



Operation HEROES Family Deployment Event Deploys June 3rd Register Now For Whitewater & Zip-Line Trip To Montana



Children at Minot AFB have a chance to deploy to an undisclosed location as part of the Operation HEROES event organized by the Airman & Family Readiness Center. The event provides children of deploying family members a better understanding of what their military parents go through in order to deploy. However, this event is open to all military families regardless if their loved ones are deployed or not.

Operation HEROES will be activated on Saturday, June 3 beginning at 9 a.m. at the Youth Center. Children must pre-register for the event no later than Friday, May 26 by calling or visiting the Airman & Family Readiness Center during normal business hours. The participants will receive their

mobility folder and other deployment items on the day of the event.

Participants will do everything from going through a pre-deployment line to getting their backpacks, shot records, and dog tags. The young "warriors" are given briefings by various base agencies such as finance, public health, and the chapel. All registered "warriors" will be issued military orders, pre-deployment checklists, and more. Participants also receive an opportunity to participate in interactive displays plus touch and ask questions about Minot AFB equipment. All warriors will then meet up for a Operation HEROES Reintegration Party at the Youth Center. The finale will feature a cookout, bouncy castles, and a paintball shooting range.

The Operation HEROES event is open to children of all ages however youth ages 11 and under must be accompanied by an adult. With parent's consent, warriors age 12 and up can take part in a top secret mission which will surely test their skills in a deployed setting. Children must be dressed for outdoor activities.

The Operation HEROES Reintegration Party is sponsored by AT&T and Northern Tier Federal Credit Union. *No Federal Endorsement of Sponsors Intended.* To sign-up or for more details, call the Airman & Family Readiness Center at 723-3950.

U.S. Kids Golf Offers Great Opportunity For Minot AFB Youth

Learning to play golf is a tremendous challenge for every beginner. For kids, the challenge is even greater. The length of the golf course and the complexities of instruction can be discouraging and possibly turn them away from golf forever. The Rough Rider Golf Course has just the program you need to teach your child the game of golf which they can enjoy for a lifetime.

The U.S. Kids Golf Program features three different sessions spread throughout the spring and summer allowing youth ages 6 and older to choose the clinic that best fits their schedule. Sessions will be held June 12-23 (register by May 31), July 10-21 (register by June 30), and August 7-18 (register by July 27); session times are 5-6 p.m. or 6-7 p.m., Monday, Wednesday, and Friday. Space is limited; first come first served. At the end of each session, a golf outing for the junior golfers will be held with food and refreshments.

The program focuses on teaching youth how to golf using clubs fitted especially for them. The



emphasis is on following an instructional program developed to teach the fundamentals of golf and show it can be a fun sport to participate in.

For only \$125.00, each child receives their very own set of starter golf clubs, golf instruction by a experienced golf instructor, and on course playing time. For additional information on the U.S. Kids Golf Program, contact the Rough Rider Golf Course at 723-3164.

Youth Center Hosting Operation HEROES Reintegration Party



The Youth Center will be welcoming back participants of the Operation HEROES family deployment event with a special Reintegration Party on Saturday, June 3 starting at approximately 12:15 p.m. (as soon as participants from Operation HEROES arrive). The event will be held at the Youth Center. The Reintegration Party features a FREE cookout, bouncy castles, and a paintball shooting range. It is open to all Operation HEROES participants and their families. The Reintegration Party is sponsored by AT&T and Northern Tier Federal Credit Union. *No Federal Endorsement of Sponsors Intended.* For more information, call the Youth Center at 723-2838.

Whitewater/ Zip-Line Montana Trip

June 23-26
Registration: May 15-June 16

Kick off the summer with a whitewater and zip-line trip to Montana on the Gallatin River with Outdoor Recreation! We will be staying in Bozeman, MT and whitewater rafting all day on the Gallatin River on June 24th. On the 25th we will take a beautiful zip-line tour over the Gallatin River then head back to Bozeman, MT to stay at the Western Heritage Inn. Must be 10 years or older to go.

Cost based on Occupancy:
Single: \$290, Double: \$145, Triple: \$100, Quad: \$75 Per Person

Price includes: bus ride to and from Bozeman, MT, a full day of rafting, a night of camping in the mountains, zip-lining over the Gallatin River and two nights stay at the Western Heritage Inn.

723-3648

Like Us on Facebook
#5THForceSupportSquadron

Enjoy some adventure during the Whitewater/ Zip-Line Trip to Montana with Outdoor Recreation on June 23-26. We will be staying in Bozeman, MT and whitewater rafting all day on the Gallatin River on June 24. On June 25, we'll take a beautiful zip-line tour over the Gallatin River.

Price includes bus ride to and from Bozeman, MT, a full day of rafting, a night of camping in the mountains, zip-lining over the Gallatin River, and two nights lodging at the Western Heritage Inn. Registration deadline is June 16. Must be 10 years of age or older to participate.

Cost is \$75/person quad occupancy, \$100/person triple occupancy, \$145/person double occupancy, and \$290/person single occupancy. For more information, call Outdoor Recreation at 723-3648.

MEMORIAL DAY

Honor the Brave

May 29, 2017

Dakota Inn Dining Facility
1030-1330

Honey BBQ Chicken
Sesame Ginger Pork Chop
Texas BBQ Beef Brisket

Savory Baked Beans
Corn on the Cob
Sautéed Green Beans
Farmhouse Potato Salad
Watermelon
AND MUCH MORE!

FLY

CLUB MEMBER DRAWING ON FRIDAY, MAY 19th WILL BE FOR \$2,000.

You must be present to win. Become a club member today to qualify. Simply visit Rockers Bar & Grill or the Jimmy Doolittle Center to obtain your application. The next weekly club member drawing will be held on Friday, May 19 at Rockers Bar & Grill and the Jimmy Doolittle Center. Drawing time varies each week between 5:30-6:30 p.m.

FAMILY and YOUTH EVENTS & PROGRAMS

Kids Bowl Free Program

Children 15 years of age and under at Minot AFB can now sign-up for **2 FREE games of bowling per day from now - September 4, 2017**. Rough Rider Lanes is participating in the Kids Bowl Free program which allows children to sign up at no charge to receive the free games. Simply visit the www.kidsbowlfree.com website to register your child. Then you will receive your free bowling passes each week via email. Members may use the coupon on any electronic device or print the coupon for presentation to the center. Shoe rental is not included. Each family will have the opportunity to purchase a "Family Pass" directly from the website for \$28.95 that allows 4 additional family members over the age of 15 to receive coupons for 2 free games of bowling per day all summer. For additional details, call Rough Rider Lanes at 727-4715.

Youth Outdoor Soccer Registration

The Youth Center is holding Youth Outdoor Soccer registration for Youth Center members 3-12 years of age from May 1-31. Cost is \$30 for Smart Start ages 3 & 4 and \$40 for youth ages 5-12. Youth Center membership and a current immunization record and sports physical must be on file to register. The Youth Outdoor Soccer season begins August 1. For more information, please call the Youth Center at 723-2838.

Family Fun Night With Cinderella
at Lil' Riders Playland
Tuesday May 23
5-7:00 PM
Enjoy Games & Face Painting
727-4377
Like Us On Facebook Rough Riders Pizza

May 30 Jump Up! Summer Camp

The Youth Center is hosting the Jump Up! Summer Camp on Tuesday, May 30. This fitness camp focuses on getting your heart rate up and moving quick with an experienced instructor. Camp for children ages 5-9 begins at 9 a.m. with children age 10 and older starting at 10:15 a.m. The camp is FREE for Youth Center members and deployed families and \$5 for non-members. Deadline for registration is Thursday, May 25. Come out and Jump Up! with Youth Programs. Visit the Youth Center or call 723-2838 to register.

For 5th Force Support Job Opportunities, visit www.nafjobs.org

May 19 Grill Your Own Steak Night

The Jimmy Doolittle Center invites you to their Grill Your Own Steak Night on May 19 from 5-7 p.m. Pick your own delicious ribeye steak (fresh cut to size), chicken breast, or portobello mushroom and cook it on the patio over a charcoal grill. Cost is \$1.50 per ounce for steak and \$4.50 for either a chicken breast or portobello mushroom. To make your meal even more delicious, the Doolittle Center is featuring a potato bar with all the fixin's, marinated salad, and garlic medallions. The potato bar is free for club members and \$7 for non-members. For more details, call the Jimmy Doolittle Center at 723-3731.

May 27 Memorial Day Golf Scramble

The Rough Rider Golf Course is hosting the Memorial Day Scramble on May 27 beginning at 9 a.m. This 18 hole, four person scramble is sponsored by Minot Automotive Center. Entry fee is \$30; green fees and cart rental not included. Please call ahead to reserve your team slot. The tournament is limited to the first 20 teams to sign up. Check-in starts at 8 a.m. Call the Rough Rider Golf Course at 723-3164 for additional information. *No Federal Endorsement of Sponsor Intended.*

Auto Hobby Hosting Ladies Night On Monday, May 22

LADIES NIGHT
DEPENDENTS MAY ALSO ATTEND
MONDAY MAY 22
5-7 PM
4TH MONDAY OF EACH MONTH
Learn the basics on how to maintain your vehicle and tires. This class will be taught by a certified mechanic. There will be a question and answer session during the class.
\$10 Per Person includes complimentary snacks. Wear clothes you don't mind getting dirty and close-toed shoes.
Register by May 19. Call Auto Hobby at 723-2127

Auto Hobby is hosting a Ladies Night on Monday, May 22 from 5-7 p.m. Ladies are invited to learn the basics on how to maintain their vehicle and tires. The class is taught by a certified mechanic.

Cost for Ladies Night is \$10 per person and includes complimentary snacks. A door prize will be given away at 6:30 p.m. Dependents may also attend. Registration deadline is May 19. Please wear clothes you don't mind getting dirty and close-toed shoes. To register or for more information, call Auto Hobby at 723-2127.

723.2838

SATURDAY
MAY 20TH
9:00AM
YOUTH CENTER

★ ★ ★ ★ ★ ★ ★ ★ ★ ★
ONLINE REGISTRATION
OPENS APRIL 20TH

ONSITE REGISTRATION
DAY OF RACE 8:00AM

★ ★ ★ ★ ★ ★ ★ ★ ★ ★
AGES 3-6 RUN 1/2 mi
AGES 7-8 RUN 1 mi
AGES 9+ RUN 2 mi
ADULTS RUN 5K

All Runners Must Check In
Runners will receive a t-shirt & a ribbon
While Supplies Last

REGISTER ONLINE AT:

WWW.AMERICASKIDSRUN.ORG

AMERICA'S ARMED FORCES
KIDS RUN
FREE FUN FOR THE WHOLE FAMILY
youth programs
2640 FEET 1/2
5280 FEET 1
10560 FEET 2

YOUNG AIRMEN EVENTS & PROGRAMS

May 19 Friday Night Karaoke

Come and show off your talent during Friday Night Karaoke at Rockers Bar & Grill on May 19 from 8 p.m. to close. Sing solo, do a duet, or grab a group! Rockers has a great karaoke selection for your enjoyment. Gather up your friends and enjoy all of the fun. For additional information, contact Rockers Bar & Grill at 727-ROCK.

May 20 Armed Forces Day Special

In honor of Armed Forces Day, Rough Rider Lanes is offering a bowling special on Saturday, May 20 from 6 p.m. - midnight during Lights & Strikes. Active Duty and Retirees pay only \$2.50 per game and receive a FREE shoe rental. Family members and guests bowl for just \$3 per game and \$2 shoe rental. For more information, call Rough Rider Lanes at 727-4715.

www.facebook.com/5thforcesupport

May 27 Hip Hop Night

Dance, party, and hang out with your friends during the Hip Hop Night at Rockers Bar & Grill on Saturday, May 27 from 10 p.m. to 2 a.m. Enjoy the latest Hip Hop, Rap, and R & B music all night. The event is free for club members and \$7 for non-members. Adults only. Don't miss out on the fun! For additional information, please contact Rockers Bar & Grill at 727-ROCK.

Jun 5 Off-Base Budget Classes

Planning to move off base? Are you ready to manage the costs? The Airman & Family Readiness Center is hosting an Off-Base Budget Classes on June 5 from 2:30-4 p.m. Airmen will obtain important information on leases, military clauses, renters insurance, and complete a budget worksheet. Attendees should bring their current LESs and have knowledge of their bills. Call 723-3950 to register or for additional information.

HOME OF THE LARGEST MEDIUM PIZZA ON MINOT AFB
ALL MAY LONG \$6 MEDIUM 2-TOPPING PIZZAS
ONLY AT ROUGH RIDERS PIZZA
CALL 727-4377 TO ORDER
ESM Cards do not qualify - Some restrictions apply

Visit our website at www.5thforcesupport.com