

WHATS INSIDE THIS WEEK:



AIR FORCE ANNOUNCES GBSM LOCATIONS AT THREE EXISTING MISSILE BASES **A6**



5TH LRS ROLLS OUT INNOVATION **A7**



5TH OPERATIONS GROUP CHANGE OF COMMAND **B5**



50TH ANNIVERSARY FIRST MINUTEMAN III PLACED ON ALERT AT MINOT

An Air Force Global Strike Command unarmed Minuteman III intercontinental ballistic missile launches during an operational test at 12:21 a.m. Pacific Daylight Time 4 August 2020, at Vandenberg Air Force Base, Calif. ICBM test launches demonstrate the U.S. nuclear enterprise is safe, secure, effective and ready to defend the United States and its allies. ICBMs provide the U.S. and its allies the necessary deterrent capability to maintain freedom to operate and navigate globally in accordance with international laws and norms. See story on page 3.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN AUBREE OWENS

Fun in the Sun

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SATURDAY, AUGUST 22 | 5:00PM-11:00PM | FT STEVENSON STATE PARK-GARRISON

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Videos

Physio Moments: A Step Toward Great Movement

DR. RON GILES, PT, DPT, CSCS, PHYSICAL THERAPIST, 5TH MDG

Warbirds, welcome to another physio moment! Over the next few installments of Physio Moments I want to walk you through a game changing way of how to look at your body and identify areas that may need some extra attention and work. Before taking on physically demanding tasks and challenging training programs we must first possess the ability to move well before we move often, and this is what we are going to dive into. I have never claimed to be the smartest therapist out there and a lot of times I try and look for concepts that are simple, concepts that I can wrap my head around easily and ultimately improve how I look at my patients and treat them. One concept that has been a game changer in my approach to the body is called the Joint by Joint approach. Dr. Gray Cook from Functional Movement Systems developed this concept and once I learned about it I put it into practice immediately.

The basic premise of the joint by joint approach is that our joints in our body have 2 different primary tasks of being either a predominantly mobile joint or stable joint. Some of our joints need to be more mobile and move well, where as other joints need to be more stable and effective at controlling movement. For these next few

issues of physio moments we are going to focus on the main joints in the body whose primary task is mobility. Mobility will always trump strength and stability, if you cannot move well then why would I increase your volume of movement or load up movement patterns that are hindered from a lack of mobility? If I did, I am

just placing you at an increased risk for injury which is the exact opposite of what I am trying to achieve.

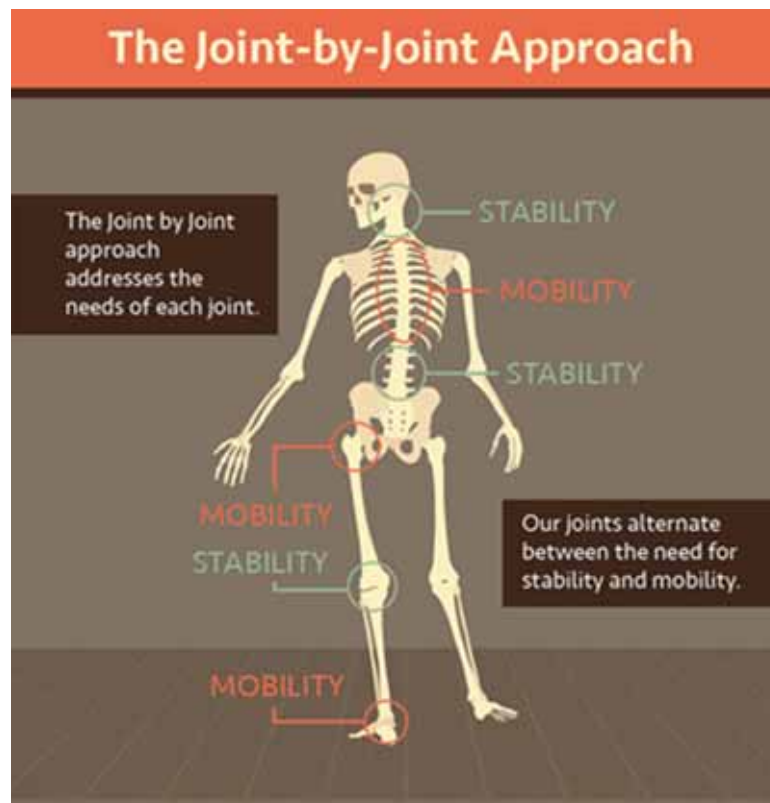
My goal is to build resilient bodies that move well so that they can load up and move often. Through this we can work to mitigate injuries and pains caused from poor movement

quality and strategies.

My hope over these next few physio moments is to help you identify areas of your body that are not moving as well as they should and then providing some easy simple exercises you can perform at home to start improving upon your restrictions.

We are going to start from the floor up and kick things off in the next issue with the ankle so stay tuned and as always,

Move well, live healthy and keep the mission alive Warbirds!
Dr. Ron Giles, PT, DPT, CSCS,
701-723-5095, ron.c.giles.mil@mail.mil



LAW TALK

Avoiding Probate

Probate is the legal process by which an individual's assets are distributed following their passing. This distribution may be in accordance with an individual's Last Will and Testament, if they had one, or according to state law if they did not. However, the probate process is often time consuming and costly.

Many people think that if they have a Will, the court will not need to be involved. This is not necessarily true. Even if you have a Will, your estate will likely still need to be probated. While a Will is a crucially important estate planning document, it alone cannot help your estate avoid probate.

Here are some strategies that can help your estate avoid probate:

1. Establish a Trust: If a trust, rather than you as an individual, owns your assets, the ownership continues following your passing.
2. Beneficiaries: List beneficiaries on all of your financial accounts and life insurances, double checking them often for accuracy. Anything with a listed beneficiary or "payable on death" designation will not need to be probated.
3. Life Estate or Transfer on Death Deeds: Real property and mineral interests can be transferred to your heirs before your death while retaining an interest for you during your lifetime, using life estate or transfer on death deeds.
 - A life estate deed allows you to transfer property while reserving an interest during your lifetime or during the lifetime of someone else. Once the person who holds the life estate passes away, the Grantee fully owns the property. With a life estate deed, both the Grantor and the Grantee own an interest in the property as soon as the deed is signed. Because of this, a life estate deed is irrevocable—meaning, it cannot be revoked unless all parties agree.
 - A transfer on death deed allows you to retain full ownership during your lifetime and conveys your full interest to the Grantee upon your death. During your lifetime, the Grantee has no interest in the property. The main advantage of the transfer on death deed is that it is very flexible—it can be revoked at any time unlike the life estate deed

Avoiding the time consuming and costly probate process is important to many of our clients. At the Boppre Law Firm, we would be happy to review your estate and discuss a specific strategy you can use to help your estate avoid probate. Give us a call at 701-852-5224 to schedule a consultation today!

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50th Anniversary First Minuteman III placed on alert at Minot



ROBERT B. CUTHBERTSON, JR., MINUTEMAN III SYSTEM PROGRAM OFFICE,
AIR FORCE NUCLEAR WEAPONS CENTER

HILL AIR FORCE BASE, Utah -- On Aug. 19, 1970, the very first Minuteman III intercontinental ballistic missile, known as ICBM, was placed on alert status at the 741st Strategic Missile Squadron, Minot AFB, North Dakota. The missile was emplaced in Launch Facility Hotel-02, just two months prior to its launch.

The ICBMs got their start in 1951 with Project Atlas which were later replaced with the Titan I and II missiles. The Minuteman missile development began in 1962 as a replacement to the Titan missile. The Minuteman missile was the first solid-fueled ICBM ever deployed and this technology brought about a revolution in missile development.

Throughout history there have been four versions of the Minuteman, the IA, IB, II and III. The Multiple Independently Targeted Reentry Vehicle (MIRV) Minuteman III missile replaced the single-warhead Minuteman I and II models across six bases in the heart of our nation's homeland. This transition started at Minot AFB in 1970 where the older missiles were taken out of the silos as part of a larger modification program to convert the 91st Strategic Missile Wing to the first Minuteman III wing in the nation.

The new Minuteman III represented the ultimate ICBM capability available in the field of ballistic war missiles at the time. The Minot Daily News described the Minuteman III as, "standing 59 feet and 3 inches in height, weighs 76,000 pounds and can travel at a speed in excess of

15,000 miles per hour. Should the nation be forced to defend itself in an all-out nuclear conflict, the buried Minot missiles could be unleashed and be on their way to targets within a half-minute interval."

The Minuteman III ICBM still stands as the backbone of our nation's nuclear deterrence. These missiles are the most responsive leg of the nuclear triad, always ready and can be launched within minutes.

When it was deployed in 1970 it only had a planned ten-year service life, but through a series of much needed life extension programs, the Minuteman III has remained viable for fifty years and is expected to remain in service until the 2030s, when it will be replaced by the Ground Based Strategic Deterrent weapon system currently under development at Hill AFB. This makes the Minuteman III the oldest deployed strategic ballistic missile in the world.

The Minuteman weapon system is operated by and under the control of Air Force Global Strike Command, but is supported by the Air Force Nuclear Weapons Center's Minuteman III System Program Office and the Air Force Sustainment Center's 309th Missile Maintenance Group and 748th Supply Chain Management Group at Hill AFB.

Here is a list of significant Minuteman III events that took place fifty years ago:

Date Historical Significance
Jan. 12, 1970 91st Strategic Missile Wing at Minot AFB, North

Dakota, began converting its ICBM facilities from Minuteman I to Minuteman III.

March 3, 1970 First operational Minuteman III was completed at Air Force Plant 77, Ogden, Utah.

April 14, 1970 First Minuteman III missile accepted by the 91st Strategic Missile Wing.

April 17, 1970 First Minuteman III missile emplaced in Silo LF H-02 at 741st Strategic Missile Squadron at Minot AFB.

Aug. 19, 1970 First Minuteman III placed on alert status at 741st Strategic Missile Squadron.

Sept. 16, 1970 Successful Minuteman III launch from Cape Kennedy, Florida, as part of the

Special Test Missile Project, a post-research and development (R&D) effort to evaluate the Minuteman III's performance and accuracy.

Dec. 2, 1970 Successful Minuteman III launch from Cape Kennedy as part of the Special Test Missile Project.

Dec. 14, 1970 Last unarmed Minuteman III, now named "LGM-30G," was launched from Cape Canaveral, Florida (formerly Cape Kennedy).

Dec. 29, 1970 741st Strategic Missile Squadron became the first operational Minuteman III squadron.

Dec. 31, 1970 Force modernization and emplacement completed at Minot AFB.



An Air Force Global Strike Command unarmed Minuteman III intercontinental ballistic missile launches during an operational test at 12:21 a.m. Pacific Daylight Time 4 August 2020, at Vandenberg Air Force Base, Calif. ICBM test launches demonstrate the U.S. nuclear enterprise is safe, secure, effective and ready to defend the United States and its allies. ICBMs provide the U.S. and its allies the necessary deterrent capability to maintain freedom to operate and navigate globally in accordance with international laws and norms.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN HANAH ABERCROMBIE

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2 Winners Every Week!

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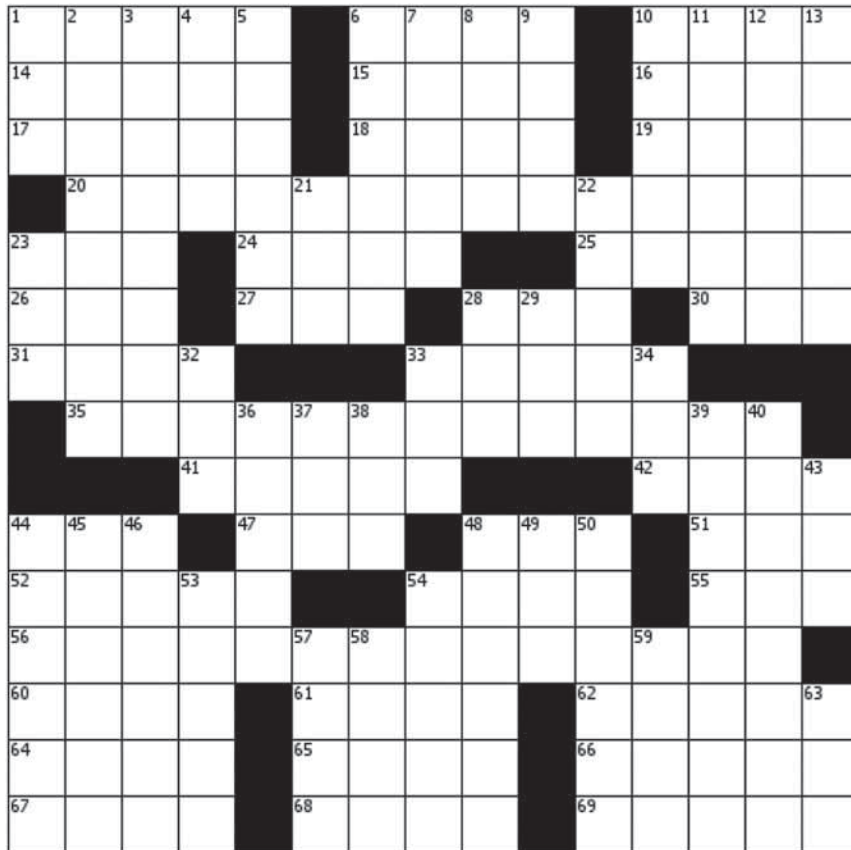
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CROSSWORD PUZZLE

Solution can be found in next weeks edition

Across

- 1. Suit of old
- 6. On ___ (equipotent)
- 10. Noted descendant of Homer
- 14. Head for the hills
- 15. "Born Free" star
- 16. Nowhere near
- 17. Practiced deception
- 18. Alarm sounder
- 19. Ranger's outfit
- 20. Banker's attention-getter?
- 23. Numeral on some clocks
- 24. Mesozoic, et al.
- 25. Blithering one
- 26. Medicinal acronym
- 27. "Delta of Venus" author
- 28. McKellen of "X2"
- 30. Canine specialist's degr.?
- 31. Kind of pilot
- 33. Respond to reveille
- 35. Disc jockey's attention-getter?
- 41. Cardinals, Orioles and Blue Jays
- 42. Still getting around
- 44. Part of a pharaoh's headdress
- 47. Electronics brand
- 48. Sharp projection
- 51. ___ Paulo, Brazil
- 52. Possessive adjective
- 54. George Takei in "Star Trek"
- 55. First word of a Frank McCourt title
- 56. Teacher's attention-getter?
- 60. With, in Paris
- 61. First name in fashion
- 62. Plant aperture
- 64. Adam's third son
- 65. Merriment



- 66. It might get you a ric
 - 67. Serving item
 - 68. Boat propellers
 - 69. All used up
- Down**
- 1. Alien of sitcom fame
 - 2. Accomplished
 - 3. "Carry out your orders"
 - 4. Dutch follower
 - 5. React to a slap?
 - 6. Sea separating Greece from Turkey

- 8. "It comes ___ surprise"
- 9. Certain sauce
- 10. Bleated
- 11. Frozen stiff
- 12. Muzzle loader
- 13. Meetings, on the hush-hush
- 21. Dr. Raymond Damadian's brainchild
- 22. Washing cycle
- 23. Part of a still
- 28. Madness
- 29. Pick a target

- 32. Blasting need
- 33. Some articles
- 34. Aurora's Greek counterpart
- 36. ___ Haute, Indiana
- 37. Tic follower
- 38. Thurman of "Kill Bill"
- 39. Artistic movement?
- 40. Conductor's assistants
- 43. Teenager's attention-getters
- 44. It's about time!

- 45. Quake
- 46. Former Spanish coin
- 48. Seventh book of the Bible
- 49. Bar none
- 50. Out-of-towners
- 53. Like some trigger fingers
- 54. Show contempt
- 57. NASA scratch
- 58. ___ breve (musical notation)
- 59. At the summit of
- 63. Small queen



What has one eye, but can not see?

Answer: A needle

Guess Who?

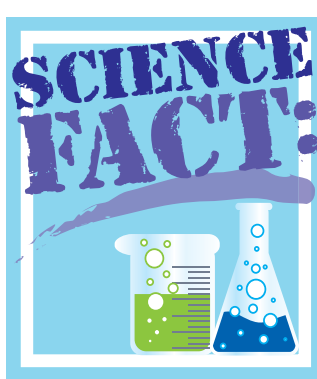
I am an actor born in Pennsylvania on September 25, 1968. Before becoming an actor, I was a member of a hip-hop duo under a "fresh" moniker. My breakthrough role was on a popular sitcom. I've since added an impressive number of film credits to my name.

Answer: Will Smith

SUDOKU

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

Solution to puzzle on page B11

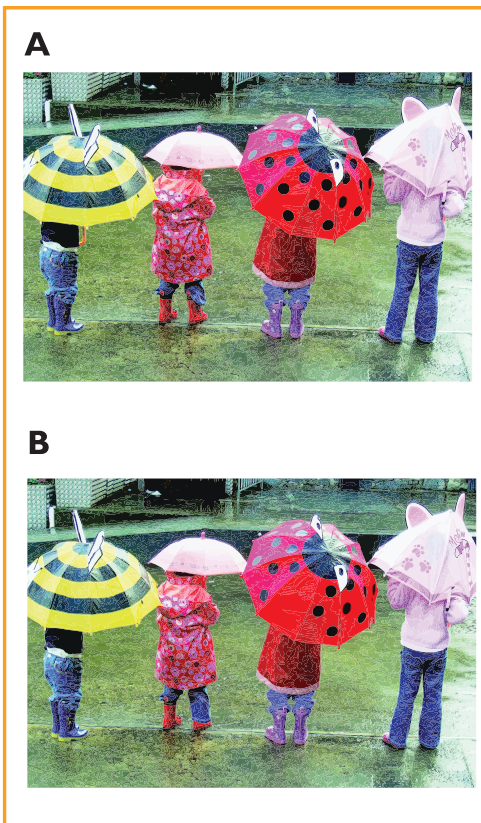


THIS ELECTRICAL CHARGE IS MOST OFTEN LIMITED TO CLOUDS AND ONLY RARELY REACHES THE GROUND.

ANSWER: LIGHTNING

What's the Difference?

There are four things different between Picture A and Picture B. Can you find them all?



Answers: 1. Folk dots missing 2. Extra paw print pulled down 3. Left umbrella handle missing 4. Jeans leg

THIS DAY IN...



HISTORY

- 1609: GALILEO GALILEI DEMONSTRATES HIS FIRST TELESCOPE TO LAWMAKERS IN VENICE.
- 1875: MATTHEW WEBB BECOMES THE FIRST PERSON TO SWIM ACROSS THE ENGLISH CHANNEL.
- 1950: PRESIDENT HARRY TRUMAN ORDERS THE SEIZURE OF U.S. RAILROADS TO AVERT A STRIKE.



CURRENT

a flow of electricity

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How they SAY that in...

- ENGLISH:** Storm
- SPANISH:** Tormenta
- ITALIAN:** Tempesta
- FRENCH:** Orage
- GERMAN:** Gewitter

Did You Know?

LAKE MARACAIBO IN VENEZUELA IS RECEIVES MORE LIGHTNING STRIKES THAN ANY PLACE ON EARTH. THOUSANDS AND THOUSANDS OF STRIKES CAN OCCUR IN ONE NIGHT.



GET THE PICTURE?



Can you guess what the bigger picture is?

ANSWER: LIGHTNING STRIKE



Upcoming Events

21 AUG YWCA MINOT LUNAFEST
6:00 PM - 10:00 PM
The Spot
6 2nd st NE, Minot, ND

Come join us for the YWCA Minot's first ever LUNAFEST. A night of movies, food, drinks and fun! LUNAFEST is a national traveling film festival that features short films by, for and about women. Food trucks start at 5pm in the parking lot. LUNAFEST cocktail hour begins at 6pm with the films starting at 7pm. You must be 21+ to attend the event. The LUNAFEST mission is to celebrate and inspire women through the art of film and community fundraising. All of the proceeds earned at our LUNAFEST go directly back into our YWCA programs which support women, children and those in need in Western ND.



For more information:
Facebook event/ YWCA Minot

24 AUG 4TH ANNUAL MINOT FOOD TRUCK FESTIVAL
11:00 AM - 6:00 PM
Minot Oak Park
19th Ave SW, Minot, ND

Experience Oak Park at it's finest with live acoustic music, beer gardens, bouncy castles, fun activities, shopping, FOOD (of course), and more! Our goal with this event is to raise funds to orchestrate opportunities for rural schools to have access to "The Film Dudes", our Artist-In-Residence initiative. Admission: \$5 Adults | \$3 Students, Military, & Children | FREE for Children 3 & Under. NOTE, this admission DOES NOT cover charges for the food trucks, vendors, or activities. Cash or debit/credit cards will be accepted at both entrances.



For more information:
Facebook event/ Minot Food Truck Festival

25 AUG GUNS 'N' ROSES SHOOTOUT
5:00 PM - 8:00 PM
Minot Gun Club
1331 62nd Ave NE, Minot, ND

The MAB Guns 'n' Roses Shootout will be held once again at the Minot Gun Club with registration starting at 5 PM. Spend an evening on the range with the Minot Association of Builders! 5-person teams will dress in their best 80's gear, jam to 80's music, shoot trap, and can purchase and take home a dozen roses to someone special! SCHEDULE: 5:00 PM Registration Opens, 5:30 pm Flight Begins 6:30 pm Dinner Service Begins. AWARDS & RAFFLES: -1st Place Individual-1st, 2nd, 3rd Place Team Scores-Best Team Theme-"HERE FOR A GOOD TIME" Individual-Door Prizes -Guns 'N Roses Raffle Drawing. REGISTER YOUR TEAM www.minotab.com/shootout



For more information:
Facebook event/ Minot Gun Club

28-29 AUG STAINED GLASS BOOT CAMP
5:30-8:30 PM FRIDAY
10:30-5:30 PM SATURDAY
Margie's Art Studio
109 Main St S, Minot, ND

An intensive 2-day session for Beginners. Join us for our two day Boot Camp where we cover all the same basics as our 6-week course in this two-day concentrated class. Pattern choice, glass cutting, layout, foiling, tool usage, soldering, framing and finish will all be covered. Class size limited to 8 people. Must be 16+ to attend Choose from one of our pre-approved patterns (40 to pick from) Pick out your glass before class begins (allow minimum 1 hour). Class fee includes: - patterns - tool use for this project - Foil; solder; patina and flux. Course cost does not include glass used for project. Please note that open toed shoes are not allowed in the studio.



For more information:
Facebook event/ Margie's Art Studio

On Base

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| Adult | Youth |
|---|-----------------------|
| SCOTCH DOUBLES LEAGUE TUESDAY AT 4:00PM | PEE WEE AGES 3-4 |
| SQUADRON EXTRAMURAL LEAGUE WEDNESDAY AT 5:00PM | BANTAMS AGES 4-9 |
| 9 PIN NO TAP LEAGUE THURSDAY AT 4:00PM | PREPS AGES 9-12 |
| MIXED COUPLES LEAGUE THURSDAY AT 4:30PM | JUNIORS AGES 13-17 |
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Deadline to submit entries for 2020 North Dakota Governor's Photo Contest for Travel and Tourism draws near



ND TOURSIM PHOTO

NORTH DAKOTA TOURISM

BISMARCK, N.D. – The North Dakota Department of Commerce Tourism Division encourages North Dakotans to submit entries for the 2020 North Dakota Governor's Photo Contest for Travel and Tourism before the entry deadline of Aug. 31.

The contest celebrates the talents of North Dakotans and the appeal of the state's wide-open spaces, where you can follow your curiosity, not the crowds. Photographers are asked to respect physical distancing, closures and executive orders in place while gathering imagery in this unprecedented time.

Photographers can submit photos to one or more of the following categories: Road Trips, #InThisTogetherND, Wildlife, Badlands Scenery, Beyond Badlands Scenery and Our Town.

One winner will be selected in each category and a \$200 cash prize will be awarded to the photographer of each selected photo. Additional honorable mentions may be selected in each category, with photographers receiving \$50 and North Dakota merchandise. A Best in Show photo will be selected from the winning photographs, and the photographer will receive an additional \$300 cash prize and

a one-year basic membership to AAA.

In addition to the prize money:

- Winning photographs will be published in North Dakota Tourism's promotional materials and on Tourism's website.
- Winning photographs will be eligible for display in AAA North Dakota branch offices and may be printed in AAA regional publications.
- Winners also will be published in North Dakota Tourism's newsletter and likely in future promotional publications and marketing efforts.
- Winning photographs will be featured in a public display at the North Dakota Capitol building during the fourth quarter, through a partnership with North Dakota Council on the Arts.

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Air Force announces GBSD locations at three existing missile bases

AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS

BARKSDALE AFB, La. -- The Air Force plans to begin military construction activities as early as 2023 at F.E. Warren AFB, Wyoming, as it moves forward in the process of replacing the aging Minuteman III ICBMs with the Ground Based Strategic Deterrent.

Malmstrom AFB, Montana, will be the second installation to begin military construction activities in 2026, with Minot AFB, North Dakota, beginning in 2029. The construction start dates are pending the completion of Environmental Impact Statements for each base in accordance with Federal laws and policies.

Military construction is phased ahead of the actual deployment of GBSD to allow time for initial beddown, ensure facilities are ready for any unique mission equipment, and support training and operational certification prior to the first sites obtaining operational status at each wing.

Using infrastructure at current locations allows both the Minuteman III and GBSD weapons systems to continue

meeting all nuclear surety and safety standards throughout their operational lives, particularly during the transition period.

"Ensuring missile bases remain missile bases makes the most sense for the taxpayer and the mission," said Gen. Tim Ray, commander of Air Force Global Strike Command. "The



Minuteman III is 50 years old; it's past time to upgrade the missile systems. Our goal is ensure our systems remain fully safe, secure and effective in the defense of our nation and allies."

GBSD is the most cost-effective option for maintaining a safe,

secure and effective ICBM leg of the nuclear triad. The GBSD program's objective is to deliver a low technical risk, affordable, total system replacement, starting in the late 2020s, to improve the ICBM's capabilities and provide more efficient operations, maintenance, and security at lower lifecycle costs.

Air Force Global Strike Command is comprised of more than 33,700 Airmen and civilians assigned to two numbered air forces, 11 wings, two geographically-separated squadrons and one detachment in the continental United States, and deployed to locations around the globe. The command oversees two-thirds of the Nation's nuclear weapons including all bomber and Intercontinental Ballistic Missile operations for the U.S. Department of Defense. More information can be found at: <https://www.afgsc.af.mil/Library/Fact-Sheets/Display/Article/454593/air-force-global-strike-command-air-forces-strategic-air/>.



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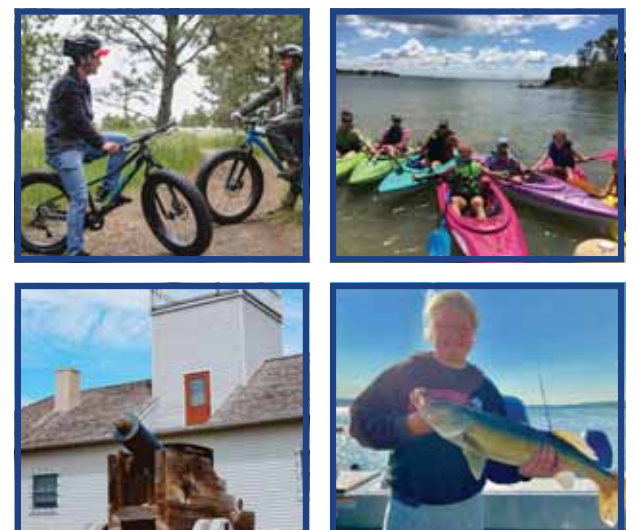
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5th LRS Rolls Out Innovation

AIRMAN 1ST CLASS JESSE JENNY, MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

Everyone wants to be a part of a positive change and the 5th Logistics Readiness Squadron Airmen put into action an innovative idea that allowed cargo to be rolled from the aircraft onto pallets of a K-Loader.

5th LRS Airmen came up with the idea to modify a 463L Aircraft Pallet by attaching rollers in order to efficiently support multiple missions at Minot Air Force Base, North Dakota, the modification was readily adopted into their standards of operation.

Maj. Sarah McNair, 5th LRS commander, said the new pallets allowed the assets to be moved approximately 50-60 percent faster as well as reducing the amount of personnel needed on the K-loader and truck to unload the cargo by 50-60 percent as well.

"This idea is now being looked to be utilized by Air Mobility Command for many different applications of their mission sets and operations across the Air Force," said McNair. "It will also be likely used at other installations supporting the Department of Energy missions in ways we do here at Minot. McNair said their team is not only impacting the Air Force but the DOE as well."

Some of their cargo can typically weigh around 120 - 130 lbs. "As you can imagine, rolling cargo cans that weigh over a hundred pounds over gaps and floor dents, lifting up and down from one surface to another takes time and a lot of manpower to be done efficiently and safely.

McNair said they developed the idea to affix rollers to the top of the pallets, removing the D-rings along the sides of the pallet.

Normally the Air Force's aircraft pallets are a smooth surface to build and ship cargo

on through airlift.

"Once the rollers were in place, they would no longer have to struggle to move the individual cargo pieces," said McNair.

Tech. Sgt. Aaron Luetzen, 5th LRS air terminal operations NCO, said the sight of Airmen bearing the unsavory weather conditions for the sake of the mission was disheartening.

"I knew that there is absolutely a better way that business could be handled. It just took a little problem solving to redesign the current operations within the parameters that were in my control," said Luetzen.

After running it up through his chain of command, the idea was approved.

"We were able to modify these pallets with attaching rollers in order to efficiently change the way we can work missions," said Luetzen. "This is the first time these modified pallets have ever been used."

"It really goes to show that we as Airmen have a voice to make things happen if we can give our leaders valid answers and justification," Luetzen said.

McNair thought it was exciting to see how this unfolded from a simple idea to a working asset.

"To know that others are taking this idea and running with it in the Air Force to see how it can be used for so much more than just our one use [is exciting]," McNair said. "In this case, the response has been very positive with Luetzen being chosen to support this idea at the [Air Mobility Command] level."

"To be a part of something that could directly change how my career field operates in a magnitude of different mission types is great," said Luetzen. "I challenge others to take the step to bring their ideas to light, because it was a rather simple process once the ball started rolling."



An Airman from the 5th Logistics Readiness Squadron hauls cargo at Minot Air Force Base, North Dakota, May 20, 2020. The 5th LRS modified pallets with rollers in order to efficiently change the way they work missions.

U.S. AIR FORCE PHOTOS | AIRMEN 1ST CLASS JESSE JENNY



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Tuesday: 9:00am – 6:00pm

Wednesday: 7:30am – 6:00pm

Thursday: 7:30am – 6:00pm

Friday: 7:30am – 4:30pm

Saturday: 2 a month by appt

Sunday: Closed

(701) 852-2800

Officials Work To Finalize Back to School Plan

The Northern Sentry is dedicated to bringing you information on the transition back into school at Minot Air Force Base. Our resource is Racquel Labadie, School Liason Specialist for Minot Air Force Base. If you have additional questions, don't hesitate to contact Racquel.

Q: When can families expect to get information about back-to-school and classroom assignments?

A: That information has already begun to be released for some schools and some grades. Your child's school is the point of contact for that information. Parents be sure to be checking your email and voicemail as schools will be disseminating that information directly to parents as soon as it is available.

Q: We have many new families arriving to the area. What are their options for enrollment and distance learning?

A: New and inbound families can enroll into Minot Public Schools online on the MPS website

by clicking the enrollment tab. If a new family would like to opt into distance learning they can simply call the MPS Enrollment office at 701-857-4444 to be added to the distance learning roster; MPS will work with the family from there. Additionally, families who are required to ROM upon arrival can still enroll virtually and begin distance learning so minimal instruction time is lost for students.

Q: How can new families go about enrolling into Before & After School Care? Where do they start?

A: Families can log on to militarychildcare.org and select Minot AFB School Age Care and create a profile. They will then input their information such as grade, school, and requested care type (before only, after only, and before & after). After that is accomplished they can call the Youth Center at 701-723-2838 and we will send over our enrollment packet and schedule an appointment time for review

and questions.

Q: Will the School Age Program run any differently than it has in past years?

A: The School Age Program has already implemented changes since the Spring in response to COVID-19. Our wonderful staff have increased cleaning and sanitization, managed group sizes to increase physical distancing, and have followed other recommendations from the Public Health Office such as wearing masks. Following such, you will now see that youth are required to wear masks while in care. Parents can expect to see some other procedural changes that will go into effect next week, the first week of school. We will be grouping students by schools and grades, maintaining our increased sanitization procedures, and continuing to monitor new and worsening symptoms presented by staff and youth. The program will continue to be open for school age children, 5-12 years old for before and after school care 0630



RACQUEL LABADIE, GS-11
SCHOOL LIAISON SPECIALIST
CHILD AND YOUTH EDUCATION SERVICES



until start of school day and end of school day until 1730.

Families with questions regarding the Before and After School Program or those with school related questions can contact Gavin Ng or Racquel Labadie at the Youth Center, 701-723-2838.

Q: When will other Youth Center programs be available again?

A: The goal is to begin reopening our sports, open rec and teen programs in the fall, pending COVID conditions. The

Youth Center has begun offering specialty, limited engagement events for our preteens and teens where physical distancing and increased cleaning procedures are more easily attained. The program has recently held a STEM competition, paintball camp, and teen volunteer opportunity. We have some back-to-school events in the works specifically for our 9 and older youth, check our Facebook page (@minotYP) or the TeamMinot App for upcoming events.

Family Deployment Line
OPERATION HEROES
GET A FIRST-HAND LOOK AT THE ACTIVE DUTY PRE-DEPLOYMENT EXPERIENCE

1 parent must accompany children under 12. Children 12 & older will go on a special mission. Children must be dressed for outdoor activities. Chalks will rotate throughout the event. Parental signature required for registration.

Register by 25 August. Space is limited. Call Airman & Family Readiness Center at 723-3950 to register.

29 AUGUST 2020
0900 - 1430
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MINOT AFB SUMMER-ISH GAMES
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AUGUST 25-28
REGISTRATION DATES: **AUGUST 19-23**

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Register at Front Desk of the Fitness Center or send an email to: **5 FSS fitness @us.af.mil** Atten: SrA Guerra

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WHAT'S GOING ON MAFB

TODAY 21

- Last Day to Register for the Overnight Camping Trip at Outdoor Recreation
- HIIT Strength & Conditioning, 0615, Fitness Center
- TAP, 0730-1600, A&FRC
- Mystery Price Bowling, 0900-2100, Rough Rider Lanes
- Swerk, 0915, Fitness Center
- World's Fare Week – Mexican Inspired Cuisine, 1030-1330, Dakota Inn Dining Facility
- Strength & Conditioning, 1130, Fitness Center
- Friday Fun Member Snacks, 1630-1830, Rockers Bar & Grill
- Zumba, 1730, Fitness Center
- Club Members \$\$\$ Drawing, 1730-1830, Held at Rockers Bar & Grill, Winner Announced at Bomber Bistro and Jimmy Doolittle Center
- Karaoke Night, 1800-2200, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

SATURDAY 22

- Stars & Stripes Scramble, 0900, Rough Rider Golf Course
- Swerk, 1015, Fitness Center
- World's Fare Week – Global Station USA BBQ, 1030-1330, Dakota Inn Dining Facility
- EFMP Kids Virtual Baking Class, 1100-1230, A&FRC – Online Zoom Meeting
- Zumba, 1130, Fitness Center
- Single Airman Free Bowling, 1800-2300, Rough Rider Lanes
- Youth Lights & Strikes Bowling, 1800-2300, Rough Rider Lanes
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

SUNDAY 23

- Last Day to Register for the Summer-ish Games at the Fitness Center
- World's Fare Week – Global Station USA BBQ, 1030-1330, Dakota Inn Dining Facility
- Zumba, 1400, Fitness Center

MONDAY 24

- HIIT Strength and Conditioning, 0600, Fitness Center
- TAP, 0730-1600, A&FRC
- Single Airman Free Fling Golf, 0900-1200, Rough Rider Golf Course
- Swerk, 0915, Fitness Center
- Reintegration Briefing, 1000-1100, A&FRC – Online Zoom Meeting
- Strength & Conditioning, 1130, Fitness Center
- Newbery Book Club, 1600, Minot AFB Library
- Core Plyo, 1730, Fitness Center
- Zumba, 1730, Fitness Center

TUESDAY 25

- Summer-ish Games at the Fitness Center
- Cycle, 0615, Fitness Center
- Run 4 Fitness, 0615, Fitness Center
- TAP, 0730-1600, A&FRC
- Game Day, 1000-1930, Minot AFB Library
- Strength & Conditioning, 1130, Fitness Center
- Fit to Fight, 1700, Fitness Center
- Zumba, 1930, Fitness Center

WEDNESDAY 26

- Summer-ish Games at the Fitness Center
- HIIT Strength and Conditioning, 0615, Fitness Center
- TAP, 0730-1600, A&FRC
- Right Start, 0730, A&FRC – Online Zoom Meeting
- Club Member Benefit, 0900-1400, Rough Rider Lanes
- Swerk, 0915, Fitness Center
- Pre-Deployment/Remote Readiness Training, 1000-1100, A&FRC – Online Zoom Meeting
- Story Time, 1030, Minot AFB Storytime Club Facebook Group
- Strength & Conditioning, 1130, Fitness Center
- First Duty Station Officer Financial Training, 1300-1630, A&FRC
- Mug Club Special, 1600-1800, Rockers Bar & Grill
- Boss & Buddy \$1 Off Draft Special, 1630-1830, Rockers Bar & Grill
- Member Wind Down Wednesday Snacks, 1630-1830, Rockers Bar & Grill
- Cycle, 1730, Fitness Center
- Wednesday Night Bingo, 1730-2030, Rockers Bar & Grill
- Yoga, 1830, Fitness Center

THURSDAY 27

- Summer-ish Games at the Fitness Center
- Cycle, 0615, Fitness Center
- TAP, 0730-1600, A&FRC
- Reintegration Briefing, 1000-1100, A&FRC – Online Zoom Meeting
- Strength & Conditioning, 1130, Fitness Center
- Fit to Fight, 1700, Fitness Center
- Zumba, 1830, Fitness Center

UPCOMING 28

- Summer-ish Games at the Fitness Center
- Last Day to Register for Skydiving and Camping Trip to Baldwin, WI at Outdoor Recreation
- HIIT Strength & Conditioning, 0615, Fitness Center
- TAP, 0730-1600, A&FRC
- Mystery Price Bowling, 0900-2100, Rough Rider Lanes
- Swerk, 0915, Fitness Center
- Strength & Conditioning, 1130, Fitness Center
- Cycle, 1615, Fitness Center
- Friday Fun Member Snacks, 1630-1830, Rockers Bar & Grill
- Zumba, 1730, Fitness Center
- Club Members \$\$\$ Drawing, 1730-1830, Held at Rockers Bar & Grill, Winner Announced at Bomber Bistro and Jimmy Doolittle Center
- Karaoke Night, 1800-2200, Rockers Bar & Grill
- Lights & Strikes Bowling, 2100-2300, Rough Rider Lanes

DINING

Available Dining (Hours subject to change)

Bomber Bistro
Monday-Friday 1030-2100, Saturday 1400-2000
Dining Room Now Open. Seating is limited and masks are required except while eating.

Dakota Inn Dining Facility
Monday-Friday 0600-0900, 1030-1330, 1630-1830;
Saturday-Sunday 0630-1830
Dining Room Now Open. Tables and chairs have been placed accordingly to maintain social distancing.

Jimmy Doolittle Center
Dine In Lunch and Lunch To Go: Monday-Friday 1100-1300. Limited seating is available and social distancing. Call in your To Go orders between 0900-1230. Menu available on JDC Facebook page. ESM accepted.
Family Evening Meal To Go: Tuesday-Friday 1530-1730. Order in advance via Member Planet. Online ordering closes at 1300 or order by phone between 0900-1630.

Rockers Bar & Grill
Monday-Friday 1100-1700. Lounge is open Wednesday-Friday 1500 - 2100. Call to place your order for carry out or head inside to dine in. Limited seating is available and social distancing guidelines apply.

Delivery Options (Hours subject to change)

Bomber Bistro
Monday-Friday 1630-2030

AUGUST SPECIALS

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The B-Fifty Brew • Ultimate Breakfast Sandwich
You can't go wrong with this classic! Enjoy crispy bacon, tomato, egg, and roasted peppers on a bagel or croissant. Grab it today for only \$4!

Rockers Bar & Grill • Rockin' Cuban
Try our twist on the classic Cuban! Pulled pork, swiss cheese, Dijon mustard, and fried pickles served on a toasted garlic panini bread! Served with fries for only \$9.75!

29

- Operation Heroes, 0900-1430, Jimmy Doolittle Center
- Swerk, 1015, Fitness Center
- Zumba, 1130, Fitness Center
- Single Airman Free Bowling, 1800-2300, Rough Rider Lanes
- Youth Lights & Strikes Bowling, 1800-2300, Rough Rider Lanes
- Lights & Strikes Bowling and Unlimited Bowling, 2000-2300, Rough Rider Lanes

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2020 VACATION BIBLE SCHOOL
Minot Air Force Base Chapel hosted Vacation Bible School from August 3-7 for children in preschool through sixth grade. The theme for 2020 VBS was Concrete and Cranes. Children enjoyed exploring equipment brought over by 5 CES.

MINOT AIR FORCE BASE CHAPEL

SMOKED LONGHORN BRISKET



INGREDIENTS

- 1 (12-14 LB) WHOLE PACKER BRISKET, TRIMMED
- 1/4 CUP TRAEGER PRIME RIB RUB
- 2 TABLESPOON COFFEE GROUNDS

When ready to cook, set Traeger to 250° and preheat, lid closed for 15 minutes.

Rub brisket with Traeger Prime Rib Rub and coffee grounds.

Place brisket on the grill grate fat-side down and smoke until it reaches an internal temperature of 160°, this should take about 4 to 5 hours.

Remove brisket from grill and double wrap in foil. Return wrapped brisket to grill and cook until brisket reaches an internal temperature of 204°, about 2-1/2 to 3 hours.

Once finished, remove from grill, unwrap and let rest for 15 minutes. Slice against the grain and serve. Enjoy!



Ryan Davy - GM
Minot

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OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

• Lake Sakakawea elevation, Aug. 17: 1,842.05 feet above mean sea level (MSL); 25,900 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.66 feet above mean sea level (MSL).
Stump Lake elevation: 1,449.67 MSL.

• N.D. Game & Fish Dept. game wardens: Activity generally slowed with area lakes getting weedy along with blue-green algae issues. Please follow advisory precautions if a lake is posted with advisory or warning. No Devils Lake or Missouri River System reports.

• Devils Lake, Woodland Resort, Devils Lake: Continued fair to good for walleye. Try trolling crankbaits or spinners with bottom bouncers and nightcrawlers around Pelican Lake or West Bay in 18 to 24 feet.

• Lake Darling, Karma C-Store, Ruthville: OK walleye success around the upper end of Lake Darling and Grano.

• Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Improving but scattered walleye success from boats with mostly bullheads from shore. OK water quality but that could deteriorate with recent hot weather.

• Lake Metigoshe, Four Seasons, Bottineau: Continued good bluegill success in the shallows and weed beds with a few walleye in 12 to 15 feet. Good pike activity with some nice-sized ones showing up.

• Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Fair to good for walleye on the east end in a variety of depths from 18 to 25 feet in the morning. Work shallower during the afternoon. Try a variety of presentations.

• Lake Sakakawea, Indian Hills Resort, Garrison: Fair to good for walleye with improving consistency. Good numbers of small fish. Work a variety of depths. Try slow death hooks or Lindy rigs with nightcrawlers working the north shore and east.

• Lake Sakakawea, Scenic 23, New Town: Van Hook Arm

- Aug. 22: Fall crow season opens.
- Sept. 1: Dove season opens.
- Sept. 2: Fall turkey applications due.
- Remaining deer licenses now available on first-come-first-served basis. Go to the N.D. Game & Fish Dept. website, (gf.nd.gov) for details and application.
- N.D. Dept. of Environmental Quality blue-green algae warning for Sump Lake and advisories for Rice and Coal Mine lakes.
- Do not release any fish caught from water 25 feet and deeper because their swim bladder likely won't allow them to survive when coming up from deep water.
- Watchable Wildlife photo contest underway with Oct. 2 deadline. Contact N.D. Game & Fish Dept. conservation biologist, Patrick Isakson, pisakson@nd.gov for details.
- Boating accidents should be reported to local game wardens.
- Remember to bring insect repellent and sunscreen when outdoors.

generally slow for walleye. Try Lindy rigs and nightcrawlers or minnows.

• Lake Sakakawea, Van Hook Resort, New Town: Walleye somewhat slow. Try Independence Point or Shell Island in 25 to 35 feet with nightcrawlers.

• Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River slow for walleye during the day from both boat and shore. Best success is with 3-way swivels in the chutes although it's spotty. Catfish also slowed. Try the spillway channel for small walleye but fewer numbers recently. OK success from shore off the rocks at night casting crankbaits. Lake Sakakawea fair for walleye in 18 to 25 feet. Move around, locate active fish, and work points. Best success is still with nightcrawlers around Alcatraz or north side of Mallard Island. OK salmon success with most still in 85 feet using flashers and squids, herring, or salmon flies. Look for most fish running in the 8-plus pound range with most activity around the Riverdale Bluffs and over to Deadman's Bay.

• Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Lake Sakakawea is clear on the upper end with best walleye success around the Guard Camp and Red Mike's in 20 to 30 feet. Some success starting with minnows and Lindy rigs. Missouri River also clear and starting to produce some walleye. However,

river elevations are low and caution needed in moving around the river channel. Confluence boat ramp is inaccessible. Sundheim Landing limited to small boat access. Skunk Hollow producing crappie.

• North-central/central N.D. lakes, Townner Hdwe. Hank, Towner: Area lakes generally slow with some weed growth on a few lakes. Souris River also slow.

Hunting:

• Early Canada goose: Nice local numbers around Devils Lake but lots of standing crops yet. More crops are off in the northwest around Williston, though, with good local numbers, as well.

River elevation & flows:

• Des Lacs River, Foxholm: River stage, 5.37 feet; streamflow, 2.03 CFS.

• Little Missouri River, Long X Bridge: Streamflow, 106 CFS.

• Missouri River Washburn: River stage, 10.45 feet.

• Missouri River, Williston: River stage, 15.52 feet.

• Souris River, Foxholm: River stage, 5.44 feet; streamflow, 11.3 CFS.

• Souris River, Minot: River stage, 4.08 feet; streamflow, 10.9 CFS.

• Yellowstone River, Sidney, Mont.: River stage, 3.13 feet; streamflow, 3,630 CFS

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.

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Brown formally installed as 22nd Air Force Chief of Staff

CHARLES POPE, SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

JOINT BASE ANDREWS, Md. (AFNS) -- Proclaiming himself "proud, yet humbled," Gen. Charles Q. Brown, Jr. was officially installed Aug. 6 as the Air Force's 22nd Chief of Staff, becoming the first African American in history to lead a military service as its highest ranking officer.

In remarks following the formal "Change of Responsibility" ceremony in which he took over from retiring Gen. David L. Goldfein, the 21st Chief of Staff, Brown acknowledged an array of people who influenced his life. Among them were his wife, Sharene, and his parents, as well as a list of Air Force colleagues, including Goldfein and other "extraordinary leaders."

Yet, cognizant of the moment in history, Brown also noted, "Today is possible due to the perseverance of those who went before me serving as an inspiration to me and many others."

"Those like the Tuskegee Airmen, Benjamin O. Davis Jr., Chappie James, African American leaders across our Air Force and military, past and present, to include today's special guest, Ed Dwight, America's first African American astronaut candidate," he said.

"It is due to their trials and tribulations in breaking barriers that I can address you today as the Air Force Chief of Staff."

Brown, who previously served as commander of Pacific Air Forces, was elevated to his new assignment during a solemn, socially distanced, 90-minute ceremony that focused on his achievements while also honoring Goldfein's 37-year service in the Air Force and his four years as chief of staff.

Among those paying tribute were Defense Secretary Mark Esper, Department of the Air Force Secretary Barbara Barrett, and Chairman of the Joint Chiefs of Staff Gen. Mark A. Milley. The ceremony also honored Goldfein as Esper presented him with the Defense Distinguished Service Medal.

Esper honored Dawn Goldfein as well, presenting her with the Department of Defense Distinguished Public Service Award.

"Gen. Goldfein, Dave, our Airmen thrive in today's environment because of your strong leadership and your steadfast commitment to upholding the core values of the Air Force – integrity, service, and excellence, each and every day," Esper said. "The United States of America is safer because of you. Thank you for your lifetime of service to our great nation."

Moments later in remarks to the new Chief of Staff, Esper said. "In returning to the Pentagon, Gen. Brown brings with him more than 35 years of service distinguished by a depth of expertise and experience that makes him exceptionally qualified to be our nation's next Air Force Chief of Staff."

"I am confident you will take the Air Force to greater heights and I'm excited to watch you lead."

In her remarks, Barrett offered similar praise for Goldfein's service and accomplishments. Like others she expressed confidence that Brown has the correct mix of experience and temperament to lead the Air Force to a bright and dominant future.

Brown, she said, "brings a wealth of joint leadership experiences and global perspectives to his new role

as 22nd chief of staff of the Air Force. Embodying the Air Force core values of integrity, service before self, and excellence in all we do, General Brown has the right character, experience, and perspective to lead the United States Air Force."

Like Goldfein and those who came before, Brown as chief of staff is responsible for ensuring the Air Force is trained, ready and equipped to accomplish any mission at any time.

Yet he's also taking the reins of an Air Force in transition, one moving from a decades-long priority on combating and containing terrorism to a new era of Great Power Competition. As part of that new focus, the Air Force and entire U.S. military must be trained, ready and properly equipped to confront, deter and if necessary, defeat, challenges from Russia and China. It also comes

at a time of heightened challenges from North Korea and other geopolitical shifts across Asia.

In his remarks, Brown said he would work to build on Goldfein's accomplishments while also adding his own imprint to assure that the Air Force remains the most advanced, professional and lethal in the world.

"I am committed to addressing today's challenges while preparing for the future so we can better compete, deter, and win," he said, surrounded by an unmistakable lineage of historic aircraft, including a gleaming chrome-plated P-51 Mustang, a fifth-generation F-35 Lightning II and a HH-60G Pave Hawk helicopter.

"To do so, we must no longer defer, but must accelerate the needed change and tough choices we've often discussed. We must develop and empower leaders and provide the quality service and

quality of life where our Airmen and families can reach their full potential," he said.

Adding a dose of realism, Brown said, "No doubt there are challenges ahead that will be difficult, but not impossible. I look forward to working with the Joint Chiefs, providing our best military advice to address challenges the joint force faces today and will face in the future."

As he noted in March when he was nominated to be chief of staff, Brown said again that he will continue to be guided by what he described as his "four tenets" of leadership – execute at a high standard; be disciplined in execution; pay attention to the details; and have fun.

In his farewell remarks, Goldfein like Brown listed those who influenced and shaped his career. Among others, he singled out

Chief Master Sergeant of the Air Force Kaleth O. Wright, calling him his "wingman."

"Of all the decisions I made as chief, the best by far was hiring Chief Wright," he said.

Goldfein also thanked his wife, Dawn, saying it was a "blessing" to have her "side by side" with him for his entire Air Force journey.

"For the past 37 years, she adjusted her dreams so I could follow mine," he said.

Then, to Brown, Goldfein said, "As I took the chiefs walk for the final time (on Aug. 5), I could not be prouder that a true warrior, leader and personal friend will be taking his first walk of the chief tomorrow as chief of staff of the Air Force."

"Congratulations to both of you," Goldfein said. "The future of our Air Force has never looked brighter!"



Secretary of the Air Force Barbara M. Barrett administers the oath of office to incoming Air Force Chief of Staff Gen. Charles Q. Brown, Jr. during the CSAF Transfer of Responsibility ceremony at Joint Base Andrews, Md., Aug. 6, 2020. Brown is the 22nd Chief of Staff of the Air Force.

U.S. AIR FORCE PHOTO | WAYNE CLARK

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Staying safe and healthy all summer

BY KEITH WRIGHT, AIR FORCE SAFETY CENTER

KIRTLAND AIR FORCE BASE, N.M. --

As the summer months wind down, leadership at all levels advocate for the continued health and safety of our Airmen and Space Professionals on and off duty. The Air and Space Forces top five leaders continued the conversation with a recently released memorandum encouraging vigilance in combatting the threats of coronavirus and injury from preventable mishaps.

"Our priority remains the continued health and safety of your families and you," stated the memorandum. "This summer may be different in some ways, but with outdoor activities and travel resuming, along with permanent change of station moves and continued high operations tempo, we remain vulnerable to an increased risk of accidental injuries and exposure to coronavirus over the next few months."

The memo also emphasized that the practice of good hygiene, social distancing and other personal measures recommended by the Center for Disease Control and Prevention would help mitigate the health risks.

"This summer brought significant challenges which affect the health and welfare of us all on many levels, from on-duty operations to our off-duty activities," said Maj. Gen. John T. Rauch Jr., Air Force chief of safety and commander of the Air Force

Safety Center. "To that end, we cannot compromise the mission or safety as COVID-19 lingers, operations change, and life adjusts to our current situation."

"I encourage our Airmen and Space Professionals to remain intently focused on accomplishing the mission safely in spite of the many distractions. Use sound risk management and make smart decisions for you and all those around you, on and off duty," said Rauch.

Summer is typically a time spent enjoying outdoor activities like trips to the beach, family vacations, barbecues, and summer concerts. This year, many of these activities were not fully available, due to pandemic restrictions, leaving many searching for other ways to enjoy themselves.

Many bought pools for their backyards or proceeded to natural bodies of water to cool off. Some experienced nature from the seat of their bicycle going down a mountain. While others enjoyed the solitude of camping in the wilderness.

Every activity brings with it some risk, none of which should be taken lightly. Safety experts agree that recreational and home activities must be managed effectively to avert any potential dangers that could cause injuries or fatalities.

Over the past five years, 64 Airmen lost their lives to on- and off-duty preventable mishaps during summer months. Last summer alone, Airmen suffered

842 mishaps that took them out of work for at least one day. Sports, recreation and individual fitness mishaps made up the majority with 308, followed by motor vehicles with 147.

"These fatal mishaps were preventable and unnecessary; they affected loved ones, friends, and co-workers," said Mike Ballard, chief of Air Force occupational safety. "It takes the commitment and discipline of our Air and Space Forces at all levels to ensure our most precious asset – our people – is preserved."

"While navigating the final days of summer and the enduring pandemic, I urge everyone to keep their well-being as their goal in all activities, at work, home, and during recreational or travel activities," said Ballard.

Many of these mishaps involved contributing factors like poor planning, inexperience, lack of skill, risky behavior, and the consumption of alcohol.

The memo added, "When you plan for the unexpected, and use your risk management training and protective equipment, you directly contribute to the readiness of the Air and Space Forces."

Summer safety information can be found on the Air Force Safety Center's website at <https://www.safety.af.mil/Divisions/Occupational-Safety-Division/Summer-Safety/> and the latest Air Force guidance for COVID-19 at <https://www.af.mil/News/Coronavirus-Disease-2019/>.



This summer, staying safe and healthy has new meaning. As the summer months wind down, leadership at all levels advocate for the continued health and safety of our Airmen and Space Professionals on and off duty. The Air and Space Forces top five leaders continued the conversation with a recently released memorandum encouraging vigilance in combatting the threats of coronavirus and injury from preventable mishaps.

U.S. AIR FORCE ILLUSTRATION

Goldfein-Wright Inclusive Leadership Award unveiled

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

WASHINGTON (AFNS) --The Department of the Air Force announced a new command-team award, the 'Goldfein-Wright Inclusive Leadership Award,' during a ceremony Aug. 13, which will be presented annually as a part of the DAF Diversity and Inclusion awards.

The award was officially announced in honor of the 21st Chief of Staff of the Air Force Gen. David L. Goldfein and 18th Chief Master Sgt. of the Air Force Kaleth O. Wright.

Secretary of the Air Force Barbara Barrett explained during the ceremony that these individual, team and command awards are intended to recognize teams that go above and beyond to empower others, leverage differences and demonstrate the value of diverse thinking.

"Recognizing the colossal impact of Gen. Goldfein and Chief

Wright on Department of the Air Force diversity and inclusion, today we are unveiling a new award – the Goldfein, Wright Inclusive Leadership Award," Barrett said.

These awards are presented annually during the DAF Inclusion Summit and may be given to individuals who

started an initiative which fosters diversity and inclusion, who have distinguished themselves as leaders or mentors of diverse Airmen, or Airmen and teams that are building sustainable programs that leverage diversity and foster inclusiveness in mission accomplishment.

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The morning drive

Patricia Stockdill

The morning sun creases the sky; the calm air allows morning dew to trickle from the grass, glistening like diamonds against the vivid green vegetation.

It's a perfect morning for wildlife – especially upland game birds as hens busily try to keep track of their broods, leading them to roadside edges to dry developing young feathers, find an unsuspecting insect for a breakfast snack, and peck at a little gravel, so important to their digestive system.

It's also a perfect morning for N.D. Game and Fish Department biologists – waterfowl and upland specialists, alike – and game wardens to conduct annual brood surveys. The Game and Fish Department has some of the longest running brood survey data for upland game birds in the United States, dating back to 1960. The surveys began based on a study in Iowa in 1958 that determined counting broods observed along specific routes could help determine hatching and survival success. "North Dakota is the gold standard in the amount of brood survey data," described Game and Fish Department upland biologist R.J. Gross.

Proper weather conditions are critical with calm mornings making it easier to hear the birds. The sun helps draw birds out of the grass so they can dry off and warm their bodies. It also makes insects more active.

Biologist head out on specific 20-mile routes at sunrise from late July through August, traveling about 15 to 20 miles-an-hour until they see an upland game bird. They stop, take a GPS waypoint, get out of the vehicle, and try to count all the birds they can see as they clap their hands and make noise to try to roost them from the heavy grass and field edges.

Oh, and at the same time they estimate their age based on size, ability to fly, and feather development.

While brood surveys may seem to

focus only on pheasants, biologists count all upland species they see, whether pheasants, sharp-tailed grouse, turkeys, or partridge/ They don't neglect other huntable species, either, taking counts on cottontails, jackrabbits, and even tree squirrels.

Brood survey routes mirror the same routes driven in the spring when biologists conduct rooster crowing counts. Hunter harvest surveys, wing collection data from hunters submitting wings and feathers so biologists can get age estimates of harvested birds, spring crowing counts, and brood surveys combine to provide population trend information and guide biologists in making hunting proclamation recommendations for gubernatorial approval of each hunting season.

In the short-term, the information also helps hunters get an idea of what they can expect for the upcoming upland game season. "It's our main index for what we use to get our fall population estimate," Gross explained.

In the long-term all of the information combines to establish a "toolbox" of information in making recommendations for things such as roadside haying on public highway right-of-ways. It also helps underscore the importance of habitat and its correlation to federal Farm Bill conservation programs, especially in North Dakota where more than 90 percent of the land is in private ownership.

Plus it helps track land use changes and its role in habitat and wildlife populations.

Routes have generally stayed consistent over the 60-year history of the brood surveys, although they've moved at times as things such as roads and land use changes. Sometimes they've been flooded out.

But over the years, it's been a constant and the information is something upland game bird hunters eagerly await to hear when the numbers are tallied and announced in early September.

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CSAF 22 Message to Airmen



GEN. CHARLES BROWN, JR

To the Men and Women of the Air Force,

It is truly an honor to serve alongside you as the 22nd Air Force Chief of Staff. I appreciate this opportunity to build upon the solid foundation General Goldfein set to prepare our Airmen to soar boldly into the future. I deeply appreciate your service, and the sacrifices you and your families make to ensure we serve in the greatest Air Force in the world.

We must never forget, however, our future success is not pre-ordained. Our adversaries are watching, and they will continue their efforts to negate our long-standing warfighting advantages. My focus is to ensure today's Airmen, and those that follow us, have the capabilities needed to preserve the unique value we provide to our great Nation.

Our Air Force and our Nation deserve nothing less than our best. So we must make clear-eyed judgments about our strategic future as an Air Force. We must be able to adapt and accelerate change to account for the strategic environment we face today and the far more challenging environment we can expect to face tomorrow. We

must train and prepare in order to maintain a decisive advantage across the full spectrum—from competition to conflict. We must be ready when the Nation next calls upon our Airmen to fly, fight, and win.

No matter the challenges or opportunities that come our way, you can expect me to lead by means of four tenets that have served me throughout my career: Execute at a High Standard, Be Disciplined in Execution, Pay Attention to Details, and Have Fun.

My wife Sharene and I are proud to serve with each and every one of you and look forward to the journey ahead. We are committed to providing a quality of service and quality of life that enables you and your families to reach their full potential. While I am humbled by the enormity of what we must achieve to preserve and enhance the Air Force's unique contributions to our national defense, I have the utmost confidence in our ability to overcome the challenges ahead. Your dedication and commitment are inspiring. I look forward to serving alongside you in the world's most respected Air Force.

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Food, friends, and fun

AIRMAN 1ST CLASS JAN K. VALLE, MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

As I walk toward the dormitory, I can smell the delicious food from miles away, I can hear the loud music and I can feel the positive vibes from the people attending the event. I am greeted with smiles, hidden behind the masks, and joy from the hosts of the event.

As a single Airman living in the dorms, it can be difficult to socialize and build relationships with fellow Airmen. The dorm dinners allow me to interact with Airmen from career fields base-wide. It can be quite difficult to talk to "strangers", but the dinners give it a different atmosphere and mood that makes me feel comfortable talking and meeting new people. Every time I go to the dorm dinners there is always something exciting going on. I can recall a moment when a two-star general came to visit Minot. He played card games with us. At a past dorm dinner there was a raffle where I won some toilet paper, at that moment in time toilet paper could have been used as currency.

In my opinion, the dorm dinner is an awesome concept, but I know it can expand to more Airmen. Unfortunately, some Airmen are not aware or

very social and choose to not attend the dinners. The food was very delicious, for example, they had burgers, ice cream, and pulled pork sandwiches which are all free! Many Airmen like to take the food back to their room. They don't realize that it can definitely be another avenue to make new friends and build connections. Making connections is one of the main reasons why I attend dorm dinners. Personally, I don't like being alone or bored, so the dinners help with morale.

As an Airman, it can be challenging to talk to leadership in the workplace, whether it is with my superintendent, chief, or even the commander. Talking to leadership can be difficult. Chiefs and commanders come from different squadrons around the base to attend the event, which makes being able to talk to leadership in an informal setting easier for me to interact with them.

Overall, the dorm dinner is something I look forward to on the first Wednesday of every month. Whether it's for the food, camaraderie, or even the awesome atmosphere, it is always a good time and something I recommend all Airmen to attend at least once.



Team Minot Airmen, attend a dorm dinner at Minot Air Force Base, North Dakota, Aug. 12, 2020. The dorm dinners are hosted every second Wednesdays of the month by the Minot AFB Chaplain Corps.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS JAN K. VALLE



Chaplain Maj. General Steven Schaick, U.S. Air Force chief of chaplains, visits Airmen at Minot Air Force Base, North Dakota, Jan. 9, 2020. Schaick's visit included a dorm dinner, a missile alert facility tour, and a meet and greet with Team Minot Airmen.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS JAN K. VALLE


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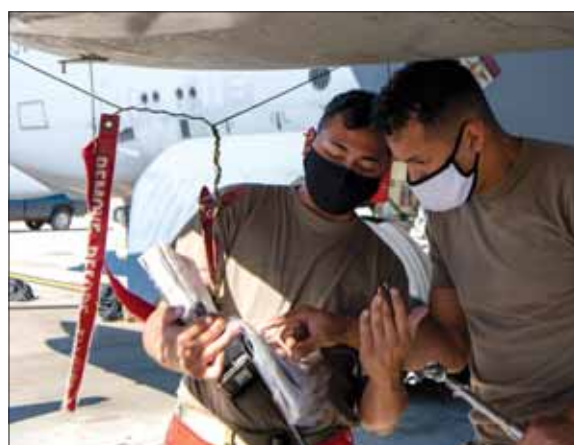
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| 8 | 4 | 9 | 3 | 2 | 6 | 5 | 1 | 7 |
| 7 | 3 | 1 | 5 | 4 | 8 | 6 | 9 | 2 |
| 5 | 6 | 2 | 1 | 9 | 7 | 3 | 8 | 4 |

Thursdays ~ Fridays ~ Saturdays



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LEGAL NOTICE

MINOT AIR FORCE BASE, North Dakota. --
It is with deep regret that we announce the passing of **STAFF SGT. CHRISTOPHER A. MARTIN (ACTIVE DUTY)**, 705th Munitions Squadron, Minot Air Force Base, North Dakota.

2d Lt. Beverly Niutoa (808) 364-5321, has been appointed the Summary Court Officer. All claims for or against the decedent's estate must be submitted to the Summary Court Officer:

705 MUNS

767 Summit Drive

Minot Air Force Base, North Dakota. 58705

For more information, call 701-723-3045

BASE ANNOUNCEMENTS

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

Embry-Riddle Aeronautical University is now registering for the Fall 2020 term (10 Aug-11 Oct). 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 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 current course modalities include Online and/or Eaglevision home. If you have any questions, please call our teleworking phone number: 904-513-9734.

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ADULT & TEEN BAGGERS NEEDED AT THE MINOT AFB COMMISSARY BAGGERS WORK FOR TIPS ONLY

• **ADULT HOURS**
Tuesday-Friday 7am-4pm
• Later start times available but must be able to stay until 4pm & Sunday 11am-6pm

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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.

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

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.

| | | | | |
|---|--|---|--|---|
| <p>Little Flower Catholic Church 800 University Avenue West 838-1520</p> <p>Mass Schedule Saturday 4:30 pm Sunday 8:30 & 10:00 am</p> <p>Fr. Ken Phillips, Pastor www.littleflowerminot.com</p> | <p>St. Peter The Aleut Eastern Orthodox Church</p> <p>109 6th St. SE Minot • 838-3094</p> <p>Saturday, August 22 No Vespers Sunday, August 23 10:00 AM, Congregational Prayer Service Only</p> | <p>BF Break Forth BIBLE CHURCH</p> <p>Thursdays 7:00pm 2nd + 4th Sundays 10:30am at the GRAND HOTEL www.breakforthbiblechurch.com</p> | <p>Trinity Church</p> <p>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.</p> <p>www.trinitychurchminot.org</p> | <p>Bible Fellowship Church</p> <p>Worship Service at 10:45am Sundays Sunday School at 9:45am</p> <p>1720 4th Ave NW, Minot 838-0916 MinotBibleFellowship.org</p> |
| <p>Faith United Methodist Church</p> <p>5900 Highway 83 N, Minot www.faithumcminot.com</p> <p>Pastor Ken Mund 701-838-1540</p> <p>Sunday School (All Ages): 9:45 a.m. Sunday Coffee Fellowship: 10:30 a.m. Worship Services: Sunday 11 a.m.</p> | <p>Minot Baptist Church</p> <p>Sending the Glorious Light of Jesus Christ to a Dark and Needy World</p> <p>Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Wednesday Evening 7:00 p.m.</p> <p><i>Independent/Fundamental/KJV</i> 500 46th Ave NE • 839-1351 Pastor David Miller</p> | <p>Cornerstone Presbyterian Church</p> <p>1000 NE 3rd Street 852-0315</p> <p>Sunday Schedule Contemporary Worship 9:00am Sunday School (All Ages) 10:00am Traditional Worship 11:00am</p> <p>Wednesday Evening Schedule Community Dinner 5:30-6:30pm Contemporary Worship 6:30pm Youth Group & Small Groups.. 7:15pm</p> <p>All are Welcome! www.ecominot.org</p> | <p>Congregational UCC 430 N. Broadway • 839-1064</p> <p>Sunday Worship 11am Sunday School 11am Tuesday Bible Study 12pm Saturday Noah's Breakfast .. 9:30am</p> <p>Please join us, all are welcome here!</p> <p>UNITED CHURCH OF CHRIST</p> | <p>St. Mark's Lutheran Church <i>Missouri Synod</i></p> <p>Sunday Worship 9:30 AM</p> <p>2209 4th Avenue NW Minot, ND 839-4663</p> <p>Reverend Philip Beyersdorf</p> |
| <p>Immanuel Baptist Church</p> <p>1615 2nd St. SE Minot • 839-3694</p> <p>Sundays: Worship 10:00 a.m.</p> <p>Wednesdays: Soup Kitchen 11:30 a.m. - 12:30 p.m.</p> <p>Brian T. Skar, Pastor www.ibcminot.org</p> | <p>Apostolic Faith Church, UPCI</p> <p>2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701)838-0609</p> <p>Saturday School 2:00 p.m. Sunday Worship 3:30 p.m. Wednesday Bible Study 7:30 p.m.</p> <p>Jesse Starr, Pastor</p> | <p>St. John the Apostle Catholic Church</p> <p>2600 West Central Ave • Minot, ND 58701 839-7076</p> <p>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.</p> <p><i>Fr. David A. Richter, Pastor</i> Parish website: www.stjohnminot.com</p> | <p>First Lutheran Church - ELCA 120 5th Ave. NW 852-4853</p> <p>Saturday Worship 5:00 pm Sunday Worship.. 8:30 am & 11:00 am Sunday Education 9:45 am Wednesday Supper 5:00 pm Wed. Worship & Education 5:45 pm</p> <p>www.firstlutheran.tv (Live Stream & Recorded) Radio Broadcast KRRZ 1390AM Sunday 8:30 am www.flcminot.com Pastor Brandy Gerjets • Pastor Ellery Dykeman</p> | <p>Gospel Tabernacle Community Church</p> <p>9999 27th St NE 4 miles south of MAFB James W. Henderson Anna B. Henderson</p> <p>Church: 701-838-4492 Home: 701-838-5759 KHRT 1320: 9 a.m. Sunday</p> <p>Sunday School 9:45 a.m. Adult/Children Worship.. 11 a.m. Family Hour 6:30 p.m. Evening Worship 7:30 p.m. Bible Study/Child-Adult Children Worship (Wed).... 7 p.m. Prayer (Friday) 7 P.m.</p> |
| <p>Bethany Lutheran 215 3rd Ave. SE, Minot, ND Phone: 838-5196 A Member of the ELCA</p> <p>Sunday Worship 8:30 & 10:30 am Sunday Fellowship 9:30 am Wednesday Church School 5:45 pm Wednesday Worship 6:45 pm</p> <p>Website: www.bethanylutheranminot.com Email: bethanylutheran@srt.com Live Streaming: bethanylutheran.tv Pastor Janet Hernes Mathistad Pastor Gerald Roise</p> | <p>First Baptist Church 200 3rd St. SW • 852-4533 www.fbcminot.org</p> <p>Classic Worship Service 8:30 a.m. Adult Sunday School 9:45 a.m. Contemporary Worship Service .. 9:50 a.m. Children's Church 9:50 a.m. Sunday School (All Ages) 11:00 a.m. Contemporary Worship Service.. 11:05 a.m. Wed. AWANA (Sept. to May) 6:30 p.m.</p> <p>Rev. Kent Hinkel, Senior Pastor Rev. Barry Seifert, Associate Pastor Pastor Sam Kautzmann, Student Ministries Elaine Carlson, Children's Ministry Director</p> | <p>Cross Roads Baptist</p> <p>Southern Baptist Convention</p> <p>Sunday School (all ages) 9:45 a.m. Sunday Worship 11 a.m. & 6:30 p.m. Wednesdays (Prayer & Missions) ... 6:30 p.m.</p> <p>www.minotcrbc.org email: minotcrbc@gmail.com Dr. Bob Farmer- Pastor</p> <p>415 28th Ave SE (Behind Menards) 838-1873</p> | <p>West Minot Church of God <i>Family Worship Center</i></p> <p>1105 16th St. NW • 839-1407</p> <p>Sunday School 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church & Nursery Wednesday Family Training Hour Meal 5:30p.m. Classes for All Ages 6:30 p.m. Youth Center, Friday 7:00 - 11:00 p.m. ABC Child Care Center 852-6352</p> <p>westminot.com facebook.com/westminot</p> | |
| <p>Vincent United Methodist Church</p> <p>1024 2nd St. SE • 838-4425 <i>Behind Town & Country Shopping Center</i> open hearts...open minds...open doors!</p> <p>Sunday School 9:00 a.m. Sunday Worship Service 10:00 a.m. Fellowship 11:00 a.m.</p> <p>Pastor Matt Scherbenske www.vincentumc.com</p> | <p>OUR REDEEMER'S CHURCH <i>A Church of the Lutheran Brethren</i></p> <p>Thursdays: Worship 6:30 p.m.</p> <p>Sundays: Worship 8:30 a.m. & 10:45 a.m.</p> <p>700 16th Ave SE • 701-838-0750</p> <p>For more information visit us on the web at: www.ourredeemers.org</p> | <p>Chapel Services at MAFB <i>Protestant</i> (North Plains Chapel in Base Housing)</p> <p>Contemporary Service Sunday Worship 1000</p> <p>Gospel Service Sunday Worship 1130</p> <p><i>Catholic Mass (Northern Lights Chapel across from Rockers)</i> Sunday 1000 Daily Monday-Thursday at 1200</p> | <p>ORCS Preschool</p> <p>Our Redeemer's Christian School's Preschool Program will be starting it's 33rd year the fall of 2020 and we would love to have your child be a part of it!</p> <p>NOW ACCEPTING REGISTRATIONS FOR THE 2020-2021 SCHOOL YEAR</p> <p>HIGHLIGHTS OF OUR PROGRAM</p> <ul style="list-style-type: none"> • Time-tested curriculum including STEM and Language Arts activities as well as Free Play • 2 and 3 day options available • Kindergarten readiness skills practiced each session • All teachers hold a North Dakota Professional Educator's License • Christ-centered environment <p>Please contact our school office or visit our website for more information. 701.839.0772 Email: jschultz@orcsknights.org Website: www.orcsknights.org</p> | |
| <p>First Assembly of God 1805 2nd St. SE 838-1111</p> <p>Morning Worship 8:30 a.m. Sunday School 10 a.m. Morning Worship 11 a.m. Wednesday Family Night..... 6:30 p.m.</p> | <p>OUR REDEEMER'S KNIGHTS</p> <p>Our Redeemer's Christian School 700 16th Avenue SE Minot, ND 58701 info@orcsknights.org • 701-839-0772 www.orcsknights.org</p> | <p>To Advertise your Church on this page, Call 839-0946 Only \$7.00 a space / per week</p> | | |

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- The Southern Ground Hornbill has acute eyesight.
- Their long eyelashes act as sunshades.
- As the Southern Ground Hornbill ages, their facial skin becomes entirely red.

Fact File

| | |
|---------------|--|
| Life Span | 40 - 50 years |
| Male Weight | 7 - 13 pounds |
| Female Weight | 5 - 10 pounds |
| Body Length | 35 - 50 inches |
| Wild Diet | Omnivore (Carnivore) Invertebrates, Arthropods, Amphibians, Lizards, Snakes, Small rodents |



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