# northernsentry

| FRIDAY, MAY 31, 2024 FREE | WWW.NORTHERNSENTRY.COM | VOL. 62 • ISSUE 22 | MINOT AIR FORCE BASE

#### WHATS INSIDE THIS WEEK:



CONDUCTS MISSION OVER **BALTIC SEA IN** SUPPORT OF BTF 24-3

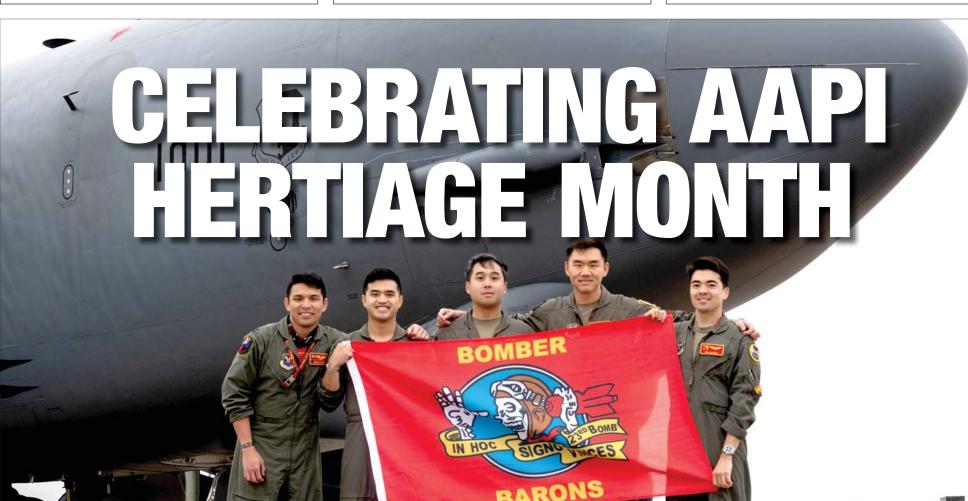


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#### Tawana Hixon

found a \$45 Golden Ticket in the Northern Sentry she picked up at the 91MW front entrance. Congratulations Tawana, thanks for reading the Northern Sentry!

#### Eli Culver

found a Golden Ticket in the Northern Sentry brought to his house by his friend Renny, who is one of our top carriers! Minot AFB Kids are Awesome!





#### James Weidman

found a \$45 Golden Ticket in the Northern Sentry delivered right to his doorstep in Base housing.





CHRIS GORDON, AIR & SPACE FORCES MAGAZINE



A U.S. Air Force B-52H Stratofortress, assigned to the 69th Expeditionary Bomb Squadron prepares to land on a runway at Royal Air Force Fairford, U.K., May 20, 2024.

U.S. AIR FORCE PHOTO I AIRMAN 1ST CLASS JARED BREWER

B-52 Stratofortess bombers kicked off yet another Bomber Task Force deployment May 20, with the first aircraft touching down at RAF Fairford, U.K., the Pentagon said.

The bomber task force "will provide numerous training and operational opportunities alongside NATO allies and regional partners," Pentagon Press Secretary Air Force Maj. Gen. Patrick S. Ryder told reporters May 21. "This deployment underscores the U.S. commitment to NATO's collective deterrence in defense of the Euro-Atlantic region against hostile actors."

The deployment from the 5th Bomb Wing from Minot Air Force Base, N.D., is the third bomber task force to deploy to Europe this year, following deployments of B-1s to Sweden in February and Spain in March.

U.S. Air Forces in Europe (USAFE) said in a news release that the first B-52s landed at RAF Fairford on May 20, and Ryder added the BTF is scheduled to include four bombers from Minot.

The bombers are part of the Department of Defense's Large Scale Global Exercise series, which runs through June. In February, U.S. European Command said the exercise series with U.S. partners would include 11 separate training events in Europe. These include the recently concluded U.S-led Astral Knight integrated air and missile defense exercise, as well as two bomber task force missions. USAFE has not provided a detailed account of the plans for the latest B-52 deployment.

There has been heavy demand for bomber task forces in recent years as the U.S. has sought to reassure allies and deter potential adversaries.

"The appetite for bomber task force exceeds capacity," the head of Air Force Global Strike Command Gen. Thomas A. Bussiere told Air & Space Forces Magazine last month. "There's so much interest across the globe with all our geographic combatant commanders. I'm sure they would take as many as we

could give them."

His command, Bussiere notes, has to balance the demand for bomber task forces with the imperatives of maintaining the readiness of its aircraft and Airmen and carrying out its nuclear deterrence mission on behalf of U.S. Strategic Command.

The B-52 deployment marks the second bomber task force deployment this month for BUFFs following a B-52 deployment that operated out of Guam.

"Everybody loves a bomber task force," Bussiere said. "The COCOM commanders love bomber task force. Our allies and partners love bomber task force. It's a great opportunity for our Airmen to train. It's a great opportunity for our allies to train with our Airmen and their bombers. And when you send a bomber from the United States of America to anywhere in the world it sends a very distinct, purposeful message to allies and any potential adversaries."







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Airmen prepare to unload luggage from a B-52 Stratofortress in support of bomber task force 24-3 deployment at RAF Fairford, England, May 20, 2024. While deployed, Airmen from Minot Air Base will operate as the 69th Expeditionary Bomb Squadron and will integrate with NATO Allies and other international partners to synchronize capabilities and assure security commitments across the U.S. European Command area of responsibility. (Photo altered for security measures.)



An Airman looks over a B-52 Stratofortress in support of bomber task force 24-3 deployment at RAF Fairford, England, May 20, 2024. While deployed, Airmen from Minot Air Base will operate as the 69th Expeditionary Bomb Squadron and will integrate with NATO Allies and other international partners to synchronize capabilities and assure security commitments across the U.S. European Command area of responsibility.

U.S. AIR FORCE PHOTOS I AMN ADAM ENBAL



Airmen deployed from Minot Air Base listen to an in-processing brief at RAF Fairford, England, May 17, 2024. The arrival marks the main passenger movement of Airmen deployed in support of Bomber Task Force Europe 24-3. While deployed, the unit will operate as the 69th Expeditionary Bomb Squadron and will integrate with NATO Allies and other international partners to synchronize capabilities and assure security commitments across the U.S. European Command area of responsibility.

U.S. AIR FORCE PHOTO I STAFF SGT. JESSICA AVALLONE









A U.S. Air Force B-52H Stratofortress, assigned to the 69th Expeditionary Bomb Squadron deploys its parachute on a runway at Royal Air Force base Fairford, England, May 20, 2024. BTF 24-3 enhances combat readiness amongst participating NATO Allies and partner nations, ensuring their ability to rapidly respond to emerging threats.

U.S. AIR FORCE PHOTO AIRMAN 1ST CLASS JARED BREWER

Airmen from Minot Air Base exit an Atlas Air Boeing 767 aircraft at RAF Fairford, England, May 17, 2024. The arrival marks the main passenger movement of Airmen deployed in support of Bomber Task Force Europe 24-3. While deployed, the unit will operate as the 69th Expeditionary Bomb Squadron and will integrate with NATO Allies and other international partners to synchronize capabilities and assure security commitments across the U.S. Éuropean Command area of responsibility.

U.S. AIR FORCE PHOTO STAFF SGT. JESSICA AVALLONE

A 5th Bomb Wing patch is worn by U.S. Air Force Capt. Caleb Clark, 69th Expeditionary Bomb Squadron co-pilot, during a mission in support of Bomber Task Force 24-3 over the Baltic Sea, May 24, 2024. Multinational exercises enhance interoperability with NATO forces, strengthening the collective ability to respond to global threats.

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



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5th Bomb Wing Deputy

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# For Everything There is a Season

It's Change of Command season, and the reality is starting to set in. I know I have written about how the folks "downtown" don't quite realize the impact the change of commands has on the Minot Air Force Base community.

On the military side, it's kind of business as usual. Families packing up and headed out to new assignments. From the community side, we meet new families coming to the community. Although I have to believe that much of their focus is on getting settled in a new home and getting acquainted with Minot Air Force Base in general, we tend to forget the challenge of taking on the command of an entire bomber or missile wing, group, or squadron command. That being said, there isn't another base in the Air Force that houses two legs of the nuclear triad like Minot. Once again, hard to comprehend when you aren't part of the military fabric that keeps Minot Air Force Base as one of the top bases in the Air Force.

Now we'll talk community, or

maybe communities. I have lived in Minot since 1976. Quick math? Almost 50 years. For most of those 50 years I didn't really understand the dynamics of trying to combine two completely different communities, into one cohesive community. What are those dynamics? Well first and foremost, knowing that a vast majority of the Minot Air Force base command team(s) will be limited to two years at Minot Air Force Base, or if they choose, the community of Minot. What does that mean? In our neighborhood we once had four different military families who owned homes in our neighborhood. We have had our home on 22nd Street Northwest for 44 years. When we moved into our home, we were they young kids on the block. Today we are the old couple whose kids have grown and left the nest, so's to speak. Yep, we are Grandpa & Grandma Wilson.

So, what about those military families. All are gone. One to Montana, one to Texas, one to Las Vegas. We watch through our living



The house next door, owned by an Air Force family will have new owners.

#### northern **sentry**

#### A VIEW FROM OUR SIDE

ROD WILSON



Just because I am familiar with PCS season, I think it could be a military family. And if it is, where did they come from? One family had been in Germany. Can you imagine packing up and moving your family across the ocean? Like I said, business as usual for a military family. Our reporter, Erin Beene, moved their family to Hawaii. She talked about belongings going into storage for a while. They moved into temporary housing before they received their moving schedule. Again, hard to imagine for someone who has roots, and I mean really deep roots, in North Dakota.

So yeah, there is a season for everything, and now is PCS season at Minot Air Force Base. In downtown Minot it is also PCS season. It's a time to make sure we say goodbye and best of luck to those moving on. And to those who are arriving, we should have a routine for welcoming these new families not only to our neighborhood, but to the organizations in the community that might make these families feel welcome.

My wife and I try to bake (well actually my wife bakes and I just kind of watch) cookies or bars



and knock on the door of new families and welcome them to the neighborhood and offer our help in getting acquainted with Minot. Back to Amy Allender and her Hotdish Land mentality. Making people welcome is part of Hotdish Land. But so is sheading a teer or two as the moving van rolls away and realization of someone leaving cote in

So, let's just end our visit today with an agreement that it's PCS season, on both sides of the fence. Minot Air Force Base and Minot are one community, going through the loss of several families knowing that in time another family will move in and want to connect. Let's help them. After all, it's PCS season.

#### BEST KEPT SECRETS

I am going to go with fat tire bikes, and fat tire bike trails. Check them out at Fort Stevenson State Park, just south of Garrison.

Shrek is coming! The Mouse River Players will be hosting a summer production of Shrek. I met one of the younger members of the cast recently. She was singing and practicing her dance moves. More information on mouseriverplayers.

All Shook Up- June 11th starts the MSU Summer Theater with All Shook Up. It a great musical with familiar music. Tickets available on the MSU Summer Theater web site.

#### TODAY'S CHUCKLE

Future politicians won't be able to brag about being raised in a log cabin, but they will complain of growing up with only a flip phone and one flat screen TV in the home.

# Is it summer yet? It sure feels like it is



DEAR MINOT TOM ROSS, MAYOR CITY OF MINOT

Summer isn't even officially here yet, but it's definitely feeling like it is, especially with all the things going on in Minot these days.

Over the past couple of weekends, area high schools and universities have held their annual graduation ceremonies, events filled with celebrations, speeches full of life advice, time with family, and students saying good-bye to classmates and teachers. It's a yearly reminder of the critical role young people play in the future success of our communities. Many of this year's graduates will soon go off to college, while others have already begun work in their chosen career. But they're all valuable pieces of our evolving community, and we see their contributions to our cities on a regular basis, and in many different ways.

We saw the contributions of many of our young people just last weekend, when volunteers banded together to complete a public art project at the four corners of the intersection of East Central Avenue and 1st Street SE. Folks of all ages joined in the project, as volunteers helped clean the street before

stenciling was done and paint was started. The rain on Sunday pushed completion of the project to the next day, but the results are fabulous. Aside from looking amazing, the painted bump-outs serve a greater purpose at that intersection - safety. Smaller spaces inspire slower speeds and help alert drivers to the adjoining crosswalks. A big thank you to the folks at Prairie Sky Breads, Aksal Group, the Downtown Business & Professional Association, and all the volunteers who, in the true sense of community spirit, pushed this project to completion.

We also see the value of our residents working together for another community project. The Union Silos Public Art Project will be the largest such project in North Dakota when completed. Artist Guido van Helten has been in Minot numerous times to photograph elements of our community as he works to plan the gigantic murals on the silos at 318 1st Ave NE that will become a huge part of the Minot downtown skyline when completed. Van Helten will work with community partners and local cultural influences to design the murals. Painting is expected to begin soon. You can find out more about this project at ndunionsilos.com.

These events, and other major ones like the North Dakota State

Fair, highlight what we already know about summers in North Dakota – there is no shortage of things to do and there are a lot of things happening, whether you're an adult or you're a parent looking for ways to keep your children busy. There is an endless list of ways to participate in events or simply be a spectator, and many of these opportunities are created and nurtured by Minot's business community and a list of dedicated volunteers that is ready and willing to help at a moment's notice.

Those efforts make a visible and real difference in our community by creating opportunities for all of us, including:

Looking for physical activities for the kids this summer? Check out the Minot Recreation Department, Prairie Grit Adaptive Sports, Jack Hoeven Wee Links, and many other organizations that offer unique and varied opportunities for children of all ages.

If art is your thing, you're in luck. You can find information about what's available at a host of local organizations, including the Taube Museum of Art, Margie's Art Glass Studio, and the Minot Area Council of the Arts.

If you want to watch sports, there are endless opportunities this summer. The Minot Hot Tots begin their season soon, and the Minot Honeybees are bringing a women's fastpitch softball summer league to Minot for the first time. There is seemingly always a Legion baseball game being played in Minot or nearby. The excitement at Nodak Speedway is already under way, and action begins soon at the Magic City International Dragway.

There are so many creative and unique events and opportunities happening in our community, and there are activities designed for all ages. You can find a lot of them on the calendar at visitminot. org. You can also keep track of the youth and adult events at the Minot Public Library this summer at minotlibrary.org.

The list truly is endless, and so is the impact on our community by the small business owners and volunteers who help make many of these events possible and successful. Thank you to everyone for creating these opportunities, and providing so many ways to help our population expand their personal horizons while contributing to the overall enrichment of our community.

Enjoy your summer.

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.

#### 740TH MISSILE SQUADRON CHANGE OF COMMAND

U.S. AIR FORCE PHOTOS



Lt. Col. Derek Arnholtz addresses those attending 740th Missile Squadron Change of Command held May 28, 2024 at Minot Air Force Base, North Dakota.



Col Schlabach accepts guidon as Col. Ğibson relinquishes command of the 740th.



Col. Derek Arnholtz accepts command of the 740th Missile Squadron



Col. Schlabach presents Award of Merit to Col Gibson

#### **SMOKED LONGHORN BRISKET**



**INGREDIENTS** 

2 TABLESPOON COFFEE GROUNDS

1 (12-14 LB) WHOLE PACKER BRISKET, 1/4 CUP TRAEGER PRIME RIB RUB

15 minutes.

Rub brisket with Traeger Prime Rib Rub and coffee grounds.

Place brisket on the grill grate fat-side down and smoke until it reaches an internal temperature of 160°, this should take about 4 to

When ready to cook, set Traeger to 250° and preheat, lid closed for

Remove brisket from grill and double wrap in foil. Return wrapped brisket to grill and cook until brisket reaches an internal temperature of 204°, about 2-1/2 to 3 hours

Once finished, remove from grill, unwrap and let rest for 15 minutes. Slice against the grain and serve. Enjoy!



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# MILITARY APPRECIATION



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Join us for Military Appreciation Night with the Hot Tots on Saturday, June 29th!

# **A Community of Arts**



HOPE ANDERSON

Summertime in North Dakota is upon us and it truly is a beautiful place to be during the summer months. It's almost like mother nature gives us the glorious summer to keep us in the NoDak after we all want to pack our bags and "get out of Dodge" in the wintertime. With the sunshine rolling in and school out, it's time to enjoy various events that are happening in our community. Minot Area Council of the Arts is hosting Arts in the City and Arts in the Park again this summer and both are packed with music, arts, fun, and are free to attend.

Arts is the City takes place on Thursday nights in June and August in the heart of the city, Downtown Minot. This family friendly event features live music, bouncy houses, axe throwing, food vendors, interactive art opportunities, and an artisan vendor market. Located on Main Street, it is easy to find and an excellent way to spend time in downtown Minot on Thursday evenings.

Arts in the Park is another excellent way to hear local artists perform. Every Sunday evening in June and July at the Oak Park stage at 4 pm and 7 pm, you can bring some lawn chairs or a blanket and relax while enjoying some great music. They also offer art demonstrations and kids activities. Enjoy beautiful Oak Park while taking in some fantastic music. Sounds like a great way to spend a Sunday in Minot.

Both venues have a diverse lineup of musical talents including local artists and bands that will get your feet tapping and maybe even make you want to dance. Check out the Minot Area Councll of the Arts Facebook page: MinotArts or

their website www.minotarts.org to find out more about these summer happenings.

These are just two of the events that Minot Area Council of the Arts offers throughout the year. Tonia Vitko and Myles Barcomb, Co-Executive Directors of MACA, are working diligently to continue the vision of the organization and to create new events for the community. They recently took over the position together and bring a great deal of experience to the table. Barcomb has a background in musical performance and has worked with many artists and musical talents over the years. His experience with booking musicians and the connections with the arts community in Minot has made the transition to the position blend nicely. Vitko has worked with several non-profits in Minot and sits on several boards. She has had a passion for the arts since a young age and is excited to continue the strong arts presence in the community through her new

The process and planning of events takes a great deal of time and effort, which cannot be done alone. One way to participate is to volunteer time to help with Arts in the City. There are a variety of ways that you can help on the day of the events or before during the planning phase. They would love people to get involved and many hands make the work light. It is a great way to get to know others in the community and find your niche in the arts community.

MACA is also still looking for artisan vendors and more food trucks for the Arts in the City nights. If you or someone you know has talents in these areas, contact Vitko or Barcomb to find out more details and start sharing your own talents in the community.

As the summer rolls in and the sun continues to shine until late in the evening, it is the perfect time of year to spend time outdoors and in the community. Both Arts in the City and Arts in the Parks are great opportunities to enjoy the weather, immerse yourself in the arts, and get to know others in Minot. Bring your friends and family and make









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# Col Jensen Speaks at Memorial Day Service

TED BOLTON, NORTHERN SENTRY

The morning sun was like a hug from lost loved ones to the large crowd gathered Monday, May 27 at the Veterans Park section of Rosehill Cemetery. Following the cool wet Sunday, everyone was smiling and an air of thankfulness was palatable, thankfulness not just for the beautiful morning, but thankfulness for those who had left this mortal plain after serving to protect, and preserve freedom for their fellow citizens. U.S. Air Force 1st Lt. Michael O'Keefe, 5th Security Forces Squadron commander's support staff section commander at Minot AFB, gave a stunning rendition of the National Anthem, prompting many to reach for a tissue. As the entire crowd recited

was then time for Colonel Benjamin Jensen, 5th Bomb Wing Deputy Commander to address the crowd. In his sincere, humble address, Col Jensen defined the day, recalling the names of many Minoter's from the Civil War to the present day that had willingly answered their Country's call to arms and never returned from the battle field. He recognized those whom he had known personally that had died while training for battle, and those who had answered the call and survived, but have since pasted on to their eternal rest. Thank you Col Jensen for what was a memorable Memorial Day. Attending services like this builds in our citizens a love of Country, and a respect for those our freedoms.

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Keeping up with vehicle maintenance sometimes can feel like a chore, especially when you can't exactly remember the last time you took your car into the auto shop. Periodic maintenance matters in the long run so you can avoid more costly repairs down the road.

An oil change is one of the more basic services your vehicle needs to perform at its best. Oil is specifically designed to lubricate your vehicle's engine. Fresh oil helps prevent your engine from using more energy and fuel than it needs and protects engine parts from wear and tear. We'll walk you through why oil changes matter for your vehicle and how long is too long to wait in between oil change services.

#### WHAT HAPPENS IF YOU DON'T GET AN OIL CHANGE?

When life gets busy, it may be tempting to put things, like an oil change, on the back burner. Delaying important preventative maintenance could cost you overall. Without good engine oil, you are putting your car's engine in danger. Putting off an oil change for too long can:

Worsen engine performance: Good engine oil keeps all the parts in an engine lubricated, but as it degrades it becomes more difficult for an engine to run at full capacity. As engine oil ages in service, acids accumulate in the oil. Additive performance and protection may also fade and the oil can thicken in viscosity.

Cause costly engine damage: Neglecting an oil change long-term can have disastrous consequences. Old oil can eventually turn into sludge or deposits that can cause serious damage from a smoking engine to complete engine failure.

#### **HOW LONG CAN YOU GO WITHOUT AN OIL CHANGE?**

Now that you know how important an oil change is for your vehicle, you may be wondering what's the best way to keep up with maintenance. A lot of this depends on your type of vehicle and how you drive. The best way to stay on top of maintenance intervals is to refer to your vehicle owner manual or the oil life monitor displayed on the driver information center of your dashboard or center console.

#### DON'T MISS OUT ON YOUR NEXT OIL CHANGE

When it is time to schedule service at the auto shop, there's plenty of benefits to getting your oil changed at Tires Plus. Each oil change comes with a free courtesy inspection, speedy service, and we regularly offer coupons to save you money. Find your nearest Tires Plus for assistance from our auto experts on all your car maintenance and tires needs.



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# Seminary PHOTO CONTEST

Maybe it's because it is only a few short months. Maybe it's because we finally get to see the sunshine, which our skin and spirit craves. But, whatever the case, summertime in North Dakota is simply magical. It's the perfect outdoor weather to fish, swim, boat, hike or simply "be". For a few blessed months every year, North Dakotans get to embrace the beauty of the outdoors.

We'd like to glorify this magical time by documenting it forever in history with a

#### **Sensation Summer Photo Contest!**

Send us your photos of you and your kids playing in the backyard, on the playground or at the base pool. Send us your pics of your family exploring Teddy Roosevelt National Park or Medora! We want to see photos of you camping in one of North Dakota's State Parks, hanging out at the State Fair or watching a local baseball game! We want to see them ALL!



(1) NIGHT STAY\* &
(4) WATER PARK PASSES\*
TO THE CANAD INN
IN GRAND FORKS!





# **HOW TO ENTER**

Submit your photo and who/what/ when/where description on our website by using the QR code



#### **RULES AND REGULATIONS:**

- Winner will be chosen at random from the total pool of entries
- Every photo submitted will count as an entry but you may only submit (1) photo per day
- Contest runs from Memorial Day until Labor Day 2024
- Winner will be announced via email address provided in September 2024
- By submitting your photo in the contest you are giving permission to the Northern Sentry to use your photo for promotional items and for use in our newspaper, online edition and on our social media pages.
- Photos MUST be taken in North Dakota
- Contest is only open to Minot AFB assigned members and their dependents
- \* Some restrictions may apply.

#### AFGSC CONDUCTS SENIOR LEADER CONFERENCE AT MINOT AFB



U.S. Air Force Global Strike Command (AFGSC) leaders pose for a photo following the 2024 AFGSC Senior Leader Conference of the Senior Leader Conference, AFGSC leaders hold various at Minot Air Force Base, North Dakota, May 21, 2024. The Senior Leader Conference allows senior leaders to come together and share best practices, discuss unique challenges and collaborate on solutions for issues that affect the AFGSC mission and its people.

Commanders, command chiefs, civic leaders and staff from across Air Force Global Strike Command (AFGSC) are greeted during a tour in support of the 2024 AFGSC Senior Leader Conference at Minot Air Force Base, North Dakota, May 21, 2024. As part meetings, with the objective being to align their efforts with the Global Strike mission.

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



Senior Leader Conference attendees tour a missile launch facility during the 2024 Air Force Global Strike Command Senior Leader Conference at Minot Air Force Base, North Dakota, May 21, 2024. The conference unites AFGSC's top leaders for discussions on matters that affect the Global Strike mission and its people.



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

Attendees of the 2024 Air Force Global Strike Command Senior Leader Conference receive a brief on guad-copter unmanned aircraft system (UAS) capabilities at Minot Air Force Base, May 22, 2024. The UAS was displayed alongside other equipment used by security forces members who safeguard Minot AFB.



A Team Minot Airman briefs conference attendees at a Minuteman III intercontinental ballistic missile launch facility during the 2024 Air Force Global Strike Command Senior Leader Conference at Minot Air Force Base, North Dakota, May 21, 2024. The Senior Leader Conference allows senior leaders to come together and share best practices, discuss unique challenges and collaborate on solutions for issues that affect the Global Strike mission and its people.



BREWERY & BARRELWORKS FOLLOW US ON

Left: Leaders from across Air Force Global Strike Command receive a brief on the Minuteman III intercontinental ballistic missile during the 2024 AFGSC Senior Leader Conference at Minot Air Force Base, North Dakota, May 21, 2024. The conference unites AFGSC's top leaders for discussions on matters that affect the Global Strike mission and its people.

U.S. AIR FORCE PHOTOS I AIRMAN 1ST CLASS TRUST TATE



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#### **SUDOKU**

Solution to puzzle on page B9

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#### **CROSSWORD PUZZLE**

#### Across

- 1. Deli offering
- 6. Golden Horde member
- 11. Exploit
- 14. Pueblo material
- 15. + end, e.g.
- 16. Words with step further
- 17. It's almost lucky?
- 19. Head for Vegas?
- 20. Singer Kristofferson 21. Aristotle's H
- 22. Supermarket section
- conversation
- 24. Having pauses in 27. Quintuplets maybe?
- 31. Reporter's need
- 35. Without a connection
- 36. Richard Branson, e.g.
- 38. "GWTW" plantation
- 39. It's almost lucky?
- 42. School subj.
- 43. "\_\_\_ honor ..." (scout's oath)
- 44. Vapid
- 45. Imposing building
- 47. Catkins
- 48. In a harmonious manner
- 51. Penetrating cold 54. Formal requirement
- 55. Astronomer's sighting,
- perhaps
- Center of activity 60. It's almost lucky?
- 64. Steak partner
- 65. Low pair
- 66. Word with main or blessed
- 67. Push to the limit
- 68. Set out on an excursion 69. Serves beer after beer,

#### Down

- 1. Burglar's deterrent, maybe
- 2. Purim's month
- 3. Fossil-rich desert 4. Peters out
- 5. Hibiscus ring 6. Discernment
- 7. Pavlova and Karenina
- 8. "A Bridge \_\_\_ Far"
- 9. Sun spots in Baltimore?
- Make further corrections
- 11. Grapefruit hybrid 12. Sailplane
- 13. "Don't overdo it!" 18. Certain duck
- 23. Common solvent

- 24. Adjective for puppies
- 25. Bring together
- 26. Gp. marching around campus
- 27. Shop tool
- 28. Plant louse
- 29. Zoroastrian living in India
- 30. Feeling worried
- 32. 17th-century court dance
- 33. "\_\_\_ you glad you did?"
- 34. Schoolyard challenges
- 36. "John Brown's Body" author
- 37. Battering tool
- 40. Graph points 41. Like a rickey 46. Coastal coves

- 50. Scatterbrained 51. Chit chaser
  - 52. Sinuous dance 53. Alpine goat

47. Not aweather

49. Type of alcohol

- 55. Actress Campbell
- **56**. Baker's need 57. Sell by machine
- 58. Tiny household invaders
- 61. "A Kiss Before Dying" novelist Levin
- 62. It sticks to your hair
- 63. Net judge's call



#### **CHURCHDIRECTORY**

#### **Chapel Services** at MAFB

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290 Peacekeeper Pl (across from North Plains Elementary School)

**Protestant** 

Sunday Community Service 1030

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Hof (Norse Pagan) 1700 on 2nd & 4th Wednesdays



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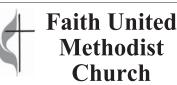
Church



Wednesdays 7:00pm and Sundays 10:30am

1821 W Burdick Expressway

For More Information: 701.838.2665 | www.bfbc.tv



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.



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

www.trinitychurchminot.org

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1000 NE 3rd Street 852-0315

Sunday Schedule

Contemporary Worship..... Sunday School (All Ages) ..... 10:00am Traditional Worship...... î î : ûûarn

**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



Worship Service 10:45am Sundays

**Sunday School** 



Grief Support Group meets Mondays at 7:00pm

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

#### **Immanuel Baptist Church**



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

**WEDNESDAYS:** 

11:30 AM SOUP KITCHEN

**SUNDAYS:** 

9:30 AM FELLOWSHIP 10:00 AM WORSHIP

**Pastor Brian Keithline** 



#### **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



www.firstlutheran.tv (Live Stream & Recorded) Radio Broadcast KRZ 1390AM

Sunday 9:30 am www.flcminot.com Pastor Brandy Gerjets • Pastor Ellery Dykeman



#### SGI-USA

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Emal: bispsych@yahoo.com

Phone: (701) 838-9348



1805 2nd St. SE 838-1111

**Sunday Services** 8:00 am I 9:30 am 11:00 am

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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



#### **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



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> Reverend Philip Beyersdorf 2209 4th Avenue NW, Minot, ND 839-4663

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#### **First Baptist Church** 200 3rd St. SW • 852-4533



Rev. Kent Hinkel, Senior Pastor

Elaine Carlson, Children's Ministry Director

#### **Apostolic Faith** Church, UPCI

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Jesse Starr, Pastor

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# Community Church

Anna B. Henderson

KHRT 1320: 9 a.m. Sunday Sunday School ...... 9:45 a.m.

Bible Study/Child-Adult

# New Leader of the Pack Lt. Col. Lusson Takes Command of 742d

ROD WILSON, NORTHERN SENTRY

For Lt. Col. Jacob Lusson, his third year started with a couple of moves. One geographical, as he now has the Commander's office on the main floor of the 91st Missile Wing building, moving upstairs from his office of 2 years, and his position as Operations Officer of the 740th Missile Squadron. Career wise his move from Operations Officer would be to Commander of the 742d Missile Squadron, known as the Wolf Pack.

Lt Col Lusson calls Phoenix, Arizona home, graduating from Arizona State University in close by Tempe. "It took us a while to adjust to the weather, but I think we're in it now" chuckles Lusson. His wife, Martha, and 4 kids live on base. "Brisa, James, Jacqueline and Peter, so girl-boy-girl-boy."

The difference between being the DO verses being the Squadron Commander? "Down there it was more or less focusing on operations and making sure the job gets done" says Lusson, "Up here my main focus will be taking care of our Airmen. I am most excited about being able to have a direct, positive impact on Airmen's lives, and obviously help them accomplish the mission, but that brings a whole new set of challenges.'

Each of the 3 missile squadrons in the 91st Missile Wing has about 85 Airmen. Of those, 15-18 are enlisted members, and the rest are officers who are missileers. Each squadron will be responsible for 50 missiles of the 150 that are a part of the 91st MW.

What are the challenges today, now that the Minuteman III's are over 50 years old. According to Lusson "we work every day to sustain these missiles until the Sentinel comes online in the coming years. It's always a challenge."

The Airmen arriving at Minot Air Force base as part of the 91st MW are usually excited to get here, because for a lot of them, it's their first assignment "so they are ready to get going and get the mission done. A lot of them are coming in from different areas of the country and so they are adjusting to coming up here, in the north, and of course the weather mostly" says Lusson. But in general, they get up here, they get through their first winter and they are good to go."

To get these young, and often unattached Airmen in the fabric of the base, there are squadron events. They all have similar training, so they get to know each other and those that are more experienced encourage the Airmen to stick together and help each other out. "We like them to help each other when they are learning the ropes and adjusting to being in Minot. I think we do a pretty good job of

that" according to Lusson.

When it comes to teaching the new arrivals to Minot AFB about the history of the 3 missile squadrons, Lt. Col Lusson says "it's a group effort, from Commander's Calls to training when they first get here, they go through Mission Qualification Training that not only teaches them what they need to know for the job, but the history and the heritage.

Between the 3 missile squadron there is what Lt. Col Lusson refers to as a healthy competition. "We're always trying to do better and make each other better."

The rural setting of a North Dakota missile silo will be a bit of an eyeopener for Airmen as they take their first tour of the missile fields around Minot AFB. "You know out here it's pretty much wide open spaces.

And the challenges ahead for the 742d? "There are always ongoing efforts for sustainment, and different programs to make sure we are more safe, secure, and reliable weapons system, and make sure that we are safe and secure and if we need to execute we are able to. There will be continuous programs all the way until Sentinel comes online."

And the simulated electronic test launch and the follow through test launch at Vandenberg make sure that missile squadrons like the 742d



Lt. Col Jacob R. Lusson

are ready and prepared should they need to be.

And what does Lt Col Husson want to be his legacy after command of the 742d? "I want to be sure that we are developing our Airmen, professionally as Airmen

and personally as humans. Making sure that I left the squadron in a better place than I found it. Making sure all the while that we are performing our mission and grow the squadron."



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HIGHAIR GROUND





# **Neighborhood Vendor Event**

SABRINA MULRAIN

Do you have a local home-based business and are finding it hard to really promote yourself? Or maybe you just want to find a local person within the community who makes or sells a specific product, but you are not having much luck searching on the Facebook groups. Perhaps you even recently moved here from an overseas base and you miss having something like the Bazaar to attend?

Currently, Minot AFB does not have a market Bazaar or anything similar. And other than some posts on the Facebook pages, there isn't really a specific place to market or search for products offered by local home-based businesses. Carrie Driver, a military spouse from right here at Minot AFB, saw a need for a place where homebased businesses could show off their services. She also imagined a place where people can gather to look around, shop, eat, and support other military families as a community. Carrie is putting together a neighborhood vendor event right here on Minot AFB at the Neighborhood Center on June 8Th from 10am to 4pm. This event will be the perfect place to not only promote your own homebased business but will also give the opportunity to shop at and support other military family businesses.

So far around 25-30 people have signed up to be vendors at this event. There will be vendors selling everything from homemade jewelry, resin tumblers, Scentsy, sourdough baked goods, crochet stuffed animals, hand sewn items, body butters, Tupperware, and more. There will also be a couple food vendors and some craft vendors to include someone offering fairy hair. Even a few children will be there to market some of their home businesses.

Carrie also has two local nonprofits signed up for this event, For Belle's Sake animal rescue and Holly Jacob's promoting mental health will be in attendance. This event is the perfect place to not only support other military families, but also to see what kinds of things are being offered as a service within the military community.

This event will be not only be free to attend but will also be free of charge for those wanting to sign up as a vendor. Carrie believes in making this the perfect place to market and support spouses and military families with their businesses, as well as being a great way to bring our community together.

This will be the first such event in the works, but don't fret if you miss out on this one as Carrie has



plans to offer more vendor events like this in future. So, head on over to the Neighborhood Center on Saturday June 8th to check out all the vendors and maybe even grab something special for dad as this event is right in time for Father's



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## MAFB School Board



SCHOOL LIAISON PROGRAM MANAGER, GS-12 DEPARTMENT OF THE AIR FORCE SCHOOL LIAISON PROGRAM

School Boards are responsible for the education of local children and address a wide array of issues to include establishing spending priorities, approving budgets, adopting school calendars, approving staffing changes, responding to changes in education law, and advocating for the needs of students, families, teachers and staff. Members work closely with the district superintendent and other administration and serve as public figures to support and respond to the needs of their communities.

For the Minot Air Force Base, School Board District #160 serves in this capacity. School board member duties include, using state and federal funds to ensure that the students on-base continue to receive the best education possible within the laws of the North Dakota Century Code, addressing concerns or questions from district families, and voting on matters that affect schools both on and off the installation. The Minot Air Force Base School Board is a coterminous school board that works alongside Minot Public Schools, School Board, District #1 with the mission of "Empowering all learners

to succeed in a changing world". Minot Air Force Base, School Board District #160 and Minot Public Schools, School Board, District #1 consist of five board members, each member serves a three-year term. For the Minot Air Force Base, School Board, District #160 there are three position requirements for members. These include 1) Member must reside on the installation 2) Member may be active duty enlisted, a reservist, or a dependent family member. Officers are not eligible to serve as school board members pursuant DoDD 1344.10, Para 4.2.2.4. 3. Members cannot be an employee of Minot

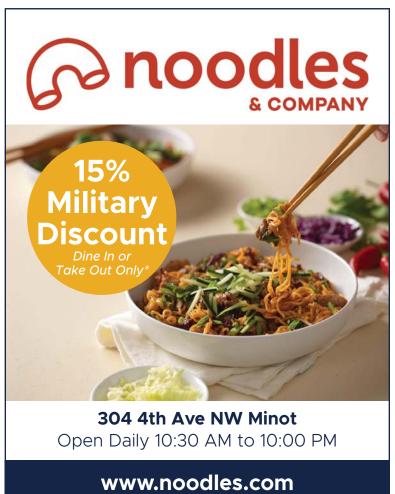
Public Schools. The Minot AFB School Board often has to fill vacancies due to member resignations related to the military lifestyle. If a member of the board resigns that position is filled to serve out the remaining portion of that term. Currently, the Minot AFB School Board has an open position. Interested parties can contact the School Liaison at joy-nicole.smith.2@us.af.mil more information and to receive an application.







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Rusty Cooper's first catch of the summer. Memorial day 2024, Lake Darling.

SUBMITTED BY RUSTY COOPER-

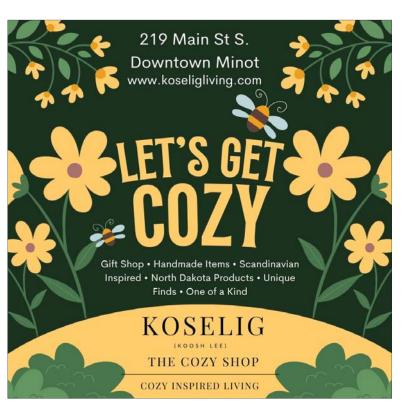


Wishing Memorial Day was a tad bit warmer. Waylon Cooper Fishing on SUBMITTED BY KRISTEN COOPER-



The beautiful grasslands of North Dakota.

SUBMITTED BY NATHAN BOLEY



#### **NOTES ON BEING SAFE**

### **SUMMER FOOD** SAFETY: OUTDOOR **GRILLING**

SSGT JOE VERGARA 5TH BOMB WING NCOIC OCCUPATIONAL



Grilling, one of the easiest lowfat cooking methods, can be a centerpiece for summertime meals. It is a great way to spend time with family and friends in an enjoyable

While the art of grilling may come with practice, follow these pointers to enjoy a successful experience.

**Bring out the Barbecue** - Grills need annual cleaning after winter storage by scouring the grate with a wire brush. Spray the grid with oven cleaner and rinse thoroughly. Before each use, apply non-stick cooking spray to prevent food from sticking to the grill.

**Stock up on Charcoal** - Quality charcoal briquets light quickly and have a long burn life. Store charcoal in a cool, dry area. For instant-lighting charcoal, keep the bag tightly closed to prevent lighter fluid from evaporating. If you are using a gas grill, check the tank to make sure you have enough fuel to completely cook your meal.

Use Proper Tools - Tongs and a spatula help to turn food without piercing it to lose any juices. A vegetable grilling basket holds smaller foods. Other useful utensils include a wire brush for cleaning, long-handled tongs and flame retardant mitts to protect hands. **Get Ready to Grill** - Arrange

briquets in a pyramid at the bottom of the grill. Add approximately two ounces of lighter fluid and carefully light with a match.

Charcoal should be ready in about 20 minutes, with 70 percent covered with ash and displaying a slight red glow. To estimate the temperature, hold your hand, palm side down, about 6 inches above the coals.

two seconds - it's hot, about 375 degrees F . or more

three seconds - it's medium-hot, about 350 to 375 degrees F. four seconds - it's medium, about

300 to 350 degrees F. five seconds - it's low, about 200 to 300 degrees F.

When coals are ready for cooking, spread in a single layer or bank them. Set the grilling grid in place and put on the food.

Food Safety - Food safety should be a high priority while grilling. If food is handled or cooked improperly, health risks can dampen the experience. Use these food safety suggestions:

Keep meat cold until ready to grill. Do not leave it out at room temperature.

Pre-cooked meats can still be grilled to add authentic flavor and shorten grilling time.

If starting with frozen products, thaw in the refrigerator or microwave. Grill immediately after thawing in the microwave.

Do not use the same platter or utensils to handle raw and cooked products.

Use a meat thermometer to check internal temperatures. Ground meat should be 160 degrees F, poultry at 180 degrees F., poultry breasts at 170 degrees F., pork at 160 degrees F., and steaks at 145 degrees F.

Once taken from the grill, keep the meat hot until serving in a warming tray or slow cooker.

Place leftovers in the refrigerator. Discard anything left out more than two hours. If you are outdoors and the temperature is above 80 degrees F., refrigerate leftovers within one hour, or discard them.

#### **Grilling Safety Tips**

Pick a safe area - Position the grill in a well-ventilated, flat, level surface away from overhangs, deck railings and shrubbery. Keep children and pets away from the grill when in use.

Handle charcoal carefully -Never add lighter fluid directly to hot coals since flames could travel up the fluid stream. Instead, place several new briquets in a metal can and apply lighter fluid. Transfer the briquets into the pyramid in the grill with pair of long-handled tongs and light with a match. Use proper utensils for safe handling of food and coals.

Putting out the fire - Place the cover on the grill, close the vents

and allow the coals to burn out completely. Let ashes cool for at least 48 hours, and dispose in a non-combustible container. When using a gas grill, remember to allow it to completely cool before placing the cover over it.

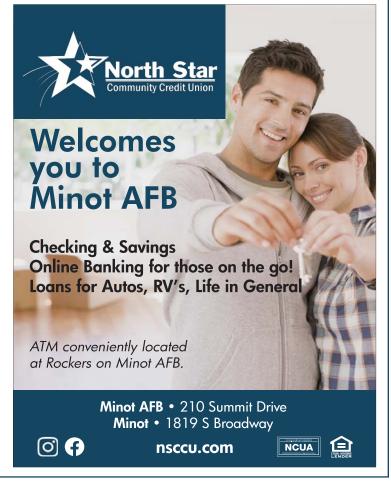
#### **More Grilling Tips**

Before placing food on grilling surface, preheat the grill. Remove charred food debris to reduce exposure to possible cancer-causing substances formed during high heat cooking.

Avoid fire flare-ups by using lean meats and trimming away all visible fat. Raise the rack to the highest position away from the heat and keep food on one side of the grill and coals or other heat source on the other side.

Marinades enhance flavors, tenderize and keep foods moist. If you plan to use the remaining marinade later as a table sauce, it must be boiled for at least three minutes to eliminate bacteria.

Try grilling vegetables and fruits: eggplant, summer squashes, bell peppers, sweet onions, Roma or cherry tomatoes, mushrooms, mangoes, pineapple or peaches. Cut vegetables into half-inch slices or large chunks. Brush with warmed, seasoned oil. Turn only once, and grill until tender. Fruit should be halved with pits removed. Grill with the pulp (cut side) side down.





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

Provider of the Month Feature **JUNE 2024** 



**SABRINA MULRAIN** 

What do you enjoy most about being an FCC Provider?

I love getting to go all out on decorating my space and putting together fun activities and crafts for the kids in my care. Kids are so eager to learn and make messes and play. For me personally, being able to show them that we can make messes while learning just makes the days more fun. I get to look forward to what I do next with the kids and watch them get excited to see what each week brings.

What are your interests/hobbies?

I love reading, watching movies with my family, playing board games, crafting, painting, traveling, and all things Halloween!

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

I think the biggest advice I would like to pass on to new providers is to give yourself some grace and don't over stress about every little thing. There are so many moving parts to being an

FCC provider, but it isn't a one size fit all situation. You just need to focus on what is best for you and the kids in your care. And never be afraid to reach out, we have so many truly amazing FCC providers here at Minot that are always willing to give advice or help answer questions. You are not alone in this.

For those interested in becoming an FCC provider I say go for it if your heart is really in it for the kids. Our jobs aren't just to make sure the kids are safe and happy, but also to teach them the importance of routines, rules, cleanliness, how to socialize, and so much more. We teach them through play, and we become the example they try to follow. It can be a lot at times because you take on so many other roles while caring for the children. But it is also such a wonderfully rewarding job. Those kids will win your hearts and make you want to strive to be great.

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







**O CENT BEER NIGHT** 4:00 PM - 11:30 PM Blue Rider 118 1st Avenue SE, Minot

It's BAAAAAAaaaaaaaAAAAACK!!!!!

In honor of the \*GREATEST night in MLB history, the Blue Rider presents our 4th Annual Tribute to 10 Cent Beer Night!!! Yes - the answer to your question is YES - Beers are only 10 cents (bring your dimes!!!!!) Doors open at 4:00 so get there early because capacity limits will be enforced throughout the night Not sure what 10 Cent Beer Night was? Check out this episode of The Dollop Podcast: https://www.youtube.com/watch?v=gHnxl0HjMjQ Expect no less from North Dakota's #1 Dive bar!



For more information: Facebook / Blue Rider / Events



#### ARTS IN THE CITY: THURSDAYS DOWNTOWN! 6:00 PM

Downtown Minot

Arts in the City: Thursdays Downtown, presented by Minot Area Council of the Arts, are back on Main Street in Minot for year four! Join us on Main Street every. Join us for our weekly Music and Arts Festival featuring local and regional musicians and artists, artisan vendors, food trucks, bounce houses, axe throwing, face painting, and more! Thursdays Downtown are FREE for the public to attend. The event starts at 6:00'pm each week with local artists and artisans lining Main Street showcasing their work and providing live art demonstrations. Local and regional musicians provide the evening's entertainment on the Hook and Ladder stage, showcasing the area's incredible musical talent! Join us for the fun and check out all of the incredible galleries, shops, and restaurants that make Downtown Minot THE place to be on summer Thursday nights!



For more information:

Facebook / Minot Area Council of the Arts / Events



#### **FAMILY HEALTH AND FITNESS DAY** 12:00 PM - 3:00 PM 11th and 11th Park, Minot

Join us for a day of fun, fitness, and family bonding at the 11th and 11th park on Saturday, June 8th, for Family Health and Fitness Day! From 12:00 PM to 3:00 PM, our event will feature an array of activities and resources aimed at promoting well-being for all ages. In addition to the exciting activities, we'll have a diverse range of vendors and representatives from various businesses and non-profits, all committed to promoting body, mind, and community health.

Demonstrations By

- Hoopspiration Hooping for Fun and Exercise Demo
- Spectrum Fitness Martial Arts / Self-Defense Demo
- Ascend Wellness Yoga Demo



For more information: Facebook / Minot Parks / Events

ARTS IN THE CITY -SUNDAYS IN THE PARK 4:00 PM - 8:00 PM Oak Park, 1300 4th Ave NW

Join us in the park for live music, art demos, and our famous MACA Popcorn! Two concerts every Sunday from June 9th through July 28th @ 4:00 and 7:00 PM. Gather your people, your picnic blankets, and lawn chairs and come hang out in the park on Sunday evenings! Sundays in the Park are free to attend and open to the public, EVERYONE is welcome! These events offer a casual atmosphere to get together with friends and family to enjoy great music, discover local artists, and enjoy the park each summer!

June 9th: Voices of Note June 16th: Minot City Band June 23rd: Minot City Band



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

#### **NEW Community at** the Northern Sentry



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



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



# **MCDC Offers Sensory Friendly Nights**

MAGIC CITY DISCOVERY CENTER

Starting in October of 2023, the Magic City Discovery Center began hosting a Sensory Friendly Night once a month. These nights have been hosted on the third Tuesday of each month. This event is open to special needs or differently abled individuals and their family members and guardians. The museum can be a bustling place, so during Sensory Friendly Nights, the center provides adjusted sound and lighting levels and limits attendance to create a calmer environment. Sensory bags are also available at the front desk. They include a pair of headphones, a weighted heatsock, and a fidget tool.

A sensory friendly event is an event that is designed to be less sensory stimulating and overwhelming. This approach often makes it easier for individuals who have sensory sensitivities to participate in public activities. It has been a goal to make these events a welcoming environment for everyone who may attend, and to give everyone the opportunity to visit the discovery center.

During these nights, the discovery center also sets out extra sensory activities in the Spark!Lab. These activities include, kinetic sand, orbeez buckets, playdough, slime, and sensory art projects. There is also a designated quiet area on each floor of the museum, these rooms are designed to be a place where guests can go if they need a break away from others.

The center is looking to make this a free event for all who attend for the rest of the 2024 calendar year. Your sponsorship will pay for guest admission, sensory materials, and training our staff to be Sensory Inclusive Certified through KultureCity. If your company is interested in sponsoring a month of this event, please contact our education department at (tessia@ magiccitydiscoveycenter.com) or by calling (701)858-7529 (ext. 2)



#### LOOK BACK THIS WEEK IN USAF HISTORY

USAF THUNDERBIRDS PERFORM FOR THE FIRST TIME **JUNE 8, 1953** 



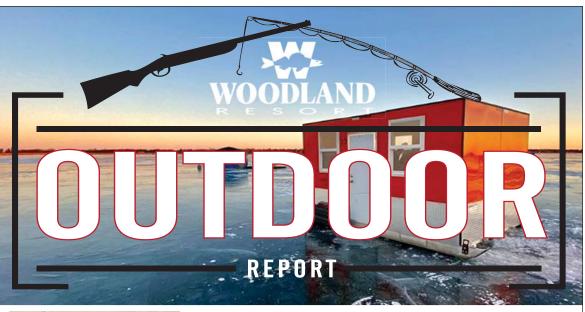
The first Thunderbirds were F-84G Thunderjets. (USAF Photo)

On June 8, 1953, the United States Air Force Thunderbirds performed their first demonstration flight at Luke Air Force Base, Arizona. The 29 person team, which was a part of the 3600th Air Demonstration Unit, was carefully selected from officer and enlisted ranks and was named after the Thunderbird from Native American legends. original demonstration was comprised of 15 minutes of formation aerobatics expertly performed by Captains Charles Pattillo, Cuthbert Pattillo, Bob

Kanaga, and Major Dick Catledge. Since it's conception, the Thunderbirds have used several different planes including the F-100 Super Sabre, F-4 Phantom, and the current F-16 Fighting Falcon which has been in use since the 1983 season. Today, Thunderbird personnel and aircraft can be integrated into a fighter unit and can be combat-ready in 72 hours. They have performed in countries all over the world for millions of people and continue to embody the skill and professionalism of the USAF.

Information courtesy of: pacaf.af.mil / afthunderbirds.com / af. mil







Take Sakakawea elevation, May 27: 1,837.52 feet above mean sea level (MSL); 21,100 cubic feet per second (CFS) Garrison Dam average daily

Devils Lake elevation: 1,449.67 feet above mean sea level (MŚL).

Stump Lake elevation: 1,449.65 MSL. •N.D. Game & Fish Dept. game Better walleye success wardens: on Lake Sakakawea remains in the midsection around New Town. No reports from Devils Lake or north-central

• Devils Lake, Woodland Resort, Devils Lake: Look for continued improving walleye success as weather stabilizes and water temperatures warm. Work shallow water yet with a variety of presentations. Try East Bay or Pelican

• Lake Darling, Karma C-Store, Ruthville: No new reports.

•Lake Metigoshe, Four Seasons, Bottineau: Continued walleye activity with a few lingering pike showing up. A few small bluegill coming from the shallows.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Inconsistent walleye success on the east end of Lake Sakakawea. Work slow presentations in 6 to 15 feet and try to locate the warmest water.

 Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Try pitching jigs along shallow points on the east end of Lake Sakakawea as well as casting Lindy rigs and minnows. Some decent pike activity from shore yet. Slow walleye bite on Lake Audubon. Try North Lake or try to locate warm water on Audubon itself, then pitch jigs with minnows or small nightcrawler. Also try pulling crankbaits in shallow water.

 Lake Sakakawea, Indian Hills Resort, Garrison: Scattered walleye success little more activity beginning around the resort working west to McKenzie Bay, as well as the river around New Town. Water temperatures remain cool.

•Lake Sakakawea, New Town: Walleye are starting to bite in the Van Hook Arm. Locate warm water and work shallow. Continued walleye success in the river portion of Lake Sakakawea around New Town

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.

• Upper Souris Nat'l. Wildlife Refuge Prairie Marsh Scenic Drive auto tour route and 2 Souris River canoe trails are also open.

•Garrison Dam Nat'l. Fish Hatchery downstream of Garrison Dam near

Riverdale open for free tours Monday through Friday 9 a.m. to 3:30 p.m. and weekends and holidays from 10 a.m. to 3 p.m.

•June 1 & 2: Free Fishing Weekend.

•June 1: Nat'l. Trails Ďay guided trail hike, Fort Stevenson State Park, Garrison, 2 p.m.

•June 6: Concert for Conservation sponsored by Souris Valley Pheasants Forever chapter, The Venue

at The Spot, Minot, 5 p.m. •June 6, 13, 18, and 25: Summer Olympics for children ages 6 to 14, Duane Carlson Stadium, Minot, 6 p.m.

•June 7: Yoga in the Park, free but bring your mat, Oak Park, Minot, 7 p.m.

•June 8: Lewis & Clark State Park 50th anniversary celebration.

•June 8: Family Health & Fitness, 11th & 11th Park, Minot, noon.

•June 8: Nat'l. Marina Day, Fort Stevenson State Park, Garrison Bay Marina, Garrison, 1 p.m.

#### TOURNAMENTS:

•May 31 & June 1: Lake Sakakawea, New Town Marina.

•June 1: Devils Lake, East Bay; Lake Sakakawea, Beulah Bay.

•June 7 & 8: Lake Sakakawea, Van Hook Arm; Lake Sakakawea, Beulah

•Lake Sakakawea, Van Hook Bait & Tackle: Van Hook Arm starting to improve for walleye. Work shallow water as deep as 14 feet using minnows or nightcrawlers. Locate warm water with some shore success yet.

• Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace still has limited angler numbers with a few scattered walleye showing up. Hit and miss walleye success on the east end of Lake Sakakawea with better success farther west around Beulah or Beaver bays on the south shore. Otherwise most activity is along the north shore. A few salmon showing up using crankbaits. Try along the face of the dam or Riverdale Bluffs.

• Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Upper end of Lake Sakakawea remains muddy with better walleye success from Little Beaver Bay east to New Town. Try spinners with bottom bouncers and a mix of nightcrawlers or minnows with fish moving a little deeper in about 15 feet. Continued crappie activity from Trenton Lake. Little Muddy River continues producing quality pike using smelt or herring. Missouri and Yellowstone rivers remain high with best fishing success for

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

• North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No new reports with limited activity on area lakes and the Souris River.

Paddle sports river elevations:

• Little Missouri River, Watford City, Long X Bridge: River stage, 7.94 feet; streamflow, 271 CFS.

• Missouri River, Williston: River stage,

19.76 feet. • Missouri River Washburn: River stage, 10.32 feet.

 Pembina River, Walhalla: River stage, 7.68 feet; streamflow, 1,080 CFS.

· Souris River, Foxholm: River stage, 6.42 feet; streamflow, 96.7 CFS.

• Souris River, Minot Broadway Bridge: River stage, 41.69 teet.

Yellowstone River, Sidney, Mont.: River stage, 8.14 feet; streamflow, 24,000 ČFS

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-



# MACEDC Board **Memebers Attend SecAF National** Air Force Base in Montgomery, AL

MINOT AREA CHAMBER EDC

Cassidy Hjelmstad, Board Chair and Ryan Ackerman, Chair-Elect of the Minot Area Chamber EDC (MACEDC) board of directors were selected to attend The Secretary of the Air Force's National Security Forum, hosted by Air University's Air War College in early May.

Participants must be nominated by Air Force Headquarters or Wing leadership, AWC students or faculty, or senior government officials for this engaging event that connects senior military leadership with selected civilian professionals to openly discuss past and present national security challenges. Attendees come from a wide range of backgrounds, such as corporate executives, clergy, community volunteers, educators, financial analysts, and many others. Participants are given the opportunity to integrate with over 215 Air War College students who represent the finest military and civilian leaders serving in America's Armed Forces, as well as a select group of senior military officers from 48 partner nations.

"Engaging with high-level experts on the global competitors and adversaries of the United States was incredibly insightful. I emerged from this experience with a deeper appreciation for the global importance and significance of the missions of the Minot Air Force Base. The Airmen of the Minot Air Force Base are a stabilizing deterrent force in the world, and it's obvious that the world recognizes that," said Ryan Ackerman, MACEDC Chair-Elect.

Each year has a different theme, with a constant focus on establishing environment for engagements on the diplomatic, economic, informational, cultural, and military instruments of national

power and how each benefits a more stable and prosperous world order. This year marked the 70th annual forum, and it aimed to address the strategic concerns generated by both China and Russia and the Great Power Competition.

It was an educational and eyeopening experience, engaging with senior U.S. and international military officers as well as highly experienced government civilians during seminars, lectures, and social events; discussing and challenging views of senior military and civilian leaders and AWC faculty and students; and interacting with tomorrow's senior military leaders. The Honorable Frank Kendall. Secretary of the Air Force; General David W. Allvin, Chief of Staff of the Air Force, and Lt General DeAnna M. Burt, Deputy Chief of Space Operations for Operations, Cyber, and Nuclear United States Space Force were all presenters, establishing an environment for frank discussions and broadening perspectives on national and international topics of interest.

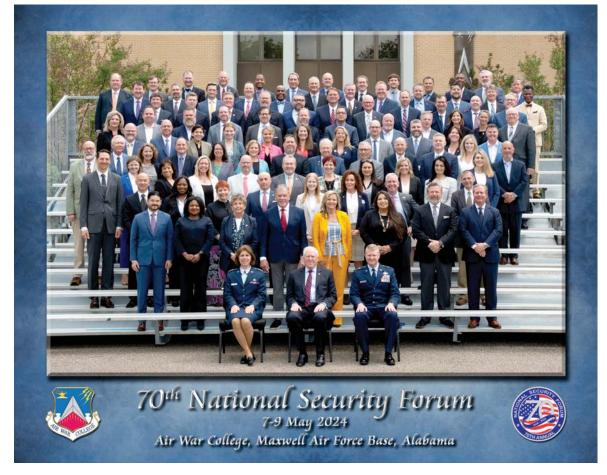
"It was my honor to participate in the National Security Forum. Hearing the state of our nation, directly from some of the most accomplished leaders in US military, enhanced my understanding of how national decisions impact our local community," said Cassidy Hjelmstad, MACEDC Board Chair. "Prior to attending, Task Force 21 hosted the Nuclear Triad Symposium in Minot, providing a solid baseline for the Forum. The connections made, and information learned, create further understanding as to how we can support our men and women who serve Minot Air Force Base and the nuclear mission."



**Cassidy Hjelmstad** Board Chair



**Ryan Ackerman** Chair-Elect



# MINOT MILITARY PERSONNEL FLIGHT

# **SCAN TO SCHEDULE AN** APPOINTMENT.

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#### **Snapshot of MPF Services:**

- DEERS: Common Access Card (CAC), Dependent Update, CAC Unlock or Reset, Awards and Decorations
- Customer Support: Inbound Order Amendment, Accessions, Passport and/or Visa, Initial Enlistment Bonus (IEB), Quickship Bonus
- Force Management: Evaluations, Duty Information, G-Series Orders, Unfavorable Information File (UIF), Special Duty Assignment Pay (SDAP)
- Career Development: Permanent Change of Station (PCS), Outbound Assignment, Separation, Retirement, Retention, Promotion

DEERS (Appointment Only): Mon, Wed-Fri 0800-1600, Tue 0800-1500 Walk-in hours: Tue-Thu 0800-1600, Wed 0800-1130 Appointment hours: Mon-Fri 0800-1600, Wed 0800-1130

\*Closed for training every Wed from 1200-1630

#### MINOT MPF OFFICE



(701) 852-2800

**BUSINESS HOURS** Monday: 7:30am - 6:00pm Tuesday: 9:00am - 6:00pm Wednesday: 7:30am - 6:00pm Thursday: 7:30am - 6:00pm Friday: 7:30am - 4:30pm Saturday: 2 a month by appt Sunday: Closed

# CLASSIFIEDS

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#### **UPCOMING EVENT**

#### **HUGE YARD SALE FAITH UNITED METHODIST CHURCH**

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May 31

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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 person 5p-finish. Apply in person at: 605 27th St SE, Minot ND 58701 or contact: Matt Mackey By email or phone mmackey@kalixnd.org 701-852-1014.

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week occasional Sat. closed Sun. Apply in person at Aeroport Shoppe, 2112 Hobby Broadway.

THE NORTH DAKOTA NATIONAL **GUARD** have openings available

in a variety of career fields across the state and in Minot. Continue your military career on a parttime basis. For more information call 420-5903 or 420-5904 in Minot.

#### **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

IF INTERESTED SPEAK TO CHARLIE AT THE COMMISSARY OR LEAVE CONTACT INFORMATION WITH **CUSTOMER SERVICE.** 

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5	4	2	8	1	7	3	9	6

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#### MINOT AFB ANNOUNCEMENTS

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY - Embry-Riddle Aeronautical University is the world's pre-eminent university for aviation and aerospace education. However, our dynamic, hands-on programs will prepare you for careers well beyond the limits of the sky. Our Worldwide Campus has been working with U.S. military service members since 1970, helping them to earn a degree while on active duty or as veterans. And we do it at more than 90 military installations around the globe. The Embry-Riddle Minot Campus - located at Minot Air Force Base - offers associate, bachelor's, and master's degrees, as well as undergraduate and graduate certifications, that will help you whether you are an active-duty military service member, a veteran, or a civilian working at or around Minot Air Force Base, Embry-Riddle Worldwide is here to help you earn your college degree. A degree from Embry-Riddle Worldwide will help service members to become commissioned officers, will make veterans more desirable job candidates as they enter the civilian workforce, and will assist civilians with job advancement or career changes. Our modes of instruction are: Online, Eaglevision Home and Eaglevision Classroom. Our next upcoming term: 27 May - 28 July.. 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.

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

PARK UNIVERSITY MINOT – Your degree, Your way. Park University is enrolling now. 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



#### **Musicians Of Minot AFB** Come See, Play, or Learn!

Come play Guitar, Bass, Drums

Bring you own Instruments

Don't know how to play anything? Come sing Hosted at the Base Theater on Saturdays from 12:00 to 6:00!

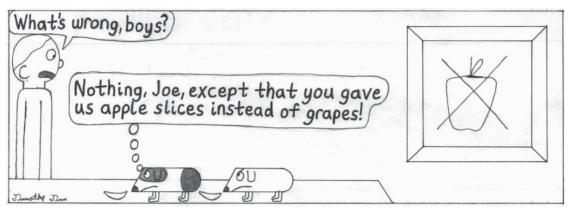
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For updates and socialization: https://discord.com/invite/xQtPFRBr Minot AFB Musicians On Facebook Minotafb\_musicians On Instagram









Timmothy 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.

**TIMMOTHY TIMM** 

# RESTAURANT & ENTERTAINMENT

#### **Atypical Brewery & Barrel Works**

510 Central Ave E. Minot Phone: 701.833.0567 FB: Atypical Brewery & Barrelworks

#### Bone's BBQ Smokehouse & Grill

1412 2nd Ave SW, Minot Phone: 701.838.9140 www.bonesbbgminot.com

#### Jamaican Vybz Kitchen

Suite 200 315 Main Street S Minot Phone: 701-441-9309 FB: Jamaican Vybz Kitchen

#### N.D. Asia

Phone: 701.852.1240 www.ND-Asia.com

#### 3400 16th St SW, Minot

#### The Blue

118 1st Avenue SF Minot Phone: 701.852.9050 www.theblueriderbar.com

Rider

#### Applebee's Grill & Bar

2302 15th St SW, Minot Phone: 701.839.2130 www.applebees.com

#### Culver's Restaurant

3000 S Broadway, Minot Phone: 701.852.4800 www.culvers.com

#### Meg-A-Latte

2045 N Broadway Suite #100 Minot, ND 58703 Phone: 701-838-8479 www.meg-a-latte.com

#### Noodles & Company

304 4th Ave NW Minot 701.491.9103 www.noodles.com

#### The Starving Rooster

30 1st St. NF. Minot Phone: 701.838.3030 www.starvingrooster.com

#### **Badlands** Restaurant & Bar

1400 31st Ave SW, Minot Phone: 701.852.7335 www.blgrill.com

#### **Ironhorse** Kitchen + Bar

21 E Central Avenue, Minot Phone: 701.852.8183 FB: Ironhorse Kitchen + Bar Minot

#### Mi Mexico

3816 South Broadway Minot Phone: 701.858.0777 www mimexicominated com

#### Pink's Bar & Grill

102 128th Ave NW Minot Phone: 701.852-2385 FB: PinksBarGrill

#### Whiskey Nine

109 Central Ave, Minot Phone: 701.837.1090 www.whiskeyninend.com





# **AFGSC Issues PCB Memo** for Health Care Providers

AIR FORCE GLOBAL STRIKE COMMAND

BARKSDALE AIR FORCE BASE,

Air Force Global Strike Command published a memorandum today signed by the commander, Gen. Thomas A. Bussiere, documenting the presence of polychlorinated biphenyls (PCBs) at missile facilities based on an environmental survey by the U.S. Air Force School of Aerospace Medicine (USAFSAM), acknowledging that PCBs were likely also present at decommissioned Peacekeeper and Titan missile facilities operated by many now-separated or retired servicemembers.

The memorandum is intended for servicemembers who served in the missile fields and need to document their potential exposure to PCBs for discussions with healthcare providers or Veterans Affairs.

The Department of Veterans Affairs provides toxic exposure screening at its facilities across the country. The PCB memorandum can help inform these screenings and discussions with healthcare providers. More information about

VA toxic exposure screenings can be found at their website: https:// www.va.gov/resources/the-pact-actand-your-va-benefits/.

"One of the consistent concerns we've heard throughout the Missile Community Cancer Study is that servicemembers, retirees and veterans have trouble explaining their concerns over potential exposure to toxic chemicals with their healthcare providers, especially civilian providers who don't have access to military medical databases," said Col. Gregory Coleman, AFGSC Surgeon General. "While this memorandum from Global Strike Command cannot capture the specifics of any individual Airman or Guardian's service in the missile fields, it can serve as a starting point for discussions and documentation of potential exposure."

The memorandum outlines the findings of the Missile Community Cancer Study's environmental surveys, which found traces of PCBs in surface samples at multiple Missile Alert Facilities, including four samples above the Environmental

Protection Agency's remediation levels. The memorandum notes that the PCBs persisted in low levels despite comprehensive removal efforts in the 1990s.

The memorandum acknowledges that PCBs are likely present in decommissioned Titan and Peacekeeper missile facilities that the Air Force no longer has the ability to conduct sampling in.

"I understand the frustration and difficulty that former servicemembers can experience while trying to get care for conditions related to their military service," said General Bussiere. "Documenting potential exposures is a small step we can take to hopefully make that process easier for our Air Force and Space Force veterans.'

The memorandum, published on the AFGSC website and the Missile Community Cancer Study website, will remain available on those websites. However, command officials recommend that Airmen and Guardians download or print a copy for their own records.

Right: A graphic created and published on DVIDS April 11, 2024, is a revised version of the first iteration of the graphic which originally depicted the MCCS timeline as it began around Dec 2022; which was initially released via the AFGSC website March 13, 2024. The purpose of publishing this updated version April 11, 2024, on the AFGSC website and DVIDS was to provide corrections and clarity on some text statements that were written in the initial March 13 version. The detailed changes made can be found at https://www.afgsc.af.mil/News/Photos/igphoto/2003437732/

U.S. AIR FORCE GRAPHIC BY STAFF SGT. SHELBY THURMAN



k12.nd.us.

#### **ND State Fair Security Screening Minot Public Schools Moving Volunteers**

2024 ND State Fair!

What: Security screening for concerts at the state

fairgrounds (6–7-hour shifts projected, starting at 1700)

How: Volunteers will be provided a hand-carried metal

detector, and will use it to conduct checks of incoming

concert attendees to ensure no firearms, weapons, or

Thursday, 25 July (Machine Gun Kelly)

Saturday, 27 July (Lainey Wilson) Where: State Fairgrounds flagpoles in front of the

Grandstand (2005 E Burdick Expy, Minot, ND 58701) In addition to the rewarding experience of contributing

to the community, volunteers will also receive a

complimentary fair ticket for the day(s) they volunteer

for. This means you can enjoy the fair on the chosen days!!!

https://www.signupgenius.com/go/10C0844A5AB2AA6F

We encourage you to consider signing up for all three

events, or even just one day. Your participation, no matter

how small, will make a significant difference in the success

of this endeavor. We look forward to your support!

contraband is brought into the venue

When: Saturday, 20 July (Lil Wayne)

Please use the link to sign up:

POC: ADAM B. ALJABI, SSqt, USAF

Comm: (701) 723-2718

DSN: 453-2718

CC43-49579221-2024#/

any questions.

Minot AFB

Minot Public Schools (MPS) is in need of volunteers to A fantastic volunteer opportunity has arrived, and the Hispanic Allies is requesting your help for the upcoming assist with the movement of furniture to Minot North High School from June 3rd to June 14th . If interested, Who: Any military member, civilian, or DOD contractor on please reach out to the Director of MPS Transportation, Barry Brooks at 701-857-4451 and Barry.Brooks@minot.

#### **Minot Hot Tots & Honeybees Host Families**

The Minot Hot Tots and Honeybees are looking for families to volunteer as host families for players during the upcoming season. Minot host families serve as community ambassadors while providing a positive, happy and FUN life experience In a family environment as student athletes transition from their colleges and hometowns to the city of Minot and the Northwoods League.

(701) 838-8687,

hottotsbaseball.com, honeybeessoftball.com

#### **AADD Volunteers**

2024 WEEKLY SCHEDULE-

https://volunteersignup.org/FHLLR **POC:** SSgt Kristal A. Cruz Leon, 723-4633

President, Hispanic Allies, Minot AFB, ND 58705

#### AADD is seeking volunteers to support various event

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

kristal.cruz\_leon@us.af.mil

#### Military & Family Readiness Center (M&FRC) at: 5fss.family.support@us.af.mil

To have your volunteer opportunity posted, please contact

#### **Meals on Wheels Volunteers**

On behalf of the Hispanic Allies organization, we'd like to offer a volunteer opportunity to help our community. We're working with "Meals on Wheels" to help feed elderly members in our community. If you're 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.

#### **Civil Air Patrol Magic City Composite Squadron**

Learn aviation or bring your experience as a volunteer emergency responder. Serve the local community while flying in Cessna aircraft, piloting small unmanned aerial systems, and/or conducting physical and electronic ground search. Additionally, opportunities are available to teach cadets ground search and rescue, aerospace, cyber, and military professionalism. Make plans to visit at a weekly meeting, 6:30 pm, Tuesdays, upstairs at Avflight

Maj. Jeffrey Slocum 701-360-5948

#### 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.

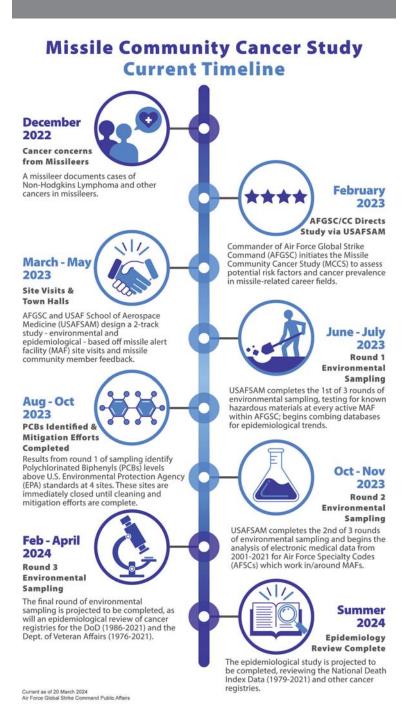
POC: Shelby Stuckey, Volunteer Coordinator (888) 223-4287 shelby.stuckey@caringedge.com

#### MSU Culture Stock Festival Volunteers

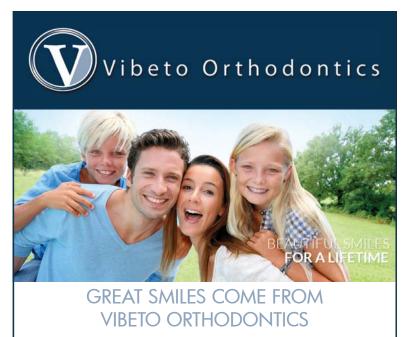
we are teaming up with Minot Statue University to bring you Culture Stock, a festival celebrating culture, heritage, and diversity, and we need YOUR help for it to be successful. The event will take place on Saturday, 21 September from 1000-1400 at Minot State University. We are looking for volunteers to run booths as well as performers. Booths can have informational materials, books, pictures, clothing, jewelry, artwork, games, food samples, and anything else you'd like to display. Individuals who volunteer to represent the same culture will be connected to avoid duplicate tables. Performances can be instrumental, singing, dancing, poetry, or storytelling. Private orgs and booster clubs may use this as a fundraising opportunity and sell items as long as it approved through the proper channels. Please use the link to sign up! Be sure to include what culture you wish to represent. https:// www.signupgenius.com/go/10C0848ADAD29A5F5C25-48862178-culture

**POC:** CHRISTINE A. CHERRY, TSGT, USAF (she, her, hers) Director, 5 BW Diversity, Equity, Inclusion & Accessibility 723-7288









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#### **LOOKING THROUGH THE LENS**

#### **Patricia Stockdill**

It's hard not to love the point-and-shoot amazing photos taken with one's latest, greatest cell phone.

Especially selfies and oodles of smiling faces — dogs, cats, and people alike.

Yet when soaking up the wonders of the outdoor experience, the soul often lies with the SLR - the digital SLR, single lens reflex, camera.

It's tough to beat the modern version of the oldfashioned SLR camera.

Because, in all honesty, it's not the camera taking photos.

OK, technically, yes, the camera takes the photo.

But it's still — for all of Al out there — the human that truly sees things and brings images to life in never seen before lasting images.

No need to digitalize and "fix" everything when understanding the eye of the lens is really the eye of the human pushing the button.

One way to gain an even better appreciation for the wonders of a digital SLR is to head to Lake Metigoshe State Park the evening of June 22.

Nestled in the Turtle Mountains, the park north of Bottineau hosts a \$35 Outdoor Photography workshop from 6 p.m. to 10 p.m.

It's not just sitting in the classroom type of atmosphere, though, learning about aperture, backlighting, shutter speed, or lens options.

Nope, participants will want to dress for a walk in the Great North Dakota Outdoors and dress appropriately for whatever evening weather the Turtle Mountains offer because they get to put their knowledge to firsthand use — unless it's pouring and Weather Gods decree otherwise.

Bring a water bottle, insect repellent, sunscreen – even for an evening excursion – and enjoy the knowledge shared by instructor Todd Sivertson, retired educator who also spends his summers at the park as a seasonal outdoor educator.

People have so many different ways to connect with the outdoors, described Outdoor Education Coordinator Amy Schimetz. "Photography is just one of them," she added.

While the June event is the first photography workshop Lake Metigoshe State Park will host, the park is a "go to"

destination for more than enjoying the Turtle Mountains and Lake Metigoshe itself. It also is a "go to" destination for an array of other workshops as Schimetz and the park staff work to provide even more opportunities for people to enjoy the outdoors.

In the process, they reach out to a wide audience through workshops such as its fall and winter Wild Outdoor Women (geared to women 16 years of age and older). Other workshops, such as Build a Custom Fishing Rod reach out to guys, gals, couples, and families with teenage children.

The park hosted its first Antler Handle Knife Making workshop with another upcoming one affiliated with the Sept. 13 through 15 Wild Outdoor Women event. "We look to be doing more (workshops)," Schimetz continued. For example, the weekend before the Outdoor Photography event, the park's first fly-fishing workshop will be held June 15 and 16. Like the photography course, participants can put their "fly and tie" knowledge to work, this time by heading to the water and casting their newly created fly ties in the hopes of landing a fish.

This summer the park also hosts its popular series of Youth Day Camps. Already four sessions are sold out, Schimetz added, but several sessions, which focus on hands-on environmental education and recreational skills, still have openings.

More information about all North Dakota Parks and Recreation Department state park events is available on its website, (parkrec.gov) under the "Upcoming Events" heading.

Go to the link, (https://bit.ly/LMSPShowClix) to register for any of the upcoming workshops and Youth Day Camps, where all of the workshops and day camps are listed.

Contact Schimetz at (aschimetz@nd.gov) to request emails for Youth Day Camp updates, announcements, and reminders.

Other workshops will be posted on the Parks and Recreation Department website and details become available.

In the meantime, get ready to learn and explore the beauty of the outdoors and wildlife - as well as the wonders of the digital SLR camera experience.



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# WHAT'S GOIN

- Asian Pacific American Heritage Month Ends, Dakota Inn Dining Facility
- Military Appreciation Month Ends, Dakota Inn Dining Facility
- Summer Lifeguard Course, 0800-1600, Outdoor Recreation
- Family Zumba, 0930, Turf hosted by McAdoo Fitness Center

# SATURDAY 1

• Zumba, 0900, McAdoo Fitness Center

## SUNDAY



Zumba, 1400, McAdoo Fitness Center

#### **MONDAY**

- Science Camp, Youth Center
- Registration Closes: Intramural Softball, McAdoo Fitness Center
- TAP Overview, 0800-1600, M&FRC
- Family Zumba, 0930, Turf hosted by McAdoo Fitness Center
- Reintegration Briefing, 1000, M&FRC, Zoom Meeting • Writing Club, 1800, Minot AFB Library
- Zumba, 1800, McAdoo Fitness Center

- Science Camp, Youth Center
- TAP (VA) Services and Benefits Briefing, 0800-1600, M&FRC
- Taking Care of Others, 0900-1030, M&FRC • Family Bootcamp, 1000, Turf hosted by McAdoo Fitness Center
- Game Day, 1000-1930, Minot AFB Library
- Tuition Assistance (TA) Brief, 1000, Education Center Room 211
- EFMP Family Storytimes, 1100, Minot AFB Library
- CCAF Workshop, 1330, Education Center
- Art Resin Charcuterie Board Class, 1730-1930, Arts & Crafts Center
- Zumba, 1800, McAdoo Fitness Center

- Registration Closes: Chef K Culinary Class, CYPBMS website at
- https://parent.afcyp.com/
- Science Camp, Youth Center
- TAP (DoL) Overview, 0800-1600, M&FRC
- Holiday Spending, 0900-1100, M&FRC
- Wingman Wednesdays, 0900-2100, Rough Rider Golf Course • Family Strength & Tone, 1000, McAdoo Fitness Center
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- SkillBridge Brief, 1000, Education Center Room 211
- · Storytime, 1030, Minot AFB Library • Brown Bag Book Talks, 1200, Minot AFB Library
- House Plant Care: Moss Poles, 1700-1830, Outdoor Recreation
- Yoga, 1700, McAdoo Fitness Center
- Zumba, 1800, McAdoo Fitness Center

# THURSDAY 06

- · Science Camp, Youth Center
- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Short Notice Pre-Separation Counseling, 0830-1130, M&FRC
- Family Bootcamp, 1000, McAdoo Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting • Global Street Food Special Lunch - Africa, 1030-1330,
- Dakota Inn Dining Facility
- EFMP Master Chef Pizza, 1100, Jimmy Doolittle Center, hosted by M&FRC • Tuition Assistance (TA) Brief, 1330, Education Center — Room 211
- Ballpark Nights, 1730, Corbett Field, hosted by Outdoor Recreation
- Zumba, 1800, McAdoo Fitness Center

#### **FRIDAY**



- Science Camp, Youth Center
- JCM Sometimes You Win, Sometimes You Learn, 0800-1600, Professional Development Center
- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Family Zumba, 0930, McAdoo Fitness Center
- Zumba, 1800, McAdoo Fitness Center

# SATURDAY (1)

- · Minot AFB 1964 Murder Mystery Begins, Minot AFB Library
- Summer Reading Program Begins, Minot AFB Library
- Summer Reading Program Squadron Contest Begins, Minot AFB Library • Zumba, 0900, McAdoo Fitness Center
- Master Chef Luca Virtual Cooking Class, 1000,
- forcesupport.awardsplatform.com
- Summer Reading Program Kick-Off Party, 1300, Minot AFB Library

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#### **JUNE SPECIALS**

Bomber Bistro Featured Item

Elote Pizza

Chipotle may base with elote corn topping, cotija cheese, and chipotle mayo drizzle

The B-Fifty Brew Featured Item Caramel Ribbon Crunch

Dark caramel frappe with whipped cream, a crunchy caramel topping,

& a dark caramel drizzle

Rockers Bar & Grill Featured Item **Build-Your-Own Burger** 

Choose your bun, cheese, plus bacon, pickles, grilled onions, and more to make your perfect burger. Served with fries and a drink.



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