefully lift the foil and turn the meat over. Replace the foil.

Remove the brisket from the grill, and let the brisket rest for 30 minutes. Remove and discard the bay leaves from the vegetables and skim any visible fat from the liquids. Transfer the brisket to a cutting board and slice into 1/4-inch-thick slices. Garnish with parsley, as desired. Enjoy!



Ryan Davy - GM
Minot

www.HofE.com/BBQHQ



Upcoming Events

20 MAY **FIRST RESPONDERS DAY AT RYAN HONDA OF MINOT**
 9:00 AM TO 11:00 AM
 Ryan Honda of Minot
 3701 S Broadway, Minot

ALL ARE WELCOME! FREE! FREE! FREE!
 Join us on Saturday, May 20th from 9am - 11am at Ryan Honda of Minot. Come have breakfast with us; we're serving up free donuts, coffee, and orange juice while you get up close with local fire trucks, ambulances, bomb & SWAT trucks, and watch live police K9 demonstrations!
 Also, watch Ryan Honda take on the Minot PD and Rural Fire Department in a donut eating contest! K9 demonstrations at 9:30am and 10:30am Donut eating contest at 10:00am. This event is a fundraising effort for Minot Police Departments K9-Unit. Free will donations will assist them in outfitting a new K9. Help us reach our \$7,000 goal!

SATURDAY, MAY 20TH | 9 AM TO 11 AM
FIRST RESPONDERS DAY



For more information:
 Facebook/ Ryan Honda of Minot/ Events

20 MAY **STRAIGHT UP & TOASTED**
 5:30 PM TO 11:00 PM
 The Spot
 6 2nd Street NE, Minot

An evening of great bourbon and spirits!
 Tickets are \$100+tax and can be purchased online or in-person at The Spot, Gourmet Chef, or Pipe Dreams.
 Ticket includes:
 3 shots of signature bourbon from Neeley Family Distillery
 BBQ Dinner from Whiskey Nine
 Talk on bourbon by Rebekah Sue Neeley
 [Must be age 21 or older]

STRAIGHT UP & TOASTED

AN EVENING OF GREAT BOURBON, SPIRITS & COGNAC

The Venue at The Spot
 5:30PM - 11:00PM

For more information:
www.downtownminot.com

25 MAY **HOT TOTS SEASON KICKOFF POWERED BY TRUSTED TIRE & AUTO**
 5:00 PM TO 7:00 PM
 Trusted Tire and Auto
 1301 20th Ave SW, Minot

YOU'RE INVITED TO THE HOTTEST PARTY OF THE SUMMER!
 With the help of our trusted friends at Trusted Tire and Auto, we are celebrating the kick-off of our Inaugural Season with the HOTTEST PARTY of the summer!
 This is your FIRST CHANCE to meet Minot Hot Tots players and coaches! Enjoy hot dogs and activities with the Hot Tots, take pictures, and learn more about the boys of summer.
 Where: Trusted Tire and Auto
 When: Thursday, May 25th from 5PM - 7PM

YOU'RE INVITED TO THE **HOTTEST PARTY OF THE SUMMER**

THURSDAY, MAY 25 AT TRUSTED TIRE & AUTO



For more information:
 Facebook/ Minot Hot Tots / Events

27 MAY **KIDS MOVIE NIGHT!**
 11:00 AM TO 3:00 PM
 Gourmet Chef
 122 S Main St, Minot

Ages 7-15 welcome
 \$40 per child
 Lights, Camera, Action! We're celebrating our favorite movie theater treats by learning to make them! We'll be making soft pretzels, popcorn, milkshakes and more! Our feature presentation of the evening will be Disney's Inside Out, rated PG.



For more information:
 Facebook/ Gourmet Chef / Events

NEW Community at the Northern Sentry

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



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



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Exchange's PCS Headquarters Helps Minot AFB Families Make a Smooth Move

MINOT AIR FORCE EXCHANGE SERVICE PUBLIC AFFAIRS

MINOT AFB – Soldiers and Army families at Minot AFB can find everything they need to make their permanent change of station (PCS) easier at the Army & Air Force Exchange Service's online PCS headquarters.

At ShopMyExchange.com/PCS, the Department of Defense's largest retailer offers resources and support for each stage of the moving process.

"Every Soldier and military family member knows how stressful PCS season can be," said Exchange General Manager Kyle Omler. "The Exchange's PCS headquarters has everything members of the Fort Belvoir community need to make their next PCS smooth as possible."

The online resource allows Soldiers and their families to:

- Download a PCS checklist, which includes steps to take at three months before the move up to the day of the arrival.
- Shop online tax-free for storage, luggage, vacuums, cleaning supplies, linens, dining and cookware, home security, furniture, office supplies and more.
- Visit the Mobile Center to shop for new cellphones and services.
- Set up TV and internet for the new location.

- Get connected with the new installation and find resources and supplies on the Digital Garrison app for Army PCS moves.

- Purchase in-home assembly and installation services from top-rated professionals in the continental United States including: home maintenance, smart home and home entertainment setup, moving and more.

Authorized military shoppers can also:

- Use the MILITARY STAR® card's Pay Your Way plans to purchase tax-free, military-exclusive-priced items at PXs and BXs and ShopMyExchange.com.
 - Receive military-exclusive pricing on car rentals with Avis and Sixt.
 - Save 15% on storage solutions and 10% on moving services with PODS® Moving & Storage. (Conditions may apply.)
 - Shop for a vehicle overseas with Military AutoSource using exclusive overseas military benefits.
- Soldiers and their families can visit ShopMyExchange.com/PCS to view resources and manage their move. For more information on the MILITARY STAR card, visit aafes.media/MilStarPA.



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DECORATION DAY

Patricia Stockdill

Ah, Memorial Day Weekend. The first big three-day holiday of the summer (hopefully it's summer-like weather) and a chance to enjoy the Great North Dakota Outdoors. But timeout. Before delving into those holiday plans, perhaps it's wise to step back and take a moment – or preferably several moments – to reflect on the true meaning of Memorial Day and say "thank you" to everyone serving in this nation's military – past, present, and those to come who choose to protect the American citizen and defend this great country. The website, (usmemorialday.org), takes a person back to the Civil War and a nation divided like none in its past history: Three years after the Civil War ended in 1865, Gen. John Logan issued General Order No. 11 proclaiming May 30, 1868 as a day to honor those who lost their lives "in defense of their country during the late rebellion." He simply called it Decoration Day because May 30 didn't recognize any particular battle and his order called upon people to decorate and honor graves of those fallen soldiers. That day saw about 5,000 participants decorating 20,000 graves at Arlington National Cemetery – Union and Confederate, alike. All of the northern states officially recognized Decoration Day by 1890, although southern dates established their own dates until after World War I when it was changed to honor not just Civil War soldiers who died in service but all Americans in any war. Federal law changed the name to Memorial Day in the 1880s, although the unofficial Decoration Day name lingered for several years. Later Congress would pass the National Holiday Act of 1971 changing the official Memorial Day from May 30 each year to the last Monday in May, making it a federal holiday and three-day weekend. So while it's a three-day holiday weekend, it's still imperative that those recreating, working on yard or home improvement projects, playing in a park, or whatever else suits one's fancy, take a moment to reflect on the true meaning of Memorial Day.

In doing so, perhaps finding favorite things to do is also a way honor those who made the ultimate sacrifice. They gave their lives for us to enjoy ours. Some things to do this coming Memorial Day weekend: An event to kick off the weekend begins May 26 at 4 p.m. - the EMS Kid Event at Fort Stevenson State Park three miles south of Garrison. Public service and emergency personnel service (EMS) entities will provide tours of the array of EMS equipment along with several family activities. From there, kites take to the sky May 27 through May 29 at Fort Stevenson with the annual Sky Fest over Fort Stevenson Kite Festival. From 10 a.m. to 4 p.m., participants can do anything from fly kites, build kits, watch kites fly, and more. Details are available the festival's website, (www.skyfestnd.com). Bicycle enthusiasts who like to kick up a little gravel, dirt, dust, and mud can head to Medora and North Dakota's western Badlands for the May 28 Badlands Gravel Battle 100+ Bicycle Race. There are three race loop options – 40-, 80-, and 120-miles. The website, (<https://experienceland.squarespace.com/badlands-gravel-battle>) has all of the details a person needs to know. Perhaps it's appropriate that a baseball team in North Dakota – famous for its affection for our beloved Tater Tot hotdish (OK, casserole to everyone else) be called the Hot Tots with a mascot named Tate R. Tot. At any rate, the Hot Tots are a new Northwoods League member, a developmental league for college baseball players, and they play a home game at Minot's Corbett Field May 29 beginning at 7:05 p.m. That might be a great way to cap off a day spent earlier back at Fort Stevenson State Park because May 29 is Military Appreciation Day. It's the park's way of honoring military personnel by providing free admission on the 29th. The list of Memorial Day Weekend activities and events can go on but the reality is it remains just as it was intended in 1868 – a day to honor fallen soldiers of this country and decorate their graves with flags and flowers. And to say "thank you".



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Breaking silence: Shattering the taboo of mental health

CAPT. NICHOLAS CHOY
42ND OPERATIONAL MEDICAL READINESS SQUADRON

MAXWELL AIR FORCE BASE, Ala. (AFNS) --

May is Mental Health Awareness Month, a time to raise awareness about the importance of mental health and to reduce the stigma that surrounds mental illnesses.

As members of the Air Force community, it's important that we prioritize our mental health and encourage others to do the same.

Mental health is just as critical to overall well-being as physical health. It's common for people to focus on physical health and neglect their mental health but this can have serious consequences. Untreated mental illness can lead to problems such as depression, anxiety, substance abuse and suicide.

The Air Force community faces unique challenges that can affect mental health. Deployment, long hours and high-stress situations can take a toll on our mental well-being. It's crucial to recognize when we're struggling and to seek help when we need it.

There are many resources available to help maintain mental health in the Air Force. Military OneSource is a free resource that offers confidential counseling

and support to service members and their families. The Air Force also offers mental health services through the chaplain, Military and Family Life Counselors, Outpatient Behavioral Health and the installation mental health clinic.

In addition to seeking professional help, there are steps we can take to maintain our mental health. Exercise, healthy eating and getting adequate sleep are all important for both physical and mental health. Practicing mindfulness and stress-management techniques can also help us cope with stress and anxiety.

It's essential to remember that mental health is a key component of overall readiness. By taking care of our mental health, we are better equipped to meet the challenges we face as members of the Air Force family.

This Mental Health Awareness Month, let's prioritize our mental health and encourage others to do the same. Together, we can reduce the stigma surrounding mental illness and ensure that everyone has access to the resources they need to maintain their mental well-being.



U.S. AIR FORCE PHOTO | SENIOR AIRMAN ALEXA CULBERT

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VACATION READY CAR CARE

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Get Your Battery Tested

Winter is rough on batteries, draining power more quickly than usual. With the temperature rising, now is the time to get your battery checked to ensure you're starting the season off right. Stop by a AAA Car Care center for a free digital vehicle inspection, which includes a battery check and, if needed, we can install a new battery.

Replace Your Wiper Blades

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

Check Your Engine Air Filter

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

Inspect Your Tires

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

Top Off or Change Vehicle Fluids

Fluids play a major role in keeping your vehicle running well. They transfer heat, lubricate parts, and act as a cleansing agent. Each has a different recommended frequency at which they should be changed, so consult your manual or talk to a service consultant to stay on top of your fluid maintenance.

Check Your Air Conditioning

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

Clean Your Car

Dirt, mud, and road grit build up in the winter and can cause rust and corrosion on your car's exterior. Drivers in the Carolinas also contend with spring pollen, which can be as damaging to your paint as it is unappealing to your eye. AAA Members get discounts at our Fins Car Wash locations in select areas.

Has Your Vehicle Been Sitting Idle?

Many people are now driving less frequently and logging fewer miles. The time spent sitting idle can cause numerous issues for your car, making the preventative maintenance above even more important.



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- CHECKING ENTIRE UNDERCARRIAGE





AMUR TIGER



| Fact File | |
|----------------------|------------------------------------|
| Life Span | 10 - 15 years |
| Weight | 400 - 675 pounds |
| Head and Body Length | 5 - 9 feet |
| Tail Length | 2 - 3 feet |
| Top Speed | 3.5 feet |
| Wild Diet | 40 mph |
| | Onshore (Caribou) Herbivores |
| | Deer, Pig, Water Buffalo, Antelope |

CREATURE FEATURES

- Once known as Siberian Tigers, Amur Tigers are the largest member of the cat family.
- Tigers are the only large wild cats with stripes. These stripes are camouflage that aid them while hunting. The stripe patterns of a tiger are not symmetrical from one side of the animal to the other. Their stripes are like our fingerprints.
- Amur Tigers have "built-in" ways to conquer the cold. They have a layer of fat on their flanks and belly, that helps protect them from the elements. Their thick, long coats also help keep them warm. And like most tigers, Amur Tigers have a ruff of fur around their neck and extra fur on the paws to protect them from the cold snow like built-in "snow boots".



Wild Animals Crossword

1 Monkey, 2 Tiger, 3 Snake, 4 Frog, 5 Elephant, 6 Giraffe, 7 Panda, 8 Zebra, 9 Bear, 10 Zebra

UPCOMING EVENTS

MILITARY APPRECIATION DAY
JUNE 2

FATHER'S DAY AT THE ZOO
JUNE 18

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

**HOURS:
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AgilePod Demo Expands B-52 Communications

A1C NIA JACOBS, AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS

BARKSDALE AIR FORCE BASE, La. --

The backbone of the U.S.'s strategic bomber force, the B-52 Stratofortress, will soon demonstrate advanced communications capabilities through the new AgilePod, enabling a modernized, further-reaching, more secure communication on the historic aircraft.

B-52 aircrew depend on rapid incoming and outgoing communication—whether that be with other bombers, in dissimilar formations, or with control personnel on the ground—while not forgoing security.

“Our goal is to accelerate and integrate disruptive technologies onto the B-52, B-1, and possibly other patrol-class aircraft,” said Nate Dawn, Chief of the AFGSC Strategic Plans and Programs Modernization, Integration, and Technology Transition Branch.

To address this issue the team began executing an AgilePod demonstration effort, creating a multi-function pod that could integrate advanced communications capabilities for the B-52 across all domains and enhance data transfer, weapon employment, and provide rapid solutions to emerging threats.

“The AgilePod TENTacle (Tactical Edge Network Targeting in a Contested Long-Range Environment) program started as an OSD Rapid Prototyping Program, which allows us to quickly provide these needs to our bombers without the years-long timelines required for a permanent modification to the aircraft,” said Dawn.

With this quick and secure technology, the historic B-52 fleet continues to adapt and modernize, able to better meet combatant commander and warfighter needs.



TSgt Andrew Groff, 307th Aircraft Maintenance Squadron aircraft armament technician, adjusts an AgilePod onto a B-52 Stratofortress, at Barksdale Air Force Base, Louisiana, Jan. 10, 2023. The AgilePod is a multi-function pod built to integrate advanced communications capabilities for the B-52 across all domains.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS NIA JACOBS

“Our adversaries are working hard to deny us an ability to operate, so it is even more critical for us to deliver these new capabilities as rapidly as we can,” said Col David Donatelli, 608th Air Operations Center commander.

On Feb. 22, test pilots with the 49th Test and Evaluation Squadron completed the initial flight test of the AgilePod. The 49 TES will continue with additional multiple ground and flight tests to the pod, ensuring operational capability and integration.

Maj. Brent Drabek, one of the B-52 operational test pilot at the 49 TES, remarked, “This capability is a game changer allowing us to rapidly develop, test, and field new technologies on a warfighter-relevant timeline.”

The project leveraged expertise and capabilities throughout the Department of Defense and industry partners, according to Dawn. The pod development required collaborative work with the B-52 Systems Program Office, Air Force Life Cycle Management Center, Air Force Research Laboratory, the AgilePod Systems Program Office, the 53rd Wing, 49th TES, several Navy program offices, and industry partners Fuse Integration, Inc and Jacobs Aerospace.

“We are very proud of our AgilePod team. We moved from just a concept two years ago to our upcoming demonstration flights this spring,” said Dawn. “We could not have done this without every organization involved contributing at a high level.”

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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 (mafbschool.liaison@us.af.mil).

4- Research possible gaining schools so you are aware of the options available for your family. Connect with your gaining

YOUTH IN ACTION

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

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.

2022-2023 MPS CALENDAR

| May 2023 | | | | | | | 19 days |
|----------|----|-----|----|----|-----|----|---------|
| S | M | T | W | T | F | S | |
| | 1 | 2 | 3 | 4 | 5 | 6 | |
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| 14 | 15 | 16 | 17 | 18 | 19 | 20 | |
| 21 | 22 | 23 | 24 | 25 | *26 | 27 | |
| 28 | 29 | *30 | 31 | | | | |

- Vacation Days - not contracted day
- Holidays
- Parent/Teacher Comp Days
- Early Release Days - 1:15pm
- PD Days - contracted day
- Weather Make-up Day

May 10

Early Release Day - 1:15pm

May 25

Last Day for Students if make-up days are not needed

May 26 & May 30

Make-up day if necessary or PD Day if make-up day isn't used

May 28

Graduation @ MSU Dome 2:00 pm

May 29

Memorial Day

May 31

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Wednesday - Friday 7:00 a.m.
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westminot.com
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200 3rd St. SW • 852-4533
www.fbcminot.org

Classic Worship Service 8:30 a.m.
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Contemporary Worship Service..... 9:50 a.m.
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Contemporary Worship Service..... 11:05 a.m.
Children's Church 11:05 a.m.
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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 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) 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 and confirmed your credits Or Ask Alexa! Enable the Park University skill on your Alexa device and say "Alexa, ask Park, How many credit hours can I get from my military experience?" She'll even tell you your graduation date! Minot AFB @ the Education Center RM 222 | 844-884-8612 | mino@park.edu PARK. YOU

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



Local Cravings Restaurant Guide

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



VOLUNTEER OPPORTUNITIES

ND Special Olympics Volunteers (May 20)

This is an amazing volunteer opportunity... The ND Special Olympics are in need of volunteers. The next sporting event, district volleyball will be on 20 May at Swain Hall (MSU). Swain Hall is south of the MSU Dome. We are looking for the following volunteers:

- Volunteer registration, 1145-1600, need 2 people.
- Line judges, 1300-1700 or until done, need 4 people.
- Awards (present ribbons to teams), 1400-1700 or until done, 2 people.

If you're interested in helping with volleyball or any of the events please email or call Ms. Janet Wing at 723-2134.

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.a.bermudezcartagena.mil@health.mil or 723-5184.

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
Minot AADD, MinotAFB2233@gmail.com

Pride Month Panel Members

The LGBTQIA+ Council is putting together a panel in honor of Pride Month and is looking for additional panel members around the base to be a part of this discussion from 0900-1030 on 14 June 2023. The theme of the panel is Resiliency through Solidarity and questions will be oriented toward that.

If you're interested in being a part of this panel and discussing your experiences and answering questions, please reach out to SSgt Kerigan Jenkins (kerigan.jenkins@us.af.mil) or A1C Levi Pierpont (levi.pierpont@us.af.mil) for more details.

Juneteenth Volunteers

(June 18-19)

The African American Heritage Council is seeking volunteers for the Juneteenth Event at Oak Park on June 18-19. We have a lot of exciting events to include games, card tournaments, car show, raffle and much more!

If you would like a chance to win a new PS5 (\$5/ticket) or new Grill (\$3/ticket), reach out to any of the council members. You do not have to be local to win!! NOTE: Every volunteer that signs up will receive ONE complimentary raffle ticket for a chance to win big prizes!

If you or someone you know are car fanatics or have a nice car that you would like to showcase, we're looking for participants! Car Show POCs are SSgt Khenedye Fletcher-Wiley and SSgt James Robinson to assist you with entry and any questions. Both may be contacted at khenedye.fletcher@us.af.mil and james.robinson.77@us.af.mil. Car Show entry is \$25. Proceeds will go to the Dakota Hope Clinic.

POC: Mariah N. Fonville, Treasurer, African American Heritage Council
DSN: 453-3331 Comm: 701-723-3331

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

Heritage Day Festival Volunteers (August 19)

The Team Minot Diversity, Equity, Inclusion, and Accessibility Team are looking for volunteers for this year's Heritage Day Festival (AKA 'The Culture Festival').

• This year we've partnered with the Minot Area Council of the Arts, Minot Chamber of Commerce, and Minot State University to make this bigger and better! The event is currently scheduled to begin at 1000, Saturday, 19 August at Oak Park.

We're looking for individuals to participate in one or more of the following roles:

- Planning & Coordination Team
 - o Resource Manager
 - o Volunteer Manager
 - o Food Truck Coordinator
 - o Health & Safety
 - o Set Up/Tear Down
 - o Security
 - o Vendors (sell art, jewelry, food, ect.)
 - o Heritage Booths (games, displays, educational materials, ect.)
 - o Performers (music, dance, poetry, skits, ect.)
- Booth Manager
- Entertainment Coordinator
- Marketing

We hope to build connections while celebrating the many unique cultures and heritages within our community.

Our first planning meeting will be 1530, Thursday, 25 May at the Bomber Bistro. If you're interested in being part of this exciting project, please email: christine.cherry@us.af.mil and jan_marie.decosse@us.af.mil.

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

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.gocivilairpatrol.com> or contact the POC below.

POC: 1st Lt Jon McLemore, CAP | 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/fkmqNeYulr>

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

WHAT'S GOING ON MAFB

FRIDAY 19

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

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 21

- Sunday Escapes Books Club, 1330, Minot AFB Library

MONDAY 22

- HIIT Strength & Conditioning, 0500, Fitness Center
- Federal Employment Basics 101, 0900-1100, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting

TUESDAY 23

- Thrift Savings Plan for Civilian Employees, 0900-1100, M&FRC
- Game Day, 1000-1930, Minot AFB Library
- Family Child Care New Provider Orientation, 1000-1400, Family Child Care
- LinkedIn Workshop, 1300-1500, M&FRC
- Newbery Book Club, 1600, Minot AFB Library
- Magic The Gathering Commander Night, 1800, ESC
- Zumba, 1800, Fitness Center

WEDNESDAY 24

- Extramural Golf Starts, Rough Rider Golf Course
- HIIT Strength & Conditioning, 0500, Fitness Center
- Right Start, 0730-1230, Jimmy Doolittle Center, hosted by M&FRC
- Thrift Savings Plan for Military Members, 0900-1100, M&FRC
- Family Child Care New Provider Orientation, 1000-1400, Family Child Care
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Storytime, 1030, Minot AFB Library

THURSDAY 25

- Cycle, 0600, Fitness Center
- Short Notice Pre-Separation Counseling, 0830-1130, M&FRC
- Family Child Care New Provider Orientation, 1000-1400, Family Child Care
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Paint & Sip, 1730-1930, Arts & Crafts Center
- Zumba, 1800, Fitness Center

FRIDAY 26

- AFGSC Family Day
- For a full listing of Memorial Day holiday facility hours, visit 5thforcesupport.com
- Family Child Care New Provider Orientation, 1000-1400, Family Child Care

SATURDAY 27

- For a full listing of Memorial Day holiday facility hours, visit 5thforcesupport.com
- Garden Plots Open, Outdoor Recreation

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.

Paint & Sip

Arts & Crafts Center
May 25th • 5:30pm - 7:30pm

Bring your own drink & join us to paint!
Sign up by calling the Arts & Crafts Center
Ages 21 & up ONLY
Cost \$25
723-3610

5THFORCESUPPORT.COM

GARDEN PLOTS

WITH OUTDOOR RECREATION

REGISTRATION IS OPEN!
GARDEN PLOTS WILL BE AVAILABLE MAY 27TH

\$20 FOR THE SEASON

PLOTS ARE LOCATED AT THE CORNER OF MINUTEMAN DRIVE & WISOLE AVE

CALL OUTDOOR REC FOR MORE INFO
722-3649

5THFORCESUPPORT.COM

SEASON PASSES ON SALE!

FOR ROUGH RIDER GOLF COURSE

GET YOURS STARTING APRIL 6TH - 8TH! AT ROUGH RIDER LANES

PLUS, SAVE MONEY WITH A GOLF CART SEASON PASS!

AFTER APRIL 8TH EMAIL MICHAEL.GUTHRIE@USAF.MIL TO MAKE AN APPOINTMENT

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