

northern sentry

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WHATS INSIDE THIS WEEK:



CSAF LETTER TO
COMMANDERS

A3



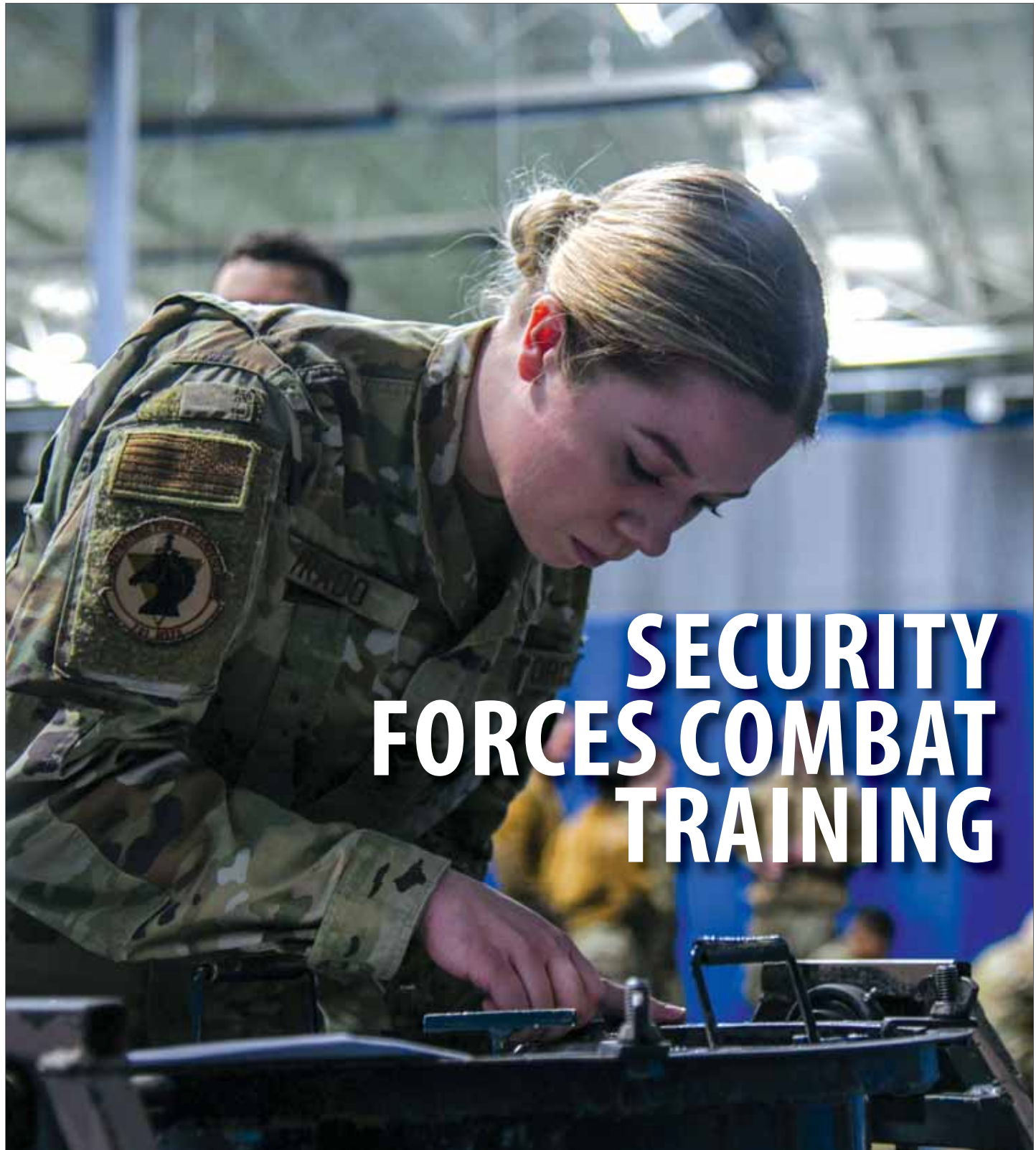
MINOT AFB
(CSO) / PITCH DAY

B1



ADVICE FROM A
HOMESCHOOL
MOM DURING
THE COVID-19
SHUTDOWN

B8



SECURITY FORCES COMBAT TRAINING

Team Minot's Missile Security Forces Airmen learn combatives March 10, 2020 at Minot Air Force Base, North Dakota. These Airmen learned various skills such as hand to hand combat, detaining procedures and defensive tactics. More photos on page 2 and the Minot AFB PA Flickr page.

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Videos



SECURITY FORCES COMBAT TRAINING
Team Minot's Missile Security Forces Airmen learn combatives March 10, 2020 at Minot Air Force Base, North Dakota. These Airmen learned various skills such as hand to hand combat, detaining procedures and defensive tactics.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS CALEB S. KIMMEL



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APRIL FLEA MARKET IS CANCELLED.

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CSAF letter to commanders

AIR FORCE CHIEF OF STAFF GEN. DAVID L. GOLDFEIN

Wing Commanders (and Civilian Equivalents),

Every one of you is dealing with the COVID-19 virus and the latest movement restrictions directed by Defense Secretary Mark Esper. Many of you will likely have an individual on your base or in your community who will test positive for the virus in the weeks ahead. In addition, you are dealing with daily closures of schools, child development centers and the challenge of staying connected with local community leaders, health agencies and state governance. Every day brings new challenges and opportunities and no situation presents a one-size-fits-all approach. You must tailor your response to fit your community situation. This is especially true in our Air National Guard and Air Force Reserve where Airmen and families are not co-located with a main operating base.

Commanding your wings when things are going well is a pleasure ... but rarely remembered. Commanding during a crisis is an opportunity of a lifetime for you, your Chief and your Spouse (or volunteer lead spouse) to rise to the occasion and lead through the storm. This is a time that will be remembered by all. Having commanded during a number of similar crises, I wanted to offer a few thoughts for your consideration. They are not all inclusive nor are they a checklist.

Take them as intended ... advice from your CSAF, as you lead your wing with confidence, poise and purpose.

Success begins and ends with your Squadron Commander cadre. You and your Group Commanders must arm them with commander's intent and information if your wing is to succeed. They must maintain 100% contact with the Airmen and families entrusted to your care. Information flow is key and you can only do so much. Arm them and support them and you will set the conditions to win. Try to do everything at your level and you will have someone fall through the cracks. Provide your commander's intent and then step back as they execute.

Set proper expectations. Your Airmen and families will appreciate candor, not coddling. We don't know when this will end. We don't know a lot. Don't make things up. Tell them what you do know and share what you don't. Not your job to fix this. Your job is to lead.

This is when you make your money as a commander. The organization is going to ride on your calm, cool, collected and measured, while intense, approach to the crisis. If you are frazzled and all over the map, you are part of the problem. If you are the adult in the room that provides direction but empowers your subordinate leaders to take action, you win. Your wing will remember this time and how you responded for

the remainder of your tour and beyond.

Your Vice can focus down and in, according to your stated commander's intent. You need to be up and out with local community leaders, state leadership and health agencies. They are facing similar challenges. Where possible, you should build on the relationships already established to band together as one team. Our families live, work and play in the community. Now's the time to work closely with Mayors, the Governor, and Inter-Agency teams to weather the storm. You are stronger together.

You must take care of yourself so you can take care of others. Doesn't do us any good if you work 14 hour days and then catch the virus or go down for the count. Show the way by your strict adherence to the CDC ROE and demand your leadership team do the same. We're in this for a few months, maybe longer ... nobody knows. Get your personal OPTEMPO right so you can lead by example and have the physical and mental fitness to endure.

That's enough for this APAN. We've established a website just for you with the most up-to-date information and shared lessons from your teammates. I highly encourage aggressive cross-talk across wings regardless of component or MAJCOM. Like you, I've never met a good idea I didn't want to steal. Our CAT team has the stick here under

the A3. Lt Gen Mark Kelly. Let's keep the comm lines wide open.

This crisis affords you an unprecedented opportunity to show your wing what leadership in a crisis looks like. It is your command team (commander + senior NCO + volunteer lead spouse) taking charge and showing calm, steady, proactive leadership. It is you and your Group Commanders empowering your Squadron Commander cadre to take care of the Airmen and families entrusted to their care. We completely trust you and appreciate your leadership during this difficult time. COVID-19 is a worthy adversary. We must take it head on at every echelon of command.

Fight's on!

Gen. David L Goldfein,
USAF Chief of Staff



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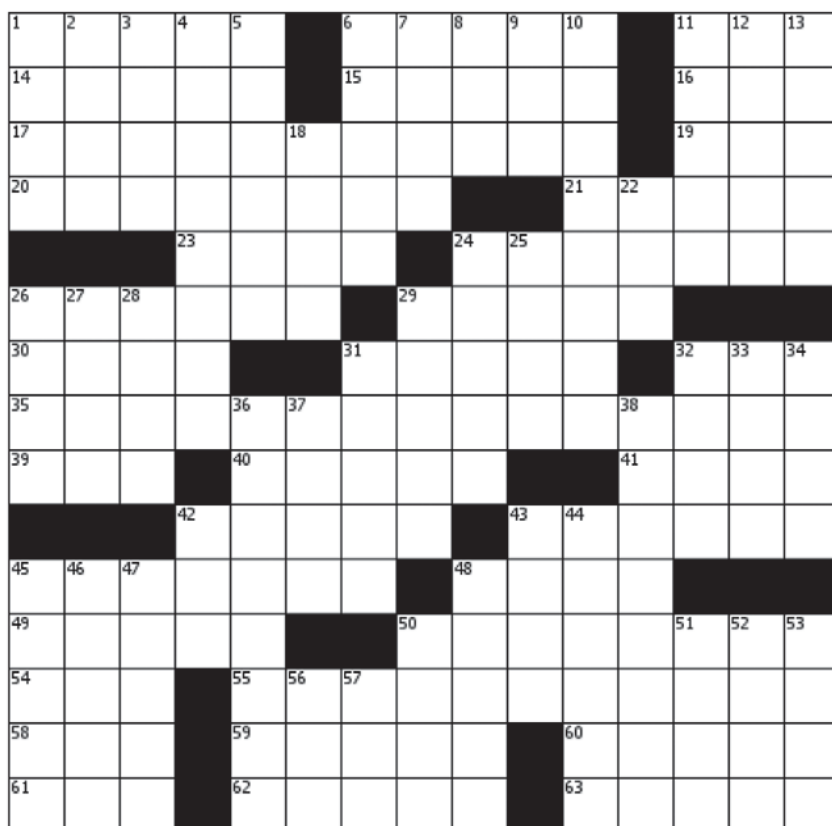
Dr. Matt Hanson

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CROSSWORD PUZZLE

Across

- 1. Get cracking
- 6. Petitions
- 11. "Hail!" to Caesar
- 14. Matchless
- 15. Tear into shreds
- 16. Ovine opinion
- 17. Flirting sound
- 19. Some railways
- 20. Kind of subscription
- 21. Cosmetician Lauder
- 23. Wine choice
- 24. Followers of the Marquis
- 26. Squirrel's cache
- 29. Relating to audible sound
- 30. Charitable dispensation
- 31. Bill of fare
- 32. The queen as a subject?
- 35. Best Picture nominee of 1975
- 39. Where fat cats get less fat
- 40. Finishes a close second
- 41. Rounds and the like
- 42. Writer Horatio
- 43. Jibes
- 45. Carrot top
- 48. Active person
- 49. Panoply
- 50. Wildly disordered
- 54. Long squeezer
- 55. South Dakota
- 58. Cleo's bosom buddy?
- 59. Domicile
- 60. Biblical king
- 61. Driving aid
- 62. Points at the dinner table
- 63. First one-term president



Down

- 1. Cry buckets
- 2. "The Time Machine" race
- 3. Word with ball or club
- 4. Concluded from evidence
- 5. Law of gravity formulator
- 6. Cut of beef
- 7. Upswing
- 8. Inclined
- 9. Actor Brynner
- 10. Less time-consuming
- 11. Helps in illegal acts
- 12. Parking pro
- 13. Facilitates
- 18. Boo's sidekick
- 22. [Not my error]
- 24. Places in order
- 25. It's just for openers

- 26. Sums up
- 27. Place to pick up chicks
- 28. Gymnast Korbut
- 29. Not so precarious
- 31. Inspected the joint
- 32. Indefinite amount
- 33. There's no place like it
- 34. A son of Seth
- 36. Urban creature
- 37. If you're in an awkward position, you're doing it right
- 38. Provided commentary
- 42. Sound of discovery
- 43. Top-of-the-line
- 44. Japanese entertainer
- 45. Capital of Morocco
- 46. Notched, as leaves
- 47. Statue covering
- 48. Historical information
- 50. Rock band Depeche - --
- 51. "Fame" actress Irene
- 52. Smashable thing
- 53. Digital displays
- 56. 44-Down may tie one on
- 57. Hither's partner

JOKE OF THE DAY:



What happens to a frog's car when it breaks down?

It gets toad away.

SUDOKU Solution to puzzle on page B6

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

Solution to last week's Crossword puzzle.

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

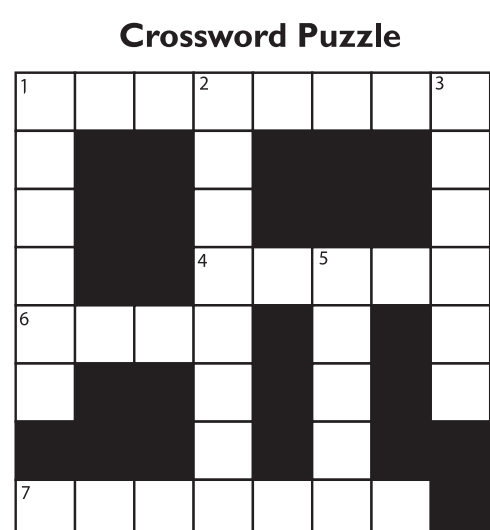


DURING THIS TIME OF THE YEAR, THE NUMBER OF HOURS OF DAYLIGHT AND DARKNESS ARE NEARLY EQUAL.

ANSWER: VERNAL (SPRING) EQUINOX

How they SAY that in...

ENGLISH: Life
SPANISH: Vida
ITALIAN: Vita
FRENCH: Vie
GERMAN: Leben



Crossword Puzzle

- ACROSS**
- 1. Sunlight unbroken by clouds
 - 4. Work
 - 6. No feeling
 - 7. State of atmosphere
- DOWN**
- 1. Season of the year
 - 2. Water vessel
 - 3. Power from resources
 - 5. Cleanse in water

THIS DAY IN...

HISTORY

- 1920: THE UNITED STATES SENATE REJECTS THE TREATY OF VERSAILLES FOR THE SECOND TIME.
- 1962: BOB DYLAN RELEASES HIS FIRST ALBUM FOR COLUMBIA RECORDS.
- 1979: THE U.S. HOUSE OF REPRESENTATIVES BEGINS BROADCASTING ITS DAY-TO-DAY BUSINESS ON THE CABLE NETWORK C-SPAN.

New word
MULCH
 material spread over a plant to enrich the soil

Did you know?

THE SPRING IS A POPULAR TIME OF THE YEAR FOR HOMEOWNERS TO GIVE THEIR HOMES A THOROUGH CLEANING.

GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: BUTTERFLY



Quick & Easy Mini Garlic Toast Pizzas



Recipe courtesy of: www.thelazydish.com/quick-easy-mini-garlic-toast-pizzas/

INGREDIENTS:

- frozen garlic toast
- pizza sauce
- shredded mozzarella cheese
- toppings of your choice (optional)

INSTRUCTIONS:

- Bake the garlic toast according to the package directions, but pull it out of the oven about 2 minutes before it's finished.
- Top the almost-done garlic toast with pizza sauce, cheese and the toppings of your choice (use the sauce very sparingly, otherwise the middle can get soggy).
- Place back in the oven on the broil setting for 2-4 minutes or until the cheese is bubbly and starts to brown.



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Five Minutes to Thrive: Managing Emotions During Times of Uncertainty

DR. ASHLEY KILGORE, 5TH OMRS MENTAL HEALTH CLINIC

MINOT AIR FORCE BASE,
N.D. --

One of nature's most fascinating displays is that of herd behavior. Many species of land animals (herds), fish (schools), insects (swarms), and birds (flocks) abandon individuality in favor of highly-coordinated group movements for the various adaptive benefits they yield in terms of protection from predators, foraging, mating and child-rearing, and energy conservation. Birds are especially mesmerizing, as they alternate tasks within the flock dependent on the needs and movements of the whole. A bird falling out of formation will notice increased wind resistance and immediately course-correct. When a flock leader becomes fatigued, it drops back and allows another bird to rotate into its place. And when a sick or wounded bird can no longer keep pace, it will fall out of the formation entirely so as not to hold up the rest of the flock. However, when this happens, a healthy bird will also leave the flock and follow the sick bird, staying with it until it recovers.

During times of uncertainty, we may follow the herd or branch off on our own. Acknowledging and managing our emotional responses during times of uncertainty is vital to our own and the herds survival. We all have tough winds to weather in our personal and professional lives, and no member of our human "herd" is immune. Sometimes we are able to manage life's struggles on our own by course-correcting with our repertoire of resilience skills. But sometimes our burdens become more than we can handle on our own, and that's okay—in these times, we need a figurative (or in the birds' case, a literal)

Wingman to aid us in recovery. There's no shame in relying on others for support; in fact, the strongest people I know keep a close consort of friends on whom they can unload their troubles. Whether you choose to belong to a herd or other group, here are some ideas for managing your emotions during times of uncertainty.

- Know your mindset and where you'd like it to be: Are you the strong-silent type, the Debbie Downer, the catastrophizer, or the courageous Braveheart? If you're a catastrophizer and would like to be calmer, ask a calm person how they do it. Inch closer to the response you'd like to have.

- Keep stock of the things you can control: What can you choose for breakfast or dinner? What type of television program you'll watch or even the person you choose to speak to tonight? Don't get lost in all the uncertainty you cannot control.

- DON'T worry alone: Identify a Wingman, both personally and professionally. Make sure to tell your Wingman that they are your Wingman and use them as a support system not a dumping ground. When a burden is consuming your thoughts, it can be helpful to listen or speak it with a trusted confidant.

- Know your breaking point: Even the leader of the flock must acknowledge fatigue; know when you need to take a knee, refocus your priorities, or attend to your own needs. Only then will you be able to recover and resume the fight as strong as (or even stronger than) before.

For questions, contact Dr. Ashley Kilgore at ashley.c.kilgore.mil@mail.mil or the Minot Mental Health Clinic 701-723-5527



Getting ready for a new fishing season

Patricia Stockdill

New North Dakota fishing licenses are needed beginning April 1, which also brings a new year of fishing regulations.

However, North Dakota does something that might be unique among states – it doesn't update its fishing regulations annually. Instead, the new regulations are good for two years beginning April 1, 2020 through March 31, 2022.

There is some history and solid science behind the reason for bucking the trend of annual – and often extensive and complex – fishing regulations, explained N.D. Game and Fish Department Fisheries Division Chief Greg Power.

The main reason for a two-year fishing proclamation (guide) is typically North Dakota doesn't change many regulations from year to year.

North Dakota is a state whose fisheries, regardless of size, location, or whether it's manmade reservoir or natural lake, whose success is often dictated by something far beyond the control of management strategy. Weather and the state's historical wet and dry cycles often drive fish populations.

Cycles typically last anywhere from a year or two to long, multi-year periods. In the late 1980s and early 1990s, the state was gripped by one of those extensive dry cycles, a drought taking a toll on angler numbers and participation to the point the Game and Fish Department took serious looks at how to increase fishing interest.

In 1993, the year the drought ended after near historic rains, "we had the most makeover in our regulations ever," Power described. The vast litany of changes included opening the entire state to year-around fishing with new licenses needed beginning April 1 each year. It increased the number of lines anglers could use on large lakes when ice-fishing, opened more lakes to fishing opportunities, and changed some management strategies.

As biologists looked at regulations over the years, they recognized there were few annual

changes prior to the major revisions on 1993. In 1995, they simplified things even more by adopting two-year regulations with the caveat that they could make annual changes if biological data made it necessary.

While many states often have complex, lake-by-lake or river-by-river – sometimes even based on creeks and creek sections – North Dakota went the opposite route. "North Dakota is probably very unique in that we've held our own or even liberalized our regulations over the years...the one exception is paddlefish," Power continued.

What might make the fact the state stays with two-year regulations seem even more intriguing is that its fisheries truly reflect the peaks and valleys of its wet and dry cycles, a polite way of saying North Dakota is on a rollercoaster ride of floods and droughts.

So, too, are the lakes and rivers the Game and Fish Department manages. It seems one would regulate for those fluctuations tightly.

And annually. However, those peaks and valleys greatly influence fish survival with many lakes susceptible to both summer and winter kill due to low oxygen levels. While more notorious in the winter, it's also possible for lakes to have fish die-offs in the depth of a long, dry – and hot – summer. "You can't stockpile fish over the long haul," Power stressed.

In those situations, anglers might as well go fishing and harvest fish because they possibly wouldn't survive, anyway.

Based on information such as angler creel harvest surveys and fish population netting, biologists also know angler harvest accounts for mortality of about one in every four to five fish. The others typically die of natural causes – age, disease, poor forage, or because they end up as prey for another fish, for example.

So go out and get a 2020 fishing license, pick up a 2020-2022 fishing guide, and head to a local lake. There will be a few changes compared to the expired guide but they're noted on page 4.

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The Air Force is protecting Airmen while protecting the nation

LT. GEN. DOROTHY HOGG, U.S. AIR FORCE SURGEON GENERAL

How do you stand “shoulder to shoulder” in a time of COVID-19? For the United States Air and Space Forces, and indeed the entire United States military, this is no small question. It is so pressing, in fact, that the Air Force’s medical staff, in collaboration with experts nationwide, have been working nearly around the clock to answer it.

It’s not hard to understand why.

The critical responsibilities and missions of our 685,000 total force active duty Guard and Reserve Airmen do not fade even during a pandemic. Across a worldwide enterprise, our Airmen must remain healthy so they can maintain full readiness and the capability to protect our nation’s security and interests.

Achieving those goals often demands Airmen work literally “shoulder to shoulder” in tight spaces over long hours. You can

find it with crews aboard our aircraft, maintenance personnel on the ground, analysts at remote radar stations, recruits at training centers, and of course, at every Air Force barracks. Even within the sprawling Pentagon, thousands of active duty and civilian staff work in tightly bunched cubicles.

With the coronavirus’s arrival, those arrangements must be modified to ensure not only the health and safety of all personnel but to assure the Air Force’s unblinking ability to complete all missions.

Air Force medics and health personnel around the globe are resolutely following and ensuring compliance with guidelines issued by the Department of Defense and Centers for Disease Control and Prevention. It’s why leaders at each of our bases are working closely with local public health officials to actively monitor the health of Airmen and their families, as well as to

monitor those who have been stricken by COVID-19. By now, most Americans know that safety demands maintaining a social distance beyond which the virus can spread. It means being alert to symptoms including low-grade fever, respiratory distress and body aches.

To slow the spread of the coronavirus, DoD has enacted travel restrictions, including the halt of domestic travel for service members. The goal is to “flatten the disease curve” by slowing the spread of the virus and preventing medical systems from being overwhelmed.

Within the Air Force, our medics are executing all available measures to mitigate the spread of COVID-19 in accordance with CDC and force health protection guidelines, and remain aligned with state and local public health organizations.

It demands ingenuity and flexibility. In Europe and Asia,

where the outbreak has been severe, we have adjusted health procedures to account for the threat and continue to safely fly fighter and bomber missions to deter aggression. And across the globe, our airlift forces have continued their missions apace, refueling U.S. aircraft and delivering vital cargo. It is in the best tradition of our service, echoing the work of those who flew during the Berlin Airlift and other global crises.

We are reminding – and reminding again – commanders and senior non-commissioned officers about best practices such as avoiding contact with those who are sick, washing your hands for at least 20 seconds, and disinfecting frequently touched objects and surfaces.

Our Airmen have always displayed such agility, adaptability and resiliency.

Although it is easy to forget the military’s long history in the

fight against infectious diseases, that history informs our actions and decisions today. The Office of Malaria Control in War Areas was established in 1942 and charged with protecting soldiers from malaria and other vector-borne diseases, such as typhus. It is the direct forerunner of the Centers for Disease Control and Prevention.

It’s worth remembering, especially now, that military physicians and researchers played important roles in developing vaccines against smallpox, yellow fever, influenza and typhoid.

We do not yet know how COVID-19 will evolve, how many Americans will be infected or die. What we do know is that the Air Force will take the actions necessary to protect our Airmen while also protecting the nation.

Coronavirus Support Update for Military Personnel and their Families

MILITARY ONESOURCE

Just like most organizations, Military OneSource is adapting in response to the coronavirus disease outbreak. See below for up-to-date information about Military OneSource services and resources: what is new, what remains the same and what has changed. One thing that’s always the same – our commitment to serving you and our military

community.

What’s New

- We developed a dedicated section on Military OneSource to provide you with resources, updates and information about the impacts of COVID-19 on the military community. Check back regularly for updates.

What’s the Same

- Military OneSource is available 24/7/365 to help you

handle stress and challenges related to COVID-19 as well as provide non-medical counseling and support. Call 800-342-9647 or connect through live chat.

- Military OneSource specialty consultations such as relationship support, new MilParent support, health and wellness coaching and more

- Financial counseling and MilTax services

- Language services including real-time interpretation and translation services

- Access to Resilience Tools including CoachHub, Moodhacker and Love Every Day

- Spouse Education and Career Opportunities career coaches

- Access to the MWR Digital Library including many education and entertainment resources

What’s Changed

- Non-medical Counseling update: While Military OneSource is continuing to offer non-medical counseling by telephone and online via secure video, in-person counseling in your area may be affected or unavailable depending on your state and local policies. Check with your local provider to confirm.

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Practicing Good Nutrition Boosts Personal Performance

MILITARY ONESOURCE

Military members need to stay in shape so that they can perform their duties. One of the best ways to build strength and stamina is by eating nutritious foods. Here are some tips on how to start.

Develop new habits

Eating healthy usually requires developing new dietary habits, but that doesn't have to happen overnight. Small changes over time can make a big difference. You might begin with some of these suggestions:

Limit your sugar. Try drinking water instead of soda or sugary sports drinks.

Lower your sodium. Start reading labels to see how much sodium is in a certain food. Buy "reduced sodium" items whenever possible.

Eat lean protein. Eat less fatty red meat and more chicken, seafood, beans, eggs, nuts, and seeds.

Choose whole grains. Whenever

possible, eat whole grains like brown rice and whole wheat over "refined grains" like white bread, pasta, and anything made with flour.

Snack on fruits and vegetables. Instead of reaching for the chips, try cutting up some carrots or eating an apple instead.

Explore the farmers market

Not all foods are equal when it comes to nutrients. The fresher your produce is, the more nutrition it offers. Your local farmers market is a great place to shop for fresh produce at a reasonable price. Whether it's just a roadside stand or a gathering place for local producers, you'll want to find a farmers market near you. Here are just a few reasons why:

The food is as fresh as you'll find anywhere. Most produce is brought to market within hours of being picked.

You're getting nutrition to the

max. Eating food grown close to home and recently harvested has many health benefits.

Local farmers grow seasonal foods, which tend to be less expensive and are fun to cook with.

You get to speak with food experts — the farmers — who can teach you how to use the produce, grow your own food or share some great recipes.

You can find a list of farmers markets in the U.S. in this National Farmers Market Directory.

Check out the commissary

Another great resource for eating healthy on a budget is the military commissary, which sells groceries and household goods at an average savings of more than 30 percent. Before your grocery run, visit the commissary website, a great network of information where you can:

Snag simple, healthy recipes for your meal planning or last-minute

meal.

Make your shopping list with the My Shopping List tool.

Review the Savings Aisle to see what's on sale for the week and preview the promotional prices before making your shopping list.

Sharing your healthy lifestyle with your children

Share your nutrition goals with your children. The 5210 Healthy Military Children program can help you put a concrete plan into action by providing tip sheets and other resources. The number "5210" stands for:

5 or more servings of fruit and vegetables. Prepare meals and snacks at home using fruits and vegetables, and teach kids how to make healthy foods.

2 or fewer hours of screen time. Make television, video games and the internet less convenient to use, turn them off during meals,

and make sure children are doing activities that don't involve screens.

1 or more hours of physical activity. Look for fun activities your family can enjoy together and use the activities as incentives instead of food.

0 sweetened beverages. Sweetened beverages add extra sugar and calories to the diet, so encourage children to drink water or low-fat milk instead.

As a service member — or part of the military family — you need the right fuel to stay energized. Eating well allows you to perform your job to the best of your ability. These suggestions can get you started on a path to good nutrition and good health.

For more healthy advice, check out the Military OneSource Health and Wellness Coaching program, a free resource for eligible service members and family members.

WHAT'S GOING ON MAFB

TODAY

SATURDAY

SUNDAY

MONDAY

TUESDAY

• Game Day, 1000-1930, Base Library — Online Activities

WEDNESDAY

• Story Time, 1030, Base Library — Online
• Brown Bag Book Talks, 1200, Base Library - Online

THURSDAY

Due to base precautions, several base events have been postponed or cancelled. Visit www.5thforcesupport.com or 5th Force Support on Facebook for all up to date FSS information.

ONGOING EVENTS:

CARRY OUT OPTIONS (Hours subject to change)

Bomber Bistro: Monday-Friday 1030-2100, Saturday 1400-2000
Dakota Inn Dining Facility: Monday-Friday 0600-0900, 1030-1330, 1630-1830; Saturday-Sunday 0630-1830

Jimmy Doolittle Center: Monday-Friday 1100-1300, Family Meal Wednesday 1530-1730 (order in advance through Memberplanet)

Kelley's Place: Monday-Friday 0700-1400

Rockers Bar & Grill: Monday 1100-1800, Tuesday-Friday 1030-1800

DELIVERY OPTIONS (Hours subject to change)

Bomber Bistro: Monday-Friday 1630-2030

Rockers Bar & Grill: Monday-Friday 1100-1600

BOMBER BISTRO

March Special

Friday Lunch Special

Black Truffle Steak

Enjoy a delicious 8oz ribeye marinated in truffle oil and topped with fresh garlic & Italian seasoning. Served with a side of green beans and a loaded baked potato. Get yours while they last! \$12.95 — Includes a fountain drink

THE B-FIFTY BREW

March Special

Chicken Salad

Try this flavorful combination of diced chicken, cranberries, grapes, pecans, & mayonnaise alone or on a croissant or potato bun for only \$4!

ROCKERS BAR & GRILL

March Special

Breakfast Burger

Wake up with this juicy 1/3 pound burger topped with melted American chesse, crispy bacon, hash browns, and a fried egg on a split top bun! Served with fries for only \$9.75!

AUTO HOBBY

March Special

March 2-31

Oil Change Special

Purchase your oil and filter from Auto Hobby and get one hour of stall time FREE! Save \$3.50! Ask for the March Special at the service counter!

BOMBER BISTRO

April Special

Tuesday Lunch Special

Southwest Fusion Platter

Dig in to two shrimp or beef tacos topped with our delicious homemade sauce and two southwest eggs rolls served with a side of saffron rice! Available Tuesdays from 3:30 PM — 9:00 PM. Only \$9.95! - Includes a drink

THE B-FIFTY BREW

April Special

Cinnamon Roll

Start the day by satisfying your sweet tooth! Swing by to snag one of our delicious cinnamon rolls to go! Grab it today for only \$4!

ROCKERS BAR & GRILL

April Special

Cuban Panini

Dig in to April's tasty sandwich special of sliced ham, pulled pork, fried pickles, honey mustard, and melted swiss cheese on garlic panini bread. \$9.75 - Includes fries


AUTO HOBBY

April Special

April 1-15

Oil Change Special

Stop by Auto Hobby to dismount your winter tires and mount all season tires. Plus, utilize our staffs expertise to assist with balancing! Just \$10 Per Tire, stall fee included!



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Minot AFB Commercial Solutions Opening (CSO) / Pitch Day

FA452820SC001

MINOT AIR FORCE BASE

Minot Air Force Base (MAFB) is conducting a Commercial Solutions Opening (CSO) authorized by section 879 of the National Defense Authorization Act (NDAA) for Fiscal Year (FY) 2017 (Pub. L. 114-328). Under a CSO, MAFB may competitively award proposals received in response to a general solicitation, similar to a broad agency announcement (BAA), based on a review of proposals by scientific, technological, or other subject-matter expert peers within the Air Force.

MAFB intends to obtain "innovative" solutions or potential new capabilities that fulfill requirements, close capability gaps, or provide potential technology advancements. Solutions may include existing technologies or procedures that are not currently in use by MAFB that would enhance or streamline mission capabilities.

"Innovative" is defined as any technology, process or method that is new as of the date of submission of a proposal. It also includes any new application of an existing technology, process, or method.

MAFB has provided broadly defined areas of interest and interest in more specific requirements. While these are Minot AFB requirements, MAFB may award contracts from this CSO for other units within MAFB with similar areas of interest and mission requirements.

MAFB will utilize an open, two-step CSO evaluation process. In

Phase 1, offerors must submit a white paper and a pitch deck. Complete proposal requirements are outlined below in "Instructions for Preparation and Submission of Proposals."

The evaluation will use three factors: technical, importance to agency programs, and funds availability. Once the evaluations are complete, all offerors will be notified as to whether they will be invited to pitch their proposal at a Pitch Day event (Phase 2).

Offerors that are selected will receive an invitation to make a live pitch to the MAFB team during a Pitch Day event to be held in Minot, ND, tentatively scheduled for 28 May 2020. Offerors will pitch their solution to evaluators and will be immediately notified if they were selected for an award.

In order to expedite funds, the Government intends to pay this contract with the Government Purchase Card (GPC); which is the Government credit card, but this will require you to have the ability to accept a credit card at this event for payment.

Further information on MAFB Pitch Day will be made available as the event date gets closer.

Any questions or concerns can be addressed via e-mail to Minot.Pitch.Day@us.af.mil

Instructions for Preparation and Submission of Proposals

The following section outlines

the proposal requirements. It also includes timelines for submissions and information about the pitch day.

All contracts will be firm-fixed price. Solutions are expected to have a price less than \$250K. All supplies or services procured via this CSO are treated as commercial items. MAFB must determine the price fair and reasonable prior to award. MAFB is conducting this CSO as a Total Small Business Set-Aside. MAFB intends to evaluate the Small Business status of each offeror based on the NAICS of the proposed solution. MAFB intends to award contracts as a result of this CSO, but reserves the right to defer to another agency to consider agreements, if deemed in its best interest.

Technical Volume and Pitch Deck Requirements

The Phase 1 proposals shall include a technical volume that shall not exceed 5 pages and a pitch/slide deck not to exceed 15 slides. The technical volume and slide deck will be reviewed holistically and there is no set format requirements for the two documents. It is recommended (but not required) that more detailed information is included in the technical volume and higher level information is included in the pitch deck.

The technical volume shall include proposed price and delivery or period of performance. Flexible quantities or pricing options should be provided to maximize MAFB's

TEAM MINOT PITCH DAY

- HAVE A PRODUCT OR SERVICE THAT WOULD BENEFIT MINOT AFB?
- PROBLEM STATEMENTS AND CATEGORIES OF NEED WILL BE RELEASED BY MAR 20
- SUBMIT PITCH BY APR 13 UP TO 5 PAGES/ 15 SLIDES (TO INCLUDE PICTURES, SPECS, VIDEOS, ETC.)
- IF SELECTED PITCH IN PERSON MAY 28
- ONE-PAGE CONTRACTS WILL BE AWARDED SAME DAY
- CONTACT: MINOT.PITCH.DAY@US.AF.MIL

ability to award with available funding. Each proposal will be evaluated by the Government and the proposal must stand on its own technical merit.

Additional Requirements

In addition to the technical volume and pitch deck, the offeror shall include printed verification (screenshot/PDF) from SAM.gov as validation of your correct CAGE code, DUNS number and current business address along with the verification that you are registered

Proposal

to compete for all contracts.

SAM Registration: It is critical offerors are registered in the System for Award Management (SAM), <https://www.sam.gov/>, you will not be eligible for an award if not registered in SAM at the time your proposal is submitted. Additionally, verify that you are registered to receive contracts (not just grants) and that your address matches between your proposal and SAM.

CONTINUED ON THE NEXT PAGE



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MINOT AFB COMMERCIAL SOLUTIONS OPENING (CSO) / PITCH DAY FA452820SC001

CONTINUED FROM B1

- When registering in SAM.gov, be sure to select 'YES' to the question 'Do you wish to bid on contracts?' in order to be able to compete for the CSO. If you are only registered to compete for grants, you will be ineligible for this topic.

- We are working to move fast, please double check your CAGE codes and DUNS numbers to be sure they line up, if they are not correct at time of submission, you will be ineligible for this topic.

- Contact your local PTAC office for assistance <https://www.aptac-us.org/>.

In order to be considered for award, offerors will need to be considered responsible within the meaning of FAR Part 9.1, Responsible Prospective Contractors, have a satisfactory performance record, and otherwise be eligible for award based on federal law and regulation.

Ask Me Anything (AMA)

Due to the large amount of expected interest in this CSO, we will not be answering individual questions through e-mail, except in rare cases. Instead vendors shall submit all questions no later

than 1:00 pm Central Time on 7 April 2020 in order for MAFB to address all questions in an efficient manner. MAFB will post the final question and answer details as soon as finalized.

Proposal Submission

Your complete proposal should be submitted via email on or before 1:00 pm Central Time on 23 April 2020 in order to be evaluated for the Pitch Day. A hardcopy will not be accepted. This is an open CSO and as such, MAFB reserves the right to evaluate proposals received after 23 April 2020, for a separate Pitch Day, at a later date.

MAFB recommends that you complete your submission early, as computer traffic gets heavy near the announcement closing and could slow down the system. Do not wait until the last minute. MAFB will not be responsible for proposals being denied due to servers being "down" or inaccessible.

Please ensure that your e-mail address listed in your proposal is current and accurate. MAFB is not responsible for ensuring notifications are received by firms changing mailing address/e-mail address/

company points of contact after proposal submission without proper notification to MAFB. Changes of this nature shall be annotated in the beta.SAM submittal or amendments.

Pitch Day

Offerors that are selected for phase 2 will receive an invitation to make a live pitch to the MAFB team during a Pitch Day event to be held in Minot, ND tentatively scheduled for 28 May 2020. Offerors will pitch their solution to evaluators and will be immediately notified if they were selected for an award. MAFB reserves the right to award to an offeror who for unforeseen reasons do not attend the Pitch Event, but most awards will be made in person at the Pitch Event.

In order to expedite funds, selectees should also be able to accept an initial payment under a contract through a Government Purchase Card (GPC) as part of the conditions of award.

Further information on the MAFB Pitch Day will be made available as the event date gets closer.

Procedures and Criteria for Selecting Proposals

MAFB will utilize a two-step

evaluation process. In Phase 1 offerors submit a white paper and a pitch deck. In Phase 2 offerors will make a live pitch to the MAFB team.

After receipt of Phase 1 proposals, MAFB will conduct an evaluation based on three factors: technical, importance to agency programs, and funds availability.

At the conclusion of Phase 1 and based on the results of the evaluations, MAFB will select offerors to participate in Phase 2, a Pitch Day. All offerors will be notified as to whether they will be invited to pitch their proposal at a Pitch Day event.

Offerors that are selected for Phase 2 will receive an invitation to make a live pitch to the MAFB team during a Pitch Day event to be tentatively held in Minot, ND tentatively scheduled for 28 May 2020. Offerors will pitch their solution to evaluators and will be notified by the end of the business day, if they were selected for an award. The evaluation criteria for Phase 2 is the same as Phase 1: technical, importance to agency programs, and funds availability.

During any phase of the CSO, MAFB may send questions or

comments for the offerors to address via email or during Pitch Day.

MAFB reserves the right to award to an offeror if it is unable to pitch due to unexpected circumstances or circumstances beyond its control. MAFB must determine the price fair and reasonable prior to award using the procedures at DFARS subpart 212.209. The Government reserves the right to fund all, some, one, or none of the proposals submitted; may elect to fund only part of a submitted proposal; and may incrementally fund any or all awards under this CSO.

Problem Statements

MAFB is interested in novel solutions to any general challenge areas throughout the Air Force, additionally, below MAFB is interested in resolutions to the noted specific issues. All questions and proposals shall include the number associated with the problem. Requesting innovative solutions to be adapted in innovative ways to meet DoD stakeholders' needs in a short timeframe and at a low cost.

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1 Currently the Airfield lighting control system is Cooper Crouse-Hinds. This antiquated system often goes down, the software is not supported and parts/support services are no longer available.

2 There is a cracked sewer line which was confirmed by camera footage. Interested in new "cast in place" trenchless pipelining processes technology that won't disrupt user operation by eliminating saw cutting, excavation, and user downtime.

3 Electrical Power Production has 14 generator sites that don't meet the minimum 50% load standards per Unified Facilities Criteria (UFC) 3-540-07 and we do not have the established setup to correctly augment load through either the Automatic Transfer Switch (ATS) or distribution system with mobile load banks per Air Force Instruction (AFI) 32-1062. Interested in solutions for the capability to hook-up mobile load banks to these generator sites that don't meet the minimum load requirement through cam-lock connections that will tie the load bank through the distribution system to fully test the system per the UFC and AFI.

4 Richardson ground squirrels have infested the base and large efforts have been made to control them. Looking for solutions in wild life vector controls that will reduce large efforts to bait and trap the Richardson ground squirrels that continually come back as a seasonally causing issues.

5 Airfield light cans pop-up during the frost heave season. They need to remain flush for aircraft operations and also be protected from heavy equipment during snow removal operations. Part of the Airfield already has snow rings installed. Requesting innovative solutions for eight-nine more lights in need of protection.

6 The windows in our Dining Facility leak air. Plastic was installed on the inside and it balloons out which means there are still air leaks and drafts which reduces building heating efficiencies in the harsh cold winters. Interested in technology or building techniques that reduce thermal decay and envelop infiltration to increase thermal Energy Resilience in cold/arctic climates.

7 Need to inspect multiple tall (350') radio towers and potentially roofs on base (infrared thermographic). Interested in solutions to video/document inspections and preventative maintenance without climbing towers or buildings.

8 Removable metal traffic bollards often get stuck in the winter

due to water infiltration between the bollard and the collar which then freezes them in place. Interested in technology or procedures that that would ensure bollards can be removed easily during the winter season.

9 For hands on training there are limited items and products to train on for craftsmen (electricians, power production, HVAC technicians) causing long drives across state or to a different state. Interested in virtual or augmented reality that can aid in hands-on training in these areas.

10 Seasonal Affective Disorder (SAD) affects everyone in the Minot area. The problem is that people do not often realize they have SAD or don't want to reach out to the Medical Group for help. If they do reach out to the Medical Group it is often too late for Light Therapy. Therefore, prescription medication and/or mental health appointments are required. How can Light Therapy be brought to MAFB personnel w/o them knowing or having to ask for it?

11 Vehicle Management is responsible for maintaining a 1.2K vehicle fleet. With North Dakota transitioning to primarily utilizing salt, the amount of corrosion on the fleet is increasing. This corrosion is mitigated by complete removal of the rust prior to painting. Vehicle Management does not currently have the manpower to offset this corrosion without creating a backlog of maintenance. Normal corrosion control ranges from 2 hours for a body panel to over 40 hours for a full vehicle and up to 80 hours for a construction style vehicle. Utilizing a tool that could slash the amount of time removing the rust and corrosion by more than 50% would prevent the significant backlog of corrosion control maintenance or an excessive cost of having to send vehicles to a commercial maintenance shop to perform to the required corrosion control.

12 Due to the extreme cold temperatures that we face at Minot AFB, our refueling trucks have issues when stored outside in these conditions.

1. The hydrant refueling trucks have plastic air lines that build up moisture and freeze throughout the ND winter. This frozen moisture in the air line causes the line to break rendering the pumping system inoperable.

2. Extreme cold temperatures cause the gaskets throughout the pumping system of our refueling vehicles to leak.

3. Extreme cold temperatures cause the 90 weight gear oil in the refueling units Power Take Offs

(PTOs) to thicken to a point where the PTO will not engage. This PTO is necessary to operate the pumping system.

13 The current security camera and public address system in building 442 are in-operable and outdated. It is difficult for dispatchers to reach operators, conduct daily requirements, know what is happening throughout the entire compound, and to investigate accidents or incidents.

14 Need a solution to have a detection device to catch unauthorized electronics in secure areas.

15 The Modular Room in a hangar is used for many functions to include ceremonies and other squadron events where an Audio Visual (AV) system is used. The current AV system is antiquated and does not work. The large area needs a new innovative AV solution.

16 Currently, when a vehicle comes into Vehicle Management for service, its location is manually tracked by our personnel. This involves our Fleet Management & Analysis Technicians having to go outside in sub-zero temperatures to account for all vehicles within our control. We have 5 geographically separated shops, so having to manually track vehicles at each one requires a great deal of time that technicians could be putting to better use. Looking for a solution to track our 1.1K vehicle fleet electronically not only to solve this problem but provide up-to-date data on where vehicles are located instantaneously.

17 Vehicle Management does not currently have the capability to attain 100% of training and proficiency for the 90 mechanic positions that are within the flight. There are 12 training tasks that are associated with properly instructing technicians to weld that take a minimum of 10 hours of practice to attain a basic level of proficiency. Additionally, all of these hours of instruction and practice require materials and supplies. Seeking an innovative training aid to allow individuals to improve their technique and proficiency without the need of wasting resources and supplies that would normally be used and then thrown away.

18 Request a software solution to track/monitor Personnel Reliability Program (PRP) status for 500+ personnel, document incoming and outgoing personnel notifications, and provide real-time visibility to outside agencies and work centers based on tiered permissions. Current process uses a homemade MS Access database and hundreds of telephone notifications every week.

19 Request solutions for a

cueing system or application to allow patients and customers for order to be in line.

20 Due to the nature and complexity of operations at Minot AFB, units may have difficulty releasing personnel for completion of required medical readiness items. A Mobile Medical Readiness Response Trailer would increase the ability to maintain medical readiness. It needs to include the ability for some or all of the following: complete labs draws, deliver Medical Equipment (gas mask inserts), Mental Health Assessments (MHA) and Periodic Health Assessment (PHA) online questionnaire completion, and dental exam room with X-Ray capability. The trailer should include the following: total length of the trailer cannot exceed 21', two exam rooms & one admin room, 4 season capable w/interior to suit plus AC Integrated generator, A/C and heat, hot spot capabilities for documentation purposes and meet infection control and TJC requirements.

21 Request a way to keep

bread vans warm during winter months. These vans are used as a place for Airmen to warm up when they are not working within a close proximity of a building.

22 Request a way to keep Airmen warm outside while maintaining mobility to perform work duties during the frigid North Dakota winters.

23 A solution for members to anonymously connect to a Chaplain via an app or another medium to reduce the barriers for members to obtain spiritual guidance.

24 Media Distribution System located in the Command Post (CP) and Crisis Action Team (CAT) conference room is outdated, partially working, and does not meet the needs of the work center. Seeking a solution for a real-time media to directly connect the CAT and CP to other classified and unclassified video teleconferences and observe the facility in real-time.

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Høstfest Cancels 2020 International Festival

NORSK HØSTFEST

The Norsk Høstfest Board of Directors has made the difficult decision to cancel the 2020 festival. This step has been taken due to uncertainty over the COVID-19 virus and its global impact, both now and in the fall. The health and safety of guests, volunteers, and performers is our utmost priority. Norsk Høstfest will be back in 2021.

Høstfest has operated for 42 consecutive years up until the difficult and painful decision was made to cancel this year's event.

Some may believe the decision is premature; however, Norsk Høstfest is a year-long effort that depends on early ticket sales and extensive planning that is well underway. Given the current disruption in regular activity, we are unable to fully staff and execute our sales efforts now. We have no answers to what might be the situation in September. In response, we have chosen to follow the path of minimizing risk to all involved.

Norsk Høstfest is an international event with attendees, vendors,

entertainers, and chefs coming from all corners of the US, Canada, and Scandinavia. It relies on volunteers and visitors from an older-than-average demographic, labeled currently by CDC as a higher risk from COVID-19. Because the event requires the mobilization of volunteers on a year-long basis, the Board of Directors deemed it prudent to cancel the 2020 festival.

It is a heartbreaking decision, and we are aware that this will impact our fans, guests, tours, volunteers, entertainers, sponsors, hotels, chefs, international partners, donors, the City of Minot, and the State of North Dakota.

For those who have purchased tickets, refunds will be forthcoming. Please keep watching hostfest.com for more news as we navigate our course of action.

We appreciate your support and understanding. The staff is excited to begin working immediately on the 2021 Høstfest. Volunteers, sponsors, and fans are welcomed to join in this effort. We will see everyone in 2021.

Minot Shrine Club Cancels 2020 Northwest Circus

MINOT SHRINE CLUB

MINOT, ND, - The Minot Shrine Club Circus Board has made the decision to cancel the 2020 Northwest Shrine Circus. Due to the recent impact that the COVID-19 virus has had on our region, our main concern now is the health and wellbeing of our community. Considering this is a large event spread over several days with a significant number of volunteers, circus staff, and guests of all ages, it is pertinent that we follow the guidelines currently in place and suspend our circus activities for this year. Plans are being made to have the Shrine Circus next year in the spring of 2021.

The Northwest Shrine Circus has been a welcomed, recurring, family friendly event for Minot and the surrounding community for 66 years. Breaking from our tradition of providing family fun lays heavy on our hearts and minds in these trying times.

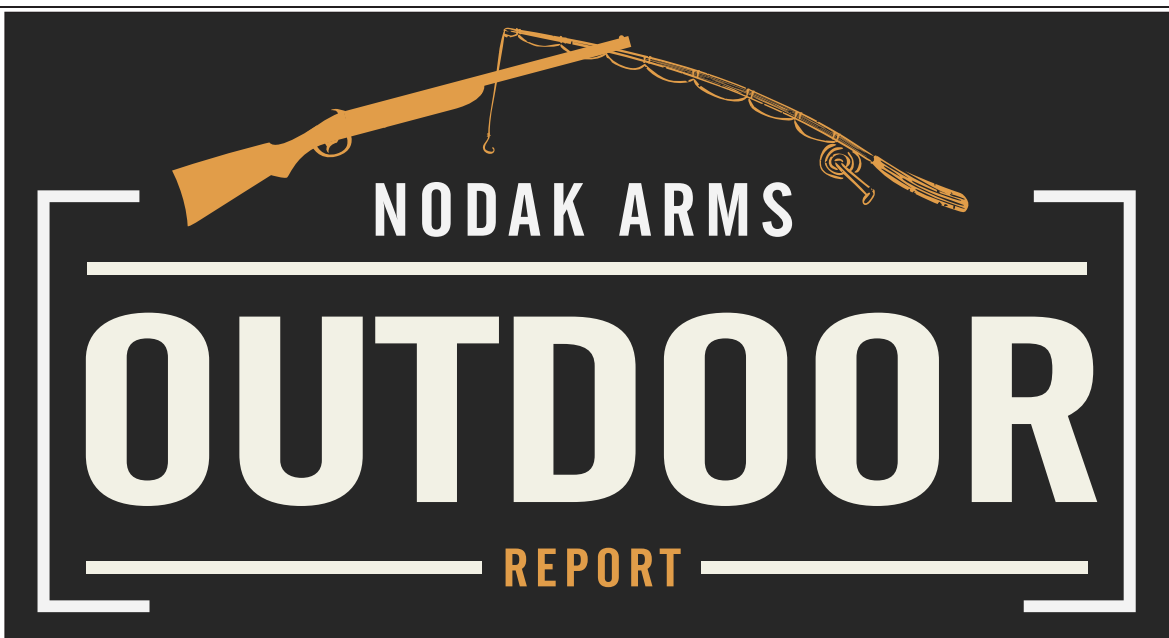
We have been in communication with other Shrine chapters in our immediate region. Some of them have made the decision to reschedule their circuses for later in the fall. Most, however, like us

will be cancelling our circus for this year and will redouble efforts in bringing back the family fun and excitement of the Shrine Circus next year.

Refunds will be made for anyone who has already purchased tickets from us. More information will be available on our website <http://minotshriners.com/circus.htm>.

We will wait patiently in hope of seeing everyone's smiling faces next year at the 2021 Northwest Shrine Circus. We thank you for your understanding and support in addition to your warm thoughts and fond memories of our circus and the joy it brings to our community.

The Minot Shrine Club serves as the local representative body of Shriners International. Shriners are a fraternity based on fun, fellowship and the Masonic principles of brotherly love, truth, and relief. Through our fundraising efforts, we support the Shriners Hospitals for Children and provide transportation for children going to or coming home from those hospitals.



OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, March 23: 1,839.73 feet above mean sea level (MSL); 23,000 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.01 feet above mean sea level (MSL). Stump Lake elevation: 1,448.85 MSL.

- N.D. Game & Fish Dept. game wardens: No Missouri River System reports. Some traditional pike areas, such as around flowing water, on Devils Lake starting to produce success. Not much activity overall, including north-central area lakes.

- Devils Lake, Ed's Bait Shop, Devils Lake: Overall fair success with continued good pike activity using frozen herring. Improving walleye success, as well. 6-Mile Bay producing crappie

- Devils Lake, Woodland Resort, Devils Lake: Ice conditions remain good with good mobility throughout the lake. Not many anglers, though, but those going are finding a mix of success ranging from slow to good for walleye and perch.

- Lake Darling, Karma C-Store, Ruthville: Not much activity on Lake Darling or up at Grano. Lake Audubon continues producing a few pike with occasional walleye.

- Lake Metigoshe, Four Seasons, Bottineau: Fair for bluegill with occasional small walleye mixed in.

- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Weather permitting, look for good number of anglers on the Missouri River with spotty walleye success from boats. Some ling and catfish mixed in. Some activity on Lake Audubon by the east end embankment. Use caution, though, with



- Ice is never completely safe. Avoid areas with vegetation, moving water, pressure ridges, and springs. Check conditions as you go along on the ice.
- April 1: New fishing, trapping, and hunting licenses due.
- April 11: Turkey season opens.

flowing water through the culverts. Back bays of Lake Sakakawea producing pike throughout the lake. Not many anglers, though, but those going are finding a mix of success ranging from slow to good for walleye and perch.

- Lake Sakakawea, Scenic 23, New Town: Watch for variable, thin patches of ice, especially along shorelines, with warming, freezing, and thawing conditions but anglers walking onto Van Hook Arm are finding occasional walleye. Continued pike success in Parshall Bay.

- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace has good angler numbers with nice weather but walleye success slowed. Look for some trout, though. Try jigs and minnows or 3-way swivels for a mix of walleye, trout, and catfish in the chutes from boats. Some shore success but not many reports.

- Lake Sakakawea/northwest

N.D. lakes, Scenic Sports, Williston: Use caution along Lake Sakakawea shorelines with warm weather with anglers still out on the lake. No new reports on success.

- Lonetree WMA area lakes, Harvey: Area lakes remain quiet.
- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Activity remains light and limited on area lakes and the Souris River.

Migration:

- Few snow goose reports yet but look for some movement to start with warmer weather. Canada geese migrating, however, and loafing on areas with open water and field sheet water,

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.

TRAEGER BBQ BRISKET



INGREDIENTS

1 (12-14 LB) WHOLE PACKER BRISKET

Coat meat liberally with Traeger Beef Rub. When seasoned, wrap brisket in plastic wrap. Let the wrapped meat sit 12 to 24 hours in the refrigerator.

When ready to cook, set the Traeger to 225° and preheat, lid closed for 15 minutes.

Place meat fat side down on the grill grate and cook for 6 hours or until internal temperature reaches 160°. Remove brisket from the grill and wrap in foil.

Place foiled brisket back on grill and cook until it reaches a finished internal temperature of 204° this should take an additional 3-4 hours.

Remove from grill and allow to rest in the foil for at least 30 minutes. Slice. Enjoy!

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

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Ryan Davy - GM Minot

www.HofE.com/BBQHQ

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CHURCH DIRECTORY

Because of the uncertainty of the COVID-19 virus effects, the Northern Sentry will continue to post future events as advertised by area groups. However, we highly encourage you to check in advance on the current status of your church service.

Little Flower Catholic Church
 800 University Avenue West
 838-1520
Mass Schedule
 Saturday 4:30 pm
 Sunday 8:30 & 10:00 am
Fr. Ken Phillips, Pastor
www.littleflowerminot.com

St. Peter The Aleut Eastern Orthodox Church

109 6th St. SE Minot • 838-3094
NO SERVICES


Break Forth BIBLE CHURCH
New! 7:00pm Service
 Thursday Evenings
 at the GRAND HOTEL
www.breakforthbiblechurch.com


An Evangelical Free Church
 3500 4th St. SW • 839-5127
 (Just North of Super Wal-Mart)
 Sunday School & Fellowship 9:00 a.m.
 Worship 10:30 a.m.
www.trinitychurchminot.org


 Worship Service at 10:45am Sundays
 Sunday School at 9:45am
1720 4th Ave NW, Minot
838-0916
MinotBibleFellowship.org


Faith United Methodist Church
5900 Highway 83 N, Minot
www.faithumcminot.com
Pastor Ken Mund
701-838-1540
 Sunday School (All Ages): 9:45 a.m.
 Sunday Coffee Fellowship: 10:30 a.m.
 Worship Services: Sunday 11 a.m.

Minot Baptist Church
 Sending the Glorious Light of Jesus Christ to a Dark and Needy World
 Sunday School 9:45 a.m.
 Morning Worship 11:00 a.m.
 Evening Worship 6:00 p.m.
 Wednesday Evening..... 7:00 p.m.
Independent/Fundamental/KJV
500 46th Ave NE • 839-1351
 Pastor David Miller

Cornerstone Presbyterian Church
1000 NE 3rd Street
852-0315
Sunday Schedule
 Contemporary Worship 9:00am
 Sunday School (All Ages) 10:00am
 Traditional Worship..... 11:00am
Wednesday Evening Schedule
 Community Dinner 5:30-6:30pm
 Contemporary Worship 6:30pm
 Youth Group & Small Groups.. 7:15pm
All are Welcome!
www.ecominot.org

Congregational UCC
 430 N. Broadway • 839-1064
Sunday Worship 11am
Sunday School 11am
Tuesday Bible Study 12pm
Saturday Noah's Breakfast ..9:30am
 Please join us,
 all are welcome here!

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St. Mark's Lutheran Church
Missouri Synod
 Sunday Worship 8:30 am & 11:00 am
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 Sunday School, Youth, Adult Bible Class and Adult Choir..... 9:45 am
2209 4th Avenue NW
Minot, ND
839-4663
 Reverend Philip Beyersdorf


Immanuel Baptist Church
1615 2nd St. SE • Minot • 839-3694
 Sundays:
 Sunday School 9:15 a.m.
 Worship 10:30 a.m.
 Wednesdays:
 Soup Kitchen 11:30 a.m. - 12:30 p.m.
 Family Supper 5:30 p.m.
 Classes for all ages 6:30 p.m.
 Adult Choir (as scheduled). 7:30 p.m.
Brian T. Skar, Pastor
www.ibcminot.org


Apostolic Faith Church, UPCI
2929 19th Ave NW • Minot
 Located off Hwy 83 Bypass West
(701)838-0609
 Saturday School 2:00 p.m.
 Sunday Worship 3:30 p.m.
 Wednesday Bible Study 7:30 p.m.
Jesse Starr, Pastor

St. John the Apostle Catholic Church

 2600 West Central Ave • Minot, ND 58701
839-7076
 Daily Mass Schedule:
 Tuesday 5:15 p.m.
 Wednesday - Friday 7:00 a.m.
 Saturday 5:00 p.m.
 Sunday 8:00 & 10:30 a.m.
Fr. David A. Richter, Pastor
 Parish website: www.stjohnminot.com


First Lutheran Church - ELCA
 120 5th Ave. NW
 852-4853
 Saturday Worship 5:00 pm
 Sunday Worship.. 8:30 am & 11:00 am
 Sunday Education 9:45 am
 Wednesday Supper..... 5:00 pm
 Wed. Worship & Education..... 5:45 pm

www.firstlutheran.tv
 (Live Stream & Recorded)
 Radio Broadcast KRRZ 1390AM
 Sunday 8:30 am
www.flcminot.com
 Pastor Brandy Gerjets • Pastor Ellery Dykeman


Gospel Tabernacle Community Church
 9999 27th St NE
 4 miles south of MAFB
James W. Henderson
Anna B. Henderson
Church: 701-838-4492
Home: 701-838-5759
KHRT 1320: 9 a.m. Sunday
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.

Bethany Lutheran
 215 3rd Ave. SE, Minot, ND
Phone: 838-5196
 A Member of the ELCA
 Sunday Worship 8:30 & 10:30 am
 Sunday Fellowship 9:30 am
 Wednesday Church School 5:45 pm
 Wednesday Worship 6:45 pm
 Website: www.bethanylutheranminot.com
 Email: bethanylutheran@srt.com
 Live Streaming: bethanylutheran.tv
Pastor Janet Hernes Mathistad
Pastor Gerald Roise

First Baptist Church

200 3rd St. SW • 852-4533
www.fbcminot.org
 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.
Rev. Kent Hinkel, Senior Pastor
Rev. Barry Seifert, Associate Pastor
Pastor Sam Kautzmann, Student Ministries
Elaine Carlson, Children's Ministry Director

Cross Roads Baptist

Southern Baptist Convention
 Sunday School (all ages) 9:45 a.m.
 Sunday Worship 11 a.m. & 6:30 p.m.
 Wednesdays (Prayer & Missions) .. 6:30 p.m.
www.minotcrbc.org
email: minotcrbc@gmail.com
Dr. Bob Farmer- Pastor
415 28th Ave SE (Behind Menards)
838-1873


West Minot Church of God
Family Worship Center
1105 16th St. NW • 839-1407
 Sunday School 9:30 a.m.
 Sunday Worship 10:30 a.m.
 Children's Church & Nursery
 Wednesday Family Training Hour
 Meal..... 5:30p.m.
 Classes for All Ages 6:30 p.m.
 Youth Center, Friday..... 7:00 - 11:00 p.m.
 ABC Child Care Center..... 852-6352
westminot.com
facebook.com/westminot

Church: 701-838-4492
Home: 701-838-5759
KHRT 1320: 9 a.m. Sunday
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.


Vincent United Methodist Church
1024 2nd St. SE • 838-4425
Behind Town & Country Shopping Center
open hearts...open minds...open doors!
 Saturday Informal Worship .. 5:00 p.m.
 Sunday School 9:00 a.m.
 Sunday Worship Service 10:00 a.m.
 Fellowship..... 11:00 a.m.
Pastor Jennifer McDonald
www.vincentumc.com


OUR REDEEMER'S CHURCH
A Church of the Lutheran Brethren
Thursdays:
 Worship..... 6:30 p.m.
Sundays:
 Worship..... 8:30 a.m. & 10:45 a.m.
700 16th Ave SE • 701-838-0750
 For more information visit us on the web at:
www.ourredeemers.org

Chapel Services at MAFB
Protestant (North Plains Chapel in Base Housing)
Contemporary Service
 Sunday Worship 1000
Gospel Service
 Sunday Worship 1130
Catholic Mass (Northern Lights Chapel across from Rockers)
 Sunday 1000 & 1700
 Daily Monday-Thursday at 1200

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701.839.0772
 Email: jschultz@orcsknights.org
 Website: www.orcsknights.org

First Assembly of God
1805 2nd St. SE
838-1111
 Morning Worship 8:30 a.m.
 Sunday School 10 a.m.
 Morning Worship 11 a.m.
 Wednesday Family Night..... 6:30 p.m.


OUR REDEEMER'S CHRISTIAN SCHOOL
 700 16th Avenue SE
 Minot, ND 58701
info@orcsknights.org • 701-839-0772
www.orcsknights.org

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MINOT'S APRIL FLEA MARKET IS CANCELLED. Watch for updates regarding our May 2nd & 3rd market

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ANSWERS

SUDOKU
 Answers to puzzle from page A4

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

HELP WANTED

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 Or contact: Matt Mackey
 By email or phone at
 mmackey@kalixnd.org
 701-852-1014

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*ADULT HOURS

Tuesday-Friday 7am-4pm

* Later start times available but must be able to stay until 4pm & Sunday 11am-6pm

* TEEN HOURS

Tuesdays-Friday 4pm-7pm & Saturday 7am-6pm

* Morning start times rotate & vary

PLEASE SPEAK TO CHARLIE AT THE COMMISSARY IF INTERESTED OR LEAVE CONTACT INFORMATION WITH CUSTOMER SERVICE.

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

Embry-Riddle Aeronautical University is now registering for the Spring 2020 term (20 Apr-21 Jun). 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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Thursdays ~ Fridays ~ Saturdays



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Advice from a homeschool mom during the coronavirus shutdown

MEREDITH FLORY

While we can all be grateful that local governments are working to flatten the curve of cases of COVID-19 in the coming weeks, this also means many families are now working from home. There's a handful of memes floating around social media about how introverts were born ready for weeks of social distancing, but there's another group that finds themselves more prepared for an extended spring break with the smaller humans of their household: homeschoolers.

The cancellation of extracurriculars are keeping us from our social networks, too, but staying calm with a house full of activity is business as usual for us. So, from a teacher-turned-homeschooler, here are some ideas to keep your children learning — and relatively well-behaved — while stuck at home:

Stick to a schedule

It's easy to let the schedule go, with bedtimes and screen time becoming a vacation free-for-all, but don't give in! Decide what schedules you need to set to keep everyone productive. For our family, we start school around 10, with time before that as breakfast, getting dressed, and playing. I use this time to write, answer emails, and drink my coffee. No video games are allowed in our house until after 4PM on weekdays. It's easier to set this boundary than to take it away.

Practice writing

Many teachers start the day with a journal entry, so consider giving children a writing prompt each day to read and respond to.

Binge watch Star Trek with your kids and have them keep a "captain's log" of the quarantine.

When I taught high school, one of our most popular warm-up series was to have students respond to old advice column queries.

As military families, we have friends all over the world. Start an exchange of letters, emails, or videos with another family, or take the time to mail old-fashioned letters to grandparents or elderly friends.

Combine letter or journal writing with reading epistolary books like Dracula, Harriet the Spy, or Diary of a Worm.

Listen to podcasts

Podcasts for kids provide learning and listening skills. Our favorite is Story Pirates, a sketch comedy show that takes story submissions from children and turns them into funny plays. Peace Out has relaxation and meditation exercises for kids, and we use it as part of our health lessons. We love Lore for spooky history, and Dear Hank and John for family friendly comedy by two authors.

Educational finds on streaming services

If you have a public library card, you can use it online. E-books and media may be available online by

going to their website, downloading the suggested apps, and entering your information. This themed list from Homeschool Hideout suggests setting up a "school" Netflix profile for documentaries. Find shows that align with your child's school assignments, and for an extra educational lift, assign a movie review, summary, or project on the topic. Epic! Books is worth the subscription price if you have a child preschool through middle school. This is a safe streaming service for children's books, audio books, learning videos, and magazines. The Time4Learning family of learning apps has a military specific information page.

Send them outside

Unstructured time outside is important to childhood development, helping with decision making, motor skills, and imagination.

We have a mud kitchen in our backyard, a play kitchen with toy pots and pans. Put one together quickly with some old toys or kitchen supplies.

Turn the time into a science lesson by having older children and teens keep a naturalist journal. This article from Homeschool World gives instructions.

Print bug or bird checklists and discuss animal classification. This can be done in the yard, a family walk, or even through a window depending on your space.

Follow Rain or Shine Mamma and Backwoods Mom for their tips



on outdoor play.

Life skills as learning

Having children at home means more opportunities to teach skills such as cooking, cleaning, and money management.

This is an excellent time for teens to learn how to do laundry or have children help with sorting socks.

Include kids in meal planning and prep. Have them research recipes to work with the food in your pantry. Teach knife safety so they can slice produce for snacks.

Have age appropriate discussions with your child about pandemics, weather disasters, or family emergencies. Make sure children know important phone numbers, addresses, and how to access emergency dialing on your cell phone. Have teens put together a list of supplies your family should keep on hand so you don't need to panic at the store next time.

Boredom encourages creativity

Children who are used to having the bulk of their day scheduled will have a hard time adjusting to more independent learning and play. You can help by setting up stations for activities around the house:

Create an art center with supplies for painting and coloring. Activities to consider are leaf rubbings, making stamps out of veggies and fruit, magazine collages, or using supplies to make different paints like Shaving Cream Paint, Edible Glitter, or Baking Soda Prints.

Make a pile of extra blankets, pillows, and flashlights and have your children build a pillow fort to read in.

If you have boxes from online shopping or PCSing, have children build a castle, train, boat, or spaceship to play in.

Create or print STEM challenges for their favorite toy, like these Lego Challenge Cards.

This list is not all inclusive. There will certainly be hardships for families that rely on the structure and services of school, and even every homeschool family approaches the school day differently. So most importantly, be gentle with yourself and your children. Set expectations ahead of time, but acknowledge that if the plan isn't working, it's okay to form a new one.

This story originally appeared in Military Family Magazine.

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