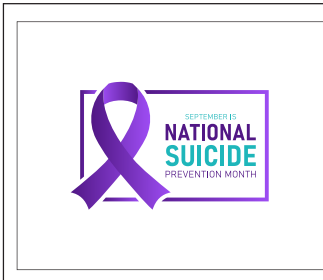


northern sentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 61 • ISSUE 35 | MINOT AIR FORCE BASE | FRIDAY, SEPTEMBER 1, 2023

WHATS INSIDE THIS WEEK:



MINOT AFB
KICKS OFF
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TEAM
MINOT
PARTICIPATES
IN CONVOY
RESPONSE
EVALUATION

B1

MINOT AIRMEN COMPETE IN SUMMER GAMES



Members of the 5th Civil Engineer Squadron launch a frisbee for ultimate frisbee during the 2023 Summer Games at Minot Air Force Base, North Dakota, Aug. 25, 2023. The 5th Force Support Squadron hosts the annual Summer Games, and units from across the wing are encouraged to participate in morale activities such as basketball, soccer, or kickball. See more photos on A11 and Minot AFB PA Flickr page.

U.S. AIR FORCE PHOTO | STAFF SGT. BRENDAN MILLER



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Air Force Global Strike leaders visit Minot AFB

MINOT AIR FORCE BASE, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

The two top leaders of Air Force Global Strike Command visited Minot Air Force Base this week to meet with Airmen and see first-hand how Team Minot provides strategic deterrence and precision strike anywhere around the world. The Air Force Global Strike Command commander, Gen. Thomas Bussiere, and his spouse, Barbara, along with AFGSC command chief, Chief Master Sgt. Melvina Smith and her spouse, Derek, spent three days meeting Airmen, base leaders and Minot residents and immersing themselves in the operations that Minot Airmen perform every day.

The visit to Minot focused on Bussiere's top priorities: people and mission. The command team met with Airmen from several units across the base including the 91st Security Forces Group, 5th Medical Group and 705th Munitions Squadron.

"Our Airmen and their families represent the greatest strength of AFGSC. The dedication and excellence on display from our Striker Airmen is always humbling to witness," said Gen. Bussiere. "Through their service and sacrifice, they operate, maintain, and secure the most powerful weapons ever designed and execute continuous long-range strike operations across the globe."

Bussiere assumed command of AFGSC on Dec. 7, becoming the

newest leader of the organization responsible for the nation's only intercontinental ballistic missile and strategic bomber forces. Base visits offer a chance for the Air Force's most senior leaders to meet with the junior Airmen carrying out their command's mission.

Additionally, Barbara Bussiere and Derek Smith, AFGSC key spouses, toured the Child Development Center, attended resiliency briefs and hosted a key spouse round table to discuss current topics and concerns.

Chief Smith praised the Airmen of Global Strike Command.

"Our Strikers and their families are the key ingredient to our command's success. Our Airmen can perform any mission, and their exceptional resiliency and commitment to excellence have enabled AFGSC to maximize our combat capacity and strategic readiness," Smith said. "It's our job as leaders to support them and their families in any way we can.

I appreciate the time taken by all the spouses who came to discuss their issues with us and provide unvarnished feelings and concerns. We listen and we take action on them."

Minot Air Force Base is home to two major Air Force units: the 5th Bomb Wing and the 91st Missile Wing. The 5th Bomb Wing and 91st Missile Wing are Air Force Global Strike Command units.

The 5th Bomb Wing is the host wing. Known by its nickname, the

Warbirds, the 5th Bomb Wing and its fleet of B-52H Stratofortress bombers serve as part of the Air Force's conventional and strategic combat force as AEF warriors. The men and women of the wing are capable of flying anywhere around the world and delivering a wide range of precision-guided bombs and munitions. Excellence is the daily standard and is echoed by its motto, "Guardians of the Upper Realm."

As one of the Air Force's three operational intercontinental ballistic missile units, the 91st Missile Wing, whose members are known as the Rough Riders, are responsible for strategic deterrence by operating, maintaining and securing a fleet of 150 Minuteman III missiles located in underground launch facilities positioned in a 8,500 square mile missile complex located in the northwest part of the state.

Bussiere noted the critical importance of the mission, and the vital role Team Minot provides in support of that mission as the only base in the entire Department of Defense that hosts two legs of the nuclear triad.

"Our Strikers provide strategic deterrence and deliver long-range strike, are foundational to our nation's defense, and AFGSC, because of our Airmen, is the backbone of those mission sets," Bussiere said. The American people should sleep soundly at night knowing the men and women of Team Minot are on duty."



U.S. Air Force Gen. Thomas Bussiere, Air Force Global Strike Command commander, and Chief Master Sgt. Melvina Smith, AFGSC command chief, conduct an all-call during a base tour at Minot Air Force Base, North Dakota, Aug. 16, 2023. During the event, Airmen got to know AFGSC leadership and were able to ask questions about the command.

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

welcome baby

BABY GIRL BORN ON MONDAY, AUGUST 14, 2023 TO:
KEESHA AND KEVIN TOPP
MINOT, ND

BABY GIRL BORN ON THURSDAY, AUGUST 17, 2023 TO:
DELANE AND BRIAN BOND
MINOT, ND

BABY BOY BORN ON FRIDAY, AUGUST 18, 2023 TO:
CALSEY AND CALLEN ABRAHAMSON
DUNSEITH, ND

BABY BOY BORN ON FRIDAY, AUGUST 18, 2023 TO:
BRANDI AND LOUIS PELTIER JR
BELCOURT, ND

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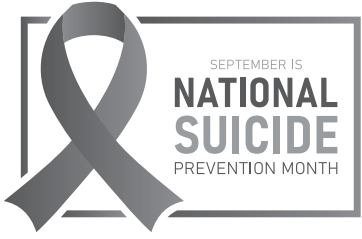
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Minot AFB kicks off Suicide Prevention Month Efforts

MINOT AIR FORCE BASE INTEGRATED PREVENTION AND RESILIENCE OFFICE

MINOT AIR FORCE BASE, ND. – Minot Air Force Base is joining the Department of Defense (DOD) in promoting Suicide Prevention Month to educate the military community about suicide prevention, resources, and steps everyone can take to protect one another against suicide. Each September, the DOD observes Suicide Prevention Month to promote prevention resources across military communities and share ways to take simple action to be there for others and themselves.

Suicide Prevention Month's campaign slogan is Connect to Protect: Support is Within Reach, highlighting the important role connections with family, friends, the community, and resources play in preventing suicide, especially in these unique and challenging times. Research indicates connectedness is a protective factor against some of the risk factors for suicide, such as loneliness or feeling like a burden.

The slogan also reinforces how everyone within reach – leaders, service members, and families – can play a role in preventing suicide.

“Suicide Prevention is an essential part of violence prevention. Suicide is of such extraordinary magnitude and importance that it consistently ranks among the 10 leading causes of death in the United States. Suicide is an urgent, complex and multifaceted public health

problem. Suicide Prevention does not begin in the Emergency Room: it starts in the home, at work, in our clubs, our organizations, in our community....and it happens every day. Our connections to family, friends, community and unit are more important than ever. It's not about 'who you know' but instead, 'who knows you'. It really is all about Building Connections: we can do more and we can do better. Connect to Protect.” (Laurel Grams, Director, Prevention and Response)

Throughout September, Minot AFB will host and participate in a variety of events and activities to emphasize the importance of suicide prevention and highlight available resources. On Wednesday, Sept. 6, 2023, the third annual flag planting will take place along Missile Avenue. 328 flags representing the Active Duty lives lost to suicide in 2022, will be placed on Missile Avenue just after entering the main gate.

Minot AFB resiliency groups/Units and the Prevention Office will participate in the Minot Out of the Darkness Community Walk at Oak Park, in Minot, N.D. on September 17-19, 2023 from 12:00 p.m. to 3:00 p.m.

Wednesday, September 20 CALM training from 1PM-4PM at the Education Center Room 212. The next day, 21 September from 9AM-11AM at the Education Center Room

212 -VA S.A.V.E./Reducing Access to Lethal Means is scheduled for our spouses and family members. These classes are focusing on the education of suicide prevention and helping individuals understand the process of lowering someone's access to lethal means of suicide.

Closing out the month, the Prevention Office is hosting a Storyteller event featuring the personal stories of two of our own. Additionally, two guest speakers are slated to present. Mr. Kevin Ortiz, an Air Force Veteran and survivor of an attempted suicide and Mr. Kevin Briggs, an Army Veteran and retired first responder who is widely known as “Guardian of the Golden Gate”. Mr. Briggs has been protecting the line between hope and despair by helping more than 200 people find a reason to keep living.

If you or someone you know are in crisis help is available:

Veterans and Military Crisis Line – 988 press 1, Text 838255 or www.veteranscrisisline.net

Duty Chaplain: 701-723-5527

Mental Health: 701-723-5527

On Base Emergency: 701-727-1911

Off Base Emergency: 911

Integrated Primary Prevention Workforce Office

183 Missile Ave (Welcome Center) – 701-723-2936

When: September 26 @ 0900
Where: JDC
 With Keynote speakers
Kevin Ortiz and Kevin Briggs to follow

INTEGRATED PREVENTION AND RESILIENCE OFFICE

REDUCING ACCESS TO LETHAL MEANS

focus on how to reduce access to the methods people use to die by suicide

21 September 2023 @0900-1100 | **Target Audience: Spouses and Family Members**

Room 212 MAFB Education Center

Presented by Sarah Kemp-Tabbut, Suicide Prevention Coordinator, Fargo VA

Sign up for class by scanning QR code

21 September

INTEGRATED PREVENTION AND RESILIENCE OFFICE

CALM

Presented by Sarah Kemp-Tabbut, Suicide Prevention Coordinator, Fargo VA

Counseling on Access to Lethal Means: focuses on how to reduce access to the methods people use to die by suicide

20 September 2023 @1300-1600 | **Target Audience: Active Duty, Providers, Civilians**

Room 212 MAFB Education Center

Sign up for class by scanning QR code

20 September

Veterans and Military Crisis Line
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WORKSHOP: ACTIVE LISTENING SKILLS & SUICIDE PREVENTION AND POSTVENTION

GUARDIAN OF THE GOLDEN GATE BRIDGE

KEVIN BRIGGS

An Army Veteran with 3 years with the California Department of Corrections and 23 years as a California Highway Patrolman. Dedicated his life to promoting mental health awareness across the globe through Pivotal Points.

pivotal points

When: 27 September from 0900-1000
Where: JTC-Bldg 437 - Classroom
 Scan QR code to register!

For questions contact the IPPW office 723-3519

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What a Resource!

Last week I was able to spend an evening watching as the Minot Air Force Base Fire Department played host to the Glenburn Rural Fire Department in a joint exercise.

In March of 2021, the Glenburn Fire Department building that housed their trucks and equipment suffered an early morning fire. Lost was a majority of their equipment, including 7 vehicles. Fire Chief Mike Overton and the rest of the Glenburn volunteer fire department were charged with replacing not only the building, but everything else lost in the fire. You can imagine the hours that were put into bringing the department back online. But with the help of many other local departments, and the community, a new fire hall was built to serve the Glenburn area.

For the Minot Air Force Base Fire department, volunteer fire departments in small communities are of strategic importance. In the case of a fire in a missile launch control center, like the one that happened near Parshall, the local

fire departments were first on the scene. A total of 4 volunteer departments fought that fire, and later were given recognition by Minot Air Force Base for their professionalism.

There are 23 volunteer fire departments in northwest North Dakota that have contracts with the Minot Air Force Base Fire Department, and these agreements are important. The most common statement made while I was watching the exercise was "we couldn't do it without them."

On the other side, the Glenburn volunteer fire department side, there was an overwhelming flood of appreciation for these volunteers to be able to have access to not only the MAFB facility, but the expertise of the base fire department. Larger departments, like Minot, have training facilities, but coordination of a joint exercise takes time. This exercise was over 30 days in the planning. The time? Well, I don't speak for all of the volunteers of the Glenburn Fire Department, but I am sure that for many of them, the exercise

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**A VIEW FROM
OUR SIDE**

ROD WILSON



had to be scheduled after 5 PM, and it was after their workday.

The exercise started around 7:15 PM and lasted well into the evening. The highlight would be the training that the Glenburn volunteers would get on a B 52 jet simulator. An airplane crash in a field is something that does not happen often, yet Glenburn is one of the closest departments in location to Minot Air Force Base. Not completely out of the question that an airplane could "plop down in their back yard" according to one of the MAFB firefighters.

Firefighters and first responders are a very close knit community. Providing and receiving training is vital to their success. That's what the time and resources provided by the Minot Air Force Base to the Glenburn

Fire Department is so important. Like one of the firefighters said as he was visiting with me, "let's work out the kinks here, where we can practice, and not out on a fire event where we don't have the ability to change things."

So, from the outside looking in, the training exercise was certainly a success. I am sure there are kinks to iron out, but the next time these two departments meet could be on a fire call that requires them both. Time and resources well spent.

BEST KEPT SECRETS

A lot of times my best kept secrets kind of jump out at me. It may be something that I see or do every day and take for granted. My passion is the outdoors, and summertime you will find me sailing my CAL 27 Sailboat with my wife, Sue. The reason we sail? We love the peace and tranquility of being away from the crowds. At night we take in the vast star scape above our heads. The big and little dipper, and the many other constellations that make up the vast North Dakota sky. So, my best kept secret, now that it is getting dark a little earlier, is the North Dakota sky. Grab a jacket and head outdoors this fall. The cooler air provides for a clear view. The internet is absolutely full of information on constellations and star information. I have an old chart that I use; whatever is easiest for you. And don't forget to show the kids the stars. It is amazing how quickly they catch on.

TODAY'S CHUCKLE

We have to be strong for our children, so it's best to wait until they go to school to start your uncontrollable sobbing.



The purpose of live burn training is to maintain readiness and give fire protection service members a realistic experience of fire before charging into an emergency situation. Minot Air Force base fire protection specialists don't just act on Air Force bases, but assist civilian fire departments when needed as well.

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



**UPSIDE DOWN
UNDER**
MARVIN BAKER

North Dakota Tourism tells us there are a lot of visitors to our state during the summer months. And that's true. Just take a drive through the Badlands or visit Medora and you'll see all kinds of vehicles and license plates from out of state.

But tourism isn't limited to those two areas. We have Lake Metigoshe, Fort Ransom, Garrison Dam, Devils Lake, the Pembina Gorge is now designated as a state park and others.

It doesn't stop with tourism. People from out of state come here for business, some come to attend college, some are here for sporting events or concerts, while others might be here for other reasons, such as medical care.

For those of us who live around Minot or Grand Forks, when we

People are visiting...

see an out-of-state license plate, we almost assume it's someone from either of the Air Force bases. That's not always the case.

Yes, a good majority of them are military. Just the other day I saw a Puerto Rico license plate for the very first time in Minot and last year, we had a regular customer at our farmers' market who had Hawaii license plates on her Volkswagen.

It's also easy to assume that when you see Canadian license plates in Grand Forks, it's because of shopping; people coming in from southern Manitoba to get better deals and avoid the GST (goods and services tax).

But this summer, there seems to be an explosion of Canadians in Minot. During the oil boom, Enbridge, a Calgary based company, set up an administrative building in Minot and employed roughly 50 people. When the oil boom tapered, the business closed. Now, however, there are vehicles with Alberta license plates in Minot on a daily basis. You see them at Dakota Square shopping mall, you see them parked in downtown Minot and you see them at Roosevelt Zoo and even at Corbett Field.

Minot has always had a sliver

of its economy based on the Canadian dollar. Unfortunately, it couldn't hold a candle to Grand Forks or even Fargo for that matter.

It appears that might be changing and there are at least two reasons for it. No. 1, the Canadian dollar, on average, is about where it's historically been for the past 50 years. No. 2, construction on Saskatchewan Provincial Highway 39 from the Trans Canada Highway to the U.S. border is now completed and traffic has increased dramatically.

That would explain an influx of Canadian visitors from Saskatchewan, but why Alberta. Why is Minot suddenly an attraction to Albertans?

If you look at southern Alberta alone, Calgary is a big city (652 miles away), and still closer to us than Calgary is Medicine Hat, a city in the southeast corner of the province which is much bigger than Minot. In addition, Great Falls and Glasgow, Mont., are closer than Minot to many Albertans, but they're visiting Minot.

It would be a good guess that a number of Albertans were here for the North Dakota State Fair, but that's now a month in the

past and we're still seeing Alberta vehicles every day, in addition to more Manitoba and Saskatchewan vehicles.

And, out on the highways, but not in Minot, there are numerous vehicles with Ontario license plates obviously passing through North Dakota on their way to somewhere in western Canada.

Whatever the reason, these people are staying in Minot, and most likely the surrounding communities.

Perhaps one thing to keep in mind is when a Canadian citizen uses a credit card at a restaurant for instance in North Dakota, they don't have to deal with the exchange rate at that time. They'll see it on their credit card bill, but there is now a convenience factor that makes it easier to spend loonies in a U.S. location such as Minot, Kenmare, Velva, Devils Lake or even Bismarck.

I've long been an advocate of creating incentives for Canadians to visit Minot and stay awhile. I was in college in Grand Forks when Manitobans "discovered" Grand Forks as a destination. Maybe that's beginning to happen now in Minot.

The \$250 Mosquito



SLICE OF LIFE
KIM FUNDINGSLAND

Sometimes things just don't work out as planned. Maybe not even close. The following incident vividly illustrates my point.

A few years back I took two daughters on what was destined to be a fun and pleasant fishing trip to Lake Metigoshe. The beautiful lake in the scenic Turtle Mountains contains bluegill, a fish that can provide plenty of non-stop fun. My girls were looking forward to it. I was too.

After launching our boat at wonderful Lake Metigoshe State Park, we motored to a favorite bluegill fishing spot. Soon both girls were flipping baited hooks dangling beneath small red and white bobbers with long, telescopic fishing poles in likely bluegill water.

The action was virtually non-stop, so much so that I quit fishing because I was too busy unhooking their fish and baiting hooks so we could watch bobbers slip under the water and catch more bluegills.

How many those girls caught I cannot say. We released everything we caught, including a few exceptionally large bluegills and some crappies to boot. We called it quits when we ran out of bait. Great fun.

As the temperature began to rise, we put the fishing poles back in the boat's rod locker and commenced to take a tour of the lake. We even stopped at a friend's cabin to say high. Although unannounced, the visit was well received and added greatly to our Lake Metigoshe experience. Well, as they say, all good things must come to an end. I turned the boat toward the ramp. A few minutes later I had the boat on the trailer, doing a final check in the parking lot while the girls enjoyed the very welcome air conditioning inside my Suburban tow vehicle.

A few moments later I was doing the same. However, no sooner had I sat down in the driver's seat when I heard, "Dad, get 'em. Hurry!"

That usually means a wood tick requires my immediate attention. Not this time though, the emergency situation was none other than a rather large mosquito buzzing back and forth across windshield.

Aha! An opportunity for Dad to come to the rescue! My chance to defend my family from an ominous beast!

Nonsense, you say? Hardly. You see, this was no ordinary mosquito. Not by a long shot. That buzzing, blood sucking critter, carrier of diseases unknown, proved much more challenging than any other of the swarming pests I had previously encountered.

Unflinching, I took the hat off my head with the intent of brutally ending the life of the winged threat. Which, when accomplished, would undoubtedly be seen, and remembered as a heroic and life-saving effort by my daughters.

I reached far to my right and delivered two slaps of my hat aimed at the ornery mosquito that was responsible for fear and agony. Incredibly, the mosquito withstood my attack. How, I cannot say, but now this endeavor had reached a higher level.

Enraged now, this trophy-size mosquito made the blunder of a lifetime. He, or she, began flitting across the windshield on a path that would place it directly in front of my driver's seat where certain death was waiting.

As I sized up my opponent, my girls covering in despair and uncertain as to the outcome and their fate should the mosquito thwart death again, I was wondering what taxidermist possessed the skills needed to preserve this specimen for family history purposes.

Hat in hand, I waited motionless for that mosquito to present itself directly in front of me where I had determined to inflict a final blow and reduce the threat to a pile of broken legs and wings and fractured proboscis.

Suddenly, with my hat, I struck

a surprising and powerful blow with perfect aim at my adversary. Splat! Crackle! Pop?

No. It was, "Dad, you broke the windshield!"

Oops. Lost in all of this was the fact that the mosquito had succumbed to injuries I had inflicted. And, yes, much to my horror, the windshield was indeed shattered. So much for my heroic effort.

Now, the reason the windshield cracked in a spiderweb pattern, side to side and top to bottom, is two-fold. First, the windshield was ridiculously hot after sitting exposed in the sun for several hours. Secondly, there was a small metal buckle on adjustment strap on the back of my cap.

When I snapped that cap to slay the threatening mosquito, I inadvertently shattered the windshield. My girls quickly told me that was a high price to pay for a mosquito that might have flown out of an open window anyway. Pretty hard to argue with that.

Anyway, as fate would have it, I attended a banquet shortly thereafter in which one of the items on the "silent auction" table was a certificate from a local windshield installer for a new windshield in the vehicle of your choice. I sought the advice of several friends in attendance who told me the cost of a new windshield for my Suburban would be in the \$300-350 price range, I determined that I would win the silent bidding.

That I did, with a winning bid of \$250. I made an appointment to get my windshield replaced, was delighted with the work, and happily presented my certificate as payment. However, the bill for the new windshield, installed, was \$220. Not the \$300-plus I had expected.

So, I paid \$250 for a \$220 windshield. Some bargain. And that, dear reader, was the closing act in the episode of the \$250 mosquito.

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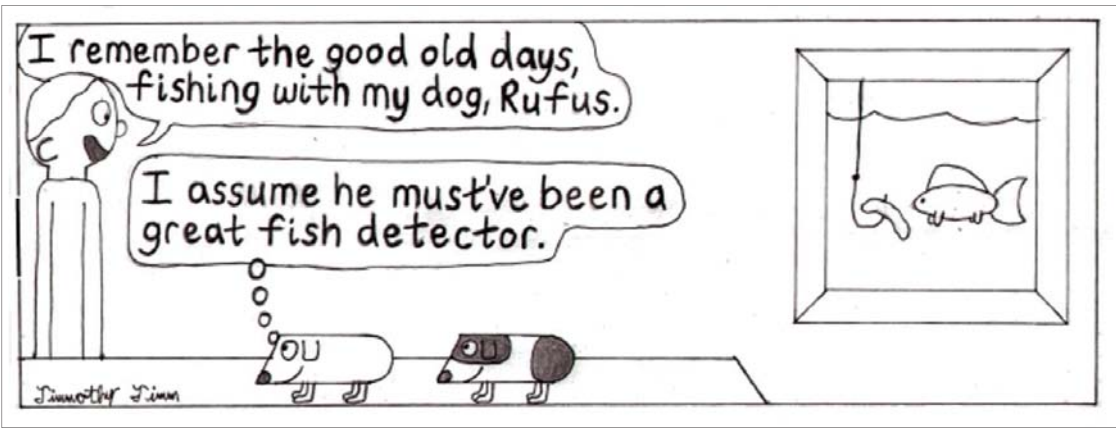


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TIMMOTHY TIMM

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.

Wounded Warrior Roadshow

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

MINOT AIR FORCE BASE, N.D.

The Air Force Wounded Warrior Program visited Minot Air Force Base, North Dakota, August 21, 2023.

The AFW2 team, including program managers and ambassadors, visited Airmen from the 5th Security Forces Squadron and the 91st Security Forces Group. Here, they shared stories from their careers and how they came to be a part of the AFW2 Roadshow team. "These ambassadors aren't on a payroll," said SMSgt. (Ret.) Carlos Villarreal, outreach ambassador coordinator for AFW2. "They are wounded warriors who are in recovery and want to share their story."

AFW2 is a program that provides support for wounded, ill, injured Airmen, Guardians, caregivers, and their families as they recover and transition back to duty or to civilian life.

More than 8,400 wounded warriors, their families, and/or caregivers are being supported by the AFW2 program. AFW2 is functionally aligned under the Air Force Warrior Care Division and operationally managed by the Air Force Personnel Center.

As part of the program, the Roadshow Ambassador event provided the AFW2 team an opportunity to teach Team Minot

Airmen about their expansive list of support systems. It also allowed the ambassadors to share their story of trauma, resiliency and overcoming their hardest times.

"I was suicidal, depressed," said SSgt. (Ret.) Kijuan Amey, AFW2 ambassador. "I kept telling myself I can never have a family, and now that I'm blind, even if I do have a family, I won't be able to see my kids grow up. But I didn't give up. This program isn't just to make sure people like me can survive, it's to help us thrive."

AFW2's goal is to help Airmen obtain a refined, simplified transition back to duty or into civilian life, ensuring they are well-equipped to manage challenges because of their wounds, injuries, or illnesses.

"I may have lost my sight, but I never lost my vision," said Amey. "The only thing that can stop you is you. So many people suffer in silence. Don't suffer, we're here to help you."

Programs like AFW2 are how the Air Force cares for and serves its most valuable resource; its Airmen. This visit ensured that Team Minot Airmen know about this program and all the help it can offer them and their families.

"I'm ready now," said MSgt. (Ret.) Kingsley Scott, AFW2 ambassador. "It's taken me years to be able to tell my story. This program has enabled me to heal in my own way."



Senior Master Sgt. (Ret.) Carlos Villarreal, outreach ambassador coordinator for Air Force Wounded Warrior Program (AFW2), speaks to Airmen from the 791st Security Forces Squadron Monday Aug. 21, 2023 at Minot Air Force Base, North Dakota. The AFW2 team visited Team Minot Airmen to share stories of resiliency.



Master Sgt. (Ret.) Kingsley Scott, Air Force Wounded Warrior Program (AFW2) ambassador, talks to Airmen from the 791st Security Forces Squadron Monday Aug. 21, 2023 at Minot Air Force Base, North Dakota. Kingsley told his story of having several people close to him take their own lives, and how Wounded Warrior helped him recover and even be comfortable touring with AFW2 to tell his story of recovering from PTSD.



Senior Master Sgt. (Ret.) Carlos Villarreal, outreach ambassador coordinator for Air Force Wounded Warrior Program (AFW2), speaks to Airmen from the 791st Security Forces Squadron Monday Aug. 21, 2023 at Minot Air Force Base, North Dakota. The AFW2 team visits CONUS bases to tell their stories of resiliency and experiences.



Staff Sgt. (Ret.) Kijuan Amey, Air Force Wounded Warrior Program (AFW2) ambassador, tells his story of how he became blind to Airmen from the 791st Security Forces Squadron Monday Aug. 21, 2023 at Minot Air Force Base, North Dakota. Amey spoke about how a motorcycle accident left him without his vision, and how the AFW2 program helped him overcome his injuries and speak about his experiences.

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

A LOOK BACK THIS WEEK IN USAF HISTORY

MINOT AFB RECEIVES ITS FIRST MINUTEMAN I

SEPTEMBER 9, 1963



After Minot Air Force Base, N.D., was selected to host Minuteman I Intercontinental Ballistic Missiles, construction on a missile complex began. The next year on Sept. 9, 1963, Minot AFB received its first Minuteman I missile coming from Hill AFB, Utah. Under the charge of the newly activated 455th Strategic Missile Wing, the first missile was placed in Launch Facility A-02. By 1964, the 455th SMW became fully operational and combat ready with 150 ICBMs in service. Each missile weighed nearly 65,000 lbs. and had a range of over 5,000 miles. Because of its strategic positioning in the United States, Minot was in the perfect position to establish the first-of-its-kind system. The Minuteman I was replaced several years later by the new and improved Minuteman III which composes the current ICBM force.

This Minuteman launch took place at Cape Canaveral, Fla., on Nov. 17, 1961. It became operational less than a year later. (USAF Photo)

Information courtesy of: minot.af.mil / nationalmuseum.af.mil

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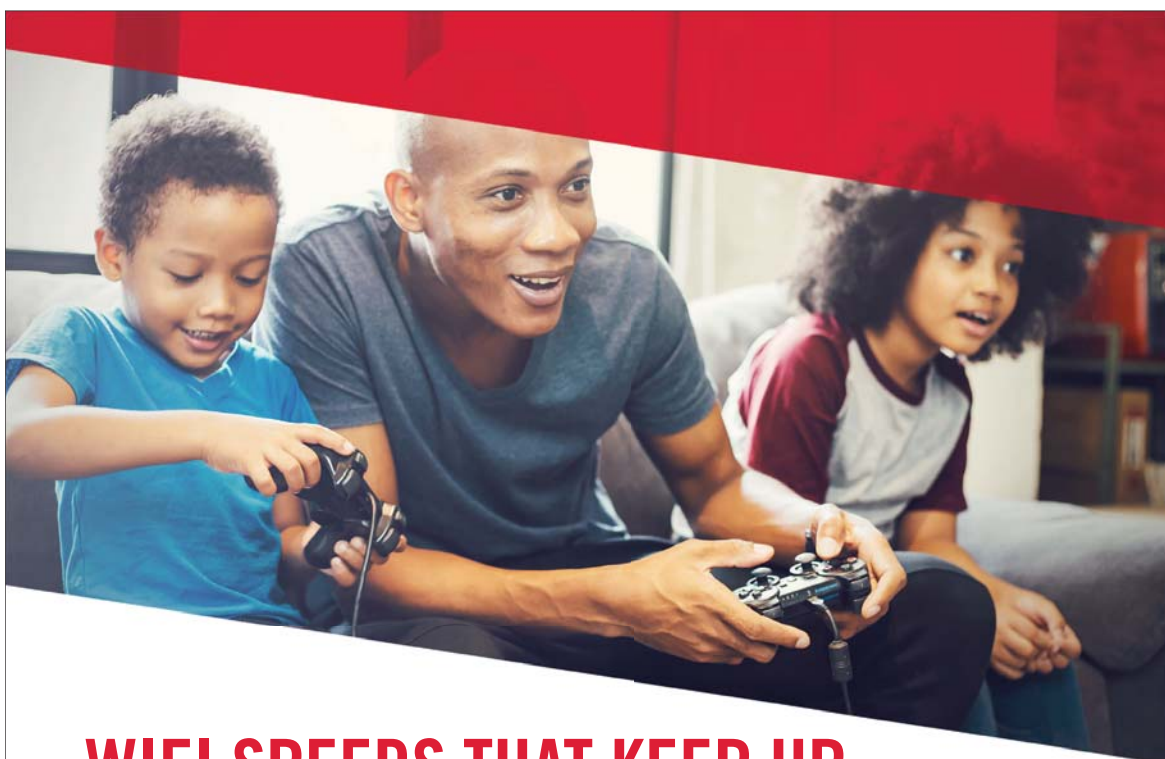


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'The Mighty Eighth' and J-GSOC welcomes new commander

STAFF SGT. CODIE TRIMBLE,
8TH AIR FORCE/J-GSOC PUBLIC AFFAIRS

BARKSDALE AIR FORCE BASE, La. --

The Eighth Air Force and Joint-Global Strike Operations Center welcomed a new commander to their storied history today during a ceremony at Barksdale AFB, La.

U.S. Air Force Maj. Gen. Jason Armagost assumed command from Maj. Gen. Andrew Gebara, who diligently served 8th Air Force since August 2021. Gebara leaves the Mighty Eighth to become the Deputy Chief of Staff for Strategic Deterrence and Nuclear Integration at Headquarters Air Force in Washington D.C.

Coming to the Eighth from Air Force Global Strike Command, Armagost previously served as the Director of Strategic Plans, Programs and Requirements. He was responsible for strategic planning, establishing requirements and programming advocacy for the nation's Minuteman III intercontinental ballistic missile force; B-1, B-2 and B-52 bombers; MH-139 and UH-1N helicopters; and the E-4B National Airborne Operations Center Aircraft; and Nuclear Command, Control and Communications systems.

Armagost is a 1992 graduate from the United States Air Force Academy. As a command pilot, he held a variety of positions to include commander of the 13th Bomb Squadron at Whiteman AFB, Missouri, 5th Bomb Wing at Minot AFB, North Dakota, and the 379th Air Expeditionary Wing at Al Udeid Air Base, Qatar.

"It is an honor to be a part of this mission," said Armagost. "The Eighth Air Force has a long history of being at the center of Air Force operations, and I cannot wait to continue to build upon that legacy. The men and women that make this mission happen are the reason we're the best fighting force in the world, and I'm honored for the opportunity to lead these Airmen."

As commander of 8th Air Force and Joint-Global Strike Operations Center, Armagost will be responsible for America's premier B-1, B-2 and B-52 bomber force, overseeing bomber task force missions and mission planning elements conducted by the J-GSOC as well as the care of approximately 24,000 Airmen and their families.

Armagost is the 57th commander of the historic Eighth Air Force.



Maj. Gen. Jason Armagost assumed command of "The Mighty Eighth" Air Force and Joint-Global Strike Operations Center during a change of command ceremony at Hoban Hall on Barksdale AFB, La., 25, 2023. Armagost is the 57th commander of the historic unit and responsible for the Air Force's bomber fleet and NC3 platforms.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS NICOLE LEDBETTER



The new Eighth Air Force commander, Maj. Gen. Jason Armagost, and his family witness the name reveal of Lucky Lady IV, the Eighth Air Force flagship B-52, during a change of command ceremony at Barksdale AFB, La., Aug. 25, 2023. Armagost is the 57th Eighth Air Force commander and is responsible for more than 24,000 bomber and NC3 Airmen.

U.S. AIR FORCE PHOTO | AIRMAN RHEA BELL

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Great Hall entertainers include Brothers Osborne, Daughtry, Terry Fator, The Oak Ridge Boys, Daniel O'Donnell, and Medora's production of Million Dollar Quartet. Take your pick or go to them all for ONLY \$25 per ticket. With the festival hours 9 a.m. - 9 p.m., your concert ticket also gets you access to free side stage entertainment headlined by performers like Williams & Ree and Molly B along with several others that will keep the good times rolling. These entertainers return to the 44th festival with one thing in mind and that is to offer Norsk Høstfest guests an unforgettable, high-energy experience.

To purchase your tickets, stop by the Norsk Høstfest Office, located at 1020 South Broadway between 8 a.m. and 5 p.m. daily. Military ID required for purchases. Purchases can also be made at the festival box office. And don't forget, Military Appreciation Day is Saturday, September 30th where all active duty military will receive FREE general festival admission.

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<p>TERRY FATOR Sept. 29th 1PM</p>	<p>DAUGHTRY Sept. 29th 7PM</p>	<p>BROTHERS OSBORNE Sept. 30th 7PM</p>

To purchase your discounted tickets, present your Military ID at the Norsk Høstfest office located at 1020 S Broadway, Minot during office hours (M-F, 8AM to 5PM) or at the festival's box office. Visit Hostfest.com for more information.

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 Saturday: 2 a month by appt
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2022 GENERAL SPENCER INNOVATION AWARD GOES TO ATOMIC SPARK



Members of Atomic Spark pose with their 2022 General Spencer Innovation Award at Minot Air Force Base, North Dakota, Aug. 14, 2023. Created out of the merger of the 5th Bomb Wing's innovation cell BUFFWERX and the 91st Missile Wing's innovation cell BULLYWERX, Atomic Spark is the first joint wing physical innovation cell in all of Air Force Global Strike Command.

U.S. AIR FORCE PHOTO
AIRMAN 1ST CLASS
ALYSSA BANKSTON

AIRMEN LEND HELPING HANDS



Airmen from Minot Air Force Base volunteer at Project BEE's Community Giveaway event on August 22. They helped carry donations from the basement of the building to the parking lot. After they cleaned up!

PROJECT BEE PHOTO

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Global Strike Command Reports Minot AFB ICBM PCB Survey Results

AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS
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BARKSDALE AIR FORCE BASE, La. --

A team of bioenvironmental experts reported the polychlorinated biphenyls (PCB) sampling results from Minot Air Force Base, North Dakota, Aug. 24, 2023, the third from an extensive sampling of active U.S. intercontinental ballistic missile bases to address specific cancer concerns raised by missile community members across related career fields.

The testing, conducted by the U.S. Air Force School of Aerospace Medicine and the Defense Centers for Public Health (USAFSAM-DCPH), collected air and swipe samples from Launch Control Centers (LCCs) and Launch Control Equipment Buildings (LCEB). All air samples were non-detectable for PCBs. Of the 300 surface swipe samples, 30 found detectable levels of PCBs, two of which were above the threshold set by the U.S. Environmental Protection Agency (EPA) for mitigation, both in the same LCC.

General Thomas Bussiere, commander of Air Force Global Strike Command, directed the base to take immediate steps to clean all surfaces with detectable levels of PCBs and to mitigate exposure in the single LCEB with PCB levels above EPA thresholds until clean-up is complete.

"Based on these survey results, I directed Twentieth Air Force to take immediate measures to mitigate exposure by our Airmen in all locations where PCBs were detected," said Bussiere. "In addition, we will begin immediately cleaning PCBs in all LCCs and LCEBs where PCBs were detected, regardless of whether they met EPA

standards for mitigation. Further rounds of testing for PCBs will take place in all these locations to help us measure the effectiveness of our mitigation efforts."

Results for completed ground and water samplings from all three ICBM bases are still pending. When these results are finalized, the USAFSAM-DCPH team will analyze the results in aggregate to guide a comprehensive and holistic response including recommended actions in the future.

The USAFSAM-DCPH surface tests measure PCB levels in micrograms, or one-millionths of a gram. The EPA requires mitigation when PCB levels are detected above 10 micrograms in a 100 square centimeter sample, an area about the size of human palm.

"These results are just the first part of an extensive survey taking place at all our missile bases," said

Bussiere. "As more results come, we will provide updates to our Airmen and families, along with the resources they need to understand the results. My absolute priority is to provide Airmen with a safe and clean working environment, so they can carry out our nation's most important missions."

Bussiere added that he will continue to hold townhalls with currently serving Airmen and Guardians to provide more opportunities for two-way communication between medical and scientific experts and the missile community.

More information about PCBs: <https://www.epa.gov/pcbs/learn-about-polychlorinated-biphenyls>

More information about the Missile Community Cancer Study: <https://www.airforcemedicine.af.mil/Resources/Missile-Community-Cancer-Study/>

Local Cravings Restaurant Guide

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<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>
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It's not like learning how to ride a bicycle

SENIOR AIRMAN CALEB S. KIMMELL, MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.

I pulled up to the house just before the sun started to set. I climbed out of my truck and I saw it, like a dream come to life: my new motorcycle. Parked on the driveway, freshly washed and sparkling in the sun. I was eager to hop on and ride into the horizon, but I was also terrified.

I spent weeks, even months of research on YouTube, blogs, help guides, on how to pick the perfect bike. Then, once I had found one and was just one day away from purchasing it, I realized something: I had never rode a motorcycle on the road.

After the purchase had been made and all of the paperwork had been filled out, I was done. Chris, the gentleman I bought the bike from, sold me the bike that he bought brand new in 2015. I felt like I was taking something precious from him and I was feeling guilty; however, those feelings were finally drowned out as I started the bike. It let out a commanding roar, just loud enough to make it difficult to hold a conversation over. As I rolled out of the driveway, I looked back over my shoulder and saw my girlfriend, Cassie, with her arms crossed, and Chris with a giant smile on his face.

My mind was racing. My heart was pounding. I didn't have time to think about how much fun I was having; instead, I was focusing on not dying. I came to a stop and had my first challenge ahead of me: moving forward from a stop without letting the bike die. I remembered last night's YouTube lesson: Slowly release the clutch, roll the throttle slightly back, begin to pick my feet up, and...

There I go. I've successfully stopped, and then proceeded. I understand that this sounds silly; and admittedly, it does, but in that moment I was so proud of myself.

It was a steady improvement from there. Over the next weeks and months I kept riding and was becoming more comfortable riding down the road. At this point I only had my motorcycle permit, not my full license. After doing research with the North Dakota DMV, it looked like there would be several hoops to jump through to get licensed. After a conversation with some friends of mine, I learned all I had to do was sign up for an in-person class on base, pass that, then I'm good to go. I had been riding for a while, and was becoming pretty comfortable on my bike, so how hard could it be?

Looking back, it wasn't right to think that I would just breeze through the two day course. I was resting on my laurels and thought I didn't have much to improve on. I learned a hard lesson. There is always more to learn, and always more to improve on.

The first half of day one was all classroom portions with a small test. It was straightforward, as I had done the online option the night before, so the content was fresh on my mind. After that, the instructors and all of us students went north of the base to the 91st Missile Wing Security Forces skid pad, where there was a giant square concrete pad to practice on. The second half of the day was showing us very basic skills like how to find the brake on our bikes, how to change gears, how to start it. The simplicity threw me off. I thought: "It can't be this easy."

The next day my way to the base I kept thinking about how basic the first day was, and how easily I breezed through it. I was expecting today to be the same. The very first lesson of the day was a U-turn, to be executed within specific boundaries. After a demonstration we were instructed to proceed. I was first in line. I approached the starting position, and the instructor's lesson played back in my head. "Turn



Senior Airman Caleb S. Kimmell, 5th Bomb Wing Public Affairs photojournalist, poses for a photo with his dog Cleo in Minot, North Dakota, May 20, 2023. Kimmell purchased the motorcycle and learned how to ride safely over the course of the summer.

your head, look where you want to end up. Trust your bike and it will do what you want it to without any extra effort." So that's what I did. I readied myself for the turn, cranked the handlebars, torqued my head over my shoulder and eyed up my target. I started slow and steady, things were looking good, and before I knew it, I was laid out flat on the asphalt, pinned under my bike. The handlebars landed directly on my hand, smashing a few fingers, and I tore open my elbow on the asphalt. 550 pounds, right on top of me.

The instructors did a great job of calmly lifting the bike off of me and giving me a look over. I was a bloody mess, but nothing was broken and I didn't need to get stitches. I just wanted to finish the course and get my license.

Unfortunately, that is not how the rest of my day went. I never got the hang of the U-turn, as I lack the balance (And experience) to successfully make the turn within the required radius. I was even provided some grace by the instructors and was asked if I wanted another shot. Of course I did. I made my second attempt, and yet again, no luck. I thought

this class would be a pushover. I made friends with the trainees and instructors, and built an excellent rapport. They were all very skilled, and I wanted to be like them, so I didn't take the class as seriously as I should have. And I paid the price for it.

Luckily the class was free, and I signed up for the next one in September, through the 5th Bomb Wing Safety office. I learned plenty of things from the previous class, and I'm excited to see the benefits in the next training session. I now know not to rush things because I think I know how to do them. I know to take my time and ask questions about the simple things. I realize nothing in life can beat real hands-on experience.

I've been doing U-turns in the parking lot behind my house every night for a month now, so I know once it's time to step up to the challenge, I will treat it seriously and prove to myself that I can do what I put my mind to. Just because I got knocked down, physically and mentally, doesn't mean I have to stay on the ground.

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A Summer Games trophy is displayed inside the McAdoo Fitness and Sports Center at Minot Air Force Base, North Dakota, during the 2023 Summer Games Aug. 25, 2023. The 5th Force Support Squadron hosts the annual Summer Games to encourage physical fitness, camaraderie and competition.

U.S. AIR FORCE PHOTO TECH. SGT. RUSTY FRANK



A Team Minot Airman plays goalie in a game of soccer during the Summer Games at Minot Air Force Base, North Dakota, Aug. 25, 2023.

U.S. AIR FORCE PHOTO AIRMAN 1ST CLASS ALEXANDER NOTTINGHAM



An Airman practices soccer techniques prior to a soccer game for the 2023 Summer Games at Minot Air Force Base, North Dakota, Aug. 25, 2023.

U.S. AIR FORCE PHOTO TECHNICAL SGT. RYANN HOLZAPFEL



An Airman takes part in the bench pressing competition during the 2023 Summer Games at Minot Air Force Base, North Dakota, Aug. 25, 2023.

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



A Team Minot Airman plays in a video game tournament during the Summer Games at Minot Air Force Base, North Dakota, Aug. 25, 2023.

U.S. AIR FORCE PHOTO AIRMAN 1ST CLASS ALEXANDER NOTTINGHAM

2023 SUMMER GAMES



An Airman participating in the 2023 Summer Games at Minot Air Force Base, North Dakota, kicks a ball during the Kickball tournament Aug. 25, 2023.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN ZACHARY WRIGHT



A Minot Airman gets into position to make a layup during the Summer Games at Minot Air Force Base, North Dakota, Aug. 25, 2023.

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



WEST AFRICAN CROWNED CRANE

CREATURE FEATURES

- West African Crowned Cranes are named for their striking straw colored bristle-like feathers on the top of their heads.
- West African Crowned Cranes are the only cranes that will roost in trees. While on the ground, they spend 50 to 75% of their waking hours foraging.
- Their booming call, that sounds like a honk, is made by inflating their red, gula sac.
- Their spectacular dances are for mating and an expression of joy.

Fact File

Life Span	25 years
Weight	6 - 8 pounds
Height	3 1/2 feet
Wing Span	6 1/2 feet
Wild Diet	Omnivore Carnivore Herbivore Insects, Reptiles, Small Mammals, Grasses, Grains

Photo by Dong Kim

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J T N H N L U J F A S C
 S T W U J A Y A K P G A
 E G J R X K T C Y X R M
 E Y F A E E X U Q A Z P
 R Z X W U V T N R C N I
 T W I L D L I F E A H N
 C O A S T A E R E I L G
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 S P I N L D O I J A L S
 Z F U S A S N E K K X X
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VACATION READY CAR CARE

Before You Go

GET YOUR CAR SERVICED
 Visit your mechanic for a tune-up and ask them to check for leaks, badly worn hoses, or other needed parts, repairs, and replacements.

CHECK FOR RECALLS
 NHTSA's Recalls Look-up Tool lets you enter a Vehicle Identification Number (VIN) to quickly learn if your vehicle has a critical safety issue that has not been repaired, and how to get that repair done for FREE. Check www.nhtsa.gov/recalls.

KNOW YOUR CAR
 Read your vehicle's manual to familiarize yourself with the safety features on your vehicle—such as antilock brakes and electronic stability control—and how the features perform in wintry conditions. When renting a car, become familiar with the vehicle before driving it off the lot.

PLUG IT IN
 For electric and hybrid-electric vehicles, minimize the drain on the battery. If the vehicle has a thermal heating pack for the battery, plug your vehicle in whenever it's not in use. Start your vehicle and preheat the interior before you unplug your vehicle in the morning.

PLAN YOUR TRAVEL AND ROUTE
 Before heading out, make sure to check the weather, road conditions, and traffic. Don't rush through your trip, and allow plenty of time to get to your destination safely. And always familiarize yourself with directions and maps before you go, even if you use a GPS system, and let others know your route and anticipated arrival time.



Auto Care - Valvoline Instant Oil - Tires
Minot AFB | 61 Missile Ave | 701-727-4141
 Minot | 1301 20th Ave SW | 701-837-1301



OIL & FILTER SERVICE

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- INSPECTING AND TOPPING OFF ALL FLUIDS UNDER THE HOOD
- OILING ALL FITTINGS
- CHECKING ENGINE FOR HOLES
- CHECKING BELTS AND HOSES
- INSPECTING TIRE PRESSURE
- CHECKING ENTIRE UNDERCARRIAGE

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Team Minot participates in convoy response evaluation

A1C ALEXANDER NOTTINGHAM, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- Members from the Minot Air Force Base convoy response force participated in the Advanced Recapture Recovery Operational Warfighter (ARROW) assessment at the Camp Guernsey Training Center, WY on Aug. 14th, 2023. During the event, they conducted five exercises used to provide commanders an accurate portrayal of the Minot AFB convoy team's capability to secure and move assets.

This convoy security evaluation is an annual requirement for all off-installation convoy response forces at all three missile wings in Air Force Global Strike Command.

"An assessment of this magnitude takes a substantial amount of training to ensure that the team does everything right," said Master Sgt Lauren A. Collins, 91st Missile Security Operation Squadron convoy flight chief. "Every day, we train to ensure there is no chance of failure when conducting operations with our nation's nuclear assets. The training at Camp Guernsey allows our team to validate our tactics, techniques, and procedures and refine them moving forward."

To prepare for this assessment, the convoy response force team was made up of Defenders from the 91st

Missile Operations Squadron, 54th Helicopter Squadron, 91st Missile Maintenance Squadron, and Office of Special Investigations agents, attended the Nuclear Convoy Course at Camp Guernsey Training Center, which laid the foundation for nuclear convoy training.

This training opportunity allows the entire complement of personnel to train, revise, and

execute their tactics in multiple exercises. Additionally, it brings newer members of the team up-to-speed on how to execute nuclear convoy operations in a contingent environment.

"The team has put in countless hours training to prepare for not only the assessment at ARROW, but also for our day-to-day mission," said Lt. Christopher J. DeLong,

91st MSOS convoy commander. "The Defenders out conducting off-installation convoy missions are the top one percent at the base entrusted with the Department of Defense's number one mission. It is truly humbling and is not taken lightly by any member of the convoy team."

For the ARROW assessment, the convoy team revisited the once

familiar grounds of Camp Guernsey, where they were assessed for five days on many different skill sets. The exercises tested the capabilities of the convoy response force members as well as the command and control process used by the leadership teams. Team Minot passing the evaluation reinforces that their convoy response forces are always ready.



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COURTESY PHOTOS

The Northern Sentry and Downtown Business & Professional Association are proud to host the **Minot Area Chamber EDC September Military Affairs Committee Meeting** September 7 • 12:00 Noon The Depot, 15 Main St N, Downtown Minot Parking in the lot north of The Depot

Special Guest Speaker

Amy Allender

Author of "She's Not From Around Here"

Amy Allender, an Air Force pilot's wife of 13 years, and new National Guard spouse is a self-proclaimed Minot guru, and the Magic City's biggest fan. A mother of two, passionate storyteller, and mindset master—she is on a mission to turn the tide of negativity often attached to receiving orders to Minot.

Having triumphed over her own mental health crisis and shattered the chains of lifelong anxiety, depression, and negativity, Amy has dedicated nearly a decade to discovering simple strategies for maintaining mental wellness, as well as fostering contentment and resilience.

An authority on crafting narratives that flip negativity into perspectives laced with possibility, Amy empowers leaders to ignite their teams' sense of purpose and shield against burnout, enabling them show up better in all spheres of life and mission.

On September 7th, Amy will offer a gateway to transforming mindsets, and nurturing growth as she shares her unwavering enthusiasm for life in "Hotdish Land," and lays out actionable techniques for leaders to infuse their teams with a profound sense of purpose, while also shedding light on how caring for the mental wellness



of the whole military family unit is crucial to fortifying our community and force. Join us, for this important, engaging, and highly relatable presentation.

Registration: downtownminot.com



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THANK YOU!

FROM HOT TOTS GENERAL MANAGER, MONICA BLAKE

28,303 Memories Created, \$50,000 Donated, 7 Sellouts, 1 Unforgettable Inaugural Season

MINOT, ND - That's exactly what our Inaugural Season was - unforgettable, and it would not have been possible without you, the Fans. So on behalf of our entire team, I want to say THANK YOU Hot Tots fans for your support, and for welcoming the Hot Tots into the community of Minot this year.

Our mission is clear - to use FUN to make a difference. We wanted to bring a team to Minot that would not only bring joy to the field but also make a positive impact in our community. Today, I can confidently say that, with your help, we have accomplished that mission.

Here's a few of the highlights:

- 7 SELLOUTS. We sold out Corbett Field for the first time since the 1990's, and then we did it again SIX. MORE. TIMES. 28,303 people gave us a shot and attended a game at Corbett Field this summer, and we are honored to be an outlet to create memories with friends and family.
- RAISED OVER \$50,000 FOR

LOCAL CHARITIES. Through our First International Bank and Trust Miracle Minute and 50/50 Raffles at games, our three specialty jersey auctions, our Strikeout the Stigma promotion presented by Blue Cross Blue Shield of ND, our non-profit ticket fundraisers, and more we were able to make a true impact in the community.

- 55 PLAYERS, 19 INTERNS, 90 GAMEDAY TEAM MEMBERS. Because of you, we were able to welcome our players and interns to Minot for an unforgettable experience that will help them further their careers in the sport industry and beyond. In addition to that, we were able to create 90 jobs for local gameday team members, including over 20 first time jobs in our community.

- SUPPORTING LOCAL BUSINESSES. With your help we generated thousands of dollars to local businesses through sponsor promotions, Fan MVP Card Redemptions, and more.

•1,583 POUNDS OF TATER TOTS. Enough said...?

In addition to some amazing highlights, we also learned A LOT this year. Through fan feedback and suggestions, we hope to continue to improve in all aspects, on and off the field. We can't wait to use the things we have learned to make the fan experience the best it can be for years to come.

So again - THANK YOU. Thank you for making our Inaugural Season one to remember. Thank you for welcoming myself, my fiancé, and the rest of our front office into the community of Minot. We're home, and we can't wait to continue making a difference in our community and pushing the envelope on what family-friendly entertainment means in Minot.

Here's to year two... and many more to come!

Sincerely,
Monica Blake
General Manager, Minot Hot Tots

EVERYDAY HAPPY HOUR - 3PM - 6PM

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

DAILY SPECIALS

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

FAMILY PACKS

- Monday Pizza Pack Combo
- Tuesday Sandwich Pack
- Wednesday Chef Creation*
- Thursday Pasta Pack

*Changes Weekly - Check our Facebook Page

MILITARY DISCOUNT 10% OFF

thestarvingrooster.com

MAGIC CITY DISCOVERY CENTER

MagicCityDiscoveryCenter.com
701-858-7529

DISCOVER. CREATE. EXPLORE. PLAY.

MEN

4 Person Teams

Tuesday (9/19)..... 6:30 pm
Wednesday (9/20)..... 6:30 pm
Wednesday (9/20)..... 7:00 pm

WOMEN

4 Person Teams

Tuesday (9/19)..... 6:30 pm
Thursday (9/21)..... 6:30 pm

YOUTH

All New Bowlers Get a FREE Bowling Ball and Shirt

Registration for All Ages, 9/9

Thursdays(Ages 7 and up)..... 3:45 pm
• Start Day, 9/14
• Weekly fees for 2 games: \$9

Saturdays(Ages 5 and up)..... 9:30 am
• Bumper Leagues for ages 5-6
• Bowling Start Date, 9/16
• Weekly fees for Bumpers & Squirts (2 games): \$9
• Weekly fees for Bantams (3 games): \$13

Sundays(Ages 12 and up)..... 6:00 pm
• Start Day, 9/17
• Weekly fees for 3 games: \$13

Mondays(Ages 12 and up)..... 5:00 pm
• Start Day, 9/18
• Weekly fees for 3 games: \$13

LEAGUE BOWLING

NO EXPERIENCE NEEDED!

AMERICA'S #1 PARTICIPATION SPORT

MIXED Teams

Sunday (9/17).....7:00 pm
Wednesday (9/20)..... 7:00 pm
Thursday (9/21)..... 7:00 pm
Friday (9/22).....6:30 pm

SENIORS

4 Person Mixed Teams
•••• FREE COFFEE ••••

Wednesday..... 10:00 am
• Starts 9/13
Friday..... 1:00 pm
• Starts 9/15

DAYTIME COFFEE

FREE COFFEE

Thursday..... 1 pm
• Starts 9/21, 3 person teams

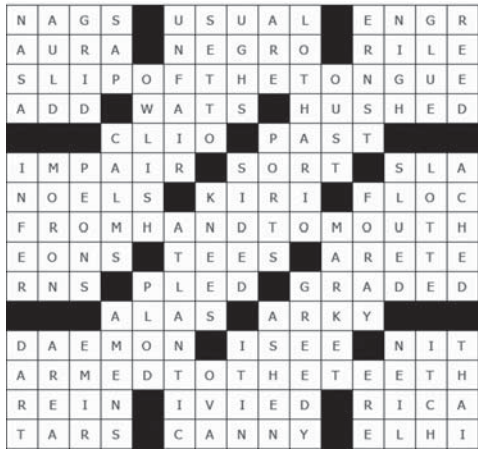
28 WEEK SEASON

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CROSSWORD SOLUTION

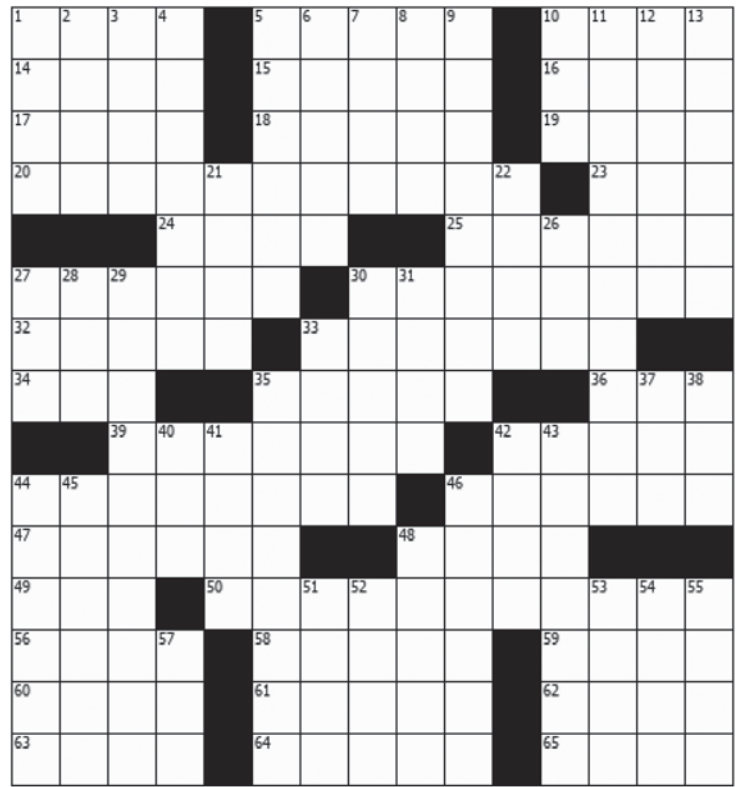
Solution to last week's Crossword puzzle.



CROSSWORD PUZZLE

Across

1. Fall into place
5. Hobbyist's wood
10. Blue hue
14. Suit to __
15. At full speed
16. Ballpark figures
17. Future doc's exam
18. Old-time actress Shearer
19. Lips service?
20. Hog-calling talent?
23. "To Kill a Mockingbird" author
24. Traffic sound
25. Criticize vociferously
27. European capital
30. Members of combos
32. Family emblem
33. Crams for exams
34. Offense on the rd.
35. Scoots
36. Northeastern league
39. Medicated drop
42. Contradict
44. Louses (up)
46. CPA's concern
47. Out to lunch, say
48. It can deliver a punch
49. Kitten's cry
50. Really tasty ribs?
56. Saharan
58. "Paper Moon" actress
59. "Topaz" author
60. Soft drink nut
61. Maestro's reference
62. Bubblehead
63. Part of ROM
64. Moved carefully
65. Tolkien creatures



Down

- | | | |
|--|-------------------------------------|--------------------------------------|
| 1. Impromptu jazz sessions | 21. Machine with a shuttle | 41. Oomph |
| 2. Engrave, in a way | 22. More limited | 42. Huge party |
| 3. Goneril's father | 26. "Charlie's Angels" actress Lucy | 43. Shape using a die |
| 4. Beatles album co-produced by Phil Spector | 27. Inc., in Ipswich | 44. Capital of Mali |
| 5. Synthetic yarn | 28. Promising letters | 45. "Wuthering Heights" star Merle |
| 6. "It's __ Unusual Day" | 29. Bad batch of moonshine? | 46. Like a duke |
| 7. Symbol of happiness | 30. Sci-fi humanoids | 48. Breakdown lane warning |
| 8. California's __ Valley | 31. Poker stake | 51. Cuzco builder |
| 9. Philosophers' fortes | 33. Cause of ruin | 52. Some July babies, astrologically |
| 10. Early refuge | 35. Corn sugar | 53. Heavy metal |
| 11. Bird's molt? | 37. By means of | 54. Light melody |
| 12. Vote out | 38. Bow wood | 55. WWII Normandy arrivals |
| 13. They may be fixed on a balance sheet | 40. Approval for the matador | 57. Doris or Dennis |

SUDOKU

Solution to puzzle on page B9

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



Minot AFB Chaplain Corps

BISMARCK / USAF MARATHON TRAINING COMMUNITY

13.1 26.2

Will you rise to the challenge?
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 CHALLENGE YOURSELF TO RUN 13.1 / 26.2 MILES

Contact: Sign Up w/QR Code:
 Chaplain Mark Bradshaw
 723-2456 / mark.bradshaw.2@us.af.mil

RACE DATE:
 16 SEPT 2023
 [BOTH RACES]

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 WEDNESDAYS @ 1730
 BUD EBERT PARK, MINOT AFB



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 FRIDAY & SATURDAY:
 11AM - 1AM

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CHURCH DIRECTORY

Chapel Services at MAFB

North Plains Chapel in Base Housing

Protestant Liturgical Service
Christ Chapel
 0900

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

Wicca, Pagan, and Neopagan Services
Open Circle
 1000 on the 1st and 3rd
 Saturdays of every month

Northern Lights Chapel across from Rockers

Catholic Mass
 Sunday 1000
 Daily Monday-Thursday at 1200

Immanuel Baptist Church
 1615 2nd St. SE • www.ibcminot.org
 701-839-3694



SUNDAY: 10:00 AM WORSHIP
WEDNESDAY: 11:30 AM SOUP KITCHEN

NEW- Pastor Brian Keithline



JOURNEYCHURCH
 ASSEMBLY OF GOD

1805 2nd St. SE
838-1111

Sunday Services
 9:00 AM & 11:00 AM

Wednesday
 6:30 PM

First Baptist Church
 200 3rd St. SW • 852-4533
 www.fbcminot.org

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

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



OUR REDEEMER'S CHURCH
 A Church of the Lutheran Brethren

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

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



OUR REDEEMER'S CHRISTIAN SCHOOL
 700 16th Avenue SE
 Minot, ND 58701
 info@orcsknights.org • 701-839-0772

www.orcsknights.org

St. Peter The Aleut Eastern Orthodox Church



109 6th St. SE
Minot • 838-3094

Saturday, September 2
 5PM, Great Vespers

Sunday, September 3
 10AM Holy Liturgy

V. Rev. Fr. Paul Hodge

To Advertise your Church in this space.

Call 839-0946

Only \$9.00 a space / per week



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

Minot Baptist Church

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

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

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

Apostolic Faith Church, UPCI

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

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

Jesse Starr, Pastor



Break Forth BIBLE CHURCH

Wednesdays 7:00pm
 and Sundays 10:30am

1821 W Burdick Expressway
 For More Information:
 701.838.2665 | www.bfbc.tv




Faith United Methodist Church

5900 Highway 83 N, Minot
 www.faithumcminot.com

Pastor Ken Mund
 701-838-1540

Sunday School (All Ages): 9:45 a.m.
 Sunday Coffee Fellowship: 10:30 a.m.
 Worship Services: Sunday 11 a.m.

St. John the Apostle Catholic Church



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

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

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

Cross Roads Baptist

Southern Baptist Convention

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

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

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



Grace Baptist CHURCH OF MINOT
 A Reformed Baptist Church

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

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

RADIO BROADCAST
 KFLK 95.9 LPFM 8:30 a.m./p.m. Sat/Sun



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

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

www.trinitychurchminot.org

Cornerstone Presbyterian Church

1000 NE 3rd Street
852-0315

Sunday Schedule
 Contemporary Worship 9:00am
 Sunday School (All Ages) 10:00am
 Traditional Worship 11:00am

Wednesday Evening Schedule
 Community Dinner 5:30-6:30pm
 Contemporary Worship 6:30pm
 Youth Group & Small Groups.. 7:15pm

All are Welcome!
www.cornerstoneminot.com

First Lutheran Church - ELCA



120 5th Ave. NW
 852-4853

Sunday Worship
 9:30 am

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

Pastor Brandy Gerjets • Pastor Ellery Dykeman

West Minot Church of God
 Family Worship Center

1105 16th St. NW • 839-1407

Sunday School 9:30 a.m.
 Sunday Worship 10:30 a.m.
 Children's Church & Nursery
 Wednesday Family Training Hour
 Meal 5:30p.m.
 Classes for All Ages 6:30 p.m.
 Youth Center, Friday 7:00 - 11:00 p.m.
 ABC Child Care Center 852-6352

westminot.com
facebook.com/westminot



OUR SAVIOR LUTHERAN CHURCH
 3705 11th St. SW
 Minot, ND 58701
 701-852-6404
www.oslcminot.com
 Rev. Heath Trampe
 Rev. Brian Doel

Sunday Worship
 8:15am Traditional Service
 9:30am Sunday School & Adult Bible study
 11:00am Contemporary Service

Wednesdays 6-7pm
 Adult Choir
 OSKids (age 4-5th gr.)
 Confirmation (gr. 6-8)
 High school youth group (6-8pm)



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

1720 4th Ave NW, Minot
838-0916
MinotBibleFellowship.org




St. Mark's Lutheran Church
 Missouri Synod

Sunday Worship
9:30 AM

2209 4th Avenue NW
Minot, ND
839-4663

Reverend Philip Beyersdorf
www.minotstmarks.com
 Join us on facebook



Gospel Tabernacle Community Church

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

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

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

To Advertise your Church on this page,

Call 839-0946

Only \$9.00 a space / per week

ORCS Preschool

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

NOW ACCEPTING REGISTRATIONS FOR THE 2023-2024 SCHOOL YEAR

HIGHLIGHTS OF OUR PROGRAM

- Time-tested curriculum including STEM and Language Arts activities as well as Free Play
- 2 and 3 day options available
- Kindergarten readiness skills practiced each session
- All teachers hold a North Dakota Professional Educator's License
- Christ-centered environment

Please contact our school office or visit our website for more information.
701.839.0772
 Email: jschultz@orcsknights.org
 Website: www.orcsknights.org



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Church

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Revisions MADE UPON NOTICE FROM THE CHURCH

Deadline TUESDAYS BY NOON WEEK OF PUBLICATION

CONTACT US

call
 701-839-0946

email
 NSADS@SRT.COM

VIEW OUR PAPER ONLINE AT
NORTHERNSENTRY.COM

91st MXG Family Fun Day

On August 18th, the 91st Maintenance Group hosted their 91st MXG Family Fun Day. The event brought together maintenance group members and their families to see the work that the 91 MXG performs. Open displays of various equipment were provided for tours to help educate and provide visual reminders of the 91st MXG's mission of safe and secure nuclear deterrence. The equipment showcased consisted of the Payload Transporter, Transporter Erector, and our training launch facility.

Colonel Patrick Baum, 91st MXG commander, delivered the opening remarks for the event and welcomed all the personnel, their families, and the community partners who helped put the event together. The unit presented miniature Bully sticks, a symbol of the 91 MW's heritage, to key partners for embracing Teddy Roosevelt's love of hard work, love of country, and personal sacrifice demonstrated by our technicians daily. Key partners included Northern Sentry, Noodles & Company, Jersey Mikes, and the

Scandinavian Heritage Association. Airmen of the 91st MXG enjoyed food and festivities to help bring together the BULLY spirit and show their families the details and background behind the work to operate, maintain and protect the Minuteman III Intercontinental Ballistic Missile.

The 373rd Training Squadron, our local training detachment, provided tours of Uniform-1, the on-base training facility, and showed the inner workings and operations of an in-field Launch Facility.



Members of the 91st MXG served by True North; food courtesy of Noodles & Company, Jersey Mikes and MSgt Jason Keen's BBQ.



Transporter Erector on display within the 91st MXG Bully Dome. This vehicle is used to load and transport the downstage of the Minuteman III into the missile field.



Mr. Ted Bolton of Northern Sentry receives a miniature bully stick for their contributions to the event and all the aid that they provide the 91st MXG.



U.S. Air Force Col. Patrick Baum and CMSgt Ryan Stocker showcase their comedic "mustaches".



US Air Force MSgt Jason Keen eagerly preps barbeque and his famous "Keens Beans" for the 91 MXG Family Fun Day.



Families of Airmen taking advantage of True North's face painting, bouncy castles, and games.

NOTES ON BEING SAFE

JOGGING SAFETY

Aaahh... with the temperatures finally warming up and days lasting a bit longer, more and more people will be out getting into shape by jogging. However, there are some considerations each participant should look into before lacing up their shoes and hitting the pavement.

First, choose the right equipment. Runners need shoes that fit comfortably, with extra room for toes to allow for foot expansion when running. Contact the Health and Wellness Center for more information about running shoes and the proper fit. Clothes should be roomy enough to let you move freely and should "breathe" (let moisture evaporate). Dress as lightly as possible in porous, light fabrics. Joggers should also choose light-colored clothing and/or reflective material if running in darkness.

Second, know the rules of the road. When jogging with others on the roadway, run in single file. Use sidewalks where available and practical. If jogging on a road, always jog facing traffic. Use extreme caution when crossing streets and at intersections. For those who choose to jog on base, Air Force Instruction 91-207, "The US Air Force Traffic Safety Program," and AFI 31-204, "Air Force Motor Vehicle Traffic Supervision," prohibit the use of headphones while jogging on base streets. For additional details and/or questions please refer to AFI 91-207.

Finally, when the weather is hot and humid, gradually build up distances over a five to seven-day period so your body can adjust.

Run slowly and dress lightly. Jog during morning or evening hours when it's the coolest. Don't forget to drink plenty of water before and during jogging, but don't drink too much.

Know the type of heat injuries - heat stroke, heat stress, heat exhaustion, etc. - and watch for

the danger signs such as dizziness, nausea, throbbing head, etc. If you recognize these signs, stop running and get prompt medical attention. Keep these tips in mind when you get ready to hit the pavement. The key to a great workout is a safe workout.



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Thriving into the 2023-2024 School Year

School is in session and our Minot AFB students! This summer has been filled with long days, outdoor activities, and occasional sightings of the Northern Lights. Over the last month, I was privileged to visit local education agencies in the Minot area, attend orientations, open houses, and teacher convocation. A common theme and thread from these experiences was creating a safe space for our MAFB students to thrive during the 2023-2024 School Year.

Adjusting to new and ever-changing environments present challenges for students. However, our agencies, especially the School Liaison Office (SLO) at Minot Air Force Base, are incredible resources. For example, when you reach out to the School Liaison Office, not only will we provide information on the programs we manage, but will also connect you to incredible resources at Family Child Care (FCC), the Youth Center (YC), Military & Family Readiness Center (M&FRC), the Resident Advocate and so much more.

Each day, week, month, and year, our goal is to be student focused driving positive outcomes for Minot AFB students. Education is an essential when considering



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



quality of life and Mrs. Sharene Brown, spouse of the Chief of Staff of the Air Force established the "Five and Thrive" initiative to address this.

Read more about the "Five and

Thrive" Initiative here: <https://sites.google.com/view/fivethrive/home?authuser=0>

In what ways are you encouraging others especially students to thrive?



Welcome to the Five & Thrive Landing Page! This Landing Page serves as the home base for all things Five & Thrive, including the modern and inspirational Thrive Guide, informative monthly STREPS, quality-of-life resources, community partnership information, creative best practices, success stories, and MORE! We hope it will provide you with a one-stop shop of consolidated resources and specific tools needed to navigate military life at home and in your community.



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Choosing Homeschooling

BRIANNA LOW, NORTHERN SENTRY

As parents, the education of our kids is a big decision to be made. One option is to homeschool your children and put the education in your hands. For us, this was a decision we made this year and it led me to research and find those who could support me through the journey. For those who have interest, there is a Facebook group called Minot AFB Homeschoolers. They organize group recesses, field trips, and offer general support and knowledge. That is how I met Jennifer Robson, a homeschooling mom of two.

Northern Sentry: How long have you been homeschooling?

Jennifer Robson: I have been homeschooling for over 9 years.

NS: What led you to choose to homeschool?

JR: We didn't start homeschooling. Both my boys originally started out in the public school system. It was a great school and we absolutely loved the teachers. In fact I am still friends with some of them. When we moved to Del Rio, Texas things did not go so well. The transition was not the greatest for my oldest. After prayer we decided homeschooling was the best decision for our family. We haven't looked back since

NS: What would be a first step for someone interested in this?

JR: The first step for someone starting would be to look up the state law and work from there on what the next step would be. I know the Homeschool Legal Defense Association- HSLDA- is a great source of information for starting. When we first started I had no idea what was out there. It can be overwhelming at first because there is just so much curriculum and styles.

I have gone through a lot of styles

before I was able to find the right fit for my boys. Right now we are part of the Classical Conversations Community here in town and we absolutely love it. So far it is the best fit for the season we are in.

NS: What has been your favorite part?

JR: How can I pick my favorite part? There are so many. I love that I have regained my education, learning right beside my boys has been such an amazing experience. I love that I can control what my boys are learning and I get to watch them grow into such amazing young men.

NS: What challenges have you faced?

JR: Homeschooling brings many challenges even if it is worth it. I think the biggest one has been my own expectations. I think a year is going to go one way and life happens and I need to be ok with the good and bad. It is ok if we have a bad day. We have the option to just walk away and have fun.

NS: What resources would you recommend for other homeschooling parents?

JR: The main resource I can think of is HSLDA. I really wish I could help with that. I would say my biggest resource was the Mom's around me. I could not have gone as far as I have without my gang of Moms.

The decision to homeschool is a large and overwhelming idea. Talking with moms like Jennifer has really helped me find peace and comfort in my decision. I hope those that are considering the option or have chosen to begin this journey can also find the same!



Jennifer and her two sons celebrating another first day.

5 SEPT **FALL STEAM**
1:00 PM - 4:00 PM
Ward County Public Library
225 3rd St SE, Minot

Join us at the Ward County Public Library on Tuesday, September 5 at 1:00 pm to let off some steam and learn some Fall STEAM. STEAM is a combination of Science, Technology, Engineering, Art, and Math. All ages are welcome, but children under 6 years must be accompanied by an adult.



For more information:
Facebook / Ward County Public Library / Events

9 SEPT **6TH ANNUAL FUEL THE FIGHT FUNDRAISER**
6:00 A.M. - 11:00 P.M.
Dakota Square Arco
1520 24th Ave, SW, Minot

Trinity Health Foundation will host its sixth annual Fuel the Fight fundraiser. Funds raised from the event will be used to provide prepaid gas vouchers to assist patients with transportation costs to and from their oncology treatments. Prize Drawing: purchase eight or more gallons of fuel at Dakota Square ARCO on Saturday, September 9th and receive an entry for the prize drawing of Free Gas for a Year donated by First International Bank & Trust (a \$75 gas certificate per week for 52 weeks) 6 a.m. - 11 p.m. Percentage of Sales on fuel and in-store purchases the day of the event at Dakota Square ARCO will be donated to Fuel the Fight. Dunk Tank: 1 - 5 p.m. Food Trucks: 11 a.m. - 2 p.m. Bounce Houses: 10 a.m. - 5 p.m. Hourly Prize Drawings: 10 a.m. - 4 p.m.



For more information:
Facebook / Trinity Health Foundation / Events

10 SEPT **GRANDPARENTS DAY AT THE ZOO**
9:00 AM - 6:00 PM
Roosevelt Park Zoo
1219 E Burdick Expy, Minot

Grandparent's admission is free with the purchase of a child's admission. Even if that child is 2 & under and free. Even if that child is adult admission level. Grandma & Grandpa too far away? Adopt a neighbor. Enjoy the Zoo.



For more information:
Facebook / Roosevelt Park Zoo / Events

26 SEPT **SALSA SHOWDOWN**
4:00 PM
Oak Park
1300 4th Ave, NW, Minot

This Showdown is for the sweet and spicy homemade salsas to finally get the credit they deserve. Judged by our panel of celebrity judges with the help of the People's Favorite Jar Decoration to crown the winners in 3 categories and 2 divisions. Salsa will be judged on appearance, color, flavor and texture. Decorate your Jar for the chance to win People's Choice! Get all major produce supplies from one or more of our market vendors and get yourself entered for a BONUS prize! Adult Division: \$15 per entry, Youth Division: \$10 per entry. Entries can be dropped off September 19, 20 or 23rd - or on the 26th at the Market. Need not be present to compete. Salsa Showdown Details, 2 Age Divisions - Youth & Adult, Multiple Categories - Spicy, Sweet, Non-Tomato Base. Prizes for 1st and 2nd Place in each category and division. Prize for the People's Choice Salsa Jar Decoration



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www.minotfarmersmarket.com/salsa-showdown

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WHAT'S HAPPENING AT THE MINOT AFB EXCHANGE

MINOT AFB VISITORS CAN DINE AT EXCHANGE RESTAURANTS AND EXPRESSES

MINOT AB – Authorized Minot AFB visitors can dine in or grab a meal to-go at the Army & Air Force Exchange Service's restaurants and Express stores.

Minot AFB visitors can access dine-in options and quick-serve restaurants at the Minot AFB Exchange and Express locations, unlocking the tax-free dining benefit and contributing to the Exchange's support of military communities.

"It matters where you eat. 100% of the Exchange's earnings support military communities through critical quality-of-life programs," said General Manager Kyle Omler. "The Minot AFB Exchange is excited to share the dining experience with authorized installation visitors and

nourish those who support our service members."

Minot AFB Exchange restaurants offer better-for-you menu choices as part of the Exchange's BE FIT 360 initiative. Every Wednesday, direct-run Exchange restaurants including Subway and Charleys Philly Steaks offer \$2 off entrée salads priced at \$4 or higher. Visitors can also identify BE FIT 360-approved items at Express locations with easy-to-spot Healthier Choices, Healthier Lifestyle shelf tags.

For more information on who can dine at the Minot AFB Exchange, visit Army Regulation 215-8/Air Force Instruction 34-211 (I) and Department of Defense Instruction 1330.21.

MINOT AFB SHOPPERS CAN WIN 50 GAMING PRIZES IN SOLDIER SHOWDOWN V SWEEPSTAKES

MINOT AFB – Minot AFB shoppers worldwide can enter to win one of 50 prizes in the Soldier Showdown V Sweepstakes.

Through Sept. 30, Minot AFB shoppers can enter 10 sweepstakes at ShopMyExchange.com/sweepstakes for a chance to win one of 50 prizes, with a total value of over \$7,000.

Prizes include:

- OSP Home Furnishings Area 51 Battlestation Gaming Desk (three winners)
- Exchange Ergonomic Home Office PC Gaming Desk (three winners)
- Nitro Gaming Chair (three winners)
- UpSwitch Orion Portable Gaming Monitor (six winners)
- Govee RGBIC Pro LED Strip Lights (12 winners)
- Govee RGBIC TV Backlight with Camera (three winners)
- Govee Glide Wall Light (five winners)

- \$50 Twitch Gift Card (five winners)
- \$50 Xbox Gift Card (five winners)
- \$50 PlayStation Gift Card (five winners)

The sweepstakes are celebrating the Soldier Showdown V esports tournament taking place through the end of September, with more prizes up for grabs from the Exchange for winners and top qualifiers. The Army Installation Management Command tournament is open to any active duty Army Soldiers, Army National Guard, Army Reserve and Active Duty Military stationed on Army joint bases. For more information, visit army.mwr.com/esports.

The Soldier Showdown V Sweepstakes is open to all authorized Exchange shoppers aged 18 or older at the time of entry. The prize drawing will take place on or about Oct. 6.

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by Patricia Stockdill

Fishing:

Lake Sakakawea elevation, Aug. 28: 1,841.69 feet above mean sea level (MSL); 22,100 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.71 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.73 MSL.

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

•Devils Lake, Ed's Bait Shop, Devils Lake: Continued good success for small walleye throughout much of Devils Lake.

•Devils Lake, Woodland Resort, Devils Lake: Continued fair to good for walleye with increasing numbers of anglers switching to vertical jigging along rock piles and towers. Still some spinner and bottom bouncer activity with improving success on minnows. Try nightcrawlers, as well.

•Lake Darling, Karma C-Store, Ruthville: Not many reports but look for continued walleye activity on Lake Darling using crankbaits.

•Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Continued fair to good walleye success on Lake Darling with good numbers of anglers on the water yet. Water conditions are OK. Not much shore fishing on the lower end of Lake Darling but continued activity around Grano.

•Lake Metigoshe, Four Seasons, Bottineau: Improving walleye success. Some nice-sized bluegill showing up along the docks and in the shallows. Occasional nice-sized pike mixed in with overall good pike success.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Continue working deep water with slow presentations for walleye throughout the east end of Lake Sakakawea. Overall slow to fair success at best. Some salmon success on the south side around

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

- Sept 1: Dove, archery pronghorn (lottery license holders only), archery deer, and mountain lion seasons open.
- Sept. 2: Living History Weekend, Fort Union Nat'l. Historic Site, Williston.
- Sept. 2: Evening Hike Series, Sunset Hike, Fort Stevenson State Park, Garrison, 8 p.m.
- Sept. 7: Early Canada goose Missouri River Zone closes.
- Sept. 9: Sharp-tailed and ruffed grouse, partridge, and tree squirrel seasons open.
- Sept. 15: Early Canada Goose Western Zone closes.
- Sept. 16 & 17: Veterans & active military ducks, coot, & merganser season.
- Sept. 16: Sandhill crane season opens.

TOURNAMENTS:

- Sept. 6 – 8: Devils Lake, Grahams Island State Park.
- Sept. 8 & 9: Lake Sakakawea, Beulah Bay.
- Sept. 9: Lake Sakakawea, Tobacco Garden.
- Sept. 16: Lake Sakakawea, White Earth Bay.

Garrison Dam working 85 feet over 95 to 100 feet of water. No Lake Audubon reports.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Work main lake points or sunken humps on the east end of Lake Sakakawea in 25 to 40 feet with plain lindy rigs and bottom bouncers for walleye. Try around Mallard Island west to Pick City and Hazen Bay along the south shore or Berthold Bay on the north side. Also try jigging Raps. Try 25 to 30 feet with spinners and bottom bouncers with nightcrawlers for walleye on Lake Audubon. Continued smallmouth bass success in 2 to 12 feet with swim or top water baits.

•Lake Sakakawea, Indian Hills Resort, Garrison; Work 30 to 40 feet for walleye with most success on nightcrawlers but look for the fall transition to minnows starting. Some nice-sized fish showing up. Try from Beacon Point to Deepwater Bay and Independence. Point.

•Lake Sakakawea, New Town: Walleye activity slowed somewhat but continue working deep water in 40 to 50 feet with heavy bottom bouncers and nightcrawlers or minnows in the Van Hook Arm.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace remains fair for walleye at night from the rocks casting crankbaits. OK boat success for small walleye in the spillway channel with some catfish showing up in the chutes. Wing walls continue producing chutes. East end of Lake Sakakawea slow to fair for walleye

in 40 to 50 feet along drop-offs wherever smelt concentrating. Work 75 to 100 feet over deep water for salmon with overall fair success at best. Try the face of the dam or along the Riverdale.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Decent walleye bite around Lewis & Clark State Park and Lund's Landing. Try crankbaits or spinner and heavy bottom bouncers with nightcrawlers. Work shallow down to 25 feet. Larger fish remain more around New Town in deep water, 40 to 50 vertical jigging with jigging Raps. Missouri and Yellowstone rivers continue producing catfish but water remains muddy.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Limited activity throughout area lakes.

Hunting:

•Deer: Look for fair numbers in the northwest but be prepared to handle meat properly with warm temperatures. Upper Souris Nat'l. Wildlife Refuge open for archery deer hunting but check refuge-specific regulations for closed areas.

•Doves: Birds starting to bunch. Look for areas with water and food edges.

•Early Canada goose season: Some success around the Devils Lake area.

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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MINOT AFB ANNOUNCEMENTS

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

Embry-Riddle Aeronautical University is the world's pre-eminent university for aviation and aerospace education. However, our dynamic, hands-on programs will prepare you for careers well beyond the limits of the sky. Our Worldwide Campus has been working with U.S. military service members since 1970, helping them to earn a degree while on active duty or as veterans. And we do it at more than 90 military installations around the globe. The Embry-Riddle Minot Campus — located at Minot Air Force Base — offers associate, bachelor's, and master's degrees, as well as undergraduate and graduate certifications, that will help you whether you are an active-duty military service member, a veteran, or a civilian working at or around Minot Air Force Base, Embry-Riddle Worldwide is here to help you earn your college degree. A degree from Embry-Riddle Worldwide will help service members to become commissioned officers, will make veterans more desirable job candidates as they enter the civilian workforce, and will assist civilians with job advancement or career changes. Our modes of instruction are: Online, Eaglevision Home and Eaglevision Classroom. Our next upcoming term: 16 Oct-17 Dec. 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.

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 relocate near one of our 30 locations nationwide. Fully accredited by the Higher Learning Commission (HLC) we are delighted to establish this location at Minot. Come talk to us at the education center and explore your options for your next step down the path to your educational goal. We are located in Room 219 or call 701-714-0000.

PARK UNIVERSITY MINOT –

Your degree, Your way. Park University is enrolling now for Spring II Term. Classes start March 13, 2023! Earn your CCAF credits, AU-ABC, and your Bachelor's degree with PARK. Let's maximize your military experience! Find how many credits you can get from your military experience by going to military.park.edu and confirmed your credits Or Ask Alexa! Enable the Park University skill on your Alexa device and say "Alexa, ask Park, How many credit hours can I get from my military experience?" She'll even tell you your graduation date! Minot AFB @ the Education Center RM 222 | 844-884-8612 | mino@park.edu PARK. YOU

MINOT STATE UNIVERSITY

Minot State University is excited to again offer face-to-face classes at the Minot Air Force Base. 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

Flag Placement Volunteers

Every day we lose service members and veterans to suicide. In a way to honor those who lives the Integrated Primary Prevention Office is placing flags along Missile Ave on 6 September. The flags will remain there for the month of September as a reminder of those that we have lost and that help is available. We are looking for volunteers to help place the 328 flags representing the number of active-duty service members that were lost to suicide in 2022.

Date is 6 September 2023 @ 0930. We will place flags along Missile Ave @ 1000. We anticipate being completed with this task NLT Noon.

If you would like to volunteer to be a part of this opportunity. In your response, please include your name, a good contact number, and your squadron.

POC: Alicia Thompson GS-12, 5BW/Integrated Prevention Analyst
alicia.thompson.30@us.af.mil

5 FSS Mascot/Mascot Spotter Volunteers

• On Saturday, 9 Sep. 2023, "Darcy" (the 5th Force Support Squadron's mascot) will be appearing at Firefest.

• We have one shift we are looking to fill for this event. The shift is from 1230-1430 at the Jimmy Doolittle Center. For this shift we are looking for someone to wear the mascot outfit and someone to act as an escort/spotter for Darcy.

• Please respond as soon as possible if you are interested in volunteering to be Darcy or Darcy's escort. More details will be provided.

If interested, please email: 5 FSS/CCK MARKETING & PUBLICITY (dl) Or call 723-6707

AF Ball AADD Volunteers

16 September 2023

If you've been wanting to assist in the AF Ball but don't know how, this is your opportunity to! AADD is requesting volunteers for our upcoming AF Ball. Volunteers will be readily available at the Grand Hotel to provide rides in their POVs. For more information, please see the attached flyer and/or reach out to any of the POC's.

Time: 1900-2230

Location: The Grand Hotel, Convention Center 1505 N Broadway, Minot, ND

Dress Code: White/Black shirt, khakis/jeans

Food and drinks are provided/volunteers receive a Letter of Appreciation

POC's: MSgt Shelby Bird (757)256-7931 &

SSgt Kristal Cruz Leon (228) 235-6521

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.

POC's: 2nd Lt. Genesis Berry, 701-723-5239

Genesis.a.berry.mil@health.mil

Kaitlin Reyna, 907-854-9559

24 Hour Run & Reading Event Volunteers

Volunteers are needed to help support the *Prisoners Of War * Missing In Action 24 HOUR RUN & READING EVENT*

Who: Military, Civilian, Contractors & Dependents

What: 24 hours of the POW/MIA flag in continuous motion during a reading of POW/MIA names.

When: September 14-15, 2023, ~ 1400 to 1400

Where: The Flag will start at the main gate with a motorcycle escort and proceed to Bud E. Park Outdoor Track for the remaining 24 hours.

Why: To reflect on, appreciate, and honor the sacrifices of those men, women, and their families who came before us and paid the ultimate cost while serving our country.

Participant Sign Up Location:

<https://usaf.dps.mil/:x/t/2023POWMIAEventCommittee14-15September/ERnUHBPQ8Z9FsZAAfgufaDgBnsDmXVieoZektkFm0kv2TA?e=vFWFL>

5 BW & 91st MW Runner/Reader Sign Up - Copy and paste the link above into your browser then select a time for runner or reader and email your preferred time to michael.shaw.14@us.af.mil

POC's: MSgt Michael Shaw - 723-6407 - 5th BW (5 MUNS)

MSgt Juan Gonzalez - 723-6118 91ST MW (791 MSFS)

YMCA Referee Volunteers

The sports director at The Minot Family YMCA is looking for coach and referee volunteers. Most of the youth football games are played on Saturdays from 9:00am to 3:00pm and each game is an hour long. Anyone interested, please contact the YMCA Sports Director.

POC: Shane Christiansen, Youth Sports Director, Minot Family YMCA
701-852-0141

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.

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

Heritage Day Volunteers

The Minot Diversity, Equity, Inclusion, and Accessibility Team in collaboration with the Minot Area Council of the Arts are hosting a Heritage Day Festival (formally known as The Culture Festival) on Saturday, 02 Sep 2023 at Oak Park.

The committee is currently looking for individuals and/or organizations who are interested in setting up and hosting Heritage Booths for the event. When setting up a Heritage Day booth, it is essential to showcase elements that represent and celebrate the heritage you are focusing on. Remember to design the booth in a culturally appropriate manner, utilizing colors, patterns, and decorations to represent the heritage. The goal is to create an immersive and informative experience for visitors, allowing them to appreciate and learn about the heritage you are showcasing. Sign up: <https://www.signupgenius.com/go/70A0B4BAFAD2EA1F94-heritage>
POC: SSgt Jacqueline E. Tolson, Jacqueline.Tolson@us.af.mil

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.gocivilairpatrol.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.go>

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

Caring Edge Hospice Volunteers

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

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

★ Hotel ★

REVEL Weddings for Warriors

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

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

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

For further information, please send a message to the hotel at revelnd.com or contact
Chelewa Springs or Ashley Cutler at
701-607-4557 or
701-306-3338.





FCC provides valuable in-home child care services to support the families of Minot AFB

Provider of the Month Feature

SEPTEMBER 2023



HANNAH JERNBERG

What do you enjoy most about being an FCC Provider?

I enjoy watching the kids learn new skills. It's so exciting to see them accomplish something that they couldn't do the day, week, or month prior.

What are your interests/hobbies?

My interests/hobbies are watching movies, hanging out with friends, and playing volleyball.

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

I would tell new providers to use their resources. Other providers/leadership, trainings, and even social media has so many amazing ideas for how to start and continue an in-home daycare.

For more information about FCC, please check out the following website: <https://5thforcesupport.com/fcc/>.

SMOKED PUMPKIN SOUP

Home of ECONOMY

INGREDIENTS
 5 POUND PUMPKIN, WHOLE
 3 TABLESPOON BUTTER
 1 ONION, DICED
 2 CLOVE GARLIC, MINCED
 1 TABLESPOON BROWN SUGAR
 1 TEASPOON PAPRIKA
 1/4 TEASPOON GROUND CINNAMON
 1/8 TEASPOON GROUND NUTMEG
 1/8 TEASPOON ALLSPICE, GROUND
 1/2 CUP APPLE CIDER
 5 CUP CHICKEN BROTH
 1/2 CUP HEAVY CREAM
 FRESH PARSLEY, AS NEEDED

Using a sturdy knife, cut the pumpkin into quarters. Scoop out the seeds and stringy fibers. Separate the seeds from the fibers, and save the seeds for roasting, if desired. When ready to cook, start the Traeger grill and set temperature to 165° F with the lid closed.

Arrange the pumpkin quarters, skin-side down, directly on the grill grate. Smoke for 1 hour. Increase the temperature to 300° F and roast the pumpkin until it is tender and can easily be pierced with a fork, about 90 minutes. Let cool, then separate the pumpkin flesh from the skin.

Meanwhile, melt the butter over medium heat in a 4-quart saucepan or stockpot. Sauté the onion and garlic until soft and translucent, about 5 minutes. Stir in brown sugar, smoked paprika, cinnamon, nutmeg, and allspice. Immediately add the apple cider, and cook for several minutes until the mixture is reduced and syrupy. Add the pumpkin and chicken broth. Let the soup simmer for 20 to 30 minutes. Blend soup until smooth. Add salt and pepper to taste. If it is too thick, stir in more chicken broth.

Divide the soup into bowls and drizzle with the heavy cream. Top with a sprig of parsley, if desired.

Ryan Davy - GM
Minot

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NORTH DAKOTA AND DOVES

Patricia Stockdill

Doves generally receive a hint of love from North Dakota hunters, but nothing compared to dove-loving hunters in states like Missouri or Texas.

Maybe part of the reason is the season seems to sneak up on us. It opens Sept. 1, which means, "Oh my gosh, don't blink but there is a hunting season underway now."

It's the same time harvest kicks into gear in one of the biggest, most important agricultural states in the country. Plus school starts and the North Dakota State University Bison football team would normally roll towards more victories in its quest for another consecutive national title if the South Dakota State University Jackrabbits hadn't pummeled them in the FCS National Championship back in January 2023.

Even with other distractions about 7,000 hunters pursue doves each year in North Dakota. That number is based on N.D. Game and Fish Department hunter harvest surveys.

Doves may not get the love they deserve but there are still several reasons to hit the field edges or set up some decoys in a few straggly dead trees along a wetland or crop edge: It's a great opportunity to get into the shooting and hunting mode with upcoming upland and waterfowl seasons.

Secondly, it allows hunting dogs to get some work under their belt before getting serious about grouse, pheasants, ducks, and geese.

The key is to get out early in the season because, quite honestly, many doves have already booked their flights south, en route to warmer climates for the winter.

The U.S. Fish and Wildlife Service, the agency charged with establishing dove season length and limits across the United States, allows North Dakota to have a 90-day dove season which closes Nov. 29.

Don't wait, however.

Instead, get out as much as possible as early as possible because doves will stage and move out in increasing droves with the next round or two of chilly weather.

Dove populations across North Dakota and throughout their range have generally remained steady. They're an "edge" species, taking advantage of patchy mixes of trees, grass, and cropland, along with residential areas. Game and Fish Department biologists even

count mourning doves while conducting summer upland brood surveys.

In addition, doves are banded throughout the U.S. It takes place in North Dakota from about July 1 through Aug. 15. The data is used to track harvest and population trends, which the Fish and Wildlife Service in turn uses to determine season length and limits.

Mourning doves were the only legal dove when the season was established back in 1980. However, over the years the non-native Eurasian-collared dove has expanded in population across many areas of the country, including North Dakota.

It's been legal to harvest Eurasian-collared doves in the state for several years, which is why the 15-bird daily and 45-bird possession limits can be an aggregate of mourning and Eurasian-collared doves.

North Dakota doesn't specifically survey its Eurasian-collared dove population but anecdotally believe the state's population is increasing, much as it is elsewhere across the country.

However, not many Eurasian-collared doves are harvested in North Dakota, in part because they tend to inhabit different areas than mourning doves. Think about pigeons and how they love old granaries, farm elevators in small communities, and oftentimes, buildings.

That's similar to where Eurasian-collared doves hang out. Those just aren't the areas where doves and traditional dove hunters hang out.

Mourning doves, on the other hand, like those rural edge, patchy habitat areas with a mix of grasses, grains, water, and a few dead trees tossed into the mix for them to roost.

The bottom line is dove season is open. It will likely be short for any major quantity of birds but hunters will still have opportunities when it rolls into grouse, waterfowl, and even pheasant season. It's just that

by then they're more of an incidental bird and a hunter probably doesn't have 7 or 8 shotshells in their hunting vest, let alone in their shotgun, at the time.

Yet it's a great primer for the upcoming seasons. It's great training for hunting dogs, especially for young pups, as well as seasoned veteran dogs to reinforce commands when waterfowl season rolls around, which that won't be too long from now, anyway. Get out and enjoy it.

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WHAT'S GOING ON MAFB

FRIDAY 01

- AFGSC Family Day
- For a full listing of Labor Day holiday facility hours, visit 5thforcesupport.com
- Banned & Challenged Books Challenge Begins, Minot AFB Library

TUESDAY 05

- JCM — 17 Essential Qualities of a Team Player, 0800, Professional Development Center
- Game Day, 1000-1930, Minot AFB Library
- Family Bootcamp, 1000, Turf hosted by McAdoo Fitness Center
- DIY Art Resin Charcuterie Board Class, 1730-1930, Arts & Crafts Center
- Magic The Gathering EDH/Commander Night, 1800, ESC
- Zumba, 1800, McAdoo Fitness Center

FRIDAY 08

- Family Zumba, 1000, Turf hosted by McAdoo Fitness Center
- Back to School Skate Night, 1800-2000, Youth Center

SATURDAY 02

- For a full listing of Labor Day holiday facility hours, visit 5thforcesupport.com
- Zumba, 1100, McAdoo Fitness Center

SATURDAY 09

- Zumba, 1100, McAdoo Fitness Center
- Firefest, 1200-1700, Jimmy Doolittle Center Parking Lot
- Show & Shine Car Show, 1200-1700, Jimmy Doolittle Center Parking Lot
- Vroom, Zip, Zoom!, 1300, Minot AFB Library

SUNDAY 03

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

WEDNESDAY 06

- Labor Day Ruck, 0730, 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
- Fighting Game Night, 1800, ESC
- Yoga, 1830, McAdoo Fitness Center

SEPT SPECIALS

Bomber Bistro **Teriyaki Chicken Bowl**
Grilled chicken enveloped in tasty teriyaki sauce with a side of broccoli and topped with sesame seeds. Only available during lunch in limited supply.

The B-Fifty Brew **Pumpkin Spice Latte**
Signature Starbucks espresso and steamed milk with the fan-favorite flavor combination of pumpkin, cinnamon, nutmeg, and dove.

Rockers Bar & Grill **Naked Wings**
Crispy, juicy traditional wings with your choice of sauce or dry rub, including Asian sesame, buffalo, fire & fury, honey bbq, sriracha, lemon pepper, and roasted garlic

MONDAY 04

- Labor Day
- For a full listing of Labor Day holiday facility hours, visit 5thforcesupport.com
- Registration Opens: Youth Indoor Soccer, Youth Center
- Labor Day Special Lunch, 1030-1330, Dakota Inn Dining Facility

THURSDAY 07

- Short Notice Pre-Separation Counseling, 0830-1130, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Thrift Savings Plan for Military Members, 1300-1500, M&FRC
- Zumba, 1800, McAdoo Fitness Center

BBQ COMPETITION

WHO THINKS THEY HAVE THE BEST BBQ IN MINOT?
FIREFEST IS COMING TO MINOT AFB FOR THE 1ST TIME EVER ON SEPTEMBER 9TH!

EACH TEAM RECEIVES:

- COMPETITION PROTEINS
- SPONSOR PACK (\$100 VALUE)
- CHANCE TO WIN A BULLSEYE WOOD PELLET GRILL FROM RECTEQ

REGISTER FOR FIREFEST BY 8 SEPT
FIREFEST.NET/MINOT
DON'T WAIT! LIMITED TO JUST 25 TEAMS!

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SEPTEMBER 9TH • 12PM - 5PM
JIMMY DOOLITTLE CENTER PARKING LOT
CHECK OUT NEW & VINTAGE TRUCKS, CARS, & MOTORCYCLES!

SCAN THE QR CODE FOR MORE INFO OR TO REGISTER:
HTTPS://TINYURL.COM/817DRH28

FOR MORE INFO CONTACT:
MARVIN SANDERS AT MINOT AFB AUTO HOBBY AT (701) 723-2127
CELL (701) 509-3722 OR SUSAN WAGERS AT (701) 723-6718

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FIREFEST BBQ PICNIC

SEPTEMBER 9TH
12PM - 2PM JIMMY DOOLITTLE CENTER PARKING LOT
PORK SANDWICH, BEANS, SLAW, DRINK, & DESSERT FREE!

ACTIVITIES 12PM - 5PM

- GO-KARTS
- AXE THROWING
- BOUNCE HOUSES
- MUSIC
- CAR SHOW
- PITMASTER ACADEMY

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