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WEEKS EDITION**

WHATS INSIDE THIS WEEK:



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PRAIRIE VIGILANCE 24-1



Defenders with the 5th Security Forces Squadron converse outside of their vehicles during Exercise Prairie Vigilance 24-1 at Minot Air Force Base, North Dakota, Oct. 23, 2023. Prairie Vigilance develops Airmen and aircrew, steadily increasing their skillset and improving mission readiness. See more on page A2.

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5th Bomb Wing carries out Exercise Prairie Vigilance 24-1

SENIOR AIRMAN EVAN LICHTENHAN, 5TH BOMB WING PUBLIC AFFAIRS



Senior Airman Cedric Amoranto, 5th Security Forces Squadron defender, provides perimeter security for a B-52H Stratofortress during Prairie Vigilance 24-1 at Minot Air Force Base, North Dakota, Oct. 23, 2023. Exercises like Prairie Vigilance continually develop Airmen and aircrew, improving capabilities and increasing mission readiness.

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

MINOT AIR FORCE BASE, ND -- The 5th Bomb Wing Warbirds carried out Exercise Prairie Vigilance (PV) 24-1 Oct. 23 to Oct. 27, at Minot AFB.

PV is an annual training exercise designed to test the Wing's ability to conduct strategic bomber readiness operations while ensuring its units are able to maintain their proficiency in a heightened state of readiness.

"Our units learn a variety of things from these exercises," said Capt. Joshua Griffin, 5th Bomb Wing Inspector General chief of exercises. "The first being the understanding of what their mission is within the big overarching 5th Bomb Wing mission, but also how each individual Airman plays a role. When Airmen understand what we are trying to accomplish here, you are providing a 'why' behind getting up in the morning, going to work, and accomplishing the mundane."

Not only does PV prove the 5th Bomb Wing's ability to generate assets safely, quickly, and securely, it also projects a message of deterrence. PV plays an essential role in confirming the Airmen's abilities to execute their tasks in a stressful, fast-paced environment, and gives squadrons the opportunity to perfect their contribution to Air Force Global Strikes Command's mission of providing strategic deterrence, global strike and combat support... anytime, anywhere.

"Exercises like Prairie Vigilance ensure the 5th Bomb Wing maintains a constant state of readiness and the ability to effectively contribute to the security of our nation and its allies and partners," said U.S. Air Force Col. Daniel Hoadley, 5th Bomb Wing commander.



A B-52H Stratofortress, assigned to the 69th Bomb Squadron, lands on the flight line during Exercise Prairie Vigilance 23-1 at Minot Air Force Base, North Dakota, Oct. 23, 2023. Prairie Vigilance promotes resilience, innovation, competitiveness and process improvement, all talents required to address the complex issues of today.

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

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A LOOK BACK

THIS WEEK IN USAF HISTORY

A BRIEF HISTORY OF VETERAN'S DAY NOVEMBER 11

President Eisenhower signing HR7786, which redesignated Armistice Day as Veteran's Day (va.gov)

On November 11, 1919, President Woodrow Wilson declared the first "Armistice Day" to honor the heroism and sacrifice of America's service members during WWI. Seven months before the Treaty of Versailles was signed to officially end the war, an armistice between the Allied nations and Germany was implemented. This cessation of hostilities began at 11:00 a.m. on November 11. In his proclamation, President Wilson said, "To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations..." Originally, the holiday was meant to commemorate WWI veterans and promote the cause of world peace, but in 1954 it was redesignated as "Veteran's Day" to honor *all* of the brave Americans who have served this country.

Information courtesy of: va.gov

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Minot Leaders See 'Extremely Real' Threat from China for Both Bombers and ICBMs

GREG HADLEY, AIR & SPACE FORCES MAGAZINE

The threat posed by the People's Republic of China is "extremely real" and "tangible," key operational leaders from Minot Air Force Base, N.D., said Oct. 30, pointing to China's moves to improve its military in response to the U.S.'s robust bomber and intercontinental ballistic missile fleets.

Col. Daniel S. Hoadley and Col. Kenneth C. McGhee command the 5th Bomb Wing and the 91st Missile Wing, respectively, and work closely together. Minot is the only installation to host both Air Force legs of the nuclear triad. Both keenly aware of how China is working to counter the U.S.—and the significance of staying ready, they said at a virtual AFA Warfighters in Action event.

"The weight of responsibility is not lost on us. It is something our Airmen have internalized and take extremely seriously," Hoadley said. "And we consider it a high honor to be a bedrock of our nation's deterrence on a day-to-day basis."

"It's extremely important that we understand that through ICBMs, through bombers, through subs, the deterrent capabilities of the nuclear enterprise, we are the backbone of the deterrent capability for the United States," McGhee added.

On the bomber side, the 5th Bomb Wing regularly deploys on Bomber Task Force rotations all over the world. This summer, around 280 Airmen and four of the wing's B-52 Stratofortresses spent a month in the Indo-Pacific, operating out of Andersen Air Force Base, Guam.

Such deployments replaced the Air Force's previous system of continuous bomber presences several years ago, with the goal of creating strategic unpredictability for adversaries. BTFs have also been used to reassure allies and partners by showing the U.S.'s global reach and commitment to deterrence, with bombers sometimes making rare or unprecedented stops in other countries. The 5th Bomb Wing landed the first-ever B-52 on Indonesian soil this June.

China has taken note and sought to assert itself. On Oct. 24, at night, a Chinese J-11 intercepted a B-52 from Barksdale Air Force Base, La., over the South China Sea. The Pentagon released footage from the incident, claiming the Chinese



Col. Daniel S. Hoadley, Commander of the 5th Bomb Wing, and Col. Kenneth C. McGhee, Commander of the 91st Missile Wing, during a virtual AFA Warfighters in Action event on Oct. 30, 2023.

SCREENSHOT

fighter came 10 feet from colliding with the American bomber and the pilot's behavior was "unsafe and unprofessional."

While the 5th Bomb Wing at Minot was not involved in that particular incident, "more and more, we're seeing these kinds of adversary reactions to our Bomber Task Force activity," Hoadley said. "When we park airpower in their backyard, they're coming out to take a look. Those [Chinese] aircraft are armed with live ordnance. Those are not movie props. That's the real deal. And so it takes a tremendous amount of grit and courage and professionalism on the part of our air crews to maintain their composure, stay on mission, and react appropriately when those kinds of things happen."

At the same time, Hoadley argued such incidents show the importance of the USAF bomber fleet and its unique capabilities.

"The adversary is coming out to react because they're taking notice of what we're capable of doing," he said. "It's a capability they don't have, to reach across the globe and provide a long-range strike capability at a time and place of our choosing. And so, from my side, I think it's equal parts a demonstration of fear and that they are taking notice of what we're doing and are trying their best to provide

their own assertive reaction to it, albeit with a short-range platform."

While the 91st Missile Wing does not deploy to the Indo-Pacific, its Airmen are also aware of the advances China has made with its ground-based missiles, said McGhee. China has significantly expanded its nuclear arsenal, outstripping previous Pentagon projections, and much of the growth has been in constructing new nuclear silo fields.

"The rise of the Chinese nuclear program has been dramatic, has been dynamic, and has been impressive," McGhee said. "I'll be honest with you, over the past few years, they've developed a capability, especially within their ground-based strategic nuclear force, that is impressive. And so it is imperative for us to understand at every level that the threat coming from China is extremely real."

To respond to that threat, McGhee emphasized the importance of keeping his own wing's Minuteman III missiles ready to go at a moment's notice.

"I have the opportunity, I have the mission to provide a nuclear deterrent capability across our missile fields ... to deter the rising and the pacing threat that China provides us and that they pose to us," he said.

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And Introducing, Alberta Clipper

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**A VIEW FROM
 OUR SIDE**
 ROD WILSON



Mr. Alberta Clipper blew through on Monday, bringing dropping temperatures, double digit wind gusts, and our first real taste of North Dakota wind chill. I must say that the past two weather events, last week's winter storm and this week's Alberta Clipper, have given us an introduction as to what we can expect this winter; but normally Mother Nature holds her cards a bit closer in that these types of weather events are more normal in December and January and not October, especially before Halloween.

What is an Alberta Clipper? Normally an Alberta Clipper will push warm air ahead of it, giving you a false hope for a nice day. Behind the warm air is cold air, coming straight from Canada, and because the air travels in a south easterly direction, coming from the northwest, it is named for the Canadian province where it seems to originate, Alberta. Winds can gust up to and over 40 miles per hour. Snow showers often accompany the winds. It is a good news, bad news scenario. Good news is that like its namesake "clipper", it travels fast. But the bad news is that behind an Alberta clipper is frigid air that will hang around for a couple of days, with no promise of a warm-up.

There are a couple of other weather events that often define winter, and let's hope that we see a more normal November and we don't need to talk about blizzards and white outs until well into December.

NO PROMISES-BUT:

I am sure many of you are stuck in the current quandary of "should I put away the rakes for the season? In my garage, the snow shovels take the place of the rakes once the fall leaves are properly raked up and hauled to the local residential collection sites. But the system was a bit out of whack this year. There are a ton of leaves on the ground that fell as a result of the heavy wet snow cover. There are still trees that are holding a majority of their leaves, too. So, the question is, "Will we get another chance to gather leaves in November?" I am thinking that we will, but there are no guarantees. There were places on

my sidewalk where I was shoveling as much leaves as snow. It would certainly be nice if we were able to dispose of the leaves properly and have a nice, clean start to yard work next spring. I'll give you a hint, if we don't get a warmup, sometimes called Indian Summer, by the time you are serving your turkey dinner on Thanksgiving, it is time to make the permanent shift in the garage. Rakes for shovels, snow blowers for lawn mowers. It's part of the North Dakota way of life.

YOU JUST HAVE TO SMILE

The snow, or the show, must go on, and so it did on Friday as Downtown Minot held its annual Treat Trail Celebration. Certainly, there were a lot fewer kids wandering downtown getting candy from the local participating merchants, but those who bundled up were like that old saying "Big Fish in a Small Pond", meaning they received a lot more candy for their effort as merchants were told to prepare for about 3 times the number that showed up. I was talking to one little trick or treat participant and asked him about his costume. My costume today he answered back? Well, my costume today is a little boy dressed up warm with my winter coat and my winter boots, so he doesn't get cold. My Superman costume is back home in the closet... Trick or Treat!

BEST KEPT SECRET

The Northern Sentry is a community based newspaper, and thus we rely on merchants to support us with their advertising dollars. When I hear good things about those merchants, I am quick to let folks know. At the height of the last winter storm, I heard through social media that Trusted Tire was working hard to get people back on the road with new snow tires and those quick repairs like batteries and other repairs. Yeah, we knew winter was coming, but this storm kind of took us a bit by surprise. Thanks to Jarid and the gang at Trusted Tires.

TODAY'S CHUCKLE

Lazy is a very strong word. I like to call it selective participation.



Gus the Magpie...

As a writer, this piece of information is, well, really stepping outside the box. It's about an Australian magpie who took Melbourne by storm.

Many of us know that Australians love their animals and one example is they worked feverishly to save as many koalas as they could following devastating fires that happened west of Sydney.

The situation with Gus the Magpie is similar. Judy, my friend who lives in the Melbourne suburb of Tarneit, found an injured magpie and took him in and nursed him back to health. She named him Gus.

But Judy, who lives in a retirement village, couldn't keep Gus so she looked for someone who could. Enter Tom D'Aquino. He is a friend of Judy and her husband Geoff and had been their gardener before they moved to Tarneit.

Tom and his wife Linda took Gus in and not only did he remain healthy, but Tom taught him to do numerous tricks, mainly by extending his arm and having Gus land on his arm after flying around.

At one point, Tom and Judy found out that Gus was female, but the name stuck... Gus the Magpie.

Tom, who is a musician and was part of a rock 'n' roll band called East Enders, as well as a former professional Australian Rules football player, has a lot of friends who Gus met.

The magpie's popularity soared in the Melbourne metro, so much so that Tom created a

Facebook page for Gus. And because Tom D'Aquino is my friend, I liked Gus' Facebook page. With that, Tom sent me an email exclaiming "Gus has gone international."

That was about the time of my birthday in March. Lo and behold, a birthday package arrived from Judy and you guessed it, there was a life-sized model of Gus the Magpie for my desk. Following that I received several photographs of Gus, who even posed for a photo next to his "swimming pool."

This might seem like a hilarious story, and it is, if you don't know the people involved. But I can assure you, Tom D'Aquino and his wife Linda bent over backward not only to save a magpie from being



**UPSIDE DOWN
 UNDER**
 MARVIN BAKER

euthanized, and to giving Gus the best life he could get.

Sadly, Gus became ill and Tom and Linda took care of him around the clock. They were beside themselves as Gus' condition worsened.

On Oct. 8, Gus passed away and Tom and Linda and Geoff and Judy were devastated. Tom and Judy both told me that Gus lived a good life, but had occasional bouts of mental strain.

Tom also told me in a Facetime call that many people have dogs as pets, many have cats, while others have unusual animals like ferrets, lizards or rats. For Gus and Linda, it was a special magpie that lived in Australia's second largest city for three years.

Since his passing, condolences have poured in from all over Australia, here in the United States, Singapore and Thailand. Gus truly did go international.

And in case your wondering... a magpie... Australian magpies are different than those found in North America. They can live up to 25 years, they have a good memory and become quite loyal to their master. That would explain why Gus was so friendly around Tom, even though Gus had his issues.

The good news is this sick magpie that Judy Fell saved from euthanasia, has actually forged a better friendship between myself, my wife Ilene and Tom and Linda D'Aquino. We live 12,000 miles apart, but because of Facetime and email, we are as close as our next door neighbor.

And if and when we meet in person sometime, rest assured, Gus will be a topic of discussion.

It may be unusual, but a magpie brought two Americans and four Australians much closer together.

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From Stranger to Neighbor



SHE'S NOT FROM AROUND HERE
AMY ALLENDER

began to unfold. While Derek went to work, and was immediately integrated into purpose—I stayed home, unpacking, putting in job applications, slowly finding my way around town, and inching toward new friendships.

My heart longed for community—not just friendships with peers, but to know and feel belonging among the people living on all sides. So, after waiting several months for neighbors to come introduce themselves—I pushed aside my narcissistic desire to be sought out, got out the mixer, and packed the cookies. Inside each bag, I tucked a small slip of paper with Derek and my phone numbers on it.

Then, I knocked on each door in turn. “Hi, I’m Amy. My husband and I moved in a couple months ago. Sorry it’s taken so long to come introduce myself. We’re so happy to be in the neighborhood. Our phone numbers are inside, let us know if you ever need anything.”

This became my practice. Base after base. Town after town. There was no malice behind the lack of baked goods and casseroles. People were busy. People assumed we didn’t want to be bothered. People were shy, and hesitant to make the first move. I get it. It’s much easier to be the door opener, than the one doing the knocking. But, this taught me one of the most valuable lessons of my life: The fastest way to move from stranger to neighbor, from isolated to integrated—is to take the first step yourself. There is no shame in making the first move.

Building relationships is vital to thriving in a place where you don’t have deep roots. In my nearly 15

years of experience, I can assure you, it doesn’t matter how the relationship starts—just that it does. It doesn’t matter how you learn your neighbor’s names, just that you do. When you invest in others, you immediately stop being a stranger and a foreigner. You become part of the community. You become a neighbor.

With the holiday season beginning, reflecting on the many deliveries of cookies, jam, and bars I’ve delivered over the years seems especially appropriate. Gathering the courage to make the first move opened literal and figurative doors for friendship and belonging. We’ve been invited to holiday meals, and when we aren’t—we become the ones to do the inviting.

Holidays can be lonely. But they don’t need to be. Building community doesn’t need to be complicated. It doesn’t require waiting until your home is Instagram-ready, or having enough space. It just requires a little backbone, willingness to seek someone who may also be looking



Building relationships and community is vital to living in an unfamiliar place. The fastest way to move from stranger to neighbor is often to take the first step.

AMY ALLENDER PHOTO

“What are the cookies for?” my husband asked as he picked one up from the counter. There were only a few left. All the others had been packed into tidy cellophane bags tied with baker’s twine.

“The neighbors,” I replied. “I’m tired of waiting.” I had started thinking that neighbors coming over to introduce themselves was something made up for TV. Like choreographed dances at prom. I got tired of being a stranger in my own neighborhood and had decided that morning to take charge. To welcome them to know us.

We were newly married, and at our very first base, Whiting Field in Milton, FL. At twenty-two years old, I was just beginning my long career of being “not from around here.” I didn’t know how to navigate life as a newcomer, and honestly, I thought it would be easier. Sitcoms and movies had trained my mind to believe when someone new moved into the neighborhood, everyone flocked over with casseroles and baked goods.

When I arrived in Florida, a scene that is familiar to military spouses

for a place to belong, and a desire for togetherness. The rest always seems to fall into place.

If you’re not from around here, here’s my challenge to you: Make a move. Introduce yourself to a neighbor. Join a book club, Bible study, or service organization. Take charge and move yourself

from stranger to neighbor as the year draws to a close. You can do it.

For more stories of not-from-around-here life, and inspiration for creating a life you love and positive mindset, join me on Instagram @amy_allender and Facebook @amyallenderblog.



Our home isn’t large, but we often host large holiday gatherings—open to friends, neighbors, and those who need a place to belong.

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where only crude foundations remained. The captain stopped outside one of the old foundations that still had some remnants of the original building inside it. The three of us walked into the old rubble, kicking around a bit, searching for anything dating back to the late 1860's or early 1870's. The sergeant was noticeably nervous. When the captain asked why, the response was, "I don't know. I just can't be here." With that the sergeant hastened out of the foundation and watched from several yards away.

We joined him after our brief search, which turned up only an old Army button that was later taken to the post museum. When the three of us presented the button to the curator a conversation ensued about the ghosts of Fort Laramie, a topic about which the professor captain had thoroughly studied.

I listened to stories about candles mysteriously lighting behind locked doors and regular encounters with ghosts of the past by night security guards. Later that evening the captain visited me in the barracks. He said he was so moved by the sergeant's actions in quickly vacating the old foundation, which had been a duplex officer's quarters, that he spent several hours researching the structure.

What he learned was that an officer living there had abused a child and was dismissed from the Army. When he told the sergeant, a fellow Wyoming professor, about his research the sergeant was in disbelief. He told the captain that he had been abused as a child and that must have been the reason for him getting the chills and feeling so uncomfortable while inside the foundation.

The captain, who closely followed witness stories of ghost soldiers

making appearances at great battlefields, Gettysburg and such, told the sergeant he was certain of the supernatural connection felt earlier in the day. I had my own paranormal experience a day later.

On the final day of living history week, the fort was opened to the public so they could see an occupied frontier fort and listen to reenactors tell of military life in 1870. I was assigned to the barracks, which was upstairs of the mess hall, a storage area, and offices used by certain officers. There was a door at the bottom of the stairs that led up to the barracks only.

I was lying on my bunk when I heard the door open and someone jogging up the stairs. Instantly I sat up, expecting to greet a visitor. The staircase was out of view, but I turned toward the top step when the very loud footsteps came to a halt. No one was there.

Investigating further, I looked down the staircase to see if anyone

was leaving. It was then that I heard the footsteps again, this time walking down a short hallway away from the bunk area where, I assume, was the old sergeant's quarters. The door didn't open but the footsteps stopped.

Imagination? Trickery of some sort? No. It happened just that way, believe it or not.

A year or so later I experienced another such mystery, this time while in period dress at Fort Abraham Lincoln south of Mandan. I was portraying General George Armstrong Custer along with another reenactor portraying his wife, Libby. We were in a hallway at the reconstructed Custer house, discussing what we would say to visitors about to arrive, when I felt a firm grab of my shoulder from someone behind me.

I turned my head and said, "Just a moment please," and finished my answer to Libby's inquiry, using only a few words to do so. Then

I turned to respond to the person behind me. Libby turned too, but there was no one there. We looked at each other in disbelief.

We searched the house and found no one else. Both doors to the home were visible to us and neither had been opened. A visit from the hereafter? I'm convinced it was.

No. I'm not a person who is obsessed with such things, but I have read accounts of similar incidents elsewhere. They are generally associated with people in period dress in known historic places. The captain told me an acquaintance of his, a former director of the National Park Service, authored a book on the subject in which he claimed such accounts cannot be discounted or explained away or are some elaborate hoaxes.

There you have it. Definitive proof? Hardly, but good enough for me.

NOTES ON BEING SAFE

WINTER VEHICLE PREP... GETTING READY FOR ANOTHER COLD MORNING



SSGT JOE VERGARA
5TH BOMB WING
NCOIC OCCUPATIONAL
SAFETY



Winter driving can be trying on both the vehicle and its operator. As with many other things in life, preparation is the key to success. A few cold-weather parts and preparatory procedures can make the difference between being stuck in a drift and making it home.

Routine vehicle care is the best way to keep from being left out in the cold. This includes tune-ups and inspection and replacement of worn belts and hoses. Cold weather makes pliable materials stiffer and more brittle. It also makes fluids thicker. With this in mind, people who live in extreme climates often use light-viscosity synthetic lubricants, which work across a wider temperature range than conventional oil. Those who don't want the added expense sometimes use lighter-weight oils in the winter, such as 5W30.

Antifreeze should be kept at approximately a 60:40 coolant-to-water ratio. In extreme conditions, too little antifreeze in the mix can allow the coolant to freeze and crack the engine block. Installing a higher-temperature thermostat, say 195 degrees, will help heater performance and help the engine burn off condensation.

Battery maintenance will also improve cold-weather performance. For batteries that require maintenance, make sure that all cells are full of water. Keep all battery terminals and cable ends clean, and make sure the battery is well grounded.

Several engine-block heating systems are available, both on the OE level and from the aftermarket. Most new vehicles sold in cold country come with factory-installed block heaters that replace one of the engine's freeze plugs or connect to the heater hose.

PRE-FLIGHT CHECK

Perform a general check of brakes, lights, defroster/heater, fluid levels, belts, hoses and exhaust system.

Check the condition of wiper blades and consider upgrading to winter/snow blades. Always "park" blades before turning off the vehicle to minimize chances of sticking to the glass. Better yet, lift blades off the glass overnight.

Check the coolant level and make sure that the radiator has the proper mixture of antifreeze and water.

Check tire inflation to verify optimal tire contact with the road.

Keep the gas tank at least half full. This limits the amount of condensation that can enter the fuel system and also can improve traction, especially in rear-wheel-drive vehicles, by adding weight. Adding gasoline antifreeze to the fuel tank will help protect against fuel-line freezing.

Consider adding weight to the trunk or pickup bed in rear-wheel drive vehicles. Bags of sand both add traction-improving weight and can be dumped on ice to improve traction further. Make sure to secure

the extra weight to the vehicle with motorcycle straps or other suitable restraints.

Before departing, scrape ice and snow from the roof in addition to every window, mirror and light. Never splash hot water on glass to melt ice.

Lube door locks and latches and coat weather stripping with silicone spray to help keep doors from freezing shut.

Prepare for the worst. Put extra winter clothes, blankets and even a sleeping bag in the trunk, take water and food (such as energy bars), pack a flashlight, extra batteries, matches and a first-aid kit. Take along a cell phone if possible.

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NCUA LENDER

This holiday season, let's look out for each other

The holidays are quickly approaching, and that means most of us are looking forward to spending time with family and friends.

But that's not the case for everyone. Unfortunately, within our community, there are many people who may not have the opportunity to spend the holidays with their families. For some, that could lead to a sense of loneliness, and perhaps even mental health issues, including depression.

There are Minot State University students who will stay in Minot for the holidays for a number of reasons. There are young Air Force members stationed at Minot Air Force Base who may be experiencing their first holiday season away from home. Some of our family, friends, and neighbors may also need us, but could be struggling with the stigma of asking for help. Others simply may not know how to ask for help.

As community members, we can help.

Minot Air Force Base has a large contingent of young airmen who are embarking on their first assignment away from home. We can always do more, but there are several ways our community is already reaching out to these individuals. The Minot Area Chamber EDC's Adopt an Airman program allows military and local families to "adopt" an airman to form new friendships and create support networks. MACEDC's Home for the Holidays program has raised funds from donations and a motorcycle raffle to help send young airmen to visit their families during the holidays.

As community members, family members, friends, and neighbors, we can be part of the solution. Sometimes, it can be as easy as

asking someone "Are you OK?" and then being a good listener. Other times it's more serious, and we may need to help them reach out to a mental health professional. But asking someone if they're OK is a step in the right direction, and it's something we all can do. There are some common signs that someone might be struggling with depression, including:

- Unusual irritability or anger
- Loss of interest in favorite hobbies or activities
- Changes in energy, appetite, or focus
- Changes in sleeping habits
- Feelings of hopelessness
- Persistent dark or negative thoughts

The holidays should be a time spent with family and friends. A time to recall fond memories of holiday meals spent around the dinner table at your parents' house or your grandparents' home, or celebrating a family member's birthday. It's also a perfect time to create new memories with our own children and grandchildren.

But we must also remember that the holidays can be difficult for many community members, and perhaps even for some members of our own families. Financial difficulties can be magnified during the holidays, leading to more stress. Family pressures and job stress can also be intensified during this time, increasing feelings of hopelessness or despair among some folks.

I can't say this loudly enough: There is absolutely no shame in asking for help. We're all human, and we all need a little help sometimes. We've likely all been touched by the effects of mental health issues in our circle of family and friends. Please, if you or someone you know is struggling



DEAR MINOT
TOM ROSS,
MAYOR
CITY OF MINOT



with any mental health issues, don't hesitate to reach out for help. There are a host of professionals in the Minot area that can work with you. Please, if you need someone trained to help in a mental health crisis, reach out to a friend, a co-worker, or a family member for assistance.

Minot has long been a community full of residents who pride themselves on taking care of each other in times of need. The challenges and pressures of society can manifest themselves in a variety of negative ways among today's population. During the often stressful holiday season, let's all keep an eye on our friends, family, and our neighbors. If someone seems to be struggling, ask them if they need someone to talk to. Ask them if there's something you can do to help. Ask them if they're OK.

You can find more about what's happening at the City of Minot at minotnd.org, or find us on Facebook and Twitter. We'd also encourage you to sign up for our monthly electronic newsletter on our website.

All About Pets

Helping strays in the cold



Photo courtesy of Cole and Marmalade

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

- Call your local shelter: There are a few shelters in the Minot area who can guide you through the challenge of finding a stray animal. Souris Valley Animal Shelter (701-852-6133), Hairball Haven Feline Rescue (hairballhavenfr@gmail.com), or For Belle's Sake (701-300-8182) may be able to offer you tips on how to catch or care for a stray. If the animal is a lost pet, they may even be able to help you find the owner!

- Bang on the hood of your car: This is something we hear a lot when winter time rolls around. Some feral cats will seek warmth and shelter in the nooks and crannies of your car as it gets colder, so banging on your car can give them time to move to a safer location before it starts up.

- Provide shelter: If you are willing or able, you can provide shelter and at home care for a stray animal until you are able to find a place for it. If you can lure it into your home or garage (treats and food are the best lures), you give the animal a safe place to rest and warm up until you are able to see a veterinarian or contact a shelter. If you want to help but don't want to bring strays into your home, you can also provide makeshift shelters for them that you can leave on your porch, in

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

- Provide sustenance: At the very least, you can also provide food and water to a stray animal. If you are able to keep water in an environment where it will not freeze, this is ideal for below-freezing temperatures.

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

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Friday: 7:30am – 4:30pm
Saturday: 2 a month by appt
Sunday: Closed

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Veterans Day Program Slated at North Dakota Heritage Center & State Museum

STATE HISTORICAL SOCIETY OF NORTH DAKOTA

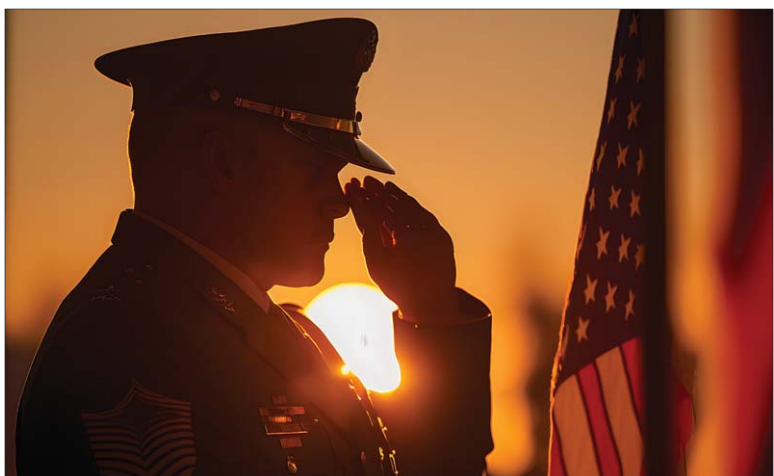
The public is invited to a free military service-themed program from 9 to 11 a.m. on Tuesday, Nov. 7 at the North Dakota Heritage Center in Bismarck in honor of Veterans Day.

In honor of Veterans Day, the State Historical Society of North Dakota is presenting a special military service program Tuesday, Nov. 7, from 9 to 11 a.m. at the North Dakota Heritage Center & State Museum in Bismarck. The event is free and open to all.

Learn about museum collection objects and handle actual pieces of history including uniforms, regulations and tactics manuals,

and gear. Listen to a talk on the 1910 USS North Dakota battleship. Hear about the French Gratitude Train from World War II and its many artifacts that are part of the museum collection.

For more information, contact Laura Forde at 701.328.2792. The ND Heritage Center & State Museum, managed by the State Historical Society of North Dakota, is open from 8 a.m. to 5 p.m. on weekdays and from 10 a.m. to 5 p.m. on weekends. For information about additional upcoming events, visit history.nd.gov/events.



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- The female lioness does most of the hunting. They are mainly nocturnal and work in teams to stalk and ambush prey.
- They use their roar to communicate and declare territory. A lion's roar can be heard over several miles.
- Lions sleep or rest about 20 hours a day.

Fact File

Life Span	10 - 14 years
Weight	300 - 600 pounds
Height to Shoulder	4 feet
Body Length	8 - 9 feet
Tail Length	26 - 39 inches
Top Speed	50 mph
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Rieger Family - Harry Potter



Charlie Lorie as Wednesday Addams



The Degler boys as Patrick Mahomes and Josh Allen



Black Family - Super Mario Bros



Pinney Family as Milk, Cookies and Cookie Monster

MINOT AFB HALLOWEEN

The end of October would not be complete without an appearance from all those scary, silly, funny, adorable and creepy costumes from both kiddos and grown-ups alike. Even though the chilly temps may have caused a little bit of a damper on the fun, Minot AFB did not disappoint in the costume department! Here are some of the best of the best from Airmen and their families on Halloween 2023.

SUBMITTED PHOTOS



Arnold Family- Spooky Skeletons



Casey Adrian as a Casey-dilla!



Teachers at North Plains- Spooky Scary Skeletons

Winter Driving Tips

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.

STOCK YOUR VEHICLE

Carry items in your vehicle to handle common winter driving-related tasks, and supplies you might need in an emergency, including:

- Snow shovel, broom, and ice scraper;
- Abrasive material such as sand or kitty litter, in case your vehicle gets stuck in the snow;
- Jumper cables, flashlight, and warning devices such as flares and emergency markers;
- Blankets for protection from the cold; and
- A cell phone with charger, water, food, and any necessary medicine (for longer trips or when driving in lightly populated areas).



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Local Cravings Restaurant Guide

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<p>28 Tastes & Taps</p> <p>1603 35th Ave SW Minot Phone: 701.838.2828 FB: 28 Tastes & Taps</p>	<p>Culver's Restaurant</p> <p>3000 S Broadway, Minot Phone: 701.852.4800 www.culvers.com</p>	<p>Ironhorse Kitchen + Bar</p> <p>21 E Central Avenue, Minot Phone: 701.852.8183 FB: Ironhorse Kitchen + Bar Minot</p>
<p>Jamaican Vybz Kitchen</p> <p>Suite 200 315 Main Street S Minot Phone: 701-441-9309 FB: Jamaican Vybz Kitchen</p>	<p>Mi Mexico</p> <p>3816 South Broadway Minot Phone: 701.858.0777 www.mimexicomino.nd.com</p>	<p>N.D. Asia</p> <p>3400 16th St SW, Minot Phone: 701.852.1240 www.ND-Asia.com</p>
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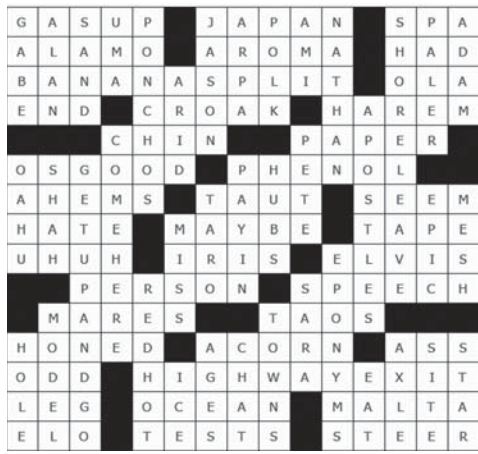
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CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



SUDOKU

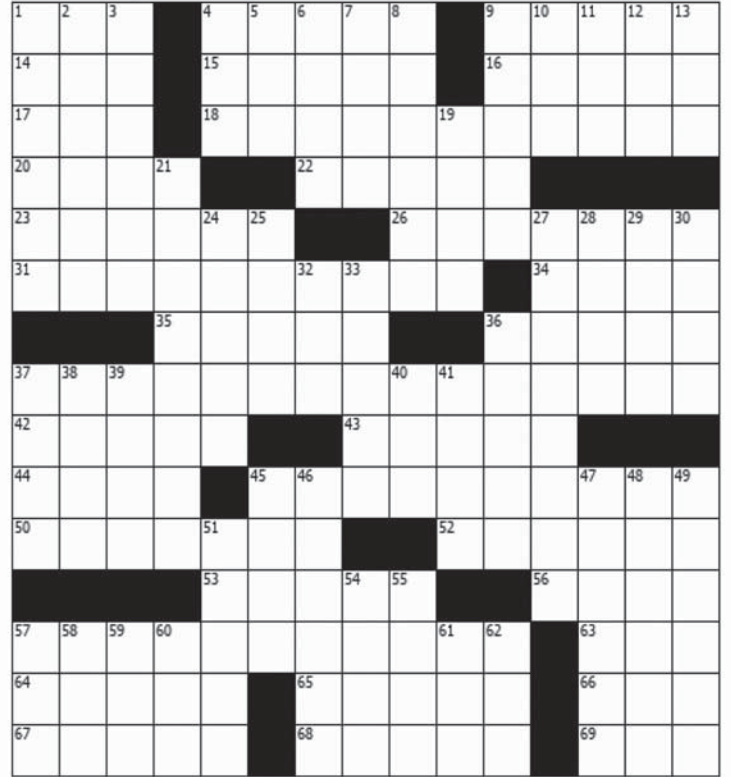
Solution to puzzle on page B9

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

CROSSWORD PUZZLE

Across

- 1. Latin 101 conjugation
- 4. Born in Cardiff
- 9. Referenced specifically
- 14. Sprinted
- 15. Susan Lucci's Emmy-winning role
- 16. Split in two
- 17. Number of Stooges in Italy?
- 18. Sidewalk performer
- 20. School subj.
- 22. Hind end
- 23. Restlessness
- 26. Nest youngsters
- 31. Easter fare, maybe
- 34. Nobelist Wiesel
- 35. ___ the house (dine free)
- 36. Bright
- 37. Bone breakers, in verse
- 42. ___ life
- 43. Beautify
- 44. Fishing spot
- 45. Like some pens
- 50. By unspecified means
- 52. Gob
- 53. Locales
- 56. Slippery
- 57. Dynamic personalities
- 63. Pellet gun propellant
- 64. Watch and pray
- 65. Citified
- 66. ___ Paulo, Brazil
- 67. Golfers may use one
- 68. Heads for the cellar
- 69. Tolkien character



Down

- 1. Dudley Moore classic
- 2. Fancy dock
- 3. "Hold on!"
- 4. Cause of a fly's demise
- 5. Need correction
- 6. Isn't straight with
- 7. Some improvisation
- 8. Basketballer Olajuwon
- 9. French Open champ Michael
- 10. 007's Fleming
- 11. An RN gives it
- 12. Mark of the serpent
- 13. German article
- 19. Uninspiring
- 21. "Later"
- 24. Drenches
- 25. Pond youngsters
- 27. Dessert treat
- 28. Great flair
- 29. Lose steam
- 30. Concert divisions
- 32. Mauna ___
- 33. Historical event record
- 36. Rock groove
- 37. Schlemiels
- 38. The Police, e.g.
- 39. Tabloid pair
- 40. Insecticide banned in 1972
- 41. No teetotalers
- 45. Baccarat alternative
- 46. Attractive person
- 47. Word from a well-mannered child
- 48. Moved or made by wind
- 49. Timber decay
- 51. Discard
- 54. Big do
- 55. Close kin
- 57. Take in, as big game
- 58. Sharp leatherworking tool
- 59. Thai language
- 60. Ullmann of "A Bridge Too Far"
- 61. "Norma ___"
- 62. Short dash lengths

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CHURCH DIRECTORY

Chapel Services at MAFB

North Plains Chapel in Base Housing


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

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

Northern Lights Chapel across from Rockers

Catholic Mass
 Sunday 1000
 Daily Monday-Thursday at 1200

St. Peter The Aleut Eastern Orthodox Church

 **109 6th St. SE Minot • 838-3094**

Saturday, November 4
 5PM, Great Vespers

Sunday, November 5
 10AM Holy Liturgy

V. Rev. Fr. Paul Hodge



Break Forth Bible Church

Wednesdays 7:00pm
 and Sundays 10:30am

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



An Evangelical Free Church

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

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

www.trinitychurchminot.org



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

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



Vincent United Methodist Church

1024 2nd St. SE • 838-4425
Behind Town & Country Shopping Center
Come As You Are!

Sunday School 9:00 a.m.
 Sunday Worship Service 10:00 a.m.
 Fellowship 11:00 a.m.

Pastor Mark Ehrmantraut
www.vincentumc.com



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.

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

St. Mark's Lutheran Church

Missouri Synod



Sunday Divine Service
 9:30 AM

Adult Bible Study and Sunday School
 11:00 AM

Wednesdays Kid Connection
 5:15 PM

Reverend Philip Beyersdorf
 2209 4th Avenue NW, Minot, ND
839-4663
www.minotstmarks.com
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Immanuel Baptist Church

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




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

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



Christ Reformed Church

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



St. John the Apostle Catholic Church

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

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

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



First Lutheran Church - ELCA

120 5th Ave. NW
 852-4853

Sunday Worship
 9:30 am

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

Pastor Brandy Gerjets • Pastor Ellery Dykeman



JOURNEYCHURCH

ASSEMBLY OF GOD

1805 2nd St. SE
838-1111

Sunday Services
 9:00 AM & 11:00 AM

Wednesday
 6:30 PM

Minot Baptist Church

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

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

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



Cross Roads Baptist

Southern Baptist Convention

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

www.minotcrbc.org
 email: minotcrbc@gmail.com
Gabe McCormick- Pastor
415 28th Ave SE (Behind Menards)
838-1873



West Minot Church of God

Family Worship Center

1105 16th St. NW • 839-1407

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

westminot.com
facebook.com/westminot



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.



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

Apostolic Faith Church, UPCI

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

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

Jesse Starr, Pastor



Grace Baptist Church of Minot

A Reformed Baptist Church

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

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

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



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)



OUR REDEEMER'S CHURCH

A Church of the Lutheran Brethren

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

700 16th Ave SE • 701-838-0750

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

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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!

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701.839.0772
 Email: jschultz@orcsknights.org
 Website: www.orcsknights.org



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Every Child Deserves A Little Christmas Toys For Tots Delivers Smiles

ROD WILSON, NORTHERN SENTRY

For 75 years the U.S. Marine Corps Reserve has been the guiding light of the Toys for Tots program, locally serving over 3,000 families by delivering toys to make the Christmas dreams of less fortunate children come true.

Shaun Lewellyn, now the local coordinator for Ward, Renville and Mountrail counties, is responsible for collecting enough toys, or funding to help Toys for Tots reach its goal. "I have always been a believer, and a donor to Toys for Tots, but this year as coordinator I see the whole process a lot differently" says Lewellyn, differently in that the process of collecting toys at local donation boxes, transporting them to a central location and then distributing them to the families in a three county area is a massive undertaking. "I always need volunteers, and the more volunteers I have, the more children I can serve" says Lewellyn.

Lewellyn has already been lining up locations for the donation boxes, and recently was able to recruit the Downtown Business and Professional Association to help with the donation box locations in downtown Minot. As part of the DBPA, the Northern Sentry will also be a major sponsor providing public service announcements at no cost.

Toys for Tots began in 1947, when Diane Hendricks, the wife of Major Bill Hendricks of the U.S. Marine Corps Reserve, made a doll for a needy child to receive for Christmas. When the couple determined that no organization existed to provide the doll to a child, they started a campaign to provide toys to children. An IRS recognized 501(c)(3) not-for-profit charity, it serves as the authorized fundraising and support organization for the Toys for Tots Program. We are not affiliated with any other local charities in the area,

and according to Lewellyn "we are not able to identify which families get toys from which organizations. We do monitor if that if a family has requested toys from an organization such as a foster care, they can't double dip so to speak as their names will be flagged."

Last year, the Marine Toys for Tots Program fulfilled the Christmas holiday dreams of over 8 million less fortunate children. This year's campaign runs from Oct 1-Dec 23, 2023. The accomplishment nationally for the Toys for Tots program were pretty impressive.

- Distributed over 24.4 million toys to 9.9 million children in need from 833 local campaigns in all 50 states, the District of Columbia, Puerto Rico, Guam and the Virgin Islands.

- Since 1947, the program has distributed 652 million toys, books, and games to over 291 million children in need.

- Expanded year-round initiatives to include our Toys for Tots Literacy Program, Toys for Tots Native American Program, our Foster Care Initiative, and our partnership with Good360 to support children and families in need during uncertain and unstable times.

This year space for the Toys for Tots central drop location is being donated by Trinity Health, but volunteers are needed to collect toys at the many drop box locations and transport them to that location.

Those looking to apply to receive toys can go the Toys for Tots web site toysfortots.org. "We deliver toys



Shaun and his daughter Angel prepping boxes to be distributed to drop sites.

to kids ages 1 to 17" says Lewellyn "but we don't deliver bikes, gas cards or household items. We are basically a "toys" program when it comes to donations, but the types of toys delivered certainly depends on the

age of the child that receives the gift." For more information on Toys for Tots, people can email Shaun Lewellyn at minot.nd@toysfortots.org, or sentrysales@srt.com



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Thursday - Saturday
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Sunday
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Home of ECONOMY

INGREDIENTS

- 1 WHOLE WHOLE CHICKEN
- TRAEGER ASIAN BBQ RUB, TO TASTE
- 1 WHOLE GINGER ALE CAN

Rinse chicken in cold water and pat dry with paper towels. Cover the chicken all over with Traeger Asian BBQ rub; make sure to drop some in the inside too. Place in large bag or bowl and cover and refrigerate for 12 to 24 hours.

When ready to cook, set the Traeger to 375° F and preheat, lid closed for 15 minutes. Open your can of ginger ale and set on a stable surface. Take the chicken out of the fridge and place the bird over top of the soda can. The base of the can and the two legs of the chicken should form a sort of tripod to hold the chicken upright. Stand the chicken in the center of your hot grate and cook until the skin is golden brown and the internal temperature is about 165 ° F, approximately 40 minutes to 1 hour.

De-throne chicken. Enjoy!

Ryan Davy - GM
Minot

www.HofE.com/BBQHQ



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Operation Homefront: Holiday Meals for Military



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



The annual Operation Homefront Holiday Meals distribution event will be held Thursday, November 9th from 11:00am-1:00pm at the Minot Air Force Base Exchange. Families can review eligibility requirements and register for the event at MyOperationHomefront.org. For more information email mafb.school.liaison@us.af.mil or call 701-723-1447 or visit the Operation Homefront website.

OPERATION HOMEFRONT
Serving America's Military Families

- JOIN OPERATION HOMEFRONT FOR A GIFT CARD
- DISTRIBUTION EVENT!

HOLIDAY MEALS FOR MILITARY

Eligibility Category 5:

- Post 9/11 wounded, ill or injured service member of any rank, both currently serving and those no longer serving in the military, or
- All ranks, Active Duty, Guard and Reserves, any duty status, or
- Transitioning service members within 12 months of their discharge/retirement date

Thursday, November 9th
11:00am-1:00pm
Minot AFB Base Exchange
362 Missile Ave
Minot AFB, ND 58705

To register, scan the QR code or visit MyOperationHomefront.org

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- 1 PM-4 PM
- 6 PM-10 PM

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WWW.OAKPARKTHEATER.NET

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Mikayla Diggins
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FOERSTER
Michael Murray
Kyana Munkler

KNECHT
Sophia Ringo

AXELSON
Alana Puentes
Juan Guzman Munoz

MURRAY
Blake Smith
Aleah Muhs

ESPESETH
Mei Bessler

DELZER
Greyson Rivera
Wesley Arnholtz

KUNTZ
Cheyenne Hill
Trystan Stedman

SEASTRAND
Ella Lee
Kylie Bryant

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Upcoming Events

17-18 NOV **FESTIVAL OF TREES**
12:00 PM - 8:00 PM
North Dakota State Fair Center
2005 E Burdick, Minot, ND
Festival of Trees is Minot's landmark holiday event with fun and festive activities for everyone in the family. Held the weekend before Thanksgiving, this two-day extravaganza is a perfect way to kick off the Christmas season. Enjoy a stroll through the beautifully decorated trees, listen to live entertainment, purchase Christmas gifts, get a free family photo for your Christmas card, and enjoy other activities, all at FREE door admission. We conclude with a ticketed event featuring Dinner and a Live Auction. The purpose of the Festival of Trees is to tell more people about the mission and raise money for Dakota Hope Clinic in Minot.

NOV. 17-18
NDSF CENTER
festoftrees.com
HOLIDAY SHOPPING, KIDS ACTIVITIES, ENTERTAINMENT, FAMILY PHOTOS, SK AND FUN, RUN, SILENT AUCTION, DINNER AND LIVE AUCTION, AND MORE!

For more information:
www.festoftrees.com

17 NOV **SAVE THE DATE: LIGHT UP THE SCANDINAVIAN HERITAGE PARK**
6:00 PM
Scandinavian Heritage Park
1020 S Broadway, Minot, ND
Join us on November 17th at 6pm for a magical evening that will kickstart your holiday spirit! Get ready for an enchanting experience as we illuminate the Scandinavian Heritage Park like never before. Special Appearances by the one and only Mr. Grinch and more! But that's not all! We've got even more holiday surprises up our sleeves, and we can't wait to share them with you. Stay tuned/mark interested for announcements that will make your holiday season truly unforgettable! Mark your calendars, invite your friends and family, and let's make this a night to remember. Stay tuned for more details, and get ready to light up the holiday season with us!

SAVE THE DATE
NOVEMBER 17TH @6PM
Light Up the Park!
SCANDINAVIAN HERITAGE ASSOCIATION

For more information:
Facebook / Scandinavian Heritage Park / Events

23 NOV **9TH ANNUAL MAGIC CITY TURKEY TROT!**
9:00 AM
Brick Building, 400 E. Central Ave, Minot ND.
5K/1mi Thanksgiving Day Run! Hosted by Magic City Figure Skating Club's Synchro Teams! Whether you're a competitive runner, a walker or somewhere in between, this event is for you! So lace up your running shoes, grab your leash, dust off that costume, and get ready to be part of an unforgettable Thanksgiving morning tradition! Free t-shirts for runners & walkers registered by November 12th! Packet pickup is on Wed. Nov. 22nd from 4-7pm in the lobby of the Maysa Arena. Costumes encouraged! Prizes for the most spirited participants! After the race, check the pie table to see if you have won a delicious pie! Children 5 & under free! Sorry no refunds. Friendly dogs on leashes welcome!

**MAGIC CITY
TURKEY
TROT
2023**

For more information:
Facebook / Magic City Turkey Trot
Signup: <https://runsignup.com/Race/ND/Minot/MagicCityTurkeyTrot>

24 NOV **DOWNTOWN MINOT TREE LIGHTING**
3:00 PM - 8:00 PM
Downtown Minot
Various Locations
Join us for the annual Christmas Open House in Downtown Minot on Friday, Nov. 24th 3-8pm. Enjoy hay rides, reindeer, cookies with Santa, tree lighting ceremony, special music and treats at local businesses, and sales galore! Bundle up the kids and bring the family to Downtown Minot and create your own magical memory.

For more information:
Facebook / Minot Downtown Business & Professional Association / Events

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

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f i



The Minot Minotauros Weekend Recap for October 28

ANDREW LENNOX, MINOTAUROSHOCKEY.COM

Austin, MN – The Minotauros headed to Austin, Minnesota, to take on the Bruins for the first time this season. Minot entered the weekend with two consecutive wins after sweeping the St. Cloud Norsemen one week ago.

Friday, the Tauros kicked off scoring early in the first period when Nicholas Sewecke capitalized on a Bruins defenseman turnover that led to a breakaway and the forward going bar down on Austin netminder Trent Wiemken.

Minot would strike again at 14:25 in the first frame to make it 2-0 as John Emmons jammed in a rebound on the doorstep off a shot from Co-Captain Trevor Stachowiak.

The Tauros would add to their lead in the second period when Niklas Ketonen netted his fourth goal of the season with a shot from the top of the circles off a beautiful feed from Joel Lehtinen to make it 3-0. Forward Gustav Noren would get the Bruins on the board late in the period.

Minot carried a 3-1 lead for most of the third period until Sewecke, with Stachowiak in the penalty box and Austin's goalie Wiemken

pulled, scored a shorthanded empty-net goal with 2:19 remaining in regulation. The Bruins would score two more goals in a span of 32 seconds but eventually ran out of time, allowing Minot to pick up the 4-3 victory.

Saturday was a special teams frenzy, with both clubs combining for 13 power play opportunities. However, only one power-play goal was scored in the contest.

The first period ended scoreless, but at 9:33 of the second, Austin's Will Diamond scored on the power play to break a scoreless tie. Into the third frame, Minot was granted two power-play chances. Unfortunately, they were unable to capitalize and the Bruin's Parker Anderson would eventually score an empty net goal to make it 2-0 in favor of Austin to close out the weekend.

Next up, the Tauros head to Aberdeen to take on the Wings before returning to the Pepsi Rink at Maysa Arena for three weekends in a row starting October 10th. Tickets for those and all Tauro home games are available through the "Tickets" tab atop this page or by visiting tickets.minotauroshockey.com.



by Patricia Stockdill

Fishing:

Lake Sakakawea elevation, Oct. 30: 1,840.19 feet above mean sea level (MSL); 17,100 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.38 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.34 MSL.

• N.D. Game & Fish Dept. game wardens: No new reports.

• Devils Lake, Ed's Bait Shop, Devils Lake: Small northern lakes icing over but do not attempt to access any lakes yet. Docks have been pulled.

• Devils Lake, Woodland Resort, Devils Lake: No activity with cold weather.

• Lake Darling, Karma C-Store, Ruthville: Cold weather shutting down shore-fishing activity.

• Lake Metigoshe, Four Seasons, Bottineau: No activity with small area lakes starting to ice over and some ice starting to form on Lake Metigoshe earlier in the week.

• Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: No new reports.

• Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: No activity on Lake Sakakawea and Lake Audubon.

• Lake Sakakawea, New Town: No activity in the Van Hook Arm.

• Lake Sakakawea/Missouri

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.



- Please park out of the way of other vehicles and farm equipment on prairie roads and trails.
- Nov. 4: Bakken Friends of the NRA banquet, Roughrider Events Center, Watford City, 5 p.m.
- Nov. 6: Fall crow season closes.
- Nov. 10: Deer gun season opens.
- Nov. 12: Sandhill crane season closes.

River, Scott's Bait & Tackle, Pick City: Cold and snow shut down Missouri River tailrace and Lake Sakakawea activity.

• Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Weather permitting, anglers still finding walleye on the Missouri River with best success above the Yellowstone River. Try jigs and minnows between Lewis & Clark State Park and Lund's Landing on the upper end of Lake Sakakawea if temperatures permit.

• Lonetree WMA area lakes, Harvey: No activity on area lakes.

• North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No activity throughout area lakes.

Hunting:

• Cranes: Linger numbers of birds moved through portions of west-central N.D. last weekend with birds generally now out of the state.

• Deer: Look for more movement with colder weather.

• Upland: Pheasants starting

to bunch up in heavy cover of cattails, shrubs and woody areas after bout of snow and cold.

• Waterfowl: Cold weather iced over many smaller lakes and wetlands across the state with remaining Canada geese on open water of larger lakes and the Missouri River System. Snow cover could be limiting factor on how long birds will stay around the midsection of Lake Sakakawea with the lake still open but lots of snow covering food sources. Some lingering snow geese along the east end of Lake Sakakawea early in the week. Fair numbers of ducks on the Missouri River around the Washburn area early in the week. Diving ducks still on the open water of Devils Lake.

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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Nov 17

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

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ADULT & TEEN BAGGERS NEEDED AT THE MINOT AFB COMMISSARY Baggers Work for Tips Only • Adult Hours Tuesday-Friday 7am-4pm • Later start times available but must be able to stay until 4pm & Sunday 11am-6pm • Teen Hours Tuesdays-Friday 4pm-7pm & Saturday 7am-6pm • Morning start times rotate & vary. Please speak to Charlie at the commissary if interested or leave contact information with customer service.

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

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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: 8 Jan-10 Mar. 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.

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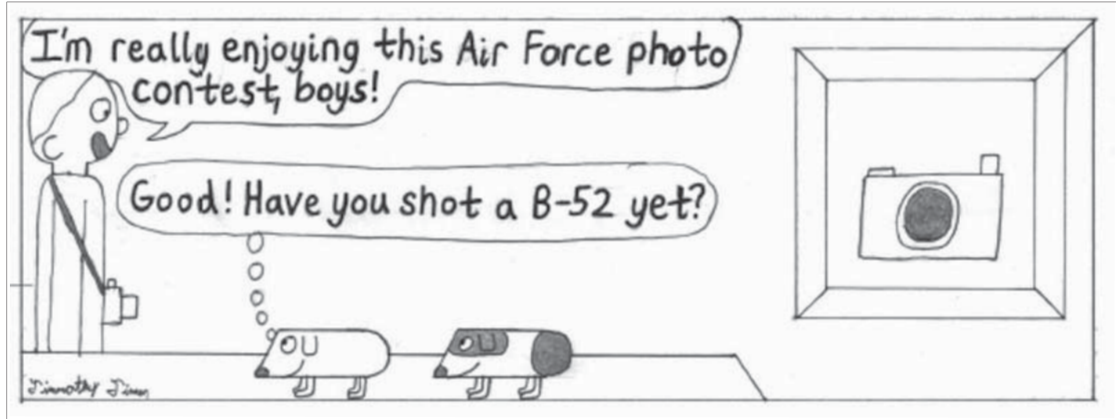
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MINOT STATE UNIVERSITY

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

TITUS & PHILEMON

Everyday adventures of Titus and Philemon and their owner Joe.



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.



VOLUNTEER OPPORTUNITIES

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: SSgt Kristal A. Cruz Leon
701-852-0141

AADD Volunteers

AADD is seeking volunteers to support various event requests.

*Here is a link to our regular schedule for weekends, if interested, please disseminate to your members.

•REGULAR 2023 WEEKLY SCHEDULE- <https://volunteersignup.org/FHLLR>

POC: SSgt Kristal A. Cruz Leon
723-4633 kristal.cruz_leon@us.af.mil

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 Bermúdez, brian.o.bermudezcartagena.mil@health.mil or 723-5184.

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

Volunteer Soccer Coaches

Minot AFB Youth sports is looking for volunteer coaches for the upcoming indoor soccer season. The season will run from 6 Nov. through 15 Dec. 2023. Coaching needs are as follows:

- Ages 3–4-year-old: 12 coaches needed. Practice schedule: Mondays from 1700-1730 at the Youth Center
- Ages 5–6-year-old: 12 coaches needed. Practice schedule: Mondays & Wednesdays from either 1730-1830 or 1830-1930 at the Youth Center
- Ages 7–8-year-old: 10 coaches needed. Practice schedule: Tuesdays & Thursdays from 1700-1800 or 1800-1900 at the Youth Center
- Ages 9–12-year-old: 12 coaches needed. Practice schedule: Tuesdays & Thursdays from 1800-1900 or 1900-2000 at the Youth Center

All coaches must complete a volunteer packet with the youth center as well as complete fingerprinting & background checks, regardless of military status. Coaches will also be required to complete online training (provided by youth sports) and attend coaches training prior to the season start.

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 McEmore, CAP, Jonathan.mcemore@ndcap.us
701-720-6410 | <https://nd021.cap.gov>

AF K12 STEM-to-Sky Program Volunteers

Volunteers are needed to assist with the AF K12 STEM-to-Sky program; a new annual outreach effort connecting Airmen & Teachers enabling them to produce direct classroom engagement. The purpose of this effort is to directly engage Airmen with classrooms around the world to share experiences, emphasize the importance of STEM education, and create personal military-to-classroom connections. Within the classroom, Airmen will discuss their associated roles and emphasize the importance of STEM (connect); and create propensity for students to pursue STEM and Air Force fields (inspire).

The program entails for schools:

- The Airmen to Classroom connection is a live two-way 30-45min interaction between a classroom and an assigned Air Force Airman, scientist, engineer or researcher.
- Large-scale pre-scheduled live events will include a program link after registration.
- In-person engagements may be available depending on location and availability of local personnel.

Anyone can volunteer, and we especially encourage those who work in STEM-focused career fields!

This program is a great way to help us spearhead the efforts to reach General Brown's community outreach priorities related to STEM and youth engagement. I am in the process of reaching out to local schools to get them involved, and we'd love to have you and/or your Airmen too.

For Airmen sign-up and information/instruction - <https://forms.osi.apps.mil/r/fkmgNeYUlr>

Please feel free to reach out if you have any questions.

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

To have your volunteer opportunity posted, please contact Military & Family Readiness

Center (M&FRC) at:

5fss.family.support@us.af.mil



★ Hotel ★ Revel Weddings for Warriors

REVEL

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

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

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

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

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Provider of the Month Feature

NOVEMBER 2023



MARIA CORONA MUNOZ

What do you enjoy most about being an FCC Provider?

What I enjoy the most about FCC is seeing those beautiful smiles of my kids accomplishments, when they work so hard to do something without giving up and once they accomplish their goals the smiles make my

What are your interests/hobbies?

My hobbies/interests are: going out and enjoying time with the family, going out for walks and movie nights.

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

For all new providers my best advice is all those sleepless nights because you feel like you

are failing... stop loosing your sleep!!! As much as you plan for the day, the day is not going to be perfect. There will be lots of moments that you feel like you are failing because plans are not going as planned, but at the end the day just remember all the laughter, the goodbye hugs, and the random "I love you" is proof that you are doing an amazing job!

Don't ever be afraid to reach out for help. We have a great community of providers that are always willing to help, and I'm so thankful for all the help I got from providers when I first started.

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

2 Winners Every Week!

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DEER HUNTERS: DO YOUR PART
Patricia Stockdill

North Dakota was once an island when it came to CWD – chronic wasting disease. The deadly disease – 100 percent fatal to any deer, elk, or moose that contracts it – had been confirmed in surrounding states and Canadian provinces but undetected in North Dakota when the N.D. Game and Fish Department began sampling available sick, road-killed, or suspected animals in 1998.

The agency began testing hunter-harvested animals in the early 2000s, Game and Fish Department Wildlife Health Biologist Mason Ryckman described.

That island vanished in 2009 with the state's first confirmed CWD case in deer gun unit 3F2, an area with a mix of white-tailed and mule deer bordering South Dakota. The positive test wasn't a surprise considering its presence surrounding the state, Ryckman added.

Fast-forward to the 2023 North Dakota gun season and years of work and research put into trying to contain the spread of a disease that if left unchecked, spells long-term ramifications for deer, elk, and moose across the United States and Canada:

- CWD has been detected in 12 North Dakota deer gun units encompassing 12 counties.
- Unit 3F2 remains a "hotspot" along with Unit 3A1, a unit on the opposite northern end of the state bordering Montana and Saskatchewan.
- CWD was detected in 24 of 2,250 tested deer, moose, and elk in 2022.
- Positive tests were confirmed in 26 of 3,436 animals tested in 2021.

Baiting, carcass transportation, and hunting regulations have evolved as more data and research becomes available and wildlife populations fluctuate. For example, the Game and Fish Department adjusted its surveillance strategy in 2023 to allow more concentrated efforts within each of the state's four deer management regions, described Ryckman.

Testing focuses on the southeastern quadrant of North Dakota in 2023 but hunters across the state are encouraged to submit deer heads regardless of the unit it was harvested.

They can even request a kit – or get them at district Game and Fish Department offices – to submit samples they take. "There's a simple instruction sheet," Ryckman added and even a link to an instructional video.

Last year, the Game and Fish Department sent out 381 self-sampling kits.

Hunters can take deer heads to any Game and Fish Department district office, including Riverdale, Lonetree near Harvey, and Williston.

Minot has two drop-off locations – Home of Economy and the building on the north end of Game and Fish Department's Outdoor Skills Park at the North Dakota State Fairgrounds.

Also new this year is a whole deer taken in CWD-confirmed units can be transported out of the unit but – and this is critical – only if properly disposed. "Double-bag it, put it out in your garbage, and let the garbage man take it to the landfill," Ryckman described.

The key is double-bagging and going to landfills, which helps contain the spread of CWD. Other animals won't come into contact with high-risk carcass parts when buried in landfills.

Hunters play a huge role in managing CWD's impact:

- Go hunt – hunters see and hear what's happening afield. They're critical in managing big game populations at sustainable levels.
- Plan ahead - know CWD regulations, especially if hunting in a CWD-known unit.
- Properly dispose of carcasses.
- Get that deer tested. "Help us out by submitting your animals for testing," Ryckman suggested.
- Above all, don't bait or feed big game, even if it's legal in your hunting area. Yes, deer naturally congregate, especially in winter. But baiting intensifies concentration and because CWD spreads by animal-to-animal contact, directly exposes even more animals to infection.

And remember, an exposed animal is a dead animal. An exposed animal is a lost opportunity for hunters now and in the future. It's a lost opportunity for people who simply enjoy seeing wildlife and being in the outdoors.

It's the loss of a public resource.

There is no other way to put it – a deer, elk, or moose that gets CWD dies.

Another way people – hunters and non-hunters alike - can help is to stay informed of the best available science.

More CWD information – and self-sampling request form – is available on the Game and Fish Department website link, (gf.nd.gov/wildlife/diseases/cwd). Another excellent website is the Chronic Wasting Disease Alliance organization, (cwg-info.org).

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WHAT'S GOING ON MAFB

FRIDAY 03

- DFAC Customer Satisfaction Survey Ends, Dakota Inn Dining Facility
- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Fun Friday, 1600-1930, Jimmy Doolittle Center
- Junior Youth of the Year, 1700, Youth Center
- Friday Night Mixed League, 1800, Rough Rider Bowling Center
- Youth of the Year, 1800, Youth Center

TUESDAY 07

- Civilian Employment Basics 101, 0900-1100, M&FRC
- Game Day, 1000-1930, Minot AFB Library
- Family Bootcamp, 1000, Turf hosted by McAdoo Fitness Center
- Moving Out of the Dorms Budget Class, 1300-1500, M&FRC
- Zumba, 1800, McAdoo Fitness Center

FRIDAY 10

- Veteran's Day (Observed)
- For a full listing of Veteran's Day holiday facility hours, visit 5thforcesupport.com
- Friday Night Mixed League, 1800, Rough Rider Bowling Center

SATURDAY 04

- Poké-Lab Mystery Escape Room Game Starts, Minot AFB Library
- Zumba, 1100, McAdoo Fitness Center
- International Games Day, 1300, Minot AFB Library
- Youth Bowling League, 1400, Rough Rider Bowling Center
- R4R Free Bowling, 1700-2100, Rough Rider Bowling Center

WEDNESDAY 08

- Spouses Welcome, 0730, Jimmy Doolittle Center, hosted by M&FRC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Storytime, 1030, Minot AFB Library
- Top 3 Mentorship Hour, 1130-1300, Professional Development Center
- Suicide Prevention/SAPR Brief Tier 2, 1400-1600, Professional Development Center
- Zumba, 1730, McAdoo Fitness Center

SATURDAY 11

- For a full listing of Veteran's Day holiday facility hours, visit 5thforcesupport.com
- Veteran's Day Special Lunch, 1030-1330, Dakota Inn Dining Facility
- Youth Bowling League, 1400, Rough Rider Bowling Center
- R4R Free Bowling, 1700-2100, Rough Rider Bowling Center

SUNDAY 05

- Zumba, 1400, McAdoo Fitness Center

MONDAY 06

- JCM – Sometimes You Win, 0800-1600, Professional Development Center
- Reintegration Briefing, 1000, M&FRC, Zoom Meeting
- Thrift Savings Plan for Military Members, 1300-1500, M&FRC
- Zumba Strong Nation, 1730, McAdoo Fitness Center
- Writing Club, 1800, Minot AFB Library
- Yoga, 1830, McAdoo Fitness Center

THURSDAY 09

- Pre-Separation Counseling, 0830-1130, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Retraining 101, 1130-1300, Professional Development Center
- Yoga, 1700, McAdoo Fitness Center
- Extramural Bowling, 1730, Rough Rider Bowling Center
- Paint & Sip, 1730-1930, Arts & Crafts Center
- Zumba, 1800, McAdoo Fitness Center

NOV SPECIALS

Bomber Bistro Featured Item
Pizza Lunch Combo
 Choose two pizza slices plus a soft drink for a quick and easy lunch.

The B-Fifty Brew Featured Item
Red Bull Burner
 Red Bull, lemonade, and your choice of flavoring combine to make this delicious and refreshing drink to put a little pep in your step.

Rockers Bar & Grill Featured Item
Fish & Chips
 Two English-style battered cod fillets served with crispy fries and tartar sauce!

GOBBLE UP SKATE NIGHT

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Youth under the age of 9 must have a parent present at all times. Bring your own skates or roller blades or check out a pair from us! Helmets required for all skaters.

Keystone will be selling snacks, cash only!

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Department of the Air Force Youth Programs

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