

northersentry

FREE | VOL. 57 • ISSUE 05 | WWW.NORTHERNSENTRY.COM | MINOT AIR FORCE BASE | FRIDAY, FEBRUARY 1, 2019



Airmen inside the Air Traffic Control tower supervise the flight line at Minot Air Force Base, N.D., Jan. 18, 2019. Controllers communicate with aircraft to monitor local airspace and allow them access onto the runway.

U.S. AIR FORCE PHOTO | AIRMAN JESSE JENNY

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Minot AFB



Videos



Goldfein gets up close view of new T-X trainer

CHARLES POPE | SENIOR WRITER | SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) --

After his first up-close view Jan. 15 of a ready-to-fly T-X, the Air Force's training aircraft of the future, Air Force Chief of Staff Gen. David L. Goldfein could have been expected to marvel at the technical sophistication of a state-of-the-art plane designed and manufactured not only with future pilots in mind but with maintainers and software specialists as well.

He could have mentioned that the new plane's single engine generates nearly threetimes more thrust than the dual engines of the plane it is replacing as the primary trainer for all future Air Force pilots – the legendary but aging T-38C Talon.

He could have noted that the T-X has twin tails, slats, and big leading-edge root extensions that provide deft handling at low speeds allowing it fly in a way that better approximates real world demands and that it is specifically designed to prepare pilots for fifth-generation aircraft.

But after climbing out of the cockpit during the visit to the St. Louis factory where Boeing builds the T-X, Goldfein, a former instructor-pilot, pointed to a seemingly mundane but critical difference – sight lines.

"I'd love to be an instructor again," a smiling Goldfein said after a detailed briefing by senior Boeing officials and a close inspection of a plane on the factory floor that included time in both cockpit seats. "The visibility is exceptional. I can see what the student is doing, what displays he is calling up; which challenges she's calling up."

To be sure, Goldfein took note of the technical sophistication of the plane and what that modern technology brings to the future of the Air Force. During a briefing with Boeing executives and engineers, for example, he asked pointed questions about not only the plane's performance but also how reliable – and fast – software is upgraded.

He asked about the way maintainers are blended into the training program. The answer is that the plane is designed with easy-to-reach and open panels and that virtual reality can be used to train maintainers.

Goldfein acknowledged the point. "We sink or swim on sustainment," he said.

Impressive and important as all of that is, Goldfein's history as an instructor caused him to highlight something else.

Unlike in the 57-year-old T-38, the instructor's position in the T-X is elevated, meaning he or she can see things that were not easily possible before – body position and hand movements, which display is activated and when, and the kind of information that training pilot receives and requests during flight.

That difference, along with the updated technology and capabilities of the plane itself, along with better simulators and the ability to update software faster and more seamlessly, convinced Goldfein that the plane has the potential to deliver what future pilots and warfighters need.

"The level of instructional

capacity is impressive," he said, noting that the new trainer will go into service in 2024 and reach full operational capability by 2034. Having a fleet of these trainers, he said, will allow pilots to train for fourth and fifth-generation aircraft.

Goldfein was careful to couch the change in a way that both saluted the service of the trainer he flew on his way to becoming a fighter pilot – the T-38 – and herald the arrival of a new tool that will teach generations of new pilots so that the interests and security of the United States are preserved.

"The distance between the T-38 and an F-35 (Lightning II) is night and day," he said, referring to the capabilities of the two aircraft. "But with this plane the distance is much, much smaller. And that's important because it means the pilots trained on it will be that much better, that much faster at a time when we must be able to train to the speed of the threat."

The contract for the T-X was awarded in September after a vigorous competition. The \$9.2 billion contract awarded to Boeing calls for 351 T-X aircraft, 46 simulators, and associated ground equipment to be delivered and installed.

The first T-X aircraft and simulators are scheduled to arrive at Joint Base San Antonio-Randolph in 2023. All undergraduate pilot training bases will eventually transition from the T-38 to the T-X. Those bases include Columbus Air Force Base, Mississippi; Laughlin AFB, Texas; Sheppard AFB, Texas; and Vance AFB, Oklahoma.



US Air Force Thunderbirds set to perform Super Bowl LIII flyover

NELLIS AIR FORCE BASE, Nev. (AFNS) --

The United States Air Force Air Demonstration Squadron

Thunderbirds are scheduled to conduct a flyover during the national anthem performance at Super Bowl LIII, Feb. 3, over Mercedes-Benz Stadium, Atlanta.

"Supporting this event is a tremendous honor for the team and the U.S. Air Force," said Lt. Col. John Caldwell, Thunderbirds commander and leader. "We look forward to showcasing the pride, precision and professionalism of our nation's 660,000 Total Force Airmen to football fans around the world."

The Thunderbirds' flyover, its first public event in 2019, will feature six F-16 Fighting Falcons, soaring over the Mercedes-Benz Stadium at the moment the final notes of The Star Spangled Banner are

sung. They will take off for the Super Bowl LIII flyover from Dobbins Air Reserve Base, Marietta, Georgia.

The Thunderbirds last flew over the Super Bowl in 2017 at the NRG Stadium, Houston.

The Thunderbirds' team is composed of eight pilots, four support officers, 120 enlisted Airmen and three civilians serving in 28 Air Force job specialties. In 2019, the Thunderbirds are scheduled to perform at 65 air shows in 33 different locations all over the world.

Since the unit's inception in 1953, more than 300 million people in all 50 states and 60 countries have witnessed the distinctive red, white and blue jets in thousands of official aerial demonstrations.

For more information on the Thunderbirds, please check out afthunderbirds.com or follow @afthunderbirds on Facebook, Twitter, and Instagram.



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Estate Claim for Airman

MINOT AIR FORCE BASE, North Dakota -- TSgt Douglas Hull, stationed at Minot AFB, N.D., recently passed away. Anyone with a claim for or against his estate should step forward at this time by contacting 1st Lt. Robert Brinkerhoff, reachable by telephone at 701-723-2020, or by email at robert.brinkerhoff@us.af.mil

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The Leaders of tomorrow

AIRMAN 1ST CLASS HEATHER LEY | 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

The room was silent until the instructor started to speak, her voice echoing off the auditorium walls, capturing her student's attention. Staff Sgt. Symphony Leyk, 5th Force Support Squadron Airman

Leadership School instructor, said her favorite part about being an instructor is that she has an influence on leadership development of Airmen.

"They inspire me," said Leyk. "They show just how much they truly care about taking care of the Air Force, not just from a professional standpoint, but a personal one. The leaders developed here will no doubt influence the next generation of the Air Force."

For five weeks, ALS instructors train Airmen for their future role as a NCO in the Air Force.

The first step in becoming an effective leader is learning the proper material, said Silchuk. The real challenge begins by communicating what they have learned to their subordinates, peers and leaders.

Throughout the course, these future leaders learn how to effectively communicate the mission to their teams.

"Leaders are developed over time, so they'll have a lot of experience," said Leyk. "We equip them [with the knowledge] to share those experiences with their Airmen."

Using past experiences will promote trust between the NCO and Airman relationship, resulting in a more effective working environment. The more personal and engaging the conversation is the more effective it will be, according to Leyk.

"Our students learn the crucial parts of preparing their future Airmen for success," said Tech. Sgt. Zachary Silchuk, 5th FSS ALS instructor. "They will learn [there is not a] one-size-fits-all leadership style.

Staff Sgt. Symphony Leyk, 5th Force Support Squadron Airman Leadership School Instructor, hands out envelopes to class leaders, at Minot Air Force Base, N.D., Jan. 15, 2019. Airman leadership school class size may vary, but typically have 64 students broken down into four flights.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS HEATHER LEY

[These future NCOs] will have to find out how to motivate their Airmen individually if they want to see them grow personally and professionally."

Motivating people to be successful can be done in various ways, and ALS instructors strive to encourage their students to take the time to discover what will motivate each of their future subordinates.

Leyk said, preparing Airmen for the NCO role is done by encouraging them to invest in people and embracing a positive perspective in themselves and those around them.

"It is now their responsibility to train, guide, and mold their Airmen into our future leaders," said Silchuk. "A very daunting task that I strongly believe each one of them are ready to accept and carry out."

Airmen graduating from ALS are trusted with the responsibility to lead those around them using all of the tools they have learned and their past experiences.

"The roles we hold today are not to be filled by us tomorrow," said Silchuk. "Our Airmen are our future."

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FACEBOOK

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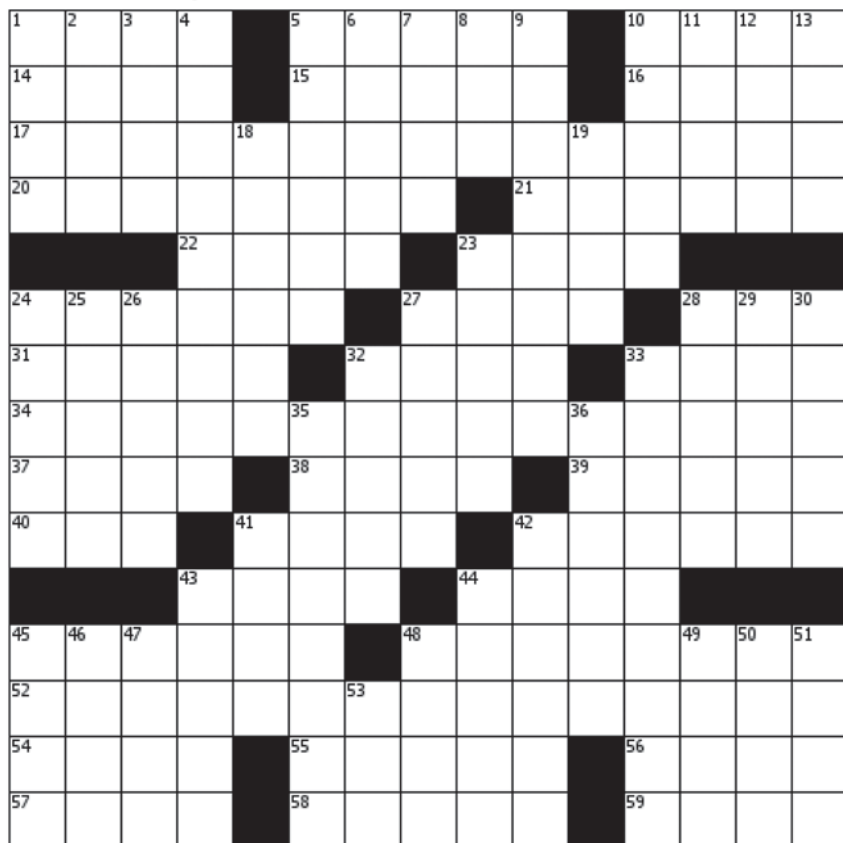


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CROSSWORD PUZZLE

Across

- 1. Brothers of '50s music
- 5. Fancy bathroom fixture
- 10. Far East wet nurse
- 14. Scandinavian inhabitant
- 15. It precedes febrero
- 16. Television newsman who's a Brit
- 17. Start of a sleepy pun
- 20. Some baseball statistics
- 21. Brand of glue
- 22. Farrow and Gardner, to Sinatra
- 23. Men's org. founded in 1868
- 24. Commercial cat
- 27. Builder's need
- 28. Massachusetts cape
- 31. Strand at O'Hare in February, perhaps
- 32. Elisabeth of "Leaving Las Vegas"
- 33. Mars prefix
- 34. Middle of the pun
- 37. Saint Pierre and Miquelon
- 38. Plaster backing
- 39. Set things square
- 40. "___ in cat"
- 41. Blanchett of "Elizabeth"
- 42. Melodic
- 43. Kaplan who played Kotter
- 44. Cornerstone abbr.
- 45. Bassett or Lansbury
- 48. Kind of Western town
- 52. End of the pun
- 54. Character actor Jack of Westerns
- 55. Tapestry



- 56. Ticklish doll
 - 57. Peckinpah and Walton
 - 58. Dorothy, to Em
- Down**
- 1. Sitcom legend
 - 2. Sportscaster Albert
 - 3. It makes for a pointless duel
 - 4. Barbecue offering, sometimes

- 5. Neutral colors
- 6. "The Wreck of the Mary Deare" author
- 7. B.A. and B.S., e.g.
- 8. "___ tu" (Verdi)
- 9. Gershwin's "An American in Paris," for one
- 10. "Oh, give me ___, where the ..."
- 11. Epitome of stubbornness
- 12. Cherub with a bow
- 13. Towel word, sometimes
- 18. Singer Nightingale
- 19. LummoX
- 23. Tree branch
- 24. Ape
- 25. Museum of Drag Racing city
- 26. Spanish kings
- 27. Author E.B.

- 28. ___-Detoo of "Star Wars"
- 29. Some aquarium fish
- 30. Like some checking accounts
- 32. Outpouring
- 33. Snake bite remedies
- 35. Mobile home owner?
- 36. Singer Kitt
- 41. Colombia cartel city
- 42. Words before "of humor" or "of smell"
- 43. Cold carriers?
- 44. Pioneer computer of 1946
- 45. Nautical yeses
- 46. Popular Vincent Lopez tune
- 47. Island captured by Japan in 1941
- 48. Shrek, e.g.
- 49. Tee off
- 50. Not all
- 51. Slaughter of St. Louis
- 53. Mr. Onassis

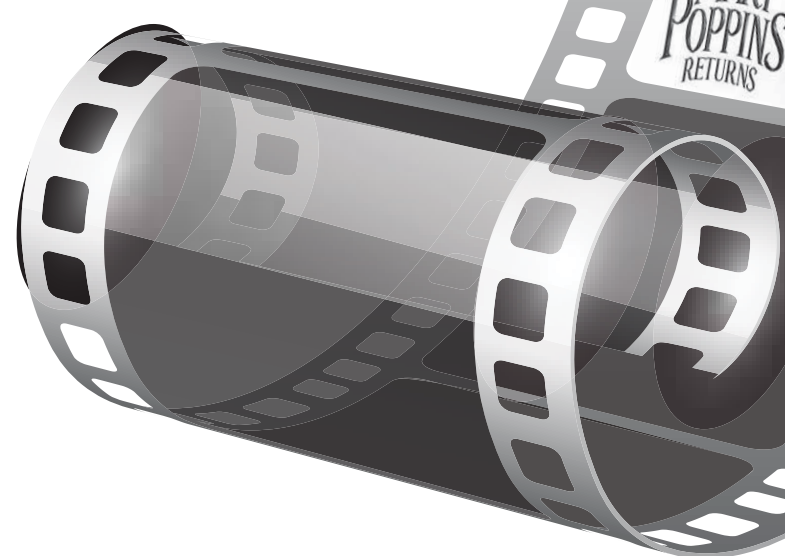
SUDOKU Solution to puzzle on page 10

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

Medium

Solution to last week's Crossword puzzle.

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





Keto Sausage Soup WITH POBLANO PEPPERS & SPINACH



Recipe courtesy of: www.thebeautifule.com/sausage-soup-keto-soup-recipe/

INGREDIENTS:

- 2 tbsp extra virgin olive oil
- 1 lb pork sausage Italian works
- 1 medium red pepper diced
- 1/2 medium Poblano pepper diced
- 3 celery stalks diced
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 tsp dried rosemary
- 1.5 tsp chili powder
- 1 tsp ground cumin
- 1/2 tsp ground cinnamon
- sea salt and black pepper to taste
- 6 cups organic sugar-free chicken stock
- 2 cups baby spinach
- 1 cup Cheddar Jack cheese shredded

INSTRUCTIONS:

- Heat olive oil in a large soup pot or Dutch oven over medium-high heat. Add sausage and cook, stirring occasionally, until the sausage is no longer pink inside, approximately 5 minutes. As the sausage cooks, break it into small pieces with a wooden spoon.
- Add the red and Poblano pepper, celery, basil, oregano, rosemary, chili powder, cumin, and cinnamon to the pot. Generously season with salt and black pepper, to taste, and stir to combine. Cook, stirring occasionally until the veggies have softened, around 5-6 minutes.
- Add the sugar-free chicken stock and simmer for 20 minutes, stirring occasionally. Add the spinach and cook for another 4-5 minutes, or just until the spinach wilts.
- Remove from heat and serve immediately, topped with shredded Cheddar Jack cheese and some additional diced Poblano pepper, if desired. Enjoy!

UPCOMING EVENTS



FOR MORE EVENTS GO TO VISITMINOT.ORG

1 FEB
5:30 PM - 7:00 PM
Location:
Cameron Indoor
Tennis Center 3520
Main St N, Minot.
Join Minot Rec
Commission and the
Minot Area Tennis Association for a
family fun tennis night!
When: Friday, February 1 from 5:30 -
7pm
What: Games, Drills, Prizes, and Pizza!
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Please call the Rec office with any questions (701) 847 -4730
For more information check out: Facebook event/Family Fun Tennis Night

1 FEB
7:35 PM - 10:00
PM
Location:
Maysa Arena
2501 Burdick
Expy W, Minot,
ND 58701



The Minot Minotauros take on
Brookings Blizzard on Feb 1 at
the MAYSA Pepsi Arena.
Individual Game Tickets:
Adult: \$14
Military/Seniors/Student: \$11
Children (6-12): \$7 (Minot)

Hockey Boosters Players \$5) Family Pack (2 Adults, 2 Children): \$35
For More information: Facebook/Minot Minotauros

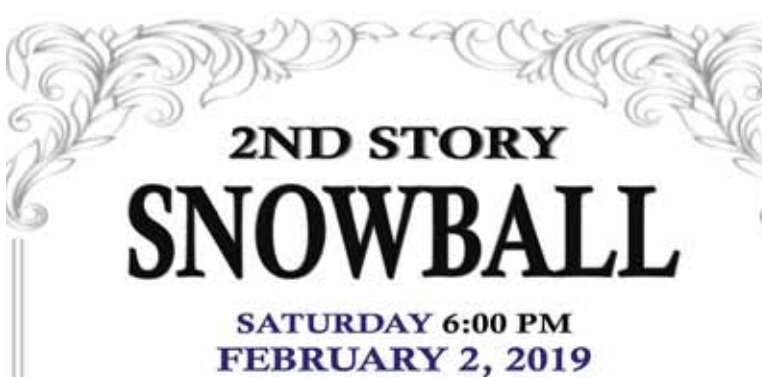
2 FEB
9:00 AM - 5:00 PM
Location:
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6:00 PM - 11:59
PM
Location:
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dinner, dancing and a great deal of

fun. We look forward to seeing you there. **For more information check out: Facebook event/ Annual Snowball Fundraiser!**

6 FEB
11:00 AM - 11:59
PM
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New Name Brings Home-Cooked Cuisine for Ruthville Bar & Grill

BETH DUCHSHERER | NORTHERN SENTRY

RUTHVILLE, ND - Nestled in Ruthville, North Dakota off of Highway 83 North, you will find Pink's Bar & Grill. It's one of the best home-cooked cuisine restaurants around. Late in the fall of 2018 Pink's Bar & Grill took the opportunity to run the restaurant and bar previously known as LawDawgs. In addition to the new name, Pink's has exceeded expectations by providing top-notch quality food prepared by experienced kitchen staff. They take pride in their outstanding customer service and their ability to provide a place where locals from Minot Air Force Base and surrounding communities can meet for great food, drinks, and a fun family-friendly atmosphere. Pink's Bar & Grill is located in the same building as the Karma Convenience Store located right off of Highway 83 North. Their delightful menu boasts flavor highlights such as Indian Tacos, Lasagna, Sirloin and Ribeye Steaks,

Surf and Turf, and the ever-popular Wednesday night dinner special, Prime Rib. Bar Manager, Ashli Locken, has taken many customer requests into account. In addition to their Monday Night Wing Special featuring 50¢ Boneless/ 75¢ Traditional Wings in-house, the bar has also added Karaoke every Saturday throughout February to the entertainment at Pinks. The regular operating hours are Monday-Wednesday 11am-1am, Thursday - Sunday 7am-1am. The restaurant is open Monday - Sunday 11am - 9pm, and open early for the breakfast menu served from 7am -11am Thursday - Sunday. The bar is open Monday - Saturday 11am-1am, and Sunday 12pm-1am. The bar features an impressive twenty different beers on their tap, as well as multiple off-sale items. The friendly atmosphere at Pinks fosters in many opportunities for events such as dart and pool leagues. "Every month we [Pink's] will feature two to three different events or

specials." stated Marketing Manager, Amanda Johnson. This weekend they are featuring the upcoming Superbowl LIII and then following are specials for Valentine's Day. The specials can be found in the restaurant or on their Facebook page. They are also eager to offer guests the opportunity to host their group reservations in the establishment. From going away parties to office holiday parties, Pink's is the place to fit everyone's needs. For more information about Pink's Bar & Grill, visit them on facebook at: www.facebook.com/PinksBarGrill or contact at (701) 852-2385.



Open Monday through Sunday 11:00AM - 9:00PM | Open Late Friday & Saturday 1:00AM
Breakfast served Thursday through Sunday 7:00AM - 11:00AM
f Pinks Bar & Grill

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NORTHERN SENTRY
OUTDOOR
 REPORT
 PROVIDED BY | PATRICIA STOCKDILL

Dates to Know:

- **Feb. 1:** Lonetree Rocky Mtn. Elk Foundation banquet, Harvey Eagles, 5 p.m.
 - **Feb. 9:** Souris Valley Longbeards Nat'l. Wild Turkey Federation banquet, Minot Grand Hotel, 5 p.m.
 - **Feb. 13:** Spring turkey applications due.
- Tournaments:**
- **Feb. 2:** Lake Sakakawea, Van Hook Arm.
 - **Feb. 9:** North Carlson Lake.



NUMBERS TO KNOW:

- **N. D. GAME AND FISH DEPT., MAIN BISMARCK OFFICE:** (701) 328-6300, WEBSITE: (HTTP://GF.ND.GOV)
- **N. D. GAME AND FISH DEPT., RIVERDALE OFFICE:** (701) 654-7475
- **REPORT ALL POACHERS:** (800) 472-2121 OR (701) 328-9921
- **FRIENDS OF LAKE SAKAKAWEA, THE REGION'S ONLY ORGANIZATION WORKING FOR QUALITY LAKE ACCESS, WEED CONTROL AND EFFECTIVE PARTNERSHIPS,** (WWW.LAKESAKAKAWEA.COM)
- **DAKOTA RECREATION REPORT & N.D. BIG GAME RECORDS BOOK:** (WWW.DANCINGPRAIRIEARTS.COM)

OUTDOOR NOTES:

*Spring turkey applications now available online, (gf.nd.gov).
 *Ice is never completely safe. Avoid areas with vegetation, moving water, pressure ridges, and springs. Check conditions as you go along on the ice.
 *Remember to keep any fish caught in 20 feet of water and deeper because they don't survive coming up from those depths.
 *It's illegal to chase, harasses, or pursue all wildlife – including coyotes – with any motorized vehicle.
Fishing: Lake Sakakawea elevation, Jan. 28: 1,839.11 feet above mean sea level (MSL); 14,000 cubic feet per second (CFS) Garrison Dam average daily releases.
 Devils Lake elevation: 1,448.24 feet above mean sea level (MSL).
 Stump Lake elevation: 1,448.11 MSL.
 *N.D. Game & Fish Dept. game wardens: Devils Lake remains slow and getting around on the lake is increasingly difficult. Look for better success with warmer, stable weather. No north-central lake reports. Lake Audubon generally slow. No Lake Sakakawea reports.
 *Devils Lake, Ed's Bait Shop, Devils Lake: Moving around on Devils Lake becoming more difficult with recent snow and wind. Generally slow success.
 *Devils Lake, Woodland Resort, Devils Lake: Cold weather limiting activity and overall success slowed. More snow is on the lake and it's tougher to get around. Be prepared and bring a shovel and rope.
 *Lake Darling, Karma C-Store, Ruthville: Little activity due to weather.
 *Lake Metigoshe, Four Seasons, Bottineau: Not many anglers out with cold and snowy weather but those going are finding fair pike spearing success. Some bluegill and walleye activity, as well.
 *Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Weather limiting activity but Lake Audubon producing some walleye. The lake has more snow on the ice so be prepared in the event of getting stuck. Some spearfishing activity on east end Lake Sakakawea back bays with some success. Try Steinke or Douglas bays. Weather permitting, anglers finding some walleye in the Missouri River tailrace.
 *Lake Sakakawea/Lake Audubon, 6-Mile Bait & Tackle, Garrison: No new reports.
 *Lake Sakakawea, Scenic 23, New Town: Spotty walleye success but it's a matter of being in the right spot at the right time. Move around to locate schools.
 *Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Weather permitting, look for a morning and evening walleye bite from the rocks off shore and wing walls on the Missouri River tailrace. Be cautious of slippery rocks on the rocks. East end of Lake Sakakawea slow.
 *Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Yellowstone River continues producing

walleye by the confluence, weather permitting. Missouri River iced over by Williston. Look for deeper water in 30-foot or more on Lake Sakakawea between Lund's Landing and White Earth Bay for walleye with fish moving into deeper water. McGregor Dam continues producing perch. Most small area lakes have stained and dirty water for pike spearing with better water clarity on Lake Sakakawea. Overall angling activity slowed with weather, however.
 *Lonetree WMA area lakes, Harvey: Hit-and-miss success throughout area lakes.
 *North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Not much activity on area lakes although a few anglers still heading out, weather permitting. Devils Lake somewhat slow.
N.D. Parks & Recreation Dept. ski trails:
 *Fort Stevenson, Garrison: Cross-country ski and fat tire bike trails in good condition and will be groomed, weather permitting.
 *Lake Metigoshe, Bottineau: All trails open.
Downhill skiing:
 *Big Sky Resort, Big Sky, Mont.: 46- to 78-inch base with all lifts and 279 trails open.
 *Bottineau Winter Park, Bottineau: 10- to 24-inch base with beginner runs, 7 runs, 7 tubing lanes, with 2 jumps and 1 rail Terrain Park open.
 *Frostfire Ski Area, Walthalla: Delayed open for the season.
 *Huff Hills, Mandan: 26- to 30-inch powder, packed powder base. 7 groomed runs and lifts open depending on weather.
 *Terry Peak, Lead, S.D.: 5 lifts open with 28 runs open with 78 accumulated inches of snow for the season.
Snowmobile N.D.:
 *East-central Valley (Cass & Richland counties): Trails open and in good condition with 3- to 6-inch base.
 *Lake Region (Nelson & Ramsey counties) Trails 1, 2 (Devils Lake to Webster), 3 (Webster to Calio), 5 (Doyon to warming house) & 6 (Doyon to Lakota) open with 3- to 9-inch base. Fair to good condition.
 *Missouri Valley (Emmons & Burleigh counties): 3- to 5-inch base with Sterling and Lincoln trails open. Some drifting.
 *North-central (Benson, McHenry, Pierce, Ramsey, & Towner counties): NC 1, 2, & 3 trails closed but all other trails are open with 4- to 5-inch base. Fair to good condition but some icy areas.
 *Northeast (Cavalier, Pembina, & Walsh counties): 4- to 10-inch base with Moonlight Gorge trail open from Langdon to the east. NESCA, Tetrault, Tri-county, and Parsite trails open. North Nekoma Trailblazers trail open from Langdon to Nekoma to Milton.
 *Sno-Trails (Bottineau, McHenry, Renville, & Ward counties) 2- to 5-inch base with Kramer to Bottineau trail open.
 *Southern Valley (Richland County): All trails open with 4- to 7-inch base. Fair conditions with ice in some areas.
 *All other trails remain closed.



Spring Turkey Season Set, Online Apps Available

NORTH DAKOTA GAME AND FISH

The North Dakota Game and Fish Department is offering 6,025 wild turkey licenses for the 2019 spring hunting season, 370 more than last year. Eleven of the 22 hunting units have more spring licenses than in 2018, seven have fewer and three remain the same. Unit 21 (Hettinger and Adams counties) is again closed in 2019 due to lack of turkeys in the unit. Spring turkey applicants can apply online at the Game and Fish Department website, gf.nd.gov. Applications can also be submitted by calling 800-406-6409. Paper applications are not available. The deadline for applying is Feb. 13. Successful spring turkey applicants must purchase a 2019-20 hunting license, as last year's 2018-19 licenses expire March 31. In addition to the spring turkey license, hunters must have a fishing, hunting

and furbearer certificate, and a general game and habitat license. Also, hunters ages 16 and older must possess a small game license, or combination license. These required licenses must be purchased in advance of the successful applicant receiving the turkey license. First-time spring turkey hunters ages 15 or younger are eligible to receive one spring license valid for any open unit. To be eligible, the youth hunter must be 15 or younger on opening day of spring turkey season, and have never received a spring turkey license in North Dakota. Spring turkey licenses are available only to North Dakota residents. Per legislation, an additional four spring wild turkey licenses are available to the Outdoor Adventure Foundation and three to the National Wild Turkey Federation. The spring turkey season opens April 13 and continues through May 19.



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Kevin Waterhouse, along with his service dog Jade, serves as the wing commander's secretary for the 403rd Wing at Keesler Air Force Base, Miss. He was in an accident at age 17 that left him paralyzed from the chest down.

U.S. AIR FORCE PHOTO | STAFF SGT. SHELTON SHERRILL



Attitude of gratitude key to resiliency for disabled civil servant

SENIOR AIRMAN KRISTEN PITTMAN | 403RD WING PUBLIC AFFAIRS

KEESLER AIR FORCE BASE, Miss. --

It is Friday, March 21, 1997, in Yucaipa, California. The final spring break of high school has commenced.

What better way to celebrate than with the clamor of conversation and laughter among good friends.

The boyish compulsion to impress girls at any cost and the youthful mindset of invincibility included riding in the back of a truck on a seemingly innocuous afternoon drive to pick up a friend.

For Kevin Waterhouse, then 17 years old, spring break came to an abrupt end when he was riding in the bed of the truck and the driver lost control on a curve, crashing into a home at 80 miles per hour.

The impact of his body against the cab of the truck resulted in, among a gruesome laundry list of injuries, his spinal cord being severed in three separate places leaving him paralyzed from the chest down.

Spring break was not the only thing that ended for Waterhouse that day. His cross-country pursuits. His dream of attending the Air Force Academy or enlisting to serve in the Coast Guard. His ability to walk. All dashed in an instant.

"I never once considered that I might not have the use of my legs someday," said Waterhouse. "It never crossed my mind as a possibility, so all of my planning was military. Air Force, Coast Guard, police, maybe and all of a sudden I can't do my plan, my backup plan or the backup plan to my backup plan. I had to refigure out what I wanted to do with my life."

Almost 22 years, two degrees, countless people young and old being influenced by his story, and one book later, Kevin now serves as the wing commander's secretary for the 403rd Wing at Keesler Air Force Base, Mississippi.

After such an accident, especially at such a young age, one would expect a grieving period or maybe a period of depression to have occurred, but Waterhouse said he never went through a "why me?" phase. He credits the support from those around him as his initial catalyst towards resiliency and being able

to rise to the new, unexpected challenges he was faced with.

Despite the physical setback, Waterhouse said being in a wheelchair has taught him a lot and given him valuable insight on the subject of resiliency and has allowed him to teach and help others.

According to the Merriam-Webster dictionary, resilience is defined as the capability of a strained body to recover its size and shape after deformation caused especially by compressive stress or an ability to recover from or adjust easily to misfortune or change.

Those black and white explanations suffice for non-human elements such as a business model or a memory foam mattress, but human challenges are so unique to each individual facing them that resiliency cannot be defined or explained in so few lines.

For Waterhouse, there is a lot of learning and adaptation involved in order to be resilient.

"Resiliency," he said, "is having faith that no matter what happens you are going to have the strength to get through it or that you already have the strength to get through it. You just have to learn how to tap into it."

He also said an important factor of resiliency is gratitude. Focusing on and being grateful for what he has rather than lamenting over what he has lost allows for Waterhouse to maintain a positive outlook and attitude which provides him with the ability to move forward.

After his accident, in his quest to figure out what to do with his life, Waterhouse said he traveled the country for 15 years. He worked at camps, volunteered at places like the YMCA and visited newly disabled people in hospitals with his service dog, Jade, to lift others up.

"Extend the hand of service," Waterhouse said as advice to those facing a challenge. "There is nothing like losing yourself in service to help you be grateful for what you have."

Just like any other person's path in life, except for the part where he was in a wheelchair, Waterhouse did from time to time face adversity in the form of people underestimating his

capabilities.

Shortly after the accident, he revisited his life-long aspirations to serve his country by talking with an Air Force recruiter post-accident thinking surely there was still some way he could serve his country. The recruiter explained to him that due to his physical disabilities, the best way he could serve the military was to go home and pay his taxes.

Waterhouse, not allowing anyone to dictate his capabilities took the advice with a grain of salt and continued to push himself, despite setbacks like losing his leg and all of his toes to infection. He pursued higher education at Ottawa University in Ottawa, Kansas where he graduated first with a Bachelor's degree in business administration and later with a Master's in the same subject area.

After finishing his education, his life-long desire to somehow serve his country just like his Army Ranger father and his government-employed mother remained. He took matters into his own hands and said he filled out over 180 job applications for federal employment. Evidently those efforts paid off and landed him with the Air Force Reserve as a civil servant in December 2017.

Col. Jennie R. Johnson, 403rd Wing commander, hired Waterhouse.

"I was so impressed by his positive attitude, personality and accomplishments," she said. "There is no job too big or small. He attacks every project with enthusiasm. He is a great addition to our staff and this wing."

"The leadership team here has been very supportive," said Waterhouse. "They gave me my shot and gave me the chance to get in."

Surrounding himself with supportive people, believing in his ability to adapt and remaining grateful no matter what, continues to be the pillars of resilience for Waterhouse every day.

Air men and Soldiers build bombs together at combat shadow event

CAPT. ANNA-MARIE WYANT | 455TH AIR EXPEDITIONARY PUBLIC AFFAIRS

BAGRAM AIRFIELD, Afghanistan --

Nine Soldiers got hands-on experience building bombs alongside Airmen as part of the combat shadow program at Bagram Airfield Jan. 23.

Airmen from the 455th Expeditionary Maintenance Squadron AMMO Flight taught Soldiers from the 495th Combat Sustainment Support Battalion how to assemble GBU-54 Laser Joint Direct Attack Munitions. The 500-pound bombs will be added to the 455th Air Expeditionary Wing's built-up weapons stocks and will eventually be loaded onto F-16's for operational use.

The 455th AEW's combat shadow program allows Airmen and joint partners to tour different areas and get hands-on experience to learn about various mission aspects, leading to a greater understanding of how different organizations impact vital operations. The Soldiers participating in the bomb build came from various career fields including administration, logistics and medical.

"This allows the Army to get a closer perspective to what is being done inside the ammunition supply point and gets them closer to the Air Force mission set," Air Force Chief Master Sgt. Eric Barlet, 455th EMXS AMMO flight chief said.

Army 1st Lt. Jeffrey Waters, 495th CSSB ASP accountable officer, said the joint bomb-build was a great opportunity for Soldiers to get away from their desks and do something exciting, while learning a new aspect of the mission.

"Desk work and bomb building couldn't be more different, so this event was perfect," Waters said. "This was a highly successful joint event between the Air Force and the Army, and we know the bombs that were built will be expertly placed to further our mission success."

Army Capt. Joe Baker, 495th CSSB personnel and supply officer, said he and his fellow

Soldiers appreciated working side-by-side with Airmen and getting hands-on experience in a different job.

"It's great for us to learn how the munitions are put together and prepared for use," Baker said. "The best part is getting to do some team building, so it's fun."

As the ASP accountable officer, Waters is ultimately accountable for all operations and all Army ammunition within ASP. Barlet said the AMMO Flight communicates with Waters' team at least weekly based on operational needs, and they regularly discuss joint infrastructure and operational developments.

"The Army and the Air Force have come a long way in building relationships and are now in unison when it comes to operating within the jointly shared ammunition supply point," Barlet said.

The relationship between the two organizations also spans beyond official duties.

"We have quarterly social gatherings to spread our camaraderie, to get to know each other and to thank or congratulate each other on all of our accomplishments," Barlet said.

Waters said his team enjoyed the bomb-building experience and looks forward to continuing to build upon the positive joint relationship.

"I can't thank Chief Barlet and his fantastic crew enough for their hospitality and patience throughout this operation," Waters said. "The 455th EMXS has shown they are an extremely professional, knowledgeable and hardworking crew that has been an asset to the ASP."

The 455th Air Expeditionary Wing is the Air Force's premier counterterrorism wing in Afghanistan and supports Operation Freedom's Sentinel and NATO's Resolute Support mission. Headquartered at Bagram, the wing has geographically separated units at Kandahar and Jalalabad airfields in Afghanistan and provides decisive airpower throughout the region.



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CHURCH DIRECTORY

<p>Little Flower Catholic Church 800 University Avenue West 838-1520</p> <p>Mass Schedule Saturday 5:30 pm Sunday .. 8:30am & 11:00am</p> <p>Fr. Fred Harvey, Pastor www.littleflowerminot.com</p>	<p>St. Peter The Aleut Eastern Orthodox Church</p>  <p>109 6th St. SE Minot • 838-3094</p> <p>Sunday Liturgy 10 a.m. Saturday Vespers.... 6 p.m.</p> <p>The Very Reverend Father Anastassy</p>	<p>ALL ARE WELCOME</p> <p>Ahla W Sahla MIRE SE VIEN SELAMAT DATANG BENVENUTO WELKOMMEN Willkommen BIENVENIDO Baruch Haba Aloha Bem-winds VELKOMIN YOKOSO BENVIDO Welkommen Tere Tulemast</p> <p>WELCOME</p> <p>Cornerstone Presbyterian Church 1000 NE 3rd Street 852-0315</p> <p>Sunday Schedule Contemporary Worship 9:00am Sunday School (All Ages) 10:00am Traditional Worship 11:00am</p> <p>Wednesday Evening Schedule Community Dinner 5:30-6:30pm Contemporary Worship 6:30pm Youth Group & Small Groups.. 7:15pm</p> <p>All are Welcome! www.ecominot.org</p>	 <p>An Evangelical Free Church 3500 4th St. SW • 839-5127 (Just North of Super Wal-Mart)</p> <p>Sunday School & Fellowship 9:00 a.m. Worship 10:30 a.m.</p> <p>www.trinitychurchminot.org</p>	 <p>Worship Service at 10:45am Sundays Sunday School at 9:45am</p> <p>1720 4th Ave NW, Minot 838-0916</p> <p>MinotBibleFellowship.org</p>
 <p>Faith United Methodist Church</p> <p>5900 Highway 83 N, Minot www.faithumcminot.com</p> <p>Pastor Tom Sumers 701-838-1540</p> <p>Sunday School (All Ages): 9:45 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</p>	<p>Minot Baptist Church</p> <p>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening..... 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p>	<p>St. John the Apostle Catholic Church</p>  <p>2600 West Central Ave • Minot, ND 58701 839-7076</p> <p>Daily Mass Schedule: Tuesday 7:00 p.m. (3rd Tuesday 7:00 a.m.) Wednesday - Friday 7:00 a.m. Saturday 5:00 p.m. Sunday 8:00 & 10:30 a.m.</p> <p><i>Fr. David A. Richter, Pastor</i> Parish website: www.stjohnminot.com</p>	<p>Congregational UCC 430 N. Broadway • 839-1064</p> <p>Sunday Worship 11am Sunday School 11am Tuesday Bible Study 12pm Saturday Noah's Breakfast ..9:30am</p> <p>Please join us, all are welcome here!</p>  <p>UNITED CHURCH OF CHRIST</p>	 <p>St. Mark's Lutheran Church <i>Missouri Synod</i></p> <p>Sunday Worship 8:30 am & 11:00 am</p> <p>2209 4th Avenue NW Minot, ND 839-4663</p> <p>www.stmarksminot.com Call or check out our website for more information.</p>
 <p>Immanuel Baptist Church</p> <p>1615 2nd St. SE • Minot • 839-3694</p> <p>Sundays: Sunday School 9:15 a.m. Worship 10:30 a.m.</p> <p>Wednesdays: Soup Kitchen 11:30 a.m. - 12:30 p.m. Family Supper 5:45 p.m. Classes for all ages 6:30 p.m. Adult Choir (as scheduled). 8:00 p.m.</p> <p>Brian T. Skar, Pastor www.ibcminot.org</p>	<p>Apostolic Faith Church, UPCI</p> <p>2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701)838-0609</p> <p>Saturday School 2:00 p.m. Sunday Worship 3:30 p.m. Wednesday Bible Study 7:30 p.m.</p> <p>Jesse Starr, Pastor</p>	<p>First Lutheran Church - ELCA</p>  <p>120 5th Ave. NW 852-4853</p> <p>Saturday Worship..... 5:00 pm Sunday Worship.. 8:30 am & 11:00 am Sunday Education..... 9:45 am Wednesday Supper..... 5:00 pm Wednesday Education 5:45 pm</p> <p>www.firstlutheran.tv (Live Stream & Recorded) Radio Broadcast KRRZ 1390AM Sunday 8:30 am www.flcminot.com Pastor Brandy Gerjets • Associate Pastor Ellery Dykeman</p>	 <p>West Minot Church of God <i>Family Worship Center</i></p> <p>1105 16th St. NW • 839-1407</p> <p>Sunday School 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church & Nursery Wednesday Family Training Hour Meal..... 5:30p.m. Classes for All Ages 6:30 p.m. Youth Center, Friday..... 7:00 - 11:00 p.m. ABC Child Care Center 852-6352</p> <p>westminot.com facebook.com/westminot</p>	 <p>Gospel Tabernacle Community Church</p> <p>9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</p> <p>Sunday School 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour 6:30 p.m. Evening Worship 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) 7 P.m.</p>
<p>Bethany Lutheran</p> <p>215 3rd Ave. SE, Minot, ND Phone: 838-5196 • Fax: 852-8494 A Member of the ELCA</p> <p>Sunday Worship 8:30 & 10:30 am Sunday Fellowship 9:30 am Wednesday School 5:45 pm Wednesday Worship 6:45 pm</p> <p>Website: www.bethanylutheranminot.com Email: bethanylutheran@srt.com Live Streaming: bethanylutheran.tv</p> <p>Pastor Janet Hernes Mathistad Pastor Gerald Roise</p>	<p>First Baptist Church</p>  <p>200 3rd St. SW • 852-4533 www.fbcminot.org</p> <p>Classic Worship Service 8:30 a.m. Adult Sunday School..... 9:45 a.m. Contemporary Worship Service.. 9:50 a.m. Children's Church..... 9:50 a.m. Sunday School (All Ages) 11:00 a.m. Contemporary Worship Service.. 11:05 a.m. Wed. AWANA (Sept. to May) 6:30 p.m.</p> <p>Rev. Kent Hinkel, Senior Pastor Rev. Barry Seifert, Associate Pastor Pastor Josh Huseby, Worship Arts Pastor Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director</p>	<p>Calvary Alliance Church</p>  <p>715 20th Avenue NW Minot, ND 58703</p> <p>www.calvaryofminot.com 701-852-0670</p> <p>Sunday School..... 9:00 am Sunday Worship Service 10:00 am Wednesday Prayer 6:30 pm Wednesday Youth Group (grade 7-12) 6:30 pm</p>	<p>West Minot Church of God <i>Family Worship Center</i></p> <p>1105 16th St. NW • 839-1407</p> <p>Sunday School 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church & Nursery Wednesday Family Training Hour Meal..... 5:30p.m. Classes for All Ages 6:30 p.m. Youth Center, Friday..... 7:00 - 11:00 p.m. ABC Child Care Center 852-6352</p> <p>westminot.com facebook.com/westminot</p>	<p>West Minot Church of God <i>Family Worship Center</i></p> <p>1105 16th St. NW • 839-1407</p> <p>Sunday School 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church & Nursery Wednesday Family Training Hour Meal..... 5:30p.m. Classes for All Ages 6:30 p.m. Youth Center, Friday..... 7:00 - 11:00 p.m. ABC Child Care Center 852-6352</p> <p>westminot.com facebook.com/westminot</p>
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EMBRY-RIDDLE AERONAUTICAL UNIVERSITY is now registering for the Spring 2019 term (7 Jan-10 Mar). You can enroll in classes for CCAF, classes towards Undergraduate degrees such as: AS/BS Aeronautics, AS/BS Aviation Maintenance, AS/BS Technical Management and Graduate degrees: MS Aeronautics, MBA Aviation & MS Management. Please stop by the ERAU office, located inside the Minot AFB Education Center Bldg, Room 223 or email your registration request & any inquiries to minot@erau.edu. To apply to the University, please go to: <https://worldwide.erau.edu/admissions/apply/> and select Minot as the Campus location. Our course modalities include Eaglevision class onsite, online and Eaglevision home. If you have any questions, please call 701-727-9007.

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ANSWERS

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

Answers to puzzle from page 4

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 <p>\$195,000</p> <p>RANCH STYLE – 3 bedrooms and 1 1/2 baths. Eat-in kitchen has granite counters, maple cabinets, stainless steel appliances. Main level family room. Unfinished basement has laundry hook-ups. Attached garage.</p> <p>MLS #182489</p>	 <p>\$84,900</p> <p>MINUTES FROM MINOT – 3 bedroom, 1 1/2 story home on large lot in Max. Main level master and laundry. Kitchen/dining area has oak cabinets and pantry. Mudroom off kitchen. 2 upper level bedrooms. Wrap around covered porch.</p> <p>MLS #190228</p>	 <p>\$67,900</p> <p>COMFORTABLE CONDO – 2 bedroom, 1 3/4 bath condo in NW area. Open living and dining area. Balcony with court yard view. Private lower level storage. Detached garage.</p> <p>MLS #182085</p>
 <p>\$169,900</p> <p>IN MOHALL – 2 story home with 4 bedrooms and 3 baths. Large kitchen with pantry. Fireplace in family room. Combined living and dining area. Hot tub room and patio. Attached garage and large workshop.</p> <p>MLS #181653</p>	 <p>\$149,900</p> <p>COUNTRY LIVING – 3 bedroom, 1 1/2 story home on 6.47 acres near DesLacs. Front deck. Nice tree belt and good access from 2 highways. Large barn that needs repair.</p> <p>MLS #182280</p>	 <p>\$13,500</p> <p>AFFORDABLE – 2 bedroom, 1 bath mobile home. Lots of cabinet space and gas stove in kitchen. Updated bathroom. Vinyl siding and updated vinyl windows. Washer/dryer and outside shed stay. Concrete parking pad.</p> <p>MLS #182627</p>



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WHAT'S GOING ON MAFB

TODAY	TUESDAY	UPCOMING EVENTS:
<ul style="list-style-type: none"> • Registration begins for the Valentine's Day Dinner at Rockers Bar & Grill • Base vs Base Rowing Challenge begins at the Fitness Center • Winter Reading Program and Winter Challenges continue all month long at the Base Library • Barre, 0600, Fitness Center • TAP GPS Workshop, 0730-1630, held at the Education Center, hosted by A&FRC • Torch Club, 1600-1700, Youth Center • First Friday, 1600-2200, Jimmy Doolittle Center • Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill • Gentle Yoga, 1700, Fitness Center • Club Members \$\$\$ Drawing, 1730-1830, Rockers Bar & Grill and Jimmy Doolittle Center • Zumba, 1800, Fitness Center • Keystone Meeting, 1800-1900, Youth Center • Mixed Fun League, 1830, Rough Rider Lanes • Karaoke Night, 2100, Rockers Bar & Grill • Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes 	<ul style="list-style-type: none"> • Registration begins for the Wine & Paint Class at Arts & Crafts • Run 4 Fitness, 0600, Fitness Center • Pre-Separation Counseling, 0800 – 1130, A&FRC • Barre, 0915, Fitness Center • Game Day, 1000-1930, Base Library • Fit to Fight, 1700, Fitness Center • Zumba, 1800, Fitness Center 	<div style="text-align: center; font-size: 2em; color: white;">🕒</div> <p>8 February</p> <ul style="list-style-type: none"> • Barre, 0600, Fitness Center • Tactical Fitness Strength, 0600, Fitness Center • Torch Club, 1600-1700, Youth Center • Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill • Gentle Yoga, 1700, Fitness Center • Club Members \$\$\$ Drawing, 1730, Rockers Bar & Grill and Jimmy Doolittle Center • Kids Night Out – 91 MW Air Force Annual Awards Banquet, 1730-2130, CDC and Youth Center • Texas Hold 'Em, 1800, Rockers Bar & Grill • Zumba, 1800, Fitness Center • Mixed Fun League, 1830, Rough Rider Lanes • Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes <p>9 February</p> <ul style="list-style-type: none"> • Ice Fishing Trip, 0800-1700, at Lake Metigoshe, hosted by Outdoor Rec • Zumba, 0900, Fitness Center • Baseball Camp, 0900-1100, Youth Center • Barre, 1000, Fitness Center • Youth Bowling League, 1000, Rough Rider Lanes • Festivals of February, 1300, Base Library • Fight Night UFC 234: Whittaker vs Gastelum, prelims begin at 1900, main event begins at 2100, Rockers Bar & Grill • Lights & Strikes and Saturday Unlimited Bowling, 2000-2400, Rough Rider Lanes
SATURDAY	WEDNESDAY	
<ul style="list-style-type: none"> • Zumba, 0900, Fitness Center • Baseball Camp, 0900-1100, Youth Center • Youth Bowling League, 1000, Rough Rider Lanes • Lights & Strikes and Saturday Unlimited Bowling, 2000-2400, Rough Rider Lanes 	<ul style="list-style-type: none"> • Last day to register for the Wallyball Tournament at the Fitness Center • Circuit Training, 0600, Fitness Center • Club Member Benefit, 0900-2000, Rough Rider Lanes • Story Time, 1030, Base Library • Brown Bag Book Talks, 1200, Base Library • Pre-Deployment/Remote Readiness Training, 1300-1400, A&FRC • 4-H Club, 1600-1700, Youth Center • Mug Club Special, 1600-1800, Rockers Bar & Grill • Digital Literacy Club, 1630-1730, Youth Center • EFMP-FS Peer Support Group, 1630-1730, A&FRC • Boss & Buddy \$1 off Draft Special, 1630-1830, Rockers Bar & Grill • Members Wind Down Wednesday Buffet, 1630-1830, Rockers Bar & Grill • Squadron Extramural League, 1730, Rough Rider Lanes • Yoga, 1830, Fitness Center 	
SUNDAY	THURSDAY	
<ul style="list-style-type: none"> • Barre, 1300, Fitness Center • Family Zumba, 1400, Fitness Center • Football's Favorite Sunday, 1500, Rockers Bar & Grill 	<ul style="list-style-type: none"> • Tactical Fit Express, 0600, Fitness Center • Barre, 0915, Fitness Center • Reintegration Briefing, 1300-1400, A&FRC • Wallyball Tournament, 1500, Fitness Center • Fitness Hour, 1600-1700, Youth Center • Fit To Fight, 1700, Fitness Center • Members 2-4-1 Appetizer Night, 1700-1900, Rockers Bar & Grill • Olympic Weight Lifting, 1730, Fitness Center • Harry Potter Night, 1800, Base Library • Have a Storm Ball League, 1800, Rough Rider Lanes • Zumba, 1800, Fitness Center • EFMP-FS Couples Cooking Class, 1800-2000, held at Gourmet Chef, hosted by A&FRC 	
MONDAY		
<ul style="list-style-type: none"> • Tactical Fit Express, 0600, Fitness Center • Reintegration Briefing, 1300-1400, A&FRC • Digital Literacy Club, 1630-1730, Youth Center • Yoga Strong, 1700, Fitness Center • Battle Rig Fitness, 1800, Fitness Center • Zumba, 1800, Fitness Center • Key Spouse Monthly Meeting, 1800-1930, held at the PDC, hosted by A&FRC 		

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U.S. Air Force Tech Sgt. Ed Edens, 113th Maintenance Squadron Egress system mechanic, left, and Philippine Air Force Tech. Sgt. Roderick Domingo, 430th Aircraft Maintenance Group Egress system supervisor, right, perform a visual inspection of a U.S. Air Force F-16 Fighting Falcon during the Bilateral Air Contingent Exchange-Philippines, or BACE-P, at Cesar Basa Air Base, Philippines, Jan. 22, 2019. The exchange is the seventh iteration of the U.S.-Philippine Air Contingent established by U.S. Pacific Command and executed by Headquarters Pacific Air Forces. These exchanges promote interoperability, build upon the foundation of a strong U.S.-Philippine's alliance, and reaffirm U.S. commitment to the Indo-Pacific region.

U.S. AIR FORCE PHOTO | STAFF SGT. ANTHONY SMALL

Last chance for life: US, PAF air men exchange egress ideas

STAFF SGT. ANTHONY SMALL | PACIFIC AIR FORCES PUBLIC AFFAIRS

CESAR BASA AIR BASE, Philippines (AFNS) -- U.S. Air Force members from the 113th Maintenance Squadron participated in a subject matter expert exchange with Philippine Air Force 430th Aircraft Maintenance Group Egress personnel, during the Bilateral Air Contingent Exchange-Philippines, or BACE-P, at Cesar Basa Air Base, Jan. 22.

"Subject matter expert exchanges are an important way for us to learn (from) and teach our counterparts from partner nations," said U.S. Air Force Tech. Sgt. Ed Edens, 113th MXS egress systems mechanic. "It's especially important for egress when you have to be on top of your job because we can't (ops) test our system. Everything that we do has to be perfect."

Egress is otherwise known as the "last chance for life." The ejection seat itself is the last option for an aircrew member when it comes to surviving an unexpected aircraft or mechanical emergency.

Egress Airmen perform a full visual inspection of the ejection system which includes the seat and cockpit components. If anything is found broken or out of technical data specifications, it's the egress technician's job to ground the jet and pull the seat to repair the defect prior to returning the aircraft to flying status.

Edens brings with him 17 years of experience as a egress systems craftsman and has experienced emergency situations.

"I've experienced ejections in the past, and the first thing that goes through my mind, is did the pilot survive," explained Edens. "Job satisfaction comes from ensuring the pilots are safe and we did our jobs well."

Philippine Air Force Tech. Sgt. Roderick Domingo, 430th Aircraft Maintenance Group Egress systems craftsman, has 21

years of experience taking care of exit systems that guide pilots safely to the ground in case of an emergency.

"The exchange is a good opportunity to see the difference between (our two nations') systems," said Domingo. "It's also good to talk with other egress members."

Although ejections are rare, aircrews members must be able to rely on the egress Airmen's skill and dedication to help ensure their

safe return when met with a worst-case scenario. When all else fails, egress prevails.

The subject matter expert exchange is part of the seventh iteration of BACE-P established by U.S. Pacific Command and

executed by Headquarters Pacific Air Forces. These exchanges provide the opportunity for U.S. and Philippine air forces to share best practices and deepen professional understanding and relationships.



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* Trinity on Track in 2017 with New Medical Complex Plans, Minot Daily News, 1/1/2018



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