

# northern sentry

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WHATS INSIDE THIS WEEK:



373 TRAINING SQUADRON STAND-OUT INSTRUCTORS

A0



CALLING ALL THEATER BUFFS!

A8



MCDC 2025 KID AMBASSADORS

B2

# PRAIRIE VIGILANCE

24-4



## ENHANCING DETERRENCE

Airman 1st Class Korby Smith, 5th Security Forces Squadron defender, poses for a photo in front of a B52-H Stratofortress during Prairie Vigilance/Bayou Vigilance 24-4 at Minot Air Force Base, North Dakota on Sept. 6, 2024. The U.S. Air Force maintains a credible strategic capability to enhance deterrence of the most consequential threats to the United States, it's allies and partners.

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# 373 Training Squadron Stand-Out Instructors

ERIN BEENE, NORTHERN SENTRY

“Our squadron’s mission is to provide premier maintenance training to the warfighters in all major commands, sister services and allied nations in airlift, special operations, tanker support and aerospace ground equipment.” - Technical Sergeant Calvin Navarro, EMT Instructor, 373 TRS Det 23

Minot AFB encompasses approximately 5,400 Active Duty Military personnel. Within this group, Airmen fall into wings, squadrons, specialties and missions. Every Airman’s job is essential to the base, but some may not realize the small tenant training unit also housed within the base. The 373rd Training Squadron, which serves as the 23rd Detachment out of Sheppard AFB in Wichita Falls, Texas, is an integral part of the Minot’s structure for training missile maintenance Airmen.

It is from this specific detachment that Staff Sergeant Kevynn Brand and Staff Sergeant Coy Glidewell both hail. These

two instructors and trainers have excelled in their leadership, dedication and knowledge. These standout leaders have excelled so much that the senior-most ranking members of the 23rd Detachment here at Minot AFB, MSgt Garrett Jones and TSgt Calvin Navarro, reached out specifically to the Northern Sentry about highlighting these dedicated Airmen. According to TSgt Navarro, “SSgt Brand and SSgt Glidewell have gone above and beyond in ensuring our continued success.”

Both of these Airmen’s designated job is to train the trainers who will ultimately develop the new Airmen coming into Missile Maintenance specialties. They have been reported as doing amazing things for their units that well exceed the average expectations. SSgt Brand, for example, notably created an Instructor Handbook for new Instructors. While the information already existed in an Air Force Instruction, according

to SSgt Brand, it was clunky and difficult to find information when needed. So he decided to create a paper guidebook for instructors to find answers and solutions more easily. He said, “A lot of stuff is digital. I have found it alot easier to have a real answer on-hand with a real binder in-hand.”

SSgt Glidewell brought a whole lot of experience and expertise to the unit as well as a no complaining attitude. His motto is: “Complaining is not going to get you anywhere. Get it done, do it right and you get far.” SSgt Glidewell was recently coined by General Thomas Bussiere, Commander of the Air Force Global Strike Command. When asked why he thought he was selected as the one honored he lightheartedly, yet confidently, stated, “Because I do a good job and they recognize hard work.”

Both non-commissioned officers work in sections within the Training Unit, working with specific types of specialties when it comes to the intricacies of missile maintenance. SSgt Glidewell broke it down in simplistic terms: X1= the electronics side, X2= the ICBMS themselves, X3= the facilities that house the missiles. Each of these subsets require specialized training for the missile maintenance Airmen and their Instructors. Both mentioned the importance of getting to know the learning styles and attitudes of each



At MAFB trainer site, U-01, in July 2024 while performing secondary door drill-up/drill-down training. L-R: students A1C Kasey Quick and Amn Kaden Gary, trainer SSgt Kevynn Brand NCOIC, FMT Element, 373 TRS, Det 23.



SSgt Coy Glidewell getting coined for Excellence by General Thomas Bussiere on May 21, 2024 at Jimmy Doolittle Center.

trainer so that they could better assist them in helping them to effectively communicate when they themselves instruct others.

Both love to be at Minot and want to continue to stay here as long as they can. SSgt Brand has some advice for newbies to Minot or those who have undergone the Minot Meltdown. “Don’t let rumors of Minot let you think badly or get your down. Learn it before you make a judgment about it”

It has been said that those who can’t do, teach, but those who teach can only do so from

learning the trade themselves. It is people like SSgt Brand and SSgt Glidewell, whose dedicated, work ethic and genuine care are appreciated and in the Air Force and on this base specifically in the Missile Maintenance community. Thanks for all your hard work!

“These two individuals have some of the best systems knowledge in our detachment and continue to push out some of the highest qualified technicians in support of the 91st MW mission.”- TSgt Navarro

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# Join The Fight- Suicide Prevention Awareness Month

5TH BOMB WING INTEGRATED PRIMARY PREVENTION WORKFORCE

Did you know that September is Suicide Prevention Awareness Month? Many people are affected by the tragedy of suicide, but we can come together as a community to support and protect the Total Force. This year's campaign **Joining Your Fight: Connect to Protect** promotes a unified effort in the battle to end suicide across the military community and highlights the significant role that connections to family, friends, community members, and resources play in preventing suicide.

Connectedness is a key protective factor that assists with combating the everyday risk factors individuals encounter throughout life. Successful suicide prevention efforts are linked to fostering connectedness – the vital relationships and interpersonal connections that individuals forge with family, friends, colleagues, and their community.

Minot Air Force Base aims

to increase unit cohesion and connectedness by creating bonds in organizations, which creates an environment where teamwork can thrive. This increases commitment to our mission and, ultimately, to each other.

Service members and civilians who feel a greater connection to each other, their leadership and mission are more protected against risk of self-harm in times of distress. Seeking help, including mental health services, is viewed as normal by Airmen, Guardians, and Civilians, and is supported and encouraged by leadership.

Suicide among service members, veterans, and their families is a public health and national security crisis. Suicide is the culmination of multiple factors and complex interactions, yet suicide is preventable. Every death by suicide is a tragedy and weighs heavily on the military community.

One life lost to suicide is one

life too many.

#JoiningYourFight

#ConnectToProtect

Minot Air Force Base

Prevention Office provides our military community with activities to create healthy connections, find resources,

and provide information about suicide prevention. Call to find out more: 701-723-2936

## September is Suicide Prevention Awareness Month



Talking about suicide is the first step to preventing it.

For additional information and local resources call the Minot AFB Prevention Office at: (701) 723-2936

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#SPM24

SEPTEMBER 2024

# National Suicide Prevention Awareness Month

Together we can make a difference in suicide prevention and strengthen our total force.

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If you or someone you know is in crisis, reach out for support today. **Dial 988 and press 1** or text **838255** for 24/7 confidential support when you need it.



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## Learning to Lean

SHE'S NOT FROM  
AROUND HERE

AMY ALLENDER

Last November, I came down with a nasty intestinal infection. The symptoms were as unglamorous as you could imagine. Understandably, after recovering, I was anxious to put the whole experience behind me, never to relive it again.

I hadn't thought about those terrible, dehydrated days in months. Then, last week, I walked into urgent care with an ear infection. Several days later, the antibiotic triggered a relapse of the intestinal infection I had hoped never to see again. It turns out some people are "lucky" enough to be susceptible to it repeatedly after an initial incident. Turns out, I'm one of the "lucky" ones.

The first day after confirming the cause of illness was a blur of pain, dizziness, and dehydration. My husband had recently left for National Guard duty, so the entirety of household and childcare rested on my shoulders. It's a weight all military spouses are familiar with. It's heavy enough on healthy days, but when you're sick, the burden is downright impossible to carry.

After picking up my oldest from school, we came home, and all I could do was sit on the floor, holding back tears. Friends had already stepped in to help by watching the kids while I went to the doctor and picked up prescriptions. As I thought about the hours until bedtime and all the tasks ahead,

tears began to fall—an ugly cry, the kind that happens when you're overwhelmed and forced to admit you need to ask for help.

Here's the lesson I needed to be reminded of; a lesson I'm still learning and maybe you are too: Needing help is not a sign of failure—it's an opportunity to allow the community machine to work as intended. Helping a friend is not a burden—it's a chance to use our capable hands to bless those we care about.

One of the best byproducts of being a military spouse is discovering your own capability and resourcefulness. There are endless opportunities to tap into your inner strength and "make it work" when living states away from relatives, and sometimes across the globe from your spouse.

Of course, the downside to this is that we military spouses tend to hesitate to ask for help. Or we allow ourselves to burn out because we don't want to burden friends, or admit that it's too much to handle on our own.

I'm talking to myself here, but maybe a few of you can relate.

So there I was, crying on the living room floor when a friend walked in. "Amy, stop trying to do things. Lay down and be still," she said. Her tone wasn't bossy, just matter-of-fact. She took over for the rest of the night—getting me drinks, bringing things to my kids, and meticulously preparing PB&Js according to their precise specifications.

After 15 years as a military spouse, it's still hard to ask for or accept help—even when things are, frankly, dire. But my friend was right. I needed to stop trying to do things. I needed to let relationships do what they're meant to do: lift the burden in love—not because I'd repay the kindness, but because caring for each other is a gift within the human experience.

So, what does this mean for you? It's a call for all of us to be intentional about forming relationships and



Asking for help doesn't seem to come naturally to military spouses who are used to managing on their own, but it's an important skill to learn.

AMY ALLENDER PHOTO

community wherever life leads us. Hardship will inevitably find us. Our best insurance against being swallowed whole by it is to invest in genuine relationships where it's safe to be vulnerable, and asking for help is not a burden but an opportunity to be a blessing.

Next, let's remember to check on each other. Remind your friends you're willing to help—even when things are messy. It's easier to ask for help when someone makes it clear that those requests are welcome.

Finally, understand that learning to lean on your people takes practice. Asking for help may continue to feel awkward, but like

any skill, it gets easier with time. Leaning on your community in a healthy way will hold you up before things implode. It prevents burnout, mental distress, and ultimately allows life to carry on smoothly amidst turbulence. In fact, to lean may be the most important skill we can ever learn. From the right perspective, leaning isn't a sign of weakness, but rather proof that your friendships are working.

For more stories from *Hotdish Land*, and positive perspectives, join me online at [amyallender.com](http://amyallender.com), Instagram @amy\_allender and @HeyMinot, and Facebook @amyallenderblog.

## Norsk Høstfest is a foodie's paradise...

UPSIDE DOWN  
UNDER

MARVIN BAKER

The festival coming up in Minot that celebrates all things Scandinavian, is a lot more than just a party to celebrate Norwegian heritage.

If you've never been there, you're missing out on some of the best food you'll ever taste. Numerous vendors have food items as you walk through the halls, but the Høstfest brings chefs in from Norway and Iceland to prepare signature dishes from those countries.

It's a foodie's paradise. If you don't go there for any other reason, go for the food.

We often talk about how many of us attend the North Dakota State Fair for no other reason but to sample the food from various vendors.

The Høstfest food is a lot like that, but in my opinion is much more complex. You can find food items that are popular in all five of the Scandinavian countries; Norway, Sweden, Finland, Iceland and Denmark.

It should also be pointed out that knowing the Høstfest is only several days long, many of the vendors have options for you to "take out" for consumption later or to even freeze it for special occasions.

As an example, there's Rommegrot, a Norwegian porridge that is eaten with butter and cinnamon. It is made of rice, salt and cream and is arguably the top taste food at the festival year after year.

Of course, you can't mention Norwegian festival without mentioning lutefisk, which loosely translated, is lye fish in Norwegian.

Cod or pollock are placed in a lye brine, then soaked to remove any remaining caustic solution and then

steamed until it flakes.

It seems to be a love-hate relationship. Either you really like it or you don't. Being of Swiss heritage myself, I'm not sure I want to indulge in translucent fish.

These items, however, aren't at the top of the list in Norway. There, the official national dish is mutton and cabbage stew.

Have you ever heard of Ponnukokur? This is an Icelandic pancake that's a lot more delicious than anything you'll find at I Hop.

Because the ingredients are heavy on the eggs, it is considered a hearty breakfast and usually is accompanied by some kind of fruit like strawberries, raspberries or even lingonberries.

Other Icelandic foods, not always available in Minot, include fish stew, smoked lamb, dried fish and Icelandic lobster.

Swedish meatballs can be found at the Høstfest also. Not quite as popular as Rommegrot, it remains a popular item year after year.

But Swedish tradition also offers numerous other food items that are usually available. They include pickled herring, pea soup and

some desserts. But, if you don't like pickled herring, you can go for fried herring.

Finland has some interesting food choices, most of which I doubt you'll find at the Norsk Høstfest. They include salmon soup, sautéed reindeer, salty licorice and bread cheese.

One thing is certain, there are a couple of companies that manufacture "Finnish" licorice that is always available at Høstfest.

From Denmark, the most obvious is, of course, the Danish, a pastry that is usually filled with a fruit filling of some type, usually strawberry or blueberry. Pork roast, fish cakes and rye bread are also very popular Danish items.

And finally, it doesn't matter what Scandinavian nationality you may be, any vendor representing a Scandinavian background will have chocolate, or heavily promote it. And there is a reason why. You may think German chocolate is the best, or chocolate from Belgium or France. I suggest you try Scandinavian chocolate. You most likely will never go back to your old brand.

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# America Never Ceases To Amaze!



**A VIEW FROM OUR SIDE**  
ROD WILSON

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**THE TRIP**

Last spring we (my spouse Sue & I) decided that there were 2 states (except for Hawaii), that she had never been to, and the time to change that would be now. I know that if you have read my column before that you could accurately accuse me of being a homer. Homer meaning that I love North Dakota, and Montana, and South Dakota, and Minnesota, and Manitoba, and Saskatchewan...truth is, wherever I have been there is so much that continues to inspire and amaze me; but when asked about my home state I burst a couple of buttons talking about the great state where I was born.

Where are we going on this trip? The ultimate destination would be the Outer Banks of North Carolina, with a slight dip into South Carolina because those are the 2 states that Sue has never visited.

**WE STARTED IN INDIANA?**

Once again I have to bring into focus some recent conversations I have had when explaining our trip itinerary. When I talked about the Outer Banks I would get one of those "What's in North Carolina?"

We didn't need to check off Indiana. But this is where Sue's ancestry started. It happened to be on the way to the Outer Banks. We didn't really know a lot about the Outer Banks, but we did figure like every state, North Carolina had a lot more than the Outer Banks, and true to our belief it did.

But now back to Indiana. Sue's Mom's family homesteaded in Indiana and yes, eventually ended up in North Dakota, but we were able to trace back 3 generations in Indiana by searching (mostly Sue) through cemeteries with graves dating back to the 1800's. One cemetery we stumbled onto by accident, and that is where we found graves from her great,

great grandparents. A moment of silence and a quick photo at each grave. In total, we stopped at 3 cemeteries and were able to find headstones of many relatives.

Indiana was definitely a farm driven state. Let me tell you that I was amazed with the amount of corn and soybeans raised in the state of Indiana. And the other defining moment was driving on roads designed for the horse and buggy days. I thank God that someone invented a GPS, or we would still be in Indiana.



From a cemetery in Indiana- Casper Pollert

Note: Gravestone just to the right and in the next row is written in German

**NEELEY DISTILLERY**

Next destination would be Sparta, Kentucky, the location of the Neeley Distillery. This was a great stop as we met up with Beka Sue (Bolton) Neeley. Located just off a major highway, Neeley Distillery has been brewing whiskey for 11 generations, but now it's legal. (see photo) Beka is a bourbon expert. She has her own bourbon blog, and it rests on her tasting expertise to choose bourbons to compete in national, and international spirit competitions. I wish I had remembered to take photos of the many Neeley Distillery spirits that have won gold and platinum awards. All I can tell you is that we should be proud of this hometown Minot girl. She and her husband Royce (Neeley) are a force to be reckoned with in the bourbon world.



Sign at the Neeley Distillery door.

**GREAT SMOKEY MOUNTAINS AND BLUE RIDGE PARKWAY**

Yeah, if you are a forest type, this is your area. Highlight of this part of our trip was a baby back bear who wandered out of the forest to greet these North Dakota tourists. We joked all along that it would be nice to see a bear, and sure enough, we did. I don't want to make this into your worst relatives' vacation story, but I do want to hit on a couple of more highlights, only to compare them with some of our local opportunities.

**COWPENS NATIONAL BATTLEFIELD**

Had it not been for the victory attained on this battlefield during the Revolutionary War, the south could have been captured and retained by the British. If you are interested, take a couple of minutes, and google Cowpens National Battlefield. And while you are in the learning mode, google Little Bighorn National Battlefield. Although these battles were almost 100 years apart, to stand and overlook either of these battlefields gives you that very reverent, haunting feeling. Cowpens is almost 1,700 miles from Minot, North Dakota. Little Big Horn Battlefield is only about a 7 hour drive. Looking for a place to visit next summer? Well, if you are in North Carolina I would suggest Cowpens. But if you are in North Dakota, The Little Big Horn Battlefield is hard to top.



Cowpens National Battlefield.

**BILLY GRAHAM LIBRARY**

Located in Charlotte, North Carolina, this is a place I will never forget. The video presentations are unbelievable. It's going to be 2 hours well spent as Billy Graham is definitely a part of our heritage.

I am told that the Teddy Roosevelt Presidential library in Medora will also be awesome. It is set to open on July 4th of 2026, marking the 250th birthday of the United States of America. Once again, let's not forget the Billy Graham Library in Charlotte if you are in that area. But once the Teddy Roosevelt library is open, we will have another marquee destination just 3 hours southeast of Minot.

More later...as we tour the Outer Banks.

**FINALLY-FALL FESTIVAL- SEE YOU THERE!**

Hope you picked up this paper in time to head to Downtown Minot on Saturday for the Fall Festival. It will be the 30th Anniversary of the Dakota Cruisers car club and they are promising over 125 vintage cars, and the Grand Opening of Kids Zone sponsored by the Downtown Association and the Magic City Lions. There will food all up and down Main Street, and vendors on the streets. Stores downtown will have a lot of special buys, so drop in to the many friendly merchants.

Hours are 10 AM to 5 PM. Parking is available in many different lots and in the 2 downtown parking garages.

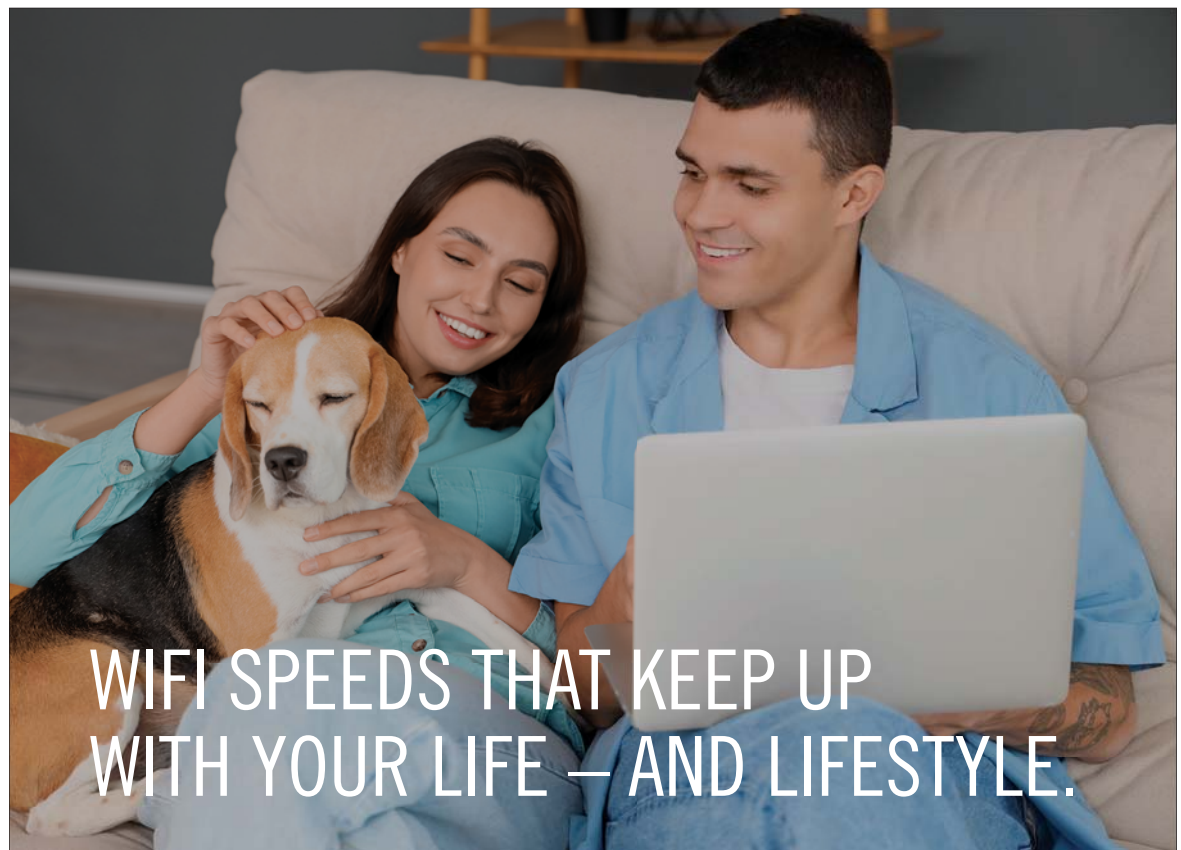
A great beginning to fall- The Downtown Fall Festival!

**BEST KEPT SECRETS**

Chapter 2- The Downtown Fall Festival. Since COVID cancelled the festival for 2 years in a row, the merchants have been working extra hard to roll out the red carpet. Run by many, many volunteers, we want visitors, new and old, to experience the magic of Historic Downtown Minot. Kid friendly, adult friendly, well just plain friendly...the Downtown Fall Festival, Saturday from 10 AM to 5 PM.

**TODAY'S CHUCKLE**

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# Did you know: civilian employees receive Tuition Assistance

SENIOR AIRMAN ALEXANDER NOTTINGHAM, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

The 5th Force Support Squadron's Education Center offers an invaluable resource to help service members and civilian employees, both NAF (non-appropriated funds) and GS (general schedule), enhance their skills, pursue higher education, and unlock new career opportunities. Here's why you should consider taking full advantage of this facility and tuition assistance:

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### NOTES ON BEING SAFE

# HUNTING SAFETY



SSGT JOE VERGARA  
5TH BOMB WING  
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Hunting is a favorite past time of many people in North Dakota and it is upon us! While hunting, we must all ensure we do our part to stay safe and to keep those around us safe as well. So here are a few tips that can help you do that.

Remember to treat every firearm as if it is loaded; never assume it is unloaded. Place your finger on the trigger only when you're ready to shoot. Keep your muzzle pointed in a safe direction, and remember that wherever the muzzle points is in the crosshairs. Don't overlook the possibility of a ricochet and be sure of your target. You're responsible for knowing what's in front of your target, near your target and beyond your target. If you aren't certain, don't take the shot.

Don't forget your protective gear. Hunters' eyes and ears are vulnerable to a number of potential hazards while hunting, so it's important to protect them. Firearms create a high-decibel sound that can damage hearing. The firearm also discharges small particles of the projectile, burning gas and other residue that can damage your eyes. Always wear safety glasses and ear protection. Don't forget the blaze orange! Blaze orange has made hunting safer. Spotting a hunter wearing camouflage is hard, but wearing blaze orange makes you visible to others hunting in the area.

Plan for the weather. Hunters can be at risk for hypothermia in cold, wet conditions, but also in temperatures as high as 50° F. Dressing in warm, removable layers, avoiding moisture-retaining cotton and remembering a water-repelling outer layer can help. Before setting out, check the weather report to make sure you won't be caught off guard by other inclement weather.

Always check your equipment and stands. Use safety belts to prevent falls off of tree stands. Try

to avoid permanent tree stands as they are more likely to deteriorate. The average fall from a tree stand is about 15 feet. Injuries suffered from those heights can cause broken bones, paralysis or even death. Falls are the most common cause of hunting injuries. They often happen when a hunter is up a tree and startled by animal. Pay attention to your surroundings at all times.

Always let family members or friends know where you'll be hunting. Take two-way radios or loud whistles along in case help

is needed. A surprisingly large number of hunting accidents involve family members and friends who have gone out together, but they do not remember or know where their party has gone. Never head out on a hunting trip without letting a friend or relative know where you'll be and when you expect to return.

For more information please visit <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/11-tips-for-keeping-safe-during-hunting-season>

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# Calling All Theater Buffs!

MARTINA KRANZ, NORTHERN SENTRY

BUFFs of a different sort are making an appearance next week on Minot AFB! No, not more B52's, but the Minot Theatre Buffs. Technical Sergeant Dorian Garland, 5th Civil Engineering Squadron Unit Training Manager and VP of the Mouse River Players, wants all theater enthusiasts to meet at the Base Theater on September 19th at 3:00 p.m. If anyone is an actor, singer, builder, techie, fashionista, playwright, or interested in theater in general, this event is for you! All Enlisted, Officers, Civilians (adults only), and Spouses are welcome.

For the last two years and in different capacities, TSgt. Garland has worked in theatrical shows with several members from the base to include 1st Lt. Michael O'Keefe of 5th SFS, TSgt. Christine Cherry of 5th FSS, and Staff Sergeant David Becker from the 5th LRS. TSgt. Garland worked with SSgt. Becker in I Hate Hamlet but worked with 1st Lt. O'Keefe and TSgt. Cherry not only on stage, but also behind the scenes in a technical role in Clue the Musical. TSgt. Garland wants to create an opportunity for Airmen to express themselves in a constructive way and to let them know that there are people on MAFB that have gotten involved with the arts. For personnel who don't know where to go or what is available, the Minot Theatre Buffs will be there to help people who aspire to learn skills in any aspect of theater arts, whether artistic or technical. TSgt. Garland stated:

to create a community who can grow and help to get people out of the dorms or houses and find a way to get involved with the community. I want to be able to create a pipeline of talent between the base and Minot. I know we



Tech. Sgt. Dorian Garland, Vice President of the Mouse River Players.

have talented people on base and maybe some who may need it awakened in them, and I hope this is a place to give [it] that push. I would think of the group more of a training ground/networking club."

While having fun and engaging with other people, TSgt. Garland wants members to feel welcome, to feel free to be themselves, and to be able to either hone their skills or develop public speaking habits, stage presence, and confidence. Several purposes of the club are to expose members

of the base to what is available in the theatrical arts/music arts, to open opportunities to network, and to interact with people in the community, which will provide a chance for potential theater buffs to learn from them and to educate potential buffs on workshops or Q&A.

At the theater buff meetings, new buffs will be provided with a list of upcoming auditions with local theaters, complete workshop classes and games that focus on developing acting skills with local actors and directors, go on backstage tours with the local theaters in town, sit in on rehearsals, attend Q&A's with the cast and crews of the shows in season, and ultimately attend a regional show in Fargo or Minneapolis. Also, club members will work on simpler skills, such as cold readings, audition and stage direction, and volume and projection.

To direct new club members with different talents to their area of interest(s) in the theater, the club needs to learn where the new member's interest(s) lie. For example, a member's primary talent might be singing, so the club would try to find upcoming musicals where a member could use that talent, while another's primary talent might be into set building and design, so the club would try to find an upcoming show that needs a talented carpenter or painter to create a set for the show. It's TSgt. Garland's dream to create a cast containing



Part of the cast of the Mouse River Player's The House of Agatha Mysterie in March 2024. Tech. Sgt. Dorian Garland played the character Rob Remington (pictured in the back to the far right).

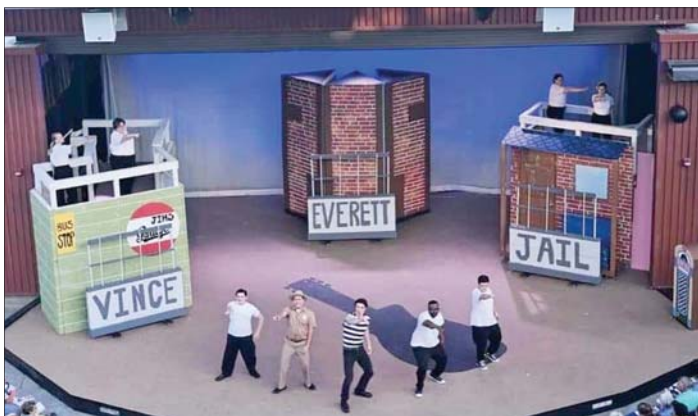
MOUSE RIVER PLAYER PHOTO

90% military-affiliated personnel in a local show, but right now, to stage a show on base, it's a matter of determining logistics, type of play, and the commitment that comes with staging a show.

TSgt. Garland wants to create an opportunity for Airmen to express themselves creatively in the performing arts. This theater meet-up is the first of its kind for MAFB, but TSgt. Garland hopes to make these meet-ups a regularly occurring program for Airmen and their families on

base. Currently, the theater buffs' meeting is on September 19th at 3:00 p.m. at the Base Theater, but TSgt. Garland is working on a permanent site, such as the Jimmy Doolittle Center (JDC), and if the initial club meeting goes well, he would want the theater buffs to meet twice a month.

So, calling all performing arts enthusiasts! Showcase your talents at the meeting on September 19th at 3:00 p.m. at the Base Theater and become part of the vibrant arts community in Minot.



MSU Summer Theater performance of All Shook Up in June 2024. Left to right, Christian Gifford, Tophar Grace, Shad Huber, Tech. Sgt. Dorian Garland, and Camden Gifford.

FACEBOOK PHOTO



Mouse River Players performance of Once Upon a Mattress in May 2024. Pictured from left to right is Connor Donovan, civilian, playing King Sextimus, 1st Lt. Michael O'Keefe, 5th Security Forces Squadron, playing Prince Dauntless, Tech Sgt. Christine Cherry, 5th FSS, playing Queen Aggravain, and Jenna Jameson, civilian, playing Princess Winnifred.

MOUSE RIVER PLAYER PHOTO

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Who: Enlisted, Officer, Civilians, Spouses  
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When: Thursday 19th September at 1500

If you have questions contact  
TSgt Dorian Garland 723-2119 or  
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# Air Force realigns to ensure readiness, future competitiveness

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) -- The Air Force is organizing its major commands, or MAJCOMs, into Institutional Commands, responsible for organizing, training, and equipping Airmen, and Service Component Commands, responsible for preparing Airmen for warfighting in a combatant command's area of responsibility.

The changes are part of the Department of the Air Force's Great Power Competition initiative.

"Over the last three decades, our Air Force has incrementally become more fragmented," said Air Force Chief of Staff Gen. David Allvin. "This gradual diffusion was the result of decisions made in the context of a different strategic environment. After some deep introspection, it has become clear that to dominate in this challenging strategic environment, we must have a force structure that is better aligned, clearly understood, and agile enough to exploit the rapid pace of change."

The current major command structure has significant variances

in how the U.S. Air Force organizes, trains and equips, and how it presents forces. Some MAJCOMs have the responsibility of capability development (e.g., Air Force Materiel Command), some strictly for presenting forces as a service component to a combatant command, and some MAJCOMs have both responsibilities. Some service component commands are also Numbered Air Forces, or NAFs, that report through MAJCOMs, while other service component commands are themselves MAJCOMs.

While this has been made to work in practice, it has evolved with new entities being bolted on, instead of baked in. Through the Reoptimization initiative, the U.S. Air Force has the opportunity to reset both definitionally and structurally. The foundation of the senior command structure in the Air Force will consist of two types of commands: Institutional Commands and Service Component Commands.

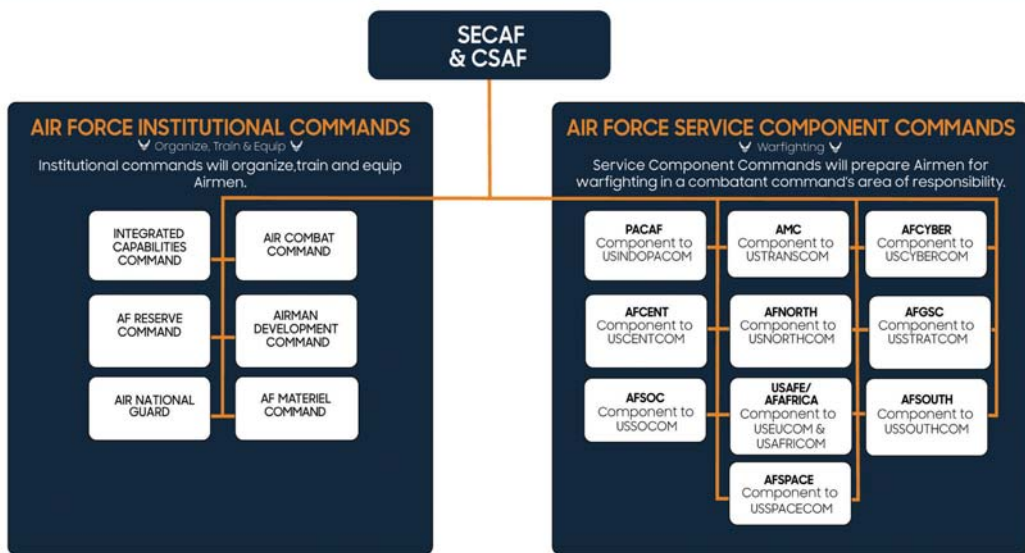
Institutional Commands will serve as enterprise integrators for capability modernization,

acquisition and sustainment, developing human capital and generating readiness, while Combatant Command-aligned Service Component Commands will employ operational forces in pursuit of Combatant Command missions.

Institutional Commands will include the existing commands with the following modifications:

- Air Education and Training Command is expected to evolve into Airman Development Command, which will train and develop Air Force personnel across the entirety of their career.
- The new Integrated Capabilities Command is planned to accelerate force modernization by aligning capability development efforts to a singular, prioritized demand signal for future airpower capabilities, aligned with the Force Design. The transition of capabilities development into one institutional command will enable the service component commands to focus on readiness.

CONTINUED ON PAGE B5



As part of the Great Power Competition initiative, the Department of the Air Force is organizing its major commands into Institutional Commands and Service Component Commands. Institutional Commands are responsible for organizing, training and equipping Airmen, and Service Component Commands are responsible for preparing Airmen for warfighting in a combatant command's area of responsibility.

U.S. AIR FORCE GRAPHIC

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# Air Force to establish Global Strike wing at Offutt AFB

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) -- The Department of the Air Force intends to activate a new wing headquarters, the 95th Wing, at Offutt Air Force Base, Nebraska. This new wing is one of the many efforts underway to reorganize the department for Great Power Competition.

The creation of the 95th Wing under Air Force Global Strike Command will enable effective command of forces to ensure readiness, and in time of conflict, the delivery of strategic and national-level capabilities to multiple combatant commanders and warfighters.

The wing will provide a unified command path to assure the readiness of the 595th Command and Control Group's National Airborne Operations Center, or NAOC, and Nuclear Command, Control, and Communications, or NC3, mission. It will also establish a Total Force partnership to better resource the 253rd CACG, and 610th Command and Control Squadron unique missions to other combatant commands. The consolidation will provide an enterprise view of broad Command and Control, or C2, capabilities and improve the ability to lead, advocate and provide for resources, training



and readiness.

Additionally, the 95th Wing will establish a Total Force command relationship to associate Air Force Reserve Command and Air National Guard units with the regular Air Force under AFGSC to improve C2 and normalize funding paths to organize, train and equip units.

The wing will incorporate existing positions from 595th CACG at Offutt AFB, Nebraska; 253rd CACG, Wyoming Air National Guard at Cheyenne Air National Guard Base; 610th Command and Control Squadron, AFRC, at Davis-Monthan AFB, Arizona. No manpower will move from 253rd CACG or 610th

CACS.

The new mission will add approximately 70 military authorizations at Offutt AFB over the next few years with personnel expected to begin arriving in spring 2025, with full operational capability in 2027.

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# It Always Comes Down to People Only The Best Come North....

ROD WILSON, NORTHERN SENTRY

Few, if any, reporters get the opportunity that we at the Northern Sentry do, that being direct contact and interviews with both wing commanders and both of the Command Chiefs. It is an opportunity that I am blessed to have, not only once, but usually once a year.

There is so much activity on base that having the commander of either the 5th Bomb Wing or the 91st Missile Wing sit down and give you an uninterrupted hour of their time to ask them questions about their job, the base and the community, makes me feel very special, even though we are just on small cog in a huge wheel of media that the base deals with on a daily basis.

Recently CNN made its way to Minot Air Force Base to report on how changes in political climate have affected the only dual nuclear mission base on U.S. soil. If you haven't had an opportunity to watch these segments, take time to google them on You Tube. It will certainly be worth your time. Colonel Jimmy Schlabach did an on-camera interview. His comments were very re-assuring that the mission at Minot AFB goes on 24/7, whether the political climate around the globe changes or not.

That brings me down to the mission, or missions, of Minot Air Force Base. Even though

much of today's war machine is computer controlled, the mission is accomplished every day by Airmen. I would like to share a couple of comments from my recent interviews, hoping that you will appreciate them as much as I did.

First, Minot Air Force Base has the most first-term Airmen of any base in the U.S. Air Force. Wow! Imagine yourself at age 18-19. You make a life choice to join the Air Force, and in less than a year you are in Minot, North Dakota, working with older than average systems, that being the B 52 and the Minuteman III, and you are part of a mission to be the head of the spear in deterrence of world powers, small or large, from attacking the United States.

Second, the quality of the young men and women we are seeing at Minot Air Force Base is top notch, much better than when I joined some 25 years ago. (Comment from Command Chief Wayne Sharp). I have often sat in line at the main gate of Minot AFB and looked at the sign that says, "Only The Best Come North." It isn't lip service folks, nor is it a slogan line that Minot AFB uses loosely. I work with a staff of around 20 Airmen in Public Affairs. Kind of like the B 52 and the Minuteman III, I have been around a while. Yet, these young Airmen are ready to be deployed at moment's

notice in support of a Bomber Task Force hallway around the world. They are the face of the Minot Air Force Base when VIPs arrive, as they do every week, to get the story of Minot Air Force Base firsthand. When they arrive in Minot, they have to hit the ground running. They are true professionals in what they do. And I can repeat this story about the many other Airmen that I meet. The mission is being accomplished 24/7, and the mission is being accomplished well. Not with new technology, but with weapon systems that are both over 50 years old. What makes the difference? The same as with your car or home. Attention to details. Application of knowledge and finally, the determination to "get it done!" That's what keeps Minot AFB on the point. Airmen, whether it be first year or experienced, staying on task and getting it done.

All of the Airmen at Minot Air Force Base made a choice. A choice to step up and serve their country, to accomplish a mission, and be ready 24/7. Thanks to Col's Jesse Lamarand and Jimmy Schlabach, and to Chief's Sharp and Thomas for their time. Quality at the top will always mean good things happen all the way down. Only the "Very" Best Come North.



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<p><b>DOUBLE-D HAW</b> <b>BREAST CANCER FUNDRAISER</b> <b>SEAFOOD BOIL &amp; MUSIC</b> Saturday, September 21 at 5:00pm</p>	<p><b>CAESAR FEST</b> Sunday, September 22 11:00am-2:00pm</p>	

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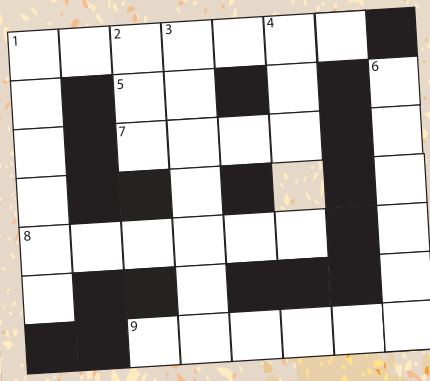
#### Fact File

Life Span	10 – 11 years
Weight	5 – 9 pounds
Height	24 – 28 inches
Top Swimming Speed	3 – 5 mph
Wild Diet	Omnivore <b>Carnivore</b> Herbivore Fish, Crustaceans, Squid

Photos by Doug Kim



## CROSSWORD PUZZLE



### ACROSS

1. Hanging seat
5. University of Oklahoma
7. Scottish hillside
8. Plant or animal from a specific place
9. Paths

### DOWN

1. Walking terrain
2. Big group
3. Harder to see through
4. Thick substance
6. Moving waters

Answers:  
Across: 1. Hammock, 5. OU, 7. Brae, 8. Native  
Down: 1. Hiking, 2. Mob, 3. Murkier, 4. Creme, 6. Rivers, 9. Trails

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## Vehicle maintenance tasks drivers don't want to overlook

Savvy drivers recognize that maintenance is essential to keeping their vehicles running strong for years on end. Such maintenance ensures vehicles are safe to take out on the road, and basic upkeep also protects drivers' financial investments in their cars and trucks.

Drivers who are not mechanically inclined tend to put their vehicles in the hands of a trusted mechanic to perform routine maintenance like oil changes. But there's a host of simpler vehicle maintenance tasks that drivers don't want to overlook, some of which can be performed without visiting the auto body shop.

• **Brake inspections:** Brake inspections are best left to the professionals, who can check the thickness of brake pads and look for other indicators of excessive wear. The automotive resource Cars.com recommends having brakes inspected during routine tire rotations, which many automotive professionals suggest should be done every six months.

• **Car wash:** Car washes might not be the first task drivers associate with vehicle maintenance, but they can prevent long-term damage to cars and trucks. Damage from bird droppings and road salt and ice melt products in the winter can damage a vehicle's paint job and its undercarriage. Wash the car on your own at home or visit a professional car

wash to perform this simple yet vital maintenance at regular intervals and whenever you notice significant buildup of dirt and grime on the car's exterior.

• **Air filter:** The air filter on a car or truck prevents debris, dirt and other contaminants from getting into the engine. The auto insurance experts at Allstate® advise drivers to inspect their vehicle air filters once a year. Air filters in need of replacement may appear dirty, and reduced fuel economy, unusual engine sounds and reduced horsepower are some other potential indicators that an air filters needs to be replaced.

• **Windshield wipers:** Windshield wiper blades are easily overlooked, but various automotive experts recommend replacing wiper blades every six to 12 months. Old wiper blades won't perform at peak capacity, dramatically reducing visibility during heavy rain and snowstorms. Anyone can replace their own windshield wiper blades in a matter of minutes, and new blades won't break the bank.

Vehicle maintenance is not exclusive to tending to what's under the hood. Keeping a car running smoothly for years involves routine tasks that many drivers can perform without professional assistance.



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Minot AFB | 61 Missile Ave | 701-727-4141  
Minot | 1301 20th Ave SW | 701-837-1301





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ARCHIPIÉLAGOS AMAYA  
JORGE MONTILLA, Eb CLARINET

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FROM THE TREE OF LIFE, THE COOK, AND THE KINDNESS OF STRANGERS

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FROM WALT DISNEY'S SLEEPING BEAUTY

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## VOLUNTEER OPPORTUNITIES

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

### Volunteer Coaches

Minot AFB Youth sports is looking for volunteer coaches for the upcoming outdoor soccer season. The season will run from 9 September to 25 October. Coaching needs are as follows:

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

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

**POC:** Mr. Jay Wyatt, Youth Sports  
[5svs.youth@us.af.mil](mailto:5svs.youth@us.af.mil), 701-723-2838.

### Minot Walk to End Alzheimer's Volunteer

The Minot Walk to End Alzheimer's event will be on Saturday, September 21, 2024. They need 23 people for the Saturday event. Here is the link to sign up to volunteer at this event. 2024 Minot Walk to End ALZ — <https://signup.com/client/invitation/2/secure/822096860043/false#/invitation>

### Culture Stock Volunteers

We are teaming up with Minot State 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. <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

### Junior Achievement Volunteers

Volunteers are needed to help get the message of the free enterprise system out to young people in our community. The Junior Achievement (JA) program has been facilitated through the Minot Area Chamber EDC since 1997. The program is designed to help students become work ready, financially literate and to provide hands-on activities from an outside resource. Businesspeople like you come into the classroom once a week for five weeks for up to an hour each week. The commitment also includes preparation time. The lesson plans are provided by JA with a kit of age-appropriate material designed to make the experience an easy one for us non teachers.

**POC:** Carla, 701-857-8205  
[carla@minotchamberedc.com](mailto:carla@minotchamberedc.com)

### AADD Volunteers

AADD is seeking volunteers to support various event requests. REGULAR 2024 WEEKLY SCHEDULE- <https://volunteersignup.org/FHLLR>

**POC:** SSgt Kristal A. Cruz Leon, 723-4633  
[kristal.cruz\\_leon@us.af.mil](mailto:kristal.cruz_leon@us.af.mil)  
[MinotAFB2233@gmail.com](mailto:MinotAFB2233@gmail.com)

### 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](mailto:brian.o.bermudezcartagena.mil@health.mil)  
or 723-5184

### The Minot Hot Tots and 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.

**POC:** (701) 838-8687  
[hottotsbaseball.com](http://hottotsbaseball.com)  
[honeybeessoftball.com](http://honeybeessoftball.com)

### 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 Minot.

**POC:** Maj. Jeffrey Slocum 701-360-5948 | [021cc@ndwg.cap.gov](mailto:021cc@ndwg.cap.gov) | [nd021.cap.gov](http://nd021.cap.gov)

### Caring Edge 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'll experience through the gift of volunteering. Our team and community would like to offer that gift to the Airmen at Minot AFB.

**POC:** Shelby Stuckey  
Volunteer Coordinator  
CaringEdge Division of Edgewood Healthcare  
Office: 888.223.4287 | Fax: 701.354.7959  
[shelby.stuckey@caringedge.com](mailto:shelby.stuckey@caringedge.com)





# Top U.S. Defense Leaders Join Minot Task Force 21 for Annual Nuclear Symposium

MINOT AREA CHAMBER EDC

Minot Area Chamber EDC (MACEDC) Task Force 21 is excited to announce the speaker lineup for the North Dakota Nuclear Triad Symposium, titled "Enhancing Nuclear Deterrence Amid Great Power Conflict," scheduled for Friday, September 20, 2024, in Washington, D.C.

This annual event gathers leading experts from the U.S. Air Force, Navy, and other key sectors to discuss the significance and future of the U.S. nuclear triad, which plays a crucial role in our national defense. Secretary of the Air Force Frank Kendall will headline the symposium, sharing insights on his role overseeing the U.S. Air and Space Forces, managing a \$173 billion budget, and ensuring the readiness of nearly 700,000 personnel.

Attendees will also hear from Gen. Thomas A. Bussiere, Commander of Air Force Global Strike Command, as well as experts on international relations with China and Russia speaking on newly bolstered nuclear capabilities of our top adversaries, and North Dakota Congressional Delegation will discuss their efforts to support

the modernization of the nuclear triad.

"The strength of our nuclear triad is a testament to the dedication and innovation of our men and women in uniform," said Gen. Thomas



A. Bussiere, Commander of Air Force Global Strike Command. "This symposium provides a vital platform to explore how we can continue to modernize and enhance our capabilities in the face of global challenges."

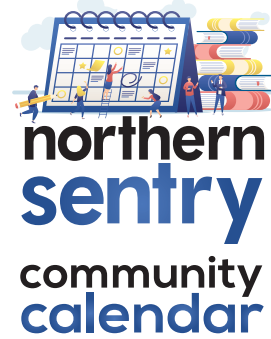
The symposium, held at the Capitol Hill Club in Washington D.C., is free to attend, but registration is required, and spaces are expected to fill quickly.

"In a world of evolving threats,

it's crucial that we remain vigilant and proactive," said Brekka Kramer, MACEDC President & CEO. "This symposium is not just about discussing the future of our nuclear forces—it's about ensuring that every American, from Minot to Washington, D.C., can live in safety and security."

Minot Air Force Base plays a vital role in our nation's defense, and this symposium is a key opportunity for industry, political, and defense leaders to come together. "Our goal is to strengthen the connections that support not just our military but also the safety and security of every American," added Mark Jantzer, Task Force 21 Chair.

To further engage with the event, attendees and the public are encouraged to follow the conversation on social media using the hashtag #NuclearTriad2024. For a full list of speakers and to register, visit TaskForce21.com or contact the Minot Area Chamber EDC at 701-852-6000 or minot@minotchamberedc.com.



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### FOOD TRUCKS

- Mi Querencia (Mexican)
- TNT (Taco in a Bag, Nachos, Burgers, etc)
- Mama Mac (Burgers, etc)
- All Rolled Up (Ice Cream, Boba Teas, Sundaes)
- The Lemon Pit (Lemonade)
- The Local Lemon (Lemonade)

### SIDE WALK SERVINGS

- Cookies For You will serve a ready-to-go pulled pork sandwich with chips.
- The Depot will serve a ready to go chicken wrap with coleslaw.
- Other vendors are selling snack items, cotton candy, empanadas, pastries, etc

### RESTAURANTS OPEN

Jamaican Vybz • Magic City Hoagies • Thai Hot 2 • Cookies For You • Charlie's Margie's • The Depot • Whiskey Nine • Iron Horse • Starving Rooster • Prairie Sky Breads • Don Tapatio • Ebenezeers

## A LOOK BACK

### THIS WEEK IN USAF HISTORY

MINOT AFB RECEIVES FIRST KC-135A STRATOTANKER  
 SEPTEMBER 23, 1959

The first plane to be permanently assigned to Minot Air Force Base, N.D., was a KC-135A Stratotanker named "Miss Minot," which arrived on September 23, 1959. Over 300 base and community guests attended the momentous occasion that would mark the beginning of the jet era in North Dakota. Miss Minot was the first of 10 jets assigned to the 906th Air Refueling Squadron under the 4136th Strategic Wing and Strategic Air Command. Their mission? To provide air refueling for northern air defense operations and other missions. The Stratotankers remained in Minot until 1994 before being relocated to Grand Forks AFB as Minot moved away air refueling and focused fully on their mission supporting two legs of the nuclear triad and strategic deterrence.

Information courtesy of: af.mil / minot.af.mil / Minot Air Force Base 1989 / History of Minot AFB c. 1980

## CELEBRATE LIFE

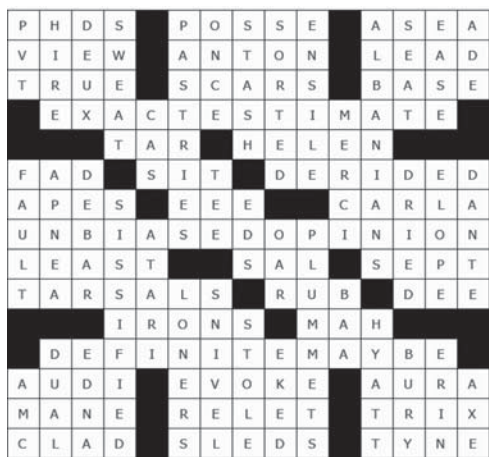
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**CROSSWORD SOLUTION**

Solution to last week's Crossword puzzle.



**SUDOKU**

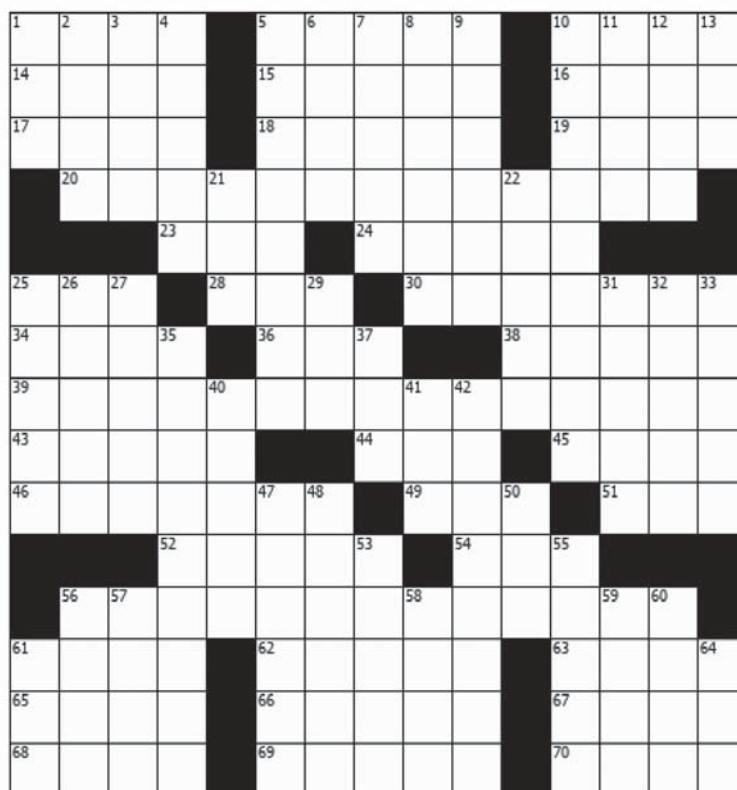
Solution to puzzle on page B9

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

**CROSSWORD PUZZLE**

**Across**

- 1. Third degrees
- 5. Search party
- 10. On the Marmara
- 14. Vista
- 15. Composer Bruckner
- 16. Role for Hanks
- 17. On the mark
- 18. Battle souvenirs
- 19. Military post
- 20. Guesser's oxymoron
- 23. Swabbie
- 24. Paris abductee
- 25. It's all the craze
- 28. Hold court
- 30. Scoffed at
- 34. Planet inhabitants of film
- 36. Shoebox marking
- 38. "Cheers" character
- 39. Polltaker's oxymoron
- 43. Type of common denominator
- 44. "Erie Canal" mule
- 45. Calendar abbr.
- 46. Ankle bones
- 49. Catch, to Hamlet
- 51. River of Scotland
- 52. Fire items?
- 54. \_\_\_-jongg
- 56. Undecided's oxymoron
- 61. Autobahn auto, perhaps
- 62. Call forth
- 63. Invisible emanation
- 65. Pride of one in a pride
- 66. Find a new tenant for
- 67. Cereal for kids
- 68. Unlike Godiva
- 69. One-way transports
- 70. Actress Daly



**Down**

- 1. B. Bailey's rank
- 2. Antonym of fire
- 3. Celine Dion album
- 4. Sign of hard work
- 5. Napoleon and Danish
- 6. Formerly
- 7. Squirrel away
- 8. Categorized
- 9. Store fodder
- 10. Some Kosovo residents
- 11. Word with love or bucket
- 12. Settle (into)
- 13. Lime drink
- 21. \_\_\_ in Charles
- 22. Left Bank thank you
- 25. Rock fracture
- 26. Sleep disorder
- 27. Exclude from practice
- 29. Giveaway shirt
- 31. Cut partner
- 32. Skip the ceremony
- 33. "The Divine Comedy" poet
- 35. Cowardly
- 37. Both Begleys
- 40. Video game system name
- 41. Boathouse item
- 42. Takes a dive
- 47. Solitary figures
- 48. Tearfully complain
- 50. Ewe said it
- 53. Broke a commandment
- 55. Hilton alternative
- 56. Twofold
- 57. Novelist Ferber
- 58. Just got by
- 59. Suppress, as emotions
- 60. Ireland, in verse
- 61. Gremlin's creator
- 64. Hacker's tool

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# CHURCH DIRECTORY

## Chapel Services at MAFB

**North Plains Chapel**  
290 Peacekeeper Pl  
(across from North Plains Elementary School)

**Protestant**  
Sunday Community Service  
1030  
(Holy Communion 1st Sunday)  
Children's Church available

**Northern Lights Chapel**  
230 Missile Ave  
(across from Rockers)

**Catholic Mass**  
Sunday 1000  
Daily Monday-Friday 1200

**Open Circle** (Wiccan/ Neo-Pagan)  
1000 on 1st & 3rd Saturdays

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

## St. Peter The Aleut Eastern Orthodox Church

**109 6th St. SE Minot • 838-3094**

**Saturday, September 14**  
5PM, No Vespers

**Sunday, September 15**  
10AM, Congregational Prayer Service

## Bread of Life

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(SUNDAY SCHOOL DURING WORSHIP)

**WEDNESDAY**  
COMMUNITY MEAL 5:15PM  
WORSHIP 6PM  
CHILDREN AND YOUTH FAITH FORMATION 6:45-7:30PM

**SATURDAY 5PM**

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## Trinity Church

**An Evangelical Free Church**  
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Sunday School & Fellowship ..... 9:00 a.m.  
Worship ..... 10:30 a.m.

www.trinitychurchminot.org

## Bible Fellowship Church

**Worship Service**  
10:45am Sundays

**Sunday School**  
9:45am

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

## Vincent United Methodist Church

**1024 2nd St. SE • 838-4425**  
Behind Town & Country Shopping Center  
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Sunday School ..... 9:00 a.m.  
Sunday Worship Service .... 10:00 a.m.  
Fellowship..... 11:00 a.m.

**Pastor Mark Ehrmantraut**  
www.vincentumc.com

## Faith United Methodist Church

**5900 Highway 83 N, Minot**  
www.faithumcminot.com

**Pastor Rick Craig**  
701-838-1540

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

## Cornerstone Presbyterian Church

**1000 NE 3rd Street 852-0315**

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

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

**All are Welcome!**  
www.cornerstoneminot.com

## GriefShare

**Grief Support Group**  
meets Mondays at 7:00pm

**Contact Duane Deckert:**  
701-838-0916 or  
biblefellowship@srt.com  
www.griefshare.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

## First Lutheran Church - ELCA

120 5th Ave. NW  
852-4853

Sunday Worship  
9:30 am

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

Pastor Brandy Gerjets • Pastor Ellery Dykeman

## SGI-USA Buddhist Group In Minot

Meets monthly

Email: bispsych@yahoo.com  
Phone: (701) 838-9348

## JOURNEYCHURCH ASSEMBLY OF GOD

**1805 2nd St. SE 838-1111**

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

## Minot Baptist Church

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

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

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

## Cross Roads Baptist

**Southern Baptist Convention**

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

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

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

## West Minot Church of God Family Worship Center

**1105 16th St. NW • 839-1407**

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

westminot.com  
facebook.com/westminot

## St. Mark's Lutheran Church Missouri Synod

Sunday Divine Service ..... 9:30 AM  
Morning Bible Study and Sunday School ..... 11:00 AM  
Wednesdays  
Kid Connection ..... 6:00 PM

**Reverend Philip Beyersdorf**  
2209 4th Avenue NW, Minot, ND  
839-4663  
www.minotmarks.com  
Join us on facebook

## First Baptist Church

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

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

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

## Apostolic Faith Church, UPCI

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

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

**Jesse Starr, Pastor**

## Grace Baptist Church of Minot

A Reformed Baptist Church

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

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

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Rev. Rick Jones

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

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# Air Force realigns to ensure readiness

CONTINUED FROM PAGE A9

- Air Combat Command will integrate readiness for CONUS-based service-retained forces and prepare and present mission-ready forces to combatant commands.

- Air Force Materiel Command will consolidate and establish new centers to rapidly develop, procure, field and sustain a pipeline of competitive capabilities to deliver decisive advantages to the force.

- Air Force Reserve Command and the Air National Guard will provide strategic and operational depth and surge capacity by developing and managing an experienced, modernized and accessible Reserve Force.

Service Component Commands project air power to the joint force combatant commands through theater-assigned and rotationally allocated Air Force units in each of the CCMDs.

To streamline how the Air Force presents force offerings to Combatant Commanders, the Component Numbered Air Forces listed are planned to become Service Component Commands, reporting directly to the Secretary of the Air Force through the Chief of Staff of the Air Force. This alignment ensures the Air Force better prepares, presents and generates airpower effects for the Joint Force and enables service component commands to focus on preparation and presentation for their combat

missions.

Activate Air Forces Southern  
Activate Air Forces Central  
Activate Air Forces Northern  
and Air Forces Space

Elevate and redesignate Air Forces Cyber. Note: The ultimate makeup and structure are still being finalized.

Pacific Air Forces; U.S. Air Forces in Europe – U.S. Air Forces Africa; Air Force Special Operations Command; Air Mobility Command; and Air Force Global Strike Command will be considered SCCs and will retain their current Combatant Command force alignment and readiness-related roles, responsibilities and authorities.

Streamlining Air Force organizations into either Institutional Commands or Service Component Commands will allow them to focus solely on developing Airmen, generating readiness and sustaining and delivering capabilities, or projecting airpower to the Joint Force, respectively.

Air Forces Southern, or AFSOUTH, will become the first Service Component Command under the new construct. AFSOUTH's operational mission as the Air Force Component to USSOUTHCOM will not change. However, as a Service Component Command, AFSOUTH will be better positioned to advocate for service-related matters such as personnel, administration and unit training.



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Senior Airman Jacob Ketron has been in the United States Air Force for 5 years. He has served his first 4 years at Minot Air Force Base and is currently assigned to the 51st Force Support Squadron at Osan Air Base, Republic of Korea. As an Installation Personnel Readiness Technician, he has created over 117 orders for members base-wide deploying to other countries and safeguarded 8 million in entitlements. He was also elected to be the Sergeant at Arms of the Rising Four community in which he will be organizing events to raise quality of life for all Airmen at Osan Air Base.  
(Information from Feb 2024).



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**WOODLAND RESORT**

**OUTDOOR REPORT**



by Patricia Stockdill

**Fishing:**

Lake Sakakawea elevation, Sept. 9: 1,839.47 feet above mean sea level (MSL); 22,300 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.86 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.7 MSL.

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

- Devils Lake, Ed's Bait Shop, Devils Lake: East Devils Lake and northern feeder lakes continue producing some small walleye.

- Devils Lake, Woodland Resort, Devils Lake: Tough walleye bite continues. Anglers marking fish but bite is tough. Work along deep wall edges with vertical jigs or bottom bouncers along the towers in 20 to 25 feet.

- Lake Darling, Karma C-Store, Ruthville: Lake Darling and Grano area remain slow with limited reports.

- Lake Metigoshe, Four Seasons, Bottineau: Continued bluegill success with slow walleye and pike activity.

- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Walleye activity slowed on the east end of Lake Sakakawea but anglers still finding some success. Work 12 to 15 feet in the morning and deeper in 50 to 60 feet later in the day around Steinke, deTrobriand, and Douglas bays. Be prepared to keep any fish taken from deep water, however. Continued salmon activity on the south side around Garrison Dam.

- Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: East end of Lake Sakakawea producing good numbers of small walleye but limited success for larger fish. Work from 5 Fingers in Douglas Bay to Nishu Bay in 35 to 60 feet with Jig 'N Raps No. 9. Continued salmon bite in 80 to 100 feet along the face of the dam. Also work Riverdale Bluffs to Deadman's Bay as well as in front of the spillway. Slow walleye bite on Lake Audubon but decent smallmouth bass bite remains using a variety of presentations.

- Lake Sakakawea, New Town: Van Hook Arm and river portion of

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](http://www.woodlandresort.com)), Facebook at ([facebook.com/woodlandresortDL](https://facebook.com/woodlandresortDL)), telephone (701) 662-5996, extension 1, or email ([woodlandresort@gondtc.com](mailto:woodlandresort@gondtc.com)). They're located at 1012 Woodland Drive, Devils Lake, N.D. 58301.



- Keep any fish coming from 25 feet or deeper – their swim bladders can't handle coming up quickly from deep water and they typically won't survive.
- N.D. Game & Fish Dept. free PLOTS, Private Land Open to Sportmen, guides with maps available for download on their website, ([gf.nd.com](http://gf.nd.com)). Printed copies available at select vendors and Game & Fish Dept. offices.
- Sept. 14: Sharptail and ruffed grouse, partridge, tree squirrel, snipe, and sandhill crane seasons open.
- Sept. 14 & 15: Youth waterfowl season.
- Sept. 14 & 15: Military and special veteran waterfowl season.
- Sept. 14: Minot Kite Festival, Outdoor Family Recreation Area, Minot.
- Sept. 15: Western Early Season Canada Goose Zone closes.
- Sept. 20: Eastern Early Season Canada Goose Zone closes.
- Sept. 21: October Family Fest, Fort Stevenson State Park, Garrison.
- Sept. 21: Resident Canada goose, duck, merganser, white-fronted goose, snow goose, coot, and bonus teal seasons open.
- Sept. 23: Zumba in the Park, Oak Park, Minot, 7 p.m.

**TOURNAMENTS:**

- Sept. 14: Lake Sakakawea, Fort Stevenson State Park.

Lake Sakakawea around New Town remain slow for walleye. Work deep and plan on keeping any catches.

- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace producing small walleye from boats using minnows and nightcrawlers. Also try crankbaits. Some catfish success from the chutes and wing walls. Shore-fishing remains slow during the day with better success at night. Some salmon showing up in the river and chutes. East end of Lake Sakakawea producing some walleye in 30-plus feet and deeper using jigs. Continued salmon success in 60 to 90 feet. Slower success yet in the shallows with most activity along the face of the dam and Scoria Bay.

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Upper end of Lake Sakakawea generally slow for walleye with better success east in the Van Hook Arm. Work deep in 40 to 60 feet. Yellowstone River continues to clear with walleye activity from shore around the pump house and Ryder's Point using floating jigs.

- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Little activity on the Souris River and area lakes.

**Hunting:**

- Archery: Deer becoming a little bit more active nocturnally.
- Dove: Birds continue bunching despite ongoing warm weather.
- Upland birds: Look for generally fair grouse and partridge opportunities for season opener.

**Blue-green algae advisories, N.D. Dept. of Environmental Quality:**

- Advisory: Blacktail Dam, Williams Co.; Buffalo lodge lake, McHenry Co.; Clear Lake, Pierce Co.; Devils Lake; Epping-Springbrook Dam, Williams Co.; Lake Brekken, McLean Co.

- Warning: Cottonwood Lake, Williams Co.

**Numbers to know:**

- N.D. Game and Fish Dept., main Bismarck office: (701) 328-6300, website: (<http://gf.nd.gov>).
- Report All Poachers: (701) 328-9921.



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# NORTHERN CELEBRATIONS

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## OF GROUSE AND DOGS

Patricia Stockdill

With muscles tense and quivering, the dog seems to know the day is special.

The morning air has a hint of crispness. Swallows dart back and forth and the shrill cry of a hawk announces its distant presence.

Spider webs, woven like a tapestry with intricate jewels among fading grass, glisten with dew in the brilliance of the rising sunlight. Even the most stunning of diamonds shrivels with jealousy compared to the shimmering, web - nature's own dream catcher.

The dusky, pale green leaves of a buffaloberry bush stand in sharp contrast to its rich, crimson berries, its laden branches drooping with the bounty.

For now, food is plentiful but the berries will be a critical for the day's quarry in the coming months as early autumn gives way to winter.

Today, the opening day of grouse season, offers all that is right about the prairie and a new hunting season: The companionship of a good dog and a meandering trek across the prairie, exploring a buffaloberry patch, musing at the discovery of a gray, weathered hornet's nest among its branches and anticipation as the dog freezes in a staunch point just as a sharp-tailed grouse flushes.

The first one bursts off to the side, then another in a different direction and perhaps a couple of more for good measure.

A few decades ago, the opening day of grouse season was time for celebration, a much-heralded event signaling the beginning of many hunting opportunities to come.

But it seems nowadays some hunters forsake grouse season in favor of pursuing a glitzy import in October.

After all, a hunter often logs fewer miles on shoe leather before a limit of pheasants is in the bag.

Some hunters even profess that the gaudy ringneck tastes better, too.

And, really, there is only so much time a person has to spend afield - why not pursue a glitzy ringneck rather than a drab gray bird that clucks when it flies?

Oh, it's OK to downplay the treasure that is native grouse, but my dog knows better and so do I.

While my dog would vehemently disagree with me, grouse hunting isn't all about the birds.

True, it's nice to get a bird or two but in all honesty, they're a bonus.

It's about sharing time afield with the dog, canine and human friends sitting together on a hillside, pausing for a drink of fresh water and contemplating the seemingly endless prairie and our next direction. The dog appreciates the short respite but knows there is more ground to cover. She really does think grouse hunting is all about the birds and I can't seem to convince her otherwise.

So off we go, over one hill, across another to a clump of silverberry. Oh, wait, there's more buffaloberry and chokecherries off in that other direction. That's a good place to explore, especially as the morning hours warm and birds seek cool shade.

Another hawk screams overhead and more swallows zip by. The dog is in her glory, investigating every clump of little bluestem and buck brush. She's oblivious to cockleburs, buffaloberry thorns and annoying little "sticker weeds" that must be combed out later that evening.

Every patch of cover must be analyzed. And don't forget, sharpies love to lounge on the downwind side of a hilltop in the breeze.

The dog knows that, as well...because it's grouse season and it's the prairie at its best.

Perhaps author John D. Taylor in his book of history and hunts afield, "The Wild Ones: A Quest for North America's Forest & Prairie Grouse", summed up his - and those of like minds - love of grouse the best: "There is a reverence, a passionate relationship, with this continent's forest and prairie grouse for those who have come to know these birds."

Yes, he gets it - he understands his dogs and fellow grouse hunters.

For he is one of us.



A young Brittany, Eider, mulls over her first day afield in search of sharp-tailed grouse. There would be no birds for her to retrieve that day but that's OK, it was a September morning on the prairie.



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YOUTH IN ACTION

## Magic City Discovery Center Accepting Application for their 2025 Kid Ambassadors!

The Magic City Discovery Center is calling on the creative young minds of Minot to apply for a spot as one of our Kid Ambassadors! Open to children ages 8 to 12, this unique role offers an exciting opportunity for kids who are passionate about creativity and excited to inspire others!

Applicants will have to demonstrate their creativity by submitting a short Show-N-Tell style video showcasing their creativity, whether it's a piece of art, an innovative invention, a musical creation, or a compelling story.

In their video, candidates should also express how they believe being a kid ambassador will help them to inspire other children to get creative. Parental

approval is required and should be included in the submission.

Kid Ambassadors will also enjoy some exclusive benefits including:

- Magic City Discovery Center Swag
- A FREE Family Membership
- A FREE Birthday Party
- 20% off Camps, Classes, and Merchandise

This is an awesome chance for young creators to join the Magic City Discovery Center in its mission to foster the magic of lifelong learning through discovery, creativity, and play. Application must be submitted by October 31st. The Discovery Center encourages ALL eligible children to seize this opportunity to make their mark and inspire others!

We are looking for next year's **Kid Ambassadors!**

1. Contest open to ages 8-12
2. Follow us on Facebook
3. Create a short Show-N-Tell Video
4. Submit your Video by October 31st, 2024

Our Kid Ambassadors get...

- FREE MEMBERSHIP**
- 20% OFF CAMPS & GIFT SHOP**
- FREE BIRTHDAY PARTY**
- FREE SWAG**

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# 'Teen Takeover' contest calls for submissions

STATE HISTORICAL SOCIETY OF NORTH DAKOTA

North Dakota teens, it's time to let your creativity shine. Submissions are now being accepted for the 2025 "Teen Takeover," a unique opportunity for teens across the state to showcase their talents and perspectives. North Dakota residents between the ages of 13 and 18 are invited to submit an original work interpreting the theme "What North Dakota Means to Me."

This year's theme encourages participants to reflect on their connection to the state and

express what makes North Dakota special to them. Whether through 2D visual art or written creative expression, teens are encouraged to bring their unique voices and visions to life. The "Teen Takeover" is more than just a competition; it's a celebration of the vibrant and diverse youth of North Dakota.

The deadline for submissions is Dec. 1, 2024. Finalists' work will be exhibited in spring 2025 at the North Dakota Heritage Center & State Museum. To learn how to submit your work and to

view the full guidelines, please visit [statemuseum.nd.gov/teen-takeover](http://statemuseum.nd.gov/teen-takeover).

For more information, contact Education and Engagement Manager Laura Forde, [shsprograms@nd.gov](mailto:shsprograms@nd.gov) or 701.328.2792. The ND Heritage Center & State Museum is open Monday-Friday, 8 a.m.-5 p.m., and Saturday-Sunday, 10 a.m.-5 p.m. Admission is free. Find upcoming events at [history.nd.gov/events](http://history.nd.gov/events).

# The Magic City Discovery Center to Host Hands-On Activities at Høstfest

The Familie Fjord at Høstfest 2024 will feature hands-on learning modules for guests of all ages thanks to the Magic City Discovery Center's outreach program.

"We were already planning two community outreach programs for the year, but when we learned about Høstfest needs earlier this year, we switched gears to focus on bringing these activities to the four days of the festival," Sara Brentrup, director of operations at the Discovery Center, said.

The activities will focus on STEAM in Scandinavia. STEAM stands for science, technology, engineering, art, and math, and each element of STEAM will be paired up with a Nordic country—science in Finland, technology in Iceland, engineering in Denmark, art in Norway, and math in Sweden. As visitors travel around the

Nordic countries, they will learn more about reindeer, the Aurora Borealis, Legos, rosemaling and weaving, and symmetry of the dala horse.

"These activities are truly designed with families in mind—from young kids to older adults," Brentrup said.

"We want people to connect with Scandinavian culture, get excited about STEAM, and talk about what they are learning, seeing, and doing at each activity station."

As in years past, the Familie Fjord will also feature stage performances throughout the day with updated programming tailored to school-aged children so that those visiting the festival while on field trips will gain a broader educational experience through performances and presentations.

"The goal with the Familie

Fjord is to create a mini festival," Rose Arrowsmith, storyteller and Familie Fjord stage coordinator, said. "We are trying to match the stage schedule with the school groups so that the kids can experience the essence of Høstfest."

The stage performances include show-and-tell and language translation presentations from the Viking performers, demonstrations from crafters, Norwegian sweater dancers, Rinat's Scandi Ski Fantasy, costume characters, and storytellers.

The Familie Fjord, located on the mezzanine, will be open from 9 a.m. to 7 p.m. throughout Høstfest Sept. 25 through 28, 2024, at the North Dakota State Fair Center. Kids ages 16 and younger get in free.

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## 2024-2025 MPS CALENDAR

### IMPORTANT UPCOMING DATES

**October 9**  
Early Release Day

**October 17 & 18**  
Administratior Convention Days  
No School

**November 11**  
Veteran's Day - No School

**November 20**  
Early Release Day

**November 28 & 29**  
Thanksgiving Day and  
Vacation Day - No School

S	M	T	W	T	F	S
			1	2	3	4
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

- PD Days - contracted days
- Vacation Days - not contracted day
- Early Release Days - 1:15pm
- Holidays
- Parent/Teacher Comp Days

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# YOUTH IN ACTION

## Minot AFB Schools Winter Busing: Busing Forms

As we prepare to enter into the autumn season, winter is on the minds of many. Winter may even show up in autumn. If so, we are prepared to ensure our military connected students are transported safely to and from school.

Students that attend Dakota Elementary, North Plains Elementary, and Memorial Middle School receive busing provided by Yellowfin Bus Transportation from November 4th, 2024 – April 4th, 2025. However, for students to receive this winter busing service, a busing form is required. This form is due by October 4th, 2024 and is to be emailed to Yellowfin.Minot@



**JOY-NICOLE SMITH**  
SCHOOL LIAISON PROGRAM MANAGER, GS-12  
DEPARTMENT OF THE AIR FORCE SCHOOL LIAISON PROGRAM



braglines.com. Families can locate this form at the following website: [https://5thforcesupport.com/wp-content/uploads/2024/08/24-25\\_MAFB\\_BusForm.pdf](https://5thforcesupport.com/wp-content/uploads/2024/08/24-25_MAFB_BusForm.pdf). If there are any question, please do not hesitate to reach out to mafb.school.liaison@us.af.mil. We look forward to an incredible winter busing season!



DOWNLOAD YOUR BUS FORMS HERE

**MINOT AFB WINTER BUS TRANSPORTATION REQUEST AND AGREEMENT**

Student: \_\_\_\_\_ Date: \_\_\_\_\_

School:  Dakota  North Plains  Memorial  \_\_\_\_\_

Goal:  1  2  3  4  5  6  7  8  9  10

**AM Pick-Up Information** **PM Drop-Off Information**

Home or Children's/Youth Program address: \_\_\_\_\_ Home of Children's/Youth Program Address: \_\_\_\_\_

Primary Parent/Guardian Contact Phone Number: \_\_\_\_\_ Primary Parent/Guardian Contact Phone Number: \_\_\_\_\_

Secondary Contact Phone Number: \_\_\_\_\_ Secondary Contact Phone Number: \_\_\_\_\_

Children's Provider Name (if applicable): \_\_\_\_\_ Children's Provider Name (if applicable): \_\_\_\_\_

No bus transportation needed in AM  No bus transportation needed in PM

**Parent Notes:** If your child is picked up or dropped off in multiple locations (i.e. PM at Home or PM at YC), please complete this information on this form by checking both boxes. This form DOES NOT require your child to be picked up or dropped off at school. It is required that you pick up and drop off your child at the school bus stop. (Children's/Youth Program) If you are unable to pick up or drop off your child at the school bus stop, please contact the school liaison program manager at mafb.school.liaison@us.af.mil. This form is required for all students who are transported by bus. The bus schedule and stop locations are determined by the Department of the Air Force. This includes the schedule of school busing. If you have any questions, please contact the school liaison program manager at mafb.school.liaison@us.af.mil.

**Additional Information:** Please send your completed forms to [Yellowfin.Minot@us.af.mil](mailto:Yellowfin.Minot@us.af.mil).

**Behavior Agreement:** I, the student, acknowledge that I have read and understand the School Bus Behavior Standards. I agree to follow these standards and understand that I will be held responsible for my actions. I understand that I will be held responsible for my actions. I understand that I will be held responsible for my actions. I understand that I will be held responsible for my actions.

**Regulations:** Winter bus service runs from Nov 24 - 4 Apr 25. All students must have a signed Winter Bus Transportation Agreement. These students will not have this service, unless otherwise determined.

**Official Use Only**

Signature of Sponsor/Parent/Guardian: \_\_\_\_\_

Color: \_\_\_\_\_

Signature of Sponsor/Parent/Guardian: \_\_\_\_\_

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Minot, ND 58701

## MINOT NORTH FOOTBALL

### 2024 Schedule

 <b>Century JV vs Minot North</b> <b>8/29 - 7:00 PM - Sentinel Stadium</b>	 <b>Wahpeton vs Minot North</b> <b>9/6 - 6:00 PM - Sentinel Stadium</b>	 <b>Minot North vs Horace</b> <b>9/13 - 7:00 PM - Horace High School</b>
 <b>Minot North vs Grand Forks Central</b> <b>9/20 - 4:00 PM - Cushman Field</b>	 <b>St. Mary's vs Minot North</b> <b>9/27 - 7:00 PM - Sentinel Stadium</b>	 <b>Minot North vs Watford City</b> <b>10/4 - 7:00 PM - Watford City High School</b>
 <b>Dickinson vs Minot North</b> <b>10/11 - 7:00 PM - Sentinel Stadium</b>	 <b>Minot North vs Jamestown</b> <b>10/17 - 7:00 PM - Hansen Stadium</b>	 <b>Valley City vs Minot North</b> <b>10/25 - 7:00 PM - Sentinel Stadium</b>



# CLASSIFIEDS

www.northernentry.com | sentrysales@srt.com | 701.839.0946 | 315 S. Main Suite 202 | Minot, North Dakota

## THRIFT STORE

### Back Door Treasure's



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Open 9-6 Mon-Sat  
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## FRESH EGGS

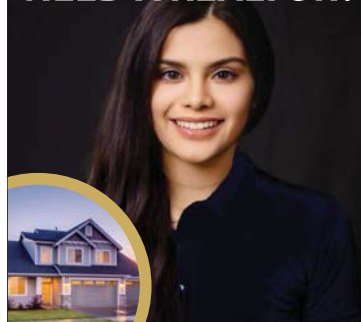
**FRESH EGGS** Located just 20 minutes with delivery to the base. email: esavelkoul@srt.com.

## PROFESSIONALS

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- odalismart97@gmail.com
- @odalijonesmartinez\_realtor
- www.ROGMagnum.com

## RENTALS

**AVAILABLE NOW!** Several apts on North Hill available 4 rent. 2 Bdrm + 1 bath. \$625 to \$895. Call Matt or Peggy at IPM. 852-1157

### HOUSE FOR RENT IN GLENBURN ND.



Rent is \$900.00 a month with \$900.00 deposit. Three bedrooms, two full bathrooms, kitchen/dining area, and office space on the main floor - full finished basement. Attached single garage. Tenant pays utilities. Call Dianne Hensen 701-721-3089

## HELP WANTED



### PART TIME POSITION

15-20 hours per week.  
Embroidery/hotpress.  
Training provided.  
Flexible schedule available.

Stop in at 203 72nd Ave NE  
(just south of the base on Hwy 83)  
or call 701-839-8455.

## HELP WANTED

Bread of Life Church in Minot ("Welcoming, deepening, and serving in faith for all of God's people") is seeking a **PART TIME MUSIC COORDINATOR.**

Bread of Life has three weekly worship services, each with their own flavor, and we're looking for a musically inclined individual to create and sustain an inspired music ministry among us. Interested applicants can contact bolc@srt.com or 701.838.3360.

Sept13

### LOOKING FOR A CAREER THAT IS BOTH CHALLENGING AND REWARDING?

Kalix is seeking caring and compassionate people to provide support for people with disabilities. We have schedules to fit your needs. We offer competitive wages and excellent benefits.

We are an equal opportunity employer and a drug free workplace.

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

### IMMEDIATE FULL AND PART TIME OPENINGS

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

### MATURE, RELIABLE, AND A TRUSTWORTHY INDIVIDUAL.

Part-Time Retail sales 25-35 hrs/week occasional Sat. closed Sun. Apply in person at Aeroport Hobby Shoppe, 2112 N. 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 part-time basis. For more information call 420-5903 or 420-5904 in Minot.

## AUTOMOTIVE

### NORTHERN AUTO AUCTION

1st & 3rd Saturday Every Month!

Approx. 75-100 Cars, Pickups, Trucks, Etc.!

Bring vehicles & title to auction yard

### BUY or SELL!

All units sold AS-IS condition

Terms: Cash or check supported by a bank letter of credit.

Auctioneers: Clint Beeter, Lic. #199 & Kevin Beeter, Lic. #464 - Clerk Lic. #199

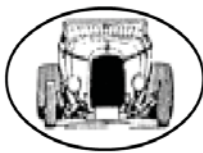
3035 Valley St., Minot, ND 58701  
701-838-3733 or 1-800-210-8995

### AUTO BENT UP OR JUNKED??

Would like to buy...  
Running and non-running cars.  
Call 701.240.2147

\$\$\$ QUICK CASH \$\$\$ Paying cash now for any car or truck, running or not. We also sell cars, give us a call. Edwardson Towing 839-9512, cell: 720-6150 (Will haul junk cars or trucks away, no charge)

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## WANTED

UNWANTED CARS, TRUCKS & SCRAP METAL.  
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IF YOU HAVE A SMALL DOG, REPTILE OR BIRD that you no longer can care for, call me or text me at (701) 822-3455

# BUSINESSES & SERVICES

## AUTOMOTIVE

### QUICK CASH!!

Running & Non-Running Cars & Trucks



### EDWARDSON TOWING

We Also Sell Cars

839-9512

Cell 720-6150

Will Haul Junk Cars Free of Charge  
Cash for Scrap & Farm Clean Up



### AUTO PARTS

#### HOURS:

Monday-Friday 7am-7pm  
Saturday 7am-4pm  
Sunday 10am-3pm

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(701) 852-3301

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FOR AN APPOINTMENT OR VISIT US ONLINE

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## SUDOKU SOLUTION

PUZZLE ON PAGE B3

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

## ACCOUNTANT

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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: 5 August - 6 October. 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

## Weddings for Warriors

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

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

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

For further information, please send a message to the hotel at [revelnd.com](http://revelnd.com) or contact Chelewa Springs or Ashley Cutler at 701-607-4557 or 701-306-3338.

★ **Hotel** ★  
**REVEL**

## TITUS & PHILEMON *Everyday adventures of Titus and Philemon and their owner Joe.*



Timothy Timm of Minot currently attends Minot State University, is a Minot High School graduate, artist, cartoonist, author and illustrator. Timm has also created other works of art that are on display in his art studio downtown located at 201 Main St. S. in Minot.

TIMMOTHY TIMM

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

Come play Guitar, Bass, Drums

Bring your 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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FACEBOOK,  
OR INSTAGRAM

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



### Atypical Brewery & Barrel Works

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

### Applebee's Grill & Bar

2302 15th St SW, Minot  
Phone: 701.839.2130  
[www.applebees.com](http://www.applebees.com)

### Badlands Restaurant & Bar

1400 31st Ave SW, Minot  
Phone: 701.852.7335  
[www.blgrill.com](http://www.blgrill.com)

### Bone's BBQ Smokehouse & Grill

437 N Broadway, Minot  
Phone: 701.838.9140  
[www.bonesbbqminot.com](http://www.bonesbbqminot.com)

### Culver's Restaurant

3000 S Broadway, Minot  
Phone: 701.852.4800  
[www.culvers.com](http://www.culvers.com)

### Ironhorse Kitchen + Bar

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

### Jamaican Vybz Kitchen

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

### Meg-A-Latte

2045 N Broadway Suite #100  
Minot, ND 58703  
Phone: 701-838-8479  
[www.meg-a-latte.com](http://www.meg-a-latte.com)

### Mi Mexico

3816 South Broadway Minot  
Phone: 701.858.0777  
[www.mimexicomintnd.com](http://www.mimexicomintnd.com)

### N.D. Asia

3400 16th St SW, Minot  
Phone: 701.852.1240  
[www.ND-Asia.com](http://www.ND-Asia.com)

### Noodles & Company

304 4th Ave NW Minot  
701.491.9103  
[www.noodles.com](http://www.noodles.com)

### Pink's Bar & Grill

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

### The Blue Rider

118 1st Avenue SE Minot  
Phone: 701.852.9050  
[www.theblueriderbar.com](http://www.theblueriderbar.com)

### The Starving Rooster

30 1st St. NE, Minot  
Phone: 701.838.3030  
[www.starvingrooster.com](http://www.starvingrooster.com)



## MINOT MILITARY PERSONNEL FLIGHT

# SCAN TO SCHEDULE AN APPOINTMENT.

Use your smartphone.



### 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



# Coffee with the Conductor

MINOT SYMPHONY ORCHESTRA

The Minot Symphony Orchestra will host Coffee with the Conductor on Friday, September 13th from 4 to 6pm at Prairie Sky Breads in downtown Minot.

This community event is a welcome opportunity to engage in conversations with Efrain Amaya, Music Director of the Minot Symphony Orchestra.

Drip coffee and a light treat will be provided. PSB baristas will be on hand for custom order drinks. Symphony tickets for the 24-25 season will be available for purchase with no fees.

This event is open to everyone, no RSVP is required. For more information, please contact Ellen Fenner at 701-858-4228 or visit the event on the Minot

Symphony Orchestra Facebook page.

Event Details:  
What: Coffee with the Conductor

When: Friday, September 13th, 2024, 4 PM – 6 PM

Where: Prairie Sky Breads, 3 – 1st St. SE, Minot, ND

RSVP: Not required  
Contact: Ellen Fenner 701-858-4228

The Minot Symphony Orchestra is a unique blend of student, community, and professional musicians from the Minot area. The symphony is directed by Maestro Efrain Amaya, Associate Professor of Performing Arts at Minot State University.

# SVAS Day Out! Open House Event and Fundraiser

SOURIS VALLEY ANIMAL SHELTER

Souris Valley Animal Shelter (SVAS), Minot's only no-kill shelter for homeless cats and dogs, is proud to present its annual SVAS Day Out! to be held Saturday, September 14th, 11 am to 3 pm at Souris Valley Animal Shelter. SVAS Day Out! is an annual open house and fundraising event.

SVAS Day Out! is family and pet friendly. Highlights of the event will include:

- Silent auction
- Bouncy house for the kids
- Food trucks featuring Poppa's Place
- Celebrity kissing booth with Lyle from Lyle's Adventures
- Vendor tables

- Ice cream eating contest: Owner vs. pet
- Face painting
- Paw-casso pet art

The fundraising goal for the event is \$15,000, and all funds raised will be used to support the ongoing operations of Souris Valley Animal Shelter and will help towards their year-end goal of needing to raise \$250,000 to remain in business. Admission for adults is \$10 and children \$5. Participants choosing to donate any of the following items will have the admission fee waived for one adult: Cat litter, two cans of wet food, soft dog treats or laundry detergent.

**14 SEPT** LIL VENDORS KIDS MARKET  
9:00 AM - 12:00 PM  
Oak Park  
1300 4th Ave NW

Join us at the Oak Park Farmers Market for a fun-filled day of shopping with little entrepreneurs! Meet and support our young farmers, bakers, and craft makers showcasing their amazing creations. Don't miss out on this lively event!



For more information:  
Facebook / Minot Farmers Market / Events

**14 SEPT** FESTIVAL ON MAIN  
10:00 AM - 5:00 PM  
Downtown Minot  
109-19 Main St N

Join us for the annual fun-filled Festival on Main! Food vendors, inflatables, sidewalk sales, Bingo, music, and so much more! Enjoy the many festivities, carnival games, and street food and discover new shops and restaurants all located in the heart of our city.



For more information:  
downtownminot.com

**18 SEPT** TRIVIA NIGHT  
7:00 PM - 10:00 PM  
Blue Rider  
118 1st Avenue SE, Minot

Bring your quarters and leave your ego at the door! Come enjoy good times with good people. Live questions - free popcorn - win free drinks! Bring your friends so your team can also go for the coveted; "Not Last Place" award!



For more information:  
Facebook / Blue Rider / Events

**21 SEPT** DOUBLE D-HAW 2024  
5:00 PM - 11:00 PM  
Blue Rider Bar  
118 1st Ave SE Minot

The Blue Rider Bar is proud to announce that it will again be hosting Double-D Haw—Minot's biggest and best breast cancer fundraiser! All proceeds from this event will once again go to the Trinity Health Cancer Fund to help patients and survivors in their fight against breast cancer. Just like last year, the exterior of The Blue will be covered in bras, and Double D-Haw will feature a seafood boil, live music and street dance with Little Chicago Funk, silent auction of Double-D inspired art, signature pink beer by Atypical Brewery and Barrelworks, "Second Hand Frills," a vintage lingerie pop-up shop, a 50/50 paddle raffle, and some truly unique swag! Tickets are \$50.00 and are available at The Blue Rider and on-line here: [https://commerce.arryved.com/location/BYKhVv1\\_](https://commerce.arryved.com/location/BYKhVv1_)

MINOT'S BIGGEST & BEST BREAST CANCER FUNDRAISER

- SEAFOOD BOIL
- ART BRA AUCTION
- PADDLE RAFFLE
- STREET DANCE
- SPECIALLY BREWED BEER BY ATYPICAL

ALL PROCEEDS GO TO THE CANCER FUND AT TRINITY HEALTH FOUNDATION

For more information:  
downtownminot.com/double-d-haw-2024/

**22 SEPT** CAESAR FEST  
11:00 AM - 2:00 PM  
Downtown Minot  
109-19 Main St N, Minot

Garden Grown Pickles? Cheese Curds? .... a Deviled Egg? What will this year's Caesar Fest bring for toppings!? Join local bars and restaurants in this incredible brunch-time event as they compete for the coveted "Best Caesar in Minot" award! This event will take place in Downtown Minot, outdoors from 11 am to 2pm on Sunday, September 22nd. Tickets are \$60. Tickets must be purchased in advanced and will not be available at the door. Event will happen rain or shine. Tickets may be purchased online at: [www.minotcaesarfest.com/event-details/2024-caesar-fest](http://www.minotcaesarfest.com/event-details/2024-caesar-fest)



For more information:  
[www.minotcaesarfest.com/event-details/2024-caesar-fest](http://www.minotcaesarfest.com/event-details/2024-caesar-fest)

**NEW SUBSCRIBER GIVEAWAY**

weekly post brief  
northern Sentry  
MINOT AFB FORCE BASE NEWSPAPER | WWW.NORTHERNSENTRY.COM

**Win Jay Leno Tickets at Norsk Hostfest!**  
Friday, September 27, 1pm  
Winner will receive 4 tickets each!  
\$400 dollar value.

JAY LENO 2 Winners Chosen!

SUBSCRIBE to the weekly Post Brief & Enter to Win!

**NEW Community at the Northern Sentry**

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

For more events visit our online Community Calendar at [www.northern Sentry.com/calendar/](http://www.northern Sentry.com/calendar/)

**NOTHING BEATS SUNDAY BRUNCH**

SERVING FROM 10AM - 2PM

BLGRILL.COM | 1400 31ST AVE | MINOT, ND | 701-852-7335



# WHAT'S GOING ON MINOT AFB

## FRIDAY 13

- Bootcamp, 0900, McAdoo Fitness Center
- Cycle & Core, 1115, McAdoo Fitness Center
- Friday Flicks, 1630-2200, Rockers Bar & Grill
- Fiesta Friday, 1800-2200, Rockers Bar & Grill
- Teen Night Welcome Back Bash, 1800-2000, Youth Center

## SATURDAY 14

- Deployed Affected Saturday, Rough Rider Golf Course
- Zumba, 0900, McAdoo Fitness Center
- Minecraft Party, 1300, Minot AFB Library

## SUNDAY 15

- Hispanic Heritage Month Begins, Dakota Inn Dining Facility
- Single Airmen Sunday, Rough Rider Golf Course

## MONDAY 16

- AFFT, 0530, McAdoo Fitness Center
- TAP Overview, 0800-1600, M&FRC
- Bootcamp, 0900, McAdoo Fitness Center
- Reintegration Briefing, 1000, M&FRC, Zoom Meeting
- AFFT, 1100, McAdoo Fitness Center
- Zumba, 1730, McAdoo Fitness Center
- Writing Club, 1800, Minot AFB Library

## TUESDAY 17

- Cycle & Strength, 0515, McAdoo Fitness Center
- AFFT, 0530, McAdoo Fitness Center
- TAP (VA) Services and Benefits Briefing, 0800-1600, 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
- AFFT, 1100, McAdoo Fitness Center
- Retraining 101, 1130-1300, Professional Development Center
- Cycle & Core, 1115, McAdoo Fitness Center
- Zumba, 1730, McAdoo Fitness Center

## WEDNESDAY 18

- AFFT, 0530, McAdoo Fitness Center
- Indo Pacific Wargame – NCO Tier, 0800-1100, Professional Development Center
- TAP (DOL) Overview Workshop, 0800-1600, M&FRC
- Bootcamp, 0900, McAdoo Fitness Center
- Family Strength & Tone, 1000, Turf, hosted by 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
- Air Force Birthday Special Lunch, 1030-1330, Dakota Inn Dining Facility
- AFFT, 1100, McAdoo Fitness Center
- TRX Strength, 1330, McAdoo Fitness Center
- Yoga, 1700, McAdoo Fitness Center
- Zumba, 1800, McAdoo Fitness Center

## THURSDAY 19

- Cycle & Strength, 0515, McAdoo Fitness Center
- AFFT, 0530, McAdoo Fitness Center
- TAP (DOL) Employment Workshop, 0800-1600, M&FRC
- Short Notice Pre-Separation Counseling, 0830-1130, M&FRC
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- AFFT, 1100, McAdoo Fitness Center
- Tuition Assistance (TA) Brief, 1330, Education Center – Room 211
- Zumba, 1730, McAdoo Fitness Center

## FRIDAY 20

- TAP (DOL) Employment Workshop, 0800-1600, M&FRC
- Bootcamp, 0900, McAdoo Fitness Center
- Cycle & Core, 1115, McAdoo Fitness Center
- Friday Flicks, 1630-2200, Rockers Bar & Grill
- Bistro Family Night, 1700-1900, Bomber Bistro
- Crazy for Grazing, 1730-1930, Rockers Bar & Grill

## SATURDAY 21

- Air Force Birthday – Freezin's the Reason Scramble, Rough Rider Golf Course, 0800
- Zumba, 0900, McAdoo Fitness Center
- International Peace Garden Trip, 1000-1800, Outdoor Recreation

## SPECIALS

Bomber Bistro Featured Item  
**Spinach & Artichoke Pizza**  
 Alfredo sauce base with spinach and artichoke toppings.

The B-Fifty Brew Featured Item  
**Breakfast Bowls**  
 Choice of ham, bacon, sausage, turkey sausage, or 3 meat on top of crispy potatoes & cheese. Options to add bell peppers & onions as well.

Rockers Bar & Grill Featured Item  
**Naked Wings**  
 Rockers Traditional wings with your choice or classic sauces or dry rubs.



**WINECRAFT PARTY**  
 14 September 2024 • 1:00PM  
 Minot AFB Library • Open to all ages  
 Celebrate Minecraft with an offline live game that includes crafts and activities!  
 Earn enough materials to craft a prize!  
 For details, call 723-3344 or email mafblibrary@gmail.com  
 FORCE 5THFORCESUPPORT.COM LIBRARIES



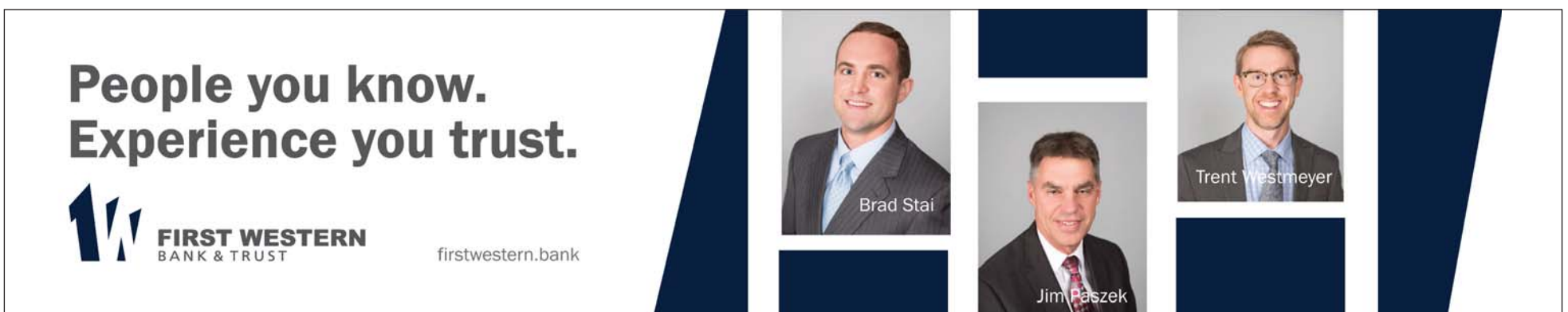
**77TH AIR FORCE BIRTHDAY FREEZIN'S THE REASON**  
 ROUGH RIDER GOLF COURSE  
 21 SEPT 2024 • 0800  
 REGISTER BY 14 SEPT • 1700  
 CELEBRATE THE AIR FORCE'S 77TH BIRTHDAY WITH A 2-PERSON TOURNAMENT!  
 COST \$40 PER PERSON (GREEN FEES & CART FEES ARE WAIVED)  
 TO SIGN UP SCAN QR CODE OR VISIT  
 https://www.memberplanet.com/27/minotafblib/freezinthebirthday  
 723-3164  
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**INTERNATIONAL PEACE GARDEN TRIP**  
 21 SEPT 2024  
 JOIN US FOR A DAY TRIP TO THE INTERNATIONAL PEACE GARDENS & LUNCH AT THE A-FRAME IN BOTTINEAU.  
 WE WILL LEAVE MINOT AFB AT 10AM, LUNCH IS 11:30AM - 1:30PM, FOLLOWED BY A TRIP TO THE GARDENS 2:00PM - 4:00PM. WE EXPECT TO BE BACK TO BASE BY 6:00PM WITH STOPS.  
 \*MUST HAVE VALID PASSPORT OR VISAS FOR TRIP  
 ALSO, BRING SOME EXTRA CASH FOR THE GIFT SHOP!  
 TRIP COST IS ONLY \$15 PAID TO OUTDOOR RECREATION BY 16 SEPT  
 FORCE 5THFORCESUPPORT.COM LIBRARIES



**QUALITY HEALTHCARE FOR ALL**  
 Non-emergency walk-ins welcome Monday-Friday 1-4 p.m.  
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 Center for Family Medicine  
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