

northern sentry

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WHATS INSIDE THIS WEEK:



LIFE AFTER
DEPLOYMENT

A7



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JAN. 1

A3



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The United States Air Force Air Demonstration Squadron "Thunderbirds" perform during the Aviation Nation air show, Nov. 15, 2019, at Nellis Air Force Base, Nev. Aviation Nation is the final show of the Thunderbirds' 2019 season.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN ANDREW D. SARVER



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DETAILS ON PAGE 3

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Thank you!
Garry Bandler

Thank you!
Hargie Boller

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Love a
Vet - Jmy

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our local
Hero's! Way
to go! :)

We appreciate
Your presense"

Thnx -
Ali Ryan
Watne RE.

THANK YOU!
Jan Tucker
Cenz!

We couldn't
live the way
you!

Our True Heroes
Mayor Sham

THANKS!
- Kyle

Thanks for
your service ♥

Thank-you!
Donna

Support
for the
USA! ♥
Anne Sand

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Guys+Gals
for your
service!

Thank you!
Kasey Seafeld

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DOG TAGS

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Bravery!

Thank you!
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Thank you
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Thank you
Foomie

Lee Keller

Thank you!
Tracy

God Bless
MONTE!

Thank you
for your service!

Gate City Bank

Dan d.A. Davis!

John Mui Martin

Team

Thank you
Dessu Wotayuk

Thank you
all you service
Jamine Trinity

Thank You -
Michelle

Thank you!

Thank you
you are good!

Disabled Veterans, Certain Caregivers Can Shop In-Store at the Minot AFB Exchange Starting Jan. 1

ARMY & AIR FORCE EXCHANGE SERVICE PUBLIC AFFAIRS

MINOT AFB – The Minot AFB Exchange will welcome home disabled Veterans, Purple Heart recipients and certain caregivers with in-store shopping privileges beginning Jan. 1.

Army & Air Force Exchange Service shopping privileges will expand to all Veterans with service-connected disabilities, Veterans who are Purple Heart recipients, Veterans who are former prisoners of war and primary family caregivers for Veterans who are enrolled in the Department of Veterans Affairs Program of Comprehensive Assistance for Family Caregivers.

In all, 4.1 million Americans will be eligible for the new benefit.

This new privilege was specified in the Purple Heart and Disabled Veterans Equal Access Act of 2018, included in the John S. McCain National Defense Authorization Act for fiscal 2019. The Department of Defense officially announced the expansion Nov. 13.

“It is an honor to welcome our Nation’s heroes back to their Exchange,” said Exchange Director/CEO Tom Shull, a Vietnam-era Army Veteran. “They fought for us. They sacrificed for us. They deserve this.”

The new patron group will also have access to commissaries and morale, welfare and recreation (MWR) retail facilities located on U.S. military installations. The Department of Defense advised it is still working through details of the expansion with the Departments of Veterans Affairs and Homeland Security. More information regarding installation access and the authentication process will be available soon.

Before the expansion, only Veterans with 100% service-connected disabilities could shop in person. (Active-duty service members, their dependents and

military retirees also have in-store and online privileges.)

All honorably discharged Veterans can shop the military exchanges online now, through a benefit that was secured in 2017. Since then, Veterans have saved more than \$6 million in sales tax. Veterans can determine their eligibility to shop online at ShopMyExchange.com/vets.

Veterans who need additional information about the in-store patronage expansion can visit the Veterans section on the Exchange’s Community Hub.



SHOWCASE OF BUSINESS

The Minot Chamber of Commerce sponsored a Showcase of Business on November 14th. The theme was “Superheroes”. Those of us at the Northern SENTRY know that the true superheroes don’t wear capes, they wear dog tags, so that was the theme of our booth. We also had attendees sign a Thank You note to our Minot Air Force Base friends. We received many positive responses about our booth and had no problem filling the Thank You note with signatures.

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DECEMBER 7

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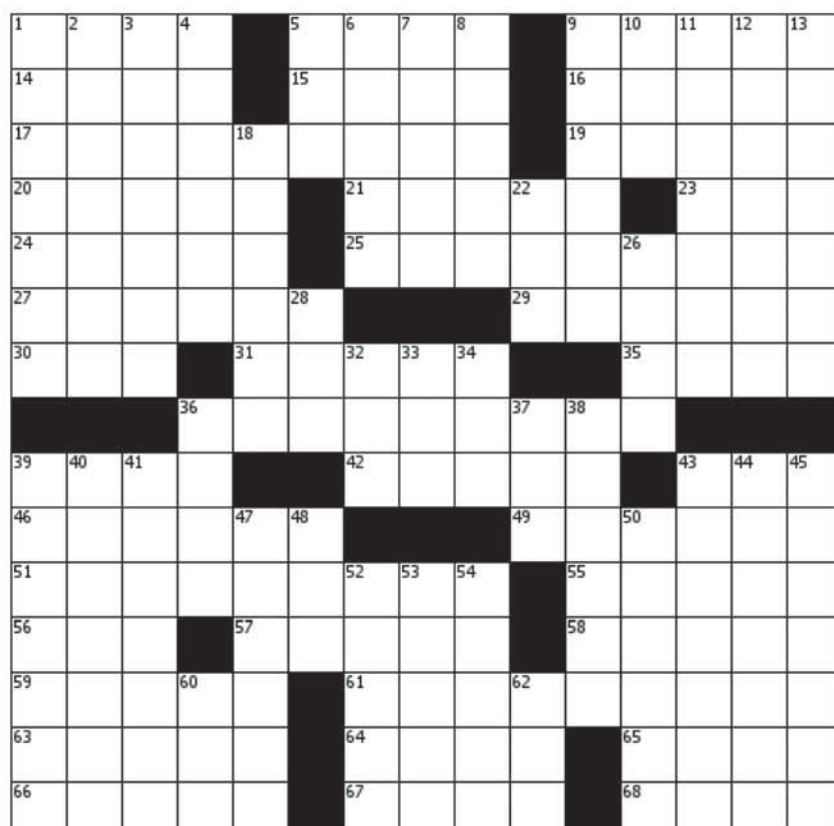
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CROSSWORD PUZZLE

Across

1. Gestured greeting
5. As far as
9. Rock of comedy
14. Afghanistan neighbor
15. Get ready to operate
16. Like many wetlands
17. Assent from a Caron character?
19. About face, e.g.
20. Not as good
21. Garden crawlers
23. Mai ____
24. Make ____: market successfully
25. Toodle-oo from a family member?
27. Cash, in law
29. Get back in business
30. Old Atl. crosser
31. It may shimmer in the desert
35. Mob monitors
36. Cartoon gal's dance costume?
39. '90s attorney general
42. Pointer and clicker
43. Filmdom's Babe, e.g.
46. Gridiron complement
49. Web search tool
51. Le Pew's goose?
55. Hops driers
56. "Gross!"
57. Bush or LBJ
58. Serious ceremonies
59. Vassal
61. Movie dog's faux pas?



63. Underground conduit
64. Eclipse, in olden days
65. Choice word
66. Dangerous curves
67. Old dough in Naples
68. Poor grades

Down

1. Braves' homes
2. Tuneful ditties
3. Alley sleeper
4. Maroon, in a way

5. Letters on a brown shirt
6. Light bender
7. Edison contemporary
8. Poppy narcotic
9. La ___, Wisconsin
10. Part of HMS
11. Bureaucratic excess
12. Conceived of
13. Damascus natives
18. "Later"

39. Drive back, as an enemy
40. Poems of passing
41. Sons of sisters
43. Old Spanish coin
44. Acute
45. Painters' plasterlike preparations
47. Fragrant compounds
48. Raleigh-to-Richmond dir.
22. Narrow-bodied river fish
26. Vegan staple
28. Mineo of "Rebel Without a Cause"
32. Bottom line
33. Bar intro?
34. Tommy's dad in "Rugrats"
36. Something to fall in
37. Take advantage of
38. Many opera heroes

50. Put on pounds
52. Go on and on about
53. Watts or Judd
54. Keyboard key
60. "Really!"
62. Top number

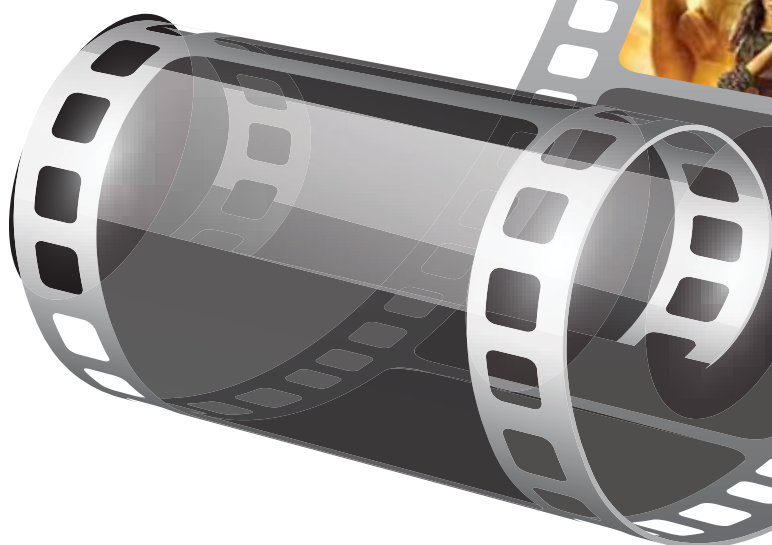
SUDOKU

Solution to puzzle on page B7

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

Solution to last week's Crossword puzzle.

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

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EASY CRANBERRY BRIE BITES



INGREDIENTS:

- all-purpose flour, for dusting the dough and cutting board
- 1 (8 oz) tube crescent dough
- 1 (8 oz) wheel of brie cheese
- 1 cup whole berry cranberry sauce (not jellied)
- fresh rosemary sprigs

INSTRUCTIONS:

- Preheat oven to 375°F degrees. Spray a mini muffin tin with cooking spray. Spread a little flour out onto your counter. Then roll out crescent roll dough and pinch seams together. Cut crescent roll dough into 24 equal-sized squares. Place squares into muffin tin slots.
- Cut brie into small pieces and place inside the crescent dough squares. Top with a generous spoonful of cranberry sauce, and a little sprig of rosemary.
- Bake until the crescent dough is a light golden brown (about 15 minutes). Then serve warm!

Notes

- Some folks like to cut off the rind to the brie. This isn't necessary with brie but feel free to remove that additional rind.

Recipe courtesy of: www.https://www.thecountrycook.net/cranberry-brie-bites/



Upcoming Events

29
NOV

MOUSE RIVER PLAYERS HOSTS THE LION, THE WITCH, AND THE WARDROBE

7:30 PM - 9:30 PM

Location: Mouse River Players 115 1st St SE, Minot, ND

Join the Pevensie children as they journey into Namia and help defeat the evil Snow Queen. Based on C.S. Lewis' classic tale, this show is sure to delight audiences young and old. Performances: November 29-30 at 7:30 PM, November 24 and December 1 at 2:00 PM. House opens 30 minutes prior to show time. Ticket Prices: Adults: \$15, Children thru age 12: \$10, Seniors (60+), Students (13 thru college), and Military: \$13. Produced by special arrangement with The Dramatic Publishing Co. Woodstock, Illinois.



For more information:

Facebook event/ Mouse River Players

2
DEC

TOTS ON THE TURF MONDAY MORNING

9:00 AM - 12:00 PM

Location: Maysa Arena 2501 Burdick Expy W, Minot, ND

Bring your tots (10 and under) to play on the turf inside the Maysa Arena! Starting December 2nd each Monday and Friday from 9:00am - 12:00pm there will be games, bounce houses, activities, and more! This is a free event and children must be accompanied by an adult. It will be closed for the holidays from December 23rd - January 3rd. For more information please call the Minot Parks office at (701) 857-4136.



For more information:

Facebook event/ Minot Parks

2
DEC

PET PHOTOS WITH SANTA

6:00 PM - 9:00 PM

Location: Dakota Square Mall 2400 10th St SW, Minot, ND

Bring your furry friends for photos with Santa during this special Monday evening series! Pet photo nights are sponsored by Paradise Spas & Motorsports. From 6 to 9 p.m., pets are welcome these dates: Dec. 2, Dec. 9, Dec. 16. Pets must be on a leash or in a carrier, and pet owners are responsible for cleaning up after them. Please enter and exit through the Entrance B near Rock Taphouse and Old Navy. Photo packages will be available for purchase. For additional details, visit: <http://www.shopdakotasquare.com/event/bltaeda835033454d43>



For more information:

Facebook event/ Dakota Square

3-5
DEC

MINOT FUN ZONE FOR AGES 10 AND UNDER

9:00 AM - 12:00 PM

Location: Minot Municipal Auditorium 420 3rd Ave SW, Minot, ND

The Fun Zone is a free opportunity for adults to bring their young children to play in a safe, warm, fun environment during the cold winter months. It is held in the Old Armory in the lower level of the Minot Auditorium 420 3rd Ave SW Minot and feature bouncing castles, games, coloring, and much more. Hours of operation will be 9:00am-12:00pm on Tuesdays, Wednesdays, and Thursdays starting December 3. For more information call the Minot Parks office at 857-4136.



For more information:

Facebook event/ Minot Parks

6
DEC

KIDS NIGHT OUT

8:00 AM - 9:00 AM

Location: Minot AFB Youth Center, Minot Air Force Base, North Dakota 58704

For parents/guardians attending the Team Minot Holiday Social. Only \$30 per child. Free for deployed parents. Dinner, crafts, games, music, and other activities in a fun and safe environment! CDC for ages 6 weeks - 5 years. Youth Center for ages 5 - 18. Register now through December 4. For more information, or to register, contact the CDC at 723-3750, or the Youth Center at 723-2838



For more information:

Facebook event/ 5th Force Support Squadron

6-7
DEC

2019 RENAISSANCE CHRISTMAS FEAST

7:00 PM - 8:00 PM

Location: North Dakota State Fair Center 2005 Burdick Expy E, Minot, ND

The Minot Chamber Chorale is ready to once again bring you back in time, as we celebrate the holiday season with the annual Renaissance Christmas Feast! Join Lady Pamela, Lord Eric, and the royal court as they feature music from Renaissance England for choir and Brass Quintet, culminating in Daniel Pinkham's Christmas Cantata, along with a beautiful rendition of Silent Night. Doors open 6:30 p.m., Optional dinner 7pm, Music begins 8pm. A silent auction will support the Chorale's mission to bring a quality chorale presence to the Minot community. Tickets available at: minotchamberchorale.org or by calling 701-441-3094.



For more information:

Facebook event/ The Minot Chamber Chorale

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Air Force ROTC cadet pursues dream career as pilot, uses height waiver process

JENNIFER GONZALEZ, AIR EDUCATION AND TRAINING COMMAND PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS) --

Ever since Mary Tighe, a 21-year-old from New York, was a child, she dreamed of following in her father's and grandfather's footsteps to become an Air Force pilot.

Even though women have been Air Force pilots since the 1970s, Tighe's 5 feet, 1 inch stature could have stood in her way. Tighe, however, never thought of the 5-foot-4-inch height standard as an eliminating factor, merely an obstacle.

"If you are really dedicated, you will go out and do it, no matter what stands in your way," Tighe said. "Don't let the first person who tells you 'no you can't do it' stop you. I've had multiple people tell me no."

Tighe is scheduled to graduate from Benedictine College in Atchison, Kansas, in the spring

of 2020 and is a member of Reserve Officer Training Corps Detachment 280 at the University of Kansas in Lawrence. Her dream career was to become a search and rescue pilot, but it came as no surprise to Tighe when she tracked instead to become a remotely piloted aircraft pilot.

"Due to my height, I knew I would track for either RPA or air battle manager. I also knew that there is a waiver for everything in the Air Force and if I continued to work hard I still might qualify," Tighe said.

During her initial flying class I physical exam over the summer at Wright-Patterson Air Force Base, Ohio, Tighe knew to immediately ask for a height waiver.

Unlike manned pilots, there is no height requirement to be an RPA pilot. Candidates who are selected to become manned pilots

and do not meet anthropometric standards during their class I physical are automatically placed into the waiver process.

Using software, Tighe's height and anthropometric measurements were then matched with the requirements of operational and training airframes.

Tighe's height safely matched a number of operational airframes, but didn't align with the measurements needed to fly the T-1A Jayhawk, one of Air Education and Training Command's trainer aircraft.

"Roughly two-thirds of student pilots will fly the T-1A," said Maj. Gen. Craig Wills, 19th Air Force commander. "While the T-1A is a very successful trainer, it unfortunately is one of the most restrictive aircraft we have from an anthropometric perspective. We're absolutely committed

to ensuring we've given each candidate a thorough look, so if the T-1A is the issue, we bring applicants to (Joint Base San Antonio-Randolph) and assess them in the actual cockpit."

The T-1A cockpit assessments are accomplished with a pilot candidate and a three-person team that includes representatives from the AETC surgeon general's office, 19th Air Force and an instructor pilot. Tighe traveled to JB San Antonio-Randolph for her cockpit assessment Nov. 15.

"It is cool being in the T-1A cockpit and thinking that this could be what I would be doing in the future," Tighe said after the assessment.

During the assessment, the team evaluates the candidate in the cockpit to ensure adequate sight lines and safe operation of all flight controls. If needed, a T-1A-specific seat cushion is

used to assist candidates with line of sight issues.

"We have a robust system in place to determine whether applicants of all sizes can safely operate our assigned aircraft," Wills said. "We don't want to turn an otherwise qualified candidate away until we've exhausted all reasonable options. Ultimately though, the safety of our Airmen is paramount."

Despite being three inches from the standard height requirement, Tighe's cockpit assessment showed she could safely operate the T-1A.

"Even if I don't get my dream job, I will still be able to fly and in the end that is all that matters," Tighe said.

Tighe's waiver will be approved by the 19th Air Force commander.



Mary Tighe, a pilot candidate and member of Reserve Officer Training Corps Detachment 280 at the University of Kansas in Lawrence, Kan., participates in a cockpit assessment Nov. 15, 2019. Tighe does not meet minimum height standards to be an Air Force pilot but has requested a height waiver.

U.S. AIR FORCE PHOTO | JENNIFER GONZALEZ

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Life After Deployment

MADDIE DOLAN

What happens beyond the “happily ever after” of military love stories? First comes love, then comes marriage, then comes a carousel of blissful homecoming photos. But what many people don’t talk about is the reintegration of a service member returning home.

As of December 2011, the RAND Corporation states that roughly 73% of soldiers had deployed to Iraq and Afghanistan. That does not also take into account additional work-ups or temporary duty assignments. So, then, how do military couples attempt to establish a sense of normal when one of them is gone from home more often than not?

Meet the Benkos
Staff Sgt. (select) Alex Benko and his wife, Samantha, were married on July 29, 2017. In the honeymoon years of their marriage, Alex Benko deployed to the Middle East as a combat controller. At home at Cannon Air Force Base, New Mexico, Samantha Benko created a new normal by establishing herself as a virtual health and wellness coach. When Alex Benko returned six months later, his wife had established a new routine and identity.

Through all the excitement of him returning, though, it was easy for them to overlook that they would have to merge new patterns they created while apart.

“You go through just being so excited that they’re finally home, and it almost feels surreal because you spend half a year or more looking forward to that day, and it’s finally here,” Samantha Benko explained. “It’s almost like you’re so excited to see them, but then real life just steps back in. ... It’s almost like a letdown when it has to go back to real-life so quickly.”

The couple attributes their success of reintegrating back together to being supportive of each other growing as individuals outside of their marriage. Alex Benko especially likes that his spouse found a purpose beyond their relationship, especially since she gave up teaching third grade in order to be with him.

“That kind of helped her grow as an individual even while I was gone, and now she’s still continuing to grow in that, which is super great to see. ... Discovering that throughout deployment has kind of helped her, especially, realize that she can still be very much fulfilled while I’m gone,”

Alex Benko said.

The staff sergeant is often gone from home because his job requires travel for training. Therefore, his erratic home-life schedule is something they have accepted as normal, even if their definition of it doesn’t match others.

“I think normal is what you want it to be,” Alex Benko explained. “We strive for certain things in our marriage. We strive to communicate so when we’re not communicating, that’s abnormal for us. We strive to spend time together, to grow in one way or another. And that is normal for us. So, when we’re not growing, when we’re not progressing on in our relationship with each other, our relationship with God, that’s not normal for us.”

Yet in their own sense of normal, they have needed to spend time learning how to function as one. Among many things, Samantha Benko says she has adjusted to not having the house organized and cleaned to exactly her standards, and has needed to accept that there are more groceries to buy and loads of laundry to do. Ultimately, they needed to synthesize their lives again.

“Being separated for six months and being pretty independent people even when we are together, we have a hard time talking about finances and budget, because he was gone for six months and we just kind of did our own thing,” Samantha Benko added. “So that was definitely him coming back home and realizing OK, we’re a team on this. This isn’t I do what I want, you do what you want.”

Alex Benko admits the hardest part of reintegrating after deployment is learning how to be married again.

Transforming a marriage

Military and first responder clinical consultant Corie Weathers, who is also a military spouse and host of the Lifegiver Podcast, states that the hardest part of reintegration for military couples is the merging of new patterns. While apart, couples carve different paths into their daily lives than when they are together.

“It’s almost like when you carve into wood a circle, right?” Weathers

said. “The more you’re going around in that circle, the deeper the groove gets. And you don’t even realize that’s what you’re doing. The longer the deployment, the deeper that groove gets.”

As unromantic as it may be, Weathers suggests couples do their own version of a mission brief. In much the same way that troops prepare for deployment, couples should have a sit-down about the reverse in coming home.

“We need to apply that to marriages, too, and not think that we are going to cause conflict or hurt each other’s feelings because things have changed,” she said. “So just sitting down and communicating to each other, and go ‘here’s what’s new, here’s what’s different, here’s how I’m different.’ ... If we can proactively have that conversation, then when it happens, we’re less likely to have conflict.”

The Benko’s success in transforming their independent circles into an infinity circle is through communication. Every Sunday, they ask each other four questions in order to set up realistic expectations of each other.

“Expectation management is everything,” Alex Benko said. “It’s not just realizing that it’s going to be awesome all the time. It’ll be awesome, but not all the time. And you will have troubles going through your goals, or your two-year goals. Expecting that and realizing that is super key so you don’t end up just getting super frustrated with each other.”

Weathers doesn’t think people should dismiss the honeymoon period of a homecoming. She says to enjoy it, embrace the emotions of it and spend time to reconnect. But when the newness and excitement starts to fade away, it’s important to set each other up for success and future wins in their relationship.

“It’s just communicating three things that you need your spouse to know so that they can get it right with you,” Weathers said.

She adds that people shouldn’t be afraid to get help in communicating, whether it is with a chaplain or counselor, or using a journal to prompt conversation.



She adds that couples should know that the counseling through TRICARE does not require a referral, and the spouse can use their name for confidentiality.

Corie Weathers’ top three resources for additional help in communicating:

Listen to the Lifegiver Podcast.

Weathers hosts a weekly podcast that “breathes life into your marriage.” She interviews families, authors and fellow clinicians about all-things relationships. It’s her way of encouraging couples during anything they are going through in their marriage.

Take the “Better Love” relationship assessment.

The quick assessment of a couple’s relationship helps

examine where they have conflict and where they excel at things together. Weathers says it helps provide a brief snapshot of where the couple is and provides an easier way to talk.

Complete the “How to Love Me” relationship journal.

What Weathers refers to as a “little black book,” the questionnaire is filled with fun-to-deep topics that help couples learn more about one another. She suggests completing it over the course of a deployment, and trading it at the end to read about one each other.

This article originally appeared in Military Families Magazine.

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WINTER SURVIVAL TIP

Some people get the winter blues because they aren't getting enough vitamin D from the sun. If you are feeling blue and activity doesn't seem to help, try taking some vitamin D supplements and/or get a sunlamp.

This Winter Survival Tip provided by Minot Air Force Base Library

WHAT'S GOING ON MAFB

TODAY

- AFGSC Family Day - for a full listing of Thanksgiving holiday weekend facility hours, visit 5thforcesupport.com

SATURDAY

- For a full listing of Thanksgiving holiday weekend facility hours, visit 5thforcesupport.com
- Last Day to Register for the Air Force Art Contest online at myairforcelife.com
- Single Airmen Escape Room Challenge, 1400-1600, Jimmy Doolittle Center

SUNDAY

- For a full listing of Thanksgiving holiday weekend facility hours, visit 5thforcesupport.com
- Winter Reading Programs Begins at the Base Library
- Book Your Holiday Reservations at the Sakakawea Inn!
- NFL Sunday Ticket Football, 1130-1800, Rockers Bar & Grill
- Cycle, 1400, Fitness Center

MONDAY

- Customer Satisfaction Survey Begins at the Dakota Inn Dining Facility
- Tactical Fit Express, 0530, Fitness Center
- TAP GPS Workshop, 0730-1600, Held at the Education Center and hosted by the A&FRC
- Swerk, 0915, Fitness Center
- Aqua Fitness, 1145, Held at the Indoor Pool and hosted by the Fitness Center
- Reintegration Briefing, 1300-1400, A&FRC
- Cycle, 1700, Fitness Center
- Mixed Martial Arts, 1700, Fitness Center
- Key Spouse Monthly Meeting, 1800-1930, Held at the Professional Development Center and hosted by A&FRC

TUESDAY

- Registration Opens for the Holiday Wreath Class at Arts & Crafts
- Cycle, 0600, Fitness Center
- TAP GPS Workshop, 0730-1600, Held at the Education Center and hosted by the A&FRC
- Game Day, 1000-1930, Base Library
- Cycle, 1130, Fitness Center
- Family Night Kids Eat Free with Adult Club Member Entrée Purchase, 1700-2000, Rockers Bar & Grill
- Fit to Fight, 1700, Fitness Center
- Swerk, 1900, Fitness Center

WEDNESDAY

- Circuit Training, 0530, Fitness Center
- TAP GPS Workshop, 0730-1600, Held at the Education Center and hosted by the A&FRC
- Love of Food — Special Lunch, 1030-1330, Dakota Inn Dining Facility
- Story Time, 1030, Base Library
- Aqua Fitness, 1145, Held at the Indoor Pool and hosted by the Fitness Center
- Brown Bag Book Talks, 1200, Base Library
- Pre-Deployment/Remote Readiness Training, 1300-1400, A&FRC
- Mug Club Special, 1600-1800, Rockers Bar & Grill
- Boss & Buddy \$1 Off Draft Special, 1630-1830, Rockers Bar & Grill
- EFMP-FS Peer Support Group, 1630-1730, A&FRC
- Members Wind Down Wednesday Buffet, 1630-1830, Rockers Bar & Grill
- Mixed Martial Arts, 1630, Fitness Center
- Cycle, 1700, Fitness Center
- Run 4 Fitness, 1700, Fitness Center
- Wednesday Night Fun Bowl, 1700-2100, Rough Rider Lanes
- Squadron Extramural Bowling, 1730, Rough Rider Lanes
- Yoga, 1830, Fitness Center
- Swerk, 1930, Fitness Center

THURSDAY

- Registration Closes for Dodgeball in December Tournament at the Fitness Center
- Cycle, 0600, Fitness Center
- TAP GPS Workshop, 0730-1600, Held at the Education Center and hosted by the A&FRC
- NAF HR Job Fair, 1000-1400, Rockers Bar & Grill
- Cycle, 1130, Fitness Center
- Reintegration Briefing, 1300-1400, A&FRC
- Keystone Resiliency Challenge — Open Rec, 1600, Youth Center
- Fit to Fight, 1700, Fitness Center
- Olympic Weightlifting, 1730, Fitness Center
- Thursday Night NFL Football, 1900, Rockers Bar & Grill

Bomber Bistro

November Special

Tuesday Lunch Special: Taco Tuesday Bowl
Seasoned ground beef, tomato, onion, lettuce, jalapenos, and shredded cheddar cheese over white rice served with salsa and sour cream! Try it on Tuesdays during lunch while supplies last for \$9.25 — includes a drink!

December Special

Wednesday Lunch Special: Smoked BBQ Plate
Dig in to the new Smoked BBQ Plate! Enjoy your choice of smoked brisket, baby back ribs, or polish sausage served with beans, coleslaw, and a fountain drink! Try it on Wednesdays during lunch while supplies last! Get 1 meat for \$9.95, 2 meats for \$10.95, or 3 meats for \$11.95!



UPCOMING EVENTS:

6 Dec

- Registration Closes for Snowboarding & Ski Trip at Outdoor Recreation
- TAP GPS Workshop, 0730-1600, Held at the Education Center and hosted by the A&FRC
- Swerk, 0915, Fitness Center
- Keystone Resiliency Challenge — School Age, 1600, Youth Center
- Torch Club, 1600-1700, Youth Center
- Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill
- Mixed Martial Arts, 1630, Fitness Center
- Club Members \$\$\$ Drawing, 1730-1830, Rockers Bar & Grill and Bomber Bistro
- Kids Night Out — Team Minot Holiday Social, 1745-2200, Child Development Center and Youth Center
- Keystone Resiliency Challenge — Teens, 1800, Youth Center
- Keystone Meeting, 1800, Youth Center
- Mixed Fun League, 1830, Rough Rider Lanes
- Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes
- Karaoke Night, 2100, Rockers Bar & Grill

7 Dec

- Cycle, 0900, Fitness Center
- Swerk, 1000, Fitness Center
- Youth Bowling League, 1000, Rough Rider Lanes
- After Hours Kid's Movie Night, 1800, Base Library
- Single Airman Program — Free Bowling Saturdays, 1800-2200, Rough Rider Lanes
- Lights & Strikes and Saturday Unlimited Bowling, 2000-2400, Rough Rider Lanes

Auto Hobby

November Special

November 1-30

Thanksgiving Savings : Oil & Tire Special

Purchase an oil change, 5 quarts of oil, and an oil filter for just \$49 and receive a free tire balance and rotate. Don't miss out on this \$25 value!

Must mention ad to get special price

December Special

December 1-15

\$3 Off Strut Swap

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The B-Fifty Brew

November Special


Ultimate Breakfast Sandwich

You can't go wrong with this classic! Enjoy crispy bacon, tomato, egg, and roasted peppers on a bagel or croissant for only \$4!

December Special

Cinnamon Roll

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An airman's transition home

JASON NORDLUND

This time was different. As a career airman, I've amassed a ton of time away from home, but in the past, my wife and I were much more cavalier about my trips. We never imagined that, one day, reintegration for me would be such an important and transformational occasion. Now, as a dad, the stakes were raised for my recent return home from a deployment. I am excited to share how my wife and I navigated my return home because, now being two months removed, it appears we did it well and enjoyed a successful transition as a family.

Here is what worked for us: Use the resources made available to you.

Each wing in the Air National Guard and Air Force Reserve has an Airman and Family Readiness Program whose mission it is to support you and your family. Army units have similar programs. My wing is fortunate to have Kelly Williamson, a licensed master social worker, directing our program.

"The program provides deployment cycle support through briefings, Yellow Ribbon Events, newsletters, resource and information referral, and social events," she said.

Kelly gave other airmen and me great tools for success prior to departing and gave us hope that everything will be OK throughout the process.

Consider your transition home as an event in its own right.

It's an event that needs planning, and preparation. I'm sure there was a healthy amount of planning prior to heading out the door for your TDY or deployment so try to give your return home the same time and energy.

Don't assume everything will work itself out and fall into place. With yourself, and then with your loved ones, begin to envision what your return looks and feels like. Ask yourself, what are your priorities, what are your needs, what are the needs of the people closest to you? As you plan, remember that the people you've left behind to fend for themselves deserve to have their desires heard as well. Through honest communication, my wife and I were able to create a plan for my transition that focused on our collective needs as a family but also our individual needs as husband and wife.

Take it slow once you are home.

Getting prepared for my return home was a big focus of mine in the weeks prior to the end of my deployment and during that time I kept focusing on the words of my deployed squadron commander. Her consistent advice to her troops was to take it slow when we got back home. She meant to do that both physically and emotionally.

Physically taking it slow means not planning any events or travel for at least the first few days after getting home. You should get your feet firmly back on familiar ground before you venture off to another place or join a frenetic event. My wife and I were certain to plan a family vacation so she, the kids and I could create some wonderful fun memories but we were careful to plan the vacation for two weeks after I returned home. Also, try your best to avoid the pull to accomplish your entire to-do list in the first few days as well. Yes, there will be tasks to complete but I can assure you, none of them are as important as spending valuable peaceful time with your loved ones.

Emotionally taking it slow means to engage with your loved ones in deliberately understanding way. You've hopefully spent considerable time preparing emotionally for your return home but it may not be the case that your loved ones were able to do that same prep work. It may sound crazy because you've just returned from a long period of absence but try to grant your loved ones some time and space to reacquaint themselves to your reemergence back into their daily lives. You might find yourself asking for the same time and space for yourself if someone close to you is coming on strong.

Just know that it's OK to ease into your relationships once again. Pretend as if you are using the steps getting into a pool as opposed to jumping in like a cannon ball making waves.

My reintegration wasn't without some minor hiccups but I feel it was successful and even transformational. My wife and I used resources, planned my return home in advance, and took it slow once I did get home.

"Despite challenges and struggles, the deployment is an opportunity to strengthen the family unit. Family members and deployers alike often grow in love, communication, and appreciation for each other following a deployment," Williamson added.

This article originally appeared in Reserve & National Guard Magazine



Tech. Sgt. Matthew Annis, 104th Civil Engineering Squadron firefighter, is welcomed home from deployment at Bradley International Airport, Windsor Locks, Connecticut.

PHOTO BY AIRMAN 1ST CLASS SARA KOLINSKI.

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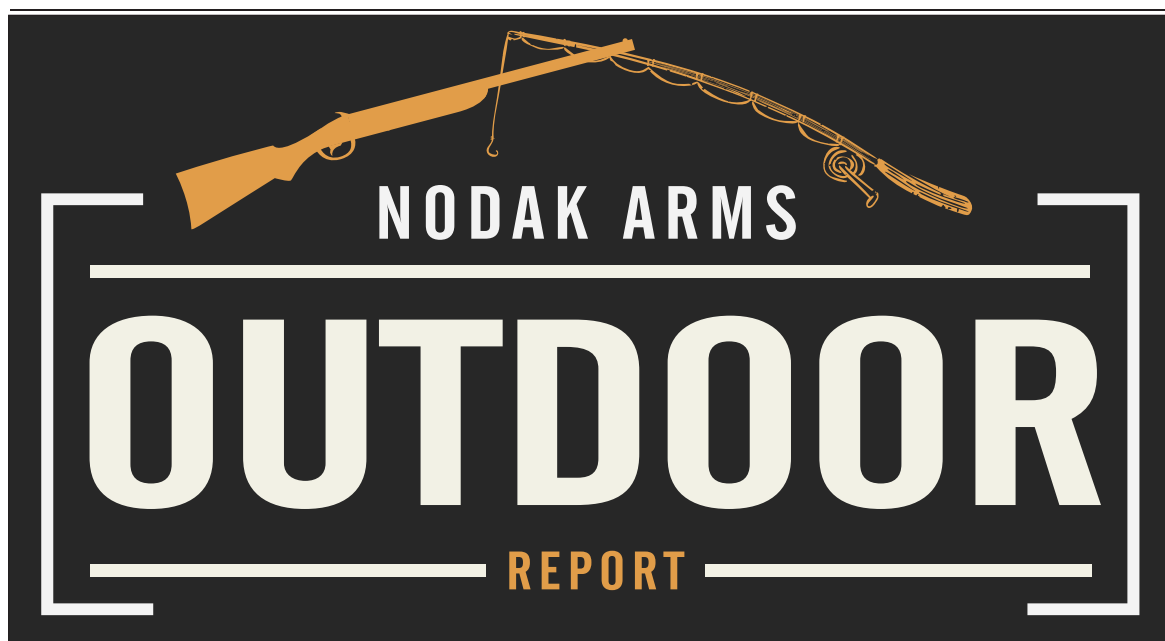
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NODAK ARMS

OUTDOOR

REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, Nov. 25: 1,839.42 feet above mean sea level (MSL); 35,100 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,448.82 feet above mean sea level (MSL).

Stump Lake elevation: 1,448.77 MSL.

• N.D. Game & Fish Dept. game wardens: A few anglers walking onto Clear, Antelope, and Goose lakes with limited reports of success. Use caution with the potential for variable ice depths after recent warm spell. Some lakes have open water, water on top of the ice, and honeycombing ice. No reports from Devils Lake or the Missouri River System.

• Devils Lake, Ed's Bait Shop, Devils Lake: Ice conditions remain poor after last week's warm weather with pockets of open water in several locations. Stay off Devils Lake bays and use extreme caution if walking onto northern feeder lakes.

• Devils Lake, Woodland Resort, Devils Lake: Last week's warm weather deteriorated ice conditions on small Devils Lake feeder lakes. Devils Lake bays remains unsafe with the main lake still open in some areas early in the week.

• Lake Darling, Karma C-Store, Ruthville: A few anglers walking onto Lake Darling but no reports on success.

• Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: No new reports.

• Lake Metigoshe, Four Seasons, Bottineau: A few anglers walking onto Clear, Antelope, and Goose lakes with limited reports of success. Use caution with the potential for variable ice depths after recent warm spell. Some lakes have open water, water on top of the ice, and honeycombing ice. No reports from Devils Lake or the Missouri River System.

• Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Weather permitting,

- Ice is never completely safe. Avoid areas with vegetation, moving water, pressure ridges, and springs. Check conditions as you go along on the ice.
- Use caution with dogs when hunting around frozen wetlands for cuts from ice, breaking through, etc.

DATES TO REMEMBER:

- Dec. 1 High and Low Plains duck, merganser, coot, snipe, and whitefront goose seasons close.
- Dec. 7: High Plains duck, merganser, and coot seasons open.
- Nov. 29: Dove season closes.
- Nov. 29: Muzzleloader deer season opens.



anglers accessing Garrison, deTrobriand, and Douglas bays with boats on the east end of Lake Sakakawea and finding occasional walleye. Lake Audubon opened up in areas due to warm weather. Any ice access is extremely dangerous.

• Lake Sakakawea/Lake Audubon, 6-Mile Bait & Tackle, Garrison: Bait shop closed until Lake Audubon has walkable ice.

• Lake Sakakawea, Scenic 23, New Town: Weather permitting, anglers could still access the Van Hook Arm with fair walleye success.

• Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River continues producing walleye from shore using crankbaits from night. Try the rocks or boat ramp from shore. Lower water releases slowing success in the chutes from boats. No activity on Lake Sakakawea.

• Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Missouri River continues producing decent walleye success. Try minnows around the pump house. Trenton Lake fair for

crappie and pike. Kota-Ray and Blacktail dams fair for bluegill.

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

*North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No reports from the Souris River or area lakes.

Hunting:

• Deer: Fair but mixed success during the gun season. Look for continued fair success during muzzleloader season if harvest progresses.

• Predators: Coyote prices are pretty fair so it can pay to get out and call.

• Upland: Fair success in some areas with more birds showing up with corn harvest continuing.

• Waterfowl: Good numbers of Canada geese remain on the open waters of the Missouri River System, including Lake Sakakawea and the river. Waterfowl moved off of Devils Lake.

Numbers to know:

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

• Report All Poachers: (800) 472-2121 or (701) 328-9921.



North Dakota Properties Listed in National Register of Historic Places

BISMARCK, N.D. — A school and an archaeological site have been listed in the National Register of Historic Places. The National Register of Historic Places is the federal government's list of properties it considers worthy of preservation and recognition. North Dakota nominations are coordinated by the State Historical Society of North Dakota.

The Fort Buford Stage Road near Washburn is a well-preserved site that demonstrates statewide historic significance of the military frontier in the Dakota Territory, the growth of a complex military fort system, the development of commerce within the fort system, the evolution of transportation methods in the area, and the effect the military frontier had on the migration of Euro-American settlers to what is now North Dakota.

The Wabek Consolidated School near Plaza was formed in 1917 with the physical combining of two former one-room schoolhouses. This new consolidated school was able to offer education for more grade levels since it

now had two teachers. Other improvements made possible by the consolidation were more playground equipment, better social opportunities, and better organization. This school served local students until its closing in 1960.

Contrary to some misconceptions about the National Register program, listing in it does not prevent owners from altering their property, restrict the use or sale of the property, or require establishing times that the property must be open to the public. Entry into the National Register of Historic Places does give a property prestige, provides protection from adverse effects in federally assisted projects, and provides eligibility for certain preservation financial incentives.

For more information about the National Register program in North Dakota, contact Architectural Historian Lorna Meidinger, State Historical Society of North Dakota, at 701.328.2089 or find information online at history.nd.gov.

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INGREDIENTS

8 CUPS CUBED SOURDOUGH BREAD, OR OTHER TYPE OF BREAD
2 TBSP UNSALTED BUTTER
2 TBSP OLIVE OIL
1 CUP DICED CELERY
1 CUP DICED YELLOW ONION
8 OZ BULK SAUSAGE
1/2 CUP DRIED SOUR CHERRIES
1/2 CUP CHOPPED PECANS, TOASTED
1/2 CUP CHOPPED HERBS, SUCH AS ROSEMARY, THYME, AND SAGE
4 CUPS CHICKEN STOCK, PLUS MORE AS NEEDED

When ready to cook, set temperature to High and preheat, lid closed for 15 minutes.

Place a large cast iron pan on the grill to preheat. Add the butter and olive oil, then the celery and onions. Cook until soft, 15-20 minutes.

Remove the veggies and add the sausage. Cook until crumbly and no longer pink. Stir in the cherries, pecans, and herbs and remove from the grill.

In a large bowl, combine the bread with the celery and onions, and the sausage and herb mixture. Slowly add the stock, mixing with your hands as you go, to ensure the bread is evenly coated with the stock. If the bread feels dry, add a little more stock.

Pour the stuffing into a buttered 9x13" baking pan and cover with foil. Alternately, reserve half of the stuffing for use in the turkey if preferred.

Place on the grill and cook, about 30 minutes, until warmed through. Remove the foil and cook another 15-20 minutes until the bread is crispy on top but still soft in the middle. Enjoy!

*Cook times will vary depending on set and ambient temperatures.

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Ryan Davy - GM
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Discover the magic of iMagicon

Cast from Star Trek Discovery TV-series to visit North Dakota



MINOT – Comic and gaming convention iMagicon returns for its 6th year with some big names guests in tow. The convention will be held April 24-26, 2020 at the Minot Municipal Auditorium and will be hosting 5 cast members from the hit TV series Star Trek Discovery.

The fandom convention announced today (11/21/19) that special guests Doug Jones, Sara Mitich, Patrick Kwok-Choon, Hannah Cheesman and Ronnie Rowe Jr will be featured guests and panelists at this year's event. "We are beyond excited to announce the first of our guests," said Jared Adams of Team iMagicon. "To have a high caliber actor like Doug Jones in our midst is something we dreamed about for the past 5 years."

The event is more than special guests, however. From video gaming to cosplay, iMagicon celebrates all fandoms.

"We really are a unique con as we don't focus just on one genre of fandom," Adams continued. "We are a place for all fans to come to enjoy their interests whether it is tabletop gaming or dressing up as a favorite character."

SPECIAL GUESTS

This year's special guests have decades of experience in the pop culture industry.

Currently known as Lieutenant Saru on CBS' Star Trek Discovery,

Doug Jones has been acting for 32 years across television and film! From roles like the Silver Surfer to a clown in Batman Returns, Jones has played a vast variety of characters throughout his career. During Halloween, most fans may recognize him as Billy Butcherson from the hit movie Hocus Pocus.

Hannah Cheesman -- a CSA-nominated filmmaker, writer and actor -- has just wrapped her role as Commander Airiam on CBS' Star Trek Discovery Season 2, Hannah is an emerging filmmaker. She's written and directed three short films and her hit digital series Whatever, Linda is currently in development for television.

Sara Mitich is known as Lieutenant Nilsson in CBS' Star Trek Discovery Season 2 (Lt. Commander Airiam Season 1), she has also appeared in the hit show, The Expanse as the lovable Gia. Acting for just under 10 years, she is very quickly becoming an actress to watch, and her roles are ones to remember.

Beginning acting all the way back in school, landing the roll of Will in "The Fresh Prince of Bel Air" in high school, Ronnie Rowe Jr has always loved to act. Professionally acting since 2003, he has appeared in numerous roles from Warehouse 13, The Expanse to Lieutenant junior

grade R.A. Bryce in CBS' Star Trek Discovery. Always pushing himself forward to improve, Ronnie constantly trains to reach the next level.

Last, but not least, is Patrick Kwok-Choon. One of 12 actors out of 600, he was selected to train at the prestigious Canadian Film Centre Actors Conservatory. Reprising his role as Lieutenant Gen Rhys on CBS' Star Trek Discovery, his work spans across several performances. Patrick is a highly skilled martial artist and speaks several languages fluently. Come meet him and all our guests at iMagicon and join them at our celebrity panels!

ATTRACTIONS

One of the many attractions at iMagicon is cosplay – the chance to dress and portray your favorite characters. Widely popular, cosplay contests are held every day of the convention. Friday will feature a store-bought and handmade cosplay contest for adults that focuses on acting abilities. Saturday brings the

Youth Cosplay Contest where children under the age of 14 can compete with their handmade and store-bought creations; later in the night is the Individual Adult Handcrafted Cosplay Contest. Finally, Sunday will feature a Group Handcrafted Cosplay Contest.

While cosplay may be one of the main features of the event, gaming is a close competition in popularity. Video and tabletop tournaments will dominate the gaming experience. iMagicon will also see the return of other fan favorite events such as Draw Offs Competitions, LARPing (live action role playing) and Escape Rooms. No matter your interest, iMagicon has a bit of something for everyone!

MORE INFORMATION

VOLUNTEER: iMagicon is seeking volunteers to help make the event happen. To learn more, visit imagiconnd.com/volunteer.html.

HOTEL: The Hampton Inn & Suites (Minot) is hosting iMagicon

guests this year with special room blocks set aside for fans. To reserve a room, call 701-838-1400 and mention "iMagicon".

TICKETS: Tickets to iMagicon run \$20/ for individuals 14+; youth (13-7) are \$5/day. Guests looking to attend the full weekend can get major discounts by purchasing tickets in advance of the event. 3-Day Convention Passes are being sold for \$40 and 3-Day Family Passes for two individuals (14 and older) and two youth (13 and younger) are being sold for \$60. Advanced Tickets can be purchased at www.imagiconnd.com or by visiting participating ticket outlets at Original Comics & Collectibles, Budget Music, and Chaos Games.

iMagicon is made possible through the support of sponsors like KMOT, Chaos Games, Hampton Inn & Suites, Papa Johns (Minot), Dakota Outdoor Advertising, Dirty Girls Car Wash (Bottineau), Northwest Projector, Artmain, Visit Minot, KX News, and Grand Hotel.

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(MINOT, ND) Friday November 29th, The Taube Museum of Art is honored to be a part of the 2019 Downtown Christmas Open House. We will be showcasing our annual Festival of the Arts in the main gallery. A wide variety of artists will have their work up for sale including: hand dyed scarves, jewelry, original artworks, glass

ornaments, and much more! It is a great time to start stocking up on Holiday gifts. Refreshments and treats will be served as well.

In our lower gallery, Charles Lee's exhibition "Combing Out My Brain," will be having its opening reception. The show features large mixed media wooden cutouts of Lee's slightly twisted and off kilter

creatures that have spilled out of his imagination and onto our walls. Charles is currently a student at Minot State University and has been working with the Taube as an art instructor and our new Gallery Manager. We are excited to be hosting his first solo exhibition!

The Taube Museum will be open from 3:00 -8:00 pm with a very

special guest from 3:30- 5:30. Here's a hint, its Santa! Mr. Claus will be available for pictures and cookies.

Museum and Gift Shop hours: Tues – Fri 10:30 – 5:30 pm, Sat 11:00 am – 4:00 pm or by special appointment. There is no charge for admission, but contributions are accepted to help the Taube

Museum fulfill their mission of enriching lives through the visual arts.

The exhibition is made possible with support from the North Dakota Council on the Arts.

For more information - 838-4445: Rachel Alfaro, Executive Director or Charles Lee, Gallery Manager

2019 Festival of the Arts and Charles Lee Exhibit

"A Celebration For Ellie"

Hello to Members and Friends of the Taube Museum of Art,

Our names are Priyanka and Abhinn. We are kindly writing to invite and request your support for our upcoming fundraising event "A Celebration For Ellie". Our daughter Elina, who we called Ellie, was such a joy in our lives! She was happy and healthy. Very sadly and suddenly, she passed away at just 5 weeks old in January 2019. Here is a link to a video that Abhinn shared on his photography page of Ellie "waving" when we brought her home on day one. https://www.instagram.com/p/BzNm0Agtp/?utm_source=ig_web_copy_link

We are grateful to the Minot community's support. Even though we have moved out of state, we are returning to North Dakota to host an event in honor of Ellie on her first birthday. We hope to raise awareness

for pregnancy and infant loss, share information about the organizations we're supporting, and also to promote the beautiful Taube Museum of Art.

"A Celebration For Ellie" will be held at the Taube on December 4, 2019, drop-in from 11am-2pm and main event from 6-9pm. It will be open to all members of the community and free to attend. Abhinn has taken some beautiful landscape/nature photos in Minot and during our travels. We will be printing and selling canvases for \$50 at the art gallery and will be donating all proceeds from sales to 1. the Hopeful Heart Project (<https://www.hopefulheartproject.org/>) to help support other bereaved families in Minot and 2. The Minot Area Homeless Coalition, Inc. (<http://minotareahomelesscoalition.com/>) to support their holiday gift giving initiatives.

As hosts of the event, Abhinn

and I are taking on all of the overhead costs and will be donating every dollar raised to both organizations. We have a number of exciting raffle prizes and tickets will be available at the event; 1 for \$5, 3 for \$10, and 6 for \$15. We will also have some ice cream, treats, and glitter tattoos! Please join us as we celebrate For Ellie and share with your family and friends!

Facebook: <https://www.facebook.com/events/525870054920908/>

Visit Minot: http://visitminot.org/events/a-celebration-for-ellie_15926/

Contact: for.ellie.photography@gmail.com

Thank you & best wishes,
Priyanka Sharma, Abhinn Aggarwal, & Angel Baby Ellie
Museum and Gift Shop hours: Tues – Fri 10:30 – 5:30 pm, Sat 11:00 am – 4:00 pm or by special

appointment. There is no charge for admission, but contributions are accepted to help the Taube Museum fulfill their mission of enriching lives through the visual

arts.

For more information - 838-4445: Rachel Alfaro, Executive Director or Charles Lee, Gallery Manager

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ANSWERS

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

Answers to puzzle from page A4

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