

northern sentry

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WHATS INSIDE THIS WEEK:



B-52s MAKE FIRST-EVER LANDING IN INDONESIA

A3



GALBERT TAKES COMMAND OF 90 MW

A5 & B1



MASTER SERGEANT SELECT PARTY

B12



Airman 1st Class Rachel Chi, 5th Communications Squadron communications security accountant, and Airman 1st Class Keoliani Tran, 5th Bomb Wing Chapel Corps religious affairs Airman, pose for a photo with medals they've won in Brazilian Jiu Jitsu tournaments at Minot Air Force Base, North Dakota, June 15, 2023. Through Task Force True North's Warrior program, 115 Team Minot Airmen come together three times weekly to train in Brazilian Jiu Jitsu. See page A7 for more on the program.

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

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BOMBER TASK FORCE 23-3

B-52s Make First-Ever Landing in Indonesia to Join Air Exercise

DAVID ROZA, AIR & SPACE FORCES MAGAZINE

Two Air Force B-52s made history with the bomber's first ever landing in Indonesia on June 19—a gesture of partnership with the strategically important southeast Asian country.

“This specific deployment of the B-52s to Indonesia highlights the importance of working with our allies, partners and other U.S. joint military units as we bolster our collective ability to support a free and open Indo-Pacific,” a Pacific Air Forces spokesperson told Air & Space Forces Magazine, confirming the mission. The War Zone first reported the B-52 visit, citing flight tracking data.

The bombers are assigned to the 23rd Expeditionary Bomb Squadron out of Minot Air Force Base, N.D., and are in the region as part of a Bomber Task Force deployment. When they landed at Indonesia's Kualanamu Airport, it marked the start of their involvement in the Cope West exercise, during which U.S. and Indonesian fighter pilots will train with each other from June 12-23.

“This training enables our Airmen to become familiar with other theaters and airspace, and enhances the enduring skills and relationships necessary to confront a broad range of global challenges in support of the National Defense Strategy,” the PACAF spokesperson said.

The world's fourth most populous country and 10th largest economy, Indonesia is a growing power in southeast Asia. Historically it has maintained good relations with both western countries and China, but the country's traditional policy of non-alignment may be tested as tensions grow between China and the United States, according to the Harvard International Review.

“It is unlikely that Indonesia and other partner countries would join the United States in using military force against China in the event of a significant escalation,” wrote Air

War College professor Dr. Stephen Burgess in an April paper on U.S.-Indonesian relations. “Although challenges exist, with the right amount of will and creative effort, the United States and Indonesia can overcome them and strengthen their relationship.”

One of those efforts may be advising and augmenting the Indonesian air force through exercises like Cope West.

“The USAF and PACAF can play a leading role in developing this partnership, while avoiding a transactional and paternalistic approach,” Burgess wrote.

The arrival of B-52 bombers, one of the U.S. military's most powerful platforms, seems to underscore that idea. The PACAF spokesperson said the bomber deployment is part of a larger effort to “deter, deny and dominate aggression” and promote a free and open Indo-Pacific.

“Integrating strategic bombers, such as the B-52, in operations and exercises enables different types of strategic bombers to operate

forward in the Indo-Pacific region from a broad array of overseas and continental U.S. locations with greater operational resilience,” according to a PACAF statement. “Bomber missions contribute to joint force lethality and deter aggression in the Indo-Pacific by demonstrating USAF ability to operate anywhere in the world at any time in support of the National Defense Strategy.”

The Minot B-52s are among several U.S. bomber deployments meant to send similar messages around the world. On June 19, a pair of B-1 bombers landed in Sweden for the first time in an effort to show strengthened ties as the Nordic country bids to join NATO. In May, two B-1s were met by a Russian Su-27 when the bombers operated in the Baltic Sea region as part of a four-ship Bomber Task Force mission meant to support “NATO deterrence initiatives,” according to a U.S. Air Forces in Europe press release.



A B-52H Stratofortress assigned to the 69th Expeditionary Bomb Squadron at Royal Air Force Fairford, United Kingdom, flies over the Arctic Sea, March 16, 2022. The BTF integrated with allies in North America to demonstrate the bomber's ability to operate over long ranges.

U.S. AIR FORCE PHOTO BY AIRMAN 1ST CLASS ZACHARY WRIGHT

NOTICE
Minot AFB, ND – 2d Lt Michael O’Keefe from the 5th Maintenance Squadron has been appointed the Summary Court Officer (SCO) for the estate of **SRA IVAN CAMPOS, 5TH AIRCRAFT MAINTENANCE SQUADRON.**

All claims for or against the estate of the deceased must be submitted to the SCO.

For more information, please contact 2d Lt Michael O’Keefe:
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MINOT AIR FORCE BASE NEWSPAPER | WWW.NORTHERNSENTRY.COM



SHE'S NOT FROM AROUND HERE

AMY ALLENDER

"It must have been the wind."

That was my first thought when found soil strewn about the stoop and some freshly planted annuals uprooted from their pots.

It had been windy overnight. The soil was light. This was a plausible explanation. If there's anything I've learned from living in Hot Dish Land, it's that most things can be blamed on the wind.

Hastily, I scooped up the dirt and replaced the plants. Then I poured some water on top to weigh it down a bit. "Problem solved," I thought triumphantly. "That'll stop the wind from ruining my container garden."

I've written before about my lackluster skills regarding plants. Each year, I set out with a naive, but hopeful confidence that this will be the year the plants will thrive. Most years, it's a sad experiment ending with dead plants long before Labor Day.

With this in mind, I quietly acknowledged that this incident was not setting my fledgling plants up for success.

The following day, my jaw dropped at the massacre on the stoop. The same plants were again torn up. Dirt was scattered. Stems of geraniums I had proudly nurtured all winter long were ripped and bent.

This was not the wind. Something was sabotaging my plants.

I knelt down to repair the

damage, and felt something hard in the soil. When I pulled it out, I discovered an acorn. I looked up from the acorn, and—I kid you not—a fat squirrel looked me directly in the eye before scampering up a tree—out of sight.

I'd found the culprit. But this had never happened before. Hoping it was a fluke, I replaced the badly beaten plants, and moved the pots a little closer to the house. Maybe proximity to the door would keep the pests away.

The next day, as I headed downstairs for morning coffee, I glanced out the window overlooking our rooftop patio. Dirt everywhere, planters askew, lots of neatly dug holes—just the size of squirrel paws—deep in the soil. Again I did my best, but the damage was grievous.

Later, when I passed the same window, a flash of gray caught my eye. Two fluffy tails boldly waved in the air as their owners threw what was left of my seedlings haphazardly to the ground. This was getting out of hand.

The next afternoon, as I drank a cup of coffee on the patio, I heard skittering paws on the roof. Then, I watched a chunky squirrel leap from roof, to railing, to planter. Ready to dig, I shooed him away, and immediately turned to Google for answers. The Great Squirrel War of 2023, had not been top of my priority list, but now things had gone too far. Stopping the squirrels moved to the top of the to-do list. To have all of my plants dead before the 4th of July would be a new low—even for me.

According to Google, topping soil with coffee grounds will deter squirrels from digging. The smell is known to repulse them.

My boys had lots of fun scooping that morning's mushy grounds onto the soil, and even more fun as they heard me rant against the injustice of entitled squirrels who

The Squirrel Wars



I've mentioned before that I'm not the best plant-mom. This year, keeping my few annuals alive has been an uphill battle.

AMY ALLENDER PHOTO

think they can dig wherever they please.

"Haha you nasty squirrels. See how you like a nose full of coffee when you come to dig tomorrow!" This is perhaps the most vengeful I've ever felt in my life.

The following morning, I sprang from bed, anxious to see how my devious plan had worked. Surely Google, the kids, and I were an unstoppable team. Surely, we'd shown the squirrels a thing or two.

WHAT THE—?

Dirt out of every pot. Stems broken. Baby plants on the steps. And one particularly brazen squirrel, still digging.

Oh great, now I've got highly caffeinated squirrels.

Back to Google. Suggestion number two: Squirrels may also be repelled by adding coarse, black pepper to soil.

The boys took great pleasure in adding copious amounts of pepper to the soil. This time, it seemed to work. As long as the pepper is fresh, they seem to stay away. But

sometimes, I swear I see the fat ones glaring at me with distaste.

Are all Hot Dish squirrels like this? Have I just never noticed? Or is this year's batch exceptionally rude? I'm not from around here—locals, can you teach them some manners? Or at very least, encourage them not to bully the most novice of gardeners?

As annoying as my week of squirrel mayhem was, it's also refreshing to have these little wins. Life is so full of big, complicated problems. Sometimes these trivial wars turn out to be a blessing. Sometimes these comical conflicts are just what we need to be reminded that it's possible to find a solution. Sometimes, small, silly victories are exactly what we need to bolster us for the bigger battles ahead.

For more about life in Minot, positive living, and finding more joy + contentment in your days, join me on Instagram (@amy_allender), Facebook (@amyallenderblog), or at amyallender.com.



SLICE OF LIFE

KIM FUNDINGSLAND

I turned my head to look out the window and saw a couple slowly walking toward the entrance. The waitress that set the table greeted them warmly and nodded toward the table she had set. I looked at the man, who obviously read my thoughts.

"I don't get this at home," he laughed while pulling his chair out to sit down.

I don't believe the menus were even looked at and the couple was soon having breakfast. No doubt they were regular customers. It was Saturday morning at Kroll's Diner. The sign outside appropriately reads, "Sit Down and Eat".

Inside Kroll's, an old-fashioned diner look from the 50s and 60s is well played. The floor is black and white tile. Seating is in booths, or a combination of bench seating against a wall with chairs on the opposite side of a table.



Sit Down and Eat



KIM FUNDINGSLAND PHOTOS

The food is great, any time of the day, and plates are always filled. Customers often stop at Kroll's to grab a take home bucket of German knoephla soup, a Kroll's specialty.

You won't find any big screen televisions showing the latest political squabbles or depressing news. Nope. Maybe an Elvis Presley album cover or a Life magazine with General Eisenhower on the front among the items displayed on the walls. How about an early ad for Pepsi or Dr. Pepper?

Those bits of nostalgia bring back memories for older folks and have the younger crowd wondering, even questioning, if they could possibly be real. Unquestionably real is the feel, the friendliness, inside Kroll's.

Conversation ranges from the

latest fun at pool or dart league night, to how or where the fish are biting. On Monday's it's two for one shakes that come in a variety of flavors. They are served the "old fashioned" way too. Shakes are poured into a fancy glass with a long-handled spoon to reach the bottom, and customers are served the extra ice cream treat that remains in a metal mixing tumbler as well.

As I take a fork to my hashbrowns I hear, "Good morning. How are you guys?" Looking up I see a smiling waitress greeting four more eager customers coming through the door for Saturday morning breakfast. Time to enjoy some tasty food and friendly conversation.

Yes. Sit down and eat. The coffee is good too.

Col. Johnny Galbert Takes Command

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sentry**

**A VIEW FROM
OUR SIDE**
ROD WILSON



It was a big day on the parade field at F.E. Warren Air Force Base as Col. Johnny Galbert assumed command of the 90th Missile Wing replacing Col. Catherine Barrington. It was almost picture perfect. An endless blue sky met the acres of green grass of this historic venue. Across the field was a row of red-bricked buildings trimmed in white. These buildings are just a few the many that represent the architectural scheme of F.E. Warren. In today's bright sunlight they were a perfect background for this day's special event.

Military vehicles specific to the mission of the 90th Missile Wing mission were also parked on the parade field and behind the reviewing stand. Flags also surrounded the parade field, and in front of the flags were what I would guess were about 1,000 to 1,500 Airmen dressed in Air Force blues and in parade formation according to their squadrons.

There were many distinguished guests, including Wyoming Governor Mark Gordon. The City of Minot and the Minot Air Force Base also had a large contingent

of civic and military leaders, along with several family members, friends and colleagues of Col. Johnny and Adrian Galbert.

On the reviewing stand to officiate the change of command was Major General Michael Lutton, commander of the 20th Air Force. Gen. Lutton was commander of Minot Air Force Base in 2016-2018. His son and daughter-in-law (just married the week before at the U.S. Air Force Academy) are stationed at Minot Air Force Base.

The stage was set, and the change of command ceremony began. There were several comments about how perfect the weather was. Wyoming is a lot like North Dakota in that you just expect there to be wind, it's just a matter of how much. Having covered the Minot Air Force Base as a reporter at various times in my life, I was proud of the fact that all three of the participants on center stage had been in Minot at some time during their military careers. Maj General Lutton as the Commander of the 91st Missile Wing, Col. Catherine Barrington was the Commander of the 91st Operations Group, and of

course Col. Galbert had just spent two years as Vice Commander of the 91 MW.

A change of command ceremony normally includes a final salute to the outgoing commander, as well as a first salute to the incoming commander. However, this ceremony also included a parade of the Airmen on the field, and as they passed by the reviewing area Col. Galbert was able to give each squadron a salute. The parade was a perfect ending to the change of command ceremony. Albeit there was supposed to be a cannon salute following the Air Force Song at the end, but it was the only portion of the ceremony that did not come off without a hitch. Maybe I'll have to come back in two years for the next change of command at F.E. Warren if I want to hear and experience the roar of the cannon.

Col. Galbert fielded questions following the ceremony. His memories of Minot, Minot Air Force Base and the surrounding area were very positive. The representation from Minot was certainly a tribute to the job he did as Vice Commander at Minot AFB. Probably better said, you do not reach the position of Commander of one of three nuclear missile bases in the United States, if you weren't a leader, and someone who worked hard. From my standpoint, Col. Johnny Galbert, and his family are friends I will remember forever. All of us at the Northern Sentry wish him the very best...and oh by the way "Only The VERY Best Come North!"

BEST KEPT SECRETS

There is a lot going on over the 4th of July and the week that follows. There will be a 4th of July Parade at 10 AM sponsored by the Minot Shrine Club. Then be ready for what I am told is going to be the most spectacular fireworks display ever. That will take place at the North Dakota State Fairground after dark.

Then on the 7th & 8th of July in the hills of Metigoshe

is landoLIVE, a two day music festival. Check out the landoLIVE web site for more details. There is a special military discount for admission.

TODAY'S CHUCKLE

No one wants to go through life with blinders on, but some nice little curtains with a drawstring would be nice.



Photo with Col. Johnny Galbert, Commander of 90th Missile Wing, F.E. Warren AFB.



**UPSIDE DOWN
UNDER**
MARVIN BAKER

In the past several months we've had a lot of work done on our house and greenhouse. New kitchen cabinets, some electrical rewiring in the greenhouse and house and new plumbing in the kitchen.

It's all but finished now but it brings to mind how critical the trades are and how short they are of personnel.

We were lucky to get skilled people who had been here before. But that was easier said than done. And when each of them was here to take care of their respective part of our house, each one of them told us how that particular trade is in

desperate need of warm bodies.

The carpenter who installed the kitchen cabinets only does that kind of work. Pardon the cliché, but finding him was like finding a needle in a haystack. But after months of calls and denials, we finally found someone who was willing to tackle the job.

He showed up promptly, gave us a rundown on what he would be doing each day and got after it. When he was done, it was worth the wait and the chaos. This man is a true professional and did an outstanding job.

There just aren't a lot of specialty carpenters like him and those who are out there are stretched so thin, they're backlogged months in advance. We got booked quickly because of a cancellation.

Our plumber has been in his trade for many years and is very good at what he does. He mentioned on one of four trips to our house that he will be retiring soon, adding there are a number of plumbers just like him who will be calling it a career in the next three

to five years.

What is that going to do for plumbing in North Dakota? You think it's bad now. Wait until all these guys retire out. The shortage could become catastrophic, unless something changes real soon.

There seems to be plenty of plumbing firms, but I'll bet each of those firms is short staffed. Our plumber never said that, but he implied it numerous times. How do you maintain a business when you can't keep up with the demand? These guys are human and can only work so many hours in a week.

Electricity is much the same way. There are electricians out there, but too few and they're aging like plumbers, like farmers. A lot of people don't like working with electricity so they go into something else.

The thing is, however, if you have even a slight curiosity of how electricity works, you can pretty much start a good paying career in your early 20s.

There just aren't enough

electricians to go around and in a state like North Dakota, many of them who do exist are working in industrial settings because they earn a lot more money that way. So finding an electrician to work on your house ... well.... good luck with that!

Our electrician happens to be a young guy who has been in the business just a few years but he has a lot of confidence in what he is doing, which makes him a rare individual.

Because he had done work on our greenhouse in the past, he was quick to answer a service call when several outlets and electrical appliances stopped working. To him, it was easy. To us, it was still quite cold and had anything else gone wrong, we could have lost a lot of young plants.

Because he did such good work, we asked him if he could rewire some lights in our kitchen when the cabinets were finished. He told us he is a commercial electrician and is used to working in much larger places such as warehouses.

But, he decided to take it on and are we ever glad he did. Even though he had numerous challenges in our 1910 house, he got the job done promptly and professionally.

As I said, we were lucky. But how many people don't get the service that we did simply because they can't find enough people to work or the firm isn't taking on new clients.

Salaries are quite generous and trade schools don't take nearly as long as a bachelor's or master's degree. And when you finish school, you aren't saddled with the debt that traditional college students face. In addition, you start making a good wage right out of school.

The trades seriously need young people to get involved. If you are just getting out of high school or starting college, consider a trade. You could have a career path in two years and start with a great salary.

Dire straits in the trades...



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BOMBER TASK FORCE 23-3

PACIFIC AIR FORCES LEADER VISITS AIRMEN DEPLOYED TO INDONESIA

U.S. AIR FORCE PHOTOS | TECH. SGT. ZADE VADNAIS



U.S. Air Force Capt. Justin Kinker, 23rd Bomb Squadron weapons officer (left), gives a tour of a 23rd BS B-52H Stratofortress from Minot Air Force Base, North Dakota, to Maj. Gen. Mark Weber, Air National Guard assistant to the U.S. Pacific Air Forces commander (right), and general officers from the Indonesian Air Force at the Kualanamu International Airport in Medan, Indonesia, June 21, 2023. Weber and IAF generals visited the 23rd BS team while they were in Indonesia participating in a bilateral military training exercise. This particular exercise marked the first time U.S. Air Force B-52s operated from Indonesian soil



U.S. Air Force Maj. Gen. Mark Weber, Air National Guard assistant to the U.S. Pacific Air Forces commander, asks a question of Capt. Justin Kinker, 23rd Bomb Squadron weapons officer, during a tour of a B-52H Stratofortress at the Kualanamu International Airport in Medan, Indonesia, June 21, 2023. While in Indonesia for a bilateral military training exercise, Airmen assigned to the 23rd BS at Minot Air Force Base, North Dakota, gave Weber and general officers from the Indonesian Air Force a tour of the B-52 to familiarize them with the long-range, nuclear and conventional bomber aircraft.



U.S. Air Force Maj. Gen. Mark Weber, Air National Guard assistant to the U.S. Pacific Air Forces commander (center back), poses for a photo with general officers from the Indonesian Air Force, U.S. Airmen deployed with the 23rd Bomb Squadron, and airport staff during a tour of a 23rd BS B-52H Stratofortress from Minot Air Force Base, North Dakota, at the Kualanamu International Airport in Medan, Indonesia, June 21, 2023. While in Indonesia for a bilateral military training exercise, Airmen assigned to the 23rd BS at Minot Air Force Base, North Dakota, gave Weber and general officers from the Indonesian Air Force a tour of the B-52 to familiarize them with the long-range, nuclear and conventional bomber aircraft.

US EMBASSY JAKARTA OFFICIAL VISITS US AIRMEN DEPLOYED TO INDONESIA



Michael Kleine, U.S. Embassy Jakarta deputy chief of mission (right), discusses B-52H Stratofortress capabilities with U.S. Air Force Capt. Justin Kinker, 23rd Bomb Squadron weapons officer (right), during an aircraft tour at the Kualanamu International Airport in Medan, Indonesia, June 22, 2023.



Michael Kleine, U.S. Embassy Jakarta deputy chief of mission, tours the bomb bay of a U.S. Air Force B-52H Stratofortress assigned to the 23rd Bomb Squadron from Minot Air Force Base, North Dakota, at the Kualanamu International Airport in Medan, Indonesia, June 22, 2023.

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Minot Airmen strengthen bonds with Brazilian Jiu Jitsu

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

MINOT AIR FORCE BASE, N.D.

Through Task Force True North's Warrior program, 115 Team Minot Airmen come together three times weekly to train in Brazilian Jiu Jitsu. Instead of other martial arts that feature striking, Jiu Jitsu takes place on the ground and utilizes chokes, grabs, grapples, and locks. They say it has changed their lives, and holds enormous benefits not only for the body, but also for the mind.

The Warrior program is open to any active duty Airman or spouse who wishes to learn Brazilian Jiu Jitsu. They often compete in tournaments in North Dakota and Minnesota, and several of their members have won regional awards for their skill.

Airman 1st Class Rachel Chi, 5th Communications Squadron communications security accountant, has been a member of the Warrior program since August of 2022, and has practiced in martial arts such as Taekwondo since she was nine years old. As a communications Airman, she must keep her body in good physical condition. She says practicing and competing in Jiu Jitsu helps her do just that.

"Jiu Jitsu has been amazing for me," said Chi. "On top of regularly going to the gym, the Warrior club has also boosted my confidence. It feels really great because I use muscles that I didn't even know existed."

Chi says Jiu Jitsu and the Warriors club has taught her many other things, such as strength through camaraderie.

"Jiu Jitsu has saved me," said Chi. "I found a great community who cares about me. It feels amazing to fit in. I kind of see it as a safety net where we all check in on each other, on or off the mat."

Airman 1st Class Keoliani Tran, 5th Bomb Wing Chapel Corps religious affairs Airman, is also a member of the Warrior club. She has been training in Jiu Jitsu with the Warrior club since September of 2022. Tran says it has taught her countless life lessons, like how to be responsible and accountability.

"It's a great outlet for me," said Tran. "I can be myself and feel no pressure or judgment from anyone else. It's given me discipline, and has shown me that it's okay to care for myself and my needs."

Chief Master Sgt. Jason Kornelis, 891st Missile Security Forces Squadron senior enlisted leader, says Brazilian Jiu Jitsu has countless benefits to the body and, potentially, even more to the psyche.



Some of the Task Force True North Brazilian Jiu Jitsu members pose for a photo in the base gym at Minot Air Force Base, North Dakota, June 15, 2023.

"When the team comes together to practice, it turns Jiu Jitsu into a safe environment to hone the 'fight or flight' response," said Kornelis. "The Warriors program attempts to take the stress from life and work and transform it into something we can use on the mat."

Kornelis says that the program wasn't always this successful. He says he had to work very hard with several different agencies for months to get it where it is today, with 115 members and eight instructors.

Strong Airmen prepare for any challenge that may arise, while being able to endure and overcome situations of adversity. For Team Minot's Task Force True North Warriors, preparation includes rigorous hand-to-hand sparring and grueling training. With the help of Task Force True North, 115 Team Minot Airmen have been enabled to come together to train in Brazilian Jiu Jitsu. These Airmen have found their passion, and say they have found their home.



Team Minot Airmen grapple during a Brazilian Jiu Jitsu class in the base gym at Minot Air Force Base, North Dakota, June 15, 2023. Through Task Force True North's Warrior program, 115 Team Minot Airmen come together three times a week, honing their skills and enjoying each other's company.

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



Task Force True North Brazilian Jiu Jitsu instructors pose for a photo in the base gym at Minot Air Force Base, North Dakota, June 15, 2023. The Task Force True North program is a free club open to any active duty Airman or spouse who wishes to learn Brazilian Jiu Jitsu.

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DAKOTA DATEBOOK: The Fourth at Fort Rice

ANN ERLING

July 4, 2023 — On this day in 1865, the newly united United States of America celebrated its first Independence Day after four years of civil war. Although far from the battle fields of the war, Dakota Territory was also affected by the conflict, especially its isolated soldiers. After spending the duration of the Civil War in Dakota Territory's sparsely populated plains, the officers and soldiers of Fort Rice found the reuniting of their nation a meaningful reason to celebrate July 4 with new found excitement.

The men of Fort Rice suspended all business for one day to properly acknowledge America's day of independence. The events of this day were carefully and colorfully detailed in Fort Rice's newspaper, the Frontier Scout. A newspaper written and published by and for the soldiers at the fort.

On the morning of July 4, 1865, the men of Fort Rice welcomed sunrise with a 13-gun salute, and found the day to be cool, blustery, and damp with occasional sprinklings of rain. Far from dreary, the camp was decorated with soldier-made adornments; the mottoes "4th July", "1776", and "Peace" painted on yellow scrolls, and two large wreaths bearing the initials of "George Washington" and "Abraham Lincoln" were hung at the entrance of the camp.

Surrounded by the patriotic art work of their fellows, the soldiers and officers of Fort Rice listened as Captain Adams compared the American people to Noah of the Old Testament. Just as Noah and his family were delivered, said Adams, so has the nation been delivered. "The ark of our liberties resting on a mountain forever immovable...the rainbow of peace extending from the Atlantic to the Pacific sea."

Speeches were quickly followed by the eagerly anticipated games of the day. The men of Fort Rice enthusiastically competed for money prizes in several contests, including a mile foot race, a blindfolded wheel barrel race, and horse races.

As the games finished, the mock dress parade began. Each soldier

dressed himself in outrageous gear and armed himself with whatever he could find; pokers, brooms, and crutches, dresses, face paint, and three-foot-tall hats.

As the day came to an end, one officer wrote, "the thirteen guns of evening, as in the morning, shook the dirt roofs of Fort Rice, and waked far echoes in the hills and ravines around, and the sun set on the happiest Fourth of all time, past, present, or to come." The men of Fort Rice then shared a feast of salmon, oysters, clams, peaches, and champagne; deliquesces rarely, if ever, seen at the fort.

After four years of division,

America was celebrating her Independence Day as one nation. The men of Fort Rice honored their country, and celebrated the end of the war, in the best way they could; with games, good food, and true comradery.

* Fort Rice was located on the Missouri River South of Bismarck ND "Dakota Datebook" is a radio series from Prairie Public in partnership with the State Historical Society of North Dakota and with funding from Humanities North Dakota. See all the Dakota Datebooks at prairiepublic.org, subscribe to the "Dakota Datebook" podcast, or buy the Dakota Datebook book at shopprairiepublic.org.



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

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Minot Hot Tots Weekly Recap

MINOT HOT TOTS

The Hot Tots opened up their first of five home games in five days with a thrilling game against the Willmar Stingers. After falling behind 7-0 in the 7th inning the Tots mounted a furious comeback that included a nine-run bottom of the 7th that ultimately was enough to lead them to a 10-9 victory against the best team in the NWL.

That would be the end of the Tots win streak however as they fell to the Stingers in a double header the next day with final scores of 12-2 in both games. The Tots also fell to the Stingers in a thrilling final game of the series by a score of 4-3. With the four game homestand behind them the Hot Tots looked forward to a two-game home and home with their new rival, the Bismarck Larks.

The Dakota Dust Up began in Bismarck where the Tots found themselves leading 7-4 in the 8th inning before the Larks rallied to ultimately win the game 11-7. The series returned to Minot for Military Appreciation Night in front of a sold out crowd at Corbett Field. The fans were treated to an offensive slug fest that ended in a 17-14 Larks win. With the last of six games in five days behind them the Tots had the weekend off before starting a three game homestand against the Bismarck Larks and Mankato Moon Dogs. Military Appreciation Night also featured demonstrations from the K-9 Unit from the Minot Airforce Base as well as a jersey auction that raised almost \$9,000 for On The Water Inc. and Disabled American Veterans of Minot.

The Tots opened up the series

with a step back in time as they became the Minot Mallards and took on the Bismarck Rattlers. With the stands full and emotions high Corbett Field was rocking for this game between old rivals. An amazing show was put on by all involved and the fans were treated to an incredible game.

Next up was Kids Camp with the players on the 28th. In the morning kids were invited to come learn from the players and get a free ticket for the game that night. Lastly was Star Wars Night against the Mankato Moon Dogs. With appearances by Darth Vader and other famous characters both young and old fans alike had an incredible time. You could really feel the force in the air as the Tots put on a show for the packed house.

Coming up the Hot Tots will take on the Larks once again on the 4th of July. What better way to celebrate America than by watching America's favorite pastime. With a day full of parades and festivals this game will be a great event for you and your family to attend on a busy day in Minot.

The day will begin with a parade downtown starting at 12 PM that will lead into a 4th of July festival held at Roosevelt Parks. After that the Hot Tots will play the Larks at 4:05 PM in another battle of the Dakota Dust Up. When the game is all said and done fireworks will be on display at Nodak Speedway to cap off the night. Don't miss your chance to take part in one of the most event filled day the city of Minot has to offer!



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Minot AFB Coed Team Champions at local Tournament

Coed teams from Minot AFB got crowned champions in both Fun and Power division at Minot High Summer Classic Volleyball Tournament June 10th and 11th.



L-R: (Power Team): A1C with the 91st Missile Maintenance Squadron, Christian Wagner; E4 with 91st Missile Maintenance, Andrew Martin; A1C with 705 MUNS, Ryan Anderson; Military Spouse, Rocio Santiago; Military Spouse, Lindsay Thurston; Military Spouse, Odalis Jones Martinez; Military Spouse, Nannette Moulter.



L-R: (Fun Team): A1C with 791, Tasi Mayo; Military Spouse, Jaz Joung; SrA with 5BW, O'leesa James; A1C with 5th LRS, Gage Sharon; TSgt Lance Vandervoort with 5 FSS; SSgt with 5th AMXS, Lucas Barber

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THE BIG BANG AND THE BIGGER WIMP

Patricia Stockdill

As a Hunting Maniac who dances for joy at the sight of a shotgun, one would think Garnet, the Number 2 Hunting Maniac of the family, would celebrate the 4th of July. She should gleefully perk up her ears at the first “boom” in the darkening sky. She should dance and prance around thinking she gets to retrieve a feathered critter. Nope, not happening. Instead, this fierce canine who never flinches at a shotgun’s boom covers during fireworks celebrations. She’s equally unimpressed when they go off in the dead of winter on New Year’s Eve. When summer heats up it’s definitely not the time of year she celebrates as if it were hunting season or even if she were getting a doggy treat. While the 4th of July holiday spells opportunities to enjoy the Great North Dakota Outdoors and celebrate the birth of our great nation, to Garnet it spells booms and bangs that scare the dickens out of her. For Garnet, the problem with the 4th of July is fireworks. This hardcore hunting maniac is terrified of fireworks. On top of that, ‘tis also the season for thunderstorms – thunder, lightning, wind, and the whole gamut of weather rolling across the Northern Great Plains. This hardcore hunting maniac is also terrified of thunderstorms. Even strong winds prove unsettling, which considering she’s a puppy from equally windy Wyoming, she should know to never fear a gentle 30-mile-an-hour breeze. How can it be, queried a family friend, that such a strong hunter could be so wimpy about a little wind, hail, thunder, lightning, and whatever else rolls across this beloved land we call home. She’s a hunting dog. She’s not – emphasis on NOT – afraid of the sound of a shotgun. In fact, she loves the sound of a shotgun going off. To Garnet, it means she might have the opportunity to retrieve something she already worked hard to find and point. Well, we explained to our family friend, she’s a great hunting dog who isn’t afraid of shotguns or the noise of a shotgun. But, she is, admittedly, a mush once she shuts off her hunting switch.

Don’t tell me she has one of those “huggy shirts”, our family friend exclaimed. Well, yes, she has one of those “huggy shirts”, which bears the official name of Thundershirt®. It’s weird but we think it actually helps our Hunting Maniac who also happens to be a mush about fireworks. The trick, we discovered, is putting it on early enough before she already senses approaching danger. That’s generally do-able when it comes to fireworks. It’s not always so do-able when it comes to weather. In addition, we found out she shouldn’t know her “huggy shirt” translates into pending loud booms and bangs. Putting it on has to mean fun, which translates into tricking her with treats. It also underscores the old adage “timing is everything”. One needs to trick her with a treat before the first glow and boom of a fireworks display and before she senses pending cracks and roaring wind, thunder, and lightning. Unfortunately, Mother Nature doesn’t always cooperate in the thunderstorm department, plus she’s extremely good at sensing pending booms and bangs. There are times she wore her “huggy shirt”, which we’ve officially dubbed as “happy shirt” for some strange reason, all for naught. When those times occur, she ends up getting too warm, looking at us and wondering why we stuffed her into a sausage skin. But if Mother Nature decides to unleash a thunderous surprise on us and Garnet doesn’t have her happy or huggy or whatever you want to call it shirt on, she turns into a mush seeking protection and salvation from the Great Forces of Evil, which really are just fireworks or thunderstorms. Obviously, Garnet isn’t alone in her concerns regarding those Great Forces of Evil or “huggy shirt” manufacturers wouldn’t be in business. It’s just that it’s hard to figure out why such a Hunting Maniac that is Garnet can be so terrified of a little wind, thunder, lightning, and bright flashes of boisterous color that are fireworks. We’re not about to try to decipher why she’s so quirky because, quite honestly, she has more than her share of quirkiness. We’re just darn glad she’s not gun shy.

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AFRICAN WARTHOG



Fact File

Life Span	7 - 18 years
Weight	100 - 300 pounds
Height to Shoulder	25 - 33 inches
Head and Body Length	3 - 5 feet
Top Speed	34 mph
Wild Diet	Omnivore Carnivore (Herbivore) Grasses, Roots, Tubers, Berries, Bark

Photo by Doug Flint

CREATURE FEATURES

- A Warthog's disproportionately sized head has thick protective pads on both sides that look like warts. Their warts serve as a fat reserve and are used for defense when males fight.
- Their tusks are actually teeth. They use them for fighting, rooting, or digging.
- Warthogs do not have sweat glands. They must wallow in the mud to cool off.
- Lions and leopards are the Warthog's chief enemies. Warthogs protect themselves from predators by fleeing or sliding backwards into a hole, thus being in a position to use their formidable tusks in an attack.

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

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

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

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.

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90 MW Celebrates Change of Command

SENIOR AIRMAN SARAH POST, 90TH MISSILE WING PUBLIC AFFAIRS

F.E. WARREN AIR FORCE BASE, Wyo. --

The Mighty Ninety came together to celebrate the change of command from Col. Catherine Barrington, outgoing 90th Missile Wing commander, and Col. Johnny Galbert, incoming 90 MW commander, during a ceremony at the Argonne Parade Field on F.E. Warren Air Force Base, Wyoming, June 22, 2023.

Barrington made remarks on her time as commander and shared her gratitude toward the wing.

"The opportunity to command the Mighty Ninety has been a dream job," said Barrington. "It has been amazing to command at the first base I served at 25 years ago, and working for the 4,200 Airmen and civilians who make up this wing has been the best experience."

Following her position as 90 MW

commander, Barrington will take on the role of executive officer for the vice chief of staff of the U.S. Air Force at the Pentagon in Arlington, Virginia.

Galbert commissioned in 2000 from the Reserve Officer Training Corps program at the University of Arkansas and has served in several intercontinental ballistic missile related assignments since, including as the 321st Missile Squadron commander here from 2015 to 2017. Most recently, Galbert served as the vice commander of the 91st Missile Wing, Minot Air Force Base, North Dakota.

After the passing of the guidon, Galbert spoke for the first time as wing commander.

"I thank God for the opportunity to stand before you today as the commander of the 90th Missile Wing, also known as the Mighty

Ninety," said Galbert. "It is truly an honor to lead the Airmen of this wing."

Additionally, Galbert is the first African American wing commander to serve here, continuing to build on the rich history of F. E. Warren AFB that dates back to the buffalo soldier regiments that served here in the early 1900's.

"Being the first African American to lead this wing is an honor and a testament to the leaders that came before me," said Galbert.

Mighty Ninety Airmen made up a formation of eight flights of roughly 50 members each to march in a parade for review by the incoming commander. F. E. Warren AFB is one of the few military installations that conducts a parade in honor of this ceremony.

Above: 90th Missile Wing Airmen pose for a photo during practice for a change of command ceremony at Argonne Parade Field on F.E. Warren Air Force Base, Wyoming, June 21, 2023. A change of command ceremony signifies the change of authority from one commander the next.

U.S. AIR FORCE PHOTO | RJ HILL



Col. Johnny Galbert, 90th Missile Wing commander, salutes the Airmen of the 90th Missile Wing for the first time as commander during a change of command ceremony at Argonne Parade Field on F.E. Warren Air Force Base, Wyoming, June 22, 2023. A change of command ceremony signifies the change of authority from one commander the next.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN SARAH POST



The Mighty Ninety came together to celebrate the change of command from Col. Catherine Barrington, outgoing 90th Missile Wing commander, and Col. Johnny Galbert, incoming 90 MW commander, during a ceremony at the Argonne Parade Field on F.E. Warren Air Force Base, Wyoming, June 22, 2023.

U.S. AIR FORCE PHOTO | JOSEPH COSLETT



Lt. Col. Jeffery Mickelson, 90th Communications Squadron commander, leads the 90 CS for review by the new wing commander during a change of command ceremony at Argonne Parade Field on F.E. Warren Air Force Base, Wyoming, June 22, 2023. The pass and review portion of the change of command presents groups and squadrons to the new wing commander.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN SARAH POST



Col. Catherine Barrington, outgoing 90th Missile Wing commander, passes the guidon to Major General Micheal Lutton, 20th Air Force commander, during a change of command ceremony at Argonne Parade Field on F.E. Warren Air Force Base, Wyoming, June 22, 2023. The passing of the guidon represents the passing of command to the next commander.

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN SARAH POST



Col. Johnny Galbert, 90th Missile Wing commander, addresses the Airmen of the 90 MW for the first time as commander during a change of command ceremony at Argonne Parade Field on F.E. Warren Air Force Base, Wyoming, June 22, 2023. A change of command ceremony signifies the change of authority from one commander to the next.

U.S. AIR FORCE PHOTO | JOSEPH COSLETT JR.



Family of Colonel Johnny Galbert reacting to the official orders of Col. Galbert taking command of the 90th Missile Wing during the change of command ceremony at Argonne Parade Field on F.E. Warren Air Force Base, Wyoming, June 22, 2023.

U.S. AIR FORCE PHOTO | LT. AARON CHEN







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The Base Pool FAQ's

NORTHERN SENTRY

Since it's one of the base's most used spaces in the summer, let's get some common questions answered about the Minot AFB base pool.

Ms. Suzanne Larson, Interim Chief, Community Services Flight at 5th Force Support Squadron took some time to help explain how patrons use the pool wisely and the most efficiently over the next summer months.

Northern Sentry: Can base residents bring non military guests?

Ms. Larson: Anyone who can access the base, can swim at the pool. However, should the pool reach maximum capacity, the priority system may come into play meaning pool use would be restricted to military members and their dependents.

Northern Sentry: Will the snack bar open? If so, what types of snacks will be available?

Ms. Larson: A very limited snack bar is in the plans, offering items such as popsicles, bottled water and other snacks. As with most other businesses, staffing is a challenge so the initial focus was on hiring and training lifeguards so the pool itself could open and the snack bar will open when staffing allows and training has been completed.

Northern Sentry: What determined the open hours? (M-F 11am-6pm, Saturday 11am-6pm and closed all day on Sunday)

Ms. Larson: The operating hours were established based on usage numbers from last year and to accommodate the staffing levels. Last year the pool was closed 2 days a week so we are happy that for now, we are only closed one day a week and are open the hours that are used most by our customers based on historical data.

Northern Sentry: Can residents host after hours parties/events?

Ms. Larson: Unfortunately, at this time due to staffing constraints, after hour parties are not available.

Northern Sentry: What are the age requirements and stipulations for children coming to the pool alone?

Ms. Larson: Per our DAFI, Children under the age of 10 must be accompanied by an adult. Children 11-13 must be attended by an adult unless they pass a basic water skills test administered by the lifeguard. Children aged 14 and over, with proof of age, can come to the pool alone.

A LOOK BACK THIS WEEK IN USAF HISTORY

OPERATION NEW TAPE
JULY 8, 1960



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

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

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

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by Patricia Stockdill

Fishing:

Lake Sakakawea elevation, June 26: 1,838.31 feet above mean sea level (MSL); 21,500 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils lake elevation: 1,450.55 feet above mean sea level (MSL).

Stump Lake elevation: 1,450.47 MSL.

•N.D. Game & Fish Dept. game wardens: Continued fair to good for walleye on the east end of Lake Sakakawea but weather fronts could create some inconsistency until it stabilizes. Look for fish to move deeper. No reports from north-central area lakes or Devils Lake.

•Devils Lake, Ed's Bait Shop, Devils Lake: Continued fair to good throughout much of Devils Lake for a nice mix of walleye and perch. Try a mix of presentations with generally fair success.

•Devils Lake, Woodland Resort, Devils Lake: Continued walleye success with slip bobbers and a mix of leeches or nightcrawlers or crankbaits. Try Cow Point off Grahams Island. Continued fair to good on Pelican Lake or north end of Creel Bay by the towers. Look for some increasing pike activity. Not many reports from the east side but casino area remains fair to good for walleye. Howard's bay slowed a bit for perch.

•Lake Darling, Karma C-Store, Ruthville: Continued walleye activity from Van Hook Arm on Lake Sakakawea. No reports from Lake Darling but continued activity along Baker's Bridge on the Souris River. Some activity around Oak Park on the Souris River in Minot.

•Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: No new reports.

•Lake Metigoshe, Four Seasons, Bottineau: Better walleye success is during the week with bluegill moving towards the docks and weed beds.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Continued fair to good for walleye throughout much of the east end of Lake Sakakawea. Generally just work a variety of depths and presentations with overall fair success.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: East end of Lake Sakakawea generally fair to good for walleye, especially

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

- N.D. Dept. of Environmental Quality blue-green algae reports: Low toxin levels – Blacktail Dam, Williams Co.; Black Tiger Bay (Devils Lake), Benson Co.; Carbury Dam, Bottineau Co.; East Stump Lake, Nelson Co.; Lake Upsilon, Rolette Co. Advisories – Epping-Springbrook Dam, Williams County. Go to the agency website, (deq.nd.gov) for more information and safety precautions.
- Garrison Dam Nat'l. Fish Hatchery downstream of Garrison Dam open for free guided hatchery tours through Labor Day, Monday through Friday 9 a.m. to 3:30 p.m., weekends 10 a.m. to 3 p.m. and holidays.
- July 12: Wings & Wheels, Dakota Territory Air Museum, Minot.
- July 14: Christmas in July Weekend, Lewis & Clark State Park, east of Williston.

TOURNAMENTS:

- July 8: Lake Sakakawea, Van Hook Arm, Devils Lake, Lakewood Park.
- July 9: Devils Lake, Woodland Resort.
- July 15: Devils Lake, Hay Bale Heights Ramp.

working the mouth of Steinke and Centennial bays. Try 8 to 12 feet using slow death hooks and bottom bouncers with nightcrawlers. Also try west around Douglas Bay in the mouth in similar depths and presentations. Work deeper in 15 to 25 feet on Lake Audubon for walleye.

•Lake Sakakawea, Indian Hills Resort, Garrison: Weather front slowed walleye activity but improving with stable weather. Look for fish to move into a little deeper using nightcrawlers or leeches. Improving success along the south shore but continued fair activity around the resort.

•Lake Sakakawea, New Town: Continued good walleye success throughout the Van Hook Arm using nightcrawlers with Lindy rigs or spinners. Work a little deeper water.

•Lake Sakakawea, Van Hook Bait & Tackle, New Town: Continued good walleye activity. Try nightcrawlers or leeches in 18 to 24 feet with lots of activity in the northern end of the Arm. Also try south and, in general, move around the area with fair to overall good success.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace producing catfish from the wing walls with improving walleye success from the rocks. Try crankbaits at night. Boat anglers finding some walleye success but move around depending on the time of day. Walleye moved deeper on the east end of Lake Sakakawea with fish also moving towards the south side along with continued success along north shore areas. Work deeper water and move around using nightcrawlers.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Best

walleye success on the west end of Lake Sakakawea remains around the Van Hook Arm area in the midsection. A little activity around White Earth Bay but water is still muddy. Try slow bait presentations. Lewis and Clark State Park area producing catfish in the muddy water, however. Fair for walleye in Trenton lake with good pike numbers and occasional crappie. Try leeches with lighted bobbers after dark on Blacktail Dam for walleye.

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

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Not much activity on area lakes or the Souris River with most anglers continuing to fish Devils Lake and Lake Sakakawea for walleye.

N.D. river data:

•Des Lacs River, Foxholm: River stage, 6.76 feet; streamflow, 102 CFS.

•Little Missouri River, Long X Bridge: River stage, 8.43 feet; streamflow, 366 CFS.

•Missouri River, Williston: River stage, 28.52 feet.

•Missouri River, Washburn: River stage, 9.78 feet.

•Pembina River, Walhalla: River stage, 3.06 feet; streamflow, 419 CFS.

•Souris River, Foxholm: River stage, 5.63 feet; streamflow, 17.9 CFS.

•Souris River, Minot Broadway Bridge: River stage, 41.6 feet.

•Yellowstone River, Sidney, Mont.: River stage, 12.9 feet; streamflow, 50,000 CFS.

Numbers to know:

•N.D. Game and Fish Dept., main Bismarck office: (701) 328-6300, website: (<http://gf.nd.gov>).

•Report All Poachers: (701) 328-9921

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0900


Protestant
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Parish website: **www.stjohnminot.com**


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Bible Study/Child-Adult
Children Worship (Wed).... 7 p.m.
Prayer (Friday) 7 P.m.


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www.fbcminot.org

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Contemporary Worship Service 9:50 a.m.
Adult Sunday School 11:00 a.m.
Contemporary Worship Service 11:05 a.m.
Children's Church 11:05 a.m.
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Fridays, Celebrate Recovery 7:00 p.m.

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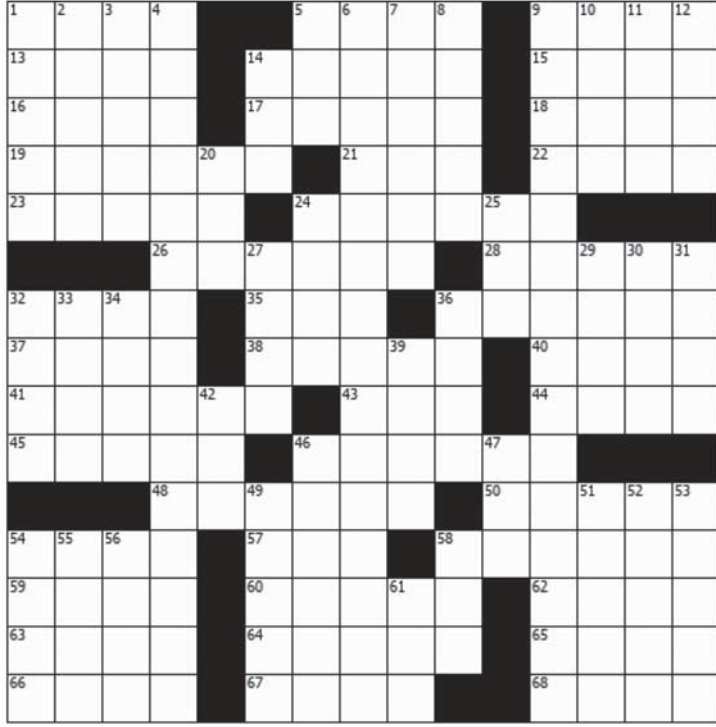
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CROSSWORD PUZZLE

Across

- 1. Common tater
- 5. Greek letters shaped like pitchforks
- 9. It may be at the finish line
- 13. Film
- 14. Halfback's juke
- 15. Up in years
- 16. It pulls a bit
- 17. Florentine poet
- 18. Circus stage
- 19. One making amends
- 21. Embargo
- 22. Postal district
- 23. Excessive excitement
- 24. Word with North or South
- 26. Walked boldly
- 28. Estuary
- 32. 4-Down, e.g.
- 35. Diner's snippet
- 36. Eye part
- 37. Stingee's response
- 38. Religion based in Haifa
- 40. Prince, presumably
- 41. Significant ones?
- 43. Small newt
- 44. Norse writings
- 45. Signature melody
- 46. Famed cop-slapper
- 48. Become beloved
- 50. For the bees
- 54. Extend across
- 57. "Bali ___" ("South Pacific" song)
- 58. Channel swimmer of 1926
- 59. Mauna Loa output
- 60. Name in puppetry
- 62. Calico's comment
- 63. Monumental
- 64. Attractive physical appearance
- 65. Novelist Rice
- 66. Use hip boots
- 67. Basic French verb
- 68. Do-well intro

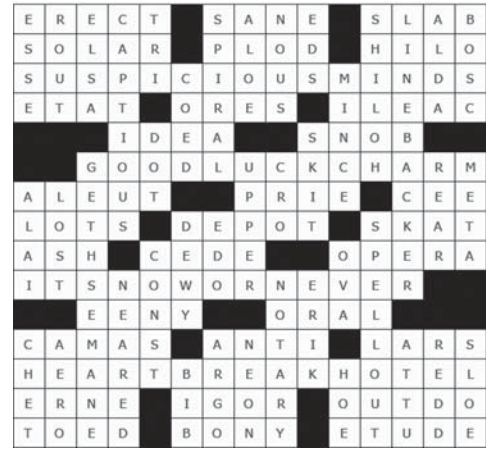


Down

- 1. Word to a pest
- 2. Statue in St. Peter's
- 3. Coalition
- 4. Comics debut of 3/12/51
- 5. Pod piece?
- 6. Adventurer of film
- 7. Type of valve or manifold
- 8. Pool party?
- 9. Jungle swinger
- 10. Exchange premium
- 11. Teller's partner
- 12. Periphery
- 14. H.S.T. predecessor
- 20. Break bread
- 24. ___ Maar (Picasso subject)
- 25. No-win situation
- 27. Filches
- 29. Emulated Ananias
- 30. Camelot lady
- 31. Manor near Twelve Oaks
- 32. Word with camp or hill
- 33. Baseball legend
- 34. Lumbago, e.g.
- 36. "Puttin' on the ___"
- 39. Worship from ___
- 42. Cartoon dog
- 46. Extremist
- 47. Long-faced
- 49. Wild Asian dog
- 51. Dunne of "I Remember Mama"
- 52. Peake novel "Titus ___"
- 53. Comparatively recent
- 54. Killed a dragon, e.g.
- 55. One of the three bears
- 56. Dyed-in-the-wool
- 58. Some MIT grads
- 61. Musician Turner

CROSSWORD SOLUTION

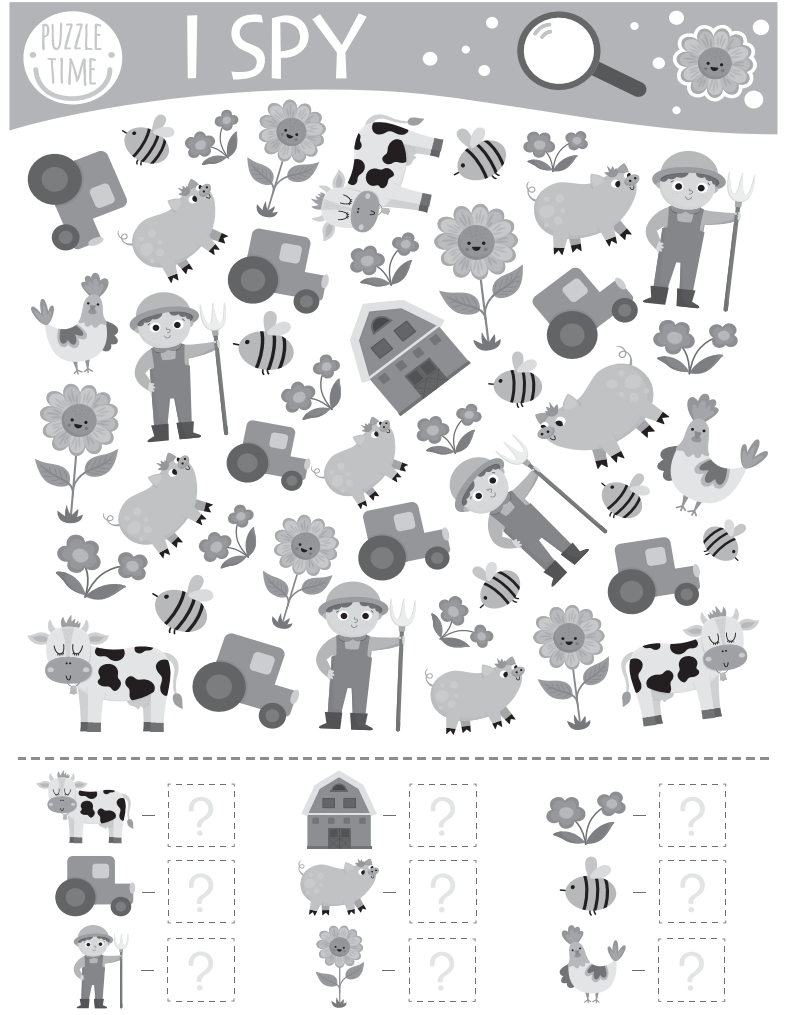
Solution to last week's Crossword puzzle.



SUDOKU

Solution to puzzle on page B9

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



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JULY 2023



AMANDA BRITTAIN

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church, and playing with my dog, Taco.

What advice do you have for new providers/those interested in being FCC Providers?

My advice is to be patient with the process and be willing to adapt to new challenges that being a provider might present, because it is rewarding in the long run.

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NOTES ON BEING SAFE

Workplace Safety for All of Us

SGT JOE VERGARA
5TH BOMB WING
NCOIC OCCUPATIONAL SAFETY

‘Workplace Safety Topics’ - Maybe these 3 words put together in one sentence will make little sense to you. It is rare that we see workplace safety being given enough importance in our working lives. And that is why we talk about it! Workplace safety facts state that maintaining workplace safety is as important as maintaining safety at home. But why is safety at the workplace important? Think about it, we spend a major portion of our day at work so shouldn't we be assured of high levels of safety there? And how will you maintain those levels of safety if you don't know what you're supposed to maintain? That is why the following article will talk about some key safety tips and workplace safety topics that you should be looking into, if not already.

SAFETY TOPICS FOR THE WORKPLACE

For a start, take a look at the types of hazards that you may face in your office. Here is a list to help you out with determining what some of the workplace safety topics are.

SLIPS AND FALLS

Slipping, tripping and falling over are some of the most common accidents that can happen in the workplace. Why do these happen? It is probably because there are no proper delegated places that are allotted for things. There might be loose wires that are lying on the floor which are like an open invitation for falls. Along with that if there are no storage places for personal items such as briefcase and gym bags, then they will just be in the way and people will trip. Spills on the floor that are not cleaned can cause slips, so also the negligence of putting up signs that indicate when floors have been mopped can lead to the same.

There needs to be strict instructions given that informs employees to keep things in their delegated places and not keep them lying around. Also, if anyone sees any spills they need to inform the maintenance personnel and get them cleaned. There needs to be further instructions given like workplace safety slogans put up that tells employees to maintain certain decorum and make sure that their drawers and the like are kept properly closed in order to prevent anyone crashing against them and falling.

PORTABLE LADDER SAFETY

Twice as many falls occur stepping down compared to going up ladders. The main cause of falls from straight and extension ladders is sliding of the ladder base. For self-supported ladders or stepladders, the main cause is tipping sideways. Just remember that many workers carrying ladders hurt their backs, as well. If possible, have two people carry ladders.

ELECTRICITY MALFUNCTION

Where there are so many machines present, there is always the danger of electrical malfunction happening. Regular checkups and maintenance

of the electrical appliances has to be of primary concern for the matter of electrical safety. Too many wires plugged into one socket can lead to short circuits, frayed wires, and electric shocks become common place when there is no standard maintenance involved. That is why all employees need to be informed as part of workplace safety topics for meetings that they need to constantly be aware of the machines that they are using and if they find any problem with them, even if it is any doubt, they should inform the concerned personnel.

Along with that there need to be strict instructions given that there will be no inclusion of foods and drinks around the machines. Food and liquid spills can cause the malfunction to happen faster and put all the employees at risk. This could even lead to fires taking place, making this one of the most useful of workplace safety tips.

FIRE SAFETY

Fires might happen either due to negligence or due to a genuine problem. In case it is caused by negligence then the employees need to be given proper instructions on how to maintain fire safety (taking care of electrical appliances and wiring). In case of a fire, all employees should be well informed of all the escape routes, the places where all the fire extinguishers are stored and the numbers of the fire department should be put up in bold where employees have had an opportunity to see and memorize them. Taking these precautionary steps along with workshops held on how to prevent and deal with fires will make the office a much safer place.

ERGONOMICS AT WORK

Ergonomic in the workplace are an essential component of office life. It is not necessary that only physical factors like fire and tripping need to be cared for - the office structure and the arrangement of the different components in the office are equally important. The chair on which the employees sit, the brightness of their computer screen, the lighting, the frequency of breaks and other external factors like noise etc. have a direct effect on the performance of the employees. That is why ergonomics becomes so important.

These are some of the key workplace safety topics that you should not ignore at any cost. The maintenance of these will ensure not only the safety of the employees, but will also make them more efficient, which is ultimately all in favor of the company's progress.

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Roosevelt Park Zoo Welcomes New Amur Leopards

ROOSEVELT PARK ZOO

The Roosevelt Park Zoo recently received a male and female Amur Leopard via the Amur Leopard Species Survival Plan (SSP). The pair of cats are currently being quarantined, as is common with all animals coming into the zoo. The difference this time is the new Amur Leopard Forest habitat that includes multiple exhibits and holding areas. This has allowed the zoo to manage the new residents separately in keeping with quarantine, but also allowing them access to individual outside spaces.

The male, Jordan, arrived from the Hogle Zoo in Salt Lake City, UT. Jordan was born on Christmas Day, 2021 making him about 1.5 years old. The Female Anya, was born on April 21, 2022, making her about 4-months younger than Jordan. Once the pair complete their quarantine they will be introduced and share exhibit space from that point forward until breeding occurs.

Clover, the zoo's resident Amur leopard, is seeing spots. She has spent the past three years living in the tiger building and tiger habitats.

The arrival of Jordan and Anya has been a welcomed sight to see cats with spots instead of stripes. Clover is much older than both cats at over 13-years old. She will not be introduced to the young pair but will remain at the zoo with visual access to them.

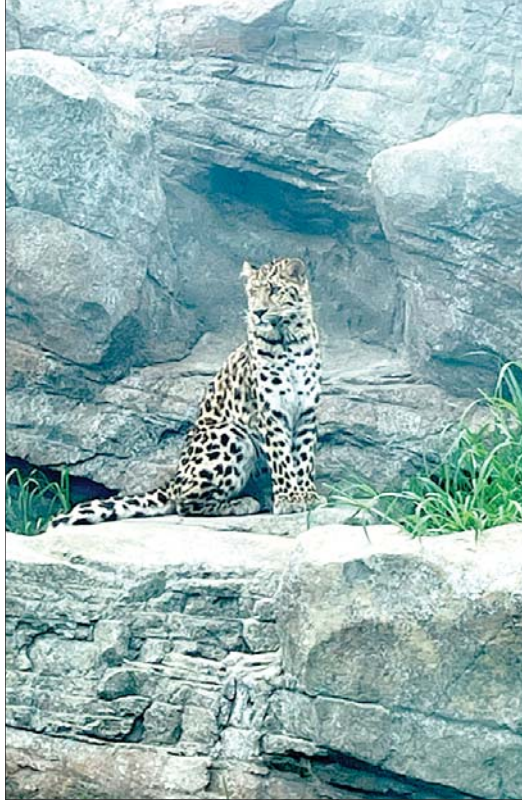
While Jordan and Anya are still too young to breed, the zoo is hoping for a breeding recommendation in the upcoming year or two as they mature. Until then, all three cats will be on exhibit and enjoying the new Amur Leopard Forest Habitat.



Jordan



Anya



Jordan

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Local Cravings Restaurant Guide

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<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.whiskeyninennd.com</p>

welcome baby

BABY GIRL BORN ON TUESDAY, JUNE 13, 2023 TO:
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BABY GIRL BORN ON WEDNESDAY, JUNE 21, 2023 TO:
ALLISON AND RICHARD BROMBERG
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BABY BOY BORN ON SUNDAY, JUNE 25, 2023 TO:
RACQUEL AND ALEX LABADIE
MINOT, ND

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

Military One Source: An Invaluable Resource

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

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

When was the last time you visited Military One Source. Military One Source is a resource critical to the support of our military connected families across the Department of Defense. Military One Source is not just a website but an engaging platform from the Department of Defense that is a 24/7 "gateway to trusted information, resources, and

confidential help." The goal of this platform is to provide resources right at one's "fingertip" for various facets of military life. This includes but is not limited to the following:

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

2. Financial Guidance: Military OneSource provides financial education and resources to assist with budgeting, debt management, tax preparation, retirement planning, and other financial matters.

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

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

5. Education and Career Support: Military OneSource offers education guidance, tuition assistance information, and career exploration resources to help service members

and their families pursue their educational and professional goals.

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

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

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

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



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MPL Children's Library Remodel

MINOT PUBLIC LIBRARY

Starting Monday, July 31st, the Children's Library will be closed to the public.

During the first week of the closure, staff will move over 40,000 items and bookshelves. Several small children's collections will be available in the lobby sometime during that week, you will be able to check them out at the Adult

Circulation Desk. Children's materials will not be available for reserve during the remodeling process.

A couple of things to note. Access to the meeting rooms will be restricted to the southwest entrance and the 2nd-floor elevator. There will not be a foyer art display when the remodel occurs. Also, Children's Summer Reading rewards will be available at the Adult Circulation desk from Monday, July 31st to Saturday,

August 5th. Saturday, August 5th, is the last day to redeem tokens and pick up book prizes.

Starting Monday, August 7th, the demolition and construction portion will begin.

The Children's Library will have a complete overhaul, including new paint, carpet, custom woodwork, custom play area, and other decors that will turn the Children's Library into a forest of imagination.

This project consists of two parts. The first part is the interior of the Children's Library, expected to be done on October 27th or prior. The second part is the entrance to the Children's Library, expected completion on November 27th or prior. After completion of the interior portion, the Children's Library will be open for business. Patrons will need to enter through the southwest entrance.

This project will be at least half funded through grants and donations from the Glenn Perkins Foundation, Minot Area Community Foundation, Friends of the Minot Public Library, Minot Optimist Club, Magic City Lions, Junior Golf Association, Hess Force, SRT, Enbridge, Verendrye Electric, Basin Electric, Scheel's, and private donations.

Please stay tuned to the Minot Public Library's social media accounts to stay updated on remodel progress and reopening date. Rest assured, the Children's

Library staff are working hard to make our dream a reality for the families of Minot and the surrounding area. For more information, don't hesitate to contact Children's Librarian Randi Monley at (701)838-0606 or randi.monley@minotnd.gov

WHAT'S HAPPENING AT THE MINOT AFB EXCHANGE

Thank a Hero this Independence Day with an Army & Air Force Exchange Service Gift Card

With an Army & Air Force Exchange Service gift card, anyone—including civilians—can honor service members around the world and provide them with a piece of home.

Anyone can send a morale-boosting Exchange gift card to a Soldier, Airman, Guardian, Sailor, Marine, retiree or Veteran by visiting ShopMyExchange.com and

clicking "Purchase Gift Cards" at the bottom of the page.

"Independence Day is a time to celebrate freedom and honor the men and women who put their lives on the line for our liberty," said Minot AFB BX General Manager Kyle Omler. "An Exchange gift card is a simple way to send a meaningful 'thank you' to our service members."

Exchange gift cards can be used at PXs and BXs worldwide or at ShopMyExchange.com.

A non-appropriated fund of the Department of Defense, the Army & Air Force Exchange Service serves Soldiers, Airmen, Guardians, Veterans, retirees and their families through more than 5,000 retail operations in 50 states and more than 30 countries

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Additionally, all active-duty Soldiers, Airmen, Guardians, Marines and Guard and Reserve members have access to the MILITARY STAR Military Clothing Plan, a \$1,000 line of credit with no interest and no payments for 12 months on qualifying uniform basics.

With the card, service members can build credit responsibly. MILITARY STAR offers fair and

flexible terms, including the lowest APR among store cards—a rate that is offered to all cardmembers, regardless of credit score. MILITARY STAR also does not charge annual, late or over-limit fees.

"The military benefits of the card are a hallmark of MILITARY STAR's commitment to ensuring Minot AFB heroes' readiness and resiliency, as well as their financial health," said Minot AFB BX General Manager Kyle Omler. "Military life comes with unique challenges, and the MILITARY STAR card is built to support service members' lifestyles."

Other benefits of the card include:

- Rewards program with unlimited 2% rewards earned on purchases. (Rewards exclude the Military Clothing Plan.)

- 5 cents off every gallon of gas at Exchange fuel locations.

- 10% off at participating Exchange restaurants.

- 10% off all first-day purchases for new cardmembers.

- Free shipping on all ShopMyExchange.com and MyNavyExchange.com orders.

In 2022, MILITARY STAR provided a \$435 million annual benefit to the military community worldwide through exclusive card offers and benefits.

The card is accepted at all military exchanges, commissaries, ShopMyExchange.com, myNavyExchange.com and ShopCGX.com.

Shoppers who use MILITARY STAR and shop the Minot AFB Exchange not only save but give back, as 100% of Exchange earnings are reinvested in the military communities it serves. In the last 10 years, the Exchange worldwide has provided \$3.5 billion in earnings for critical on-installation Quality-of-Life programs that make life better for service members and families.

For more information on MILITARY STAR, shoppers can visit the Exchange or <https://aafe.media/MilStarPA>.

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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.

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NOTICE

Minot AFB, ND – 2d Lt Michael O’Keefe from the 5th Maintenance Squadron has been appointed the Summary Court Officer (SCO) for the estate of **SRA IVAN CAMPOS, 5th AIRCRAFT MAINTENANCE SQUADRON.** All claims for or against the estate of the deceased must be submitted to the SCO.

For more information, please contact **2d Lt Michael O’Keefe: DSN: 453-6439 Cell: 414-520-0451**

July 7

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MINOT AFB ANNOUNCEMENTS

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

Embry-Riddle Aeronautical University is the world's pre-eminent university for aviation and aerospace education. However, our dynamic, hands-on programs will prepare you for careers well beyond the limits of the sky. Our Worldwide Campus has been working with U.S. military service members since 1970, helping them to earn a degree while on active duty or as veterans. And we do it at more than 90 military installations around the globe. The Embry-Riddle Minot Campus — located at Minot Air Force Base — offers associate, bachelor's, and master's degrees, as well as undergraduate and graduate certifications, that will help you whether you are an active-duty military service member, a veteran, or a civilian working at or around Minot Air Force Base, Embry-Riddle Worldwide is here to help you earn your college degree. A degree from Embry-Riddle Worldwide will help service members to become commissioned officers, will make veterans more desirable job candidates as they enter the civilian workforce, and will assist civilians with job advancement or career changes. Our modes of instruction are: Online, Eaglevision Home and Eaglevision Classroom. Our upcoming term: 29 May-30 Jul. For more information, please visit us in Room 223 located in the Base Education Center Building (2nd floor), email: minot@erau.edu 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.

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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. 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



VOLUNTEER OPPORTUNITIES

Pride Color Run

(June 30)
The Minot AFB LGBTQIA+ Alliance would like to invite you to attend our closing ceremony for Pride Month. Directly following that will be a color run. We will be joining forces with 5 FSS for the Color Run portion of the event. It will be a 5k walk/run and will begin at McAdoo Fitness Center. The Pride Month Closing Ceremony will be held at the McAdoo Fitness Center at 0800 before the Color Run begins. We're still looking for volunteers to contribute to this event! Please reach out to TSgt Kerigan Jenkins at kerigan.jenkins@us.af.mil if you are interested in volunteering!

Freedom Fest Volunteers

(June 30)
The 5th FSS is looking for volunteers to help with this year's Freedom Fest Events:

- Red, White, and Blue Color Run
15 volunteers 0715 – 0915 POC MSgt Hudley 723-1311
 - Freedom Fest Set-up
10 volunteers 1000 – 1200 POC Matt Balas 723-2787
 - Library STEM Activities
4 volunteers 1030 – 1430 POC Julie Reiten 723-4554
 - Pool Games
4 volunteers 1330 – 1600 POC Paige Arndt 723-3648
 - Bike Rodeo
4 volunteers 1530 – 1730 POC Paige Arndt 723-3648
 - Freedom Fest Kid's Zone
8 volunteers 1700 – 2200 POC Jacquanna Whitfield 723-4512
 - Freedom Fest Tear Down
10 volunteers 2200 – 0030 POC Matt Balas 723-2787
- Please contact the POCs directly to sign up for shifts-thanks!

AADD Volunteers

AADD is seeking volunteers to support various event request. Below are a few upcoming volunteer opportunities we're hoping to support along with our regular schedule for weekends, please disseminate to your members.
REGULAR 2023 WEEKLY SCHEDULE- <https://volunteersignup.org/FHLLR>
POC: SSgt Kristal A. Cruz Leon, 723-4633, kristal.cruz_leon@us.af.mil

AF Ball Childcare Volunteers

The AF Ball Committee are calling for volunteers for to assist with childcare.
When: 16 Sep 2023
Times: 1630-2000 hrs. and 2000-2300 hrs.
POCs: 2nd Lt. Genesis Berry, 701-723-5239
Genesis.a.berry.mil@health.mil
Kaitlin Reyna, 907-854-9559

Volunteer Pianist and a Guitarist

Lights Camera Actions Youth program is looking for a volunteer pianist and a guitarist for the week of August 7-12, 2023, to help with the Missoula Childrens theatre! Must be able to read music. We Youth programs will be doing a production of The Little Mermaid. The time needed would be 0900 -1315 for practice and Saturday (TBD) for the grand performance.
POC: Shavana Jones 701-723-2838

Cheer Camp Volunteers

Youth program is looking for volunteers to help with cheer camp **NO EXPIRENC NEEDED** the camp will be the week of July 17-21, 202 at the youth Programs.
Times will be:
Tiny Squad: 3-5yrs 11:00am-11:45am
Pompom squad: 6-8 yrs. 9:00am-9:45am
Spirit squad: 9-12 yrs. 10:00am- 10:45am
POC: April Lawrence 701-723-2838 & Shavana Jones 701-723-2838

Meals on Wheels 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 Brian Bermudez, brian.o.bermudezcartagena.mil@health.mil or 723-5184.

Flag Football & Volleyball Volunteer Coaches

The new Youth Sports Coordinator on Minot AFB is looking for volunteer coaches for this upcoming Flag Football and Volleyball Season. The season will run from 28 August-27 October 2023. Age Group for Flag football is 3-12 years old. We're currently looking for the following: 3-4-year-old coaches: 6. Practices will be Mondays from 1730-1800 5-6-year-old coaches: 8. Practices and hold games will be Monday's and Wednesday's from 1730-1830 7-8-year-old coaches: 8. Practices and hold games will be Tuesday's and Thursday's from 1730-1830 9-12-year-old coaches: 6. Practices and hold games will be Tuesday's and Thursday's from 1730-1830 (potential for a couple of Saturday morning games in town). For volleyball, the age group will be 9-12 years old and we are currently looking for 6 coaches. They'll practice and hold games on Tuesday's and Thursday's from 1730-1830. (Potential for a couple of Saturday morning games in town). As registrations open, we may increase the amount of coaches needed depending on the number of children participating. No experience with the sports is necessary, we will train you. All volunteer coaches for youth programs must get fingerprinting/background checked and will be required to attend a coach training closer to the season.
POC: Ms. April Lawrence, the Youth Sports Coordinator, 701-723-1477/2838 or email april.lawrence.2@us.af.mil

Magic City Civil Air Patrol Composite Squadron

The Magic City Civil Air Patrol Composite Squadron meets every Thursday at AvFlight, 1830-2030. 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! The youth Cadet Program provides an opportunity to learn military structure while learning about Aerospace, Leadership, Flight, Cyber Systems, Outdoor Survival and much more! Whether you are looking to bring your skills to a new venue, expand your experience, or learn something new, there's certainly a role for you! No prior experience or military affiliation is necessary. For more information about Civil Air Patrol, visit <https://www.govcivilairpatrol.com> or contact the POC below.
Meeting location: AvFlight, Minot Airport, 2400 N. Broadway Suite E, 1830-2030 every Thursday
POC: 1st Lt Jon McLemore, CAP, Jonathan.mclamore@ndcap.us 701-720-6410 | <https://nd021.cap.gov>

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

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

Caring Edge Hospice Volunteers

Caring Edge Hospice is looking for volunteers to assist with a wide-range of support. It's an honor to be part of our patients' and their families' journeys. Making connections with our amazing hospice team is just one of the many personal and professional rewards you will experience through the gift of volunteering. Our team and our community would like to offer that gift to the Airmen at Minot Air Force Base.
POC: Shelby Stuckey, Volunteer Coordinator (888) 223-4287 shelby.stuckey@caringedge.com

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weekly post brief

northernentry
MINOT AIR FORCE BASE NEWSPAPER | WWW.NORTHERNENTRY.COM



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



Community VOICES

Perdu from Vu

Hello from the metropolis of Vu;
It has a citizen named Jack Perdu.
He wanted to do some good;
He swore that he surely would.
Here is the rest of Jack's story for you.

Jack transformed into a superhero,
and used the persona—Mr. John Doe.
In a black mask and black suit,
He fights Vu's evil brutes
And reduces them all to zip, zeroes.

One night while working his enormous beat,
John Doe found a penny on a dark street.
The coin lay tails down, heads up,
Then later in his change cup.
Doe needed a foot spa for his sore feet.

He finally bought the coveted spa.
Slide his tired feet into it, and said "ahh."
No sooner than he did this,
That the spa went on the fritz.
Doe yelled, "Bah! This always happens to moi!"

He returned the foot spa to the drugstore,
Not wanting to use the thing anymore
But still looking for relief
From his dogs' trouble and grief.
Doe purchased boot and shoe inserts, times four.

Now, Doe serves Vu in a wonderful mood;
He doesn't mope, and sure doesn't brood.
The city sleeps safe and sound
'Cause blithe John Doe is around.
Goodbye from Vu for now; be kind; be good.

-Martina Kranz

Do you have something you'd like to share with the world? Whether it's a pretty photo of Minot AFB, a fun piece of writing, or a picture of something your child made, send it to the Northern Sentry. Let us feature your creativity! Send all submissions to: nsads@srt.com

BAKED CHICKEN CORDON BLEU



INGREDIENTS

- 4 EA (4-5 OZ) BONELESS, SKINLESS CHICKEN BREASTS
- 8 SLICES PROSCIUTTO OR HAM
- 8 SLICES SWISS CHEESE
- 1/3 CUP ALL-PURPOSE FLOUR
- SALT, AS NEEDED
- FRESHLY GROUND BLACK PEPPER, AS NEEDED
- 1 CUP DRY BREADCRUMBS, PREFERABLY PANKO
- 1/4 CUP GRATED PARMESAN CHEESE
- 2 TBSP MELTED BUTTER
- 2 TSP FRESH THYME LEAVES
- 2 EGGS

Spray a baking sheet with nonstick cooking spray. Set aside.

Butterfly each chicken breast and place between two pieces of plastic wrap. Evenly pound with the flat side of a meat mallet, being careful not to tear the chicken, until chicken is 1/4-inch thick.

Lay each chicken breast on a fresh piece of plastic wrap. Season chicken with salt and lay 1 to 2 slices of cheese on each breast followed by prosciutto or ham, then 1-2 more slices of cheese.

Roll the chicken breast up like you would roll a burrito. Using the bottom piece of plastic wrap as an aid, fold the bottom of the breast up about an inch, then fold in the sides. Roll tightly.

Wrap in the plastic wrap and tightly twist the ends to shape and compress the chicken. Repeat with the remaining chicken breasts. Chill in the refrigerator for 60 minutes.

While chicken chills, season the flour with salt and pepper and put in a shallow dish.

Combine the breadcrumbs, parmesan cheese, butter,

and thyme. Season with salt and pepper and put in a second shallow dish.

Whisk the eggs in a separate third dish.

Arrange your workspace in this order: flour, eggs, breadcrumbs. Put the prepared baking sheet next to the breadcrumbs.

Remove the plastic wrap from the chicken breasts. Coat each lightly with flour then dip in the egg.

Finally, roll in breadcrumbs, patting them to make them adhere. Arrange on the baking sheet.

When ready to cook, set the temperature to 375° and preheat, lid closed for 15 minutes.

Place the baking sheet with the chicken on the grill. Bake for 30-40 minutes, or until the coating is golden brown and the chicken is cooked through.

Serve whole or slice crosswise into pinwheels with a sharp serrated knife. Enjoy!

*Cook times will vary depending on set and ambient temperatures.

Access this, and over a thousand other Traeger recipes on the Traeger App.



Ryan Davy - GM Minot

www.HofE.com/BBQHQ



Upcoming Events

30 JUNE ANNUAL FREEDOM FEST
5:00 PM - 11:00 PM
Rockers Parking Lot
Minot AFB

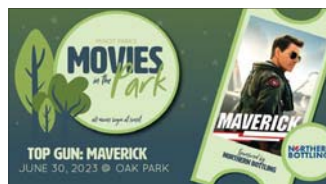
There will be food, festivities, & fireworks! Our Freedom Fest this year will also be hosting the BMX Show Team in the Turf parking lot from 5pm - 6pm! Fireworks show will start at 11:00pm.
8am - Red, White, & Blue Color Run
11am - Freedom Fest STEAM
4pm - Bike Rodeo
5pm - Food trucks, bounce houses, games, & more!
5pm - BMX Pro Trick Team
6:30pm - BMX Pro Trick Team meet & greet
11pm - Fireworks



For more information and tickets:
www.5thforcesupport.com/event/freedom-fest/

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

Showing Top Gun: Maverick. All movies begin at sunset. Sponsored by: Northern Bottling *This movie is rated PG-13 so please plan accordingly.



For more information:
Facebook/ Minot Parks/ Events

JUNE JULY AUG MSU SUMMER THEATRE
THEATRE UNDER THE STARS
58TH SEASON
VARIOUS SHOWS & TIMES

Located behind the MSU Summer Theatre performs multiple plays and musicals each June and July.



For more information:
<https://msusummertheatre.universitytickets.com/>

JUNE JULY AUG ARTS IN THE CITY - SUNDAYS IN THE PARK!
12:00 AM - 2:00 PM
Oak Park
11th to 14th Block of 4th Ave. NW, Minot

Join us in the park for live music, art demos, and our famous MACA Popcorn! Two concerts every Sunday from June 4th through July 30th @ 4:00 and 7:00 PM. Gather your people, your picnic blankets, and lawn chairs and come hang out in the park on Sunday evenings! Sundays in the Park are free to attend and open to the public, EVERYONE is welcome! These events offer a casual atmosphere to get together with friends and family to enjoy great music, discover local artists, and enjoy the park each summer! Summer 2023 Concert Schedule:
July 9th: Minot City Band, July 23rd: Heather Rae
July 30th: 4pm- The Minot Swing Band 7pm- Jessie Veeder



For more information:
Facebook/ Minot Area Council of the Arts/ Events

4 JULY 4TH OF JULY CELEBRATIONS
IN MINOT!
VARIOUS TIMES
Various Locations in Minot

Celebrate the ultimate Fourth of July in Minot! Get ready to ignite your patriotic spirit and make lasting memories with a full day of exciting family-friendly activities.
10:00 AM: SHRINERS FOURTH OF JULY PARADE FROM THE NORTH DAKOTA STATE FAIR GROUNDS TO 10TH ST SE
12:00 - 3:00 PM: MINOT PARKS FOURTH OF JULY FESTIVAL AT ROOSEVELT PARK
4:05 PM: GAME TIME HOT TOTS 4TH OF JULY GAME AT CORBETT FIELD
7:00 PM: MODIFIED & STOCK CARS AND ALL-STAR QUALIFIERS AT NODAK SPEEDWAY
10:45 PM: LARGEST CHOREOGRAPHED FIREWORK SHOW IN NORTH DAKOTA! BY MINOT FIREWORK ASSOCIATION



NEW Community at the Northern Sentry



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



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

HALF PRICE BOTTLES OF WINE

MONDAY NIGHTS

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WHAT'S GOING ON MAFB

FRIDAY 30

- Biggest Loser/Gainer Competition Final Weigh-in Ends, Fitness Center
- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP (DoL) – Employment Workshop, 0800-1600, M&FRC
- Red, White, & Blue Color Run, 0800, Fitness Center
- Firecracker Scramble, 0900, Rough Rider Golf Course
- Freedom Fest STEAM, 1100-1400, Minot AFB Library
- Freedom Fest Outdoor Pool Activities, 1400-1600, Outdoor Pool
- EFMP Zoo Series – Compare & Contrast Zoo Animal Adaptations, 1600-1700, Roosevelt Park Zoo, hosted by M&FRC
- Bike Rodeo, 1600-1700, Outdoor Recreation
- BMX Pros Trick Team, 1730-1930, The Turf
- Freedom Fest, 1700-2300, Rockers Bar & Grill and the Turf

SATURDAY 01

- For a full listing of Independence Day holiday facility hours, visit 5thforcesupport.com
- July Photo Scavenger Hunt Begins, Minot AFB Library
- maid Escape Room Game Ends, Minot AFB Library
- Minot Runs the World Begins, 0500, Fitness Center
- Cycle & Strength, 0900, Fitness Center
- Zumba, 1100, Fitness Center
- Super Smash Bros Ultimate Tournament, 1200, ESC

SUNDAY 02

- For a full listing of Independence Day holiday facility hours, visit 5thforcesupport.com
- Zumba, 1400, Fitness Center

MONDAY 03

- AFGSC Family Day
- For a full listing of Independence Day holiday facility hours, visit 5thforcesupport.com
- HIIT Strength & Conditioning, 0500, Fitness Center
- Writing Club, 1800, Minot AFB Library

TUESDAY 04

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

WEDNESDAY 05

- HIIT Strength & Conditioning, 0500, Fitness Center
- Bundles for Babies, 0900-1030, M&FRC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Storytime, 1030, Minot AFB Library
- Brown Bag Book Talks, 1200, Minot AFB Library
- Moving Out of the Dorms Budget Class, 1300-1500, M&FRC
- Board Game Making Camp, 1500, Minot AFB Library
- Zumba, 1730, Fitness Center
- Fighting Game Night, 1800, ESC

THURSDAY 06

- Cycle, 0600, Fitness Center
- Short Pre-Separation Counseling, 0830-1130, M&FRC
- UVAO Training, 0900, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Sponsorship Training, 1300-1500, M&FRC
- DIY Art Resin Charcuterie Board Class, 1730-1930, Arts & Crafts Center
- Zumba, 1800, Fitness Center

FRIDAY 07

- Registration Closes: Sports Camp, Youth Center
- Registration Closes: Youth Flag Football and Volleyball, Youth Center
- HIIT Strength & Conditioning, 0500, Fitness Center
- Board Game Making Camp, 1500, Minot AFB Library
- First Friday, 1600-2100, Jimmy Doolittle Center

SATURDAY 08

- Cycle & Strength, 0900, Fitness Center
- MINOT-A-CON, 1100-1700, Minot AFB Library
- Zumba, 1100, Fitness Center
- MINOT-A-CON Cosplay Contest, 1400-1500, The Turf, hosted by Minot AFB Library

JULY SPECIALS

Bomber Bistro **Chef Salad**
Turkey, ham, egg, cucumber, tomato, and red onion, topped with cheddar cheese and your choice of dressing.

The B-Fifty Brew **Pineapple Upside Down Refresher**
Pineapple refresher, coconut milk, brown sugar, vanilla syrup, dried pineapple and topped with cinnamon dolce..

Rockers Bar & Grill **Street Tacos**
Three tacos with diced onion and cilantro served with chips, salsa, and a drink.

FREEDOM FEST 2023
JUNE 30TH • 5PM - 11PM
ROCKERS PARKING LOT
FOOD • FESTIVITIES • FIREWORKS
FEATURING THE BMX PROS TRICK TEAM
HOSTED IN THE TURF PARKING LOT • 5PM - 6PM

FOR MORE INFO & FULL DAY ACTIVITY ITINERARY SCAN HERE OR VISIT
5thforcesupport.com/event/freedom-fest/

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Limited number of controllers available, so bring your own if possible!

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tinyurl.com/ESCSuperSmash

For more information, call 723-7238 or email escgamingmanagement@gmail.com

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