

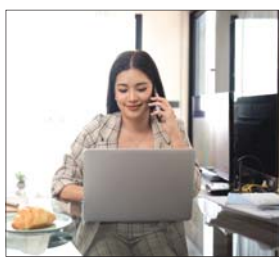


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BTF 25-2 GLOBAL REACH

A U.S. Air Force B-52H Stratofortress piloted by Capt. Jacob Carlson from the 69th Expeditionary Bomb Squadron flies over the skies of Sweden for their celebration of their acceptance into NATO during Bomber Task Force 25-2, RAF Fairford, United Kingdom, March 11, 2025. These operations demonstrate the ability to rapidly deploy strategic assets in support of global stability. See more BTF 25-2 coverage on page A4-A6.

U.S. AIR FORCE MASTER SGT. CHRIS HIBBEN

53rd ANNUAL

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Economic analysis: Minot Air Force Base’s impact on city of Minot

AIRMAN 1ST CLASS WESLEY DAVIES, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. – When all factors are considered, the total economic impact of Minot Air Force Base on the city of Minot reaches more than \$651,000,000 annually. This economic output reflects not only the direct contributions of military and civilian payroll but also the broader effects of construction, service contracts, procurements, and indirect job creation. Minot AFB’s influence stretches across almost every sector of the local economy, enhancing the city’s financial stability and growth.

Minot Air Force Base plays an essential role in the economic fabric of the city of Minot, North Dakota. The base, home to more than 12,000 personnel, including 5,500 military members, 6,300 military family members, and is a place of work for almost 1,000 civilian employees, serves as a major driver of local economic activity. The combined economic footprint of the base creates thousands of jobs, generates significant payroll, and supports various industries in the region, making Minot AFB a cornerstone of the city’s economy.

“The relationship between Minot AFB and the City of Minot is remarkably strong, and while the impact cannot be measured solely in quantitative terms, the Economic Impact Report truly does highlight the monetary significance of the partnership between the city and the base,” said U.S. Air Force 1st Lieutenant Michael Reissfelder, 5th Comptroller Squadron financial analysis deputy flight commander. “That bond makes our mission possible, provides opportunities to our Airmen, and helps the City of Minot grow and

prosper.”

The economic impact of Minot AFB begins with its payroll. The base’s military payroll totals \$370,000,000 annually, while civilian payroll adds another \$81,000,000. Together, the base’s personnel account for a total annual payroll of \$451,000,000. This sum directly contributes to the local economy by providing income to thousands of individuals, many of whom live in Minot and contribute to the local housing market, retail businesses, and service industries. These payroll expenditures also support local tax revenue, contributing to Minot remaining a vibrant and economically stable community.

Minot AFB also impacts the local construction and service sectors. The base has made many construction contracts for operations and maintenance within the city of Minot, totaling up to \$18,000,000. These contracts help support local construction companies and workers, ensuring that the base operates effectively while stimulating economic activity in the region. Minot AFB also uses base support service contracts and medical service contracts worth approximately \$13,000,000. These contracts help provide essential services, including maintenance, healthcare, and base operations, while also generating revenue for local businesses and creating jobs for civilian employees.

Another substantial component of the base’s economic contribution comes from procurement spending, which impacts various sectors in the city. The base spends roughly \$49,000,000 on goods

and services such as privatized housing, healthcare services, education, and expenditures at the commissary and base exchange. This, in turn, supports a wide range of local businesses with further impact. In total, these procurements contribute \$80,000,000 to the local economy.

“Minot is recognized as an exceptional place to live, characterized by a welcoming community that fosters a sense of belonging,” said Leanna Porter, budget analyst for the 5th Comptroller Squadron. “The local workforce benefits from employment opportunities, while both children and adults have access to an outstanding education system. These outcomes exemplify the most important effects of the economic contribution made by the Air Force Base, of which we are proud to be a part.”

The base’s presence creates a ripple effect throughout the local economy, with an estimated two thousand indirect jobs created by the base’s activities. These jobs are spread across industries such as retail, hospitality, and real estate, and contribute a total dollar value of \$118,000,000.

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MSGT RYAN POWELL

Master Sergeant Ryan Powell has been in the Air Force for over 17 years and been stationed at Minot AFB since October of 2012. While stationed at Minot, Sergeant Powell has directed installation snow removal for 11 winters to ensure continuous base operations during inclement weather. He also led unit contingency training and planning for 336 engineers, posturing the squadron to fill combatant commander requirements for Middle East and Africa areas of responsibility. Finally, Ryan was project lead for a \$4.5 Million dollar airfield repair. He coordinated with 3 RED HORSE units and 5 agencies across the US to build a team of 65 engineers to repair 20K square foot of runway and 310 pavement defects 6 days ahead of schedule.


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Carrie Driver



Carrie Driver helps run multiple Minot AFB social media pages which are extremely informative to all, even those living off base. She volunteers weekly on base doing multiple events, one being feeding the Airmen who reside inside the dorms. She is always willing to lend a hand. Her husband currently serves as a Technical Sergeant (Tim Driver II) within Security Forces.

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91st Missile Wing announced as 2024 Omaha Trophy Winner

USSTRATCOM PUBLIC AFFAIRS

OFFUTT AIR FORCE BASE, Neb. – Gen. Anthony Cotton, commander of U.S. Strategic Command (USSTRATCOM), recently announced these winners of the Strategic Command Consultation Committee’s (SCCC) 2024 Omaha Trophy:

- Intercontinental Ballistic Missile: 91st Missile Wing, Minot AFB, North Dakota
- Ballistic Missile Submarine: USS Tennessee (GOLD and BLUE), Kings Bay, Georgia
- Strategic Bomber: 509th Bomb Wing, Whiteman AFB, Missouri
- Global Operations: 171st Air Refueling Wing, Coraopolis, Pennsylvania

Gen. Cotton lauded these units and their people’s exceptional readiness, performance and commitment to national security. “These dedicated warfighters remained squarely focused on this Command’s mission during our Year of Action. Now, as we move through our Year of Acceleration, their extraordinary performance

has set new, incredibly high standards of professionalism and combat-readiness.”

The SCCC is a historic group of Omaha-based civic leaders focused on supporting USSTRATCOM’s mission and people. Since 1971, they’ve bestowed the annual Omaha Trophy upon elite units across four categories in recognition of their exceptional contributions to strategic deterrence.

SCCC Chair Dana Bradford noted that the Omaha Trophy is the highest distinction awarded to a nuclear-enterprise unit by a civilian organization. “We are deeply proud to recognize the hard work of these dedicated Americans and the selfless sacrifice of their loved ones at home. It is our honor to continue the Omaha Trophy tradition by celebrating the very best of the best.”

For more information, contact the USSTRATCOM Public Affairs Office at (402) 912-0020 or USSTRATCOMPA@mail.mil





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Pretty Darned Good!



**A VIEW
FROM
OUR SIDE**
ROD WILSON

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It was a typical Monday morning, if there such a thing as a typical Monday morning, and I was going through my emails and thinking about some of the topics for this week’s article when there it was! U.S. Strategic Command Announces 2024 Omaha Trophy Winners!

Certainly worth opening and reviewing, right? When I read the press release I literally jumped out of my chair!

Gen. Anthony Cotton, commander of U.S. Strategic Command (USSTRATCOM), recently announced these winners of the Strategic Command Consultation Committee’s (SCCC) 2024 Omaha Trophy:

- Intercontinental Ballistic Missile: 91st Missile Wing, Minot AFB, North Dakota

How about those Roughriders? Bully! SCCC Chair Dana Bradford noted that the Omaha Trophy is the highest distinction awarded to a nuclear-enterprise unit by a civilian organization. “We are deeply proud to recognize the hard work of these dedicated Americans and the selfless sacrifice of their loved ones at home. It is our honor to continue the Omaha Trophy tradition by celebrating the very best of the best.”

Back at USSSTRATCOM I am sure that Gen. Anthony Cotton, who was stationed in Minot, was proud of the 91st MW, and their accomplishments in bringing the Omaha Trophy back to Minot Air Force Base.

A little closer to home, I had a Magic City Lions club meeting on Tuesday morning and could hardly wait when it came my turn to share my name and business with the rest of the club. “I’m Rod Wilson and I work for the Northern Sentry” I started, and without hesitation continued “and I am proud to announce the 91st Missile Wing at Minot Air Force Base will be the home of the Omaha Trophy next year, noting that they are the very best missile wing in STRATCOM.” Normally additional comments would garner me a fine, but today that was not the case. Instead, there was a well-earned round of applause from the over 30 members in attendance. However, I wasn’t quite quick enough on the trigger as

I should have finished my statement with a resounding “Bulley”. 20/20 hindsight I guess.

The community of Minot certainly embraces Minot AFB and the many Airmen and their families who are stationed there, but even more they get it! They understand the many sacrifices that Airmen who serve their country at Minot Air Force Base, and the many other bases around the country, endure. It was a real joy to have them applaud the success of the 91st MW.

AND THE QUESTION IS?

I make a trip to the Minot Air Force Base on Thursdays, and this week the most common questions was “Are we done with winter?” I know that to many of these young Airmen I look like a seasoned North Dakota native who know all about the weather. Well-seasoned, I am, North Dakota native, I am, but a weather expert I am not. Like any good North Dakota native, I rely heavily on the Farmer’s Almanac. I watch the news to see if Punxsutawney Phil sees his shadow, and most important, I don’t take much stock in those long range forecasts that seem to always be wrong. Not that I sit and ponder and come up with my own forecast, but I just don’t believe that anyone can accurately predict one month, or even one week into the future.

However, there are some of those weather facts that I do use to predict the weather, and surprisingly they are fairly accurate. 1) 90 days after a heavy fog we will get precipitation. Who keeps track of weather 90 days from now. Ask around, you would be surprised. 2) An east wind blows up rain. I have been sailing a long time. If the wind is persistent from the east, you may as well pack it up and head home. 3) Monday, if it is not part of a long weekend, is the nicest day of the week. 4) This would only be for us sailing folks...if you need a northwest wind to get you back to the marina, it will come from the southeast 5) And finally, the most accurate of all weather predictions goes something like this “Red Sky At Night, Sailor’s Delight...Red Sky In The Morning, Sailor’s Take Warning.”

Tried and true weather facts that you can live with!

BACK IN SCHOOL

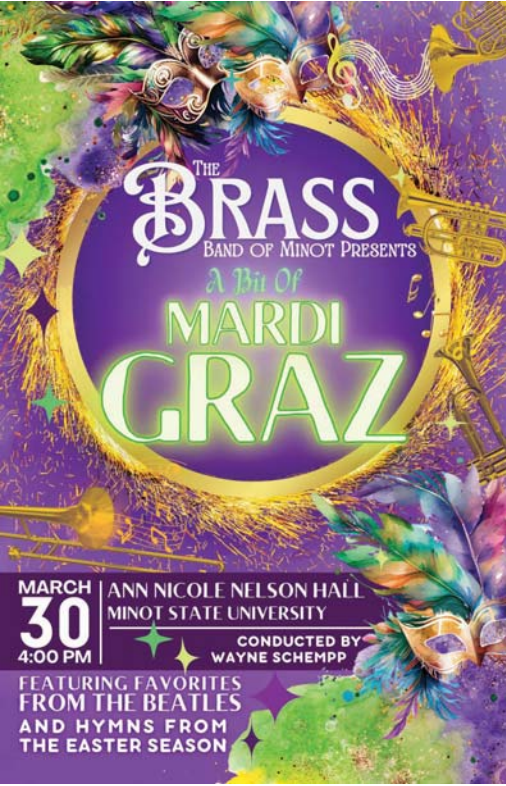
This week is week #2 of my Junior Achievement teaching for this year. Once again assigned to Mrs. White’s first grade class at North Plains Elementary (by request). There are 20- 6 & 7 year olds for me to meet, and of course learn all of their names. For a grandparent who can’t goes down the list of grandkids until he finally gets to the right one (usually about 3 tries), learning 20 kids’ names is a challenge. Let me que you in. There are

very few kids named Johnny or Sarah or even David this day and age. Yet, it seems every kid kind of grows into their name. Stay tuned and I will share what the kids say about this week’s lesson. “Do I Need, or Do I Just Want” something. Bad topic for a guy like me who has a shop full of tools. (LOL)

BEST KEPT SECRETS

Farm eggs are the best! But where in the world do you get them now that the world seems to be in an egg production tailspin? Keep a watchful eye on the Northern Sentry classifieds. Every once in a while we get a small producer that advertises farm fresh eggs. I also have an article about a lady, Sharon, who sells whole chickens, pot pies and bacon brought to Minot from the Sundale Hutterite Colony. Watch for her ads, too.

And...Just a week away on the 30th of March is the final Brass Band of Minot Concert. Just giving my friend Curt Latendresse a heads up as he said to let him know. Consider yourself notified Curt. 4 PM at Ann Nicole Hall of the campus of Minot State University. The Brass Band of Minot share a bit of Mardi Graz.



TODAY’S CHUCKLE

Time waits for no one; it passes you by. And then it waits up ahead with a really big mirror.

March is National MS month...

some light on this mystery.

It’s always been believed that the higher the latitude, the greater the chance of contracting MS. And that remains true to a point, in the United States. In Europe, that’s not always the case.

According to the National Multiple Sclerosis Society, 2.9 million people in the world suffer from MS with 1 million living in the United States. The highest rates per country per 100,000 people include Germany 303, the United States 288, Canada 250, Norway 248, Iceland 212 and the United Kingdom 196.

The lowest rates in the world include Panama with 6 people per 100,000 and Russia with 3.8 per 100,000 which certainly defies the latitude argument.

Statewide statistics are very similar. New York has the highest rate per 100,000 at 377 with Syracuse having the highest rate of any city in the nation. North Dakota and Ohio have the second highest rate at 353, followed by Michigan 348, Minnesota 343, with Olmstead County including Rochester and Mayo Clinic, with the highest incidence rate of any county in the United States, and Wisconsin 338. The Montana rate is 250 per 100,000.

The lowest rates of MS are in Hawaii and Alaska. Hawaii’s rate is 47 per 100,000 and Alaska’s rate is even lower at 22 per 100,000, again defying the higher latitude argument.

But because MS incident rates are among the lowest among First Nations people, it could explain the lower rates in Alaska and Russia because of sizable native populations.

In Canada, MS rates are very similar to

those in the northern U.S. Alberta has the highest incidence of any province with 358 people per 100,000 contracting MS, followed by Saskatchewan at 315.

Other provinces use different measuring mechanisms so it would be unfair to compare, although Maritime Canada has similar rate as those in the New England states.

According to the National MS Society, rates have been increasing steadily since 1976 and took a huge jump between 2009 and 2010. But, it’s possible part of that increase could be the result of better diagnoses.

In 1976, there were 58 people per 100,000 with the disease. By 1994, it had risen to 85. In 2009, the rate was 209 and it jumped to 309 in just one year. By 2017, the rate had increased again to 362.

It is possible that with an increasing population comes an increased risk. But the increase in cases doesn’t seem to match the increase in population levels over the past 50 years.

It has been known that radiation is a cause of MS. In fact, a study of the people who were exposed and survived the Chernobyl explosion in 1986, indicated nearly all of them contracted MS.

However, a stronger belief is in the lack of Vitamin D. Just about every study out there will tell you there is a link between MS and Vitamin D deficiency. It is also assumed that Vitamin D doesn’t prevent MS, but adequate use of it can minimize the risk or even control some of its symptoms, according to Mayo Clinic.

2025 DoD Annual Tenant Satisfaction Survey



SAMANTHA MENDOZA, GS-12, USAF
PRIVATIZED HOUSING RESIDENT ADVOCATE
5TH BOMB WING



The FY25 Department of Defense (DoD) Annual Tenant Satisfaction Survey is now open and will run through May 1. This survey gives Minot Air Force Base housing and dorm residents (new this year) the opportunity to provide valuable feedback that directly impacts the future of military housing.

Residents have two options available to obtain and complete a survey:

1. CEL and Associates, Inc will send out surveys via your Air Force email or the one on file with the leasing office. The message is from AirForceHousingSurvey@celassociates.com and is good for completion of one survey.

2. Use the QR Code to request text notification of survey availability.

The survey results help Department of the Air Force leadership and project owners identify areas for improvement, ensuring the long-term sustainability and quality of housing for service members and their families. All responses are completely confidential. CEL & Associates, the independent firm conducting the survey, will handle all responses, and no identifying information will be shared with the Air Force.

This feedback is essential in shaping the future of base housing/dormitories. For any housing concerns or questions, residents can contact the Resident Advocate at 701-818-7075 or on Facebook at Minot AFB Resident Advocate.

SUB-ZERO HEROES



91st Missile Maintenance Squadron (91 MMXS) facility maintenance teams swapped out brine chillers at two remote Launch Facilities in under seven hours at Minot Air Force Base, North Dakota, Feb. 18, 2025. These 91 MMXS teams made history as the first single crane team to install brine chillers on two separate sites on the same day. The brine chiller is the heating, ventilation and air conditioning system that keeps the Launch Facility and launch critical equipment temperature controlled.

U.S. AIR FORCE PHOTO BY 5TH BOMB WING PUBLIC AFFAIRS



It's time for the FY25 Department of the Air Force's Annual Tenant Satisfaction Survey. Are YOU In?

Opt-In from your cell phone now to receive your Survey via text message.*



The survey is being conducted online and is being administered through a third party, CEL & Associates, Inc. (CEL). All households living in privatized, or government managed Air Force Family or Unaccompanied Housing are invited to participate in the survey, and this is your opportunity to provide feedback on your housing and community. Households will also receive the survey via email but only one survey per household can be submitted or room/bed for Unaccompanied Housing. All surveys submitted are confidential and anonymous. For more information contact your Military Housing Office or management office for privatized housing.

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WRENCHES TURNING, THROTTLES BURNING: MAINTAINERS KEEP B-52S FLYING HIGH AT RED FLAG 25-2

U.S. AIR FORCE PHOTOS BY SENIOR AIRMAN KYLE WILSON



U.S. Air Force Staff Sgt. Philip Robles, 23rd Bomber Generation Squadron aircraft structural maintenance technician, performs maintenance on a U.S. Air Force B-52H Stratofortress during Red Flag 25-2 at Nellis Air Force Base, Nevada, March 12, 2025. Robles assisted in installing a new tire on the B-52.



A wrench is kept in a toolbox during Red Flag 25-2 at Nellis Air Force Base, Nevada, March 12, 2025. The wrench was used by Airmen assigned to the 23rd Bomber Generation Squadron to maintain the 23rd Bomb Squadron's fleet of B-52H Stratofortresses.



Senior Airman Zachary Cecchini, 23rd Bomber Generation Squadron crew chief, installs a tire on a U.S. Air Force B-52H Stratofortress during Red Flag 25-2 at Nellis Air Force Base, Nevada, March 12, 2025. Cecchini assisted his team with several maintenance tasks during Red Flag 25-2.



A 23rd Bomb Squadron (23BS) "Bomber Barons" patch is worn during Red Flag 25-2 at Nellis Air Force Base, Nevada, March 12, 2025. The 23BS participated in Red Flag 25-2 to enhance the readiness and training necessary to respond as a joint force to any potential crisis or challenge across the globe.



A U.S. Air Force B-52H Stratofortress assigned to the 23rd Bomb Squadron takes off during Red Flag 25-2 at Nellis Air Force Base, Nevada, March 12, 2025. Exercises like Red Flag help warfighters to develop the right operational concepts, capabilities, and plans to bolster deterrence and maintain the competitive advantage against any adversary.

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Shriners - 2nd Wednesday at 6:00PM
Scottish Rite - 1st Wednesday at 6:00PM
Eastern Star - 1st and 3rd Tuesdays at 7:00PM
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All About Pets

Traveling with Pets



The holidays are right around the corner, which means that many pet owners will be traveling to see family (with or without their furry friends)! Thinking about bringing your pet home for the holidays? Here are a few tips, tricks, and things to consider.

- Do or Don't: First things first, you have to decide if bringing your pet along is a good idea. If you have an older pet, one who suffers from extreme anxiety or other behavioral issues around groups of people, a pet suffering from major health problems, or you just don't have the space to travel with or house your pet, you may want to consider finding a dogsitter while you are gone. Otherwise, traveling with a pet can be a great new experience for them!
- Preparing to Travel: If you are driving home, make sure to prepare your car (and dog) for the trip. There are a variety of seat covers available for those with pets who are safe to free roam in the car that will protect your seats and often come with leashes attached. If your dog or cat moves too much or has anxiety on car rides, you may want to consider securing a crate for them somewhere in the car. Make sure your pet has access to fresh water, food, and the occasional fan or open window (thicker coated pets are prone to overheating in the car), and bring plenty of toys and treats to keep them occupied! If you are flying, it's important to make sure your pet has a sturdy crate and ample blankets to keep them warm (if flying in cargo). If your pet has never traveled with you before, you may want to begin preparing as soon as possible by getting them accustomed to a crate, getting in

the car, potty training, and even scheduling a check up with the vet in case any medications are needed. Some pets have so much anxiety over traveling that medication is necessary for their wellbeing!

- Have a Plan: Traveling with a pet can make plans a little more complicated, so it's best to get things squared away ahead of time. Make sure your hotels are pet-friendly, whoever you are staying with has a space for your pet to sleep and be alone (if needed), and it is never a bad idea to go ahead and find a local veterinarian in case of any emergencies. Make sure you bring any important documents you may need for your pet as well as any medications or special food. If you are staying with someone who has other pets, it is especially important to either make sure everyone gets along well or ensure your pet has a safe place to hang out while the festivities happen.
- Have Fun: Traveling with pets should be fun! Stop off at a unique pet-friendly spot along the way or take them to a local park while you're home. Buy them some holiday themed treats or toys, and don't be afraid to let your pet munch on some of the (pet safe) holiday food. If you're bringing them along, chances are they are a big part of your family, meaning they deserve to enjoy the trip as well. While traveling with pets can be a little more stressful, have your furry friend around for the holidays with the rest of the family is one of the best ways to spend the season. Have fun, be safe, and have a happy holiday season!

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Return To In-Person Work: Are Mil Spouses Exempt?

KERIANNE NOEL, NORTHERN SENTRY

Employment and employability are top concerns for military spouses, who face not just the usual economic pressures impacting the job market, but the stress of having to transfer their skills to new duty stations every couple of years. And with unemployment of mil spouses continuing to hover around 20%, five times that of the general population, the ability to find and maintain remote or transferable work is a top issue for many military families. A recent Executive Order (EO) mandating a return to in-person work for federal employees raised questions as to whether more flexible work arrangements would continue for mil spouses.

In the past few years, federal initiatives have recognized and continued to strengthen employability of spouses through hiring preferences and by easing the transfer of licenses and certifications across state lines. Most recently, in June of 2023, an EO entitled “Advancing Economic Security for Military and Veteran Spouses, Military Caregivers, and Survivors” added initiatives to strengthen existing telework and remote work opportunities and improve the Domestic Employees Teleworking Overseas (DETO) program.

In the wake of the COVID-19 pandemic remote work and telework had become more common for many workers. However, calls for a return to the workplace began as early as 2022. On January 20th, 2025, President Trump’s Order to “Return to In-Person Work” mandated that federal agencies finally prepare to

do so. States like California and Texas have also recently followed suit.

The Order stated that “Heads of all departments and agencies in the executive branch of Government shall, as soon as practicable, take all necessary steps to terminate remote work arrangements and require employees to return to work in-person at their respective duty stations on a full-time basis, provided that the department and agency heads shall make exemptions they deem necessary.”

On January 27th, the Office of Personnel Management (OPM) issued a memorandum entitled “Agency Return to Office Implementation Plans.” In a footnote to the memorandum, it stated that “Agencies should also exclude military spouses working remotely based on the Military Spouse Employment Act.” However, some have noted that this verbiage was vague and indecisive, leaving interpretation open to individual agencies. 46% of federal workers had participated in situational or routine telework in 2023 while approximately 10% engaged in full time remote work, according to one OPM report. With 46,000 mil spouses working for the Department of Defense alone, according to a 2024 GAO report, application of new policies would affect tens of thousands of military families.

These concerns were heard by National Legislators. On February 5th, Reps. Rob Wittman (R - VA) and Eugene Vindman (D- VA) introduced the Support Military Families Act. This bipartisan legislation would

seek to codify the exemption from a federally mandated return-to-work into the law of the land. The bill is still in the first steps of the legislative process and waiting to be considered by committee before possibly being sent to the House and Senate. Whether or not this proposed legislation was mostly symbolic (congressional tracking site GovTrack.US gave it a 7% chance of making it beyond the committee process), it was a step that may have helped apply pressure for necessary clarifications.

On February 12th the OPM issued a memorandum with additional guidance, stating that military spouses were categorically exempt from the January EO. It defined military spouses as those who are married to an active-duty service member, married to a veteran who separated or retired and had 100% disability at time of discharge, widows/widowers who had not remarried and those married to members of the US Foreign Service on overseas assignments. This has since trickled down and been reflected in agency guidance to include a DOD Memorandum dated March 4th, 2025.

When military spouses are able to maintain steady employment, it is more than just a win for overall family quality of life, or even a matter of retaining talented individuals in the federal work force. Employed spouses



Military Spouses continue to rely on remote work and telework options for stability amidst frequent moves and to balance their frequently shifting family needs.

STOCK IMAGE

increase the odds of their active-duty partners extending their service, and are therefore key to recruitment and retention within the armed forces. Fortunately, for now, military spouses will remain

exempt from the federal return to in-person work executive order, and will continue to benefit from the flexibility that working remotely or telework offers their families.

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IT WAS HER IDEA-LIVE MUSIC
Friday, March 21 at 10:00pm

\$6 HAMM'S & GRILLED CHEESE
Tuesday, March 25 at 4:00pm

TRIVIA NIGHT
Wednesday, March 26 at 9:00pm

FREE NACHOS
Thursday, March 27, 4:00pm-Close

COLD SWEAT-LIVE MUSIC
Saturday, March 29 at 10:00pm

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Air Force Medical Service announces 2024 Award Winners

AIR FORCE MEDICAL SERVICE

The Air Force Surgeon General is proud to announce the recipients of the 2024 Air Force Medical Service Annual Awards. The awards include both individual and team awards. The nominations submitted reflect the extraordinary quality of Air Force medics. The accomplishments of those recognized demonstrate expertise, leadership and commitment across the full breadth of the mission support we provide to the Department of the Air Force and Combatant Commanders. We also applaud the colleagues, teammates and families whose tireless support and dedication allowed our winners to shine. Congratulations to all the award recipients who represent the many outstanding professionals that make up the Air Force Medical

Service and ensure we deliver “Trusted Care Anywhere!”

MINOT AFB AWARD WINNERS

Individual Awards:
USAF Outstanding Personnel Reliability Assurance Program MTF Monitor/Technician of the Year
TSgt Halie R. Gonzalez
5 OMRS/SGXQ, Minot AFB, ND, AFGSC

Team Awards:
USAF Outstanding Personnel Reliability Assurance Program Team of the Year
5 OMRS/SGXQ, Minot AFB, TX, AFGSC

Full list of award winners can be found at <https://www.dvidshub.net/news/492603>

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We are still open with lots of fun events planned!

EXTENDED HOURS THIS WEEKEND:

FRIDAY, MARCH 21 • 12:00 NOON TO 9 PM
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SATURDAY, MARCH 22 • 10 AM TO 8 PM
Costume Day! Ski, SB & Tube in your favorite costume! Prizes!

SUNDAY, MARCH 23 • 10 AM TO 5 PM
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MAR-APRIL

LAZY MAN'S TRIATHLON
8:00 AM - 4:00 PM
YMCA
3515 16th Street SW, Minot, ND

Have you always wanted to complete a triathlon, but it just seemed like too much to do in a single day? Well now you can “Try the Tri!” by participating in the Lazy Man’s Triathlon at the Minot Family YMCA. Beginning on March 17th, 2025, you have one month to complete a full triathlon -26.2 miles of running or walking, 2.4 miles of swimming and 112 miles of cycling, and you can do it at your own pace! This event is open to anyone ages 14 and up. Track your progress easily with the YMCA360 app and stay motivated as you work towards your goals and compare your progress to others enrolled in the challenge. Everyone who completes the triathlon will be eligible for some amazing prizes. So, gather your friends, and register today at the Minot Family YMCA or visiting the Minot Family YMCA website.

25 FEB

FUN ZONE
9:00 AM - NOON
Minot Auditorium-Old Armory (east side of the building) – 420 3rd Ave SW

The Minot Fun Zone is being provided free of charge to all area residents through the Minot Park District. The bouncy castles are provided in partnership with the Minot Area Community Foundation. Fun Zone is for children 10 & under. Children and adults will enter facility and play at their own risk. Children must be supervised at all times. They are not to be dropped off. There must be at least one adult present for every 4 children. YOU are responsible for the kids that you bring. You must maintain a close physical presence at all times. No outside equipment/toys will be allowed. Individuals will be responsible to clean up any mess made. All equipment will be shared equally among those present.

26 MAR

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

17 APR

APRIL SHOWERS BRING MAY FLOWERS POTTING CLASS
2:00 PM - 4:00 PM
Magic City Discovery Center,
1545 1st Street NW

In this fun and educational potting class, children will explore the magical journey of a plant’s life cycle—from seed to sprout to bloom! Through interactive activities, they’ll learn how water, sunlight, and soil work together to help plants grow. The highlight of the class is a hands-on potting experience, where each child will plant their very own flower to take home and nurture. Perfect for little green thumbs or anyone curious about nature, this class inspires creativity, responsibility, and a love for gardening. Ages: 4-9

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March 17 - April 18, 2025

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For more information:
Facebook/ Minot YMCA/ Events or at www.ymcaminot.org.



For more information:
Facebook/ Minot Parks/ Events

29 MAR

COLD SWEAT-LIVE MUSIC
9:00 PM
Blue Rider
118 1st Avenue SE, Minot

Cold Sweat is back at the BLUE!!! (with special guest tba) Jam to an evening of hip hop while enjoying one of our 16 ice cold beers on tap, mixed drinks or shots. No cover – don’t miss this one!



For more information:
Facebook/ Blue Rider/ Events



For more information:
Facebook/ Magic City Discovery Center/ Events

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Don't Shop Off Base When You Can Shop AAFES!

HANNAH WATERS, NORTHERN SENTRY

The Army and Air Force Exchange Service (AAFES) has been operating and supporting the Minot AFB community dating back to the 1950s. According to minot.af.mil in an article written by Senior Airmen Malia Jenkins “The Triple C: The One Stop Shop,” the BX and Shoppete were more commonly known as The Triple C. It was constructed as a commissary in 1959 and it later became a shoppete, furniture store, class six, and video rental store. Over the years, AAFES has grown and evolved, offering a wide range of services and benefits to military members and their families. Today, the Minot Exchange continues to play a vital role in both the military and local community.

Going off base to retailers like Walmart and Target doesn't usually offer military personal the best deals, whereas the Minot AFB AAFES Base Exchange offers a multitude of reasons to shop, and not only Tax-Free shopping. Another standout feature is the exchange's wide range of products from both well-known brands and exclusive AAFES offerings. Brands like The North Face, Levi's, and Old Navy are available at prices 20% lower than their manufacturer's suggested retail price (MSRP). Children's clothing from brands like Carter's and OshKosh can be found starting at just \$10, making it easier for families to shop without breaking the bank. Additionally, AAFES helps military members, and their families save money through its Military Star Card, offering further discounts and promotions. AAFES has also started offering Amazon Package Pickup, it will also offer an Amazon hub for returns, driving into town in the middle of a blizzard will no longer be an issue!

In addition to the on-base Exchange, military families can also shop online through ShopMyExchange.com. This platform provides a wide range of products from various vendors, including Home Depot, furniture stores, clothing brands, and more. Veterans and disabled veterans can also shop online using their privileges, further extending the benefits of the Exchange to those who have served. Shopping online through ShopMyExchange.com



Minot AFB BX, open daily! No need to drive on the hazardous roads all winter long!



Minot AFB BX, open daily! No need to drive on the hazardous roads all winter long!

provides even more perks. For example, using the Military Star Card for online purchases ensures free shipping, and customers can enjoy interest-free financing on select items making large purchases even more affordable.

AAFES is more than just a retail operation, it actively contributes to the quality of life for the military community, and the money spent at The Exchange is reinvested back into the base and the surrounding community. According to MAFB AAFES General Manager, Reatha Stockton, in 2023 shoppers at the Minot Exchange generated over \$338,000 in dividends for local community support programs.

Over the past decade, AAFES has contributed more than \$15 billion in value to military communities. These funds are used to support various morale, welfare, and recreation (MWR) programs.

To ensure that the Minot Exchange continues to meet the needs of its shoppers, AAFES

is investing in improvements to its facilities. The Express store and gas station, also owned by AAFES, is currently undergoing renovation, which will include a larger stockroom, new coolers and freezers, and upgraded flooring. Self-checkout stations are also being rolled out across retailers, making it easier for shoppers to quickly and efficiently complete their purchases.

The history of AAFES in Minot is a story of growth, community involvement, and commitment to supporting military families. From its humble beginnings in the 1950s to its status as a hub for shopping, dining, and services, the Minot Exchange remains a cornerstone of the local military community. Through its tax-free shopping, exclusive military pricing, and community support programs, AAFES plays a vital role in the everyday lives of military families in Minot and beyond.

From The Farm Makes Sense

ROD WILSON, NORTHERN SENTRY

Sharon and Milt Knarreborg have been running Sharon's Country Market "for quite some time, I really can't remember exactly how long." Her entry into the business of selling farm raised chickens and bacon, and later on beef pot pies, got started when she inquired at a local business, Magic City Hatchery, where they would ship a lot of their live chicks every spring. "They were closing and I just wanted to see where they were going" said Sharon "I found out that there was a Hutterite Colony near Milnor, North Dakota, ordering a lot of chickens" and so her next contact would be there.

"A Hutterite Colony usually numbers around 100, and the challenge is to keep them all employed" says Milt. In the case of the Sundale Colony near Milnor, there have a number of other interests including selling whole hogs to customers. "For \$500.00, a customer can get a half a hog cut, wrapped and delivered to Minot" Sharon shares "That

goes along with the chickens (sometimes up to 1,200 per trip), bacon and pot pies."

The Sundale Colony also has a complete butcher shop and feed distribution center. "Their butcher shop is cutting edge" according to Milt.

The best way to take advantage

of the Sundale products sold by Sharon and Milt, is to get on their mailing list. Send us an email (sknarreborg47@gmail.com) and let us know you are interested. We'll be sending out emails soon for an order coming up this spring" says Sharon.



A photo of some of the products from Sundale Colony including smoked turkey and chickens, and their famous beef pot pies.

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CROSSWORD SOLUTION

Solution to last weeks Crossword puzzle.

A	S	H	E	R		M	A	S	H		U	B	E	R
C	H	I	L	I		I	C	E	E		N	E	N	E
M	U	S	I	C	A	L	H	E	R	I	T	A	G	E
E	T	S		C	L	A	Y		S	M	I	L	E	S
			B	I	E	N				P	E	L	L	E
A	J	A	R		F	O	R	W	A	R	D			
L	O	G	I	C		H	O	L	E		E	S	L	
T	H	E	O	L	D	L	I	N	E	S	T	A	T	E
O	N	E		A	E	O	N			S	E	V	E	N
			L	I	N	C	O	L	N		N	E	W	T
B	L	O	O	M				E	E	L	S			
E	A	R	N	E	D		T	A	R	A		D	O	E
F	R	E	E	D	O	M	A	N	D	U	N	I	T	Y
I	G	O	R		M	A	R	T		G	R	A	T	E
T	O	S	S		E	X	P	O		H	A	L	O	S

SUDOKU

Solution to puzzle on page B9

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

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CROSSWORD PUZZLE

- Across
- 1. Very sharp
 - 6. Wooer
 - 10. Guitar boosters
 - 14. Maui neighbor
 - 15. The phantom of the opera
 - 16. Saucy
 - 17. Billy Bob Thornton film of '96
 - 19. Bloodhound's clue
 - 20. Mine passage
 - 21. Olympics symbol
 - 22. Non-commercial TV ad: Abbr.
 - 25. Couch accessory
 - 28. Diplomat's residence
 - 30. Dynamic lead-in
 - 31. Burn a bit
 - 32. Pasture portion
 - 33. Korean car company
 - 36. Epic-film roster
 - 41. Indignation
 - 42. Blood fluids
 - 43. Fabric quantity
 - 44. Indian wrap
 - 45. Transport to Oz
 - 48. "Walker, Texas Ranger" star
 - 52. Sellout letters
 - 53. Neighbor of Chad
 - 54. Coupes and compacts
 - 56. Fan club's focus
 - 57. Completely dark
 - 62. Bistro offering
 - 63. Reserve, as a room
 - 64. Sound portion
 - 65. Are, in Uruguay
 - 66. Phoenix cagers
 - 67. Hollow stems

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						
31								32				33	34	35
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41												43		
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48	49	50						51					52	
53								54				55		
56						57	58					59	60	61
62						63					64			
65						66					67			

- Down
- 1. Jolson and Jarreau
 - 2. Baseballer Ripken
 - 3. Prefix with corn
 - 4. Does some sunbathing
 - 5. Skating figures
 - 6. Bell tower
 - 7. Muse of verse
 - 8. Lend a hand
 - 9. 14 Across musicmaker
 - 10. Moon-mission program
 - 11. Hero's reward
 - 12. Film trailer
 - 13. Disperse
 - 18. Sounds of contempt
 - 21. Puts in a kiln
 - 22. "Goodfellas" Oscar winner
 - 23. Campaign tactic
 - 24. Take down a peg
 - 26. Baylor's locale
 - 27. Machu Picchu site
 - 29. Prado display
 - 32. "So that's it!"
 - 33. Shoelace annoyances
 - 34. Layabout
 - 35. Elroy Jetson's dog
 - 37. Japanese port
 - 38. Terrarium plant
 - 39. The Magi, e.g.
 - 40. Sit-up muscles
 - 44. "Odyssey" menace
 - 45. Highway haulers
 - 46. Accompanying
 - 47. Weather-map line
 - 48. Prevailing weather
 - 49. Stays out of sight
 - 50. WWII sub
 - 51. Boca __, FL
 - 55. Swing around
 - 57. "American Masters" airer
 - 58. Chit
 - 59. Lime drink
 - 60. El __ (Heston role)
 - 61. Pugilistic successes



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Healthcare Fair Aims to Keep Families Healthy

ERIN BEENE, NORTHERN SENTRY

Military healthcare comes with its challenges, but it also offers valuable benefits. Military providers are dedicated to keeping service members healthy and mission-ready while also caring for their families. At Minot Air Force Base, the responsibility of maintaining the health and well-being of the base community falls on the 5th Medical Group (5MDG). In line with this mission, the annual Preventive Health Fair was created—and continues to be held—to promote proactive healthcare.

This year’s Health Fair will take place on Friday, March 28, at the Medical Group Clinic from 8 a.m. to 3 p.m. Visitors can explore booths offering valuable information on preventive healthcare, early screenings for major health concerns, and wellness resources. Lieutenant Colonel Donna Eaton of the 5MDG emphasized the importance of attending, stating, “Prevention is the best medicine. It is important for all of us to know how to prevent certain illnesses or at least catch them early. Cancer is one of the top diagnoses that we can detect early and treat.”

The fair will feature a wide range of healthcare topics, including Primary Care, Behavioral Health (with classes on healthy living and sleep), spiritual wellness with Chaplains, Public Health, free InBody Assessments (skeletal muscle and body fat composition), Military & Family Readiness



The Dental Clinic plans to represent at the health fair with tips to keep a clean mouth.

Center (MFRC), Mental Health with True North, New Parent Support, the Red Cross, WIC, Physical Therapy, and more. One exciting highlight of the event is the opportunity to try out “Drunk Goggles,” a hands-on experience simulating the effects of alcohol impairment. Additionally, the Red Cross will be present to share volunteer opportunities available right here on base. Lt. Col. Eaton added, “March is Colon Cancer Awareness Month, so why not end it with a bang? Our featured MegaColon exhibit

and health prevention fair will highlight the three pillars of wellness—mind, body, and spirit. The 5th Medical Group and its partners have so much to offer for your wellness, so come see us and let us educate you!” There’s no price tag on good health, and this event is completely free for all Tricare beneficiaries. So mark your calendars for Friday, March 28, from 8 a.m. to 3 p.m. at the Medical Clinic, and take advantage of this opportunity to invest in your health and well-being.



The “Big MEGAColon” available for viewing at the Preventative Health Fair.

5TH MEDICAL GROUP

PREVENTATIVE HEALTH FAIR

Friday March 28th 0800-1500

Embrace a Healthy Lifestyle Through Prevention and Regular Medical Check-Ups

Health Screenings & Information

- Inflatable Mega Colon
- Walk Up InBody Assessment
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A LOOK BACK

THIS WEEK IN USAF HISTORY

OPERATION TOMAHAWK

The Last Airborne Operation of the Korean War

MARCH 23, 1951

Paratroopers of the 187th Airborne Regimental Combat Team (RCT), the 2d and 4th Ranger Companies, and the Indian Army Parachute Field Ambulance unit jump into combat at Munsan-Ni, Korea, 23 March 1951.

Seventy-four years ago, on 23 March 1951, The Eighth Army conducted a bold parachute assault to attempt to block enemy forces trying to escape north along highway 1 out of Seoul. Part of a larger Operation COURAGEOUS, the airborne element of Operation TOMAHAWK would drop the 187th Regimental Combat Team (RCT) into a blocking position near the Imjin River.

Meanwhile, an armored Task Force Growdon would conduct a passage of lines and attack north along highway 1 to destroy enemy forces in zone and link up with the 187th. The Task Force was formed around the 6th Medium Tank Battalion of the 24th Infantry Division, with the 58th Armored field Artillery Battalion from the 3d ID added for firepower and two British Churchill bridge-laying tanks included for mobility. The plan was to trap the escaping enemy between the two forces and south of the Imjin River, and destroy them. At 0700 on 23 March, TF Growdon exited friendly lines and attacked north on Hwy 1 (see map). Two hours later, at 0900, the Rakkasans and Rangers dropped into the DZ south of Munsan-Ni and established a blocking position. TF Growdon fought north, clearing several hastily emplaced minefields along the route. Soon afterward, the war became one of fixed, fortified positions backed by massed artillery fires. Lines solidified, and maneuver focused generally on the seizure of key terrain to gain observation and field of fire advantages. Operation TOMAHAWK became the last large-scale Airborne operation of the war.

Information courtesy of: www.usarpac.army.mil

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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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BACTRIAN CAMEL

CREATURE FEATURES

- The species' thick, brown coat changes with the seasons. During winter, it thickens to provide added insulation against the cold while large chunks of fur are shed in the summer to keep the animal cool.
- Their hairs can be more than 9 inches in length.
- They have large flat footpads which help them navigate rocky terrain and shifting desert sands without sinking.
- They can go for long periods without water. An adult camel can drink up to 30 gallons in only 13 minutes.
- A Bactrian Camel can run at speeds of 10 – 20 mph.
- Nomads in Asia depend on Bactrian Camels for wool, meat, milk and for transporting people and goods.

Life Span	20 – 40 years
Weight	1,000 – 2,000 pounds
Height	6 – 7 feet
Head and Body Length	9 ½ feet
Wild Diet	Omnivore Carnivore Herbivore Grasses, Shrubs, Leaves

Photo by Amanda Cone

SPOT THE DIFFERENCE IN EACH ROW

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Creating Memories: One Creations at a Time



HOPE ANDERSON

A couple of weeks ago, my son and I ventured downtown to one of our favorite places, Margie's Art Glass Studio. We love to stop in and paint a new ceramic piece at the Ceramics Cafe. It's been a cherished tradition of ours for many years. You see, my son is 23 years old, and for him to still want to visit Margie's with his mom, it must be an extra special place.

His creative process has changed over the years, but the time spent together remains just as meaningful. When we stopped by two Saturdays ago, the place was bustling with birthday parties and small groups of people painting their creations. Several staff members were on hand, helping people in the party rooms and offering assistance to everyone with questions.

If you're visiting Margie's for the first time, a staff member will guide you through the process, helping you select your piece, prep it, choose your paints, and get it looking just right. If you're old-timers like us, they'll let you dive right in and get to work.

Opened in 2004, Margie's Art Glass is more than just a store in downtown Minot, it's a gathering place. The moment you walk through the door, you feel like you're being wrapped in a warm hug. The walls are lined with colorful pottery and stained glass pieces, perfect for gifting or finding something

that speaks to you.

The eclectic mix of vintage and modern makes the space feel both intimate and inspiring. Creativity seems to flow the moment you step inside. And if you want to learn more about downtown Minot, Margie herself is the go-to for local history. You just never know what you'll discover during a visit.

But that's not all, Margie's also offers stained glass supplies and classes where you can learn the art of stained glass. Occasionally, they even host painting classes. Class offerings are displayed in the store, or you can check their website at www.margiesartglass.com to stay updated on current events and offerings.

Another reason we love Margie's? You can grab a drink from Black Iguana, located right on the main level when you walk in. They offer a wide variety of tasty drinks from lattes to Big Trains and plenty of non-coffee options too. You can even grab a sweet treat to enjoy while you paint. And if you're not sticking around, you can get your drink to go. You'd be hard-pressed to find a better coffee in town.

Margie's is located in the heart of the city at 109 Main St S. Their hours are:

- **Tuesdays and Thursdays:** 10:30 AM – 8:30 PM
- **Wednesdays, Fridays, and Saturdays:** 10:30 AM – 5:30 PM



It's truly worth a stop at Margie's for an experience that will create memories to last a lifetime. You don't need to be a skilled painter or crafter to create something beautiful. If it doesn't turn out exactly as you imagined, it will still be a favorite because of the time spent creating it. Especially when you are surrounded with friends and family who make the experience extra special.



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7:00pm 5 FSS L(38) VS 705 MUNS W(64)

Tuesday March 11th
6:00pm 5 FSS W(63) VS 891 MSFS L(45)
7:00pm 791 MSFS W(71) VS 5 MXS L(50)

Wednesday March 12th
6:00pm 891 MSFS W(83) VS 5 MXS L(37)
7:00pm 705 MUNS L(54) VS 791 MSFS W(61)

Thursday March 13th
6:00pm OG FIRE L(62) VS 891 MSFS W(64)
7:00pm 5 MXS (F)* VS 5 FSS W(07)

(F*) Forfeit

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OUTDOOR REPORT



by Patricia Stockdill

FISHING:
Lake Sakakawea elevation, March 17: 1,831.37 feet above mean sea level (MSL); 16,800 cubic feet per second (CFS) Garrison Dam average daily releases.
Devils Lake elevation: 1,449.42 feet above mean sea level (MSL).
Stump Lake elevation: 1,449.38 MSL.
•N.D. Game & Fish Dept. game wardens: A few anglers still walking onto Lake Metigoshe with overall fair success. No Lake Sakakawea or Devils Lake reports.
•Devils Lake, Woodland Resort, Devils Lake: Little activity with no new reports from Devils Lake.
•Lake Darling, Karma C-Store, Ruthville: Limited walk-on activity on Lake Darling.
•Lake Darling, Upper Souris Nat’l. Wildlife Refuge, Foxholm: No new Lake Darling reports.
•Lake Metigoshe, Four Seasons, Bottineau: Limited activity but the few anglers going out continue finding a mix of crappie, bluegill, and pike with occasional walleye.
•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: East end of Lake Sakakawea continues producing some walleye in Douglas, Steinke, and Garrison bays. Use caution when walking on the ice. No reports from Lake Audubon with little activity. Missouri River tailrace continues producing walleye.
•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Slower walleye bite on the east end of Lake Sakakawea. Try working main lake humps or Douglas Bay in 30 to 45 feet but use caution as ice conditions will deteriorate with warmer weather. Some hook-and-line pike success in deeper water of 25 to 35 feet on the east end with spearing season closed. Look for pike to move to the shallows with the coming spawn. Lake Audubon remains slower for walleye. Try deeper water in 25 to 30 feet. Decent pike activity in shallow bays in 12 feet or less.

Thanks to Woodland Resort, our Outdoors Report sponsor, for helping keep readers up-to-date on happenings throughout the region. For complete details about fishing Devils Lake and its array of recreational opportunities visit their website, (www.woodlandresort.com), Facebook at (facebook.com/woodlandresortDL), telephone (701) 662-5996, extension 1, or email (woodlandresort@gondtc.com). They’re located at 1012 Woodland Drive, Devils Lake, N.D. 58301.



- Darkhouse spearing season now closed.
- March 21 & 22: MonDak Curling Tournament, Minot Curling Club.
- March 22: Watford City Ducks Unlimited banquet, Ag & Youth Expo Center, Watford City, 5 p.m.
- March 26: Moose, elk, and bighorn sheep applications due.
- March 28 – March 30: Minot Rifle & Pistol Club Gun Show, N.D. State Fair Center, 5 p.m. to 8 p.m. Friday, 9 a.m. to 5 p.m.. Saturday, & 9 a.m. to 3 p.m. Sunday.
- March 29: Coteau Hills Rocky Mtn. Elk Foundation banquet, Grand Oasis Hotel, Minot, 5 p.m.
- April 1: New fishing, hunting, and trapping licenses due. Go to the Game & Fish Dept. website, (gf.nd.gov), for information and purchases.
- April 9: Registration opens for two June “Fly & Tie” fly-fishing workshops at Lake Metigoshe State Park. Go to the website, (<https://bit.ly/LMSPShowClix>), for details and registration.

•Lake Sakakawea, New Town: Increasing pike hook-and-line success on the Van Hook Arm but test ice and use caution along shorelines. Look for some improving success, including from shore when shorelines open up and pike spawn moves closer. Some late season walleye activity.
•Lake Sakakawea/Missouri River, Scott’s Bait & Tackle, Pick City: Missouri River tailrace continues producing walleye from boats in the chutes as well as down river and from shore using jigs and minnows or plastics. Also try 3-way swivels in the chutes at night for walleye. No reports of catfish or ling. Some walleye from the wing walls, as well.
•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Yellowstone and Missouri rivers have open water but muddy conditions with runoff coming in. Beware of slumping shorelines, open water edges, and muddy conditions on the upper end of Lake Sakakawea. No activity recommended with conditions potentially changing rapidly.
•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Buffalo Lodge Lake producing some nice early season pike activity but use caution if walking onto the ice and carry a bar and ice picks.

LIGHT GOOSE MIGRATION:
•A few birds starting to trickle into North Dakota earlier in the week with scattered numbers along the open water of the Missouri River.

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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BOMBER TASK FORCE 25-2

B-52s Practice Bombing Missions in Estonia, Finland, and Italy as Busy Bomber Task Force Continues

CHRIS GORDON, U.S. AIR & SPACE FORCES MAGAZINE

U.S. Air Force B-52 Stratofortresses continued a busy bomber task force deployment to Europe by participating in multiple drills with NATO partners last week, including simulated weapons targeting exercises and a live munitions drop in Finland.

On March 6, B-52s flew a mission with Dutch F-35s, German KC-30 tankers, NATO’s alliance-owned E-3 Airborne Warning and Control System (AWACS) aircraft, and U.S. and U.K. Royal Air Force RC-135 Rivet Joint signals intelligence aircraft in Estonian airspace, according to NATO Allied Air Command and U.S. Air Forces in Europe. The mission simulated a Find, Fix, Track, and Target mission in which the aircraft practiced locating, identifying, and engaging a simulated threat.

“The exercises are designed to improve interoperability by integrating ISR assets with strike-capable aircraft in real-time targeting scenarios,” NATO Allied Air Command said in a March 10 news release.

According to NATO, Estonian ground forces also participated with the Guided Multiple Launch Rocket System (GMLRS)—surface-to-surface missiles that can be fired from M270 and HIMARS mobile launchers.

“Participants were tasked with locating and tracking potential targets and then coordinating a simulated strike within a specified timeframe, both pre-planned and dynamic targets,” NATO AIRCOM said.

The goal was to enhance NATO’s ability to conduct counter-anti-access/area denial, known as counter-A2AD—the ability to roll back enemy defenses to allow aircraft to get through contested airspace—and improve its integrated air and missile defense.

The Find, Fix, Track, and Target exercise of “potential threats from the ground shows that NATO, as a defensive Alliance, is prepared to timely respond to any possible challenges,” Gen. James B. Hecker, the commander of NATO Allied Air Command and U.S. Air Forces in Europe (USAFE)

said in a release.

The two B-52s then proceeded to Rovajärvi Range in Finland, where they dropped GBU-38 JDAM guided bombs, supported by Finnish Army and American Joint Terminal Attack Controllers (JTACs). The B-52s were escorted by Finnish Air Force F/A-18 Hornets, which captured video of the bombing practice.

A day later on March 7, two B-52s practiced providing close air support with the Italian military. Escorted by Italian Eurofighter Typhoons, the B-52s conducted simulated bomb drops on a range on the Italian island of Sardinia, guided by Italian JTACs, according to USAFE.

Four B-52s with the 69th Expeditionary Bomb Squadron from Minot Air Force Base, N.D., are currently deployed to RAF Fairford, U.K. for the bomber task force.

Two B-52 crews plan to fly over Sweden on March 11, marking the one-year anniversary of the country’s accession to NATO.

U.S. Air Force B-52 to Conduct Low-Pass Flyover in Sweden

U.S. AIR FORCES IN EUROPE - AIR FORCES AFRICA



Two Swedish JAS 39 Gripen fly in formation with a U.S. Air Force B-52H Stratofortress during Bomber Task Force 25-1 above the Baltic Sea, Nov. 25, 2024. The U.S. is dedicated to working alongside our NATO Allies and partners in the Baltic Sea area to ensure all parties have the combined skills and coordination capabilities necessary to maintain regional safety and security.

U.S. AIR FORCE
SENIOR AIRMAN
JACOB CABANERO

RAMSTEIN AIR BASE, Germany -- Two U.S. Air Force B-52H Stratofortresses assigned to Bomber Task Force 25-2 will conduct a low-pass flyover in Sweden on March 11, observing the one-year anniversary of the nation’s accession to NATO.

“Sweden’s partnership has been crucial to the success of our Bomber Task Force operations,” said U.S. Air Force Lt. Col. Kendall “Spartan” Smith, U.S. Air Forces in Europe - Air Forces Africa Bomber Task Force chief. “Access to their airspace, logistical support and seamless integration with U.S. bomber aircraft have made joint missions more efficient and effective.”

The flyover, coordinated with Swedish defense officials, highlights the strong security cooperation between Sweden, the United States, and other NATO air forces. Bomber Task Force missions provide critical opportunities to integrate and train with regional partners.

“Through detailed planning and deliberate coordination, we’ve built a stronger coalition with our Arctic Allies to hone our collective ability to deploy large, combat-credible forces and strengthened NATO’s deterrence capabilities in the High North,” Smith said.

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USAF B-52 conducts low-pass over Oslo during TOWER BLOCKHOUSE

U.S. AIR FORCES IN EUROPE - AIR FORCES AFRICA

RAMSTEIN AIR BASE, Germany -- A U.S. Air Force B-52H Stratofortress conducted a low-pass over Oslo, Norway, alongside two Royal Norwegian Air Force F-35 Lightning IIs during Bomber Task Force 25-2 mission TOWER BLOCKHOUSE, March 14.

“The importance of our partnership with Norway to ensure a secure and stable Arctic cannot be overstated,” said U.S. Air Force Lt. Col. Kendall Smith, Bomber Task Force chief for U.S.

Air Forces in Europe - Air Forces Africa. “This flyover stands as a visible demonstration of peace through strength, reinforced by mutual respect and shared values.”

Bomber Task Force missions provide critical opportunities to integrate and enhance interoperability with Allies and partners.

TOWER BLOCKHOUSE marks the twelfth operation completed during this BTF iteration.



A U.S. Air Force B-52H Stratofortress conducts a low-pass over Oslo, Norway, alongside two Royal Norwegian Air Force F-35 Lightning IIs during Bomber Task Force 25-2 mission TOWER BLOCKHOUSE March 14, 2025. Bomber Task Force missions provide critical opportunities to integrate and train with regional partners. Integration is a critical component of agile combat employment, allowing U.S. forces to adapt to evolving international security environments with speed and precision.

PHOTO COURTESY OF THE NORWEGIAN ARMED FORCES

Bomber Task Force joins Dutch, arctic nations for TOWER CITADEL mission in High North

U.S. AIR FORCES IN EUROPE - AIR FORCES AFRICA

RAMSTEIN AIR BASE, Germany -- The training enabled the Allies to test rapid response protocols and power projection capabilities, addressing simulated airborne threats and aircraft incursions.

“Training alongside Allies and partners enhances interoperability and ensures seamless coordination and communication ahead of potential real-world scenarios,”

said Lt. Col. Kendall Smith, Bomber Task Force chief for U.S. Air Forces in Europe – Air Forces Africa. “These missions directly strengthen lethality, readiness, and warfighting capabilities.”

TOWER CITADEL marks the thirteenth operation completed during this BTF deployment.

NOTES ON BEING SAFE

SPRING MOTORCYCLE PRE RIDE CHECK



SSGT JOE VERGARA
5TH BOMB WING
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For those of us that live in an area where we have to winterize our bikes and put them up for several months, this article is about getting our bikes dusted off and “ready to ride” for the upcoming riding season.

Before you set out to ride your bike, you should do a quick visual pre-ride motorcycle inspection of the chassis. Look for cracks, bent or missing spokes, loose nuts and bolts, missing nuts, bolts, clips, or pins, and fluid leaks in hoses, seals, or gaskets. Do a quick inspection of the throttle and levers. Ensure that all cables are secured and in good condition. If your motorcycle is chain driven, make sure it is lubricated and not rusted. If your motorcycle is belt driven, make sure there are no cuts or tears in the belt. Refer to your owner’s manual to make sure you are not coming due on any scheduled maintenance for mileage or time. Examples of maintenance could be adjusting brakes, clutch or changing fluids.

Always, check the tire pressure before going out on the road. Ensure that the valve stems are seated correctly and are tight. Check to ensure the tire pressure matches the recommended manufacturer air pressure for your specific tire. Usually, you can find this information in your motorcycle user manual or the tire manufacturer’s website. Check the tread depth; look for foreign objects, or uneven wear.

Check the fluid levels. Always check the oil and make sure you have a full tank of gasoline. One tip I can pass on is to also go by your miles, rather than the float on the gas tank, because often it can be off by as much as 2 gallons. I make sure I keep track of my miles, that way I know when it is time to fill up. If you have a locking tank, take your key with you in case you run out of gas. Don’t assume that all tank keys are made the same because they aren’t, take this from the voice of experience.

Check the battery to make sure the terminals are clean and tight fitting. A battery that has discoloration or bulging is a sign of a bad battery needing replacing.

Test your horn, turn signals,

headlights, instrument lights, and brake lights to ensure proper operating order. Replace any burnt out bulbs before riding.

Check to make sure your safety features of your motorcycle are working properly. Make sure your engine kill switch works when used. If your motorcycle won’t let you put it in gear with the kick stand down, make sure the motor shuts off when you do. If your motorcycle is equipped with a neutral indicator, check to verify if it indicates when you are in neutral.

Check the mirrors to ensure they are securely bolted and crack free. Adjust the mirrors to the proper position before riding and make sure they are clean and streak free. It isn’t easy to adjust your mirrors while riding, nor is it safe.

Do a visual inspection of your exhaust system. Making sure connections are tight and no baffling is loose or missing. You can then start the motorcycle

to make sure nothing sounds abnormal. Examples would be a ticking engine, loud exhaust, or something vibrating that could come loose.

Lastly, when you are on your bike and “ready to ride” and you take up the kickstand, check to make sure that the spring in the kickstand has enough tension to hold it in position. There is nothing like everyone getting in line to ride and when they make the left hand turn out of the parking lot, the one motorcycle that either didn’t check their kickstand for faulty springs or left it down, goes belly up in front of everyone.

All of this may sound like it will take a long time, but in reality, once you do it a couple of times, it takes about five to ten minutes each ride. The time invested in a pre-ride motorcycle inspection is certainly better than paying for a tow home or being stranded on the side of the road.

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BOMBER TASK FORCE 25-2

B-52s conduct first live weapons drop in Sweden since nation joined NATO

U.S. AIR FORCES IN EUROPE -
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RAMSTEIN AIR BASE,
Germany --

On March 11, two U.S. Air Force B-52H Stratofortresses participating in Bomber Task Force Mission VIKING NEBULA conducted the first live weapons drop in Sweden since the nation joined NATO.

During the mission, the aircraft were escorted by two Swedish JAS 39 Gripen's to the Vidsel Test Range, where they released GBU-38 joint direct attack munitions. Ground support was provided by U.S. and Swedish Joint Terminal Attack Controllers. The mission reinforced coordination between air and ground units, refining precision strike capabilities in a new, complex training environment.

The mission also included a low-formation flyover of the Swedish Parliament to celebrate the one-year anniversary of Sweden's accession to NATO.

The B-52s and aircrew are currently deployed with the 69th Expeditionary Bomb Squadron at RAF Fairford, England, where they continue to execute operations alongside NATO Allies and partners across Europe, Africa, and the Middle East, bolstering collective lethality and improving integration.

VIKING NEBULA marks the eleventh operation completed during this BTF iteration.



A U.S. Air Force B-52H Stratofortress flies over the skies of Sweden during Bomber Task Force 25-2 mission VIKING NEBULA March 11. These operations demonstrate the ability to rapidly deploy strategic assets in support of global stability.

U.S. AIR FORCE PHOTO BY MASTER SGT. CHRIS HIBBEN



U.S. Air Force B-52H Stratofortress pilots conduct a low-pass flyover over Sweden in celebration of the one-year anniversary of Sweden's accession to NATO, March 11, 2025. The mission highlights the strength of allied partnerships and the U.S. commitment to NATO operations.

U.S. AIR FORCE PHOTO BY STAFF SGT. JASMONET HOLMES



Two Swedish Air Force JAS Gripen's fly's next to a U.S. Air Force B-52H Stratofortress from the 60th Expeditionary Bomb Squadron during Bomber Task Force 25-2, RAF Fairford, United Kingdom, March 11, 2025. These operations demonstrate the ability to rapidly deploy strategic assets in support of global stability.

U.S. AIR FORCE PHOTO BY MASTER SGT. CHRIS HIBBEN

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Local Cadet Team Advances to Regional Competition

CIVIL AIR PATROL

Magic City's Civil Air Patrol cadets earned top marks competing in Saturday's state-level competition in Fargo. This was the first time Minot sent a team to compete cornering first place in physical fitness and academic skills. The team earned an invitation to compete in the seven-state, North Central Region competition in Salina Kansas, coming up in May by performing as one of the top two teams in North Dakota in additional competition areas, including problem solving, public speaking, and military drill.

"Congratulations, bright futures ahead for these young men and women!" exclaimed Capt. David West, one of the volunteers who helped oversee the cadet's serving at the Dakota Boys and Girls Thrift Store. Parents, adult CAP members, and six of the squadron's cadets volunteered several weekends with special help from the Minot Air Force Base Honor Guard to prepare for the competition weekend. Cadets and volunteers from around the state were treated to a military-style ball, following the competition.

Local Civil Air Patrol members have planned to host an Open House for the public next week, March 25 6:30 pm to 8:30 pm at Avflight, 2400 N. Broadway. Community members interested in learning more about CAP can hear from active members and see some of the current emergency response gear. Aircraft tours will be available conditions permitting. Adults interested in emergency response, aerial photography, and other volunteer areas can start or pick up applications. Potential cadets, aged 12 – 18 can ask how CAP can start teens in aviation, teach leadership, and provide emergency response in the community.



Minot cadets take first in physical fitness events. Cadet Tech. Sgt. Ezekiel Hoverson and Cadet Tech. Sgt. Divine Okonkwo ran the fastest PACER assessment at the Fargo National Guard Saturday.



Cadet Airman 1st Class Jean Dehaan assists Cadet Staff Sgt. Emma Slocum prepare and impromptu public speaking assignment on, "why I joined Civil Air Patrol."



Cadet Senior Airman Favour Okonkwo and Cadet Tech. Sgt. Kohen Merkel demonstrate their discipline and speed performing a uniform building challenge.

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National Children's Dental Health Month Outreach

CAPTAIN ETHAN SLATER, GENERAL DENTIST, 5TH OPERATIONAL MEDICAL READINESS SQUADRON

On Thursday, February 20th, 2025, 12 members from the 5th Medical Group's Dental Clinic spent the day at the Minot AFB Child Development Center and North Plains Elementary School. During this time, approximately 200 children were taught the importance of daily oral hygiene and healthy nutrition. The students were able to participate in hands-on activities, highlighting proper oral-hygiene techniques and choosing wholesome, nutritious foods. The fan-favorite of the day was definitely "Rex", the dental dinosaur puppet. After learning the proper brushing technique, each child was able to practice on Rex's big smile.

It is very important to introduce the concepts of oral hygiene to children while they are young. According to the American Academy of Pediatric Dentists, it is recommended to visit the dentist when a child turns one years-old or gets their first tooth (whichever occurs first). This early-age visit allows for disease prevention and familiarization with a dental clinic. Parents should continue to help their children brush their teeth twice per day, once in the morning after breakfast and one more time before bed. Common pitfalls to avoid include giving a bottle of milk to a child as they go to bed, excessive juice/sports drink intake, and frequent snacking of high-sugar foods. Each of these habits can increase the risk for cavities in children at a young



age. As National Children's Dental Health month comes to an end, it is important to continue to teach young children about the importance of keeping their teeth clean. Happy Children's Dental Health Month from the 5th Medical Group!



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



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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**

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.

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MINOT MPF OFFICE

WHAT'S GOING ON MINOT AFB

FRIDAY21

- Bootcamp, 0900, McAdoo Fitness Center
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- BOGO Bowling Fridays, 1600-2100, Rough Rider Lanes
- Friday Flicks, 1630-2200, Rockers Bar & Grill
- Library Mini-Golf, 1800-1930, Minot AFB Library

TUESDAY25

- AFFT, 0530, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- Yellow Belt Process Improvement Foundation Training, 0800-1500, Atomic Spark Innovation Lab, next to B-Fifty Brew
- TAP VA Services and Benefits Briefing, 0800-1600, M&FRC
- Tuition Assistance (TA) Brief, 1000, Education Center — Room 211
- Game Day, 1000-1930, Minot AFB Library
- AFFT, 1100, McAdoo Fitness Center
- Zumba, 1700, McAdoo Fitness Center

FRIDAY28

- FTEC, 0730-1600, Professional Development Center
- TAP (DOL) Employment Track Workshop, 0800-1600, M&FRC
- Bootcamp, 0900, McAdoo Fitness Center
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- BOGO Bowling Fridays, 1600-2100, Rough Rider Lanes
- Friday Flicks, 1630-2200, Rockers Bar & Grill
- No Limit Hold'em Turbo Tournament, 1800, Rockers Bar & Grill
- Midnight Basketball Tournament, 1800-2400, Youth Center

SATURDAY22

- Zumba, 0800, McAdoo Fitness Center
- Teen CERT Training, 1300-1700, M&FRC
- 18+ After Hours Bowling, 2100-2400, Rough Rider Lanes

WEDNESDAY26

- AFFT, 0530, McAdoo Fitness Center
- Master Culinary Competition, 0700-1200, Dakota Inn Dining Facility
- Base Right Start, 0730-1230, Jimmy Doolittle Center, hosted by M&FRC
- FTEC, 0730-1600, Professional Development Center
- TAP (DOL) Overview, 0800-1600, M&FRC
- Bootcamp, 0900, McAdoo Fitness Center
- Family Bootcamp, 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
- AFFT, 1100, McAdoo Fitness Center
- Yoga, 1700, McAdoo Fitness Center
- Zumba, 1800, McAdoo Fitness Center

SATURDAY29

- Zumba, 0800, McAdoo Fitness Center
- Teen CERT Training, 1300-1700, M&FRC
- Cornhole Simulator Tournament, 1400, Rough Rider Lanes
- Crazy for Grazing, 1700-2100, Rockers Bar & Grill
- 18+ After Hours Bowling, 2100-2400, Rough Rider Lanes
- 9 Pin No Tap Tournament, 1800-2100, Rough Rider Lanes

SUNDAY23

MONDAY24

- AFFT, 0530, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- Yellow Belt Process Improvement Foundation Training, 0800-1500, Atomic Spark Innovation Lab, next to B-Fifty Brew
- TAP Overview, 0800-1600, M&FRC
- Bootcamp, 0900, McAdoo Fitness Center
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- AFFT, 1100, McAdoo Fitness Center
- Cycle, 1700, McAdoo Fitness Center
- Zumba, 1800, McAdoo Fitness Center

THURSDAY27

- AFFT, 0530, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- TAP (DOL) Employment Track Workshop, 0800-1600, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- AFFT, 1100, McAdoo Fitness Center
- Tuition Assistance (TA) Brief, 1330, Education Center — Room 211
- Zumba, 1700, McAdoo Fitness Center

SPECIALS

Bomber Bistro Featured Item
BBQ Pulled Pork Pizza
BBQ sauce base with pulled pork, bacon, and onions.
Only available for the month of March!

The B-Fifty Brew Featured Item
Iced Chai Lattes
Grab a grande chai latte with lavender cold or cherry cold foam!

Rockers Bar & Grill Featured Item
Grilled Rockin' Chicken Sandwich
Grilled chicken sandwich, served with crispy fries.
Try it with Rockin' Chicken Sauce.

NO LIMIT HOLD'EM TURBO TOURNAMENT

ROCKERS BAR & GRILL

28 MAR 2025 • 6PM

COST: \$50

REGISTER BY 26 MAR TO EARN \$5K BONUS CHIP

SCAN THE QR CODE OR VISIT

WWW.MEMBERPLANET.COM/S/MINOTAFBCLUBS/ROCKERSHOLD'EM28MAR2025

MUST BE 18+ TO PLAY

FREE TACO BAR/AVAILABLE TO ALL PLAYERS!

FORCE 5THFORCESUPPORT.COM

CORNHOLE TOURNAMENT HIGH-TECH EDITION

ROUGH RIDER BOWLING CENTER

29 MAR 2025 • 2PM

REGISTER BY 22 MAR

SCAN THE QR CODE OR VISIT

WWW.MEMBERPLANET.COM/S/MINOTAFBCLUBS/CORNHOLETOURNAMENT

\$40 PER PERSON

FOOD & BEVERAGE INCLUDED

CASH PRIZE!

CONTACT US TO RESERVE YOUR FREE PRACTICE HOUR

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Free Show!

COMEDY TOUR

CARLOS MENCIA

Adult Comedy 18+ only

Sat, 5 April • 7PM

Jimmy Doolittle Center, Bldg 174

(174 Summit Drive)

Dinner Service 4:30-6PM

Taco Bar \$13pp

Register & pay for Taco Bar by 31 Mar

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